



Stanford Sierra
Youth & Families

ANNUAL REPORT

FISCAL YEAR 2021-2022



MESSAGE FROM THE CEO



Dear Friends,

As we emerge from the pandemic to face new challenges and opportunities, we have learned that change is inevitable and necessary for growth.

Throughout Stanford Sierra Youth & Families’ 120+ year history, our organization has continuously evolved to meet the needs of youth and families. Since our organization’s inception in 1900, we have transitioned from an orphanage to a community-based organization focused on permanency for youth and the empowerment of families. With the merger in 2019, Stanford Youth Solutions and Sierra Forever Families became Stanford Sierra Youth & Families, offering a greater depth of services, staff, resources, and expertise.

As our organization has evolved, our commitment to help youth overcome obstacles, develop life skills, and grow into self-sufficient adults has remained the same. **Our mission is to transform lives by nurturing permanent connections and empowering families to solve challenges together, so every child can thrive.** We believe each and every child deserves the love, safety, and unconditional commitment of a family and the opportunity to develop into a happy, healthy, and successful adult.

Our commitment to our mission is reflected in the following pages of our 2021-2022 annual report, and we are pleased to highlight the following:

- We provided help and hope for 6,673 youth and their families.
- 149 youth in foster care were placed with stable, nurturing families.

- 1,937 youth were served in our mental health programs.
- 82% of youth served were safe and living in a stable family home at the end of services.
- 90% of youth served learned new coping skills to help them heal from past trauma, manage their emotions, do better in school, and thrive.

As you read through our successes and accomplishments, we hope you are as proud as we are. As a community-based organization, this work is truly a community effort.

Thank you for your continued investment and commitment to our work. Together, we have helped, and will continue to help youth and families thrive.

With sincere gratitude,

Laura Heintz, Psy. D.
Chief Executive Officer

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WHO WE ARE



Stanford Sierra Youth & Families provides a continuum of care to empower youth and families to overcome challenges together, as well as connects youth in foster care to the permanent loving families they need and deserve. We support the entire family with professional treatment and compassionate care, so every youth has the opportunity to thrive at home, in school, and in the community.

MISSION

Transforming lives by nurturing permanent connections and empowering families to solve challenges together, so every child can thrive.

VISION

We envision our communities with safe, lifelong connections for all young people, built and strengthened through generations of empowered families.

VALUES

- Compassion
- Excellence
- Integrity
- Equity
- Honor
- Partnership



BOARD OF DIRECTORS AND EXECUTIVE LEADERSHIP TEAM



BOARD OF DIRECTORS

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Chief Financial Officer
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- Ebony Chambers*
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- Ontson Placide*
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- Gibrán Méndez*
Director of Quality Improvement
- Jacquenette Michael*
Program Director, Yolo and Napa
Community-Based Family Services
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Strategic Initiative Officer
- Thomisha Wallace*
Youth Advocate Manager
- Tonya Bauhofer*
Clinical Director
- Yuri Kimura*
Program Director, Pathways to Permanency
- Brittany Honeyman*
Executive Assistant

THERE IS HEALING AND HOPE IN A LOVING, STABLE FAMILY

Alysha* knows what it's like to be loved and cared for, to feel wanted, and to be part of a family. She does well in school, has lots of friends, and loves taking vacations with her parents. Not long ago, she faced a different set of circumstances.

Alysha spent most of her childhood in foster care, being moved between homes. She felt alone, as if no one would stand up for her, so she learned to look out for herself. This led to fights at school, suspensions, and more placement changes. She was finally referred to Stanford Sierra Youth & Families, where she met Noelle*, a Stanford Sierra social worker. Noelle developed a relationship with Alysha and connected her to behavioral health services. Noelle also looked for a family who could provide Alysha the unconditional love and support she needed. She found that family in Gabrielle and DeAndre Hampton*.

The Hamptons knew, from their own childhoods, how trauma could affect a young person's behavior. When Alysha was first placed with the Hamptons, she was standoffish. Experience told her she'd soon be moving again. *What was the point?* she thought. But the Hamptons were patient and consistent. They set reasonable, clear expectations and helped Alysha to meet them. Most importantly, they were there for Alysha, no matter what.

Alysha doesn't fight anymore, but she has retained her fighting spirit. She's joined her high school debate team, which travels the state to compete against other schools. She has a lot to look forward to these days. Next month, she changes her last name to Hampton, to "make it official," as she says, when her adoption is finalized.

**Names have been changed to protect confidentiality.*



OUR COMMITMENT TO DIVERSITY, EQUITY, AND INCLUSION



Stanford Sierra Youth & Families holds compassion, equity, excellence, honor, integrity, and partnership as our foundational values. Our values are centered on creating a place of unity where everyone is welcomed, honored, and provided the opportunity to thrive. We are committed to embracing and empowering all of those we serve. Our mission of transforming lives is about empowering our young people and families to be equipped to navigate challenges and provided an opportunity to heal from individual, community, and historical trauma. We will continue our collective work so that, together, we can impact systems to eradicate racism and inequities.

OUR FRAMEWORK FOR DIVERSITY, EQUITY, AND INCLUSION (DEI) INCLUDES:

- Leadership Commitment & Action
- Community Engagement
- Ongoing Courageous Conversations
- Staff Cultural Responsiveness
- Data Collection & Analysis
- Policies & Procedures
- Workforce Development
- Language & Communication Access
- Cross Collaboration & Strengthened Partnerships

PATHWAYS TO PERMANENCY



JUVENILE JUSTICE INTERVENTION SERVICES



FOSTER CARE AND ADOPTION

All of our foster care and adoption services are focused on permanency — “a permanent connection to a safe, stable, and nurturing family for every youth.” Our programs utilize family-centered practices and support several paths for youth to obtain a lifelong family connection. The first and best option is to reunify the youth with their birth family when possible. At the same time, we work to identify those in the youth’s network, a Resource (Foster) Family, or an Adoptive Family who is willing to make a lifelong commitment to the youth through adoption, if reunification is not possible.

DESTINATION FAMILY

No child is “unadoptable.” Every youth deserves the love and commitment of a safe and nurturing family, which is the goal of Destination Family (DF).

Destination Family is a one-of-a-kind youth-focused recruitment program that is designed to achieve legal permanency for youth in foster care who have one or more barriers to adoption. Oftentimes, the youth who most benefit from DF services are those who have experienced multiple placements and losses as a result of the identities they hold (age, race, ethnicity, gender expression, sexual orientation, sibling connection, etc.) and those with complex needs stemming from their medical, behavioral, cognitive, and/or mental health challenges. The DF team provides family finding, youth-focused recruitment, ongoing family supports, and adoption preparation.

PERMANENCY PROGRAMS STATISTICS:

149

YOUTH PLACED WITH STABLE, LOVING FAMILIES CAPABLE OF PROVIDING THEM WITH THE UNCONDITIONAL SUPPORT ALL CHILDREN NEED AND DESERVE

186

CONNECTIONS DISCOVERED FOR YOUTH IN OUR DESTINATION FAMILY PROGRAM

Stanford Sierra Youth & Families, in partnership with the Sacramento County Probation Department, delivers the Juvenile Justice Intervention Services (JJIS) program. The program assesses each youth’s individual treatment needs and matches the youth to the appropriate service intervention(s), including: counseling, skill building, peer and family support services, and case management and linkage to community-based services.

Services are primarily community-based — provided in the home, school, and/or community, and based on the individual needs of each youth and their family. Consistent with best practices, probation officers work in collaboration with SSYAF’s JJIS team, youth, families, advocates, educators, and natural supports to ensure the youth and family’s needs are being met. The goals of the program are to build upon the youth’s individual strengths, increase resiliency, reinforce positive family and peer connections, promote prosocial behaviors, and improve overall mental health and well-being.

VALLEY OAK YOUTH ACADEMY (VOYA)

In partnership with the Sacramento County Probation Department, JJIS delivers the Valley Oak Youth Academy (VOYA) program. Services are primarily provided in the VOYA units within the Youth Detention Facility. The program assesses each youth’s individual treatment needs and matches the youth to the appropriate service intervention(s) to include: a collaborative assessment, individual and group counseling (using evidence-based and promising practices), skill building and prosocial activities, peer mentoring, and care coordination.

JJIS PROGRAMS STATISTICS:

234

YOUTH SERVED IN FY 21/22

95%

OF YOUTH SERVED MADE PROGRESS TOWARD THEIR TREATMENT GOALS

92%

OF YOUTH SHOWED IMPROVEMENT WITH INTENTIONAL BEHAVIORS

MENTAL HEALTH PROGRAMS



SUCCESS STORY

MARTIN AND CHRISTOPHER'S WONDER JOURNEY

COMMUNITY-BASED FAMILY SERVICES, FAMILY PRESERVATION, AND FLEXIBLE INTEGRATED TREATMENT

These community-based outpatient mental health treatment programs provide culturally responsive services and supports to children and youth (ages 0-20) using a strength-based, family-driven team approach. Unique to these programs is the ability to vary the type, location, frequency, duration, and intensity of services in accordance with youth and family needs and choice. Behavioral and mental health services (including individual, family, group therapy, and a 24-hour crisis response) can be provided in the office, home, school, or a community-based setting. Program outcomes include decreasing psychiatric hospitalizations and contacts with law enforcement while strengthening family connections; improving mental and behavioral health functioning; increasing safety, wellness, and resiliency; resolving or preventing imminent risk of homelessness; and providing timely linkage and coordination with services that will positively impact the youth's overall health and well-being.

SCHOOL-BASED SERVICES

Our school services, available statewide, provide therapeutic interventions to students both in person and in virtual environments. We provide individual and group services and consult with teaching staff on mental health needs described and identified in a student's Individualized Education Program (IEP).

THERAPEUTIC BEHAVIORAL SERVICES

We provide effective, targeted behavioral interventions for youth with intense behaviors that are putting them at risk of losing their current placement or being hospitalized. The behavior analysts identify triggers, teach the youth coping strategies, and support the caregiver to manage the behaviors so that the youth is able to remain in their home setting.

WRAPAROUND

This program literally "wraps" youth and families with comprehensive care to help keep youth safe and at home, in school, and out of trouble. Young people and their families gain the support and guidance to help them remain at home or to transition safely to a permanent family. The program combines a family-centered, strength-based, needs-driven, team-driven approach with individualized and wellness-focused interventions. Our approach is comprehensive and outcome-driven — a sometimes unconventional response to complex family needs to ensure the best outcomes for youth. The goal is for youth to become stable and live in a healthy family setting.

MENTAL HEALTH PROGRAMS STATISTICS:

90%
OF YOUTH SERVED
MADE POSITIVE
PROGRESS TOWARD
GOALS

82%
OF YOUTH LEARNED
COPING SKILLS TO
HELP THEM HEAL
FROM PAST TRAUMA

Martin* is a social, energetic 12 year-old boy who loves soccer. He's wanted to join a team, but can't always make it to practice and games. Martin has lived in foster care for six years. He moves around a lot. He also lives with a learning disorder. Sometimes it's hard to concentrate in class, and making friends isn't always easy. But he tries.

Two years ago, Martin was placed with a foster family who was committed to providing him the support he needed. Around this time Martin was also referred to Stanford Sierra Youth & Families' Wonder Mentoring Program, where he was matched with Christopher*, a Wonder mentor. Martin and Christopher spent time at a nearby park together, kicking a soccer ball and talking. They also attended Sacramento Republic FC soccer matches together, which Martin loved.

Martin and his resource (foster) parents worked with a therapist to develop Martin's ability to reduce challenging behaviors. They wanted to support his progress by helping him join a soccer team. But both foster parents worked and couldn't always take Martin to practices and games. So Christopher created a schedule with them. He would drive Martin when his foster parents couldn't.

One day, Christopher stayed to watch Martin's Saturday game. Martin's teammates passed him the ball several times. Martin kicked the ball toward the goal, but he never scored. On the drive home, Martin was unfazed by the missed goals. Instead, he was excited by what had happened. "My friends believe in me!" he said. Every day, Wonder lets kids like Martin know they are not alone, that someone cares about them. Wonder helps youth in foster care build the social and emotional skills they need to lead meaningful lives and thrive.

**Names have been changed to protect confidentiality.*



FAMILY ADVOCACY AND SUPPORT



CELEBRATING THE IMPACT WE MAKE TOGETHER



FAMILY AND YOUTH PARTNERSHIP

EMPOWERMENT TRAINING CENTER

The Empowerment Training Center provides support, coaching, technical assistance, and professional development opportunities to Peer Partners (i.e., individuals with lived experience) working in the Child Welfare, Behavioral Health, or Juvenile Justice systems. The Empowerment Training Center is open to the community and provides a wide range of peer support and training opportunities that assist agencies and peers in preparation to contribute to strengthening the systems of care for all youth and families. Training program components include wellness and resiliency principles, instill hope, encourage self-leadership techniques, and are culturally responsive. The center also utilizes the overarching principles of Family Centered Practices and Trauma Informed Care.

FAMILY PARTNERS AND YOUTH ADVOCATES

Family Partners are staff members who have personal experience in the child welfare, mental health, or juvenile justice systems as a consumer and/or as a parent/caregiver. Family Partners and Youth Advocates help treatment teams provide services through a lens that is strength-based, outcome-driven, team-based, persistent, individualized, culturally competent, collaborative, community-based, inclusive of natural supports, and upholds family voice and choice. Youth Advocates are young adults also employed by Stanford Sierra Youth & Families who have personal experience within the child welfare, mental health, juvenile justice, or education systems.

RESILIENT YOUTH SPEAK OUT (RYSO)

RYSO seeks to increase exposure to positive social, relational, educational, and career routes among middle and high school youth, as well as teach important leadership skills and build resilience. This is achieved through innovative activities, compelling speakers, field trips, and a comprehensive youth leadership curriculum.

WONDER MENTORING PROGRAM

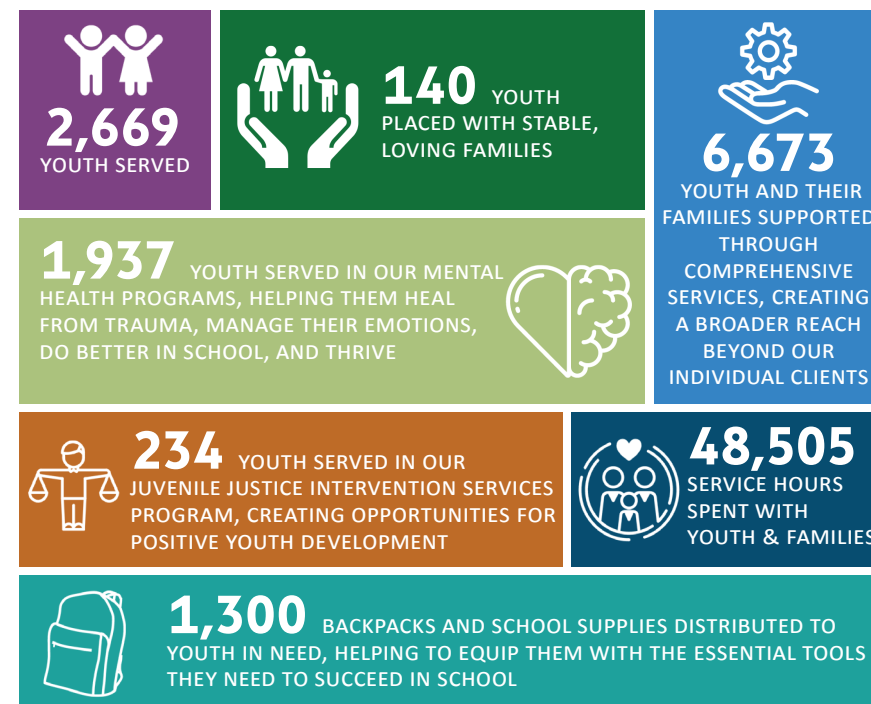
Wonder matches youth in foster care (Explorers) with a volunteer (Guide) who is trained to listen, support, and mentor. A Wonder mentorship supports youth by creating a connection with a consistent and caring adult that engages in activities to foster and increase the youth's sense of belonging, confidence, self-worth, and hope. Mentors lead their Explorer through a journey of self-discovery and help youth become future oriented.

Mentors guide each youth through fun, age-appropriate experiences in music, the arts, sports, volunteer service, dining out, and nature. A Wonder Guide may be the most consistent adult in the life of a youth.

WONDER PROGRAM STATISTICS:

72
YOUTH
EXPERIENCED
MENTORSHIP WITH
A WONDER GUIDE

THANK YOU FOR YOUR SUPPORT IN FY 21/22!



THANK YOU TO OUR COMMUNITY PARTNERS AND DONORS!

Stanford Sierra Youth & Families extends a heartfelt thank you to our national, state, county, and local partners for their dedicated partnership in serving young people and families. These collaborative partners help us provide a strong network of care which empowers youth and families to overcome challenges together, as well as connects youth in foster care to the permanent loving families they need and deserve. For more information about our programs and partnerships, visit us at [SSYAF.ORG](https://ssyaf.org).

THE YOUTH WE SERVED IN FY 21/22 HAD THE FOLLOWING IMPACT:

- 82% of youth had positive behaviors in a school setting
- 82% of youth were safe and living in a stable family home at the end of services
- 90% of youth served learned new coping skills to help them heal from past trauma, manage their emotions, do better in school, and thrive
- 97% of youth and families served expressed satisfaction with services received

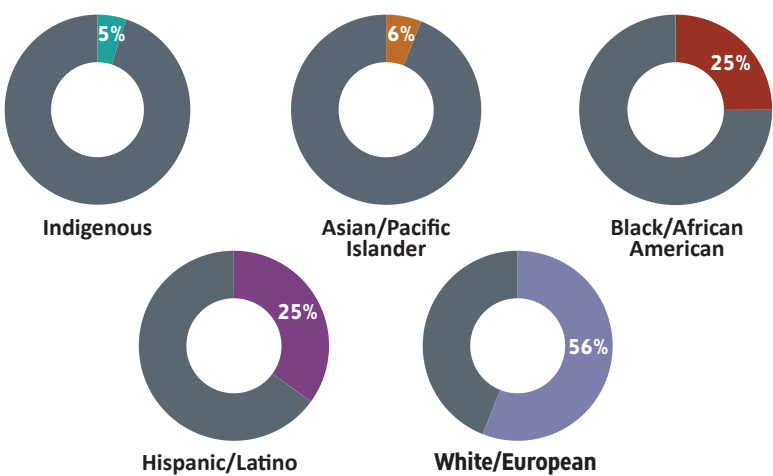
WHO WE SERVE



FINANCIAL HIGHLIGHTS

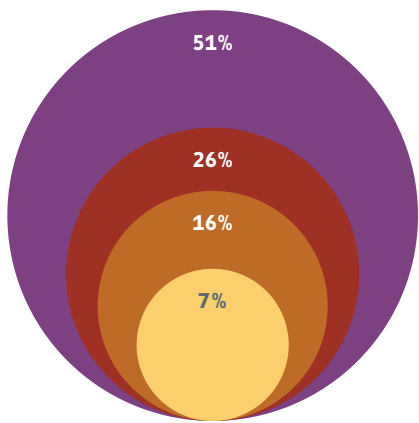


RACE/ETHNICITY



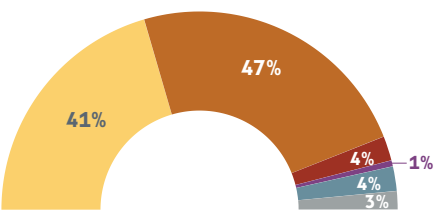
* 43% of individuals chose more than one race/ethnicity.
* Percentages will not add up to 100% as this includes individuals who have identified as being more than one race.

AGE OF INDIVIDUALS



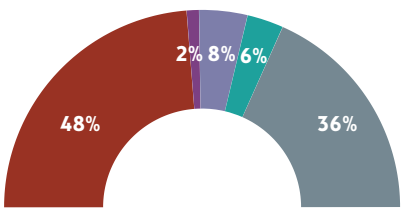
0-5 years (7%) 18+ years (16%) 6-11 years (26%) 12-17 years (51%)

GENDER IDENTITY



Female (41%) Male (47%) Gender Queer/Non-Binary (4%) Transgender (1%) Declined to state (4%) Unknown (3%)

SEXUAL ORIENTATION



Straight (48%) Bisexual (8%) Other (6%) Declined to state (36%) Lesbian/Gay (2%)

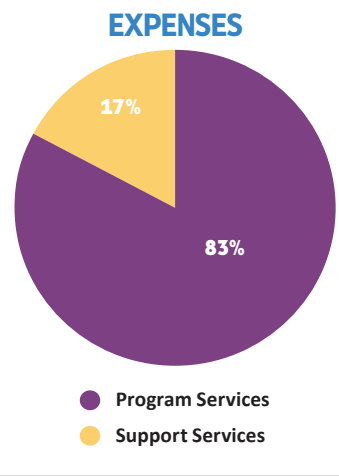
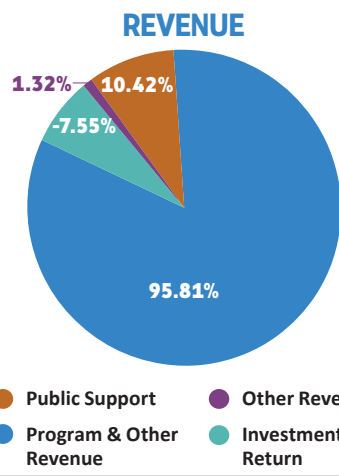
OVERVIEW OF FINANCIAL POSITION

Stanford Sierra Youth & Families is committed to making real, measurable, and sustainable change. As an organization, we receive federal, state, and county funding. We are not satisfied with providing just enough or only what is reimbursed - we do what it takes to ensure each and every child we serve has a chance at a healthy, productive, and self-sufficient life. In fiscal year 2021-2022, we experienced a significant short fall in revenue due to funding gaps in program services and a major loss in our investment portfolio. During these unprecedented times, private donations helped to provide critical operational support needed to advance the organization’s mission.

The graphs (below) represent where our revenue came from and where the community’s investments were spent.

REVENUE		
Public Support	\$2,106,545	10.42%
Program & Other Revenue	\$19,373,027	95.81%
Investment Return	\$(1,526,740)	-7.55%
Other Revenue	\$265,918	1.32%
Total Revenue	\$20,218,750	100%
Program Services	\$18,884,655	83%
Support Services	\$3,796,885	17%
Total Expenses	\$22,681,540	100%
Net Income	\$(2,462,790)	

STATEMENT OF FINANCIAL POSITION	
Total Assets	\$24,486,920
Total Liabilities	\$(3,065,224)
Total Fund Balance	\$21,421,696



SERVICE AREA



UPCOMING EVENTS



SERVING NORTHERN CALIFORNIA COUNTIES

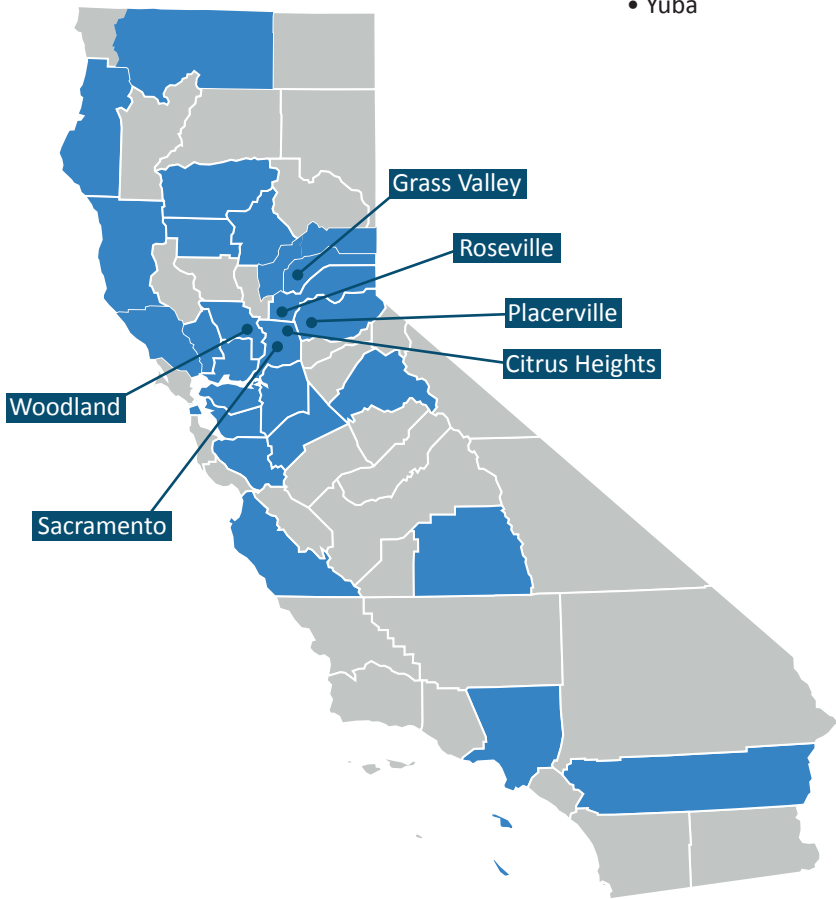
Stanford Sierra Youth & Families is proud to serve youth and families from multiple counties throughout Northern California. Our team makes a difference in these communities by providing the highest quality of comprehensive services and a continuum of care to empower youth and families to overcome challenges together.

Program Locations:

- Sacramento County
- Placer County
- El Dorado County
- Nevada County
- Napa County
- Yolo County

In addition to our program locations, we serve youth and families referred from these additional counties:

- | | |
|-----------------|---------------|
| • Alameda | • San Joaquin |
| • Butte | • Santa Clara |
| • Contra Costa | • Sierra |
| • Glen | • Siskiyou |
| • Humboldt | • Solano |
| • Los Angeles | • Sonoma |
| • Mendocino | • Stanislaus |
| • Monterey | • Tehama |
| • Riverside | • Tulare |
| • San Francisco | • Tuolumne |
| | • Yuba |



BIG DAY OF GIVING

Thursday, May 4, 2023

- Please mark your calendar and support Stanford Sierra Youth & Families during our region’s 24-hour online giving challenge!
- Help us raise much needed unrestricted funds for the programs and services that serve our region’s most vulnerable young people and empower youth and families.
- Our goal is to raise \$25,000 to bring awareness and support to local youth in foster care.

Visit bigdayofgiving.org/ssyf for more information.



STATEWIDE AND NATIONAL HIGHLIGHTS

Stanford Sierra Youth & Families is recognized both locally and nationally for successfully demonstrating an innovative approach to the child welfare system. The approach involves a continuum of care focused on effective community-based programs that have shown to produce positive outcomes and the ability to connect youth to safe, permanent, and stable families.

AMONG FISCAL YEAR 2021-2022 ACCOMPLISHMENTS, STANFORD SIERRA YOUTH & FAMILIES IS PROUD TO HIGHLIGHT THE FOLLOWING:

- We officially launched the **Resilient Youth Safe & Empowered (RYSE) Above program (substance use prevention and treatment program)** for youth and adolescents, ages 12 to 20, in Sacramento County. The goals of the RYSE Above program are to build upon the youth’s strengths and successes, reduce substance use, increase resiliency, reinforce family connections, and improve overall well-being.
- We are in the midst of **California’s Continuum of Care Reform (CCR)** and the beginning implementation of the **Families First Prevention Services Act**, which focus on permanent family connections for youth. These vital changes in the child welfare system support the vision of a community where all children live with a committed, nurturing, and permanent family that prepares them for a successful transition into adulthood.
- We are proud to continue our partnership with the **Crisis and Recovery Enhancement (CARE) Technical Assistance (TA) Center**. The CARE TA Center provides training, TA, and resources to improve behavioral health care coordination for a flexible and seamless care delivery system. The goal of the project is to strengthen criminal justice diversion efforts and the crisis care continuum to help all Californians access appropriate wraparound services and supports.
- We are a lead trainer with **Building Bridges Initiative (BBI)**. Building Bridges is a national initiative working to identify and promote best practice and policy that creates strong and closely coordinated partnerships and collaborations between families, youth, advocates, community and residential service providers, and oversight agencies.
- **We are nationally accredited by the Council on Accreditation (COA).** Being accredited demonstrates to the community that SSYAF meets higher standards than State licensing requires. It also demonstrates that SSYAF has gone through an in-depth, comprehensive, transparent review of all aspects of operations, best practices, and continuous quality improvement.

YOUR SUPPORT MAKES A DIFFERENCE IN THE LIFE OF A CHILD



▶ **FOSTER/ADOPT**
We invite you to open your heart and home to youth in foster care.

▶ **MENTOR**
Become a Wonder Guide who can open up a world of wonder for a youth in foster care.

▶ **DONATE**
Make a gift today and ensure that children have the unconditional commitment of family.

▶ **CHOOSE US AS YOUR EVENT BENEFICIARY**
Naming Stanford Sierra Youth & Families as your event beneficiary is a simple way to generate valuable resources for youth in foster care.

▶ **LEAVE A LEGACY**
Include Stanford Sierra Youth & Families in your estate planning today to change the life of a child tomorrow.

▶ **SHARE**
Share our work with friends, family, and partners.

Visit our website at **SSYAF.ORG** for more information on how you can help transform the lives of children in foster care.



Stanford Sierra
Youth & Families

8912 Volunteer Lane
Sacramento, CA 95826
ssyaf.org

OUR MISSION

Transforming lives by nurturing permanent connections and empowering families to solve challenges together, so every child can thrive.