
Nate's Place

A WELLNESS AND RECOVERY CENTER





Our Mission - To deliver targeted programs including 1:1 peer support recovery coaching, healthy replacement activities and group counseling, education and support to at-risk teens and young adults (ages 13-25) who are at risk of substance misuse, substance use and/or mental health challenges, and are striving to attain and maintain sobriety and stable mental health, in a safe, healthy manner.



Nate's Story



Nate's Place
A WELLNESS AND RECOVERY CENTER

Nate's Place was founded in memory of Nate Rhoades, who sadly passed away at the age of 21 after a car accident on January 20, 2022. Nate had recovered from addiction 5 years prior and supported others.

Nate's Place is a Tribute to Nate's:

- Recovery as a Teen
- Peer Support & Mentorship
- Healthy Recreational Activities & Fitness
- Ability to Uplift & Inspire Others

Statement of Need in Ventura County

Substance Use Disorders

- SUDs most prevalent among ages 18-25 (2x the state rate in Ventura County)
- In CA, in 2019, 20.7% of people 12-25 had an SUD

Opioid Crisis

- In 2022, over 200 Ventura County residents died from an opioid drug overdose (33% increase from 2021)
- That year the VC Opioid Abuse Suppression Task Force declared a Public Health Crisis

Mental Health

- During the pandemic, 37% of high school students experienced poor mental health
- Depression expected to be #1 cause of disability by 2030

Gap in Services

- No other programs exist in Ventura County that incorporate 1:1 Peer Support Recovery Coaching, 20+ Healthy Recreational Activities & Group Counseling, Education & Group Support.
- Limited accessibility for low income and/or MediCal participants, limited services.
- Most of treatment for those with SUD/Co-occurring disorders is for adults, with private pay/insurance other than MediCal.
- Teens and young adults are Most Susceptible to Peer Influence
- **Transportation and cost are huge barriers.**



Recipe for Success

Nate's Place is a tribute to Nate's "**Recovery Recipe**":



- **Peer Support & Mentorship**
(Peer Support Recovery Coaching is well researched to be effective with teens and TAY)
- **Recovery Support Programs/Groups**
- **Healthy Recreational Activities & Fitness**
- **A Sense of Community in a Clubhouse setting** for at-risk teens and young adults



Organizational History

Founders

Larry Rhoades: 40 years experience in sales, management and logistics

Heidi Allison: 23 years working with adults and teens with mental health disorders, SUD

- Licensed Clinical Social Worker (L.C.S.W.)
- Former VCBH Employee (PSW IV), Santa Paula Adult Clinic 2004-2014
- Expertise in evidence-based treatment, Dialectical Behavior Therapy (DBT); Cognitive Behavior Therapy (CBT)
- Current MediCal and Medicare Provider
- Completed Peer Support Specialist Training CalMSA

Board/Advisory

Governing Body

5 Board members

4 Advisors

Including:

- 4 Licensed Therapists
 - Counseling agency owner with 10 Therapists in Ventura County
- 5 with experience in Recovery
- Business, Entrepreneurship, Corporate Public Relations and Media Relations expertise

Organizational Overview

Client Demographics

- At-risk teens and young adults, ages 13-25, Transitional Age Youth (TAY)
- Low-to-middle income socioeconomic status.
- Includes all ethnicities, cultural backgrounds, LGBTQ+ (we provide culturally sensitive services).

Focus

- Prevention and Early Intervention (PEI)
- Substance Use Services (SUS)
- Mental Health Challenges
- Co-occurring SUS/Mental Health Challenges
- Aftercare Services

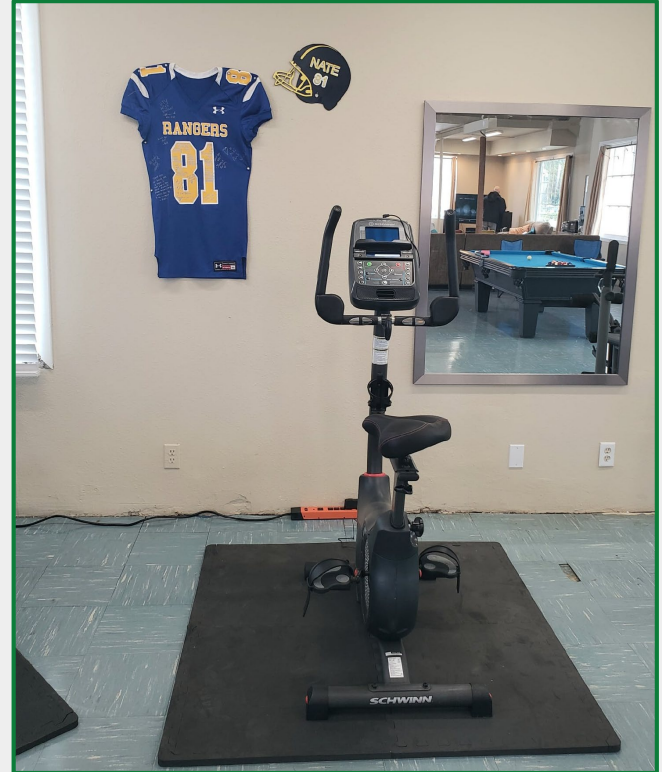
**FREE SERVICES AND
TRANSPORTATION FOR ALL
PARTICIPANTS!**

Services

- Intake Assessment with Licensed Clinical Social Worker
- 1:1 Peer Support Recovery Coaching
- 20+ Healthy Recreational Activities & Excursions
- Group Counseling and Education/Support Groups
- AA/NA Meetings
- Al-Anon for Parents

1:1 Peer Support Recovery Coaching

- Trained Peer Support Recovery Coaches (with lived experience), mentor and support participants to help maintain sobriety and stable mental health
- 1:1 engagement, coaching, support, and role modeling
- Goal Setting, Treatment Planning, Groups
- Assist in identifying at least 2 healthy activities each week



Healthy Recreational Activities

Fitness & Recreation

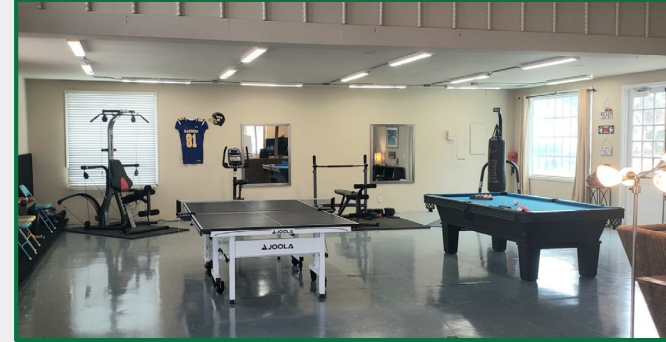
Weight-lifting, Boxing, Rock Climbing, Hiking, Fishing, Ping Pong, Pool, Basketball, Fitness machines, Kayaking, Surfing, Corn Hole, etc.

Art & Music Therapy

Native American Drumming and Guitar Lessons, Art Therapy Groups, Art Classes

Holistic

Meditation, Yoga, Gardening, Chess



Group Counseling

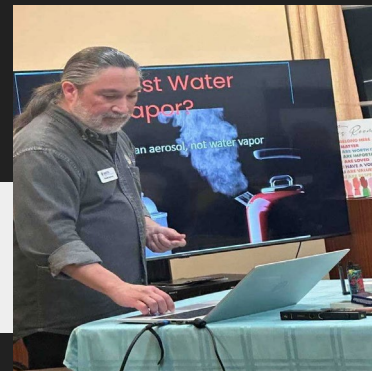
- **Groups – Counseling, Education, Support**
 - Coping Skills – Weekly
 - Teen Empowerment Workshops - Weekly
 - LGBTQ+ – Weekly
 - Addiction & Recovery Group - Weekly
 - AA/NA for Young Persons
 - Al-Anon for Parents
 - **Teen Intervene Groups – In schools**
 - Dialectical Behavior Therapy Group (DBT – starts in Feb)
 - Parent Education/Support Group



Alcohol and Other Drug (AOD) Info Services

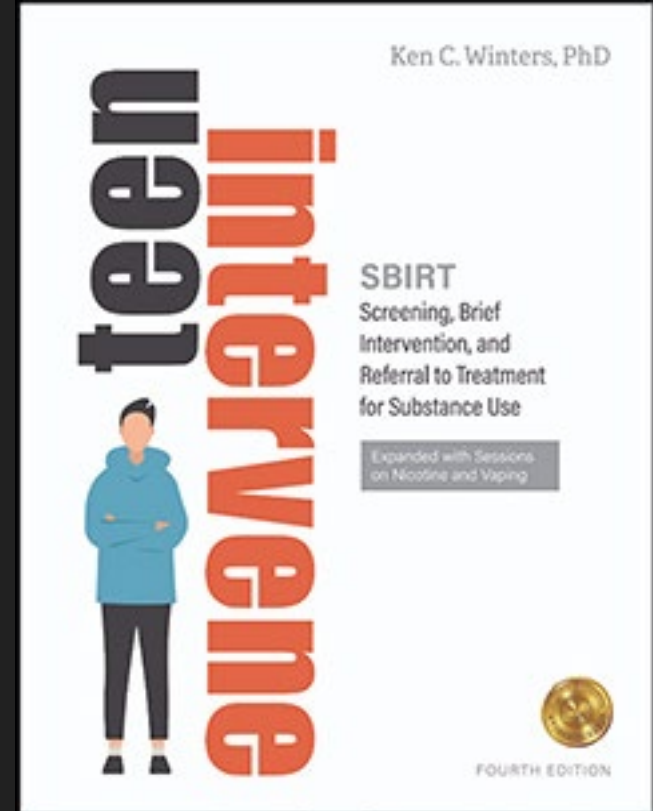


- ❑ **Prevention Informational Sessions**
- ❑ “Fentanyl & Opioids” (Gabe Teran)
- ❑ “Vaping, Marijuana, Nicotine, & Fentanyl & Opioids” (BRITE)
- ❑ **Events at:**
 - ❖ **Nate’s Place Open Houses**
 - ❖ **Nordhoff High School**
 - ❖ **Adolfo Camarillo High School**
 - ❖ **Pacific High School**
 - ❖ **Many more to come!**

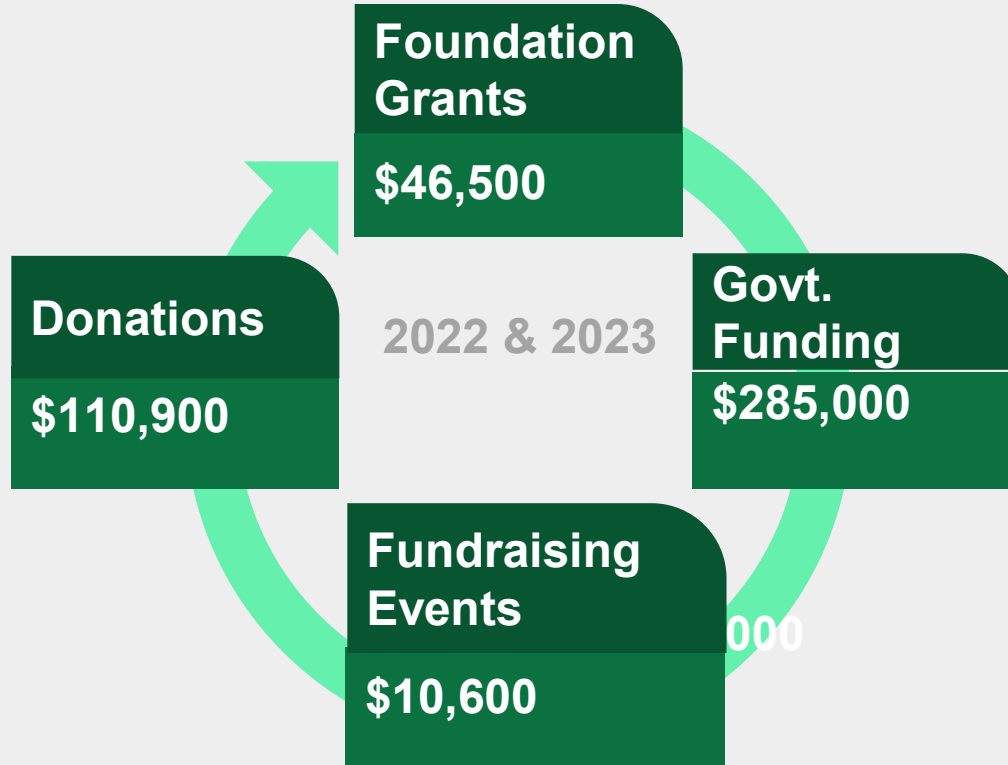


Teen Intervene Groups

- Successfully completed 4 rounds of Teen Intervene (T.I.) Group (4 weeks) at Legacy High School in Ojai.
- Completed 1 round of Teen Intervene at Pacific High School in Ventura.
- **30 Participants** were very engaged; benefitted from group.
- 3 Nate's Place Peer Coaches trained on Teen Intervene.



Year One Success Story - Fundraising



Current State

Participants ----- **103 participants after one year, plus 205 people reached through Community Information Talks.**

Staff -----

Services -----

1:1 Peer Support Coaching
20+ Healthy Recreational Activities
Group Counseling, Education, Support Groups
Community Information Talks
Free Transportation (2 vans)

5 Peer Support Recovery Coaches
4 Activity Specialists
1 Grant Writer
1 Social Media Manager
1 Marketing Manager
1 Admin Asst.
1 Bookkeeper

Initiatives -----

Credentialing with DHCS (in process), then MediCal Certification. Start to bill Insurance by end of 2024. State Certification for Peer Coaches. Additional Therapy Dog.

Future Goals for Next 3 years

Participants ----- **Reach 400-425 participants**

Staff ----- 8-10 Peer Support Recovery Coaches
plus Individual Therapy offered (1-2
Therapists)

Services ----- Open on Mondays
Expand School Programs
Add Healthy Activities,
Groups, 1:1 Therapy

Initiatives ----- Start an Endowment
Larger Facility
Larger Vans & Drivers

Current Participant Data (Changes over time)

- 53.4% of Participants are Hispanic; 8.2% are bi-racial, 6.8% Filipino, 6.8% Black
- 78% are Teens; 22% are Young Adults (TAY)
- 5/12 Staff are Bilingual (English and Spanish Speaking)
- 53% Male Participants; 40% Female Participants; 7% are Transgender

Current Outcomes of Many Participants

- 66% improvement in mental health of participants
- Reduced substance use among participants; some abstinent.
- Improved grades, fewer fights at school, reduced suspensions.
- Stabilized mental health, improved relationships with family and friends.
- Some of TAY participants have gotten jobs, starting college.

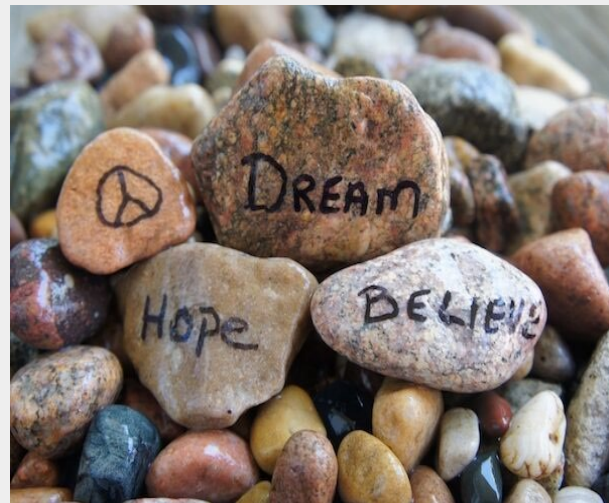
Current Community Partnerships

- Oxnard Union High School District's Peer Wellness Centers
- Nordhoff High School's Peer Wellness Centers in Ojai
- Ventura County Behavioral Health Clinics (refer many participants)
- Ventura County Behavioral Health Substance Use Prevention Program
- Substance Use Treatment Programs and Behavioral Health Providers
- Legacy High School in Ojai
- Pacific High School, Ventura Unified High School District
- Trails By Potter; ReelGuppies
- Ventura Makos Surf Clinic; Hopper Boat Rentals

Call to Action

Partner with Nate's Place!

- Build awareness of Nate's Place within the community for services
- Help build key partnerships with local companies or organizations with philanthropic goals/needs
- Organization support - fundraising contacts and partnerships



Thank You!

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