

Annual Report 2018-2019

ECS Today





A message from Bishop Brown Snook, Board Chairman

Dear Friends,

When we build up our neighbors, we not only answer God's call; we build up whole communities. That's what Episcopal Community Services is all about – building up our community in San Diego by providing support to our neighbors. Through ECS, children are given a head start for education and life; families are counseled through difficult times; those with addictions learn to live without substance abuse; and the chronically homeless find a new start. In all these missions, ECS helps our neighbors gain strength, support, and a solid foundation for life.

In the gospels, Jesus tells us to love our neighbors as we love ourselves. He shows us what he means by healing the sick, feeding the hungry, and bringing good news to the poor. Episcopal Community Services carries on this mission of loving our neighbors, putting this command into action every day in life-changing services to our neighbors.

The staff, volunteers, and supporters of ECS are part of its mission to love our neighbors and build up a community. Through the work of ECS, San Diego is a better place for all of us to live. Through the work of ECS, we remember that every one of our neighbors is a beloved child of God.

With hope for all our neighbors,

The Rt. Rev. Susan Brown Snook
Episcopal Bishop of San Diego



A message from CEO, Lesslie Keller

Have you heard of ACEs? I'm not talking about hardware stores or playing cards but Adverse Childhood Experiences like abuse, neglect, domestic violence or a family member with poor mental health or substance abuse. Research has shown that exposure to these risks affects the developing brains and bodies of children and impacts their health over an entire lifetime. The impact of ACEs on adult health shows up in increased risk of depression, suicidality, cancer, heart disease, drug and alcohol dependence and a reduced life expectancy.

This is no surprise to us at ECS, because since 1927 we have been providing services to people experiencing challenges to a healthy life. We know that there is usually a complicated story behind the presenting problem. That is why in all our programs we work to combat health challenges through trauma-informed treatment and prevention.

In our adult programs we help restore the health of men and women whose lives have become unmanageable. Our drug and alcohol programs provide opportunities for education, outpatient counseling, group work and temporary housing for adults dealing with substance use disorders. More than 4,000 people came through our ACCORD and Central East Regional Recovery Center last year. Our Uptown Safe Haven, a transitional housing program for seriously mentally ill homeless adults, provides safe shelter and nutritious food while working to stabilize and find permanent housing for approximately 35 people each year.

In our children's programs we provide the tools for young children to lead productive and successful lives while also working to interrupt the progression of toxic stress and future health problems. ECS Head Start provides a safety net for more than 2,000 low-income children. A national study has shown that Head Start children are better prepared for success in school, more likely to graduate high school and less likely to engage in criminal activities as young adults. At Para Las Familias, licensed professionals provide therapeutic intervention to low-income, preschool-aged children who have been impacted by toxic stress. More than 300 children a year receive these services and the majority see rapid positive behavioral change.

While ACEs have contributed to a public health crisis, your help and support of ECS is working to both combat the impact and prevent future occurrences in our community. Thank you!

Lesslie Keller
CEO/Executive Director



Mission

Serving God by serving those in need through programs that foster hope and dignity.

Vision

A community where all are supported to reach their potential.

Values

At Episcopal Community Services, we hold an ongoing commitment to our core values of:

Excellence:

What we do is done well to achieve the highest quality.

Compassion:

We treat others the way we want to be treated.

Service:

We manage and sustain our resources and talents wisely to better serve others.

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Last year we opened our newest location at Saint John's Episcopal Church in Chula Vista with only 16 children enrolled. It's safe to say the space has been absolutely transformed. After a complete remodel and a grand opening, more than 240 students attend Saint John's every day. More than 2,500 students attend our Head Start programs throughout the South Bay area of San Diego from National City to the US/Mexico Border.



“When I came here, I thought I was not good enough to be a mother. But, what you did for me, I was able to then turn around and do for my daughter. Thank you.”

Mother of Child enrolled at Para Las Familias who received services from the adult therapist.

Our Para Las Familias program continued to grow this year past year, providing bilingual behavioral health services to more than 300 young children and their families. Also this year, Para Las Familias added a therapist with experience in adult mental health, who, in coordination with the child's primary therapist, has begun providing trauma-focused and evidenced-based therapeutic services to parents and caregivers experiencing significant mental health and/or substance use disorder issues. Since March, 30 parents have worked with the therapist. The first parent to finish treatment was extremely grateful for the opportunity as it was her first time accessing mental health treatment and she found the experience “very rewarding”.

Empowering Adults

Kriss was homeless off and on for more than 15 years. Less than a year ago she found her way to Uptown Safe Haven. “When I found out I was going to be getting a room here, I started camping out near the building. I didn't want to miss it!” she says. Since moving in last March, Kriss has made great strides in her personal life. “We get a lot of support here,” she says. “They will drive us to appointments if we need help and my doctor and my therapist can come here to see me. It's really great.” Kriss, who studied art, finds comfort in drawing and creating collages. She enjoys the art classes offered at Uptown Safe Haven and even sketches the other residents. “When I first got here, I was a little rebellious, but now it's like a family. When I am having a hard time, I can just go out in the living room and someone is there to talk to. Even if I can't sleep in the middle of the night, there is a staff member here to talk to!”



“They will help you move forward.”

Our Central East Regional Recovery Center (CERRC) has been serving adults in central San Diego for three years now. This year saw the largest number of clients yet, with 550 people seeking assistance for substance use issues. We also expanded our services with the introduction of specialized services for transition-age youth; serving nearly 100 clients age 18–25.

Someone told Albert about ECS CERRC and he came in to get help with his substance use disorder. “The staff here—every single one of them from the receptionist to the lead counselors—are really caring,” said Albert, who has successfully completed the program and is about to be discharged. “Anyone seeking recovery can come to ECS and they will be given the solid foundation to rebuild their life. They will help you move forward.” Albert hopes to be able to help others struggling with substance use disorder. He may even become a counselor himself.



For many clients, walking through the doors of ECS ACCORD (our DUI treatment and education program) may be the first time they are forced to confront a potential problem with alcohol. It also may be the only time they have to confront additional substance use problems. This summer, we applied for and received a grant through the California Association of DUI Treatment Providers (CADTP) that allows our counselors to assess and screen ACCORD clients for opioid and polysubstance use disorder. This is a critical addition to our program and a major advancement in the way we can identify clients whose substance use disorder may have otherwise gone undetected and untreated.

Now, ECS counselors can ensure that clients are connected to the community services they need, including referrals to Medication Assisted Treatment (MAT) providers. It is estimated that 270,000 people statewide will benefit from this program in the next 2 years alone. ECS ACCORD will work diligently to do our part in the San Diego community and reach as many people as we can.

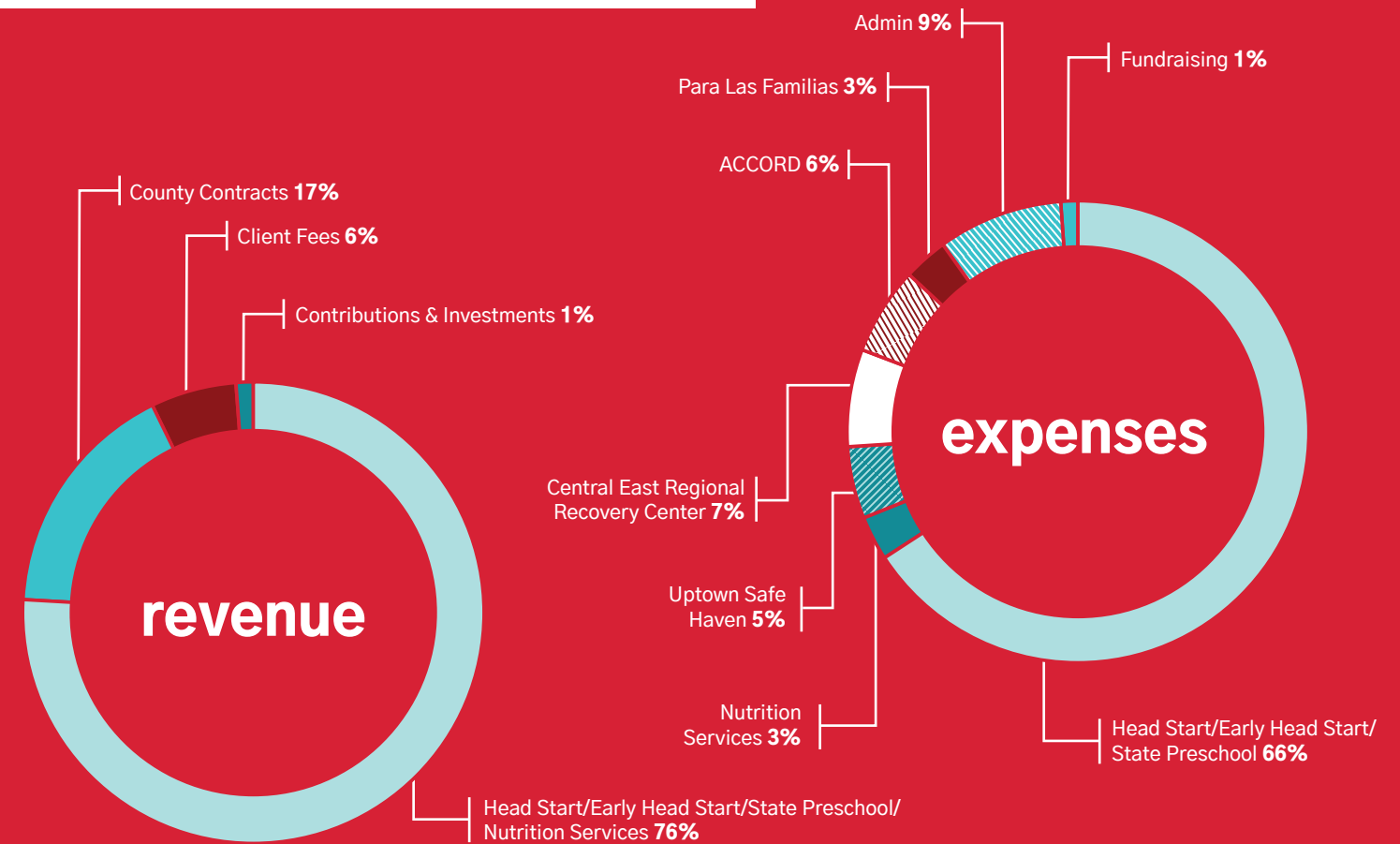
*Recovery is a desire to change
plus being involved in
a plan to change*



ECS By the Numbers

- 23,980** *Breakfasts served by Nutrition Services*
- 12** *Uptown Safe Haven Residents who moved into permanent homes*
- 92** *Central East Regional Recovery clients who obtained employment or were enrolled in a training program by the end of their treatment*
- 33** *Children per month attended the free child watch services at Para Las Familias while their families received services*
- 4,800** *Volunteer hours provided by nearly 294 volunteers*

Here is how ECS spent our \$28.9 million budget:



As a delegate agency to Neighborhood House Association, ECS Head Start is reviewed as part of the overall grantee. From February 4, 2019–Feb 8, 2019, the Administration for Children and Families conducted a Focus Area 1 monitoring. No areas of concern, areas of non-compliance, or deficiencies were noted in the program performance summary report.

These graphs reflect financials from our Fiscal Year July 1, 2018–June 30, 2019. View our full audited financial statements on our website: ecscalifornia.org

ECS Head Start & Early Head Start Annual Report

For the 2018-2019 School Year

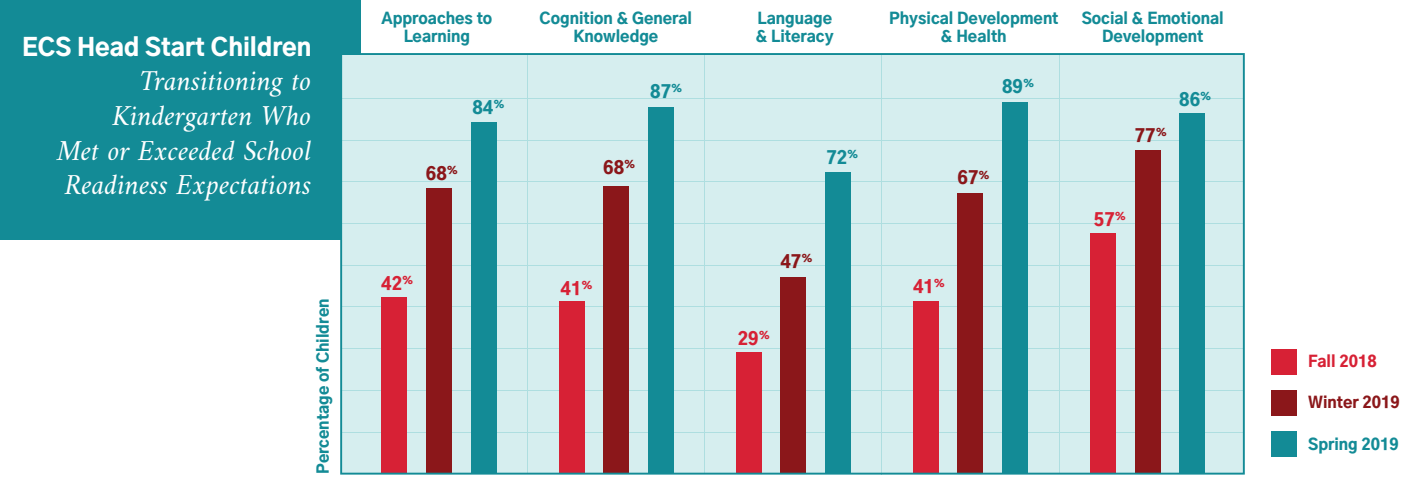
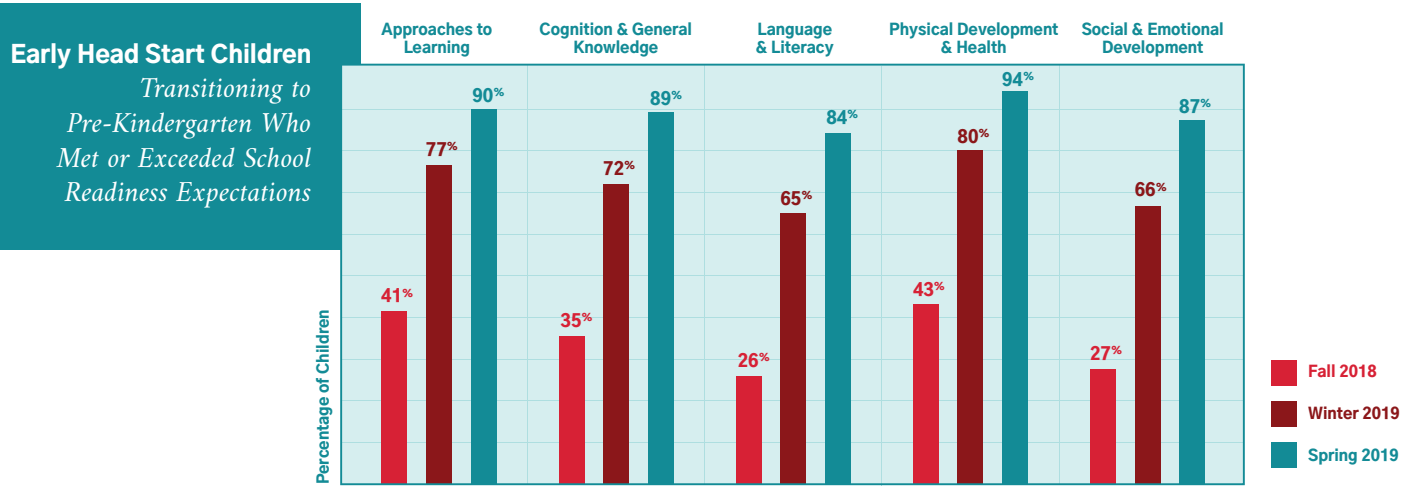
- 1,873** Total number of Head Start children served
- 1,793** Total number of Head Start families served
- 100%** Average monthly enrollment
- 702** Total number of Early Head Start children served
- 628** Total number of Early Head start families served
- 100%** Average monthly enrollment
- 37.5%** Total eligible population served by ECS Head Start and Early Head Start
- 92%** Head Start and Early Head Start children that received medical exams
- 93%** Head Start children that have completed a dental exam
- 96%** Early Head Start children that are up-to-date on a schedule of age-appropriate preventative and primary oral health care

ECS Family Engagement Center

- 90** Average Monthly Attendance
- 6** Car Seat Safety Classes Offered with **122** total participants
- 7** Wellness Workshops
- 1** Community Baby Shower

Kindergarten Readiness

This past school year saw continued efforts to improve the school readiness of children enrolled at ECS Head Start and Early Head Start Programs.



Head Start and Early Head Start Parent Involvement

Parents are involved in all aspects of the Head Start and Early Head Start program. They volunteer in the classroom helping children wash hands and transition, they prepare activities, and assist in classroom activities such as circle-time. All families are invited to participate in the Family Goal Setting process to help determine future classes and other programs to offer. Parenting classes and other services are offered at the Family Engagement Center in Chula Vista.

- 90** Parent Workshops Offered
- >1000** More than 1,000 parents attended the Parent Meetings in October, January and April

94 Four year olds attended ECS Kindergarten Readiness Academy, monthly workshops where families learn fun and exciting ways to reinforce school readiness at home.



Your generosity changes lives

Your support provides life-changing resources to nearly 7,000 San Diegans every year. Thank you.

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Thanks to your generosity, Making Miracles, the 2019 ECS Gala, raised over \$185,000! We are overjoyed and grateful for your commitment to helping those most at-risk in your community. Your kindness provides a light of hope to those who might otherwise be forgotten. Thank you for your loyalty!

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 Joanie & Bill Huck
 The Rev. & Mrs. Leland Jones
 Lesslie Keller
 Carroll & Hank Levien
 The Rev. Canon Dr. & Mrs. Richard C. Lief
 Equilla Luke
 Dick Maches
 Andréa Muir
 Greg Neff
 Richard B. Newton
 Felix A. Tomas
 Elaine & Steve Turnbull
 Uptown Safe Haven Staff

Carroll Levien In Memoriam

In September, ECS lost a dear friend and one of our greatest supporters. For almost three decades, Carroll Levien dedicated countless hours to the support of ECS programs and clients in many capacities. From 1994–1998 she was the Volunteer Coordinator on our staff. When she left that position, she became the representative on the board of directors for the Episcopal Church Women, a position she held until her death. During this time, she served as the chair of the board’s Head Start Committee, was a loyal member of the Head Start Parent Policy Committee and was the co-chair of the 2015 ECS Gala. Carroll was a hard-working volunteer at countless events (which she almost always had a key role in organizing) and an enthusiastic program volunteer and supporter. Her dedication and commitment to helping others was matched only by her selfless modesty and generosity. Carroll was a person of deep faith and she lived her faith every day.

“Her boundless energy and enthusiasm for service to others, coupled with her infectious laugh and sense of optimism, made Carroll an integral part of life and work at ECS and the void left by her death is deeply felt by everyone.”

~ *Lesslie Keller, ECS CEO*

“It was my honor and privilege to know Carroll for nearly 40 years, and to serve with her for six years on the ECS board, where she was a knowledgeable and tireless worker with a deep commitment both to serving those in need and to enabling others to do the same as volunteers--qualities she also brought to her parish, St. Dunstan’s, and to the Navy Relief Society. Hers was a life of loving, selfless service to God, family, neighbors and the wider community. We will miss her tremendously.”

~ *David Bagley, former ECS Board Member*

“I first met Mrs. Carol when my daughter started in Head Start in 2007 and I was volunteering on the Parent Policy Committee (PC). Immediately you could tell that she had a vested interest in ECS and the programs. Over the 10 years I was a part of the agency, my daughter and I got to know her. She was supportive of my daughter even outside of the agency, participating in various fundraisers. Her vibrant blue eyes and infectious smile and laugh were something you could not miss while being in her presence. She provided us memories that, to this day, can still bring a smile to our faces. We cherished her while she was with us and I can say without a doubt the heavens are truly blessed by the angel they received. Until we meet again...”

~ *Ms. Jesse Kuneff (ECS Head Start) and her daughter, Shaliyah*

COMMUNITY PARTNERS

Alpha Project/Homefinders
 Bridges of Hope
 Cathedral Catholic High School
 Catholic Charities, Rachel’s Women’s Center
 Chula Vista Community Collaborative
 Chula Vista Elementary School District
 Concorde Career College
 Community Research Foundation
 Connection Housing
 Corporation for Supportive Housing
 County of San Diego
 CRASH
 Creative Arts Consortium
 Dept. of Agriculture
 Dept. of Housing and Urban Development
 Dept. of Veterans’ Affairs
 Easter Seals
 Family Health Centers of San Diego
 Family Resource Centers
 Father Joe’s Villages
 Fellowship Center

First 5 San Diego
 Healthy Steps
 Heartland House
 House of Metamorphosis
 Housing Innovation Partners
 Imperial Beach Chamber of Commerce
 Jewish Family Service
 La Maestra Community Health Centers
 MAAC
 McAlister Institute
 Mom to Madre
 Music Care Inc.
 National Alliance of Mental Illness
 National Association of Social Workers, Region E
 National City School District
 Neighborhood House Association
 North County Serenity House
 Opening Doors
 PIMA Medical Institute
 Pacific Safety Center of San Diego
 Pathfinders

People Assisting the Homeless
 Quality Preschool Initiative
 Recovery Innovations, California
 Regional Task Force on the Homeless, San Diego
 RIHS-Responsive Integrated Health Solutions
 Roadmaps to Recovery
 San Diego Committee on Employment of People with Disabilities
 San Diego County Office of Education
 San Diego Freedom Ranch
 San Diego Housing Commission
 San Diego Police Department
 HOT Team
 The San Diego Regional Center
 San Diego State University
 San Diego Unified School District
 San Ysidro Health Center
 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
 Southwestern College
 State of California
 Stepping Stone
 Toward Maximum Independence
 Tradition One
 Turning Point
 University of California, San Diego
 University Heights Community Association
 Union of Pan Asian Communities (UPAC)
 Urban Street Angels
 Veteran’s Village of San Diego
 Vista Hill
 Wakeland Development
 Way Back
 Welcome Baby Program
 Women, Infants, and Children
 YMCA

“ We will miss her tremendously.”

GIFTS MADE IN MEMORY OF CARROLL

Sandra & Paul Abbott
 Christine & David Bagley
 Catherine & Michael Beamer
 Beverly & Ken Brickhandler
 Cathy & Brian Cassada
 Bea & Dudley Coke
 Anonymous
 Konnie Dadmun
 LeAnn Eldridge
 Toshiye C. Estes
 Janice & James Ferry
 Agape Sunday School Class at the First United Methodist Church (Asheboro, NC)
 Dr. James & Susan Haaland

Margaret & Ray Henson
 Beverly J. James
 Joan & Dick Jones
 Joan & Allan Lassiter
 Warrie & Laurine Leeke
 Dorothy Leonard
 Karen Maxwell
 Ternisha M. McWilliams
 Joel Meriwether
 Kay Muir
 Trudy E. Norfleet
 Mary M. Rathbun
 Julie Sallee
 Sandra & James Savoy
 Claire Sigal

The Stanley Trust
 Betty J. Stevens
 Christiana Tasto
 Teresa & Woody Topping
 Sandia Tuttle
 Judith Ward
 Marion & William Wilcox
 Rich Williams





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ECS Gives Back

ECS Gives Back, the Employee Giving Campaign at Episcopal Community Services, raised over \$6,000 from more than 70 employees last year (7/1/18 – 6/30/19) through a voluntary payroll deduction.

Many thanks to the dedicated and loyal ECS employees who work tirelessly to address the needs of others, and still give back to make a greater impact!

Thomas Adame	Jennette Fermo	Bertha Lopez	Kristen Roth
Leticia Alvarez	Keith Franklin	Rose Lopez	Nimer Saikaly
Jennifer Anthony	Mirna Garcia	Renee Mares	Wendy Santacruz
Maria D. Arce	Wendy Garcia	Ana Judith Matheny	Imelda Stacey
Mariela Arce-Hurtado	Nelly Gonzalez	Belia M. Matos	Serena Terrones
Sheila Auld	Carla Hadnot	Lora McGill	Linda Thomas
Enrique Avalos	Reynaldo Haro	Bernie Miles	Marilyn Tittle
Heidi Avent	Silvia Hernandez	Danira Moulton	Brenda Torres
Cynthia Baquiran	Samantha Hitchings	Andréa Muir	Blanca Vargas
Nudrede Basse	Emily Howrey	Mustafa Nasheed	Breanna Vasquez
Ernesto Cruz	Tony Hyde	Loraine Ortega	Ramon Velarde
Russ Darby	Betsua Jimenez	Rosario Pascasio	Maria Velazquez
Martha De la Mora	Nena Jones	Stacie Pérez	Luiza Vera-Palomino
Moreen Demby	Summer Kahoonei	Hazy Pipo	Estella Villagomez
Helene Domingo	Lesslie Keller	Laura Ramirez	Timothy Whipple
Stephen Faille	Kathleen Kramberg	Douglas Reiss	Donna Wissar
Gwenda Fairman	Myles Kurashige	Deann Rios	Isabel Zarate
British Farley	Joan Lanuzga Borgonia	Rosetta Rodriguez	