



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



2026 OUTCOMES:

- 99% improved mental health
- 92% reduced substance use
- 1,223 free rides provided

These improvements represent youth experiencing measurable reductions in symptoms of depression, anxiety, emotional distress, and substance use while participating in Nate's Place programs.

★ **453** youth ages 13-26 served since opening!

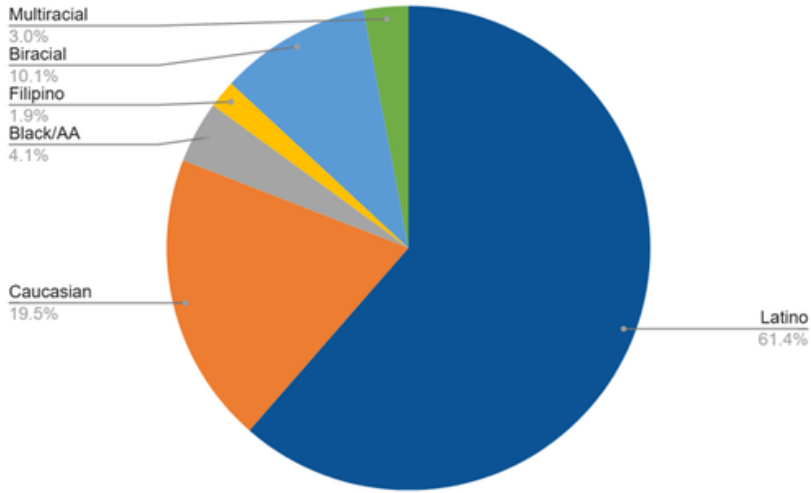
Outcomes measured through quarterly industry standard questionnaires (PHQ-9, GAD-7, NOMS and Participant Update Questionnaire).

**453 Youth Served | 99% Improved Mental Health
92% Reduced Substance Use | 1,223 Free Rides**

Nate's Place

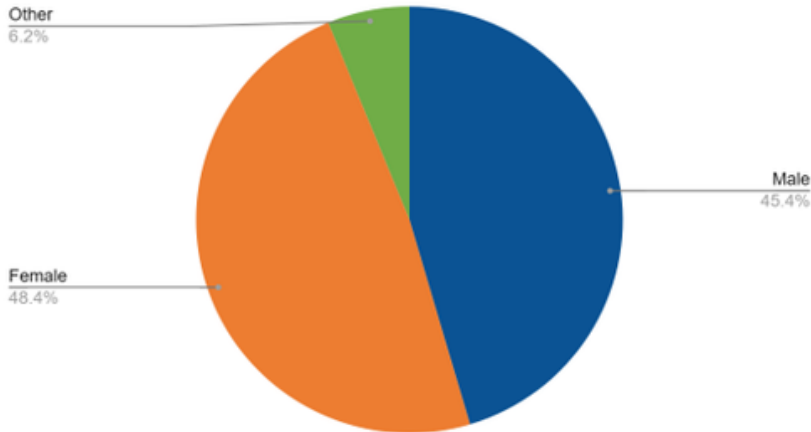
A WELLNESS AND RECOVERY CENTER

Race Demographics



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

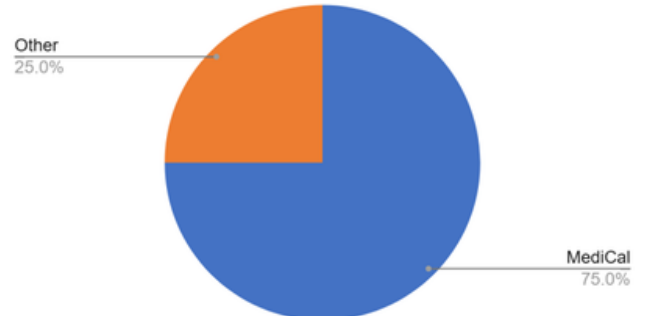
Gender Demographics



DEMOGRAPHICS

As of June 30, 2026, the majority of participants identify as being a part of systemically overlooked communities: **61.4% Latino heritage, and sexual orientation data shows 68.4% heterosexual, 31.6% non-heterosexual.**

Health Coverage



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

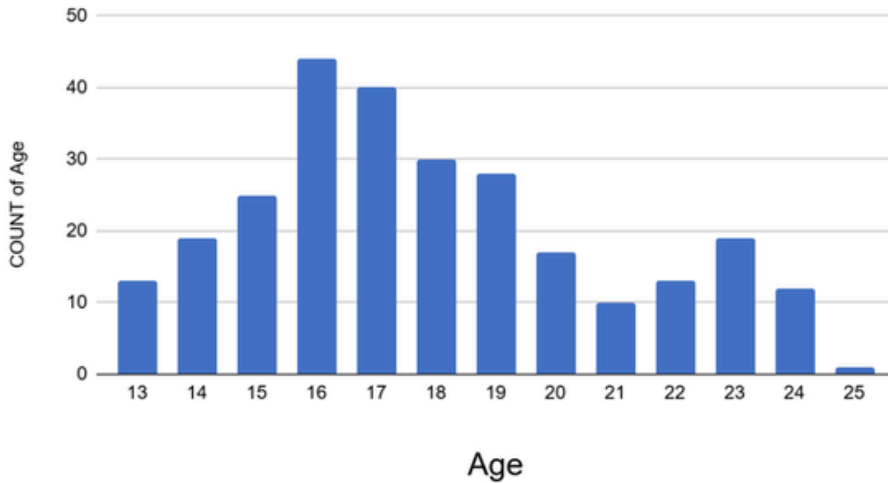
Our participant demographics are approximately **45.4% male, 48.4% female, and 6.2% responding with "Other"**.

Nate's Place successfully reaches young people who often experience barriers to accessing behavioral health services, including Latino youth, LGBTQ+ youth, Medi-Cal beneficiaries, and youth from communities with limited access to wellness and recovery supports.

Nate's Place

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Age Demographics



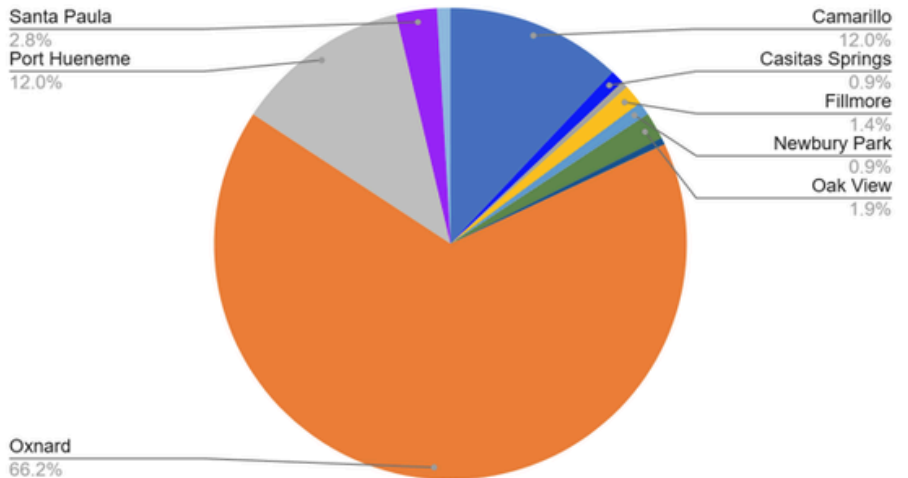
REVIEW

- From February 2023 to June 30, 2026, Nate's Place has successfully supported teens and young adults ranging from **ages 13 to 26 years old**
- Since opening, **Nate's Place has supported 453 total individuals**
- On a monthly average, Nate's Place has **65+ youth enrolled** at the center
- **71%** of youth supported are under 18 years old

WIDE REACH

- Serves 10 counties in Ventura County
- Provides 1,223 rides every 6 months
- Delivers 40-50 rides per week
- 66% of participants live in Oxnard
- Conducts groups in 14 schools

City Demographics



177

teens regularly supported in Ventura County schools

453

Total of individuals supported since February 2023

66%

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

Nate's Place

A WELLNESS AND RECOVERY CENTER

SUMMER PROGRAM AND EVENTS AT NATE'S PLACE



Peer Recovery Coaches guided youth on hike to a swimming hole in Ojai. Building connection and healing through the power of nature



Glassbook Art & Wellness Project at OPAC



Nate's Place Pickleball Classic was held on June 20. Support from REACH, the Port of Hueneme, and many more.



Nate's Place Youth Community Wellness Fest on June 27. Event hosted by our amazing Youth Leadership Council as part of our grant from the McCune Foundation



Weekly boxing classes to help improve physical health and build confidence



ACTIVITIES

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

GROUPS

- 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
- Youth & Leadership Council

At Nate's Place, every activity has a purpose. Whether participants are hiking, creating art, boxing, surfing, volunteering, or attending a support group, each experience is intentionally designed to improve mental health, build confidence, strengthen coping skills, foster healthy relationships, and support long-term recovery.



Nate's Place Works

TESTIMONIALS

"I get along well with the people here. I love all the different activities especially music related ones."

— 17 year old participant

"I love Nates Place. The activities are always fun and filled with laughs. I really appreciate the leaders that I talk to because they always give me positive feedback and make me laugh."

— 17 year old participant

"Marco, my peer coach, has been the biggest support I've had for a few years!"

— 19 year old participant

"One thing that was the most helpful in this program was when I was the most depressed I have ever been. Nate's Place helped immerse me into activities and get me help."

— 22 year old participant

"They give a lot of help and support for people struggling with mental health."

— 16 year old participant

"I like that I am able to feel comfortable to talk to someone who can understand and validates me."

— 16 year old participant

"The peer coaches are most helpful whenever I need to talk about anything that is on my mind."

— 20 year old participant

"What's most helpful to me are the people I get to talk to (Staff) mostly, but a lot of available activities are good enrichment".

— 17 year old participant

"The people are nice and they have fun programs."

— 15 year old participant

"They are very patient when I have a mental health crisis."

— 16 year old participant

"It feels like a safe environment where I feel welcome."

— 14 year old participant

"Nate's Place helps me connect with people and learn skills for mental health."

— 21 year old participant

"I really like my coach, DBT groups and boxing."

— 17 year old participant

"It helped my mental health and stopping vaping, as well as being supported by staff as well as expressing myself and groups."

— 17 year old participant

"I really think the program has helped me make friends."

— 15 year old participant

NATE'S RECOVERY RECIPE WORKS!

COMMUNITY IMPACT

Every young person served creates a healthier Ventura County.

Through prevention, early intervention, peer support, and recovery services, Nate's Place helps:

- ✓ Reduce behavioral health crises before they become emergencies.
- ✓ Improve mental health and emotional well-being.
- ✓ Reduce substance use among participating youth.
- ✓ Strengthen family relationships.
- ✓ Increase school engagement and attendance.
- ✓ Connect youth with positive peer relationships.
- ✓ Reduce social isolation.
- ✓ Build lifelong coping skills and resilience.
- ✓ Encourage volunteerism and community involvement.
- ✓ Provide safe, healthy alternatives to substance use.

EVERY CRISIS PREVENTED BENEFITS OUR COMMUNITY.

By providing free transportation, peer recovery coaching, evidence-based groups, and healthy activities, Nate's Place helps reduce the need for more intensive and costly interventions, including:



Emergency room visits



Psychiatric hospitalization



Justice system involvement



Homelessness



School failure



Substance use progression

COMMUNITY PARTNERS

Working Together with Ventura County



14 schools



Juvenile Justice Center



Family Justice Center



Ventura County Behavioral Health



Hospitals



Community organizations



Families



Volunteers

“

“When we invest in young people today, we strengthen families, schools, neighborhoods, and the future of Ventura County.”

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GROWING OUR IMPACT

With our new Youth Wellness Campus, Nate's Place will expand services to include:

- » Peer Respite
- » Housing Navigation
- » Workforce Development
- » Expanded Family Services
- » Increased Community Partnerships