



FAMILY SERVICE AGENCY
Since 1899



**SANTA MARIA VALLEY
YOUTH & FAMILY CENTER**



the little house by the park
Cedillo Community Center

Annual Impact Report



2023-24

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Dear Supporters,

FSA just turned 125 years young! We are proud of the agency's significant growth and transformative accomplishments in creating healthy communities, one family at a time.

It is one thing to provide resources to help in an immediate situation, and quite another to then teach the skills needed to navigate similar challenges in the future. FSA does both, centered on the concerns of the courageous people seeking help.

We are continually taken by the strength and determination of community members who are trying to make life better for themselves and their families. It is not an easy journey, as we all know. And we all need help along the way.

We are honored to present this Annual Impact Report, an overview of the significant positive outcomes of services provided to youth, families, and seniors. You will see stories of individuals whose lives have been changed, results of evidence-based interventions, and an overview of the financial support provided by so many to make this all happen.

We are very grateful to you for supporting this important work, which impacted more than 25,000 people in our county last year, from ages 0 to 109! As you read through this report, we hope you will feel as inspired as we do by the achievements made possible by your generous contributions, insight, and partnership.

We look forward to the next 125 years!

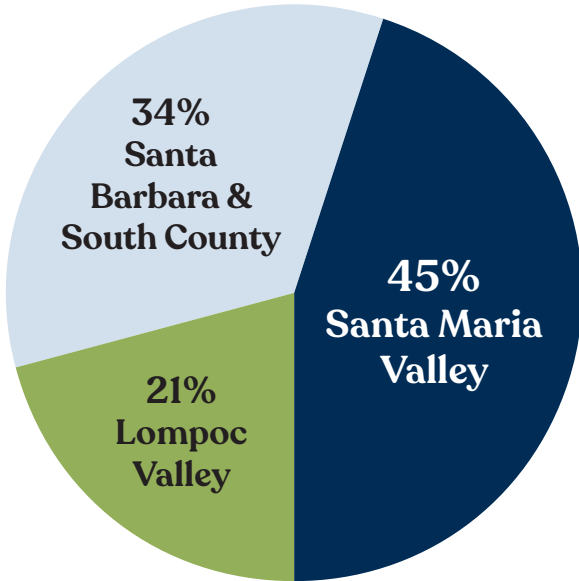
Our sincere gratitude,

Molly Carrillo-Walker
Co-President

Lisa Brabo
Chief Executive Officer

Tricia Price
Co-President

Regions Served



Last year, we helped

25,459

In-depth services provided to 8,622



Information, referrals, and food distribution provided to 16,837

Our Locations

- Guadalupe
- Santa Maria
- Lompoc

Santa Barbara

Carpinteria

Ages

0 to 109



49% Male



50% Female

1% Non-Binary

84% Hispanic/Latinx/Mixtec

8% Caucasian

4% African American

3% Mixed/Other

1% Native American

44% Very Low-Income

47% Low-Income

9% Moderate Income

100% At Risk

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

125 YEARS OF SERVICE

1899

July 1899: Associated Charities (now Family Service Agency) created as Santa Barbara County's first non-profit social services agency.

1899: Eight families given food, clothing, wood, and financial relief.



1925

1917: Family Milk Fund delivers milk and teaches nutrition.

1920's: Industrial Department begins job training in sewing and cooking.

1922: Building Fund helps low-income families buy homes.

1925: Earthquake Relief Fund provides assistance to impacted residents.

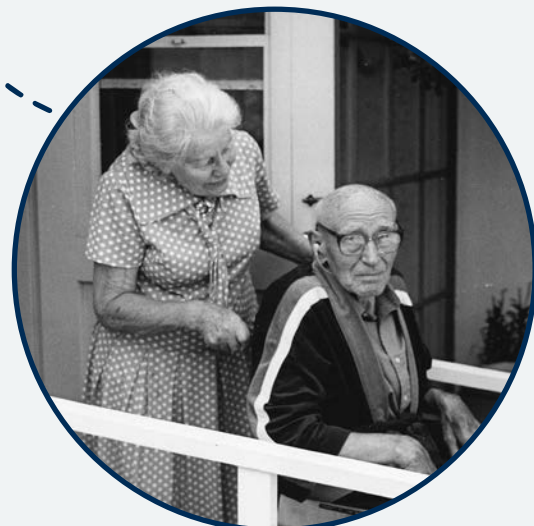
1950

1938: Associated Charities is renamed Neighborhood House.

1945: Clinic opens and provides family counseling services.

1953: Agency officially renamed Family Service Agency of Santa Barbara.

1958: Number of families & individuals seeking services increases by 31%.



1975

- 1967:** Working Mother's therapy group supports local moms.
- 1970:** Marriage Counseling is #1 service sought by community.
- 1971:** 35% of all clients receive services at no cost.
- 1973:** Two Worry and Concern Clinic support groups reach persons 55+.



2000

- 1984:** School districts contract for on-site counseling to children & families.
- 1987:** Agency moves to 123 West Gutierrez Street in Santa Barbara.
- 1990:** Residents impacted by Painted Cave fire receive crisis services.
- 1999:** Agency celebrates its centennial year of service!

2024

- 2017:** FSA and Santa Maria Valley Youth & Family Center merge.
- 2018:** FSA responds to the Thomas Fire and Montecito Debris Flows.
- 2019:** FSA and The Little House By The Park (Guadalupe) merge.
- 2020:** FSA adds essential services in response to the COVID-19 pandemic.



Fostering Family Stability

Family Support Services

3,985 individuals received
in-depth services
(Case management, referral follow-up)

Outcomes

(results for those surveyed)



82%

of families moved
toward or maintained
self-sufficiency



96%

could provide proper
nutrition for their children



97%

had adequate health
insurance for their children

3,343 individuals received
information and referrals



84%

successfully connected
with the agency to which
they were referred

Parent Education



155

Healthy Relationship Graduates



DEDICATED
DADS

97

Fatherhood Education Graduates



81

Parenting Class Graduates

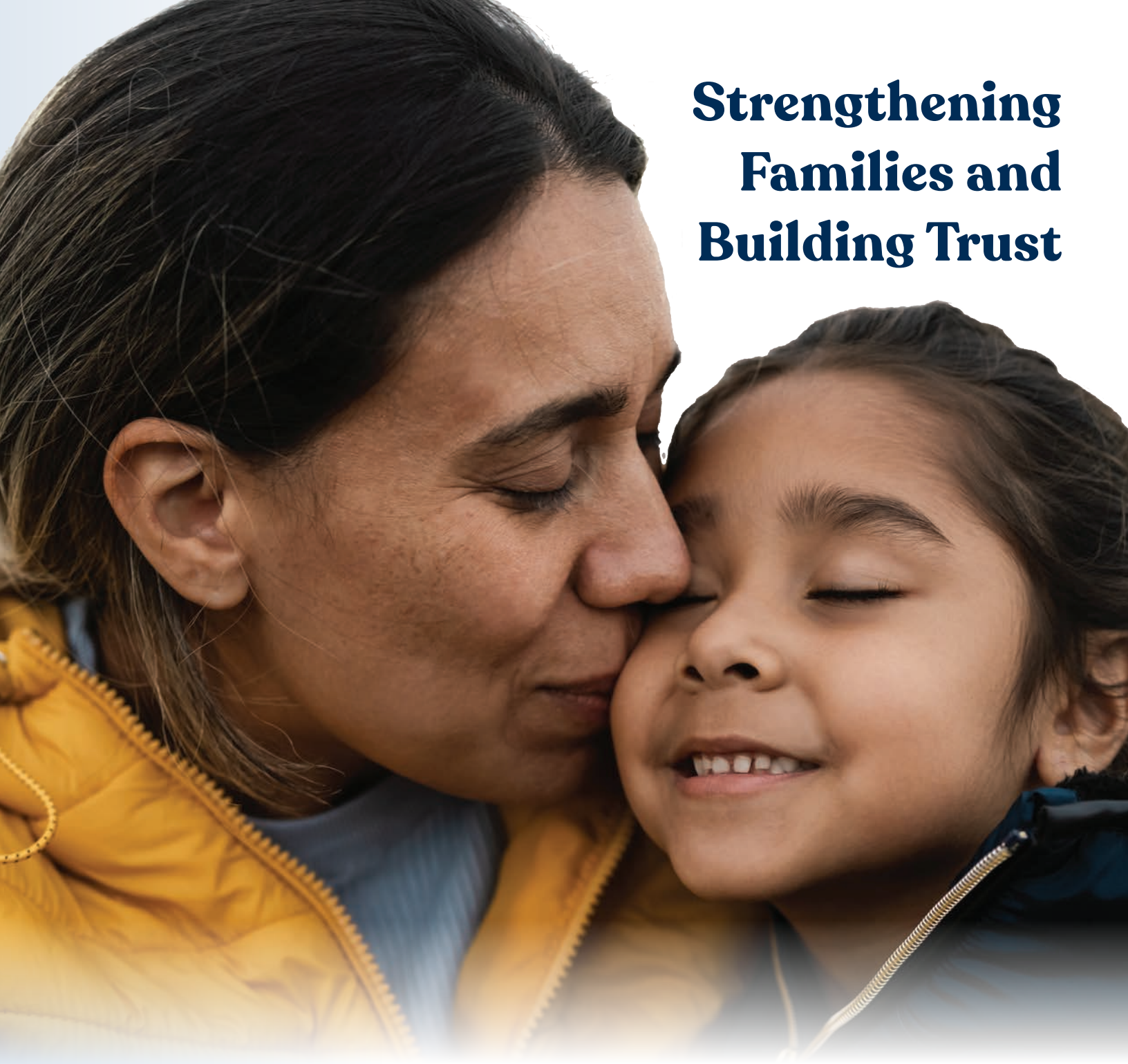
Outcome

(After graduation)

75%



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



Strengthening Families and Building Trust

“I want to thank your advocate for providing support and building trust with a migrant woman facing immediate health needs. FSA has created a vitally needed program of culturally and linguistically centered [advocates] that supports health equity for the marginalized members of our Santa Barbara County communities.”

Melissa Smith, M.D.
Director, Health Equity Initiatives
University of California, Santa Barbara

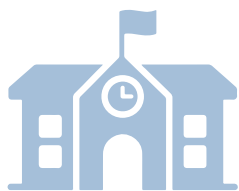
Supporting Youth Mental Wellness

School-Based Counseling

852 youth received 7,403 hours of mental health counseling

Outcomes

(results from those surveyed)



93%

of Intensive In-School clients maintained their placement in a regular school setting



96%

of parents and students were satisfied with the support they received



100%

showed a reduction of post-traumatic stress symptoms



100%

showed a reduction in symptoms of depression

Mental Health First Aid

In partnership with Youthwell and SAMHSA

810 individuals trained

QPR

(Question, Persuade, Refer)

582 adults taught

YMHFA

(Youth Mental Health First Aid)

387 adults taught

tMHFA

(Teen Mental Health First Aid)

228 students taught

Being The Difference

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."

Youth & Family Behavioral Health

386 individuals provided with 4,458 mental health counseling sessions



79%

achieved one or more treatment goals



81%

showed a decrease in symptoms



A Student's Path to Confidence

Ramon's life shifted dramatically when he witnessed the violent death of family members. Although physically unharmed, the psychological scars were profound. His mother became the family's primary provider after the tragedy, ultimately seeking asylum in the U.S. after a series of escalating threats led them to flee. The family endured six months in a shelter before finding placement in America.

Post-migration, Ramon faced significant challenges, including intense grief and fear. His symptoms peaked when he started school, leading to meltdowns and aggression. He was isolated and bullied. He struggled with language barriers and acclimation, expressing a desire to return to his home country.

Ramon was referred to a School-Based Counselor and engaged in Trauma-Focused Cognitive Behavioral Therapy. He learned to share and process his trauma, regulate emotions, and develop coping skills. Through social skill building, he began to gain confidence and set personal boundaries.

Over time, Ramon's distress diminished, and he showed improvement in the classroom and social interactions. While language barriers remain a concern, the school staff is aware of his needs, and his mother actively communicates concerns to ensure continued support. Ramon's family continues to trust FSA and reaches out when needed. Ramon's mother was connected with FSA's Family Advocate. The advocate connected the family to clothing, food, and medical health resources. Ramon's mother said these resources eased some of their burden and provided essential support.

Ramon's journey illustrates the impact of severe trauma on a young child and underscores the importance of supportive networks. Through caregiver dedication, school support, community resources, and therapy, Ramon is learning to navigate his challenges, fostering resilience and hope for a brighter future.

Guiding Students and Families

School Outreach Mentors

(Santa Maria)

2,399 youth received short-term school-based support



Elementary

1743 students served
7131 contact hours



Junior High

656 students served
2564 contact hours



96%

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

Family Outreach Advocates

**3,628 students and
families** received support
and referrals

Migrant Education



37 students received
525 Behavioral Health
Therapeutic Sessions

All programs in partnership with Santa Maria Bonita School District



Community Changers

Community Changers is a group of parent leaders who partner with FSA to build their leadership skills and advocate for positive changes in their schools and community. They organize events, participate in trainings, and foster conversations and ideas that enhance parent engagement and collaboration.

Transforming Uncertainty into Strength



Darlene was having a tough time staying focused in class. She was also having difficulties playing with others and had been caught taking things in the classroom that were not hers.

The Outreach Mentor talked with Darlene's mother, and the mother explained the family was in transition and the parents were no longer together. Darlene was having discipline issues at home as well.

The mentor checked in with the teacher and they created a support plan. This included sitting with Darlene daily for 30 minutes in the morning to teach her focusing skills. She gave Darlene cues such as a light touch to her back or pointing to the paper to help her focus on her task.

At recess, the mentor played games and encouraged Darlene to interact kindly with the other students. They met weekly in the mentor's office to talk about her behavior and how her choices affect others. They played games, created artwork, and practiced relaxation techniques. The mentor also created a reward chart to reinforce the student's positive choices.

After a few weeks, Darlene's behavior started to improve in the classroom. She was more focused and completed the majority of her work without the mentor sitting by her side. At recess, the mentor noticed Darlene was playing respectfully with the other students. The mother also expressed that Darlene's behavior had improved at home.

Empowering Seniors and Caregivers

Senior & Caregiver Mental Health

156 seniors and caregivers
were provided with 1,454
hours of counseling

Outcomes

(results from those surveyed)



91%

of clients served achieved at
least two treatment goals



82%

increased adjustment
to circumstances



91%

connected to resources

Senior Case Management

(Aging in Place, Elder Victims of Abuse, and PEARLS)



96

seniors served



274

sessions conducted

Outcome



88%

agreed that PEARLS
counseling provided
useful tools for daily life

Long-Term Care Ombudsman

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

2,285 visits to skilled nursing,
assisted living and other
long-term care facilities

Outcome



75%

of quality of care issues
were satisfactorily resolved



Overcoming Barriers Together

To address the growing need for social services for seniors, FSA recently received funding to provide case management services through two new programs: PEARLS (Program to Encourage Active, Rewarding Lives) and Aging in Place. Here's one example of how these new programs are helping Santa Barbara County seniors.

Before her battle with cancer, Ms. Lopez worked cleaning houses. Now work is very limited and her income has decreased tremendously. A participant in a safe park program, Ms. Lopez lives in a mobile home which needed a SMOG certificate for registration renewal. Our case manager was instrumental in locating a repair shop as well as a resource to help pay for the SMOG fee.

Ms. Lopez is also participating in the PEARLS program. Because she lives in a mobile home, renewing her driver's license was a priority. The PEARLS coach and case manager worked together to assist Ms. Lopez with the process, getting her to the DMV where she fulfilled the renewal requirements. Ms. Lopez continues to work with the PEARLS coach to help her manage stressful situations and improve her quality of life.

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	Paul Gardner*	Ethel Duffy Peters* & Herbert Peters*
Angela K. Antenore	Ghita Ginberg*	Harold Purdy*
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Kirk Francis	Eugene G. Norden*	
Barbara Frombola & Onno Kok	Kathy O'Leary	
Rose Ann Lyles & Fred Gaeden	Harold A. Parma*	

*deceased
If you have included FSA in your estate plan and are not on this list, please call us at 805.965.1001 x 1267.



Honoring Our Supporters



Ways to Give

fsacares.org/support

Monthly Giving

Event Sponsorship

Employer Matching Gifts

Memorial and Honorary Gifts

Gifts of Stock

IRA Rollover

Legacy Gifts

Platinum Transparency 2024

Candid.

"We support Family Service Agency of Santa Barbara County for the life changing work they are doing for so many in the community!"

-Cole Kinney & Dale Becherer

Our Donors

\$50,000+

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In Honor of Beth Weinberg, Michael Stein & Karen Rothberg
Richard Silver

In Honor of Denise Cicourel
Elizabeth Wolfson

In Honor of Teresa and Eric VanYsseldyk
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In Honor of Hortense Guzman Tarango
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In Honor of Marni and Michael Cooney
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Chris Cooney, Katie & Todd Jacobs

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In Honor of Patty Bliss, Shirley Ann Hurley, Sybil Rosen, Marni Cooney
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In Honor of Shirley Ann Hurley
Kent Hodgetts

In Honor of Aaron Cicourel
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Wendy Max
Echo Rowe
Lynn & Dave Holzman
Teodolinda Ayala

In Honor of Connie Rojas
Anita Diaz

In Honor of Sarah Teitelman
Sharon Teitelman



"The Campbell family is proud to support Family Service Agency because the impact of their work on thousands of families throughout Santa Barbara County is unparalleled, and has made a real difference in our community for over 125 years!"

-The Campbell Family



"Giving back is important to us. Family Service Agency has been in existence for 125 years. FSA has provided high quality services to the most in need, and over the years continues to adapt to the needs of the community. This is why we continue to support FSA."

-Teresa & Chuck Johnes

Santa Maria Family Festival – SMVYFC's 50th Anniversary – October 1, 2023



We commemorated Santa Maria Valley Youth & Family Center's 50th Anniversary at a Santa Maria Family Festival! Attendees of all ages enjoyed delicious food, music, games, and fun activities!

Sponsors

City of Santa Maria
Community Bank of Santa Maria
Montecito Bank & Trust
KIA Santa Maria
Ofrenda Wines
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Santa Maria City Fire
Santa Maria Police Department
Santa Maria Sun

Senior Expo – October 4, 2023

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Sol Wave Water



FSA Pickleball Tournament – November 11, 2023



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Tournament Director

Natalie Collins-Smith, Broker



Spring Fundraiser – May 19, 2024

Orchid

Tania & John Burke
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Peony

Lorrie & Greg Forgatch
Mary Harvey

Rose

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Lily

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Dignity Health
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*Our event raised over
\$250,000! A heartfelt
thank you to everyone
who supported us
through sponsorship or
attendance. Together, we're
building a stronger, more
resilient community!*



Financials

Total Revenue \$19,407,230

Public Funding	16,790,693	87%
Foundations	1,074,454	6%
Individuals & Business	1,183,602	6%
In Kind	34,841	<1%
Investments	191,960	<1%
Events (net)	131,680	<1%

Total Expenses \$18,495,958

Programs	16,025,021	87%
Administrative	1,673,465	9%
Fundraising	797,472	4%

All figures are pending a final audit.

Programs \$16,025,022

Youth & Family Behavioral Health	8,005,154	50%
Family Support	4,724,923	29%
Senior Services	1,790,486	11%
Other Programs	1,504,459	10%

fsacares.org

Our Partners





Thank you for your support!

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Santa Barbara, CA 93101
805.965.1001

SANTA MARIA VALLEY YOUTH & FAMILY CENTER

105 North Lincoln Street
Santa Maria, CA 93458
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LOMPOC

101 South B Street
Lompoc, CA 93436
805.735.4376

DOROTHY JACKSON FAMILY RESOURCE CENTER

101 South B Street
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SANTA MARIA FAMILY RESOURCE CENTER

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THE LITTLE HOUSE BY THE PARK

234 Calle Cesar E Chavez
Guadalupe, CA 93434
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CARPINTERIA

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