



A WELLNESS AND RECOVERY CENTER

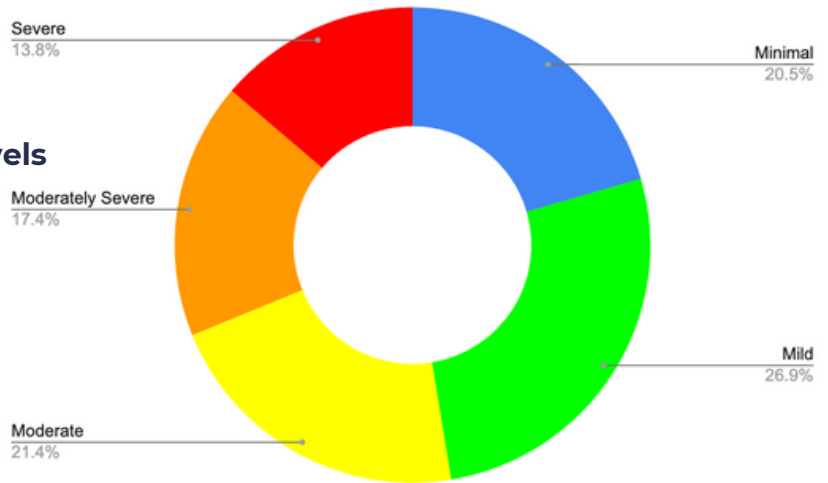


IMPACT STATEMENT: Outcomes and Demographics

IMPACT OF PROGRAM

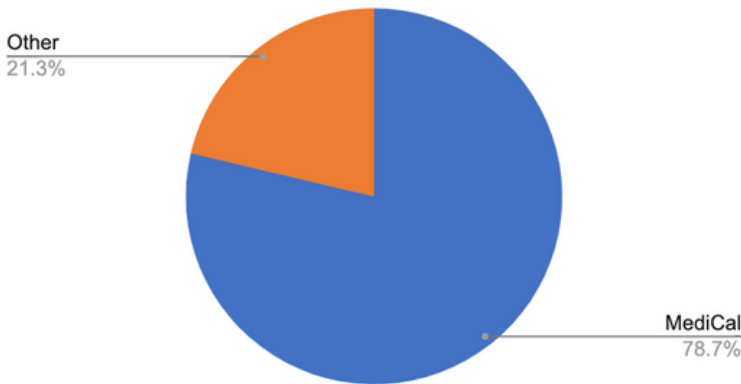
Each participant completes an industry-standard self-report questionnaire to measure their mental health at the time of entering the program. The questionnaire is provided every two months for updates.

- **68.8%** of participants have shown an improvement in their levels by going from severe and moderately severe depression to moderate, mild, and minimal depression
- **96%** reported improved overall mental health since attending
- **94%** reported improvement in reducing use of substances since attending



- Four out of five participants state they have shown significant improvements in reducing substance misuse since joining Nate's Place.
- As of April 30, 2025, **78.7%** of current Nate's Place participants are enrolled in Medi-Cal. The young participants and their families benefit greatly from the free services and on-going support provided by Nate's Place: A Wellness and Recovery Center.

Health Coverage



*Nate's Place does not bill Medi-Cal or any insurance company and there is no charge for services.



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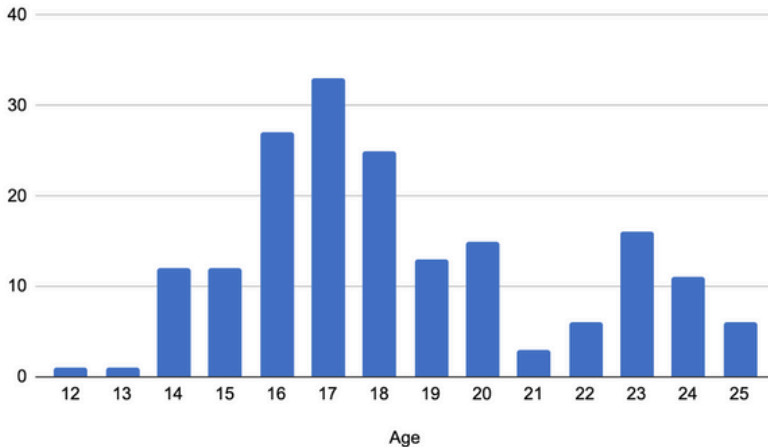
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natesplacewellnesscenter.org

A non-profit serving teens and young adults

Nate's Place

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Age Demographics



REVIEW

From February 2023 to April 2025, Nate's Place has successfully supported teens and young adults ranging from ages 13 to 25 years old.

The majority of individuals currently served are 17 years of age.

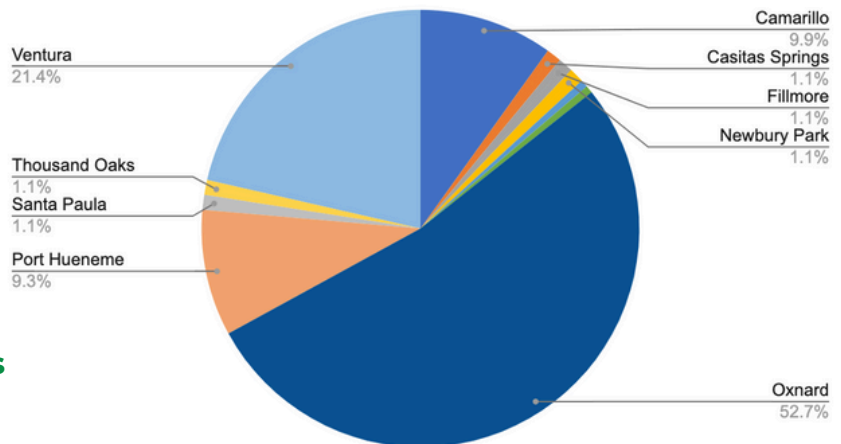
As of April 30, 2025, for the period beginning in February 2023, Nate's Place has supported 320 teens and young adults. On a monthly average, Nate's Place typically has 60+ youth enrolled at the center.

WIDE REACH

Nate's Place has been able to service individuals and families throughout Ventura County. By offering transportation to and from the center, Nate's Place provides accessibility to individuals in outlying areas. Located in Oxnard, CA, 47.3% of the population served come from 10 of the surrounding cities. Clients from Oxnard make up 52.7%.

Nate's Place extends its reach outside of the center by conducting Teen Intervene Prevention groups in 4 schools in Ventura County where a total of 139 teens are served.

City Demographics



139

teens regularly supported in Ventura County schools.

321

Total of individuals supported since February 2023

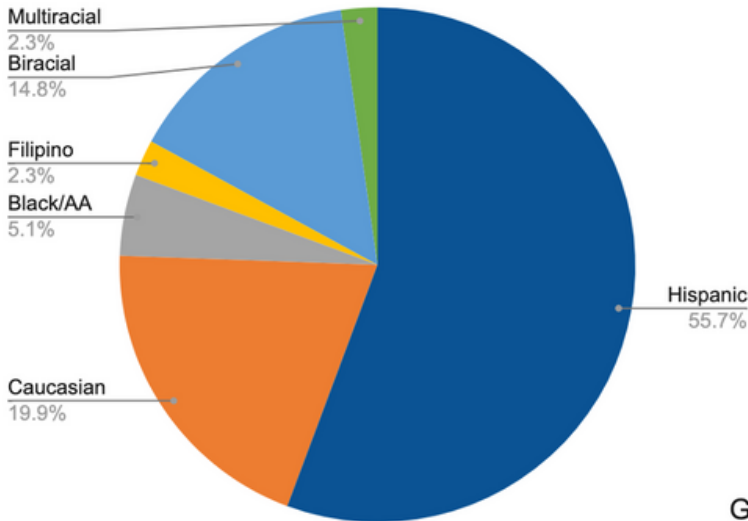
52.7%

of the population that participate at Nate's Place are from the Oxnard area.

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Race Demographics



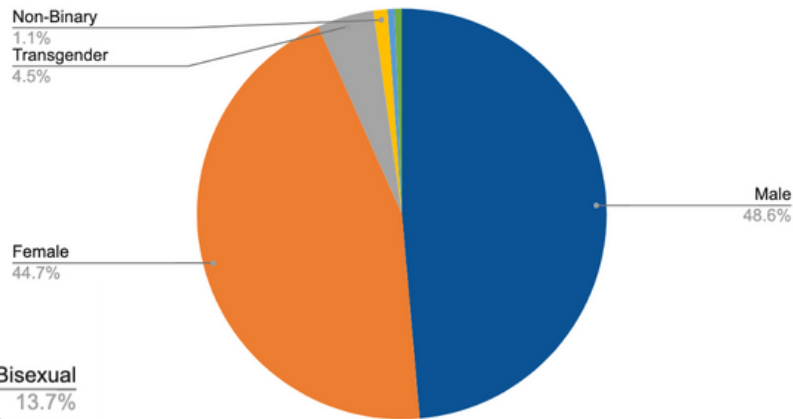
*Multiracial participants have identified as having 3 or more ethnic or racial backgrounds.

DEMOGRAPHICS

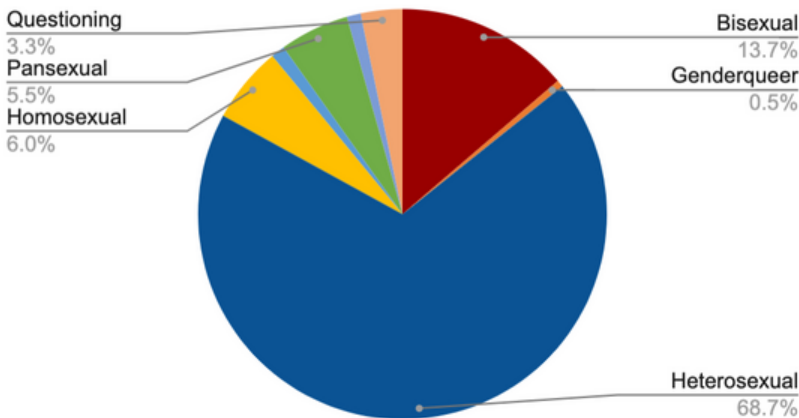
Nate's Place has been welcoming to all ethnicities. As of April 30, 2025, **Nate's Place has a total of 80% BIPOC population.** The Nate's Place staff reflects the population by having over half of its staff being bilingual (Spanish/English).

Nate's Place has a population of **48.6% male, 44.7% female, 4.5% transgender, and 1.1% non-binary.**

Gender Demographics



Sexual Orientation



Nate's Places is proud to be a safe haven for young adults to feel comfortable about their gender and sexuality, and also to learn from one another. **68.7% identify as Heterosexual, 13.7% Bisexual, 6% Homosexual, 5.5% Pansexual, 1.2% Queer, and 2.9% identify as Questioning.**

80%

of Nate's Place participants identify as Black, Indigenous, and People of Color (BIPOC)

Nate's Place has shown continuous support to all demographics in regards to gender, sexual orientation, and race. The BIPOC population at Nate's Place exceeds the racial demographic makeup of Ventura County, proving to be a great resource to under-represented and minority groups in the county.

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Nate's Place wonderful staff are always dedicated to creating an engaging, learning, and healing environment.



The Social Skills group is well attended and led by Certified Peer Coaches Sarah Cabrera and Kaden Skillern.



This April, Nate's Place welcomed a new Peer Support Recovery Coach: Kyla Castillo!



MSW Intern, Peter Tussey, and Heidi Allison, LCSW, lead the DBT group, teaching mindfulness, emotion regulation, and more.

Spring Arts n' Crafts Project



Easter Scavenger Hunt



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Nate's Place Community Partners



Nate's Place at the Ventura County Public Defender's Office Resource Fair on April 3, 2025. Peer coaches and Community Outreach Coordinators, Jackie Sanchez and Valentino Sanchez, attended the event with MSW Intern, Peter Tussey.



Board member, Ron Karu, and Heidi presenting at the Oxnard Rotary Club.



Diana DeJoseph (Board Treasurer) and Heidi at the Ventura County Leadership Academy's Annual Awards Luncheon.



Heidi with the founder of James Storehouse, Stacy DeWitt. Nate's Place will be partnering with the organization for the summer of 2025!



Nate's Place, A Wellness and Recovery Center Testimonials

*"I like to meet new people, do art, have 1:1's,
and do improv."*

— 15 year old participant

*"I really like the people. It is a nice
community and it is welcoming."*

— 17 year old participant

*"I just like how everyone is friendly and the
staff checks on you."*

— 15 year old participant

*"I just like how everyone is friendly and the
staff checks on you"*

— 15 year old participant

*"I love my buddies here, I like the coach's
and fellow members and I'm really thankful I
get to work out here (with actual advice) This
place is so chill I'm happy and have no
complaints."*

— 17 year old participant

*"I like that they teach how to control
emotions"*

— 13 year old participant

*"Everyone is friendly and supportive of me. It
helps me get my mind off stressors."*

— 16 year old participant

*"It was helpful that she had a coach that she
could meet with 1 on 1. The coaches talking
with her was very helpful. Groups such as DBT
have been very helpful for her. We do a good
job on making her comfortable while she is
here at Nate's Place. [She] wouldn't change
anything."*

— Mother of a 14 year old participant

*"...wanted to share with you that...the help
[participant] is receiving has been nothing short
of amazing. We are so grateful. This is really just
Nate continuing to help people in need...his
story still touches me and all that you and your
husband are doing is incredibly profound...just
wanted to thank you so much...I pray she
continues to get help and we truly appreciate
all that you and your family have done and are
doing to help the community and these young
adults that so need this love"*

— Parent of a 19 year old participant