

Self Help, Inc.



Annual Report 2010

Message from the Director



Ellen Morris Bond, Director of
Self Help, providing
consultation to a client.

Self Help, Inc. is entering its 42nd year as a non-profit organization serving northern New Mexico. There are too many people and organizations that have contributed to the long tenure of Self Help to list in this small report. I believe that each one has improved our organization and allowed us to serve more people in direct and effective ways. A recent client expressed thanks to Self Help: "Thank you for keeping us in your thoughts and for caring so much about us. Thank you for the help with our utilities and for the clothing. To see my oldest daughter cry from being so touched by your generosity made this even more meaningful. With love from a very grateful family...."

2010 has been an eventful year. For many families it has been a year of economic struggle. Job loss, home foreclosures and homelessness have been on the rise. With the support of our community, the staff, board, and volunteers at Self Help will continue to serve families for another four plus decades.

My thanks go to our dedicated Board of Directors, office staff and volunteers: Bodil Brandow, RN, Chelsea Primak, Intern, Pauline Wilder, Susan Roach, and website designer, Suzanne Starr. Thanks also go to our local business sponsors, KRSN Community Radio, Los Alamos National Bank, and the Reel Deal Cinema.



Reel Deal Cinema



Self Help, Inc. Board of Directors

Chair: Walter Barkley

Vice-Chair/Empty Bowls Coord.: Gillian Sutton

Secretary: Chelsea Primak

Treasurer: Robert Hill

Board Members



Ron Augustson

James Little

Joyce Nickols-Tools for School Coord.

Robert Nunz

Bill Olson

John Rand

The History of Self Help, Inc.

Bill Olson, Founding Member

A group of members at Bethlehem Lutheran Church created Self Help in 1969. They were concerned about the well-being of northern New Mexicans. The project started as a seed money program to support the rural agricultural livelihood in Rio Arriba and Taos Counties. In the early years Self Help partially funded an apple coop in the Velarde area and purchased an adobe brick making machine which was loaned to people who were building a home. the adobe project was a great idea, but the machine was difficult to use and became cumbersome to transport. Self Help learned many valuable lessons and refocused its priorities.

Devi Raju, the first director, was trained as a lawyer in India. She was able to help clients with legal problems relating to land and water rights. Devi supported social justice and became a well-known advocate for northern New Mexicans.

At one time there was a suggestion that Self Help should be a totally volunteer-staffed organization with no paid director. During one difficult period there was concern that Self Help would not be able continue. Joyce Pyburn had the perfect background and experience to become the second director. She resurrected the organization with her energy and skilled direction.

In 2000 Self Help responded to the Cerro Grande Fire in Los Alamos. Ellen Morris Bond was hired to help meet the increased needs. Ellen's background in community development was similar to Joyce's experience and they made a wonderful team. When Joyce retired in 2001, Ellen was selected as the new director. Ellen understands the need for diverse funding streams and flexible services. Self Help accesses funding from other organizations for special needs such as housing for homeless, medical issues, disaster response, and wood and propane in the wintertime.

A vital program at Self Help is an emergency fund that provides vital assistance during stressful times. Through the interview process, staff members are able to discern people's needs. Emergency funding, when combined with the clients' efforts, encourages people to rise above difficult personal circumstances. In recent years Self Help has increased its focus on education, building life skills and personal initiative.



Past Directors



Bethlehem Lutheran Church

1969 to 1971

- Founded Self Help as a way to address poverty in northern NM
- Provides office space to organization



Devi Raju

1971 to 1975

- Trained as an attorney in India
- Assisted with land claims water issues
- Set precedent for Self Help's future endeavors and protocols



Joyce Pyburn

1975 to 2000

- Background in community development
- Secured primary funding
- Established relationships with other organizations and referral systems



Self Help, Inc.

Purpose and Mission

Self Help, Inc. is a non-profit organization dedicated to assisting those in need in Northern New Mexico by providing crisis intervention, case management, advocacy, school supplies and seed/education grants. The organization's work demonstrates that the most effective assistance is aimed at enhancing an individual family's life skills and level of self-reliance. Rather than only providing financial assistance, the staff encourages and advises clients to examine the root cause of their financial, legal, and social problems.

Continuum of Services

Clients may access all four of our programs on a continuum. For example, clients who initially receive emergency funds and consultation may also reply for Seed Money Grants.

Primary Client Outcomes

- *Improve problem-solving skills
- *Increase ability to support themselves and their families
- *Become more financially literate
- *Gain skills and increase potential for employment



Self Help, Inc. Programs



Los Alamos Emergency Fund

Direct financial assistance with utility and medical bills, housing, transportation, and food during a period of crisis. Staff communicates with companies, landlords, and other entities to negotiate on behalf of clients, especially those unable to advocate for themselves.



Consultation and Advocacy

Individualized assessment of clients in crisis. Staff provides case management, and referrals to the appropriate financial, legal, and human service entities. Clients are encouraged to develop skills and resources for managing crises.



Seed Money Grants

Grants for individuals and families seeking the skills, equipment and resources to initiate job training, continuing education, vocational development, home businesses, cottage industries and other projects that encourage integration into the workforce.

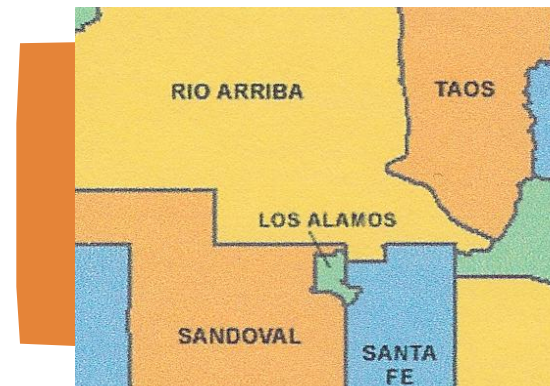


Children's Tools for School Project

Provides school supplies to children in need within our four county service area. The project helps families by providing supplies as pencils, paper, calculators, and notebooks. Self Help works with school counselors and social workers to identify and distribute supplies to students in need. Volunteers sort and deliver the supplies.

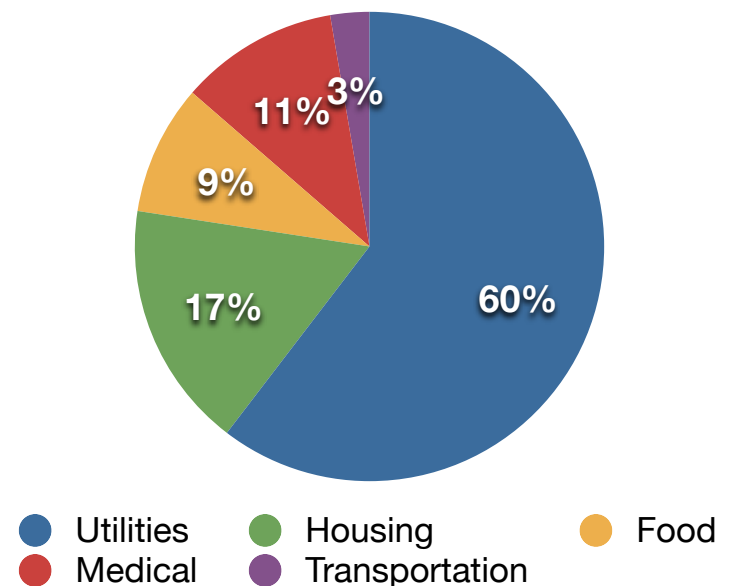
The People We Serve

Clients are the working poor or are on fixed incomes such as Social Security Disability Insurance, unemployment compensation, or assistance through the New Mexico Income Support Division. Self Help responds to over 1900 client requests per year.



Self Help's service area covers 4 counties: Los Alamos, Rio Arriba, Taos and northern Santa Fe.

Assistance by Category



Seed Grant Success Stories



Sweets and Treats

Melinda Salazar and her sisters-in-law, Charlotte and Pauline, began Sweets and Treats in July of 2002 as a bakery and catering business in Tierra Amarilla with a seed money grant. The business grew into a restaurant.



Liz Gold, Photographer

A seed money grant helped Liz purchase specialized wide-format printing equipment allowing her to expand the market for her work.



Intergalactic Baking Company

Amy Quirke used her seed money grant to purchase an industrial mixer in order to expand her baking business. Her delicious baked goods are sold at area farmers' markets.



Geronimo's Wildfire Salsa

Jerome Martinez used his grant to buy jars and labels for packaging his product. The grant allowed Jerome to contract with commercial kitchen to produce larger batches of his homemade salsa.

Funding Sources and Supporting Agencies



United Way of Northern New Mexico

The United Way's mission is to engage human and financial resources to improve the quality of life of the people we serve in northern New Mexico. The United Way is Self Help's primary funding source.



New Mexico Community Foundation

The foundation is a statewide endowment building and grant-making organization that serves and invests in New Mexico's communities and their greatest asset . . . people.



Santa Fe Community Foundation

The Foundation improves the quality of life for people in Santa Fe and Northern NM, and for future generations by building and managing endowment funds to award grants, help non-profits, convening area residents to discuss critical issues and providing leadership for initiatives. Self Help was awarded SFCF's Pinon Award in 2004.



Con Alma Health Foundation

The mission of Con Alma is to be aware of and respond to the health rights and needs of the culturally and demographically diverse people of Northern New Mexico. We seek to improve the health status and access to healthcare services for patients and advocates for a health policy that addresses health needs.

Fundraising

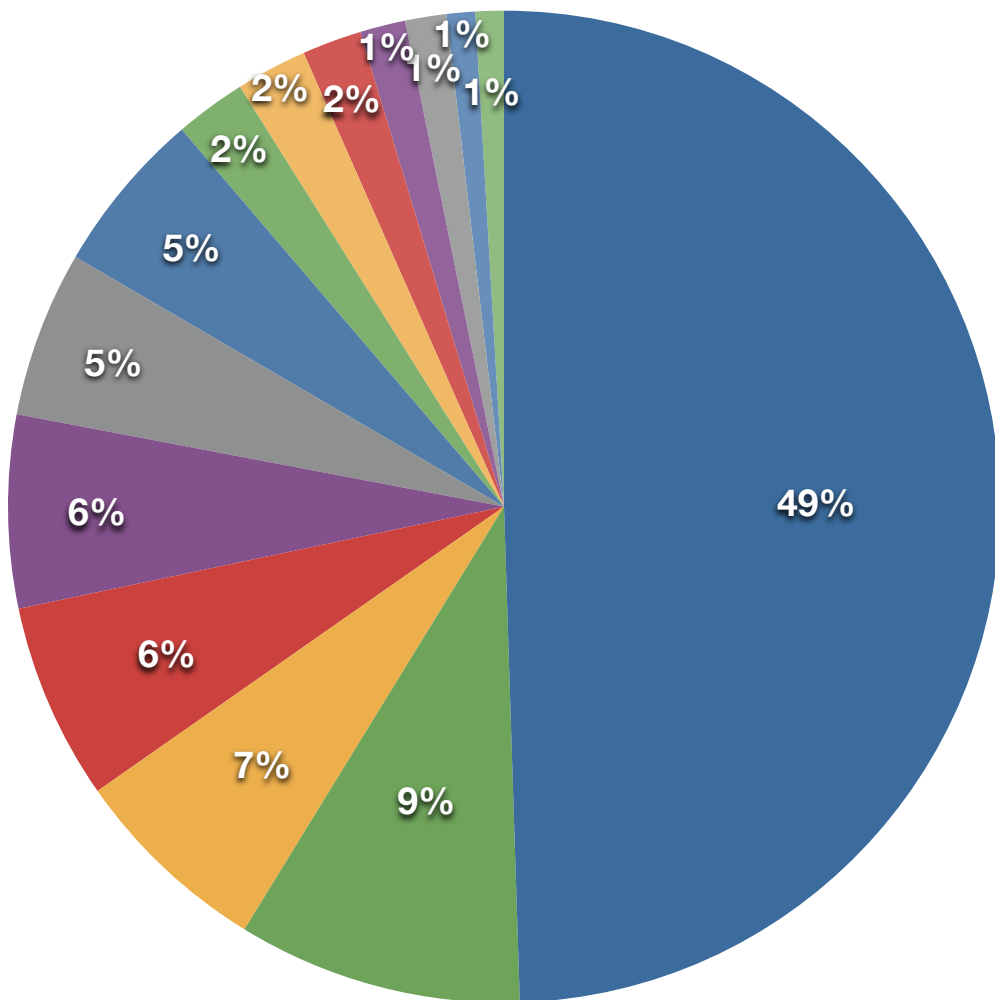
**The Empty Bowl Project--
essential to Self Help's annual budget**



Self Help, Inc. 2010 Budget

<u>Donor</u>	<u>Amount</u>
United Way of NNM	106,746.26
NNM Health Grant Group	20,000.00
Bethlehem Lutheran Church	14,066.64
New Mexico Community Foundation	13,834.00
Individual Contributions	13,556.58
Empty Bowl Project	11,667.00
Salvation Army	11,540.00
Pojoaque Valley Fund	5,000.00
Bridge Charity	5,000.00
Unitarian Church	4,175.93
Thrivent Care in Communities	1,600.00
Other	2,901.79
Trinity on the Hill Church	2,000.00
Los Alamos Main Street	1,000.00
Total Income	213,088.20

Donations as a Percentage



- | | |
|------------------------------|---------------------------|
| ● United Way of NNM | ● NNM Health Grant Group |
| ● Bethlehem Lutheran | ● NM Community Foundation |
| ● Individual Donations | ● Empty Bowl Project |
| ● Salvation Army | ● Pojoaque Valley Fund |
| ● Bridge Charity | ● Unitarian Church |
| ● Thrivent Care | ● Other |
| ● Trinity on the Hill Church | ● Los Alamos Main Street |

Quotes from Clients

"Many thanks to the Board and Staff of Self Help. The equipment I was given for my small business is a prayer answered and provides a huge step in fulfilling my goals."

"Thank you for the help with my rent during December while I was hospitalized. I appreciate it very much, and I am thankful that there are people like you to help people like me, when they really need it."

"Thank you so much for your kind assistance. I was overwhelmed by your generosity, efficiency, and compassion. Each step that you have helped me take is bringing me closer to repairing my life..I greatly appreciate your efforts in my behalf at this challenging time."

"Self Help is a true blessing to many. Thank you so much for believing in me !"

"I don't know if you remember me, but I came to your office two years ago for help with my propane bill. Your encouragement opened so many doors for me. I want to thank you for your belief in me ...now I have a job doing exactly what I dreamed of...family preservation!. I am really looking forward to working with families and helping them stay together."

"Last week your volunteers came to our school with a truckload of school supplies. We accepted these gifts gratefully. It is such a joy to watch a student walk proudly because he or she has a backpack filled with supplies. Thank you from the teachers and students."

"I wanted to let you know how much I appreciate your assistance in starting my contracting business. With the seed money grant I was able to purchase tools. Because of your helping hand I have been able to bid and receive five jobs, including two complete remodels. I am now working on a remodel on a Denver Steel House on Pueblo Drive in Los Alamos. I hope I can soon become a contributor to Self Help to allow others to pursue their dreams. Thank you for your help and belief in me."

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