



Newsletter

NEWS OF HOPE FOR THE HURTING

WINTER 2021

NEED FOR MENTAL HEALTH SERVICES AND SERVICE PROVIDERS

It is an undisputed fact that the COVID-19 pandemic has sparked a mental health crisis in the United States. The US Census Bureau published results from a public survey showing a dramatic increase in the percentage of people reporting symptoms of anxiety or depression during this difficult time. The number jumped from 11% in 2019 to 42% in December, 2020. This pandemic has triggered a dramatic increase in anxiety, stress, depression, loneliness, fear, anger, conflict, etc. So many people need external help working through these struggles, but there isn't enough help to meet the demand.

We are seeing this problem here at Anew Day as well. We have far more calls for service than we have appointments available to meet the need. This breaks our hearts. Anew Day is looking for more servants willing to step out and help hurting

people navigate the challenges of life in a healthy way. Perhaps you're a former Lay Counselor with Anew Day. Would you consider returning to see a client or two? Perhaps you've thought about becoming a Lay Counselor in the past, but never managed to take the Counseling Skills Workshop. Perhaps you just see the need and feel a tug on your heart to step up and help.

To work at Anew Day all you really need is a love for Jesus Christ and compassion for hurting people. We train you, encourage you, and support you in this service. Once trained, Lay Counselors start with just 1 client and work up from there if willingness, comfort and capacity increase. Please give our office a call and ask for Tricia, Keith or Susan if you would like more information about becoming an Anew Day Lay Counselor.

We are also looking for new Trainees and Associates for our professional division. If you or someone you know is getting their masters degree in Psychology or a related field and is looking for a location to gain practicum hours, give us a call. If you or someone you know is a registered Associate looking for a place to gain working hours toward licensure, please give us a call. With a love for Jesus Christ and a compassion for people you can join the staff here at Anew Day.

COVID'S MENTAL STRESS

The percentage of people experiencing symptoms of depression and anxiety have surged amid the COVID-19 pandemic, data from nationally representative surveys show.

UK adults reporting symptoms of depression



US adults reporting symptoms of anxiety or depression



SOURCE: OFFICE FOR NATIONAL STATISTICS (UK DATA); CENTERS FOR DISEASE CONTROL AND PREVENTION (US DATA).

FROM THE DIRECTOR

TRICIA JOHNSON

Executive Director

Almost daily I pass her at the end of the freeway offramp with her sign asking for money. I don't know her name, but my heart hurts a bit when I pass her. What is her story? How did she come to be this desperate

at such a young age? What choices took her down the path that led her here? The answers to some of my questions could be logically deduced based on her appearance. Her past likely included some abuse, some rejection, some relationship conflict, some trauma, some addictions, some poor decisions and some hard consequences. It's likely that she

had deep pain that she was coping with in unhealthy ways. I have no doubt that you too have passed many people similar to this girl I'll call Sally. I'm sure you have grieved in your heart and wondered the best way to offer help. Some give Sally food and fill her belly for a moment, others give her money that could unfortunately be used to support her

FROM THE DIRECTOR - CONTINUED

toxic addictions. All gifts are well intentioned, but not all are actually helpful. What does Sally truly need? More than anything, she needs help fixing the brokenness inside. If she's unable to do that, all other help will only be a temporary fix, or worse, enabling. I think most people want to offer help that could make a real difference but don't know what that is. I can assure you, there is no quick fix, but there are ways to give sustainable help. Efforts toward restoring Sally's mental health are the help she truly needs to make a lasting improvement.

Anew Day is a ministry full of people who care deeply and sacrificially about the mental well-being of others. Our Counselors are willing to give of themselves to spend time with hurting people in-order to help them process life's pain, heal, develop healthy coping

skills and find hope for a brighter future. Our desire is to help people like Sally by meeting them where they are, but our even greater hope is to intervene sooner before they ever get so low. What if Sally worked with someone to address her struggles before self-destructive habits took root? A small change in trajectory can have a huge impact over the course of time. At Anew Day we hope to help Sally, whether she's 10, 15, 20, 40 or 60. She is our mission.

***Jesus commanded,
"...just as I have loved you, so
you are to love one-another."***

Anew Day is here to do the compassionate work of counseling, but we need financial help to cover the costs. If you donate to Anew Day, you can be assured that

your money is helping sustain an encouraging and loving place for people to come and receive the mental health support they need. You can also be assured that your money will help fund scholarships needed to cover session fees when clients cannot afford to pay even our greatly discounted rates for professional therapy. Anew Day is certainly not the only mental health support available in town, but we are the only private counseling center that focuses on low-income clients who need affordable counseling and therapy services. Will you help us remove financial obstacles for people ready to get the help they need?

Anew Day is a 501(c)3 non-profit organization. All donations given are tax deductible.

WAYS TO GIVE

SUPPORT MONTHLY:

Monthly donors are our bread and butter. They supply the dependable income needed to pay consistent monthly bills for the operation of our counseling and counselor training center. These recurring payments can easily be set up through your bank, our website or by calling our office.

FUND SPECIFIC NEEDS:

Anew Day always has a wish list for help with infrastructure needs/wants. If you would like to supply one or more of those needs for us, you will know exactly what your money is purchasing for our ministry.

GIVE ONE TIME:

Any and all donations are greatly appreciated and are needed to fill in the gap between what our monthly donors give, and the operating costs of Anew Day.

DONATE GOODS/SERVICES:

If you own/manage a business that supplies goods or services that might be helpful to Anew Day, in-kind donations can be terrific, and their value is tax deductible. Even a store discount would be greatly appreciated.

ESTATE PLANNING:

Many people remember important charitable organizations in their

WISH LIST

- New Admin computer and monitor able to run software efficiently (\$1,500)
- Replace old/stained fabric meeting room chairs. (total of 8 needed)
- Two large storage cabinets (one for each bathroom)
- Break room furniture
- New vacuum

wills and/or trusts. Anew Day would be very honored by such a support and acknowledgment of worth.

CRAB FEED - MARCH 2021

Unfortunately, for the second year in a row, we had to forgo the Anew Day in-person Crab feed with live and silent auctions and a presentation to solicit new donors. The good news is that we did manage to pull off a successful drive-through Crab Feed to make up for some of the loss. A large team of volunteers planned and executed a smooth and efficient drive-through that supplied 449 crab dinners to our supporters. The

reports were overwhelmingly positive, and we were able to bring in around \$20,000 to fund the counseling services of Anew Day. Thank you to all the volunteers who pitched in and all the community members who bought meals. You helped make this event successful and we are very grateful.



THRIVE EVENT - JUNE 2021



In June Anew Day sponsored a new community wide youth event called Thrive. The purpose of this event was two-fold. We wanted to provide a day of fun and connection for local teenagers to support their mental health. We

also wanted to connect teenagers with local organization that love and support them. Thrive was held in honor of Sammy Schmidt, a beloved local teenager who took his own life in October of 2020. The event provided 15 various games and activities, food trucks and live entertainment featuring local youth bands. There was something for everyone. The games and activities were hosted by Anew Day, Bright Futures for Youth, Campus Life, The Hangout, Big Brothers Big Sisters, Behavioral Health, Living Well Medical Clinic, Christian Encounter Ranch, The Word Alive youth group,

Nevada County Sportsmen and Alta Sierra Golf Club. It was a beautiful collaboration. Approximately 130 youth showed up to join the fun. All reports were that people had a great time. This event was not a fundraiser, it was a service to the youth in our community and we felt blessed to help make it happen. Thank you to all who donated and/or worked to make Thrive a successful event. Check out our recap video by searching the following link: <https://vimeo.com/572224831>

RAKE EVENT - OCTOBER 2021

This year over 200 RAKE participants spread out around the county picking up trash, maintaining local parks and loading firewood for seniors. Amazingly, 125 of those volunteers were high school students. Though our numbers were down from last year we were still able to be a huge blessing to our community through this event.

Thank you to all of you who worked and/or sponsored this important day of giving. Check out our event photos by searching the following link: <https://www.anew-day.com/prior-rake-photos>



FIRST RESPONDERS SUPPORT FUND

TRICIA JOHNSON

Executive Director

My husband and I had been married about 1 year when he told me he felt deeply called to become a police officer. He has a keen sense of justice and a protective nature. It was everything good in my husband that drew him toward this self-sacrificial profession. In the very beginning, my instinctual fear was for his physical safety. He truly did lay his life on the line each and every day he went to work. It didn't take long, however, to realize that the more real concern was for his mental health. *This is the reality we rarely talk about.*

In his over 22 years of service my husband has seen more than the human psyche should be able to handle. Some things took him a year to talk to me about, some things he still can't. How does one cope with having witnessed a man take his own life after hours of trying to talk him out of it? How does a person with small children conduct the investigation needed to bring a child molester to justice?

How does one spend 12 hours per day in a hyper-vigilant state basing decisions on what could *possibly* happen, not what will *probably* happen, without carrying that perspective into off-duty life?

I have had 22 years of loving my husband through the challenges he faces on the job and the havoc they wreak on the inside. I've also had 22 years of facing the struggles this service has brought to my own marriage. It is no mystery to me why the divorce rate among law enforcement officers is so high.

There are many times in our years of marriage that my husband and I would have benefited from counseling, but there was always an obstacle that got in the way. Usually the obstacle was finances. We were barely paying bills in the years I was home raising the kids and counseling wasn't high enough on the priority list.

With this background, when I started working at Anew Day I wondered how we could minister to the first responders in our community. How could Anew Day help people overcome the obstacles that kept my husband and me from getting the help we needed?

There are many times in our years of marriage that my husband and I would have benefited from counseling, but there was always an obstacle that got in the way.

As I prayed about this, the Lord brought us an Associate with a passion for understanding

PRAYER NEEDS

- Volunteer Lay Counselors
- Trainees & Associates
- Volunteers to answer phones
- Support staff needed in order to keep the office open for clients one evening per week
- Occasional volunteers



and serving first responders. Anna, whose brother is in law enforcement, is committed to helping these public servants. With Anna on staff, the Anew Day Board discussed how great it would be if we could offer counseling and therapy services to first responders in our community completely free of charge.

With this hope, Anew Day has created the *First Responders Support Fund*. The ultimate goal for this fund is to be able to pay 100% of the counseling/therapy costs for any currently serving first responder who calls us for help. If you appreciate our first responders, please consider giving to this Support Fund already being used.

Not wanting to pull away from our other needed services we ask that your gift be over and above any normal donations you make to Anew Day. Thank you!





Focused Counseling Services Offered by Anew Day

ADDICTIONS

EATING DISORDERS

PHYSICAL ABUSE

EMOTIONAL ABUSE

SEXUAL ABUSE

COMMUNICATION

RELATIONSHIPS

DATING

PORNOGRAPHY

ANXIETY

SUBSTANCE ABUSE

CUTTING

DIVORCE

SUICIDE

COPING SKILLS

GRIEF

GENDER IDENTITY

DEPRESSION

SUICIDAL THOUGHTS

PREGNANCY

ABORTION

DEVELOPING IDENTITY

DECISION MAKING SKILLS

TRAUMA / PTSD

In addition to the free counseling and affordable therapy services we provide, Anew Day also provides low and no-cost therapeutic programs, including various trainings, workshops, and support groups.

**For More Information Call
530.470.9111**

15 YEARS OF SPREADING HOPE

OUR ROOTS



Anew Day was founded in March 2006 by individuals who felt called by God to support struggling youth in our area by providing a place for them to receive free counseling services. These individuals gave of their time, talents and/or resources to meet a clear need in our community. At that time Nevada County was ranked #1 in California's suicide rate per capita. A tragic statistic.

OUR BRANCHES



Over the past 15 years Anew Day's ministry has grown and branched out with the increasing need for mental health support in our community. What began as a small, faith-based organization of volunteer counselors has grown into a full-service counseling center that provides counseling as well as counselor training.

As a counseling center, Anew Day offers our community free lay counseling, low-cost professional therapy, various free support groups, free educational classes and free therapeutic art classes. We serve individuals of all ages as well as couples and families. Currently more than 20 Lay Counselors and 3 Professional Therapists serve clients at Anew Day.

As a training center, Anew Day provides ongoing training and supervision for our Counselors and Therapists in line with BBS regulations. Our Clinical Director is a Licensed Marriage and Family Therapist who oversees all training and client services at Anew Day assuring that we strive for excellence in our counseling ministry. The Clinical Director also teaches Counseling Skills Workshops for aspiring lay counselors and interested community members.

Though Anew Day has grown and evolved, our mission has not changed. We remain a faith-based, not-for-profit organization helping people find hope and healing as they walk through life's challenges. I am confident that our 15 years of pursuing this mission has played a significant roll in helping move the suicide ranking of Nevada County from #1 to the current rank of #20 in the state.

OUR WATER



For these past 15 years Anew Day has depended on the support of the community we serve to accomplish our mission. Our growth is a credit to the generosity of our supporters. We need income to keep our counseling and training center operational. We need resources to provide scholarships for people who need professional therapy but can't afford to pay even our greatly discounted rates, as well as resources for things like advertising, supplies and infrastructure. Due to the nature of our mission we are unable to pass our operating expenses on to our clients, which is why we need your help. Thank you to all of you who have volunteered or donated to support our mission. You are the water that keeps us alive and helps us grow.

SAYING GOODBYE TO CLARISE BRADY

CLARISE BRADY

Former Clinical Director



As my life enters this new season of retirement, I want to thank each one of you who are a part of our Anew Day family for the opportunity to have served in

this valuable ministry. What a gift I have been given, to be able to spend so many years doing what I feel so passionate about.

Early in Anew Day's operation, I was asked to come on-board. Then, after a three year retirement, I returned for another six years. (Who knew I'd be here so long!) Personally, I have been proud to be a part of this clinic, and have loved watching it grow both in professionalism and quality services, as well as in the number of people in our community that we have been able to serve... most of whom would be financially unable to receive counseling services

elsewhere.

Being on the "inside", I have been privileged to see the difference that this organization makes in so many lives, because as we help one person heal, grow and develop, a whole family system is affected.

What has made it a joy to work here for so long has been the loving, non-judgmental atmosphere that permeates Anew Day. Not many people get to go to work where they feel supported and loved. I will sincerely miss working with our amazing lay counselors, associates and the staff.

I am truly grateful to our fabulous board for their consistent openness, trust and support. I've always felt confident that each and every one of them would be there for whatever we needed to do the best job possible. And of course, all of this would not be possible without the financial support that we receive from so many of you donors, our silent partners. Please know that we all work hard to be good stewards of

your financial gifts, and that you are making a difference in many lives. This counseling ministry is being left in the very capable hands of Keith Thompson, who I already miss seeing across the hall everyday! Co-Directing with him, and Barbara previously, has always been seamless. Although each of us have brought different gifts to the table, and have very different personalities, we have always had the same vision of providing the highest quality of counseling possible. I'm realizing now that this complete simpatico in leadership is nothing less than the hand of God upon this ministry.

Even as I look forward to having more time for my family, grandchildren, and whatever other ministries God leads me to, I will miss Anew Day. Not many get to spend so many years working in a position that is so filled with purpose and meaning, and for this I feel sincerely blessed.

Forever grateful,
Clarise Brady

SAYING HELLO TO SUSAN LEONARD

SUSAN LEONARD

Lay Counseling Supervisor



Susan was raised in the Bay Area and attended Cañada College and Liberty University with a major in Counseling/Psychology.

Susan is married to Mike and has six

children and eight grandchildren. She recently moved to Nevada County from Maui, Hawaii, where she worked as the Director of Celebrate Recovery and as the church counselor at Hope Chapel in Kihei.

Formerly Susan worked at Big Valley Church in Modesto, California, as the Director of Single Woman's Ministry and the Director of Counseling. She has 20 years of Lay Counseling experience, including

supervision, as well as a heart devoted to helping others.

Susan has worked in all facets of ministry with an emphasis on recovery, mentoring and counseling. She specializes in addiction and recovery and holds many training certificates including Crisis and Trauma, Sex Addiction, Coaching and Biblical Counseling to name a few. Susan's leadership experience and contagious love for Christ are incredible blessings to Anew Day.

CONNECT WITH US



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THANKS to many of our loyal supporters, the community, and our clients, Anew Day earned the Best Mental Health Provider In Nevada County for 2020 - the *ninth* year receiving this award since 2011!

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THANK YOU!

Thank you to Kenny Frerichs for donating his time, talents, and equipment in producing our new Counseling Skills Workshop videos!

We are very grateful to Dick Philips for including Anew Day in his estate planning.

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