Message from the Executive Director

Cancelled, shut-down, pandemic, COVID-19, protests and racial equity are all phrases and words that have become an every day part of life over these last several months. When I think of CCPC and our team’s response to all that has happened this year so far, I think of words like: resilient, nimble, compassionate, relentless and sacrificial. I have never been more proud of our staff, not only how we have responded but the incredible impact we have had on our entire region, especially this year.

During the entire COVID-19 crisis, we never shut our doors. We kept our food pantry open, moved our Basic Needs Assistance program online and continued offering critical mental health counseling help to those in need. So far this year, we have given nearly $1 Million in rent assistance and served thousands with food. Our mental health counseling sessions increased by 40% during COVID-19, and our need for counseling scholarships increased by 85%. Additionally, our APRN saw a 150% increase in new patients over the last few months.

Our ability to respond did not just reflect our fabulous staff, but it highlighted the truly remarkable generosity that our community demonstrated in the amount of money given to CCPC this year already. Our community came together to make sure no one fell through the cracks during this crisis. Perhaps now more than ever, CCPC’s mission to meet people at their point of need, as an expression of God’s love is absolutely critical.

One of my favorite quotes by Mother Theresa has been: “What’s important is not how much we do, but how much love we put into doing it. Not all of us can do great things, but we can do small things with great love.” As I reflect on this year so far, our 20th anniversary year, I marvel at how our CCPC team has been able to do great things with great love.

Grateful,

[Signature]
PROFILES OF DIGNITY

Rostros de Dignidad

3
“Once the ski shop closed down, I didn’t really know what to do with my time and started to drink. It was a really dark period and brought up a lot of memories from my past. Usually, I would go skiing or biking to manage but things were closed so I just watched TV. I was so grateful that the counseling department was willing to see people in person so I could connect face to face. Through therapy, my drinking is starting to decrease and I’m developing new skills to manage my thoughts and emotions. I was also able to get connected with medication management. It was a night and day difference. I had been taking the same medications for 10 years with a very brief annual check-in. Counselor Linsey Broadbent was so comprehensive when we meet, and she took 90 minutes to understand my situation.”

“I thought I was going to be fine with this COVID-19 thing since I like being alone, but this is something else. I have felt so alone and isolated. I relapsed because I was bored and depressed. I mean what else was I supposed to do, I’m alone and stuck inside. I’m so grateful that the Christian Center is providing scholarships and support during this time so I can work on my sobriety. I look forward to therapy every week just so I have someone to talk to and process with.”

Matt

Linsey Broadbent
DNP, FNP-BC & PMHNP-BC
“You fed us, yes, but you also nourished us, nourished our souls. My family and I picked up our boxes of food from the Christian Center after losing our jobs due to COVID-19. We wish we could have been out of state with our elderly parents, but alas. Upon getting home the first blessing was revealed to us when my kiddos immediately started playing with the empty boxes. The older child used the empty milk crate to exercise in lieu of his cancelled sports and the younger child took scissors, tape and markers to a banana box and re-purposed it as a dog bed replete with Deer Valley quality interior design, entertaining himself in lieu of this cancelled school.

My husband and I stood back and marvelled at the bounty of food and realized we had luckily, randomly received the exact ingredients that make up Grandma’s legendary meal which was the nostalgic favorite when I was growing up. That night I cooked the delicious, nutritious meal and took photos and sent the photos to Grandma and Grandpa of their grand kids sitting at the dining room table enjoying it. It was as though we were all together in the kitchen, cooking and at the table eating ~ together. Voilà! You fed us, yes, but you also nourished us, nourished our souls. Thank you.”

Brad & Jill

A homeless man came in to CCPC initially seeking food and clothing because he had been out of work and had also lost his housing situation. CCPC found some clothes for him and helped get him some food. CCPC gave him a food card to McDonalds where he went and ended up applying for a job. He got that job and was given his first 8 hour shift shortly after.

Since then he met people who offered him places to stay for a night and he soon connected with several men who began sharing a place together. He came back to CCPC for some items for his shared bedroom. He has not requested financial assistance yet, because he wanted to try to do everything on his own. Eventually he would like to volunteer at some point through doing landscaping for CCPC.
“Hallelujah! Praise The Lord! Thank you so much. I’ve never had to file for unemployment before. Personally, I have not been afraid of getting sick. But, I have had worry about keeping our bills paid. You have fed us and now you are going even beyond that. Such Grace! Sincerely Grateful.”

Carrie

“Thank you and all of your staff for the amazing work you are doing. In outreach, you are our closest and most helpful partner. Again...thank you for setting the tone and direction to such a great institution, we are lucky to have you and your team!“

Eric Esquivel
Supervisor-Latino Community Relations
Park City School District
PROGRAMS

August 17, 18 & 19
2020
**PROGRAMS**

**BACK 2 SCHOOL BASICS 2020**

**OVERVIEW**

Families Registered

Children Registered

Outlet Gift PC Cards Distributed

- Ecker Middle School
- Park City Day School
- Trailside Elementary School
- Wasatch County Students
- Jeremy Ranch Elementary School
- Park City High School
- Treasure Mountain Junior High School
- McPolin Elementary School
- Parley’s Elementary School
- Weilenmann School of Discovery
- Wasatch County Students

**3-DAY-EVENT**

10 FAMILIES EACH HOUR

- 337
- 673
- $68,700

**DONATION RECAP**

- Number of Monetary Donors: 169
- Amount Received: $80,205 (Restricted)
- Average Donation Amount: $474

**Major Contributors**

- Gordon & Kathy Schrage: $10,000
- Westgate Resorts Foundation: $10,000
- Ellen Sherk: $5,433
- Wasatch Community Foundation: $5,000
- Cheryl Townsend Wood: $5,000
- Mountain Life Evangelical Free Church: $3,000
- Colleen P. Wilstein Revocable Trust: $2,000
- 8 Donors: $1,000
- 156 Donors: $999 or less
OVERVIEW (01.01.20 - 08.31.20)

**Programs**

- Donations - Individuals/Food Drives → 53,011 lbs
- Donations - Business → 83,208 lbs
- Grocery Rescue Program → 515,994 lbs

**A Partnership with Food Pantry**

<table>
<thead>
<tr>
<th>category</th>
<th>weight (lbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bakery</td>
<td>122,343</td>
</tr>
<tr>
<td>Dairy</td>
<td>78,581</td>
</tr>
<tr>
<td>Produce</td>
<td>140,338</td>
</tr>
<tr>
<td>Deli</td>
<td>48,116</td>
</tr>
<tr>
<td>Meat/Poultry</td>
<td>56,976</td>
</tr>
<tr>
<td>Frozen</td>
<td>4,061</td>
</tr>
<tr>
<td>Dry Grocery</td>
<td>54,965</td>
</tr>
<tr>
<td>Other</td>
<td>10,614</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>515,994</strong></td>
</tr>
</tbody>
</table>
**PROGRAMS**

**FOOD PANTRY |** Dispensa de Alimentos

**OVERVIEW** (01.01.20 - 08.31.20)

PGIK - Year-over-Year Comparison (lbs)

* These two figures under Food Drives are a part of Individuals and/or Businesses - not in addition to.

- CCPC accepted/collection roughly 652,214 pounds of PGIK for 2020 - that is a 14% increase so far this year for the same time period in 2019

- At $1.67 per pound (Utah Food Bank calculation) that equates into -

**$ 1,089,197**

or an estimated

**543,511 Meals**
NATIVE AMERICAN OUTREACH

Park City & Skiing
Lessons | Outdoors

Ibapah & Gardening
Seeds | Starters

Reservation & Recycling
10,000 lbs | Metal

Biking & Yellowstone
Goshute | Riders
### Programs

#### Pantry Households Served

**Overview** (01.01.20 - 08.31.20)

<table>
<thead>
<tr>
<th></th>
<th>HEBER CITY</th>
<th>PARK CITY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Households</strong></td>
<td>2,812</td>
<td>7,066</td>
</tr>
<tr>
<td>Adults</td>
<td>5,481</td>
<td>13,143</td>
</tr>
<tr>
<td>Children</td>
<td>3,978</td>
<td>3,963</td>
</tr>
<tr>
<td>Toddlers</td>
<td>226</td>
<td>204</td>
</tr>
<tr>
<td>Seniors</td>
<td>230</td>
<td>139</td>
</tr>
<tr>
<td>Dogs</td>
<td>81</td>
<td>297</td>
</tr>
<tr>
<td>Cats</td>
<td>34</td>
<td>136</td>
</tr>
<tr>
<td>Hygiene</td>
<td>222</td>
<td>1004</td>
</tr>
<tr>
<td>Diapers</td>
<td>375</td>
<td>434</td>
</tr>
<tr>
<td>Meals</td>
<td>13,517</td>
<td>7,320</td>
</tr>
<tr>
<td>PGIK</td>
<td>20,996 lbs</td>
<td>30,124 lbs</td>
</tr>
<tr>
<td>GIK</td>
<td>40,024 lbs</td>
<td>45,710 lbs</td>
</tr>
<tr>
<td>Grocery Rescue</td>
<td>232,101 lbs</td>
<td>283,893 lbs</td>
</tr>
</tbody>
</table>

**PGIK**: 20,996 lbs

**GIK**: 40,024 lbs

**Grocery Rescue**: 232,101 lbs
## Volunteer Stats

### OVERVIEW (01.01.20 - 08.31.20)

<table>
<thead>
<tr>
<th>Category</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer Hours</td>
<td>6,127 Hours</td>
</tr>
<tr>
<td>Volunteers Managed</td>
<td>672 Individuals</td>
</tr>
<tr>
<td>Average Volunteer Commitment</td>
<td>9.11 Hours (per month)</td>
</tr>
</tbody>
</table>

### DEPARTMENT

<table>
<thead>
<tr>
<th>Department</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boutique</td>
<td>1,485.73 Hours</td>
</tr>
<tr>
<td>Heber Pantry</td>
<td>1,338.23 Hours</td>
</tr>
<tr>
<td>Park City Pantry</td>
<td>2,516.80 Hours</td>
</tr>
<tr>
<td>Reception</td>
<td>150.56 Hours</td>
</tr>
<tr>
<td>Thrift</td>
<td>113.88 Hours</td>
</tr>
<tr>
<td>Programs (collectively)</td>
<td>522.50 Hours</td>
</tr>
</tbody>
</table>

### PROGRAMS

- Hike for Hunger
- Back to School Basics
- Tuesday Nite Dinners
- Basic Needs
Volunteer Profiles

Name: LUTHER CREED
Department: Food Pantry
Age: 70
From: Nevada
Currently Lives: Park City
Wife: Lucinda
Occupation: Retired
Children: 3
Grand Children: 4
Tenure at CCPC: 2018
Lifetime Hours: 500+
Passions: Nature
Hiking & Biking
Favorite Snack: Potato Chips at Lespri
Daily Practice: Humility

Jessica: “How did you get started volunteering at CCPC?”
Luther: “My neighbor, Luann Sadler (a current employee of CCPC), told me one day that the pantry really needed volunteers. I was looking for a cause, so I went down to the partially finished center in June of 2018. At first I did bread and produce sorting and forgot many times to put everything on a crate to keep the food off the floor. After a hiatus for a personal project, I came back in the winter of 2019 and started helping Jaime with early morning grocery rescue food pick ups.”

J: “What keeps you coming back, week after week, in the middle of a pandemic?”
L: “The CCPC mission and CCPC Food Pantry Coordinator Jaime Mira keep me coming back. He works very hard to make things work and I think he represents the CCPC well. All the grocery stores love him and he is so kind to me.”

J: “What brought you to Park City?”
L: “After retiring, my wife and I relocated to Park City with no regrets to escape the oppressive heat of Las Vegas - and to be a part of a community that we love.”

Name: GLADYS ANAMPA
Department: Boutique
Age: 52
From: Peru
Then to: New Jersey | New York City
Currently Lives: Park City
Boyfriend: Edgar
Occupation 1: Services - Park Plaza Hotel
Occupation 2: Services - Park City Hotel
Tenure at CCPC: 2019
Volunteer Type: 2-3 Days per Week
Passions: Road Biking
Retail Weaknesses: Converse All-stars
Handbags
Favorite Food: Anything Peruvian
Daily Practice: Kindness
Being Gracious

Jessica: “How did you decide to volunteer at CCPC?”
Gladys: “My boyfriend is good friends with Max Ventura who connected us to the Christian Center in 2017. I started by looking on the CCPC website for opportunities to volunteer for events like Latino Arts Festival, Hike for Hunger and Operation Hope. Jessica Bryant soon connected me to the Boutique - AND I LOVE IT!”

J: “What do you love about the Boutique?”
G: “The people I interact with at the Boutique are amazing. Even though there is an English barrier I like that I can both practice my English and help Spanish speakers feel comfortable by answering their questions and telling them about CCPC services.”

J: “What other types of volunteering have you done?”
G: “When I lived in Peru, I volunteered at an organization that helped kids who were in need - orphans and the homeless. In addition to my two jobs, and CCPC Boutique, I also volunteer at McPolin Elementary in after school programs helping kids with homework and their studies. I enjoy working with and supporting any child in need.”

J: “What do you appreciate most about CCPC?”
G: “There are many people stressful situations and I tell them CCPC is there to help everyone in need.”
PROGRAMS

Basic Needs Assistance

COVID-19 CAMPAIGN
03.14.20 - 08.31.20

FUNDS ALLOCATED
$907,834

CHECKS ISSUED/CCPC VENDOR PAYMENT SERVICE
2,255

OVERVIEW

Constituent BNA Submissions (total online) 1,375
Constituent BNA Accounts Funded 727
Constituent BNA Accounts Not Funded 238

FUNDING TIERS | AMOUNTS | COUNT
--- | --- | ---
1 | $ 0 - $ 499 | 62
2 | $ 500 - $ 1,000 | 144
3 | $ 1,001 - $ 1,500 | 508
4 | $ 1,501 or more | 13

Basic Needs Assistance | Asistencia para Necesidades Básicas

- $815,967 89.88%
- $58,003 6.39%
- $25,204 2.78%
- $7,404 0.82%
- $1,255 0.14%

PARK CITY
COALVILLE
DEER MOUNTAIN
FRANCIS
HEBER CITY
KAMAS
HIDEOUT
PARK CITY
Mental Health Counseling & Wellness | Asesoramiento y Bienestar de Salud Mental

A Message from the Director

In the 20 years that I have worked as a licensed therapist, I have never seen anything in the mental health field like what we have seen in the last 6 months. Clients that have called in for services may have had previous stage of life, adjustment disorder problems, however the COVID-19 pandemic has pushed their capacity and stress over the edge. Clients have reported suicidal ideation, extreme depression, and crippling anxiety. I am extremely proud of how our team of 16 has risen to the opportunity to provide quality person centered mental health counseling with the support of wrap around services like medication management, Enneagram and Health Coaching, and Case Management. In the last 6 months we have added 6 new mental health specialists in order to meet the unprecedented need for quality mental health services. As we look towards the future, we are currently seeking to hire a Counseling Program Manager to oversee the staff management and administrative needs. By meeting people at their mental health point of need, we will continue to offer healing and paths to recovery.

3/15/20 through 6/30/20 CCPC offered two free sessions to new clients with the new clinicians.

During COVID-19, the number of counseling sessions increased 40% year-over-year (for the same period)

87% increase during COVID-19 in the need for our counseling scholarship funds, because people could no longer afford paying full fee, because they lost their job and/or their insurance.

150% increase in new patients for our APRN (a highly trained, professional nurse who can manage medication). A very high increase in client acuity with suicide ideation, extreme depression and anxiety.

Wraparound services are available for Enneagram and Health Coaching and Case Management.

Increases in client acuity with SUICIDE IDEATION, EXTREME DEPRESSION and ANXIETY.
Donations Recap

Mental Health Counseling & Wellness

OVERVIEW (01.01.20 - 08.31.20)

Counseling Session Hours

<table>
<thead>
<tr>
<th></th>
<th>Adult</th>
<th>Adolescent/Child</th>
<th>Couple</th>
<th>Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actual 2017</td>
<td>300</td>
<td>285</td>
<td>64</td>
<td>442</td>
</tr>
<tr>
<td>Actual 2018</td>
<td>1923</td>
<td>37</td>
<td>268</td>
<td>372</td>
</tr>
<tr>
<td>Actual 2019</td>
<td>2,599</td>
<td>38</td>
<td>289</td>
<td>285</td>
</tr>
<tr>
<td>Projected 2020</td>
<td>3,462</td>
<td></td>
<td>189</td>
<td>73.5</td>
</tr>
</tbody>
</table>

Counseling Sessions

3,599

3,062 Individuals

Scholarship Sessions

509 Sessions

Mental Health Counseling & Wellness

OVERVIEW (01.01.20 - 08.31.20)

Counseling Session Hours

<table>
<thead>
<tr>
<th></th>
<th>Actual 2017</th>
<th>Actual 2018</th>
<th>Actual 2019</th>
<th>Projected 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>1950</td>
<td>2503</td>
<td>3,557</td>
<td>4332</td>
</tr>
<tr>
<td>English</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spanish</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
My son graduated with the PCHS Class of 2020, thanks to the support and guidance of PCSD's teachers, counselors, and staff. He's now taking a gap year and I've moved to lower altitude.

When we moved to Park City in 2013, my son was introduced to Summit County's recreational opportunities through the National Ability Center. Diagnosed on the autism spectrum as a young child, he was eligible for NAC's adaptive programs and day camp. By the time he entered high school, he could ski black diamonds, fearlessly waterski and paddle board, and expertly navigate a high ropes course. I won't tell you how many times I watched in tears as he headed out with an NAC support crew or instructor on a new adventure. Almost all of which were made possible by NAC's generous scholarship program.

After mastering the use of a mountain bike, NAC's rec director tapped my son to be a part of the National Interscholastic Cycling Association's ELEVATE program. This adaptive component of the NICA allowed him to race with the Park City High School Mountain Bike Team for four years. The support of the PCHS MBT Team coaches, volunteers and fellow riders - and the whole NICA community - changed his life. Again, tears of gratitude for the big hearts and generous, kind individuals who made him feel welcome and included.

During High School, like many teens, he experienced mental health challenges. The prescribed therapy required six months of intensive outpatient treatment for four hours, five days a week. With the clinic almost 50 miles from Park City, I had to reduce my work hours to accommodate my son's schedule. Thankfully, the Christian Center of Park City helped me - now a divorced mom with reduced income - keep food on the table and an affordable roof over our heads.

Much-needed emotional support was also available during that time. In addition to CCPC's dedicated social worker and counselor, Connect Summit County was a godsend. The organization's group meetings and events were invaluable as we learned to deal with our new normal. And Connect Summit County's partnership with NAMI Utah and CCPC to launch a teen mental health class made my son's transition back to regular life much less stressful.

No matter where our lives take us in the future, I will always remember Park City as the special mountain town that helped raise my son.

Written and Submitted by Valery Pine Behr
Published on August 16, 2020
THANK YOU

Meeting people at their point of need as an expression of God’s love