

ECS TODAY



Annual Report 2017-2018





A message from Bishop Jefferts Schori, Board Chairman

Dear friends,

That's really the focus of Episcopal Community Services – befriending people of all sorts and conditions. When we can see another person as a 'child of God' our relationships begin to shift and change. ECS provides spaces where the lost and friendless can discover that other people really do care about basic human dignity and the worth of every single person, and are willing to offer themselves for the sake of brothers and sisters who could use a friend.

The gospels are filled with examples – the guys who dig open a roof to lower their friend into the room where Jesus is, so their friend might be healed; the Samaritan who befriends and cares for a man beaten and left to die along the Jericho road; the woman at the well whom Jesus helps to get her life together; the many with physical, social, and psychospiritual diseases whom he heals – including all sorts of outsiders. He calls his disciples friends, and challenges them to befriend and love their neighbors.

ECS does this work of befriending with small children and their parents at Head Start and through Para Las Familias; by helping unhoused persons to find a home in community at Uptown Safe Haven; by feeding the hungry; and through Friend to Friend, which is quite literally a laboratory of friendship. ACCORD and the Central East Regional Recovery Center help those with substance disorders learn to befriend themselves.

In this and every season, the people of this community need friendship. Our own wholeness is wrapped up in the ability to be a friend – to love our neighbors as we love ourselves. We are changed when we see the face of God in the hungry and lost and homeless, and notice the human yearning for friendship.

May you be blessed by friendship with all sorts and conditions of folk, and bless the friends you discover.

May you be a friend,

The Rt. Rev. Katharine Jefferts Schori
Assisting Bishop of San Diego

A message from the CEO, Leslie Keller

Who would have thought that Mr. Rogers would make a comeback in 2018? My favorite Mr. Rogers quote was his advice to children that when they encounter something scary; to look for the helpers. "There are always helpers" he said. And I realize that this is precisely why I am so happy to be part of ECS. Addiction, mental illness, homelessness, family trauma and poverty can be scary situations. At ECS hundreds of "helpers" work all year to create a community where people are supported to reach their potential. We can't do it alone. We work with many community partners to ensure everyone is getting the help they need.

"Mark" stopped by Friend to Friend recently for a little reunion. Homelessness, mental illness and addiction had left him defeated. Sober, housed and employed, he wanted to re-connect with the program that helped him. At our new location in East Village we are closer to the people we serve and have been able to expand our services. We regularly go out with the San Diego Police Department's Homeless Outreach Team and to the Alpha Project tent to help people move off the streets.

"Judy" was too afraid to come out of her room when she first moved into Uptown Safe Haven. That's hard to believe when you see the confident, smiling woman going off to her job and preparing to move into her own apartment. Our partnership with Downtown Impact gives people a chance to transition from the street to permanent housing.

Addiction was the issue keeping "Don" from reaching his potential. Fortunately, he was ready to address his illness with help from CERRC. Going to meetings and counseling sessions and working three jobs gave him the chance to move into his own housing. With support from the County of San Diego, the courts and the Sheriff's Department we are helping people with substance use disorders gain control of their lives through both our CERRC and ACCORD programs.

It's hard to parent a child if you were abused yourself. And that was the situation for "Rose" who struggled to deal with her two-year old's behavior. She couldn't see that it was a cry for help until she came to Para Las Familias. What a joy to see their loving, nurturing relationship now after undergoing therapeutic intervention. We work with South Bay Community Services and have the support of the Hermann and Cargill Foundations and others to expand services to families who have experienced trauma.

And we are proud to offer high quality preschool and family services through Head Start to low-income children in collaboration with Neighborhood House Association, All Quality Preschool Initiative and the State of California. Our new center in Chula Vista will be a model campus for early childhood education.

But, you are our most important partner. We are grateful to count you as part of the network of helpers in making life better for so many in our community. Your support makes these success stories possible. We hope you will continue changing the lives of so many San Diego residents. Thank you.

Leslie Keller
ECS CEO



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MISSION

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

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.

ECS Programs

Early Childhood Programs

Head Start and Early Head Start

ECS Head Start and Early Head Start are child development programs serving children from birth to age five, pregnant women and their families. More than 20 locations throughout the South Bay region of San Diego, including home-based programs, deliver child-focused programs with the overall goal of increasing the school readiness of young children in low-income families. ECS Head Start and Early Head Start are funded through a partnership with Neighborhood House Association.

Para Las Familias

ECS Para Las Familias provides a range of bilingual mental health services to low-income children from birth to five years old and their families in the South Bay region of San Diego. Services include: screening, assessment, family therapy, school observation, teacher/provider consultation and parenting classes.

Programs for Adults Experiencing Homelessness

Friend to Friend

A non-residential outreach and engagement program for homeless individuals with serious mental health issues. Friend to Friend connects homeless adults to social services including housing assistance, food, mental health care, vocational rehabilitation, and substance abuse treatment through partnerships with other agencies.

Uptown Safe Haven

ECS Uptown Safe Haven is a residential facility that provides food, shelter and supportive services to chronically homeless single adults with serious mental health issues. Residents experience supportive communal living in an alcohol and drug-free environment.

Substance Use Disorder Treatment Services

Central East Regional Recovery Center

The ECS Central East Regional Recovery Center provides non-residential substance use disorder treatment for adults in central San Diego with alcohol and other drug induced problems, including co-occurring mental health disorders. The program provides outpatient, intensive outpatient and recovery services.

ACCORD DUI

ECS ACCORD is a California-licensed DUI program for individuals arrested and/or convicted of driving under the influence of alcohol or drugs. The program reduces the incidence and prevalence of driving under the influence and the negative impact of this behavior on families, residents and the community.





Inspiring Children

Our **Head Start** program served 1,840 in Head Start and 574 in **Early Head Start** over this school year. We also opened our newest location at Saint John's Episcopal Church in Chula Vista. Although we started with just 16 students, the new facility has been completely remodeled and is expected to enroll more than 200 children when it reaches full capacity.

Our **Para Las Familias** program continued to grow this year, providing bilingual mental health services to 247 young children and their families. Looking to the future, our PLF program is continuously improving the ways we help families, including updating technology and incorporating new services into the program.

"It's impossible to describe the physical change seen in a parent-child pair when they are attuned to each other, wrapped up in our therapeutic blankets and singing lullabies together. The very air in the room transforms."

*– Andrea Gonzalez,
Para Las Familias Program Manager*





Ricky was diagnosed with a mental health disorder in his late teens. For years he managed his disease with the help of his doctor and other local agencies. This past year, Ricky found himself living in his car. He found Friend to Friend and immediately felt at home the moment he walked through the doors. Through the help of **Friend to Friend**, Ricky now lives in his own apartment and is doing well. To watch Ricky's full story, head to our website ecscalifornia.org.

ECS provided street outreach and engagement services to more than 2,000 homeless adults. Friend to Friend provided case management to more than 400 homeless adults with mental health disorders from our new, expanded location in the East Village. Also, this year, thanks to generous support from St. James by-the-Sea in La Jolla, Friend to Friend added

a regular art therapy class. The class has been a great success and has proven to be an outlet for members to express their emotions, relieve stress and connect with other members. **Uptown Safe Haven** had another successful year, helping 18 residents move to permanent housing, including Valentine. Valentine moved into her own apartment in December and has even helped a few other Safe Haven residents move into their own homes.



Empowering Adults

Transforming Communities

Catherine had been using drugs for more than 10 years and ended up in court. After clearing up her warrant, she made her way down the hall to speak to Gary, a staff member from our **Central East Regional Recovery Center**. Gary told her about ECS and Catherine jumped at the chance to try and get help. Today, Catherine has been sober for more than eight months and has gone back to school. She credits the staff at ECS for helping her find her own inner strength to get her life back on track. For Catherine's full story please visit our website ecscalifornia.org.

ECS helped more than 95 clients like Catherine find hope through individual and group counseling sessions, recovery planning and connection to community resources. In fact, the program has been so successful the County of San Diego has asked us to expand these services to youth age 18 – 24 who may be struggling with substance use disorder.



ECS ACCORD served more than 1,800 new clients convicted of driving under the influence in a brand-new facility in El Cajon. The new building includes expanded space to provide group sessions, a beautiful mural celebrating recovery and is located along the trolley line for easy access.

“Compassion flows through ECS. A lot of clients come here feeling hopeless. We are here to tell them they will get through this, they will heal from this and there will be restoration to their life.” -Lora McCammond, Lead Counselor, ACCORD

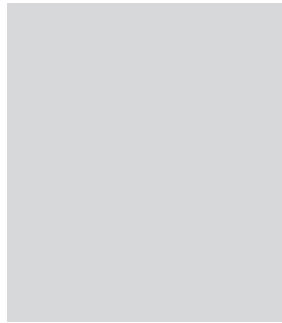




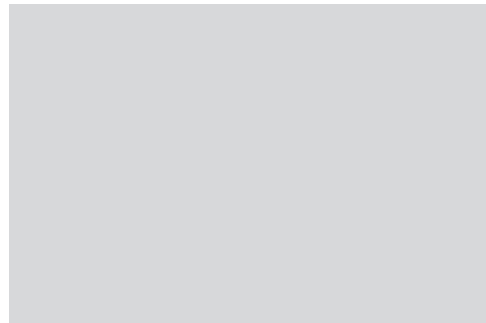
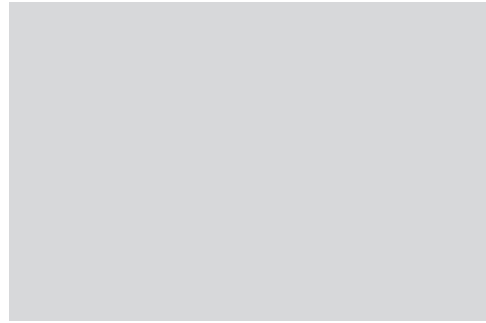
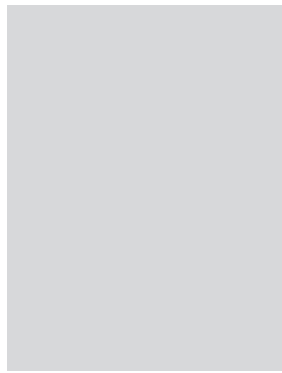


Events 2018





Volunteer and Community Engagement Highlights



11,022 Meals per week provided by nutrition services
The most popular meal is Fajita Chicken with BBQ dipping sauce!

28 Children graduated from the Head Start Kindergarten Readiness Academy

52 Homeless clients moved into permanent housing

250 Veterans served at F2F

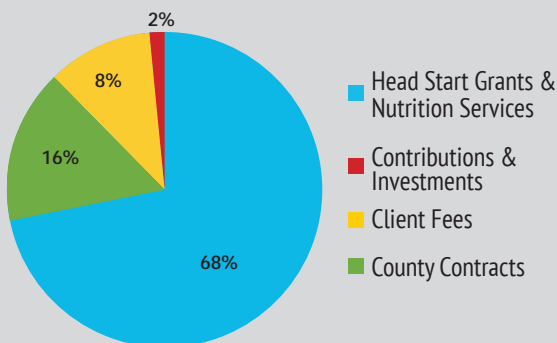
465 New clients enrolled in substance use disorder treatment services at CERRC

59 Head Start and Early Head Start children referred to Para Las Familias for services

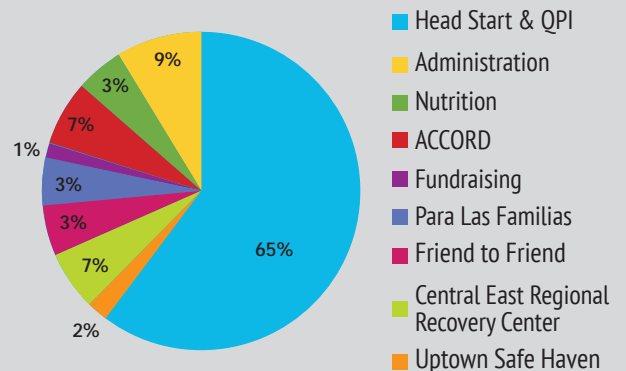
85 Children per month attended the free child watch services at PLF while their families received services

2018-2019 ANNUAL BUDGET: \$28.7 MILLION

Revenue



Expenses





YOUR GENEROSITY CHANGES LIVES

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\$25,000+

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PLANNED GIVING SPOTLIGHT



LCDR Dorothy Green dedicated her life to serving others and her service will continue to live on through ECS. Although Dorothy passed away in July of last year, she left a lasting legacy to our organization through her estate. A longtime member of St. Paul's Cathedral, Dorothy was a regular annual donor to ECS.

Dorothy moved to San Diego as a nurse in the United States Navy where she retired in 1970 with the rank of LCDR. Dorothy had a love of American history and her retirement years were filled with traveling to historical sites throughout the United States. She was a sports aficionado. A Padres fan and a Chargers season ticket holder, she played golf and tennis well into her 80s.

Although those of us currently at ECS did not have the privilege of knowing Dorothy, she has been described by those who did know her as one of the kindest individuals you would ever meet and who always had a smile and a wave for anyone she encountered. Through her legacy, Dorothy has helped ensure that we can continue to serve those in need in San Diego.

For more information about leaving your own legacy, visit our website at ecscalifornia.org or contact Andrea Muir at amuir@ecscalifornia.org or 619.228.2800.

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