



IMPACT STATEMENT: Outcomes and Demographics

NATE'S RECOVERY RECIPE WORKS!

100% cost-free programs and transportation serving Ventura County

- 1:1 Peer Support Coaching
- 20+ Healthy Replacement Recreational Activities
- 14 Counseling, Support, & Education Groups
- Teen Intervene Prevention Groups in 13 Schools



★ 98% reported improved overall mental health

★ 94% reported reduction in substance use

★ 352 youth ages 13-25 served since opening!

Outcomes measured through quarterly industry standard questionnaires (PHQ-9, GAD-7, NOMS and Participant Update Questionnaire).



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natesplacewellnesscenter.org

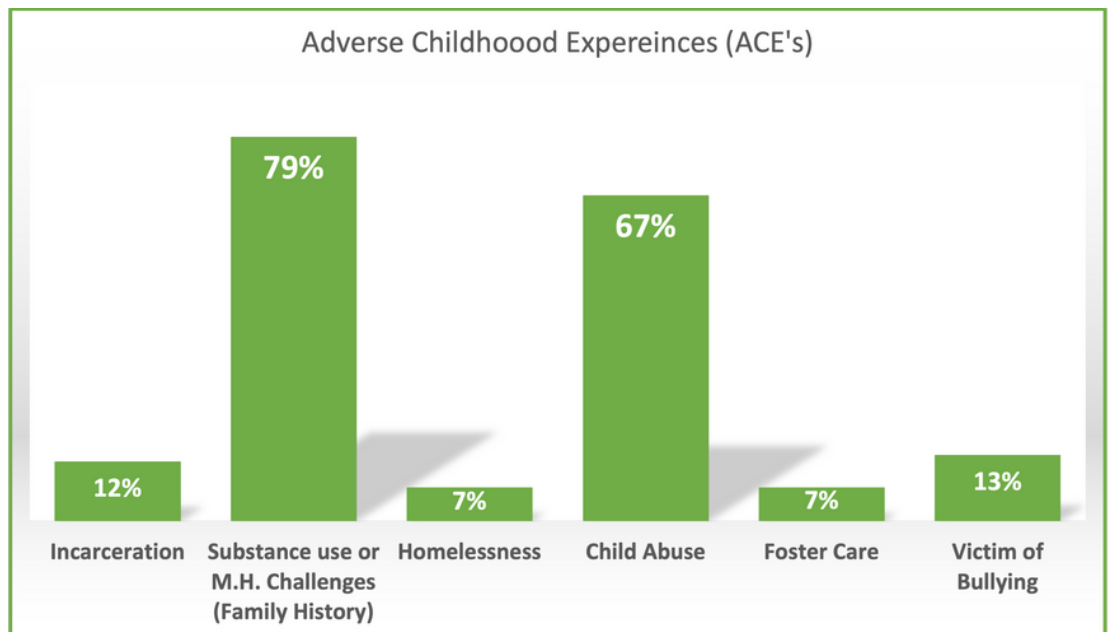
A non-profit serving teens and young adults
EIN: 88-2222599



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Each participant completes an industry-standard self-report questionnaire to measure their mental health at the time of entering the program. Quarterly questionnaires gauge participants' key challenges, depression levels, relationships, and improvements.

- Nate's Place Programs are designed around the key challenges faced by participants: **substance use or mental health challenges (79%)** and experiences of **child abuse (67%)**



IMPACT OF PROGRAM

- Nate's Place makes these areas primary focus for targeted support groups
- Additional offerings address the needs of those impacted by **bullying, incarceration, homelessness, and foster care.**
- 71.2% of participants have stated improvement in their levels of depression, many going from severe to minimum**
- Groups are tailored to address the most prevalent and impactful issues, fostering **healing, resilience, and community connection**
- 4 out of 5 participants state they have shown significant improvements in reducing substance misuse since joining Nate's Place**



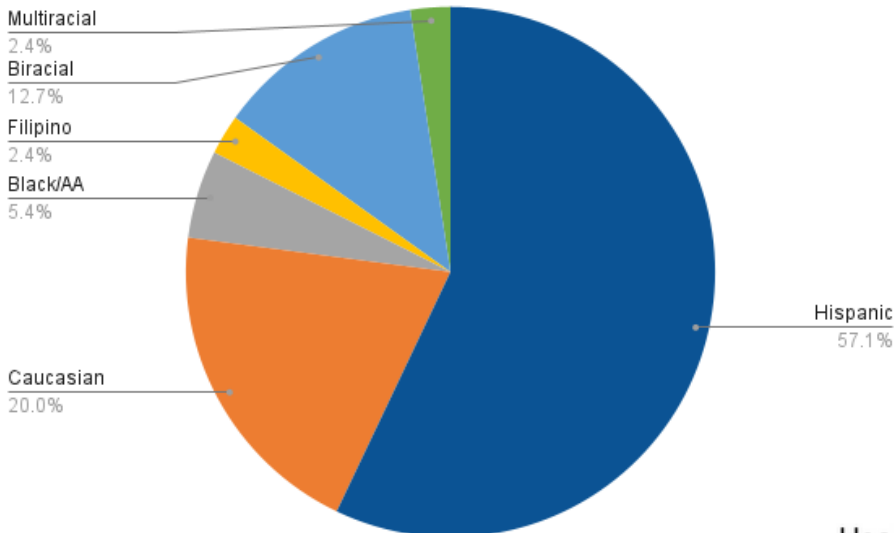
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Nate's Place

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Race Demographics

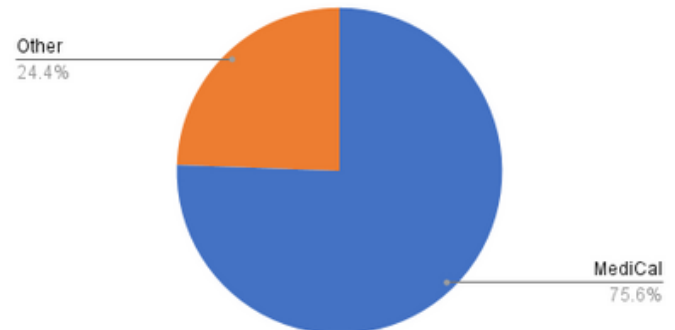


*Multiracial participants have identified as having 3 or more ethnic or racial backgrounds.

DEMOGRAPHICS

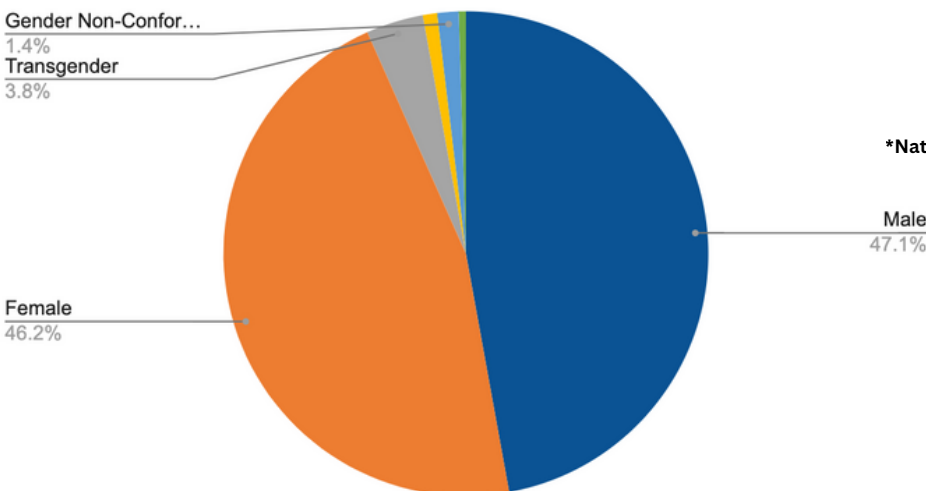
- As of September 15, 2025, the majority of participants are BIPOC (black, indigenous, people of color)
- 57.1% are of Hispanic heritage
- 69.4% heterosexual, 6.9% homosexual, and 13.9% bisexual

Health Coverage



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

Gender Demographics



- 75.6% of participants have MediCal
- 47% Male, 46% Female, and 4% Transgender

80%

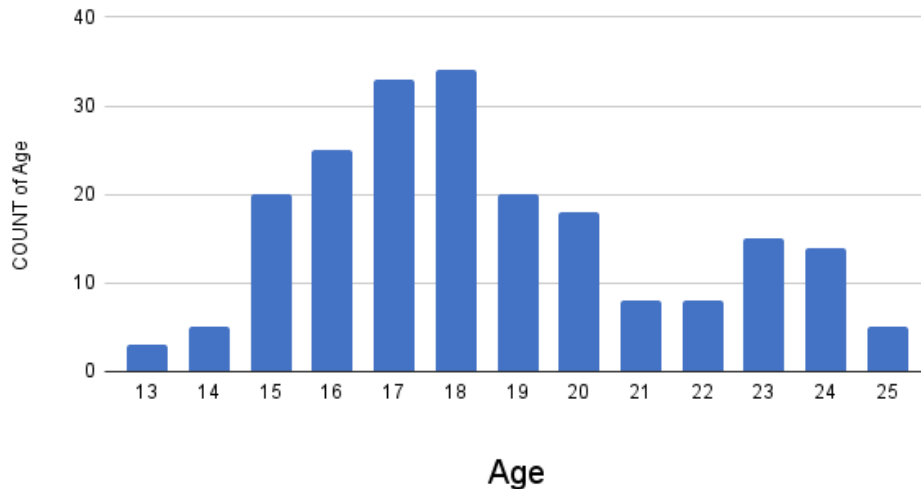
of Nate's Place participants identify as Black, Indigenous, and People of Color (BIPOC)

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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Age Demographics



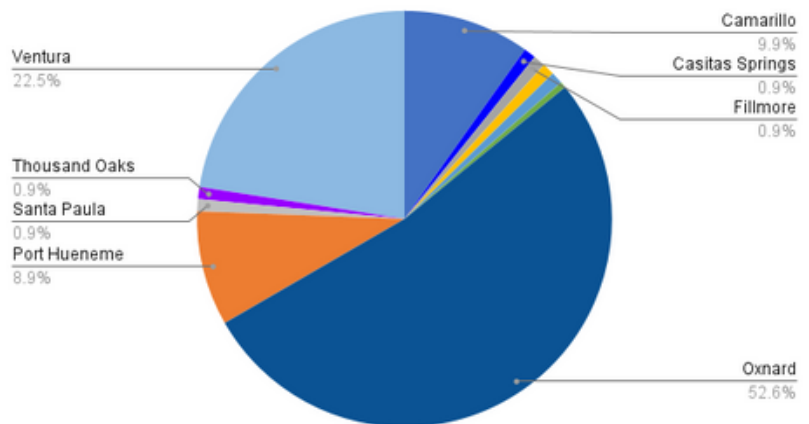
REVIEW

- From February 2023 to September 2025, Nate's Place has successfully supported teens and young adults ranging from **ages 13 to 25 years old**
- As of September 15, 2025, **Nate's Place has supported a total of 352 teens and young adults**
- On a monthly average, Nate's Place have **70+ youth enrolled** at the center

WIDE REACH

- Nate's Place provides reliable transportation all over **Ventura County**
- **52.6** of participants live in Oxnard
- Participants served come from **10** of the surrounding cities
- **139** teens are served outside of the center through Teen Intervene Prevention groups in **13** schools in Ventura County

City Demographics



139

teens regularly supported in
Ventura County schools

352

Total of individuals
supported since
February 2023

53%

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

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Summer Activities and Groups at Nate's Place



ACTIVITIES

- 1:1 Peer Support Recovery Coaching
- Yoga, meditation, and music studio
- Boxing, weightlifting, fitness classes, various sport activities, & more
- Kayaking, surfing, hiking, and fishing
- Art workshops, improv workshops, guitar lessons, and music camp
- Beach days, harbor walks, & volunteering
- Self Empowerment Workshops
- Therapeutic Drumming Circle
- Ping Pong, Billiards, and Card Games

GROUPS

- Peer Coaching & Clinician-led evidence-based groups
- COPE 7 Coping Skills Group (CBT)
- Dialectical Behavior Therapy Group (DBT)
- Wellness Workshops on Life Skills
- 12-step recovery meetings: Al Anon, AA for Young Persons Groups, Alateen Group
- Social Skills, Ethnic Identity, LGBTQ+ groups
- Equine Assisted Therapy (EAT)
- Addiction & Recovery Group
- Parent Education Support Groups