



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
- Support Groups 2x per week at Juvenile Justice Center
- Weekly Volunteering Opportunities



- **99%** reported improved overall mental health
- **92%** reported reduction in substance use
- **853** free pickups and drop-offs in 2025

★ **409** youth ages 13-25 served since opening!

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



3820 W Channel Islands Blvd
Oxnard, CA 93035 (805) 590-5818
natesplacewellnesscenter.org

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

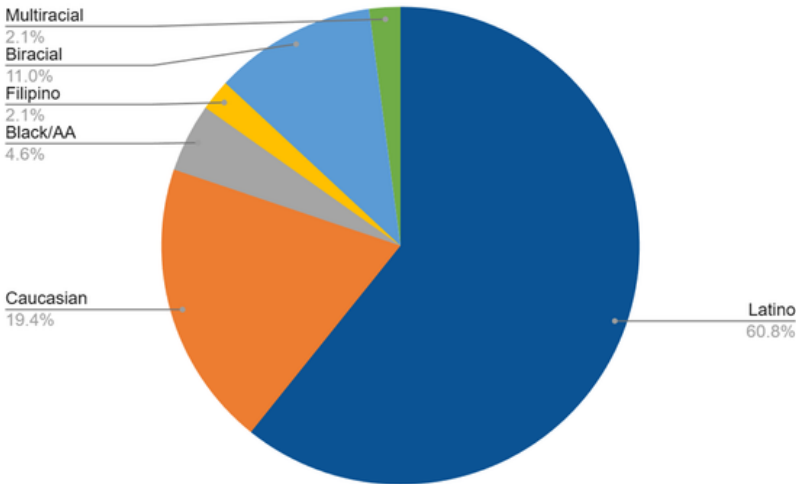
Nate's Place

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DEMOGRAPHICS

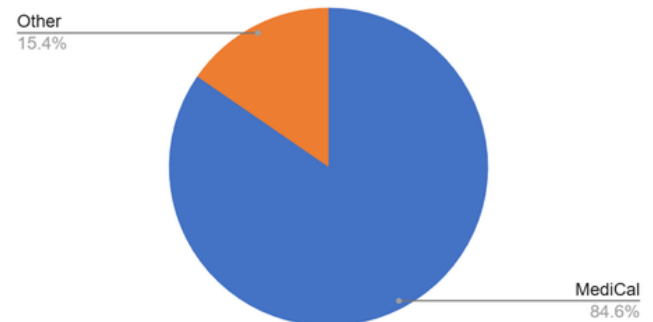
As of January 31, 2026, the majority of participants identify as being a part of systemically overlooked communities: **60.8% Latino heritage, and sexual orientation data shows 67.8% heterosexual, 32.2% non-heterosexual.**

Race Demographics



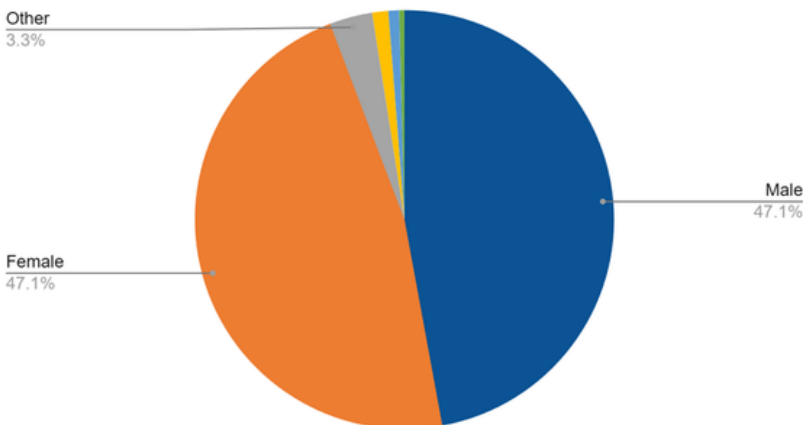
*Multiracial participants have identified as having 3 or more ethnic or racial backgrounds.

Health Coverage



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

Gender Demographics



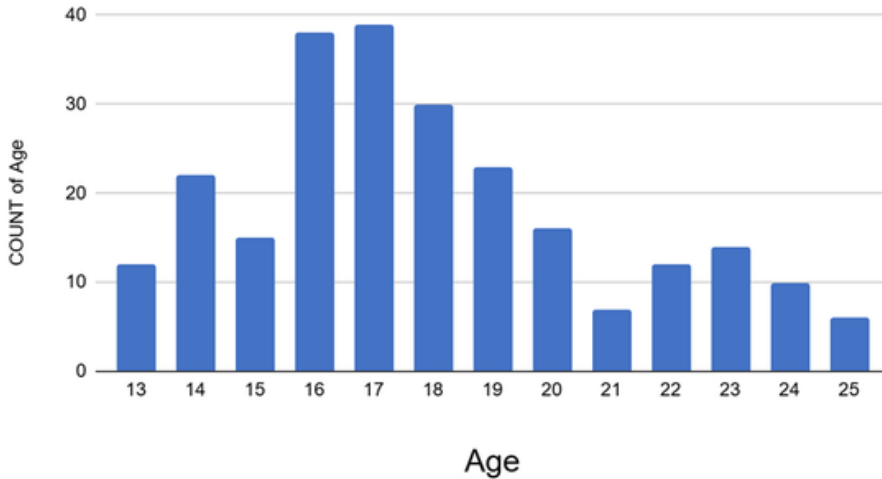
Our participant demographics are approximately **47.1% male, 47.1% female, and 3.3% responding with "Other"**.

Nate's Place has consistently provided support to individuals from all backgrounds, including varied cultural backgrounds and personal characteristics. The participant population at Nate's Place includes a higher proportion of community members from systemically overlooked backgrounds compared to the overall population of Ventura County, demonstrating that the program is a valuable resource for groups that have faced longstanding gaps in access to services.

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Age Demographics



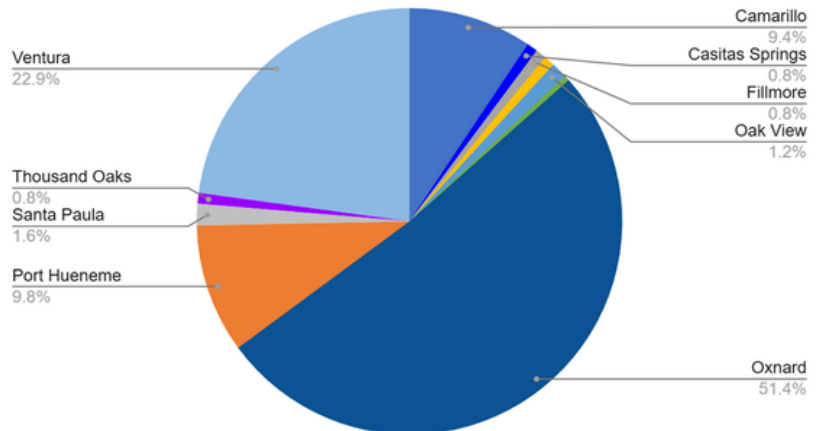
REVIEW

- From February 2023 to January 2026, Nate's Place has successfully supported teens and young adults ranging from **ages 13 to 25 years old**
- Since opening, **Nate's Place has supported a total of 409 teens and young adults**
- On a monthly average, Nate's Place has **70+ youth enrolled at the center**

WIDE REACH

- Nate's Place provides **free and reliable transportation** all over Ventura County
- For 2025, Nate's Place has provided **853 pickups and drop-offs**
- **51.4** of participants live in Oxnard
- Participants served come from **10** of the surrounding cities
- **162** teens are served outside of the center through Teen Intervene Prevention groups in **13** schools in Ventura County

City Demographics



162

teens regularly supported in Ventura County schools

409

Total of individuals supported since February 2023

51%

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

Nate's Place

A WELLNESS AND RECOVERY CENTER

Winter Activities and Groups at Nate's Place



Activity Specialists, *Amanda*, and Peer Support Recovery Coach, *Kyla*, helping restock the Nate's Place Food Pantry with much needed food donations at the end of 2025. Participants are able to pick from a wide selection of foods and drinks while in the center.



Nate's Place provides 4 COPE 7 - Cognitive Behavioral Therapy groups each week. In photo: Peer Recovery Coaches, *James* and *Kainoa*



Participants having fun playing Peace Sticks. A regular activity provided by the center to help increase mindfulness and coordination.



Nate's Place welcomes 2 new Activity Specialists, *Maria* and *Melody*. Activity Specialists oversee and lead a variety of wellness activities, including art.

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, dance workshops, 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, Cultural Groups, LGBTQ+ groups
- Equine Assisted Therapy (EAT)
- Addiction & Recovery Group
- Parent Education Support Groups



Nate's Place Works

"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 of 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