Our mission is to strengthen and advocate for families and individuals of all ages and diversities, helping to create and preserve a healthy community.

In 2017-18 Family Service Agency served over 23,000 children and adults.

- **Age**: 0 to 101
  - 40% Male
  - 60% Female
- **Hispanic/Latino**: 82%
- **Caucasian/White**: 17%
- **African American/Black**: 1%
- **Very Low-Income**: 75%
- **Low-Income**: 15%
- **At-Risk**: 100%

150 paid staff (62% are bilingual)

367 volunteers

21,864 volunteer hours
Dear FSA-SMVYFC Supporters,

With a merger and major disasters, 2017-18 has been a year of tremendous growth and challenge. Family Service Agency and Santa Maria Valley Youth & Family Center merged on July 1, 2017, and in the last year we have learned from each other, shared the best parts of each agency, and re-tooled ourselves. We now stand together as one dynamic organization, better equipped to address the myriad of challenges faced by families in Santa Barbara County.

At the same time, the devastating Thomas Fire and mudflows required us all to devote our skills and resources to community needs in new and different ways (see page 5). The ability to do what is needed when it is needed is a hallmark of FSA-SMVYFC. We adapt as community needs change so that our assistance is relevant and effective.

Our merged organization served more than 23,000 people throughout Santa Barbara County in 2017-18. This included nearly 500 people impacted by the natural disasters.

We expanded our core services of behavioral health, basic-needs assistance, parent education, and school-based services, so that individuals and families experiencing challenges can access the help they need to stabilize and become stronger, happier, and healthier.

Thank you for your enduring support of FSA-SMVYFC. We look forward to our continued work with you!

Sincerely,

Katya Armistead  
Co-President  

Cole Kinney  
Co-President  

Lisa Brabo  
Executive Director
A Year of Highlights

FSA and SMVYFC Merge
July 2017

Family Service Agency and Santa Maria Valley Youth & Family Center merge to serve more than 20,000 people each year. The two boards of directors combine to form one countywide governing body.

Additional Support for Santa Maria Families
August 2017

Santa Maria-Bonita School District and Santa Maria Joint Union High School District contract with FSA-SMVYFC for additional support services for families experiencing difficult situations.

Retired Senior Volunteer Program
October 2017

FSA becomes the Senior Corps’ Retired & Senior Volunteer Program coordinator for South County and begins recruiting "Boomer Bigs" to volunteer in the Big Brothers Big Sisters program.
FSA chosen as the lead agency for First 5’s Family Support Collaborative from 2018-21. The collaborative includes six partner agencies providing services to families throughout Santa Barbara County.

FSA responds to the Thomas Fire and mudflow disasters

- School-based counselors serve as an immediate mental health resource, meeting with students who are experiencing distress and providing counseling at school offices and Compassion Centers.
- Long-Term Care Ombudsman relocate residents of long-term care facilities as the fire moves from Ventura to Santa Barbara. Later, Ombudsman representatives help with multiple evacuations of facilities in Montecito
- Family Support Services Advocates meet with residents who lost housing and/or work during the disasters and provide basic-needs support and referrals.

United Way of Santa Barbara partners with FSA to meet with and support 499 families affected by the Thomas Fire and Flood Fund. More than $800,000 in disaster aid is distributed by United Way to victims who lost family, property, or work.

FSA's school-based counselors partner with Santa Barbara Unified School District to counsel students identified as at-risk for depression and suicide.

FSA-SMVYFC continues to be the support Santa Barbara County has relied upon for more than 100 years.
Programs for Children

School-Based Counseling
707 youth received mental health counseling at over 35 school sites in Santa Barbara, Santa Maria, Lompoc, Goleta and Carpinteria.

Outcomes
80% of students achieved emotional/social/behavioral goals
97% of parents reported satisfaction

Youth Alcohol & Drug Treatment Program
(Santa Maria)
60 youth aged 13 to 17 were provided with treatment

Outcomes
80% of students achieved emotional/social/behavioral goals
97% of parents reported satisfaction

Big Brothers Big Sisters
 OF SANTA BARBARA COUNTY
191 youth served by 192 volunteer mentors

Outcomes
76% achieved academic improvement
79% avoided delinquency
90% improved levels their self-confidence

School Outreach Consultants
(Santa Maria-Bonita School District)
1,460 youth and 1,391 parents served

Outcome
74% of students showed improved behavior
Micah, 14, was frequently absent from school, extremely anxious, and beginning to hurt himself when his teacher referred him to FSA for help.

Micah lived with his father, who, as a single parent, had difficulty making ends meet and caring for his children. His mother had been an inconsistent and volatile presence in his life. Micah struggled with feelings of disappointment in himself and anger towards his mother.

For nearly a year, Micah met weekly with his FSA counselor. Together, they worked to identify and modify Micah’s unhelpful beliefs and negative influences. After many months, Micah gradually became less anxious and developed healthy methods for coping with stress.

Micah told his counselor that therapy was the first time someone had really listened to him.

Micah made remarkable progress and began to accept his relationship with his mother. His FSA counselor taught him how to incorporate positive self-talk into his daily life, which in turn increased his self-confidence. He began to go to school regularly, and even began to participate in class. At their last session, Micah said he felt ready to face new challenges.
Programs for Families

Youth & Family Behavioral Health
601 people served

74% reduced problematic behavior

75% achieved at least one treatment goal

204 Parenting Class Graduates

110 Healthy Relationship Graduates

Family Support Services
FSA-SMVYFC served 6,100 families countywide
(Result within six months of service)

82% of families moved toward self-sufficiency

93% of families knew about community resources and how to access them

100% of parenting class graduates reduced their risk for child abuse and neglect
A Family Adapts

Liliana brought her children to the United States after her husband was murdered and her 19-year old daughter, Leticia, was shot.

Liliana was referred to FSA because her 7-year-old son, Gustavo, was struggling in the classroom. Gustavo’s disruptive behavior was interfering with his learning and ability to develop friendships. Liliana was struggling to cope with the loss of her husband and learning to adapt as a single parent.

Liliana enrolled in FSA’s Nurturing Skills for Families, a parenting class focused on building self-esteem, developing empathy, understanding stages of development, and using non-violent discipline practices. After the first class, Liliana invited her eldest daughter, Leticia, to join her. Liliana and Leticia both completed the 14-week program.

Our Advocate recommended other vital services to support the family’s progress. When they faced housing challenges, struggled with health care, or were unable to meet other basic needs, our Family Advocate helped them develop skills for self-sufficiency.

Eventually, Gustavo’s behavior in the classroom began to improve. He developed self-regulation skills to cope more effectively when frustrated. He also began communicating his feelings and needs appropriately.

The family participated in services at FSA for nearly two years—an investment that required hard work, patience, and consistency. The family strengthened their relationships with one another and their capacity to manage challenges. Today they are resilient, healthy, and strong!
Programs for Seniors

Long-Term Care Ombudsman

1,450 residents & family members assisted with quality of care issues through 3,200 visits to long-term care facilities

- 75% of quality of care issues were resolved to the satisfaction of the long-term care resident or their family member

Senior & Caregiver Mental Health

178 seniors and caregivers were provided with 1,794 counseling sessions.

(Results)

- 92% made progress on one or more goal by the end of treatment
- 91% experienced increased access to community resources
- 87% demonstrated increased adjustment to life's circumstances

1,450 residents & family members assisted with quality of care issues through 3,200 visits to long-term care facilities

- 75% of quality of care issues were resolved to the satisfaction of the long-term care resident or their family member
Daniel and Maria have been happily married for over 40 years, taking an active role in the community as volunteers, and frequently getting together with friends. Last year, however, Maria stopped reading and cooking, both lifelong passions of hers. She also began to lose interest in socializing and became fearful of leaving the house. Noticing these personality changes, Daniel took Maria to their doctor. Maria was diagnosed with dementia and depression. Daniel was distraught. He felt helpless and overwhelmed with his new role as caregiver for the love of his life. Seeking support, Daniel joined one of FSA's Caregiver Support Groups. The clinician-facilitated sessions connected Daniel with other local seniors and caregivers who provided valuable support and advice in navigating his new role. Daniel also realized that he and Maria would benefit from mental health therapy, and the couple began meeting with one of FSA's counselors. The therapist helped the pair process Maria's diagnosis and discussed how to address Maria's withdrawal. After several sessions and with Daniel's support, Maria gradually began to see her old friends more regularly. The support group and counseling have helped both Daniel and Maria feel less isolated by their circumstances and more able to cope with Maria's diagnosis.
Neighborhood House Society

Members of FSA's Neighborhood House Society help ensure caring support and brighter futures for generations of children, families, and seniors in our community. You can join them and help endow vital programs for a second century of service in Santa Barbara County by remembering FSA in your will and estate plans.

We extend our heartfelt gratitude for honoring FSA through your estate plans.

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Michael & JoAnne Meade Young

*deceased

If you have included FSA in your estate plan and are not on this list, please contact us at 805.965.1001 x 267.

“Richard and I truly believe in the work that FSA and Santa Maria Valley Youth & Family Center do. Being part of the Neighborhood House Society is our way of giving back to the organization that does so much for people in our community.”

– Judi Nishimori

Ways to Give

Donate in honor of a friend or loved one.
Provide continuous support through monthly giving.
Check with your employer to see if your company has a matching gift program.
Volunteer to be a Big Brother or Sister, Long-Term Care Ombudsman, or provide program or event support.
Join the Neighborhood House Society by including FSA in your planned giving.
HONORING OUR SUPPORTERS

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Financials

ESTIMATED PRIOR TO AUDIT

Total Revenue: $8,572,496
Public Funding 83%
Foundations 11%
Donations 4%
Investments 2%

Total Expense: $9,303,496
Program Services 81%
Administrative 14%
Funding 5%

Program Expenses: $7,520,020
Youth & Family Services 54%
Family Support Services 30%
Senior Services 8%
Big Brothers Big Sisters 4%
Holistic Defense 4%

Financial reports are prepared according to GAAP standards. Therefore, revenue excludes temporary restricted net assets earned from prior periods.

Also, the Thomas Fire and debris flows impacted some contracts and caused additional expenses, as did the merger with Santa Maria Valley Youth & Family Center.
PCPA
Aug 6, 2017
Solvang Festival Theater

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Oct 4, 2017
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Santa Barbara FisHouse
We’re here where you need us

Since our merger with Santa Maria Valley Youth & Family Center, we are now a staff of over 150 serving multiple locations throughout the county!

SANTA BARBARA
123 West Gutierrez Street
Santa Barbara, CA 93101
805.965.1001

DOROTHY JACKSON FAMILY RESOURCE CENTER
320 North J Street
Lompoc, CA 93436
805.742.2943

SANTA MARIA VALLEY YOUTH & FAMILY CENTER
105 N. Lincoln Street
Santa Maria, CA 93458
805.928.1707

CARPINTERIA
5201 Eighth Street, Suite 202A
Carpinteria, CA 93013
805.965.1001

LOMPOC
101 South B Street
Lompoc, CA 93436
805.735.4376

GUADALUPE
4460 Tenth Street
Guadalupe, CA 93434
805.343.2446

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Save the Dates

Cooking Up Dreams
April 12, 2019

PCPA Theater Performance
July 28, 2019 Tentative

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October 2, 2019

fsacares.org