

Self Help

BLUFFTON • HILTON HEAD • HARDEVILLE

BLUFFTON SELF HELP

IMPACT REPORT

JANUARY - MARCH 2026 | VOLUME 4 | ISSUE 1



IMPACT AT A GLANCE

491 New Program Enrollments

In the first quarter alone, 491 individuals enrolled in our programs—building pathways to better pay, skilled employment, and a stronger local workforce.

1,387 Unique Households Served

Through March, 1,387 households accessed support—a 22% increase over last year, underscoring our role as a critical access point for families in crisis.

313 Referrals Made

We made 313 referrals to nonprofit partners—activating a coordinated network of care to ensure needs are met beyond any single organization.

Your investment at work

Stability is often mistaken for something optional, something we offer when we can. But in reality, it functions much more like infrastructure, the kind that quietly supports everything else. When it's strong, families move forward and communities grow. When it's strained, the effects are felt everywhere. In the first quarter of this year, we saw just how essential that foundation is, as more neighbors turned to us for support than ever before. And still, because of a deeply committed community, that foundation held. At Self Help, our work is designed to reinforce stability across every aspect of a neighbor's life, not as a one-time response, but as a connected system of support. In the information that follows, you'll see how that approach is taking shape—and how your investment continues to strengthen the foundation our entire community depends on.

Gratefully,

Courtney Hampson
CEO, Self Help



Stability isn't optional.
It's infrastructure.

EDUCATION

+

TRAINING



\$168,876 invested in 387 students—fueling pathways to higher earnings, credentials, and long-term stability.

12 GED subject tests passed, with two full completions—unlocking access to better jobs, training, and higher wages.

10 students strengthened their financial literacy—building critical skills needed for long-term financial stability.

18 neighbors received resume support, and 12 secured employment—turning preparation into paychecks.

BASIC NEEDS

\$470,593 in savings for our neighbors—reducing financial strain and increasing stability across households.

171,659 pounds of groceries distributed in Q1—meeting the rising demand for consistent, nutritious food access.

700 families each month accessed The Market—demonstrating sustained demand for reliable food support.

\$43,040 invested in Emergency Financial Assistance—stabilizing households in crisis and preventing disruptions to housing and utilities.

Layering Our Services

Naomi came to Self Help in January 2025, already employed and fulfilled in her work, but determined to grow her knowledge as the full-time caregiver for her grandchildren.

Through The Market and our diaper program, she found immediate financial relief. But it was in our GED program that Naomi found something more—a renewed sense of possibility.

She quickly passed three subject tests while maintaining excellent attendance, balancing a full-time job and family responsibilities. When she encountered challenges in math, Naomi didn't step back—she leaned in, working closely with tutors to push through.

In January 2026, Naomi earned her GED.

Now, she's looking ahead to new opportunities, including our Getting Ahead program and potential college courses.

Naomi's journey is a powerful reminder: with the right support and determination, it's never too late to build the future you deserve.

COMPASSION IN ACTION

Behind every number is a neighbor gaining stability, a family staying housed, or a worker stepping into a better-paying job. **This impact is only possible because our community continues to invest in access**—ensuring support is there when it's needed most.

Together, we are not only meeting urgent needs, but strengthening the systems that lead to brighter futures and a more resilient workforce. **We cannot do this work alone.**

Thanks to your support, our community continues to...

move forward.

