



SAMARITAN CENTER



Change Lives

Our Work Has Never Been More Essential

A letter from our CEO and Board of Trustees President

We don't have to tell you that 2020 has been a strange and challenging year in so many ways. A year none of us will forget, for sure.

Will you help us reach our mission to improve the mental, physical, and spiritual health of veterans, children, adults, and families?

For 46 years, Samaritan Center has been providing holistic mental health support to our community. Our staff consists of licensed counselors and social workers, acupuncturists, and certified peers. They work to fulfill our mission: To heal hearts, provide hope, and enhance lives.

We need your help now!

We treat all ages and we treat whole families. Our largest program, Hope for Heroes, serves veterans, service members, and their families. We're happy to let you know that in 2020, we expanded our Hope for Heroes program to include First Responders. We know that they, too, are heroes.

There is really no other place in Central Texas for a whole family to receive affordable treatment.

Samaritan Center takes a holistic approach to treatment. We offer evidence-based clinical counseling. We take care of the physical symptoms of stress through acupuncture and nutrition. Attention to a person's individual spirituality is also essential to healing. It can help them to move past trauma, and toward leading a happy and fulfilling life. Our certified peers, are veterans themselves. They provide a unique form of support for other veterans.

We rely on donations from the community. These allow us to offer a sliding scale and free services to our most vulnerable neighbors. Donations and fundraising events help...

Read the rest of the letter from Cindy Long, CEO, and Eric Wittek, President, Board of Trustees

Donate

IRA Distributions Are Penalty-Free

Here are several **great tax incentives** happening for 2020:

- New charitable tax break of \$300 above-the-line deduction and up to 100% of

- adjusted gross income (AGI) for qualified donations
- For an [IRA distribution](#), the age of the individual has been increased to 70 1/2 or older.
- Retirement plan and IRA penalty-free distributions
- Waiver of 2020 required minimum distributions from qualified retirement plan and IRAs Delayed deadlines for IRA and retirement plan contributions for 2019

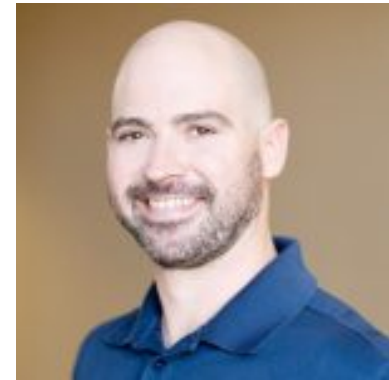
Meet Our Lead Mental Health Peer Specialist

Staff Spotlight: Blake Holbrook

Blake Holbrook is a Mental Health Peer Specialist and is part of our [Hope for Heroes](#) team.

Blake is an Operation Iraqi Freedom Army veteran with a passion for helping veterans. Having overcome the transition from combat to school employment, he hopes to utilize his experiences to help veterans live a fulfilling life.

Blake supervises the Veterans Dorm at the Travis State Jail and also runs groups for veterans.



[Learn more about Blake here](#)

Military Sexual Trauma Support Group

Healing Trauma: An Ongoing Group for Survivors of Military Sexual Trauma

The group for women and men is designed to offer survivors opportunities for personal growth as they work toward healing their trauma.

[Learn more](#)



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Vision

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

Mission

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.

