

We partner with youth to create lasting change so all youth have a safe place to live and opportunities to grow.

A note from our EXECUTIVE DIRECTOR

Dear friends and supporters of New Beginnings, 2019 was an excellent year for our community; your support helped New Beginnings serve more total youth than we have ever before!



New Beginnings has continued to advocate for vulnerable youth locally, statewide, and nationally. We helped bring together a three-year process to develop and implement Maine's Coordinated Community Plan to end and prevent youth homelessness – and in August 2019 the state was awarded a \$3.25 million HUD Youth Homelessness Demonstration Program (YHDP) grant. New Beginnings is leading the YHDP planning phase with community and government partners, including continuing to support the statewide Youth Action Board. We also advocated and testified for two significant pieces of legislation that passed into law, improving access to college and reducing barriers to medical treatment for Maine's homeless youth.

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SUCCESS BY THE NUMBERS



8,984

Nights of housing where youth were safe and off the streets

11,056



Meals served at the Shelter and Outreach Drop-In Center

911



Youth and families served this year

89

Teens from throughout Maine stayed at our 24-hr. shelter



of youth served reunified with family or acquired safe housing

40

Youth gained life skills at our transitional living apartments



758

Teens and young adults helped at our Lewiston Drop-In Center



4,506

Contacts via street outreach in urban and rural communities

216

Youth utilized educational, social-emotional, and prevention groups

PROGRAMS

Because of your support in 2019, together we were able to make a lasting impact in the lives of over 900 youth across Maine.

Learn more about how each of New Beginnings' 7 program areas were able to help Maine's youth find safety, connection, and opportunities for growth.

MENTAL HEALTH

Four years ago, New Beginnings started to implement unique mental health services that incorporated the best practices for responding to complex trauma and which were responsive to the lives and needs of homeless youth. In 2017, thanks in large part to the 2-year Mental Health Services Feasibility Study funded by the John T. Gorman Foundation, New Beginnings successfully transitioned Marc Madore, LCSW, from his previous role as Outreach Director to full-time Director of Mental Health Services.

In this role Marc has been able to expand the reach of New Beginnings mental health services which include individual counseling, Power Source groups, and family therapy sessions for parenting youth. These services are available to any New Beginnings' youth, as well as to greater Lewiston-Auburn area teens and young adults who may be homeless, dealing with intense family conflict, or living in unstable situations. In 2019 Marc, along with four mental health interns from master level program at various colleges and universities, were able to provide individual counseling for 69 youth and group sessions for 46 additional youth.

SHELTER

Since 1980, New Beginnings' shelter program has temporarily housed and supported over 8,300 young people from throughout the state, almost half from Androscoggin County.

In 2018, we provided 24-hour supervised care for 89 program participants in a structured, strength-based environment that promotes stability and personal growth.

In addition to the basic services of shelter and three meals per day, youth participated in case management, educational support, recreational activities, prevention groups and our Power Source Plus curriculum designed to improve emotional regulation and decision-making.

In June, 7 staff were newly trained in becoming mediators to address family conflict issues and address struggles between youth in our programs. 12 staff attended a portion of the training as a refresher in order to advance their skills. The trainer, who has been working with us since 2000, has effectively incorporated New Beginnings' models of care into the course.

During 2019, the shelter worked with 22 youth and families in formal mediations; 18 of these youth were reunited with their families and another 3 were discharged to permanent housing situations with improved family dynamics.

TRANSITIONAL LIVING

The Transitional Living Program (TLP) offers safe and stable housing options for homeless youth in Maine. Our community-based apartment living exposes youth ages 16–21 to real-life experiences in education, employment, roommate and household management, and other personal growth experiences that teens need to successfully transition to adulthood. Youth can live in a New Beginnings apartment for up to 18 months. TLP sites in Franklin, Kennebec, and Androscoggin counties combine case management and supportive housing with individualized independent living skills assistance from knowledgeable and compassionate staff.

Living at the TLP prepares young people to successfully find and maintain housing after they leave the program. In 2019, an average of 18 youth per day received housing and supportive services through the TLP. Over the past year, 89% of all youth leaving the program had exits to safe



destinations. 65% of youth in the TLP made progress toward a diploma or GED, while 60% of the youth obtained paid employment during their stay in the program.

In 2019 the TLP continued to provide opportunities for youth to improve on life skills during Adventure Challenge trips. This year marked the 19th year that TLP brought youth to Sugarloaf. This is our longest running Adventure Challenge trip that proves year after year to highlight the growth of youth and staff alike.



EDUCATIONAL SUPPORT

In 2019, 116 youth from New Beginnings' programs received educational support from Ed Support specialists. These youth met with staff over the course of 583 appointments, where they received one-on-one tutoring, engaged in career exploration and employment help, and reconnected to their own academic potential.

Seven of these youth were accepted into college, 4 graduated from high school, and 98% of youth who were enrolled in school maintained their enrollment—an amazing achievement considering that homeless and at-risk youth are 87% more likely than their peers to drop out of high school.

In 2019, the program said goodbye to founding Ed Specialist and program supervisor, Sarah Dostie, who helped create the program in its current form. Ed Specialist Allie Smith was promoted to supervise the program and hired Nina Michaud as an Educational Support Specialist.

A highlight of 2019 programming was a five-week pilot financial literacy workshop provided with in-kind support from Community Credit Union. Seven youth earned in-kind laptops from Information Technology Exchange/PCs for Maine for completing the pilot.

The program was grateful to receive grants in 2019 from The 11-10-02 Foundation & Norway Savings Bank.

PREVENTION & TRAINING

2019 saw a new Prevention and Training Coordinator, with Kris Pitts filling the role full-time in October. Despite a transition in staffing, New Beginnings was able to host a variety of prevention training with the support of the Maine Dept. of Education including topics such as motivational interviewing, harm reduction related to substance use and self-injury, High Risk Adolescent HIV/AIDS Prevention (offered by New

Beginnings since 1999), and creating safe and affirming spaces for LGBTQ+ youth.

In the Fall of 2019 additional Be Proud! Be responsible! Facilitators were trained in partnership with Maine Family Planning, preparing Staff at alternative schools, youth homelessness services providers, and other youth-serving agencies to utilize the evidence-based curriculum over the course of 6 modules to help young people learn strategies to lower their risk of unintended pregnancy and/or HIV/STI transmission.

OUTREACH

This year was a transition year for Outreach, we brought on new staff and trained a new Outreach Program Director, Maura Moody, who assumed the role full-time in November.

In 2019, more than 553 young people came to the drop-in center for meals, emergency supplies, recreation, and social support and we served 658 food boxes to at-risk and homeless youth. Over 77 homeless youth worked individually with staff to achieve their goals for stability, with 58 finding permanent housing.



Many youth utilized additional services in drop-in such as Power Source, Mindful yoga, educational support, free health clinic, and recreation and arts. Over 4,506 contacts were made through street outreach.

YOUTH ACTION BOARD

In May of 2019, New Beginnings welcomed Kris Pitts into the role of Youth Action Board (YAB) Specialist.

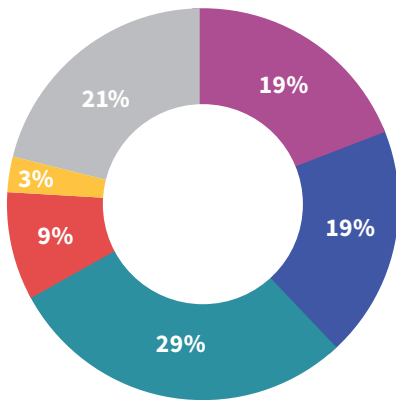
In the seven remaining months, the YAB grew to include 35 young people between the ages of 14 and 24 from across the state who share lived experience in one or more of the following areas: homelessness, poverty, interaction with foster or adoptive systems, interaction with the Dept. of Juvenile Justice (DJJ) or Dept. of Corrections (DOC), or interaction with

mental health or treatment systems.

The YAB has been an active participant in the Youth Homelessness Demonstration Project (YHDP) process, as well as the Maine Continuum of Care (MCoC), and members also created and participated in events to help improve their community's perception of young people. The YAB created an internal Mission & Values statement, space agreements, and a governance structure.

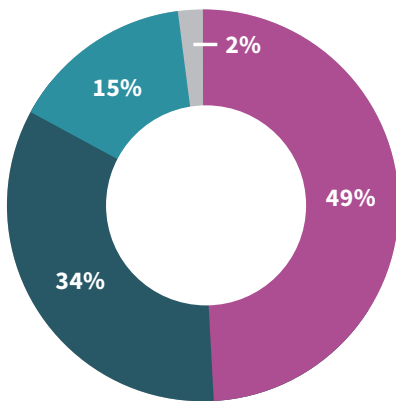
2019 Financial Overview

2019 Annual Budget – \$3,022,668



INVESTMENT BY PROGRAM

- Shelter
- Outreach
- Transitional Living
- Community Services
- Mental Health
- Administration & Fundraising



REVENUE BY FUNDING SOURCE

- State
- Federal
- Private Funds
- United Way

Budget calculated from our most current un-audited financials.
 Federal Funding Sources: HUD, FEMA, USDA, Maine Care, Runaway and Homeless Youth Act.
 State Funding Sources: MSHA, Maine Depts. of: Education, Corrections, Health and Human Services.
 Private Funding Sources: Donations, grants from private foundations and fundraising.

BOARD OF DIRECTORS

2019–2020 OFFICERS & MEMBERS

PRESIDENT

Danylle Carson

VICE PRESIDENT

Kelley Nelson
 (Acting President, Fall 2019)

SECRETARY

Molly Watson Shukie

TREASURER

Ashley M. Gagnon

Mike Giasson

Nancy Grenier

Steve Labonte

Alicia Miller

Caseigh Moody-Dabney

ADVISORS

Ed Desgrosseilliers

Kathy Low

Joan Macri

Melissa McLeod

Lillian O'Brien

Tina Penney

Darby Ray

Vicki Stuart

FROM OUR EXECUTIVE DIRECTOR *(continued)*

Despite challenges such as the loss of \$150,000 in federal funds for street outreach, 2019 brought successful milestones and highlights:

- The outreach program expanded anti-hunger services with hot meals 5 days per week and an innovative mobile food pantry for youth.
- The prevention program published the Maine Homeless Youth Risk Behavior Survey report summarizing our statewide research.
- We celebrated 20 years of providing family mediation, and at our largest-ever annual dinner in May 2019

we celebrated the 30-year anniversary of our Transitional Living Program with over 250 supporters, alumni, and staff.

- On a personal note I undertook the amazing journey of becoming a John T. Gorman Foundation Fellow and will continue that work in partnership with the foundation and our many community partners well into the future.

In 2019, our Board of Directors recruited new members and instituted a new governance structure. In the final months of the year, the Board and our management team also began planning for a multi-year restructuring plan that

will guide the agency into the future.

Your support helped us end 2019 with all essential services intact and on sound financial footing. Thank you so much for continuing to help us make a difference in the lives of homeless and runaway youth in Maine.

With immense gratitude,

Chris Bicknell

Executive Director