



Stanford Sierra
Youth & Families

ANNUAL REPORT

FISCAL YEAR 2022-2023



MESSAGE FROM THE CEO

Dear friends,

I am honored to present our 2022-2023 Annual Report, a testament to our shared commitment to transforming lives and nurturing a future where every young person can thrive. Within these pages, we highlight the foundation of our organization—the values of Compassion, Equity, Excellence, Honor, Integrity, and Partnership—living principles that guide our transformative work at Stanford Sierra Youth & Families.

Compassion is at the core of our mission. At Stanford Sierra Youth & Families, we provide services to empower youth and families to overcome challenges together, as well as connect youth in foster care to the permanent loving families they need and deserve. Our dedicated staff members support the entire family with professional treatment and compassionate care, so every young person has the opportunity to thrive at home, in school, and in the community.

During the fiscal year 2022-2023, we provided help and hope to 2,437 youth, extending comprehensive services to 6,093 youth and their families. Notably, 85% of youth served learned new coping skills to help them heal from past trauma, manage their emotions, improve academically, and build relationships.

In the pursuit of **Equity**, we work hard to craft inclusive programs, advocating for equal opportunities for every youth and family. For us, **Excellence** is not merely a goal; it is the standard defining our work. From innovative program development to impactful service delivery, we strive for the highest quality of care.

Our commitment to **Honor** and **Integrity** guides transparent, accountable, and ethical decision-making and deep respect for every person who comes through our doors. We firmly believe that **Partnership** is foundational to our community-based work with our families and our advocacy with stakeholders. Partnership amplifies our mission's impact across all the communities we serve.

As you explore our annual report, reflect on how these values permeate our work, shaping the lives we touch and the communities we impact. Thank you for upholding these values with us. With your continued partnership, we look forward to furthering our mission of transformation and empowerment in the years ahead.

With sincere gratitude,



Laura Heintz, Psy. D.
Chief Executive Officer



“

We firmly believe that **Partnership** is foundational to our community-based work with our families and our advocacy with stakeholders. Partnership amplifies our mission's impact across all the communities we serve.

”

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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.

Our programs include:

- Behavioral and Mental Health Services
- Substance Use Prevention and Treatment Services
- Juvenile Justice Intervention
- Foster Care, Adoption, and Post-Adoption Services
- Mentoring

MISSION

Transforming lives by nurturing permanent connections and empowering families to solve challenges together, so every young person 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

📊 Equity

★ Excellence

🛡️ Honor

👤 Integrity

🤝 Partnership



BOARD OF DIRECTORS AND EXECUTIVE LEADERSHIP TEAM



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Tonya Bauhofer
Clinical Director

Brittany Honeyman
Executive Assistant



JIM DRAGNA

In memory of his unwavering commitment and dedication to our Board from 2017-2023. We are honored to have partnered with California State University, Sacramento's Graduation Czar.

THERE IS HEALING AND HOPE IN A LOVING, STABLE FAMILY

When Sean was six and Ricky was five, they were taken into protective custody and separated. Their separation highlighted the challenge of finding a family willing to embrace both brothers. Sean and Ricky's early years were marked by the harsh realities of abuse and neglect, leading to a turbulent journey through nine different foster homes over seven years.

In 2019, a beacon of hope emerged when Stanford Sierra Youth & Families introduced them to Janelle, a Permanency Worker in our Destination Family (DF) program. DF 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 permanency.

Janelle took the time to truly know Sean and Ricky—learning about their interests, concerns, and the challenges they'd faced. Building trust with the boys, she ensured they received counseling and tutoring services through Stanford Sierra Youth & Families. Janelle also played a crucial role in finding adoptive parents who not only understood the brothers' traumatic past but were committed to keeping them together. The Walkers emerged as a perfect match.

Adopted by the Walkers in 2021, Sean and Ricky now lead a bustling life filled with after-school activities, music lessons, and occasional work with Mr. Walker's landscaping business. Video games and time with friends complement their new routines, while Sundays bring the family together for church and shared meals. Despite life's challenges, the family faces them with unity and resilience, celebrating the small victories and supporting each other through thick and thin.

**Names have been changed to protect confidentiality.*



OUR COMMITMENT TO DIVERSITY, EQUITY, AND INCLUSION



Our commitment to Diversity, Equity, and Inclusion

At Stanford Sierra Youth & Families our values are centered on creating a place of unity where everyone is welcomed, honored, and provided with the opportunity to thrive. We are committed to embracing and empowering our staff and all of those we serve. We understand that an effective culture of diversity, equity, and inclusion does not exist in a silo but lives throughout an agency. Take a look at some of the ways we are living our commitment:



Increasing access to specialty mental health care



Improving communication and language assistance



Strengthening the diversity of our workforce



Valuing shared leadership



Implementing innovative solutions to address cultural needs



Implementing comprehensive policies and practices



Investing financial resources to advance equity and health fairness



Continuous data collection, analysis, and evaluation



FOSTER CARE & ADOPTION



PATHWAYS TO PERMANENCY

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 lifelong connections to family. 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 (e.g., 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:

122

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

191

CONNECTIONS
DISCOVERED FOR YOUTH
IN OUR DESTINATION
FAMILY PROGRAM

JUVENILE JUSTICE INTERVENTION SERVICES



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, case management, and linkage to community-based services.

Services are community-based and provided in the home, school, or community 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, prosocial activities, peer mentoring, and care coordination.

JJIS PROGRAM STATISTICS:

187

YOUTH SERVED IN FISCAL
YEAR 2022-2023

95%

OF INDIVIDUALS MADE
PROGRESS TOWARDS
THEIR TREATMENT GOALS

89%

OF INDIVIDUALS
DECREASED OVERALL
NEEDS IN MENTAL
HEALTH AND RISK
BEHAVIORS

MENTAL HEALTH PROGRAMS



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

The program 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 interventions. Our approach is comprehensive and an outcome-driven 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:

93%

OF INDIVIDUALS
DECREASED RISK
BEHAVIORS

94%

OF INDIVIDUALS
MADE PROGRESS
TOWARDS THEIR
TREATMENT GOALS

SUBSTANCE USE PREVENTATION & TREATMENT



RESILIENT YOUTH SAFE & EMPOWERED (RYSE)

Stanford Sierra Youth & Families' RYSE Above program provides outpatient (OP) treatment, intensive outpatient (IOP) treatment, and recovery support services (RSS) for youth with substance use disorders and co-occurring mental health service needs. These substance use and prevention treatment services are provided for youth and adolescents, ages 12 to 20, who meet medical necessity and reside in Sacramento County.

The goals of the RYSE Above program are to build upon the youth's strengths and successes; reduce substance use and related contacts with hospital emergency rooms, law enforcement, child welfare, and the juvenile justice systems; increase resiliency; reinforce family connections; and improve overall well-being.



RYSE STATISTICS:

72

YOUTH
STRUGGLING WITH
SUBSTANCE USE
DISORDERS AND
CO-OCCURRING
MENTAL HEALTH
NEEDS WERE
SERVED

91%

OF INDIVIDUALS
SHOWED
DECREASED RISK OF
SUBSTANCE USE

WONDER MENTORING PROGRAM



Wonder matches youth impacted by foster care with volunteers who are 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 mentees 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 mentor may be the most consistent adult in the life of a youth.



WONDER
PROGRAM
STATISTICS:

72

YOUTH AND
MENTORS WERE
MATCHED IN
OUR WONDER
MENTORING
PROGRAM

SUCCESS STORY

EMILY & ELAINE'S WONDER JOURNEY



Emily, a teenager navigating the challenges of identity and fitting in, has a unique journey marked by repeated childhood trauma, leading her to live in foster care. Despite facing uncertainties and frequent relocations between foster homes and schools, one consistent presence in her life is Elaine, her mentor in the Wonder Mentoring Program.

Together, Emily and Elaine engage in various activities such as visiting parks, museums, concerts, and restaurants, fostering Emily's exploration of new interests and development of talents. These experiences empower Emily to view relationships as sources of healing and support, crucial for someone with her background.

Recently, after a disagreement with her foster parents, Emily turned to Elaine for support. Attending a crafting workshop together, Emily shared her frustrations, and Elaine, without judgment, listened and provided advice. Inspired by their interaction, Emily initiated a calm and respectful conversation with her foster parents at home, leading to a deeper understanding and resolution on how to handle future disagreements.

In the backdrop of Emily's life, the Wonder program, through mentorship and shared experiences, becomes a daily catalyst for healing, growth, and the development of essential social and emotional skills.

**Names have been changed to protect confidentiality.*

FAMILY ADVOCACY AND SUPPORT



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. 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. 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.

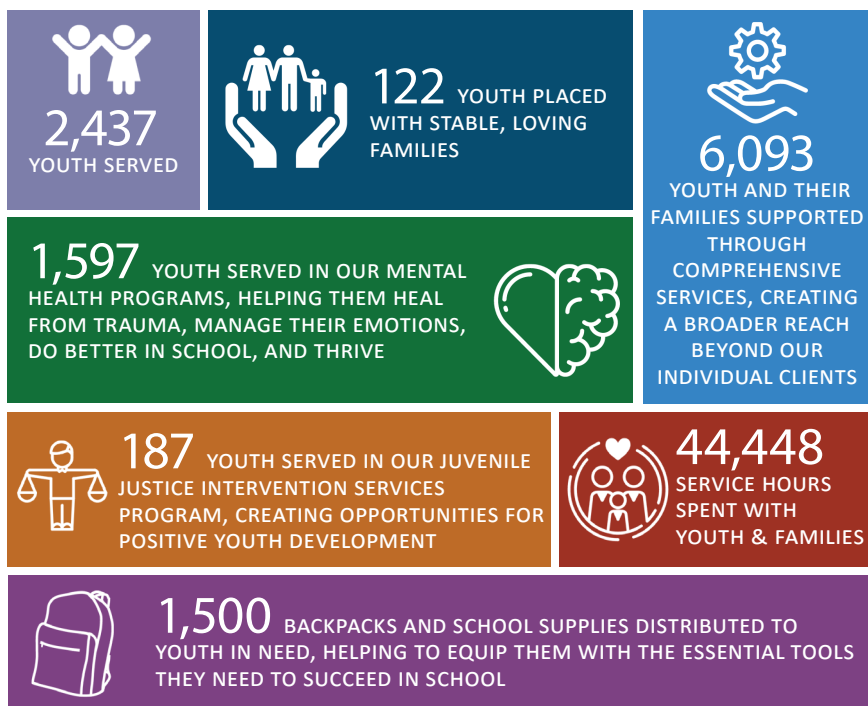
RESILIENT YOUTH SPEAK OUT (RYSO)

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.

CELEBRATING THE IMPACT WE MAKE TOGETHER



Thank you for your support in fiscal year 2022-2023.
Your investment in our work made the following impact:



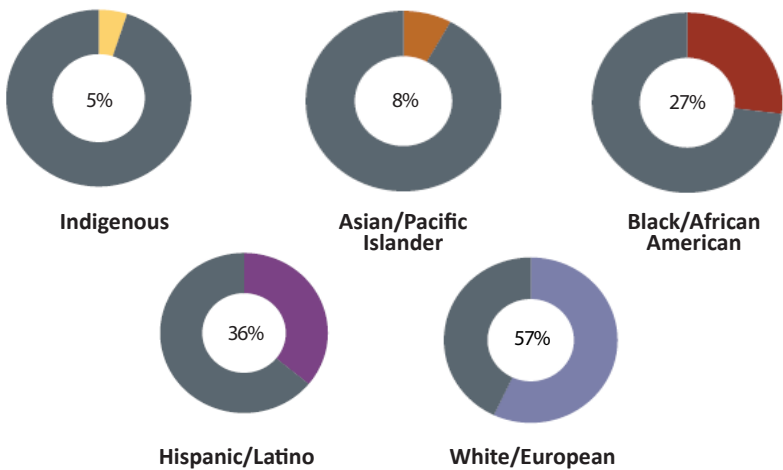
Stanford Sierra Youth & Families extends a heartfelt thank you to our national, state, county, and local supporters for their dedicated partnership in serving young people and families. These collaborative partners help us provide a strong network of care which empowers youth and families to overcome 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).



WHO WE SERVE

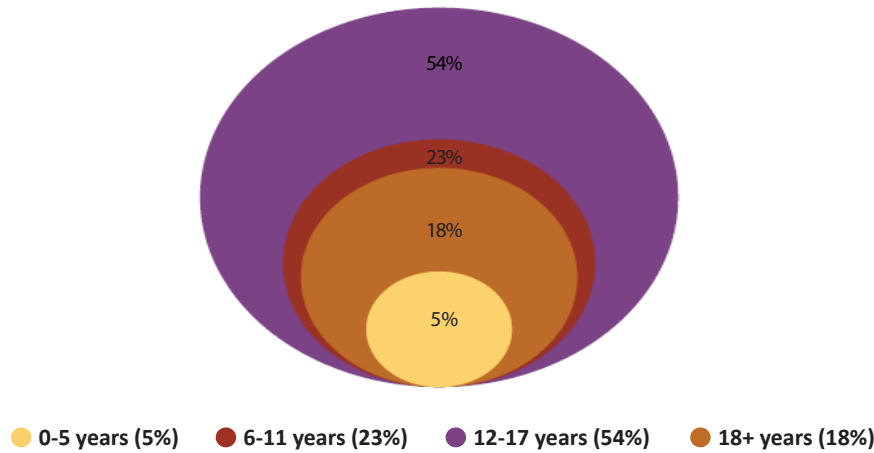


RACE/ETHNICITY

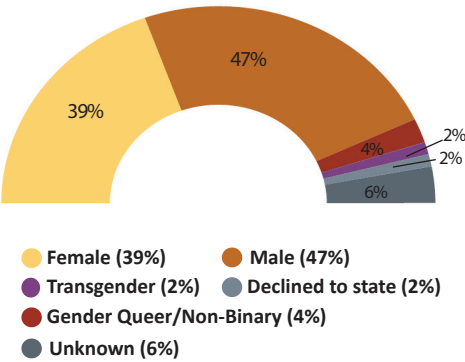


* 43% of individuals chose more than one race/ethnicity.
* Percentages will not add up to 100% as this includes individuals who have identified as being more than one race.

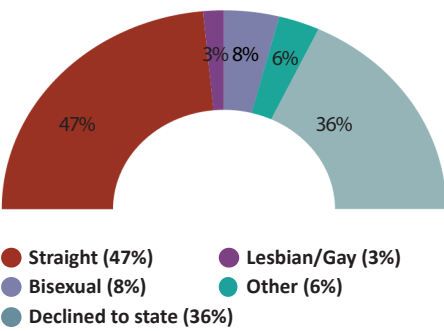
AGE OF INDIVIDUALS



GENDER IDENTITY



SEXUAL ORIENTATION



FINANCIAL HIGHLIGHTS



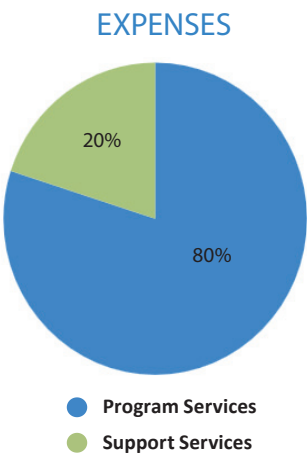
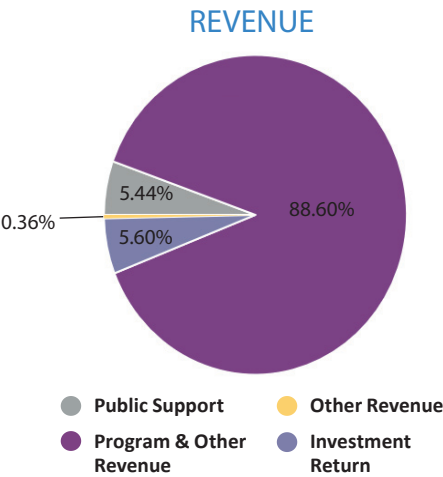
OVERVIEW OF FINANCIAL POSITION

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 2022-2023, 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 our organization’s mission.

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

REVENUE		
Public Support	\$1,245,748	5.44%
Program & Other Revenue	\$20,272,419	88.60%
Investment Return	\$1,281,743	5.60%
Other Revenue	\$80,906	0.36%
Total Revenue	\$22,880,816	100%
Program Services	\$19,959,113	80.00%
Support Services	\$5,005,749	20.00%
Total Expenses	\$24,964,862	100%
Net Income	\$(2,084,046)	

STATEMENT OF FINANCIAL POSITION	
Total Assets	\$24,727,997
Total Liabilities	\$5,390,347
Total Fund Balance	\$19,337,650



SERVICE AREA



SERVING NORTHERN CALIFORNIA COUNTIES

Stanford Sierra Youth & Families is proud to serve youth and families from multiple counties throughout 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
- Butte
- Contra Costa
- Glenn
- Humboldt
- Los Angeles
- Mendocino
- Monterey
- Riverside
- San Francisco
- San Joaquin
- Santa Clara
- Shasta
- Sierra
- Siskiyou
- Solano
- Sonoma
- Stanislaus
- Tehama
- Tulare
- Tuolumne
- Yuba



UPCOMING EVENTS



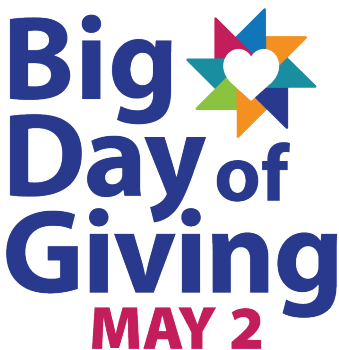
BIG DAY OF GIVING

Thursday, May 2, 2024

■ Please mark your calendar and support Stanford Sierra Youth & Families during our region's 24-hour online giving challenge on May 2, 2024!

Help us raise much needed funds for the programs and services that serve our region's most vulnerable young people and empower youth and families.

Visit bigdayofgiving.org/ssyaf or scan the QR Code below for more information and preschedule your gift starting April 18.



STATEWIDE AND NATIONAL HIGHLIGHTS

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

SSYAF IS PROUD TO HIGHLIGHT THE FOLLOWING ACCOMPLISHMENTS FROM FISCAL YEAR 2022-2023:

■ SSYAF received a **2023 Innovation Award from California Mental Health Advocates for Children and Youth (CMHACY) for our Family and Youth Partnership program model**. Each year, CMHACY recognizes individuals and organizations whose efforts significantly advance mental wellness for California's children and youth, and we are deeply honored to be among them. Through our Family and Youth Partnership model, youth and families have the direct support of a Family Partner, Youth Advocate, Cultural Brokers, Volunteer Mentors, as well as Kinship and Housing Navigators. This comprehensive array of direct services and supports helps to engage families in treatment and services and has been regarded as a powerful tool to help families in overcoming the challenges of raising and supporting children/youth with emotional, mental, and behavioral concerns. We are committed to continuing our work in this vital area and are grateful for the recognition from CMHACY.

■ In the midst of **California's Continuum of Care Reform (CCR)** and the implementation of the **Families First Prevention Services Act**, SSYAF leads efforts in fostering permanent family connections for youth. Our active engagement in reshaping the foster care system, alongside stakeholders statewide, reflects our dedication to creating communities where every child thrives in a nurturing family environment, facilitating successful transitions into adulthood. Additionally, we're integrating **California Advancing and Innovating Medi-Cal (CalAIM)** enhanced care management services, enhancing care quality. Our commitment to supporting individuals and families facing community challenges remains unwavering. This journey showcases our dedication to evolving to meet diverse needs, aligned with CalAIM objectives to improve outcomes for Medi-Cal eligible youth and families.

■ SSYAF is honored to continue to serve as a lead trainer and consultant with **Building Bridges**. Building Bridges is a national initiative working to identify and promote best practices and policies that create strong and closely coordinated partnerships and collaborations between families, youth, advocates, community and residential service providers, and oversight agencies.

MAKE A DIFFERENCE IN THE LIVES OF CHILDREN



▶ FOSTER/ADOPT

We invite you to open your heart and home to a youth in foster care.

▶ MENTOR

Become a Wonder Guide who can open up a world of wonder for a youth impacted by foster care.

▶ DONATE

Make a gift today to ensure all children have the unconditional commitment of a 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 local children and their 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 young person can thrive.