



# mesa

Cultivating Possibility

## WHAT WE DO

**Mesa cultivates possibility for young adults facing homelessness.**



**Housing** provides a beautiful and safe place to build a foundation for the future.



**Vocation** training, job placement, and academic programs strengthen independence.



**Wellness** offerings support mental, physical, and emotional health and resilience.



**Community** mentor and volunteer opportunities build healthy relationships and strengthen support network.

## WHAT HAPPENS

**Together, we build a strong community.**

As Mesa participants benefit from the stability of housing and trauma-informed programs that support the whole person, they are better able to tend to their needs in productive, self-directed, and sustainable ways. Our community thrives by coming together to support an upstream solution to homelessness while building a greater understanding of, and support for, one another.

## WHY WE DO IT

**Every person is worthy and deserves a chance at a fulfilling life.**

- 20% of foster youth become homeless the day they age out;
- 50% experience homelessness within 18 months;
- Without intervention, 22% see their children enter the same system.

Ventura County has had a 25% increase in homelessness in recent years. There are 200+ young adults living on the street or in shelters - and thousands more facing homelessness as they couch-surf, live doubled-up, or prepare to exit jail, the hospital, or a treatment facility.

## How Can I Help?



Learn more, donate, volunteer, mentor. Our work depends on all of us coming together.

**"Mesa isn't geared towards just surviving right now; it's about living a good and better quality life."**

**-- Elizabeth Clews, Board Member**





## PERMANENT HOUSING

- Housing placement
- Independent living skills
- Financial literacy
- Rental assistance referrals

## EMPLOYMENT

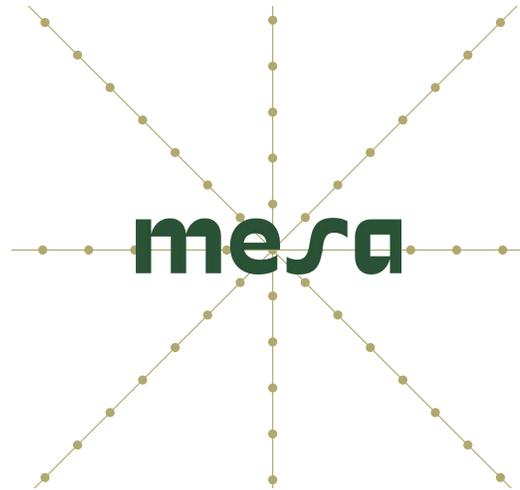
- On-the-job training
- Job placement
- Internship opportunities
- Resume building and interview preparation

## EDUCATION

- GED, college degree, or trade skill
- Independent study
- Online courses
- Volunteer tutors

## COMMUNITY CONNECTIONS

- Mentorship opportunities
- Volunteer options with local organizations
- Peer-to-peer supports



## NUTRITION

- Nutritional education
- Cooking classes
- CalFresh referrals
- Community-sourced healthy food access

## SUBSTANCE ABUSE RECOVERY

- Harm reduction model
- Sobriety programs support

## HEALTHCARE

- Gold Coast Health Plan
- Local clinic access

## MENTAL HEALTH

- Trauma-informed care
- Counseling and psychiatry
- Therapeutic offerings such as yoga, meditation, equine, art

### How is Mesa unique?

- Limited to young adult participants
- Includes former foster youth, but not exclusively
- No gender restrictions or religious component
- Low 12:1 ratio of participants to case management
- No cost to participants
- Rural setting with access to nature and sustainable agricultural experiences
- Participants can stay for up to two years

### Who are eligible participants?

Ventura County residents, ages 18-24, who are currently or at risk of experiencing homelessness.

### How are participants referred to Mesa?

Referrals can start from any source, but they must be processed through the Ventura County Continuum of Care's Coordinated Entry System.

### What are Mesa's housing options?

Situated on a 10-acre citrus orchard in Ojai's east end:

- 10 single occupancy individual tiny homes with parent/child & ADA options
- 2 single occupancy private rooms in main house
- Full-time on-site house manager

### What are Mesa's transportation options?

Participants get around Ventura County for work, school, and enrichment via Mesa's shuttle car, electric and pedal bikes, and public trolley and buses.

