Annual Report 2015-2016

Thank you
For making recovery possible
For making hope real
Your generosity gives children, families and adults the care, support, skills and resources they need to heal, to live healthier lives, and to positively engage with their families and the community.

Thank you!

**CHILDREN & YOUTH** and their families develop skills to overcome early mental health challenges, behavioral problems, trauma and gang influence.

With **HOUSING & RESIDENTIAL** services, adults with mental illness learn to maintain their health and well-being while living independently.

**ADULTS** with severe mental illness and/or substance abuse recover and live healthy, productive lives.

Children and adults find **SOLUTIONS TO VIOLENCE** in their lives, and heal from the trauma of domestic violence, sexual assault or human trafficking.
Dear Friends,

When someone arrives at our door, they are most often in tremendous pain. They may be struggling with mental illness or addiction, escaping domestic violence or human trafficking, or recovering from sexual assault or childhood trauma.

Whatever their struggle, you make it possible for us to open the door and welcome them in with warmth, care, and the support and resources they need to get back on their feet. In just the past year alone, you have made healing and recovery possible for 4,576 children, families and adults in our local community. You are truly amazing!

The stories of inspiration, healing and hope on the following pages are just a few of the stories you’ve made possible. Thank you for your gifts to us and to the community we serve.

Warmly,

[Signature]

Erin O’Brien
President & CEO
Your support gives children and their parents the skills they need to grow up healthy and happy.

By the time 4-year-old Justin came to Community Solutions, he had been through three social workers within a year and his weekly visits with his mom, Angela, were inconsistent. He reacted with aggression and obsessive eating.

You ensured that both Justin and his mom received the care and resources they needed. With therapy and support Justin developed his communication skills so he could better express his needs. Angela learned how to be both a loving mother and how to set limits and be firm when needed. She practiced these strategies and techniques during her weekly visits and worked hard to regain custody of her little boy.

Today, Justin and Angela are together again and Justin is super happy to be with his mom every day. And they still use the skills you helped them learn. A lifelong gift indeed!

Your support provides:

- Mental health counseling
- Home visitation and in-school support
- Crisis intervention and support
- Special programs for youth in Child Welfare or Juvenile Justice systems
- Family strengthening education and workshops
- Prevention and reduction of truancy and gang involvement
- 24-hour youth and family crisis line

“I feel fortunate that people cared enough to listen to my story, and how I was trying to improve my parenting skills and make better life choices to help Justin be a happy boy.”

Angela, Mother
Thanks to you, adults living with mental illness are finding the path to recovery and hope.

A 44-year-old mother of two, Cynthia arrived at Community Solutions struggling with depression, anxiety and anger. Emotions often overwhelmed her and her thoughts turned to self-harm and suicide.

Your support helped Cynthia develop healthy coping tools and hope for a happier life. With guidance from her case manager, Cynthia learned to soothe herself when her feelings felt overpowering. “I learned there is no reason for hurting myself,” she says.

Today, Cynthia is enjoying her life once again. “I have never been so happy,” she says. “I love to cook for my kids and have even been exercising. I’ve learned not to give up even when down and to keep pushing forward.”

Your support provides:

- Therapy and case management
- In-home support and education
- Psychiatric care
- Substance abuse treatment
- Medication management
- Life skills education and assistance
- Crisis intervention and counseling
- DUI program

“I learned that my life has value and that I have worth. I learned how to ask for help and that it is okay to do so.”

– Cynthia, 44, Mother of two
You provide stability that helps adults achieve lasting health and well being

Thanks to you, 59-year-old William has a place to call home today. When we met William, he was working for the Downtown Streets Team and sleeping on the steps of a church at night. Untreated mental illness, alcohol and drugs had left him with few possessions but a strong will to live.

William’s Community Solutions support team helped him find housing and to adjust to life off the streets. “They helped me with everything,” he says, “and really helped build me up as a person.” Today, he enjoys the community of his apartment complex. He pays his bills, sees his psychiatrist, chats with his case manager and simply enjoys each day.

Your support provides:
- Residential treatment
- Transitional, sober living and long-term housing
- Case management
- Therapy and medication support
- Crisis intervention
- Advocacy
- Living skills & linkage to community resources

“They talk to me as a human being. They give me decisions, not demands. When people have faith in you, well, it matters.”
William, 59, Formerly homeless
Your support provides a judgement-free space for survivors to find safety and healing.

When she walked into our office looking for a sexual assault advocate, Lisetta was crying so hard she could barely speak. The assault had left her with terrible nightmares. She was having trouble communicating, even with loved ones. She feared being judged by the LBGTQ community with whom she identified. She was terrified, anxious, depressed, and hopeless.

But thanks to you, she was not alone. Through our Solutions to Violence program, Lisetta engaged in peer counseling and legal advocacy services. Her advocate helped her rebuild her self-esteem and self-worth. Together they practiced healthy ways of communicating difficult emotions. Once frightened and depressed, Lisetta now leaves each session with a smile on her face. She’s on the path to healing – thanks to you!

“...I was afraid people would look at me different and treat me different due to my sexual orientation. I’m glad that I was able to find a place where I could speak my mind without having a feeling of being judged.”

- Lisetta, Sexual Assault Survivor

Your support provides:

- Support services for survivors of domestic violence, sexual assault and human trafficking
- 24-hour crisis hotline and response
- Confidential domestic violence shelter
- Therapy, peer counseling and support groups
- Legal advocacy and court accompaniment
- Education and prevention programs
- Connection to community resources
“Nick and I wanted to donate locally, to know that our donations were helping people right here. Having worked for Morgan Hill Unified School District for 31 years as a speech and language therapist, I saw every day the need for counseling and social services for our local families. Community Solutions was always one of our top resources for families in crisis.

A few years ago, we decided to become monthly donors to spread our giving evenly throughout the year and to provide Community Solutions with reliable support. If you are looking for a local non-profit that has tremendous impact on the lives of people right here, Community Solutions should be first on your giving list.”

- Nick and Laurie Tindall, Monthly Donors

“My mom often said ‘to whom much is given, much is expected.’ As a child I was not sure what she meant, but as I got older I realized how much I had been given by family, friends, teachers and, sometimes, strangers. I now wish to help others to find their strength, voice and identity.

I volunteer once a week with the children at Community Solutions’ La Isla shelter. This is a very vulnerable time in the lives of these women escaping domestic violence and can be very challenging for the children to comprehend. I provide them with personal attention and unconditional love. We paint, color, play board games, complete homework, read story books together, bake, or play outdoors. Interacting with the children is simply precious!”

- Rosemarie McDonald, Solutions to Violence Volunteer

For more information on volunteer and donor opportunities please visit www.communitysolutions.org
Your support makes it possible for us to fulfill OUR MISSION: *Creating opportunities for positive change by promoting and supporting the full potential of individuals, the strengths of families and the well being of our community.* Thank you!

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<td>88% of children were emotionally stronger*</td>
<td>90% of children acted out less frequently*</td>
<td>86% of parents were better able to care for their children*</td>
<td>99% of clients received services in their preferred language ♥</td>
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<td>139,416 hours of mental health client care provided</td>
<td>4,576 children, families and individuals served</td>
<td>1,080 Solutions to Violence crisis hotline calls answered</td>
<td>70% of youth showed improvements in school*</td>
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<td>Late Night Gym open 48 weeks a year</td>
<td>2,200 Holiday gifts delivered to local families</td>
<td>93% of clients were happy with services provided ♥</td>
<td>70% of youth showed improvements in school*</td>
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*Results after 6 months of treatment using the Child and Adolescent Needs and Strengths (CANS) survey

♥ From the State of California Department of Healthcare Services 2016 Consumer Perception survey
Statement of Financial Position

FISCAL OVERVIEW
Total Assets ... $5,901,095
Total Liabilities ... $4,930,835
Net Assets ... $970,242

REVENUE
Government Grants & Contracts ... $18,138,880
Fees for Service ... $407,623
Community Support ... $622,361
Other Income ... $300,403
Total Revenue ... $19,469,267

EXPENSES
Services to Clients ... $17,399,076
Administrative & Support Services ... $1,948,831
Fundraising ... $196,879
Total Expenses ... $19,544,786

FINANCIALS IN BRIEF
• Community Solutions’ programs continue to grow in size and scope as we expand to meet the needs of local children, families and individuals
• We are pleased to be sought out by funders and partners to pilot implement new programs in response to unmet needs within our community
• Our commitment to being the provider of choice for our clients ensures that our program growth does not compromise our commitment to excellence of service
• Our programs for at-risk youth, especially those aimed at reducing gang involvement and truancy, continue to be the most difficult to sufficiently fund
• 89 cents of every dollar contributed to Community Solutions directly support services to our clients.
Who You Help

CLIENT AGE
- Older Adult (65+) ... 1%
- Adult (18-64) ... 46%
- Teenage (13-17) ... 13.5%
- Grade School (5-12) ... 16.5%
- Infant/Pre-School (0-4) ... 6%
- Not Disclosed ... 17%

GENDER
- Male ... 38%
- Female ... 62%

ETHNICITY
- Latino ... 62%
- Caucasian ... 21%
- African-American ... 3%
- Asian ... 3%
- Other ... 3%
- Native American ... 8%
Your support helps our neighbors find wellness, recovery and hope.

Please call us at 408.846.4717 or visit us at www.communitysolutions.org to learn how you can make a difference for local children, families and individuals in crisis.

EXECUTIVE TEAM
Erin O’Brien, President & CEO
Eduard Agajanian, Chief Financial Officer
Lisa Davis, Chief Operations Officer
Lisa DeSilva, Chief Development Officer
Diane Ratcliff, Chief Administrative Officer

BOARD OF DIRECTORS
Janie Mardesich, Chair
Robin Parsons, Vice-Chair
Mike Thompson, Treasurer
Nancy Miller, Secretary
Jeff Jacobs
Leslie Jensen
Deborah Morton-Padilla
Erin O’Brien
Jennifer Tate
Lisa Washington

24/7 CRISIS LINES
Sexual Assault & Domestic Violence (South County & San Benito County)
1-877-END-SADV / 1-877-363-7238
Youth & Family Crisis Line (South County)
408-683-4118

AGENCY LOCATIONS
Main Office
9015 Murray Ave., Ste. 100
Gilroy, CA 95020
408-842-7138

16264 Church St., Ste. 103
Morgan Hill, CA 95037
408-779-2113

5671 Santa Teresa Blvd.
Stes, 202 & 203
San Jose, CA 95123
408-225-9163

310 Fourth Street, Ste. 105
Hollister, CA 95023
831-637-1094

“It is such a gift to receive support from the community in which I grew up. Because of this program, I was able to step outside myself and back into the community.”
Robert, Former Client, Adult Services