



2017–2018

CENTER FOR COMMUNITY SOLUTIONS ANNUAL IMPACT REPORT



Center for
Community Solutions
Hope, Healing and Prevention

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MESSAGE FROM OUR BOARD PRESIDENT AND CEO

Dear Friends,

It is our privilege to present Center for Community Solutions' (CCS) 2017-2018 Annual Impact Report, which provides key highlights of our activities and programs for the past fiscal year – **with almost 23,000 individuals served!** As you read the report, we hope you will get a good sense of the breadth and depth of the programs and services we provided to San Diego County residents affected by intimate partner violence, sexual assault or stalking. You helped make this possible, and we thank you for your partnership support!

Each day we are inspired by our true heroes – survivors who find the courage to seek help and are empowered to choose their own pathways to healing and self-sufficiency.

In the era of the #Me Too and #TimesUp movements, more individuals are coming forward as the veil of survivor shame and blame has been lifted. CCS fulfills a critical need in our community – a place that offers solutions for safety, stability, justice, healing and prevention.

It has been a pivotal year for CCS, as we embarked on new partnerships. These include the addition of advocacy services for victims of domestic violence who suffer strangulation; embarking on a new partnership with the San Diego Regional Center and Deaf Community Services to help vulnerable individuals; expansion of our presence in college campuses to include the San Diego Community College District.

In 2019, CCS celebrates its 50th anniversary, emerging from within the first Women's Studies Department in the U.S. (offered at San Diego State University) and an "underground railroad" helping women escape violence. Today, we represent the second largest women's center in California and serve as a continual catalyst for caring communities and social justice.

Thank you for making it possible for CCS to create a safe and compassionate environment for our survivors.

Sincerely,



Verna Griffin-Tabor
CEO/Executive Director

Jessica Pride
Board President

SOLUTIONS FOR STABILITY, JUSTICE, HEALING AND PREVENTION



Across all programs, clients increased their safety by **80%**, expanded support systems by **58%**, and improved safe housing situations by **57%** — in an average of **50 days** of CCS care.

"From the first phone call until the attorney helped me, I received excellent treatment. Everyone is very kind and I felt safe, with less fear."

I will recommend CCS to other people."

6,016 calls



SOLUTIONS FOR SAFETY 24-HOUR HOTLINE

CCS staff and volunteers respond to calls coming into our county-wide crisis hotline 24 hours a day, 365 days a year. These staff and volunteers, known as hotline counselors, provide trauma-informed safety planning and emotional support, expert navigation of county resources, and direct connection to supportive services.



SOLUTIONS FOR SAFETY AND STABILITY ADVOCACY SERVICES

Intimate Partner Violence (IPV)

Clients receive the immediate support they seek with additional advocacy on a range of issues, including:

- Ongoing safety planning and risk assessment.
- Access to free counseling, shelter, housing, and other basic-need support resources.

Begun as a pilot program in April 2017, CCS now also provides accompaniment to IPV survivors of severe abuse or strangulation during forensic exams.

Sexual Assault Services (SAS)

- Expanded to three new college campuses including San Diego City College, Mesa College and Miramar College, providing free advocacy services for college students, staff and faculty.
- Continues training county police cadets to respond to survivors with trauma-informed practices.
- Continues to support sexual assault survivors during medical forensic exams.
- Supports survivors with rent, moving expenses, transportation, food, clothing and other needs.

1,221 clients

3,984 contacts

489 forensic exams

Child Advocates work with youth to help them identify and cope with their emotions, pinpoint their unique strengths and skills, and get along better with others, including family members. They provide a wide variety of advocacy help across a child's post-traumatic experience. CCS assists children victimized by or exposed to trauma as individual clients, not simply as an extension of their caregivers.

"Our child advocate was a main support and was able to communicate with my son in a way that was clear. She was able to dispel his fears. My advocate also helped me see things more clearly in the most difficult moments."



"I feel that CCS has been a very helpful resource for my healing process. I don't know what I would have done without them. I felt very alone. I couldn't feel validation in any of my thoughts. After coming here, I do feel like I deserve to be healthy and that I do have people who want to, and will help me."



SOLUTIONS FOR SAFETY AND STABILITY RESIDENTIAL SERVICES

CCS' residential services are provided through two short-term shelters, Project Safehouse and Hidden Valley House, and two longer-term shelter programs. Our residential services are guided by a trauma-informed and client-centered approach – which allows clients to seek safety in our shelters and receive support based on the needs they have identified for themselves with the services they feel comfortable utilizing.

During their stay at CCS' emergency shelter, clients increased their relationship and/or household safety by **113%** over an average of 30 days. Their support systems expanded by **94%** and they improved their housing situations by **75%**.

"Everything was good and I was able to find the support I was looking for without feeling overwhelmed. I believe the people who work here are the type of people that a shelter needs."



243 adults & children
9,736 nights of safety



SOLUTIONS FOR SAFETY AND JUSTICE LEGAL SERVICES

CCS is the only Legal Team in San Diego County offering trauma-informed, no-cost, holistic, wrap-around services to survivors of sexual assault, intimate partner violence, and stalking. Because we prioritize bilingual (English/Spanish) legal advocacy in partnership with bilingual legal services, CCS clients not only receive the immediate legal help they seek, but they receive continuing follow-up service on a range of issues.

In 2018, we added Legal Advocate staff to work with Attorneys to provide the depth and breadth of services clients request and need. This level of comprehensive, wrap-around support is unmatched by other providers of legal services in San Diego County.

"CCS is a resource that is necessary and vital to the healing process. Their kindness and support went above and beyond. My experience with my legal advocate was exceptional; her knowledge and support through trial was so greatly appreciated."



1,453 clients **2,232** contacts

"I found group therapy so very healing in my process. The books and exercises that my therapist gave are items that I have incorporated to my life. I have many items hung up to remind myself of my self worth. I appreciate my therapist keeping the group on track in staying positive and encouraging us to speak without pressure. I feel safe and calm with all of the support that you all have given us. Thank you!"

SOLUTIONS FOR HEALING COUNSELING SERVICES

CCS has a team of marriage and family therapists that provide individual, group, family and child counseling using research-based, best practice, trauma-informed approaches such as EMDR (Eye Movement Desensitization and Reprocessing), mindfulness, self-care, and others.

At the conclusion of eight individual counseling sessions, clients experienced a **33%** increase in overall wellness with an additional **8%** increase in wellness after their next 8 sessions. Counseling staff provided more sessions to fewer clients, an intentional increase in the depth of service.

At the conclusion of group counseling sessions, clients experienced a **27%** increase in overall wellness.

"My therapist helped me in ways I never thought possible to find hope and love again. They offer a level of professionalism and knowledge base of trauma that is greatly needed in this community for survivors."

575 clients **3,753** sessions



SOLUTIONS FOR ACCESS TO SERVICES

In partnership with Deaf Community Services and San Diego Regional Center, CCS began a process of implementing infrastructure changes to serve survivors of violence who are Deaf/deaf, Hard of Hearing, Late Deafened, or DeafBlind and/or individuals living with intellectual or developmental disabilities.

In addition to facilities-related changes to improve accessibility, all program staff attended training regarding Deaf/deaf etiquette and how to work with interpreters. CCS staff was re-trained in the Language Access Policy and language access posters were installed at every service location.



Center for Community Solutions Hope, Healing and Prevention					
Free Interpreting Services Available					
Amharic አማርኛ ከዚህ ላይ የሚገኘው የተጻፈው የሙያዊ ትርጉሙን ያመለክታል፡፡ የመለከት፡፡	Hakha (Chin, Lai) Nangmah tangka dii lo in hoihtietu Nian khawh nak covo na nei. Zaangfahnak tein na hoih kha rak kan chim hram sawh.	Hakha (Chin, Lai)	Portuguese (Brazil) Português (Brasil)	Russian РУССКИЙ	
Arabic العربية من حثك الوصول إلى مترجم بدون تكلفة عليك، من فضلك اختر لغتك.	Hindi हिन्दी आपको एक दुभाषिणी की आवश्यक सेवाये प्राप्त करने का अधिकार है। कृपया अपनी भाषा चुनें।		Você tem direito a um intérprete sem nenhum custo para você. Por favor indique seu idioma.		
Bengali বাংলা যদি আপনার একজন অনুবাদক প্রদান আপনার অধিকার আছে। অনুবাদক কর আপনাকে ভাষাটা উল্লেখ করুন।	Hmong Yog koj tsis paub lus Askiv, peb mam nrhiav ib tus kws txhais lus los pab koj dawb.	Hmoob	Somali	Af Soomaali	
Burmese ဗမာစာ			Waxaad xaq u leedahay inaad heshid tujumaan aan lacag kuuqan fadhiin.		

SOLUTIONS FOR COMMUNITY SUPPORT

PHILANTHROPIC CONTRIBUTIONS

We are grateful to the individuals, businesses, corporations, foundations and organizations listed below for their generosity to CCS during fiscal year 2017-2018.

Please note that space constraints prevent us from listing all of our supporters. If we omitted, misspelled, or listed your name incorrectly, we apologize for this inadvertent error, and please contact Angela Glann at (858) 272-5777 or at aglann@ccssd.org for corrections.

\$50,000 and above

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Marriott Daughters Foundation
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\$25,000 +

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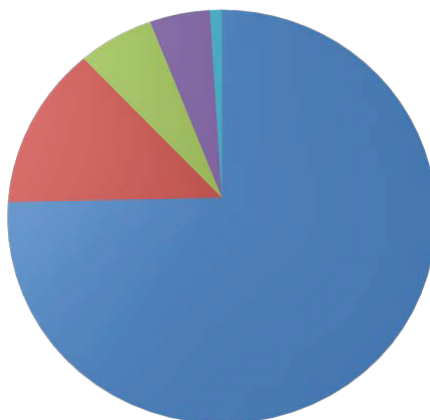
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Robin Toft
Kit-Victoria Wells

SOURCES OF REVENUE FY 2017-2018



Revenue 2017/2018

- Government Grants, 75%
- Contributions, 13%
- Special Events, 6%
- In-Kind, 5%
- Other, 1%



"This course was very important because it taught us how to communicate with others and how to act in certain situations. This is important for the student athlete because we go through these situations almost every day and to know how to respond will make our lives so much better!"



SOLUTIONS FOR PREVENTION EDUCATION AND OUTREACH SERVICES

Teen Dating Violence Prevention Education – School-age youth, college students and incarcerated youth work with CCS' Prevention Educators and peers to learn about healthy relationships, bystander intervention, and affirmative consent. CCS is leading San Diego in the first city-wide assessment of all youth-related prevention efforts.

Healthy Relationships & Violence Prevention Education – Community educators promote healthy relationships and prevention of sexual and intimate partner violence through interactive, empowering workshops to youth, educators, parents, social service agencies and others focusing on communication and conflict resolution.

Athlete Upstander Prevention Education – In the fall of 2017, CCS provided healthy relationships and bystander intervention training to all incoming first year student athletes at San Diego State University. Students responded positively to the three-part series and shared reflections after the series was complete.

493 trainings **7,622** individuals



SOLUTIONS FOR COMMUNITY SUPPORT VOLUNTEER ENGAGEMENT

CCS could not provide the level of support and services in our community without the generous commitment from volunteers. Volunteer contributions range from direct client engagement as counseling trainees, advocates, and attorneys to outreach and prevention efforts at community events. Additionally, CCS is supported by the community at large through the Board of Directors, Hidden Valley House and Project Safehouse auxiliaries, event volunteers, and development interns.

268 volunteers **16,651** hours



4508 Mission Bay Drive | San Diego, CA 92109 | Office: (858) 272-5777 | Fax: (858) 272-5361
www.ccssd.org

24-Hour Crisis Hotline: (888) 385-4657

