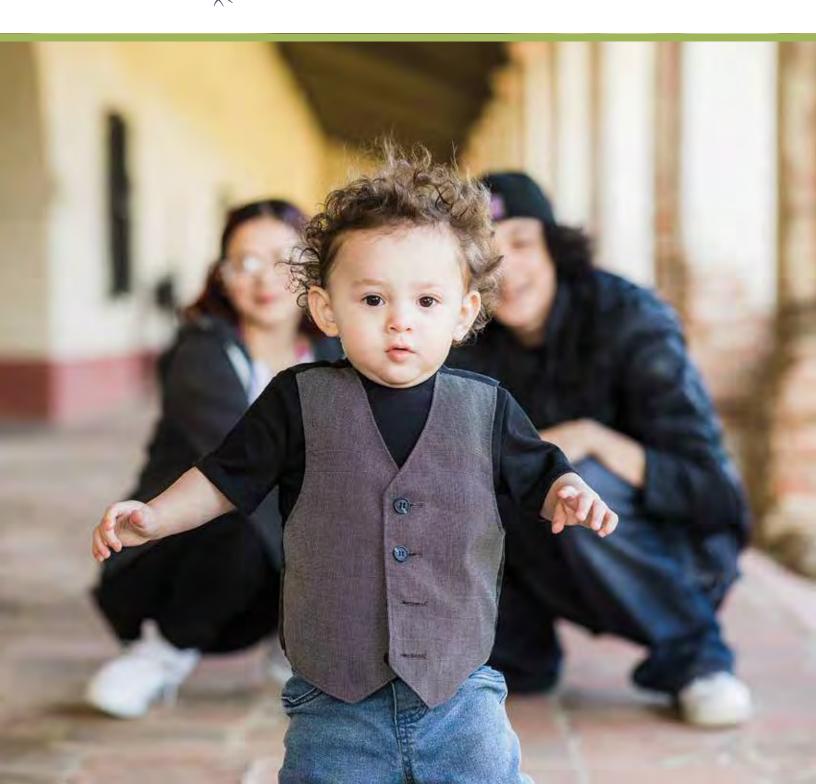


2022-23

Annual Impact Report

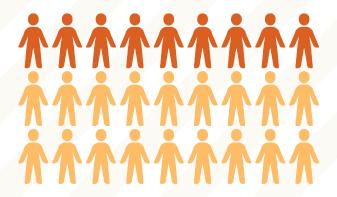




Last year, we helped

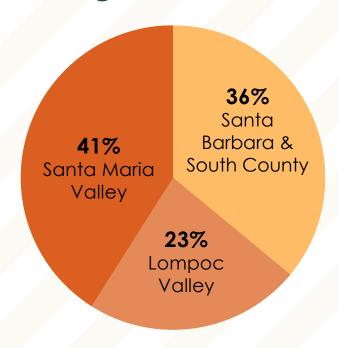
26,392

In-depth services provided to 9,103

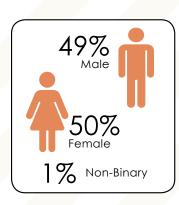


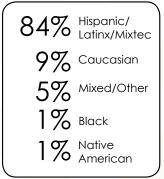
Information and referrals provided to 17,289

Regions Served











Our mission is to strengthen and advocate for families and individuals of all ages and diversities, helping to create and preserve a healthy community.

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Dear Friends,

Even when the world changes at the fast pace we're experiencing these days, FSA's services and approaches adjust so that we can continue to meet real community needs.

This year, Santa Maria celebrates its 50th anniversary. In 2024, Family Service Agency will celebrate 125 years of supporting Santa Barbara County. And as you will see in this report, our commitment to children, families, and seniors is as strong as it was in our founding year of 1899.

Together with you, FSA invests in people's lives, creating long-lasting impacts. We do this through strength-based strategies such as:

- teaching community members about resources available and how to use them,
- helping children and adults work through their traumas and build even more resilience for the future,
- teaching solid and positive parenting skills,
- helping seniors and their caregivers with skills to adapt to new life circumstances, and
- working collaboratively with community partners to ensure the best possible continuum of assistance for those in need.

Our staff of therapists, family advocates, facilitators and mentors are community-based and skilled in connecting with youth, families and seniors in need.

Through partnerships like yours, together we strengthen the fabric of our families and communities. Thank you for sharing FSA's mission and for the confidence that you have bestowed upon us.

Our sincere gratitude,

Molly Carrillo-Walker In M Molly Carrillo-Walker

Co-President

Lisa Brabo

Chief Executive Officer

Tricia Price Co-President

A Half Century of Hope



1973

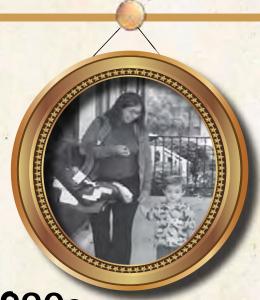
Social Advocates for Youth opens an office in Santa Maria, Director Bob Faulk leads the implementation of on-site school alcohol educational programs—the start of a long collaboration between the school district and the agency. In 1979, school counseling programs begin.

(Bob Faulk, center, accepts check from Vandenburg Boeing Employees Good Neighbor Fund in 1978)



1980s

Under the leadership of Will Rogers (pictured), the agency changes its name to the Santa Maria Valley Youth & Family Center. The Outreach Mentor Program is established in Santa Maria, Orcutt and Guadalupe schools. The partnership with R.M. Pyles Boys Camp begins.



1990s

The Healthy Start Program began in 1996 and, in collaboration with Santa Maria-Bonita School District, full-service school-based Family Resource Centers were established and continue to operate today. Family Service Agency expanded its services to include relationship workshops for couples.

Santa Maria Valley Youth & Family Center • 1973-2023 Celebrating 50 years of service in the community!



2010s

In 2017, SMVYFC merges with Family Service Agency of Santa Barbara County and adds senior and mental health services.

Judi Nishimori retires after 39 years of service to the organization.

2000s

Safe Schools/Healthy Students federal grant provides for mental health counseling services in three high schools and seven junior high schools in Santa Maria, Orcutt, and Guadalupe.



2023

Arcelia Sención is hired as Chief Strategy and North County Program Officer. "Our goal is to continue to build on the 50 years of programmatic excellence in collaboration with FSA staff, Santa Maria Valley families, and community partners."



Cultivating Strong **Families**

Parent Education

207 Healthy Relationship Graduates



75 Fatherhood Education Graduates



82 Parenting Class Graduates



Outcome (After graduation) 97%

of parenting education graduates reduced their overall risk for child abuse and neglect

Family Support Services

2,713 individuals received in-depth services

(Case management, referral follow-up)

Outcomes (results for those surveyed)



of families moved towards self-sufficiency



96%

could provide proper nutrition for their children



97%

had adequate health insurance for their children

7,636 individuals received information and referrals



88%

successfully connected with the agency to which they were referred



Building Confidence One Family at a Time

When Arturo was laid off, he was reluctant to seek help, but the motivation to support the needs of his family eventually brought him to one of our Family Resource Centers.

After spending time with a dedicated Family Advocate, Arturo began to understand how FSA could help with unemployment assistance and addressing the immediate needs of his family for food and transportation. While Arturo sought new employment, our Family Advocate helped him apply for and receive rental assistance, CalFresh and health insurance for his family.

Interested in learning how to better provide for his family, Arturo enrolled in our Dedicated Dads program. There he gained more confidence in being a stepfather and learned skills to improve the family dynamics. He was so impressed with the class that he encouraged his partner, Marissa, to attend a parenting class with her children. He and Marissa also enrolled in the Connected Couples, Connected Familes course where they improved their communication and learned to better support each other.

Marissa, who had experienced childhood trauma and abuse, especially benefited from the class. "She can handle stress better and talk to the children more calmly," said Arturo.

Arturo eventually found stable employment. The family continues to work toward financial stability. Having gained the knowledge of how to access services and an increased confidence in their parenting abilities, they are more hopeful for their family's future.

Fostering Youth Resilience

School-Based Counseling

698 youth received 7,345 hours of mental health counseling

Outcomes

(results from those surveyed)



100% showed a reduction of post-traumatic stress symptoms

100% showed a reduction in symptoms of depression



96% of In-School clients stayed in regular setting



97% of parents and students were satisfied with support

Youth & Family Behavioral Health

349 individuals provided with 5,310 mental health counseling sessions

Outcomes

(by the end of treatment)



68% indicated a reduction in symptoms



86% achieved at least one treatment goal

Being The Difference

Hundreds of parents, educators, professionals, students and community members have joined the movement to "Be The Difference" by completing a course in Mental Health First Aid. Participants learn to recognize signs of mental distress and identify ways to provide assistance.

Visit **BeTheDifferenceSB.org** to learn how you can "Be The Difference."

Mental Health First Aid

In partnership with
Mental Wellness Center and Youthwell



387 adults trained 87 teens trained



A Student Improves Attendance

Monica suffered from severe anxiety in class and had a hard time showing up to school. When Monica did attend class, she couldn't stop fidgeting. She would pull her hair out and cry when she was unable to complete a task. Sometimes, Monica would have to leave school early because she complained of stomach aches and headaches.

Our School-Based Counselor met with Monica and her parents to determine some coping tools to alleviate Monica's anxiety about attending school. With the counselor's guidance, Monica practiced calming exercises at home, such as deep breathing exercises and grounding exercises. She was also encouraged to write down her worries and put them in a worry box.

Almost immediately, this helped Monica to reduce her level of anxiety and arrive to school successfully. Monica became excited about going to school and seemed more focused and calm. Instead of crying when things were difficult, she asked the teacher for help.

During the months of ongoing treatment, the counselor and Monica created a tool kit of coping exercises that Monica could easily access when feelings of anxiety would surface. Over the course of the school year, Monica was able to implement many of these tools, which allowed her to participate in class more freely and feel more confident. By the end of therapy, Monica's level of anxiety lessened—no more stomach aches, hair pulling, and fidgeting—and she expressed feeling more comfortable going to school.

Advocating for Students and Their Families

Family Outreach Advocates

1,674 families received support & referrals

45 distribution events reaching 16,319 individuals (food, clothing, school supplies)

School Outreach Mentors

(Santa Maria)

2,038 youth received short-term school-based support

Outcome



89%

Met or partially met their social, emotional, or academic goal

Migrant Education



32 students received 487 mentoring sessions



Responding in Times of Crisis

When news spread about a large apartment fire that displaced families of Santa Maria, a call came in to FSA for assistance. Since many of the families had children enrolled in the Santa Maria Bonita School District, our Family Outreach Advocates (FOA) jumped into action.

Utilizing resources at the school district and trauma-informed training, FOA staff provided a safe space at the children's schools to meet with these families. They helped them connect with the Red Cross and receive immediate financial aid.

The team assessed each family's needs and discussed available resources. They helped the families understand the role of the Red Cross so they would not feel fear or hesitation, and they followed up with each family to make sure they could get to their appointments and receive assistance.

But the care for these families didn't stop there. The team reached out to a local church and other nonprofits for donations of beds, tables, chairs, silverware, dish towels, towels, clothing, and anything else families needed to help them rebuild their lives.

The efforts of the FOA team is just one example of the work that we do for families every day. Your support helps make it possible for us to respond quickly and promote the resilience of families in our community, especially during times of trauma.

Supporting Seniors and Caregivers

Long-Term Care Ombudsman

Advocating for over 5,000 residents of long-term care facilities

2,234 visits to skilled nursing, assisted living and other long-term care facilities

Responded to 1,386 requests:

Quality of care issues

Advance health care directives

Resident rights education

Referrals to partner organizations

Outcome



75% of quality of care issues were satisfactorily resolved

Senior & Caregiver Mental Health

156 seniors and caregivers were provided with 2,778 hours of counseling

Outcomes (by the end of treatment)



96% made progress on treatment goals (self-care, finding resources, etc.)



96% increased access to community resources



94%
demonstrated increased adjustment to circumstances

Elder Victims of Abuse

Case management provided for 30 seniors





Reducing Isolation, Improving Wellbeing

Amada had been the primary caregiver for her beloved husband Aldo, who passed away in January. She was referred to FSA because she was feeling depressed and lonely with some pressing physical health challenges.

We arranged for Amada to see one of our therapists to help her deal with her feelings and build coping skills to improve her mood and reduce her isolation. The first order of business for our therapist was to help Amada contact her physician to set up an appointment and address her health issues.

Our therapist discovered that Amada's home needed some adjustments to make it safer so that she could continue to live there for as long as she desired. We contacted local agencies who do home repair for qualifying seniors and arranged for grab bars to be installed as well as repairs of a deteriorating bathroom floor that was becoming more and more dangerous.

Our therapist helped Amada identify factors contributing to loneliness and brainstormed about ways to reduce isolation. Amada decided she wanted to attend church more often and go to activities at the local senior center to meet people.

Transportation was a barrier for Amada, so we arranged with a local non-profit to provide transportation. Amada is now an active member at her church, attends the arts and crafts events at the senior center and reports less feelings of isolation. Amada is grateful for the mental health services and safety improvements so she can age in place as long as possible.

Ensuring a Healthy
Community

Aiding Families Displaced By Guadalupe Floods

Staff at The Little House by the Park (LHP) in Guadalupe knew the situation was dire the morning of January 10th, 2023, when the phone started ringing.

Guadalupe had received 3.4 inches of rain, causing flooding, and residents were calling for family support services. Families had lost their most valuable items and their kids were waking up to muddy water while sleeping on the floor in the middle of the night. A senior resident found herself up to her chest in water.

LHP staff assisted in mobilizing community and civic organizations and directed residents to City Hall, where they received assistance and information, including helping Mixteco community members with translation. Advocates contacted hotels to

secure donations of blankets and pillows for those in need.

Over the next few weeks, LHP remained open as a haven for support.

The flooding displaced ten families and a total of 47 individuals. LHP worked with Guadalupe City staff and the County Housing Authority to secure housing and helped them obtain basic needs, including clothing and housing.

"It was heartwarming to see the community come together to help its own," said one staff member. "We felt like we were First Responders! So many residents gave their time and donated household items to help their neighbors. It made me proud to be a part of this community."

Guadalupe Community Changers

5 Community events organized by 13 Volunteers Guadalupe Community Changers is a group of parent volunteers who work with LHP staff to organize community events and opportunities for leadership development. They also encourage parent's engagement in their children's education.

Neighborhood House Society

Members of FSA's Neighborhood House Society help ensure brighter futures for generations of children, families, and seniors in our community. We invite you to join with them and help endow our vital programs for a second century of service in Santa Barbara County by remembering FSA in your wills and estate plans.

Our heartfelt gratitude to those who honor FSA in their estate plans:

Anonymous

Angela K. Antenore

Betty* & Jack Barnard*

Claudia & William E.G. Batty III

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Ada Marie Bowers*

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Welch*

Frederica & Richard

Eleanor & Clifford Wright*

JoAnne Meade Young & Michael Young

*deceased

If you have included FSA in your estate plan and are not on this list, please call us at 805.965.1001 x1267

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- Event Sponsorship
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- Gifts of Stock
- IRA Rollover
- Legacy Gifts

fsacares.org/support



"FSA has always found a way to help those in need, expanding the depth of its programs when necessary. It is truly an asset to our community." --Sybil Rosen



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\$50,000+

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Karen Poythress

—Carol Spungen (3rd generation pictured)



The Spungen Family Foundation has been a longtime supporter of FSA. We especially appreciate their dedication to helping some of the most vulnerable members of our community.

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Our event raised a record \$260,000!
Special thanks to those who joined us, through their sponsorship or attendance.
Your support helps build a stronger community.

Chana & James Jackson

Financials

Total Revenue	\$15,322,864		Total Expenses	\$14,675,669		Programs	\$12,655,017	
Public Funding	13,033,607	85%	Programs	12,655,017	86%	Youth & Family	7,120,534	56%
Foundations	1,516,280	10%	Administrative	1,373,270	9.5%	Family Support	4,198,878	33%
Individuals & Busines	s 396,446	3%	Fundraising	647,382	4.5%	Senior Services	1,137,076	9%
In Kind, Rentals	57,470	<1%				Other Programs	198,530	2%
Investments	148,975	<1%	All figures are p	ending a final aud				
Events (net)	170,087	1%						

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