

Building a Courageous and Resilient Community

HSS Annual Appeal



Dear Friend of HSS,

What do a retired social worker, a landscaper, a French and social studies teacher, an Air Force heavy equipment operator, a builder and sports enthusiast all have in common? They each led productive lives until mental illness derailed their journeys.

One person's life changed after a devastating car accident. Another endured years of childhood abuse. One battled substance use disorder, while another was debilitated by PTSD and Bipolar Disorder. Another struggles with major depressive disorder. These individuals have faced unimaginable challenges—some experiencing homelessness, some cycling through rehab after rehab, and others trapped in abusive situations with no way out.

That was before Human Support Services (HSS) entered their lives.

Today, these individuals are living safe, stable, and hopeful lives, thanks to the comprehensive services they receive, or have received from HSS. From mental health counseling and case management to job coaching and substance use treatment, HSS provides critical support. For many, it's the first time they've truly felt safe or treated with dignity.

One client shared, "**Not everyone knows it, but you know—I am a person.**" Another said, "**This is the first time I've been treated with respect and dignity.**"

These are the lives you've changed through your support of HSS. But without your help, where would they be? Still on the streets? Stuck in abusive environments? Or worse? Thankfully, we don't have to imagine that future—because of donors like you.

Your generosity gives people the opportunity to work again, reconnect with their families, and focus on healing. For some, that means relishing in simple joys—like playing the piano or having a new pair of shoes. One person, who was hospitalized weekly for years, hasn't seen the inside of a hospital since moving into HSS housing.

Your gift represents safe housing and specialized support and treatment for individuals with serious mental illness—helping them pursue their passions, from trivia to sports to building projects, and most importantly, giving them hope for the future.

BECAUSE OF YOU, THEY ARE *LIVING THEIR BEST LIVES*.

This is the impact of your generosity. Will you continue to stand with them? Your donation today will ensure that more individuals receive the support they need to overcome adversity and thrive.

Thank you for making these life-changing transformations possible. Your compassion truly saves lives.

With Gratitude,

Anne Riley

Anne Riley
President, CEO



This is the
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Not everyone
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BUT YOU KNOW—
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PERSON



Essential Services Spotlight: *Facts & Figures*



364 Individuals
3695 Hours

364 individuals accessed outpatient mental health counseling, totaling 3,695 hours and 4,811 services including therapy, treatment plans, and assessments.

82 Students
897 Hours

In partnership with local schools, 82 students received 897 hours of therapy.

437
Students
trained in
SOS

The Signs of Suicide (SOS) program has reached 437 high school freshmen, providing them with vital education and prevention tools to identify and address signs of suicide and mental health issues among teenagers.

576
Substance Use
Treatment Hours
190
Substance Use
Groups

23% of participants were under 18

20

Twenty individuals gained meaningful employment through customized placements, empowering them with independence and self-sufficiency. This success was made possible by personalized job coaching and a tailored discovery process.

572 Psychiatric Nurse Practitioner appointments

634 hours of services

23% of which were for youth under 18

Encompassing 2,420 services including evaluations, medication monitoring, and administration.

170 Crisis Interventions

492 Crisis services delivered including mobile crisis response and crisis stabilization.

23% Involved youth under 18

HSS hosts **14** residences in which **64** individuals call home ~ allowing independence, personalized support, and enhanced quality of life.

130

130 community members trained in Mental Health First Aid (MHFA). Widespread MHFA training builds community resilience by ensuring more people are prepared to offer support when needed.

Your generosity transforms lives-

Please donate today to help more individuals live their best lives.