



ECS
Episcopal Community Services

90

1927-2017

ECS TODAY

Episcopal Community Services celebrates 90 years of service!

2016-2017 ANNUAL REPORT

Inspiring children. Empowering adults. Transforming communities.



Reflections from Bishop Mathes, ECS Board Chair 2005-2017

(shared at the annual meeting on June 25, 2017)

Before I knew of ECS, I chose for the inscription on my Episcopal ring the words from Matthew 25:40: "And the king will answer them, 'Truly I tell you, just as you did it for one the least of these who are members of my family, you did it to me.'" ECS serves Christ by serving others. We serve the homeless, the mentally ill, the addicted. Families in need of companionship and counseling as they deal with a child in crisis. One convicted of a DUI needing a new way of living. The child living in poverty who God knows needs a head start.

The work of ECS is not completed. It is relentless, Godly, holy work, and this work has never been more important or more vulnerable. When too many are looking out for only their own self-interest, we look out for the forgotten. When empathy is all but lost, we feel the pain, loneliness, and fear of the stranger and reach out to the lost ones. When too often fake narratives, lies, and distortions disempower those with the least, silencing their voices, we try to let their stories and voices be heard.

As I depart, I rejoice that this vocation of serving will continue. It has been my privilege to be the Chair of this board, to share in this ministry. I commit to continue to support this work and pray for this work and those whom we serve. Let us never cease doing the calling of Christ. Please be tireless. Be merciful to all. Show compassion to the poor and stranger. Defend those who have no helper. That is the way we find Christ; that is how we discover our soul's greatest delight...even hearing those words, "Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world."

Blessings and peace be with you,

James R. Mathes
The Rt. Rev. James R Mathes
Bishop of San Diego



A Message from Leslie Keller, CEO

Dear Friends,

In July 1927 Americans were thrilled by the athletic prowess of Ty Cobb and Jack Dempsey. They were watching a newly released Gary Cooper movie and singing "My Blue Heaven." A young cartoonist named Theodor Geisel published his first book under his mother's maiden name, Seuss. President and Mrs. Calvin Coolidge escaped injury when a team of horses charged their open car during a re-enactment of Custer's Last Stand. And on July 20, 1927, the Episcopal County and City Mission Society of San Diego was born to provide social welfare programs for "those in trying circumstances who might otherwise be forgotten."

For the past 90 years, with your support, we have done just that. The world and our name may have changed but we still serve people in "trying circumstances who might otherwise be forgotten". Your support and our mission have remained constant for 90 years.

Thanks to you, ECS is addressing important issues in our community. Today, those in trying circumstances include many who are homeless and have mental health issues. With homelessness reaching crisis levels in San Diego, ECS has increased outreach services through our Friend to Friend program. We also continue to provide transitional housing in a supportive environment at Uptown Safe Haven in Bankers Hill. We provide substance use disorder treatment to 4,000 people each year through our ACCORD DUI program, and our new Regional Recovery Center will help even more break the cycle of addiction. And helping children - the citizens of tomorrow - achieve their highest potential remains a key priority at ECS. Our Head Start program provides early childhood education and development to over 2,000 children growing up in poverty. And our Para Las Familias program provides therapeutic services to low income preschool-aged children who have experienced complex trauma.

Your support got us where we are today and it will continue to help us inspire children, empower adults and transform communities for the next 90 years. Thank you for helping us ensure that the people we serve are not in danger of being forgotten!

Sincerely,

Leslie Keller

Leslie Keller
ECS CEO

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CELEBRATING 90 YEARS OF SERVICE!



ECS PROGRAMS

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 social services.

Uptown Safe Haven (UTSH) provides transitional housing for homeless adults with mental health disorders. Residents benefit from housing, meals, community, classes, social activities, and supportive services in a safe environment. UTSH has 19 beds and serves as a first step toward stability where residents build life skills and work on goals, including sobriety and permanent housing.

Central East Regional Recovery Center (CERRC) provides outpatient treatment services to adults with substance use disorders. All clients receive individualized services including assessments, individual and group counseling, discharge planning, and linkage to additional services. The CERRC can also assist with co-occurring disorders, homelessness, unemployment, or underemployment.

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.

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.

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.



Pictures from our early days of service



Our CERRC staff team

PROGRAM HIGHLIGHTS

ECS' Newest Program Central East Regional Recovery Center

This year ECS was proud to open a brand-new program. The **Central East Regional Recovery Center** provides outpatient treatment services to adults with substance use disorders. The program offers a variety of services including in-depth assessments, individual and group counseling and additional services to help clients on their road to recovery.

Our talented and experienced staff help clients become active participants in their own recovery. "While our primary function is providing services to treat substance use disorders, our skilled staff utilizes their experience and knowledge to assist with anything from mental health needs to housing, vocational, and educational challenges," says Dennis Crosby, program manager of the CERRC. Clients also develop their own personal wellness plan with specific life goals. We opened our doors on January 1st with just 16 clients and are now serving more than 200.

"I am in awe of my staff and all that they do daily and look forward to watching them grow and learn new skills while staying true to our values and mission," said Dennis. "As a team, we all look forward to that day when those we serve see the same potential in themselves that we see. We are truly blessed to be able to walk that path with them."



Our first CERRC graduating class



Head Start children enjoying outside playtime and a Thanksgiving meal



Head Start Partners to Serve More Families

More than 2,300 children enrolled in **Head Start** and **Early Head Start** this school year.

A new partnership with the San Ysidro Child Development Center, part of the San Ysidro Unified School District, means ECS Head Start now works with three school districts in the South Bay area of San Diego.

Early Head Start is expanding into a new location at Saint John's Episcopal Church in Chula Vista this coming school year.

Nick Montaña, Program Manager of Para Las Familias, Retires after 17 Years of Service

Seventeen years ago, **Para Las Familias** was born. Thanks to your support, this program, which was once a small project with only two therapists and an administrative assistant, now provides more than 250 young children and their families with bilingual mental health services annually.

After nearly 20 years at the helm of Para Las Familias, Nick Montaña - one of the original two therapists - is retiring. We are extremely grateful for his expertise and guidance in making the program what it is today. "We can't even begin to calculate the enormous benefits your services have made to the many thousands of children you have helped over the years," Lesslie Keller, CEO said at Nick's retirement party in June.

Nick is leaving PLF in good hands. The staff he has assembled over the years is poised and ready to continue the great work Nick started. "It's a modest program, but it can achieve great things!" Nick said. Nick is looking forward to retirement and will be spending more time with his grandchildren and continuing with his painting. Thank you, Nick!



PLF staff celebrating Nick's retirement



Friend to Friend members excited about new shoes and Outreach Workers talking to a potential client



Friend to Friend Expansion

Because of your generosity, **Friend to Friend** continues to grow and reach even more homeless adults in San Diego and results have been significant.

"One thing I am most proud of from this past year is the increase in Friend to Friend members moving to permanent housing through the Coordinated Entry System," said Bernie Miles, program manager at Friend to Friend. "We helped 45 homeless adults find housing this year!"

Staff at Friend to Friend are participating in a coordinated effort with the City of San Diego and other community agencies in targeted outreach to chronically homeless adults in Central San Diego, all part of an ongoing effort to connect people to needed services. Staff and volunteers continue to offer classes and programs at Friend to Friend including music therapy and social activities.

Thank You to Las Patronas

This year, ECS was honored to receive funding from Las Patronas for the purchase of a new passenger van for our homeless service programs. The new van has helped transport clients to doctor's appointments, additional community services and social outings. Since the van was purchased in March, more than 75 clients have taken almost 100 trips.

Las Patronas is a philanthropic organization with a long history of giving. Since its inception in 1946, Las Patronas has donated nearly \$20 million to over a thousand charitable institutions in San Diego. Las Patronas is committed to providing financial assistance to nonprofit organizations in San Diego County that provide valuable community services in the areas of health, education, social services, and cultural arts, and to continuing a tradition of service to enhance the quality of life in our community. We are extremely grateful for the generous support of Las Patronas.



ECS staff showing off our new van



A turkey art project for Thanksgiving



Newly decorated spaces



Jean Griffith - A Super Star ECS Volunteer!

Jean Griffith has been running a weekly arts and crafts workshop at our **Uptown Safe Haven** (UTSH) for the past year and a half, allowing residents to regularly express themselves in a social setting and create a wide variety of fun projects. A retired interior decorator, Jean found that when she started her workshop, it was often a challenge getting residents to participate. However, her enthusiasm and care for them has changed this. Now she has regulars who look forward to her class. Jean shared, "God blessed me with a career in interior decorating to support my daughter and me. Now I can share my talent and help other people."

Jean has also been decorating the community spaces and resident rooms at UTSH, adding warmth and personality. She works with each individual resident to learn their style and then helps them decorate their rooms. The results have been a boost to resident morale and have helped everyone feel more at home. Residents then take their room décor with them when they move to permanent housing, and Jean has even helped some set up their new homes. We are so grateful for Jean and all our volunteers who share their time, resources, and talents!



Halloween themed art

ECS PARTNERS

Working Together To Make A Difference

Community Partners

Academy for Professional Excellence/BHETA
Alpha Project/Homefinders
Bridges of Hope
Cathedral Catholic High School
Catholic Charities, Rachel's Women's Center
Change Agents Developing Recovery Excellence
Chula Vista Community Collaborative
Chula Vista Elementary School District
Community Research Foundation
Connection Housing
Corporation for Supportive Housing
Costco
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Creative Arts Consortium
Dept. of Agriculture
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Dept. of Veterans' Affairs
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First 5 San Diego
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Healthy Steps
Heaven's Window
Housing Innovation Partners
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Jewish Family Service
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Music Care Inc.
National Alliance of Mental Illness
National Association of Social Workers, Region E
National School District
Neighborhood House Association
Opening Doors
PIMA Medical Institute
Pacific Safety Center of San Diego
People Assisting the Homeless
Quality Preschool Initiative
Recovery Innovations, California
Regional Task Force on the Homeless, San Diego
Roadmaps to Recovery
San Diego Committee on Employment of People with Disabilities
San Diego County Office of Education
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
Toward Maximum Independence
University of California, San Diego
University Heights Community Association
Veteran's Village of San Diego
Wakeland Development
Welcome Baby Program
Women, Infants, and Children
YMCA



Top: Dennis Crosby and Stacie Perez from ECS posing with Cecily Thornton-Stearns, Dr. Piedad Garcia, and Holly Salazar from County of San Diego Behavioral Health Services at our CERRC Open House.

Bottom: An ECS Outreach Worker with the St. Paul's Cathedral Shower of Blessings team whose ministry we support each month.

Partners in Ministry

All Souls' Episcopal, Pt. Loma
The Bishop's School
Church of the Good Shepherd, Bonita
Christ Church Thrift Shop, Coronado
Christ Episcopal Church, Coronado
Cursillo Chapters, San Diego Diocese
Daughters of the King, St. James-by-the-Sea Episcopal
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St. Paul's Cathedral, San Diego
St. Peter's Episcopal, Del Mar
St. Philip the Apostle Episcopal, Lemon Grove
St. Timothy's Episcopal, Rancho Penasquitos
Women of St. James-by-the-Sea

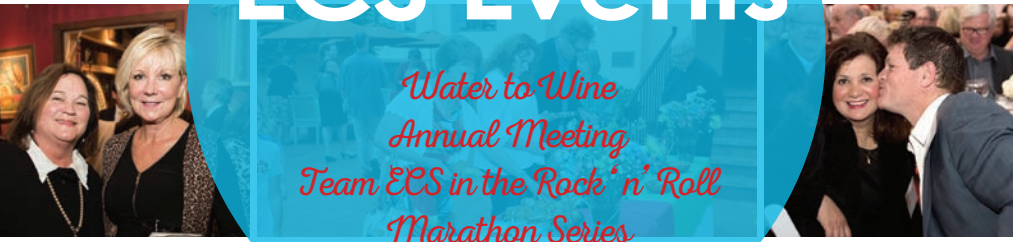


Volunteer teams from St. Philip's, Lemon Grove and St. John's, Chula Vista serve lunch for our annual Maundy Thursday event.



2016-2017
ECS Events

*Water to Wine
Annual Meeting
Team ECS in the Rock 'n' Roll
Marathon Series*



VOLUNTEER AND COMMUNITY ENGAGEMENT HIGHLIGHTS



Cursillo Christmas Party

YOUR GENEROSITY CHANGES LIVES

We appreciate the generous support of our donors. Your contributions provide life-changing resources to more than 7,500 children and adults challenged by homelessness, trauma and substance use disorders. You make it possible for ECS to provide individualized care and foster hope, dignity, and independence for each one of our clients. Thank you!



Friend to Friend Life Celebration Lunches



Student volunteers & school partners - Francis Parker and Cathedral Catholic High School



Friend to Friend Christmas Party



Friend to Friend Foot Washing



Love

\$10,000+
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Four Great Ways YOU CAN MAKE A DIFFERENCE!

Give Monthly



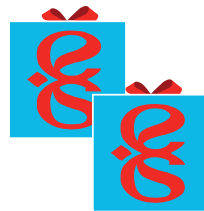
Become a Champion for ECS by giving monthly—the easiest way to make a difference in our clients' lives every day of the year. To set up automatic donations by credit card, visit ecscalifornia.org. For other giving options, or for more information, call (619) 228-2828. Join us today!



Give through the United Way or Combined Federal Campaign

If you are a federal employee or if your workplace participates with the United Way, you can support ECS directly through your employer's giving campaign. ECS is part of the SoCal Combined Federal Campaign and our CFC number is 25073. You can also designate a gift by writing in Episcopal Community Services through the United Way.

Double Your Gifts



Your gift can go twice as far to help San Diegans in need! Thousands of employers will match—or even exceed—donations to ECS from current and retired employees. Some will even match volunteer hours. For more information, contact your employer's Human Resources department or call ECS at (619) 228-2828.

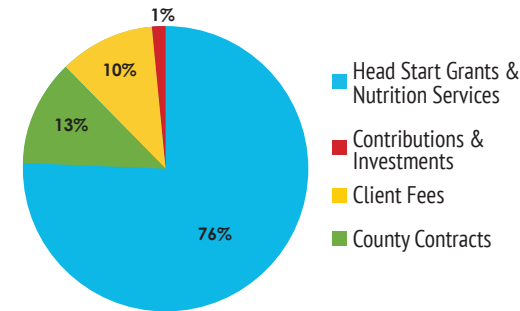


Donate A Vehicle

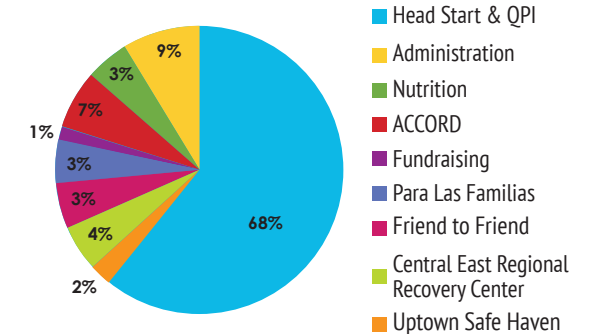
Donate your unwanted car, boat, or other vehicle to ECS, and the proceeds will support our mission. Learn more at ecscalifornia.careasy.org.

2017-2018 ANNUAL BUDGET: \$27 MILLION

Revenue



Expenses



PLANNED GIVING

For Melesse Traylor, leaving a legacy gift to Episcopal Community Services continues a tradition of compassion and service that began in her family many years ago.



Melesse, a former member of our Board of Directors, and her husband, Bob, are longtime supporters and advocates of ECS' mission. By including ECS in their estate plans, their generosity will sustain our programs and change lives throughout San Diego for generations to come.

"The reason we wanted to do this is because we like ECS and the way it reaches out to people," Melesse said. "It fulfills a lot of things that we believe in."

The Traylor's instilled the value of helping others when their children were young, and Melesse remembers bringing them with her to buy groceries or clothes for people in need.

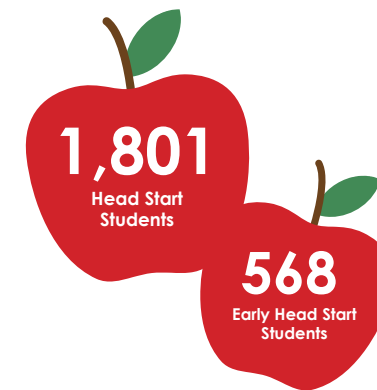
"It was good for them," Melesse said. "I felt it was so important."

Setting an early example of empathy had lasting effects—their son, Robin, now an attorney, later followed Melesse's footsteps and served on the Boards of both ECS and Home Start.

Making a planned gift to ECS continues the Traylor's commitment to providing for those who need it most. Melesse said that she and Bob worked with their attorney to include ECS in their estate plans, and the process "wasn't hard." Yet, the impact of their action will last for years.

By remembering ECS with a planned gift, you can leave a legacy for children and adults throughout San Diego. Whether you include a bequest in your will, designate ECS as a beneficiary of your retirement account or life insurance policy, or choose another alternative, there are many giving options to fulfill your charitable goals while meeting the current and future needs for you and your family.

For more information, including a free wills guide, suggested bequest language, and other helpful resources, visit ecscalifornia.giftlegacy.com or call ECS at (619) 228-2800. If ECS is already included in your estate plans, please let us know. We would be grateful for the opportunity to thank you for your support and recognize your generosity.



Head Start & Early Head Start

30 parents participated in San Ysidro Head Start's Sprout a Healthy Start program sponsored by Kaiser Foundation Hospitals

Because of this program, the number of children considered obese decreased by 45%.

Para Las Familias

251 children served

339 children took part in the new onsite childcare offered to families enrolled at PLF



Nutrition Services

11,900 meals per week for Head Start and Early Head Start

399 meals per week for Safe Haven residents

ACCORD

4,308 clients served

74% successfully completed the program



Friend to Friend

557 homeless adults received case management services at Friend to Friend

219 referred to additional services such as mental health care and substance use disorder treatment

80 members attended the creative arts and writing classes offered throughout the year



OUR PROGRAMS:

Friend to Friend

Uptown Safe Haven

Central East Regional Recovery Center

ACCORD

Head Start & Early Head Start

Para Las Familias

ecscalifornia.org

619.228.2800

Early Intervention Makes a Big Difference!

Your support changed Sophia's life

Three-year-old Sophia had been acting out ever since her baby sister was born. She was jealous and aggressive and not willing to cooperate with her parents. She would even occasionally hit her sister. Sophia's parents, immigrants from Eastern Europe and Mexico, were themselves struggling with post-traumatic stress disorder and were finding it increasingly difficult to manage Sophia. Thankfully, Sophia and her family came to Para Las Familias.

There, therapists worked with the whole family, providing positive parenting support and tools to combat sibling rivalry. They addressed cultural barriers and referred Sophia's parents to outside couples counseling. Sophia and her sister were also referred to developmental assistance.

After completing treatment with Para Las Familias, Sophia started preschool, and her tantrums disappeared. Sofia and her family are now on their way to a more peaceful and successful life.

