FOSTERING HEALTH in mind, body and spirit

2015 - 2016 ANNUAL REPORT

A message from our Bishop & Board Chairman, The Rt. Rev. James R. Mathes

Dearly Beloved,
In the acclaimed musical, Rent, a group of struggling artists hold each other and remain connected through the struggles of life, including poverty, AIDS and death. The second act opens with the signature song, Seasons of Love. 525,600 minutes, 525,000 moments so dear. 525,600 minutes - how do you measure, measure a year? In daylights, in sunsets, in midnights, in cups of coffee. In inches, in miles, in laughter, in smile. In 525,600 minutes - how do you measure a year in the life? Now about love? How about love? How about love? Measure in love. Seasons of love. How do you measure a year in the life of this community?

ECS is a community-based organization whose mission is to give extraordinary people extraordinary opportunities in life. We have a strong faith that people grow and mature in community. This Annual Report offers one measure with numbers and stories of the work we do with our community members, the work we do with our donors who make so much possible. We also measured in smiles and laughter in our work at Head Start centers. Or tears of joy shed in gratitude and hope at a Friend when a dear one served is guided to a new future. Perhaps, it should also be measured in smiles and laughter. It is the second act that opens with the signature song, Seasons of Love.

The ECS Annual Report offers one measure with numbers and fiscal review, which is to ensure important and a part of our covenant accountability to those whom we serve and those who make grants and gifts to support our work. It is also measured in our particular appreciation for our donors who make so much possible. Perhaps, it should also be measured in smiles and laughter.

Thank you for your continued commitment and support of ECS. ECS is the only organization in San Diego County that brings together child, youth, and adult mental health services, and provides nutrition services in the same physical building.

Blessings and peace be with you,
James R. Mathes
Bishop of San Diego

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A message from CEO Lesstie Keller

Dear Friends,

How do you promote good health? At ECS we have a number of ways because helping people reach their full potential is our mission. For those living on the streets of San Diego with a mental health disorder, the path to better health might be getting connected to physical and mental health care providers, finding food and housing, joining a supportive community, and meeting with employment and benefits specialists. At ECS Safe Havens and Friend to Friend we help 2,000 people a year do these things. This year we grew our Friend to Friend staff by 60% with an expanded range and emphasis on homeless veterans.

Someone battling a substance abuse disorder might be one of the 4,500 people who benefit from our ECS ACCORD program each year. The program provides educational and counseling services designed to foster better life choices and to lead individuals to find support and a community.

A pre-school aged child starting life in extreme poverty may need the additional boost of a quality Head Start program to provide confidence, life skills and a solid educational footing to foster success in school. Over 2,000 children receive that from ECS each year. A pre-school aged child who is suffering the negative effects from exposure to complex trauma would benefit from ECS Para Las Familias. We know that there are lifelong consequences for children who don’t receive help with behavioral and emotional problems caused by traumatic experiences. As one of only five early childhood behavioral health programs in San Diego County, we can help with that. Over 200 families a year benefit from this bilingual program.

ECS Nutrition Services delivers thousands of meals each month.

Funding from the San Diego County Neighborhood Reinvestment Program provided ECS Nutrition Services with a new delivery van. Each month Nutrition Services prepares and delivers 4,380 meals to our two Safe Haven transitional homes and approximately 31,400 meals to our 15 Head Start programs.

Thank you for your many years of leadership and service to ECS.

Lesstie Keller
ECS Executive Director

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ECS CLIENT VOICES

Hearing from some of our Friend to Friend clients and Safe Haven residents...

"I come to Friend to Friend every day and have been coming here for 20 years. They help me with my mental health and take me to the doctor each week. They are the only family I have.

Evelyn"

"I came to Friend to Friend so I could get my license back at homeless court. I’ve done this and so much more. I’ve made a crisis plan, which is important and I get my mail here. The staff here make me stay committed to pushing forward and drive me to do better.

Tobin"

"ECS helped me get disability income, and I take almost every tax offer offered here. I recently enrolled in culinary school, a dream for me. The Friend to Friend and Safe Haven staff are so warm, friendly, and helpful. I love to be here. It’s my place of peace.

-Sam"

"I recently came back to Friend to Friend. As a veteran, I have a Section 8 housing voucher. I am living at Safe Haven, saving money and utilizing the services here so I’m in a better place when I move into permanent housing.

Sally"

"I am so truly blessed to have found ECS and for all of the assistance I’ve received. I moved into my beautiful new apartment two months ago, and while my life still has its everyday problems, I’m happier than I’ve ever been in my life. I can’t get over how happy I am.

-ECS Head Start Provides Support for Children with Special Needs

During the 2015-2016 program year ECS Head Start and Early Head Start served 315 children with special needs, including speech delays, autism, and visual and motor impairments. All children enrolled receive developmental screenings and are referred to special education if needed. More than 100 children were referred to special services this year. ECS teachers and parents report that children with a range of disabilities are thriving alongside their peers thanks to these referrals.

ECS NJRMPB"
ECS PROGRAMS

ECS Friend to Friend Outreach Program serves homeless adults with mental health disorders, helping them become independent and improve their quality of life. We offer community, life skills classes, computer access, and a network of resources related to health, income, employment, housing, and legal services. Friend to Friend provided ongoing services to nearly 550 clients last year as well as one-time assistance to an additional 950 adults.

ECS Uptown and Downtown Safe Havens provide transitional housing for homeless adults with mental health disorders. Residents benefit from housing, food, community, and supportive services in a safe environment. Our Safe Havens have 47 beds, with 10 reserved for veterans. Safe Havens are a first step toward stability where clients can work on goals, such as sobriety and permanent housing. ECS Safe Havens served more than 100 adults last year.

ECS ACCORD DUI Program serves adults who have been arrested for driving under the influence of alcohol or drugs. Working to reduce DUIs, ACCORD focuses on the whole person by providing treatment and counseling services to promote positive lifestyle choices. ECS ACCORD DUI served over 4,500 adults last year.

ECS Head Start & Early Head Start serve low-income children from birth to age five and their families. High-quality, early education focused on literacy, parent engagement, nutrition, and holistic development prepares children for success in kindergarten and beyond. ECS Head Start served over 2,000 children and their families last year.

ECS Para Las Familias (PLF) serves preschool children who have behavioral challenges due to experiences of trauma or severe stress. Therapeutic sessions focused on building trust allow children and their caregivers to form a healthy bond and heal from trauma. PLF served nearly 300 children and their families last year.

PROGRAM HIGHLIGHTS

This year both Friend to Friend and Para Las Familias received additional funding to expand their work. Four new outreach workers and a full-time data analyst will allow Friend to Friend to serve 200 additional homeless clients with the ultimate goal of getting them off the street. Para Las Familias became a Full Service Provider and with the addition of a case manager and a move to a larger facility, will be able to serve even more children and families.

“Sprout a Healthy Start” Funded By Kaiser Foundation Hospitals

Thanks to a grant from Kaiser Foundation Hospitals, San Ysidro Head Start was the site of “Sprout a Healthy Start”, an exciting pilot program focused on improving student health by increasing physical activity and improving nutrition education for parents and children. Through this six-week program, 25 parent/caregivers participated in cooking demonstrations, a grocery store field trip, individualized nutrition counseling, and Zumba classes. In the classroom, children learned about choosing healthy foods, planted their own garden, and participated in lots of movement including dancing, hula hooping, and relays. Everyone learned a lot and loved the program!
Thank You to Our Financial Supporters!

We are grateful for all of our donors. Donations made to ECS are leveraged to help us receive grants and give us flexible funds to add enhancements to our programs. With your help, thousands are receiving the individualized support and tools they need to face significant challenges and reach their potential. Thank you!

Love
$10,000+
Christ Episcopal Thrift Shop
The Episcopal Diocese of San Diego
Florence Gunnison Sparke Foundation
The Hermann Foundation
Dr. Nancy Olmsted Kaehr & the Rev. Michael G. Kaehr
Kaiser Foundation Hospitals, San Diego
Neighborhood Reinvestment Program - County of San Diego
Estate of Leopold Schmidt

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Ellie & Vernon Bonner
Bette Boucher
Steven Brauer
Maureen & Charles Brown
Megan Callan

THANKS TO YOU...
• 53% of our Safe Haven residents transitioned to permanent housing once they completed the program last year.
• 84% of residents maintained or increased their income over the past year.

THANKS TO YOU...
• 78% of our ACCORD DUI clients experienced improved happiness and well-being after participating in the program.
• 97% said the program helped them modify their future drinking/drug use in high-risk situations such as driving.

Thank you to our donors for their support of ECS programs.

ECS is excited to have been chosen as a Major Beneficiary for the Las Patronas 2016 Jewel Ball. ECS will be awarded a grant in 2017 to purchase a van for our homeless programs!
3 Great Ways TO SUPPORT ECS PROGRAMS

Give Monthly
Monthly giving is the easiest and most convenient way to sustain ECS programs throughout the year. Your gift of any size will make a difference. — Join us today! ecscaifornia.org

Leave a Legacy
Make a lasting impact with a planned gift to ECS. To learn more about leaving your legacy, visit our Planned Giving website at ecscaifornia.giftlegacy.com.

Donate a Vehicle
Donate your unwanted car, boat, or other vehicle to ECS, and the proceeds will support our mission. Learn more at ecscaifornia.careasy.org.

Donate a Vehicle
Make a lasting impact with a planned gift to ECS. To learn more about leaving your legacy, visit our Planned Giving website at ecscaifornia.giftlegacy.com.

ECS Partners: Working Together to Make a Difference!

People Assisting the Homeless
Quality Preschool Initiative
Reading is Fundamental/Mary’s Recovery Innovations, California
Regional Task Force on the Homeless, San Diego
Roadmaps to Recovery
San Diego County Office of Education/Sweetwater Union High School District
San Diego Downtown Breakfast Rotary
San Diego Housing Commission
San Diego State University
San Diego Unified School District
San Ysidro Health Center (SYHC)
SYHC Dental Services
San Ysidro School District
Sharia’s Closet
Social Advocates for Youth, San Diego
South Bay Community Services
South Bay Union School District
South County Career Center
Soutwesthern College
State of California
Toward Maximum Independence
United Education Institute
University of California, San Diego
University Heights Community Association
Veterans Village of San Diego
Welcome Baby Program
Write Out Loud
Women, Infants, and Children (WIC)

Financial Partners
Amazon Smile
Behavioral Health Recognition Dinner
Mini Grant
David C. Copley Foundation
The Episcopal Diocese of San Diego
Ford
Fresno Gaylord Foundation
Easter Seals
Dept. of Agriculture
Family Health Centers of San Diego
Family Resource Centers
Father Joe’s Village
Habitat for Humanity
Healthway Systems
Jewish Family Service
La Maestra Comm. Health Centers
MAC
Meeting of the Minds
Mental Health America of San Diego County
Mission Valley & Hillcrest Lion’s Club
Mom to Madre
Music Care Inc.
National Alliance of Mental Illness (NAMI)
National School District
Neighborhood House Association
Pacific Safety Center of San Diego

Partners in Ministry
Church of the Good Shepherd, Bonita
Christian Church Thrift Shop, Coronado
The Church of St. Paul in the Desert, Palm Springs
Good Samaritan Episcopal, University City
St. Andrew’s by-the-Sea Episcopal, Pacific Beach
St. Dunstan’s Episcopal, San Carlos
St. John’s Episcopal, Fallbrook
St. Paul’s Cathedral, San Diego
St. Peter’s Episcopal, Del Mar

Services Partners
All Souls’ Episcopal, Point Loma
The Bishop’s School
Christ Episcopal Church, Coronado
Christ Church Thrift Shop, Coronado
Church of the Good Shepherd, Bonita
Cursillo Chapters, San Diego Diocese
The Episcopal Diocese of San Diego
Francis Parker Upper School
Good Samaritan Episcopal, University City
Grace Episcopal, San Marcos
St. David’s Episcopal, Clairemont
St. James by-the-Sea Episcopal, La Jolla
St. John’s Episcopal, Chula Vista
St. Mary’s in-the-Valley Episcopal, Ramona
St. Paul’s Cathedral, San Diego
St. Philip the Apostle Episcopal, Lemon Grove
The Walking Group

Donate your vehicle
Receive a tax deduction

This is a list of donors from July 1, 2015 to June 30, 2016. We apologize if we have inadvertently omitted any names.
High school is hard. It's even harder for a young mother. It's nearly impossible for a young mother of two. At just 18 years old, Jocelyne was struggling to finish high school while caring for her two daughters. Until she found Victoria School, an alternative education program for pregnant and parenting teens in San Ysidro. At Victoria, ECS runs an Early Head Start center for the infants and toddlers of the teen parents. Students can focus on their studies knowing their children are benefiting from a caring and supportive learning environment during the day.

“"I LOVE EVERYTHING ABOUT VICTORIA!'""