



2025 Annual Report

THE POWER OF *Momentum*



Mission

Helping individuals achieve mental and emotional health, discover and reach their potential, and fully participate in life.



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Message from the President & CEO

It is with deep gratitude and pride that I share with you Momentum for Health's Fiscal Year 2025 Annual Report – my first as President and CEO. Over the first several months of my tenure at Momentum, I have been humbled and inspired by the resilience of our clients, the dedication of our staff, and the unwavering support of our community. To serve in this role is not only an honor, but also a profound responsibility that I embrace wholeheartedly.

This year's theme, *The Power of Momentum*, speaks directly to who we are and where we are headed. Momentum is more than just our name – it is the driving force behind the progress we make each day. It represents the collective energy of our people, our programs, and our partnerships. Fueled by passion and purpose, momentum carries us forward, accelerates change, and transforms challenges into opportunities.

In FY25, we set our focus on building and sustaining momentum across our five strategic priorities: People Strategy, Operational Excellence, Financial Stewardship, External Relations, and Evidence-Based Practices. Together, these priorities ensure that Momentum for Health continues to deliver high-quality, compassionate, and innovative care for those we serve.

Looking ahead, I am energized by what we can accomplish together. The Power of Momentum lies not only in the progress we've already made, but in the belief that we can go further, faster, and stronger – when we move as one.

Thank you for joining us on this journey. Your support fuels our mission, strengthens our vision, and empowers us to transform lives. I am excited for the future we are building – together.

With gratitude and momentum,



Michael B. Scates
President & CEO
Momentum for Health

→ **Scan the QR code** to read our press release welcoming Michael Scates as Momentum's new President & CEO.





Looking ahead, I am energized by what we can accomplish together. *The Power of Momentum* lies not only in the progress we've already made, but in the belief that we can go further, faster, and stronger – when we move as one.

Michael B. Scates, President & CEO



Our Services

Residential

Crisis Stabilization Unit (CSU)

A welcoming place to land for up to 23 hours for adults experiencing a mental health crisis.

Crisis Residential Treatment

A homelike environment as a voluntary alternative to hospitalization for about 30 days.

Adult Residential Treatment

Ongoing, nurturing behavioral health support for adults needing extended care.

Parisi House on the Hill

Helps break the cycle of addiction for mothers and their children by providing counseling, education, child development services, and a safe place to live while they rebuild their lives.

Outpatient

Adult Outpatient

Therapy, case management, and medication management for adults seeking mental health support.

Employment Services

Training and support to help adults find meaningful work, promoting stability and well-being.

Independent and Supportive Housing

Access to secure housing options, helping clients rebuild their lives with stability

La Selva Group

Residential

Comprehensive, individualized care in a supportive, homelike environment.

Dual Recovery

Integrated treatment for substance use and mental health challenges in semi-independent, sober living apartments.

Supported Housing

Semi-independent living in shared and private rooms with daily staff supervision.

Outpatient

Integrated care services such as counseling and case management for clients to reach their full potential and live fulfilling lives.

Functional Neurological Disorder (FND) Track

Residential, partial hospitalization and intensive outpatient levels of care for clients with FND.

La Selva Community Clinic

Free comprehensive mental health services for English and Spanish-speaking adults without insurance.

Community Programs

Mental Health First Aid (MHFA)

Training that teaches community members how to detect and intervene in mental health crises.

Trusted Response Urgent Support Team (TRUST)

24/7 mental health community service for Santa Clara County residents, providing urgent support through a call center and field response teams.

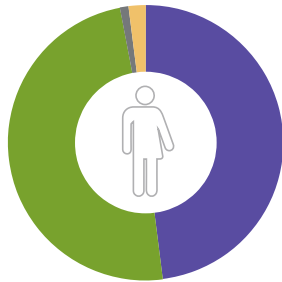




Who We Serve

4,594 total clients
served between July 1, 2024
and June 30, 2025

Gender Identity



- Identifies as male: **43%**
- Identifies as female: **43%**
- Unknown: **13%**
- Non-binary: **1%**

Ethnicity



Medical Conditions

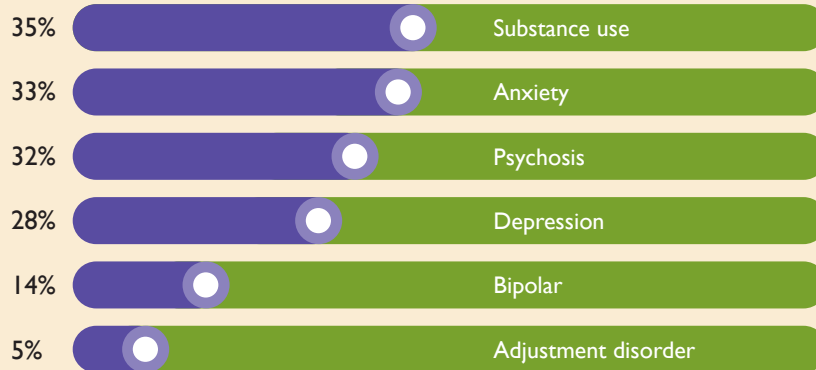
16% clients with exactly 2 medical conditions

20% clients with 3+ medical conditions

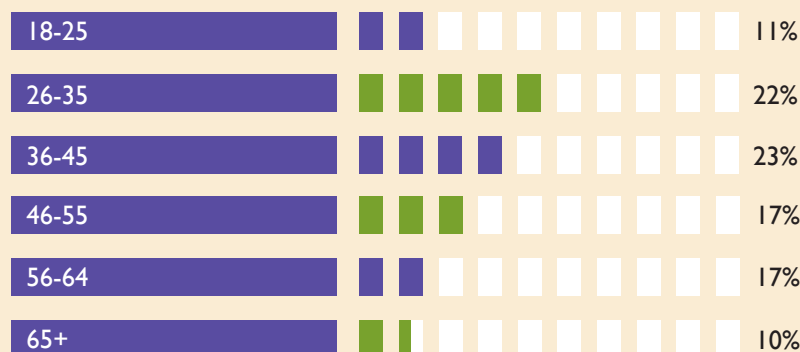
26% clients with exactly 1 medical condition

38% clients with no medical conditions

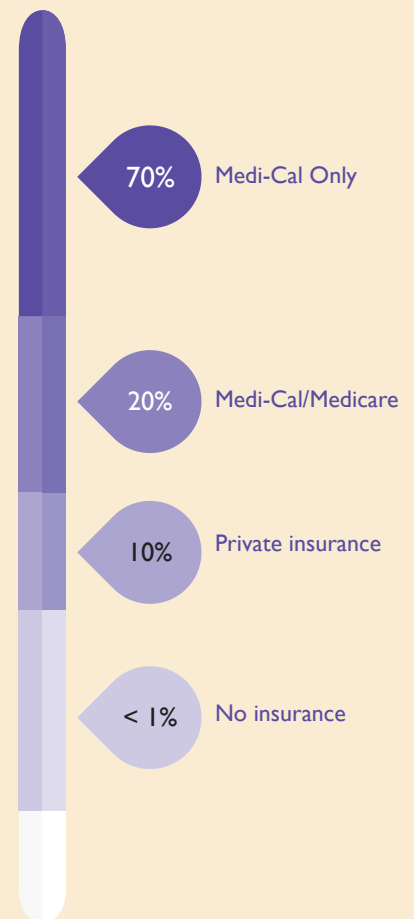
Diagnosis (clients can have more than one)



Age



Insurance





Our Impact

4,594 total clients served between July 1, 2024 and June 30, 2025

86,000+

client sessions held across Momentum's four outpatient programs

96%

of crisis residential discharges were to a lower level of care

668

dispatches made through our TRUST mobile response program (40% increase from FY24)

240

clients were assisted with finding employment through our employment services program

1,634

people used the Crisis Stabilization Unit (CSU) in FY25, with a 60% growth year over year since FY21

87%

of clients graduated from Parisi House (up from 69% the previous fiscal year)

80%

daily occupancy rate at Parisi House (up from 69% the previous fiscal year)

625

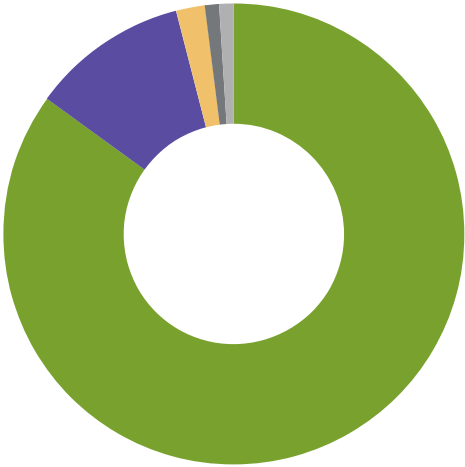
client sessions (including psychiatry, therapy, and our day program) held in our La Selva Community Clinic

97 women and 68 children

were served through our Parisi House on the Hill program, Santa Clara County's only residential addiction treatment facility that keeps women and their children together through treatment with coordinated care for mental health and medical resources.

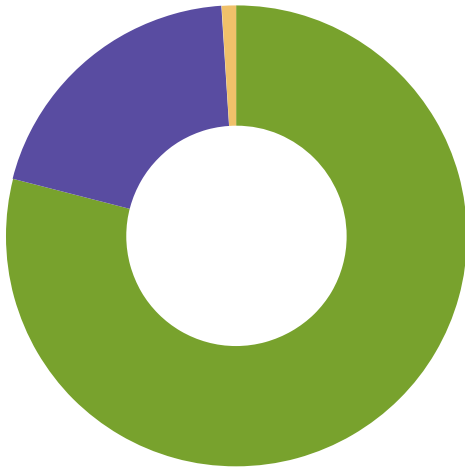
Financials

Revenue Total:
\$90,164,824



- County of Santa Clara 85.13% | \$76,759,475
- Commercial 11.13% | \$10,038,002
- Grants & Contributions 2.05% | \$1,847,617
- Other Government Agencies 0.71% | \$638,146
- Other Revenue 0.98% | \$881,584

Expenses Total:
\$73,810,251



- Program 79.19% | \$58,443,968
- Management & General 19.73% | \$14,575,694
- Fundraising 1.12% | \$790,589

Expanding Our Mental Health First Aid Footprint

In FY25, our Mental Health First Aid (MHFA) team expanded our footprint, partnering with four new partners across four different counties. These included the San Francisco Irish Immigration Pastoral Center, the Merced City Unified School District, the Castro Valley Sanitary District, and Bill’s Café in San Jose. Across these four partner organizations, MHFA offered a combination of teen, adult, and youth trainings (teen trainings were launched in FY25). We also continued our successful partnerships with the Palo Alto City Library system and Saint Francis High School in Mountain View.

Guided by a nationally accredited and recognized curriculum, Mental Health First Aid is like CPR for mental health—helping to equip people with the skills and tools they need to recognize and respond to signs of mental health and substance use challenges in their communities.



John Carvalho
Project Manager
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Kennya Rodriguez, MSW
Project Coordinator
krodriguez@momentumforhealth.org



Learn more at www.momentumforhealth.org/mhfa.



Above: Momentum for Health MHFA staff leading a Teen Mental Health First Aid training at the Irish Immigration Pastoral Center in San Francisco.



Thank you to our dedicated *Volunteers*

We are grateful to our amazing volunteers for giving their time, talents, and energy to help advance our mission.

FY25 Volunteers

Momentum for Health
Board of Directors

Tom Goldfarb

Ida Lee

Ying Lee

Lisa Lim

Anu Malhotra

Rebecca Mitzel

Kelly Nguyen

One Brick Volunteers

Sharon Shackelford

Chelsie Thompson

LJ Agcaoili Vasquez

Vijaya Verma

Deborah Woodward-Dorin

Marya Zaray

“I became more comfortable with clinical observation, noticing subtle behavior patterns that clients might not verbalize.”



Anu Malhotra
Volunteer and intern for Momentum's Crisis Residential programs

“I'm less afraid of making mistakes or asking questions here because I know I have the support of a team behind me.”



LJ Vasquez
Health Information Management Specialist (Quality Improvement Department) and former volunteer and intern

“I learned that every data point represents a lived experience”.



Kelly Nguyen
Volunteer and intern for Momentum's Quality Improvement department



Read our full Q&A with Anu, LJ, and Kelly on our blog!

Stephanie's Story:

Transforming Lives & Giving Back

Five years ago, Stephanie entered Momentum's Parisi House on the Hill program with her daughter Gracie, desperate to break free from the cycle of addiction that had existed in her family for generations.

Stephanie's parents both struggled with substance misuse, and her childhood was marked by instability. She had her brother, who was a constant in her life, but she still felt anxious and insecure, longing for approval and affection.

As a teenager, Stephanie dropped out of high school and turned to meth to numb her pain, repeating the patterns she had seen at home. Later, she endured years in an abusive relationship before finding the courage to leave. That escape marked her first step toward recovery.

When she met her partner Alejandro, she experienced a new kind of love and respect she had never known before. Together they built a family, welcoming their daughter Gracie. But the isolation of new motherhood and unresolved trauma led Stephanie back into relapse. For more than two years she hid her addiction, until Alejandro discovered the truth. Instead of anger, he responded with compassion. Together, they sought help.

“I can honestly say that I've broken the chains of addiction in my family.”

On March 1, 2021, Stephanie entered Parisi House on the Hill—whose unique treatment model allowed her to recover without being separated from Gracie.



“I don't think I could have done it without having my child with me,” says Stephanie. Shortly after arriving, she learned she was pregnant. With the support and encouragement of Alejandro and her counselors, she continued her treatment, determined to build a better future.

Stephanie successfully graduated from the program, returned home, and remained connected with her counselors and peers. She held firm in her sobriety, even when her brother tragically passed away in 2022 to his own addiction just a year after her son Nicholas was born.



Today, throughout it all, she celebrates five years of recovery. Together, she and Alejandro are raising their two children in a loving, stable home.

And now, Stephanie has come full circle. Inspired by the staff who once guided her, she returned to Parisi House on the Hill as a full-time residential coordinator. In her role, she supports women in recovery, offering compassion, crisis intervention, and support.

Stephanie is also pursuing her Alcohol and Drug Studies program at San Jose City College, with plans to become a counselor or social worker.

“I can honestly say that I’ve broken the chains of addiction in my family,” she says proudly.



Watch and listen to Stephanie’s story in her own words via the QR code below:





Rodney's Story: Inspiring Others Through *Example*

When Rodney tells his story, he starts with Detroit.

Rodney grew up in one of the city's most dangerous neighborhoods—a place where violence was an everyday occurrence. “I didn't think I would make it to 25 because everyone around me died young,” he says.

“Some of my best friends died right in front of my eyes. I spent the night at their houses, went to school with them. We protected each other, and then suddenly they were gone. Every time I turned around, one of them had died or was coming up missing,” he adds.

As a boy, Rodney's mind did what it had to do to survive. It stayed on high alert, always scanning for danger. “My mind started switching up,” he said. “I didn't look at the world like other people. I was confused. It was always pain, pain, pain.”

Rodney's life at home represented its own kind of pain. “I couldn't talk to anyone about what I was going through because no one believed in mental health, therapy, or anything like that,” he explains.

“My parents thought that physical discipline was the way to ‘straighten us out’”, he continues. “It broke my spirit and made me feel like I was unloved. I know now that I was loved, but they were scared too—they felt like that was the best way to protect me and teach me what I needed to know to survive.”

The stress of Rodney's environment changed him. He began hearing voices and seeing things that weren't there; staring into the distance for minutes at a time. And as he grew older, the symptoms only intensified.

“I started turning to drugs and alcohol to take a vacation from the chaos in my mind,” remembers Rodney. He went to see a psychiatrist for the first time at 18, but it would take years to find the right care, medication, and professional support.

By the time Rodney reached adulthood, he had tried program after program, searching for something that could help him long-term. Nothing seemed to work. Then he found Momentum.

“When I came to Momentum, things started working for me,” Rodney said. “The programs teach people how to be productive in life again. You learn how to take care of yourself, how to take care of your space. You learn how to be around different personalities and how to socialize with different people.”

Rodney started treatment with Momentum in 2023, completing an initial 30-day program at our Alameda Outpatient facility and then transferring to our Crisis Residential program. From there, he went to Crossroads Village (Adult Residential Treatment) and then moved to our Supportive Housing program, where he is today.

“Distinguishing fantasy from reality was very hard to do,” says Rodney. “It took years to find the right medications, but with the help of my psychiatrist, I finally found what works for me,” he says. “At times it was very confusing and challenging, but I stayed focused and got to know my symptoms better.”

Through support from Momentum staff and his own dedication, Rodney gradually started to notice positive changes.

“It got to a point where I had to really get serious about seeking help. I’m not embarrassed about getting support because now things have improved. I’ve become a better parent. A better father. My advice to my children is better,” he says.

Today, Rodney is a mental health advocate and a leader who uses his voice to help loved ones and others live their best lives. “I’m the elder in my family, and I want to be that role model for them,” he shares. He is patiently awaiting his move to an independent living facility, where he’ll step down to a lower level of care while still having access to support.

But his transformation didn’t happen by accident. It happened through a combination of his own hard work and help from Momentum’s personalized, whole-person services.

“My journey shows that there are people out there who care; who want the best for you,” says Rodney. “The staff here don’t do this work just to collect a paycheck. This program has helped give me motivation and the courage to move forward. Everyone here has shown me compassion from start to finish.”



Watch and listen to **Rodney’s story** in his own words via the QR code:





Roman's Story:

Empowering Others & Starting *Again*

Growing up, physical violence was almost a weekly event in Roman's home. "I began calling Friday nights 'Fight Night,' because that was the day my father would go drinking after work and come home intoxicated. My mother would get angry, and violence would follow," he explains. Another part of Roman's upbringing was the belief that success should not be celebrated, out of fear that others might not be as fortunate or that success might only be temporary.

These beliefs, combined with generational trauma, left Roman secretive, fearful of conflict, and somewhat reclusive as an adult. He knew he needed to seek help.

That's when he found the La Selva Group, a division of Momentum for Health.

La Selva Residential: A Sense of Community

During his initial stay at La Selva's residential program, Roman met regularly with his point person and weekly with his psychiatrist. One of the best parts of Residential was the sense of community. Everyone there shared a common purpose— healing—and that made it easier to open up. "I learned that healing begins with sharing," he says.

Originally scheduled to stay for three weeks, Roman asked to extend his stay after discussing it with his care team. At Residential, he connected deeply with both clients and staff, engaging in activities like cooking for the house. "Cooking helped me reconnect with myself—it reminded me that I enjoy caring for others," Roman says.

Weekend “field trips”—such as city adventures in San Francisco, nature hikes, and walks around downtown Palo Alto—helped him avoid feeling cooped up. These simple moments of connection were powerful in rebuilding Roman’s sense of joy and belonging. “Over time, I began to feel both the return of my old self and the emergence of a new one,” he reflects. Roman even became something of a father figure to others in the house, something staff noticed too. By the end of his stay, he felt mentally stronger, though not yet ready to return home. Thankfully, La Selva also offered Supportive Housing.

Supportive Housing: Navigating Change

At Middlefield, La Selva’s Supportive Housing site, Roman formed deep connections with housemates. “We would stay up late talking about anything and everything—those conversations became a cornerstone of my healing,” remembers Roman.

While in Supportive Housing, Roman’s spouse told him she wanted a divorce—one day before their 21st wedding anniversary. “My vision of recovery was shattered,” explains Roman. “I had imagined returning home to my loving family, but instead, I was returning to an empty house and a couch.”

Thankfully, Roman wasn’t alone. Other men at Middlefield were going through similar experiences, and through those conversations, he learned that healing isn’t about being “fixed”—it’s about learning to cope and adapt. His care team helped him process the pain and see this change as an opportunity for rediscovery. “Over time, I began to accept that ‘me’ truly means just me—and that’s okay,” says Roman. He started exploring new career opportunities and learning how to reconnect with people. “For the first time in a long time, I felt grateful simply to be alive,” he adds.

Gratitude & Giving Back

That gratitude became the foundation of Roman’s recovery.

When he graduated from La Selva, he thanked the staff for giving him the tools to rebuild his life

and left a small token of appreciation—a stuffed lion Christmas ornament—to remind them of the courage and strength they helped him rediscover.

Realizing how meaningful community had been in his healing, Roman spoke with staff about staying involved. That’s when Roman’s mentor suggested becoming a Peer Support Specialist. Today, Roman is working with his mentor to earn that certification so he can help others on their own paths to recovery. He also began driving for the American Red Cross, which gave him a renewed sense of purpose.

“I now look forward to each new day with hope,” says Roman. “I have learned coping strategies and resilience that will stay with me for life. And I know that if I stumble, I can always reach out and simply begin again.”



To learn more about La Selva Group, visit
www.thelaselvagroup.org.

FY25 Executive Team

Gail Campanale, LMFT
Chief Officer of Outpatient Services

Jennifer Chu
Chief Human Resources Officer

Amy Duncan
General Counsel / Chief Compliance Officer

Nimish Mehta
Interim Chief Financial Officer

Shefali Miller, MD
Chief Medical Officer / Chief Operating Officer

Jim Millsap, CPRP
Executive Director, La Selva Group

David K. Mineta, MSW*
President & CEO

Eleonore Pace
Chief Officer of Residential & 24/7 Programs

Pat Mitchell
Chief Administrative Officer

Michael B. Scates, MBA-HCM, DPT*
President & CEO

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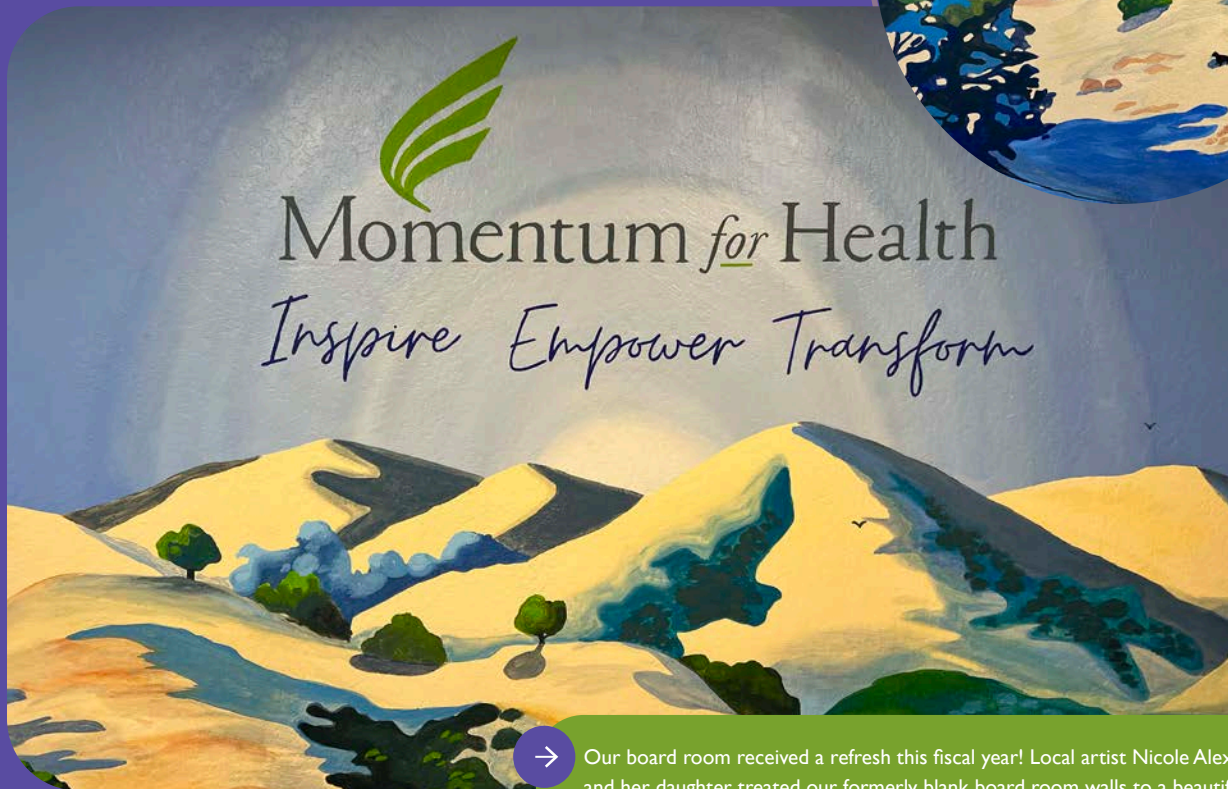
Shabber Jaffer

Jonathan Michael

Jason Noriega

Joyce Puopolo

Mary Rotunno



Our board room received a refresh this fiscal year! Local artist Nicole Alexander and her daughter treated our formerly blank board room walls to a beautiful landscape of color, inspired by the rolling hills and trees of Santa Clara County.

*Michael Scates joined Momentum for Health as our new President & CEO in May 2025. David Mineta, our former President & CEO, served in his role until June 2025.

Thanks to Our Donors

The following is a list of individuals and institutional funders who made a contribution to Momentum for Health between July 1, 2024, and June 30, 2025.

Institutional Funders & Corporations

Abbott Laboratories	El Camino Health	Prevention Partnership International
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\$50,000+

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\$20,000+

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Camille Susman
Mandy Swasen
Therma
Mikaela Williams



Every day at Momentum for Health, we walk alongside our clients, helping them navigate their unique paths to recovery. But government funding only covers a portion of the cost to run our programs.

Your generosity to the Momentum Fund allows us to provide whole-person care: mental health and substance use treatment, housing support, employment services, and more.

Please consider making a one-time or monthly gift to the Momentum Fund today!

For inquiries or to get involved in supporting our cause, contact our Director of Development.

Maru Salazar, MPP

Director of Development

Phone: 669-213-0843

Email: msalazar@momentumforhealth.org



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