



Stanford  
Youth  
Solutions  
2017-18

# *Reserved*

## *A Seat at the Table*



# Message from the CEO

A quick web search on the word **permanency** brings up many related words: trustworthiness, love, certainty, stability — just to name a few. We can also associate these words with another word: **home**. Home and permanency seem to pair naturally together. What does permanency mean for the vulnerable children and youth we serve? Providing a sense of permanency by ensuring safe, loving homes results in minimized trauma and improved brain development, positive self-esteem and strong social relationships, opportunities to build relationships with reliable adults, while preserving important existing connections.



## **BOARD MEMBERS: FY 2017-2018**

Eileen Diepenbrock,  
*President*

Craig Hettrich,  
*Vice President*

Greg Patton,  
*Treasurer*

Alberto Caton,  
*Secretary*

Joanne Bronson

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Jim Dragna

Matt Fogler

Jane Gagnier

Matt Gilchrist

Geraldine Jimenez

Shelley Laurel

Bob McKenzie

Ensuring that each of the youth served has a place they call “home” is the fundamental reason that we do our work at Stanford Youth Solutions. We focus on strengthening family connections, and finding family for youth who have none identified. We envision a community where every young person has strong and **permanent connections to family** and the opportunity to develop as a healthy and productive young adult. We believe that every child deserves a lifetime family where their sense of belonging is fulfilled. We are grateful for your support of this vision.

As you read through our annual report, it is our hope that you will be as proud as we are of the life-changing impact we are making for at-risk youth and their families in our community. Together, we are providing permanency. And because of you, we will continue to strengthen families and find homes for youth in our community.

With sincere gratitude,

A handwritten signature in black ink that reads "Laura Heintz". The signature is fluid and cursive.

Laura Heintz, Psy. D.,  
CEO  
Stanford Youth Solutions

# About Stanford Youth Solutions

Stanford Youth Solutions (formerly Stanford Home for Children) was founded in 1900 by Jane Lathrop Stanford, the widow of California State Governor Leland Stanford. Mrs. Stanford donated the family's Sacramento mansion in memory of their only son, to be used as a home for the "friendless children" of California.



The simple orphanage of the early 1900s has since evolved and transformed its system of care to meet the complex needs of at-risk youth and their families. Today, Stanford Youth Solutions leads our community in providing alternatives to institutional care for youth. We provide mental health services, community-based family support, and foster care services. Through family-centered practices, we connect and strengthen families, so every child can develop as a healthy and productive young adult.

## MISSION

Inspiring sustainable change for young people and their families and empowering them to solve serious challenges together.

## VISION

We envision a community where every young person has strong and permanent connections to family and the opportunity to develop as a healthy and productive young adult.

## VALUES

- Accountability
- Empowerment
- Excellence
- Innovation
- Integrity
- Partnership

**Commitment. Determination. Results.**

# SUCCESS : CHLOE\*

When Chloe, age 7, was first referred to Stanford Youth Solutions, she had no idea what it is like to live in a safe and loving family home — something every child deserves.

Chloe had experienced significant trauma in her young life. She was removed from the custody of her parents and was placed in a group home, after suffering years of sexual abuse and neglect by the hands of the individuals who were supposed to protect her. As a result of Chloe's trauma, she struggled with potty-training; anxiety with transitions; aggression toward animals; and poor school performance.

**Chloe is currently thriving, being cared for in a nurturing and committed family home, and has a chance at a healthy and productive life.**

Chloe was referred to Stanford Youth Solutions' Wraparound Services and was literally "wrapped" in comprehensive care and supports to help her heal from her trauma. The Wraparound Team provided therapy, utilizing art and skill development activities to decrease Chloe's anxiety and taught her safe and appropriate boundaries. She was able to be potty-trained in partnership with her group home staff within 2 weeks, with only occasional accidents. The Wraparound Team also looped in support from Chloe's school to provide coordinated support and interventions for her to adjust and succeed in school. The Wraparound Team was able to support Chloe in getting placed into a specialized treatment foster care home with a qualified and compassionate foster family within Stanford Youth Solutions' Permanent Family Connections (foster care) program. With this full continuum of care, Chloe adjusted and responded well to her foster family. Today, Chloe remains potty-trained with minimal accidents, and no signs of aggression. She has been able to successfully transition out of intensive Wraparound Services and into therapy focusing on healthy relationships and coping with her trauma. Chloe is currently thriving, being cared for in a nurturing and committed family home, and has a chance at a healthy and productive life, which is Stanford Youth Solutions' goal for every child.

*\* Name, identifying details, and/or image has been changed to protect the privacy of the youth*



# PROGRAMS & RESULTS



## **FIT (Flexible Integrated Treatment)**

**Empowering youth to change their future for the better**

Thousands of children and youth in our community are suffering from serious mental health conditions that without help, may face significant obstacles to realizing their full potential.

Through Stanford Youth Solutions' Flexible Integrated Treatment (FIT) program, our community's most at-risk youth of all ages and their families become empowered to lead their lives more fully through our intensive, evidence-based therapy models and linkage to community-based services and supports.

The safety and well-being of youth are paramount goals of the FIT program. We focus on tangible outcomes for youth and their families that build on their strengths and successes, increase resiliency, reinforce family connections and improve overall mental and behavioral health.

**90%**

**90% of youth that showed major or severe disruption in the area of self-harm, showed improvement in functioning by discharge.**



## **Permanent Family Connections**

**Bringing stability to youth experiencing multiple placements prior to arrival**

Stanford Youth Solutions promises to do everything in our power to help families stay together. In the event that this is not possible, we look to qualified and nurturing members of this community to help young people in need achieve permanency: "a permanent connection to a safe, stable, and nurturing family."

Our Permanent Family Connections (foster care) program utilizes concurrent planning, which provides several paths for youth to obtain a lifelong family connection. The first and best option is to reunify the youth with their birth family. At the same time, Stanford Youth Solutions works to identify a family who is willing to make a lifelong commitment to the youth, if reunification is not an option. We recruit and retain the most qualified, competent, and compassionate families to provide safe, nurturing, and stable homes for foster youth.

**88%**

**88% of youth lived in one placement from the time they opened to when they discharged.**



# & PROGRAMS & RESULTS



## **JJCP (Juvenile Justice and Crime Prevention Program)**

**Walking through challenging times with families to bring transformation**

Stanford Youth Solutions' Juvenile Justice and Crime Prevention (JJCP) program works in partnership with Sacramento County Probation Department supporting the Restorative Justice Model. The program focuses on community protection, victim restoration, and offender accountability and competency. Youth offenders, young people engaged in high-risk activities, and their families address underlying challenges within their family unit to help them engage in positive, productive activities, while significantly reducing additional criminal offenses.

Our JJCP practitioners utilize Functional Family Therapy (FFT), an evidence-based practice, as a means to provide rehabilitation to young offenders, with a focus on reducing criminal behaviors, decreasing individual and community risk factors, changing negative family relationships and enhancing protective factors to facilitate relapse prevention.

Practitioners collaborate with probation officers to ensure there is effective communication and coordination of services to achieve the combined goal of successfully reintegrating these young people as healthy and productive members into the community.

# 85%

**85% of youth remained out of jail while in counseling.**



# PROGRAMS & RESULTS

## **TBS (Therapeutic Behavioral Services)**

Helping caregivers see past negative behaviors and see their kids for who they really are



Stanford Youth Solutions' Therapeutic Behavioral Services (TBS) provides community-based, one-on-one, short-term, support to young people who are at risk of being moved into a higher, more restrictive living environment (i.e., psychiatric hospitalization or group home) or need support transitioning to a less restrictive living environment (i.e., family or foster/resource family home).

TBS is an adjunct program, meaning youth must be enrolled in a primary mental health service to be eligible. Services resolve specific target behaviors in order to prevent unnecessary residential placements, psychiatric hospitalizations, and discharges to higher levels of care. We partner with youth, their caregivers and other natural support persons in their life to help facilitate lasting behavior change. The goal is for youth to retain their current placement or move to a lower level of care.

**83%**

**83% of youth who discharged maintained their current level or transitioned to a lower level of care**



## **Wraparound**

Walking the journey with families to get their needs met

Stanford Youth Solutions' Wraparound services literally "wraps" youth and families with comprehensive care to help keep children/youth safe and at home, in school, and out of trouble. Young people living in institutional care (i.e., group homes, detention facility) gain the support and guidance of our Wraparound program to help them transition safely to a permanent family or healthy, independent living.

The program combines a family-centered, strengths-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. All Wraparound Programs are unified by standardized Wraparound principles and High Fidelity Wraparound practices.

**82%**

**82% of youth living in facility settings moved into family-based settings by discharge.**



# SUCCESS : ABBY\*

At a young age, Abby (15 years old) had become a victim of human sex trafficking. She suffered from low self-esteem and was in an extremely unhealthy relationship, which included both verbal and physical abuse. She felt trapped and saw no hope for a future beyond exploitation.

Due to the number of safety and risk factors that were impacting her emotional and physical well-being, Abby was referred to Stanford Youth Solutions' Commercially Exploited Children's (CSEC) program. She was connected with Candice (a Stanford Youth Solutions' Youth Advocate, peer mentor) who was able to personally relate and help empower Abby, utilizing the experiences in her own past.

Candice worked with Abby on positive self-statements and explored healthy relationships with others. She also worked with Abby weekly utilizing the evidenced based practice- Seeking Safety, which incorporates a variety of modules to increase safety in the community to reduce exploitation risk. Abby's favorite modules were grounding (i.e. healthy coping skills) and self-care. With the support of her Youth Advocate and the tools of Seeking Safety, Abby was able to start identifying warning signs of unhealthy relationships and boundaries.

**"I am proud of how far I have come, and now I actually have hope for the future."**

Abby is now more aware of her accomplishments and is able to not only identify them, but talk positively about herself. She has since left the unhealthy relationship and has a good understanding of what she wants for herself and what she wants in a future relationship. She learned how to verbalize when she felt strong enough to go out on her own and now no longer needs the intensive support of the team.

Today, Abby takes pride in how far she has come. Recently she shared, "My Youth Advocate [Candice] has been a guiding light. She understood and supported me. She gave me the strength and courage to believe in myself. I am proud of how far I have come, and now I actually have hope for the future."

*\* Name, identifying details, and/or image has been changed to protect the privacy of the youth*

# Get Involved! Introducing Stanford Youth Solutions 2019 SIGNATURE EVENTS

PICTURE YOURSELF HERE...

## A SEAT AT THE TABLE · May 2



**A SEAT AT THE TABLE** is our unique dinner and cocktail event. The goal of this premier occasion is to raise critical awareness and funding to help ensure that foster youth in our community are supported in stable and nurturing family homes.

**MAY 2, 2019**

**6pm**

**1761 35th Street, Sacramento**

Hosted by **VOGUE  
HOMES**

For more information, visit  
[www.youthsolutions.org/event/seat-table-0](http://www.youthsolutions.org/event/seat-table-0).

...OR HERE!



## OVER THE EDGE - September 13

**OVER THE EDGE** is truly a different kind of fundraiser! We are sending nearly 70+ participants rappelling down Residence Inn by Marriott Sacramento Downtown at Capitol Park, a 16-story hotel in the heart of downtown Sacramento. This is your opportunity to give back to the community and empower young people to achieve sustainable change. Whether you become an Edger, a Sponsor, a Volunteer or even want to "Toss Your Boss," you will make a significant difference in the life of foster kids and at-risk youth in the Sacramento Region!

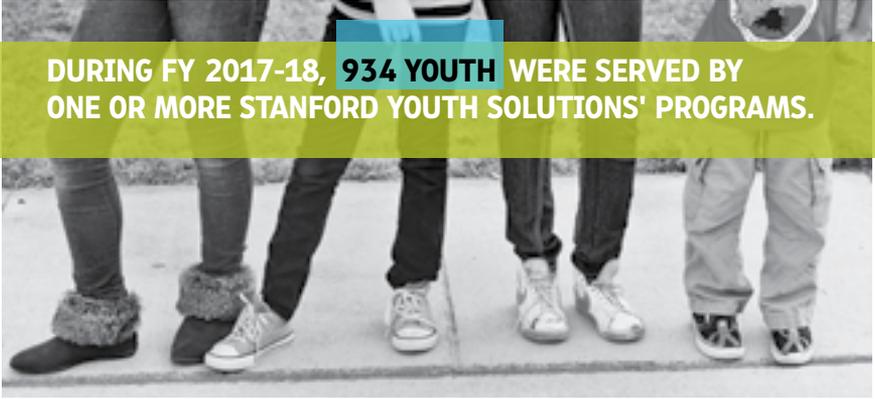
The 4th annual Over the Edge + Stanford Youth Solutions challenge is about more than just the thrill of rappelling 16 stories from a rooftop in downtown Sacramento. This event uniquely reflects our work to take youth and families off the edge! Your support will provide LASTING and SUSTAINABLE change for at-risk youth in the Sacramento region.

**YOU'RE INVITED!!!**

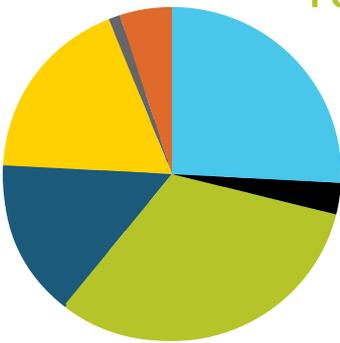
**More info at [youthsolutions.org](http://youthsolutions.org)**

# WHO WE SERVE

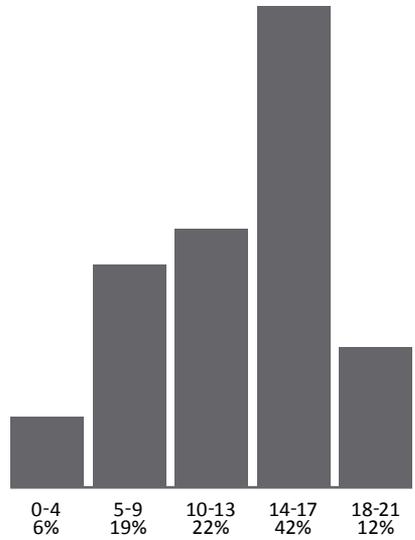
DURING FY 2017-18, **934 YOUTH** WERE SERVED BY ONE OR MORE STANFORD YOUTH SOLUTIONS' PROGRAMS.



race · age



- African American [26%]
- Asian/Pacific Islander [3%]
- Caucasian [32%]
- Hispanic/Latino [15%]
- Multi-ethnicity [18%]
- Native American [1%]
- Unknown/not reported [5%]



## OUR LEADERSHIP TEAM

Dr. Laura Heintz, *Chief Executive Officer*

Jovina Neves, *Chief Financial Officer*

April Ludwig, *Director of Quality Improvement & Research*

Dante Williams, *Youth Advocate Manager*

Deborah Bennett, *Director of Flexible Integrated Treatment (FIT)*

Ebony Chambers, *Director of Family and Youth Partnership*

Jennifer Shebesta, *Director of Wraparound*

Kimberly Woods-Burch, *Director of Human Resources*

Melissa Arnold, *Director of Fund Development and Community Relations*

Terrell Thomas, *Associate Director of Business Development*

Thomisha Wallace, *Youth Advocate Manager*

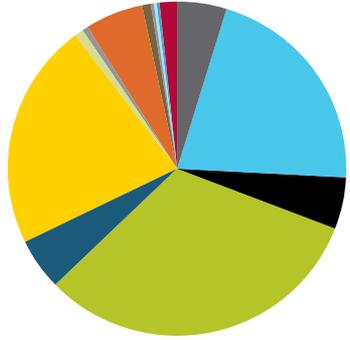
Tonya Bauhofer, *Director of Juvenile Justice and Crime Prevention (JJCP) & Therapeutic Behavioral Services (TBS)*

Yuri Kimura, *Director of Permanent Family Connections (formerly Foster Care)*

# FINANCIAL HIGHLIGHTS

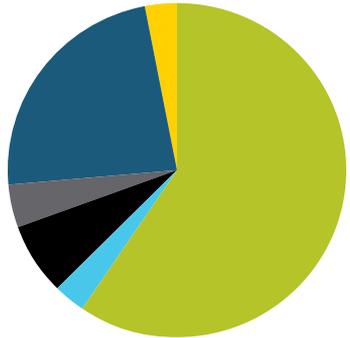
## REVENUE

|                                 |                     |             |
|---------------------------------|---------------------|-------------|
| Development                     | \$584,447           | 4.97%       |
| FIT                             | \$2,462,096         | 20.95%      |
| TBS                             | \$594,525           | 5.06%       |
| Wraparound                      | \$3,738,188         | 31.81%      |
| JJCP                            | \$613,896           | 5.22%       |
| Permanent Family Connections    | \$2,564,663         | 21.83%      |
| Yolo Partnership                | \$99,905            | 0.85%       |
| Empowerment Training Center     | \$51,990            | 0.44%       |
| Prevention/ CPS Wraparound      | \$667,992           | 5.68%       |
| OSHPD (State Grant)             | \$100,000           | 0.85%       |
| Community Wraparound            | \$15,500            | 0.13%       |
| School Based Services           | \$59,802            | 0.51%       |
| Community Based Family Services | \$6,736             | 0.06%       |
| Admin/Investments               | \$191,125           | 1.63%       |
| <b>TOTAL REVENUE</b>            | <b>\$11,750,864</b> | <b>100%</b> |



## EXPENSES

|                                      |                     |             |
|--------------------------------------|---------------------|-------------|
| Salaries and Benefits                | \$6,822,659         | 59%         |
| Contract Services                    | \$397,795           | 3%          |
| Program Support                      | \$845,602           | 7%          |
| Occupancy                            | \$509,826           | 4%          |
| Basic Services to Youth and Families | \$2,633,111         | 23%         |
| Development Expenses                 | \$383,219           | 3%          |
| <b>TOTAL EXPENSES</b>                | <b>\$11,592,211</b> | <b>100%</b> |



|                   |                  |
|-------------------|------------------|
| <b>NET INCOME</b> | <b>\$158,653</b> |
| % Admin Cost      | 12.80%           |
| % Development     | 4.36%            |

## STATEMENT OF FINANCIAL POSITION

|                           |                     |
|---------------------------|---------------------|
| <b>Total Assets</b>       | <b>\$12,222,803</b> |
| <b>Total Liabilities</b>  | <b>\$1,180,349</b>  |
| <b>Total Fund Balance</b> | <b>\$11,042,455</b> |

# HIGHLIGHTS

## Family and Youth Partnership

Family Partners and Youth Advocates offer their own personal experiences and advocacy skills as a valuable layer of support to the youth and families in all Stanford Youth Solutions' programs. Having similar experiences in their past, these important partners empower young people and their families to lead their own care teams to get their needs met. 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 Youth Solutions who have personal experience within the child welfare, mental health or juvenile justice systems. Creative ways Family and Youth Partnership helps families navigate:

- Resilience Leadership Academy
- Activities for Youth to Learn Leadership Skills and Boost Resilience
- Yolo County Parent Partnership
- Connecting parents to resources
- Teaching parents to advocate effectively
- Helping parents understand their parental rights
- Providing parent orientations
- Team decision making and family support meetings

## COA — Council on Accreditation

Stanford Youth Solutions received its initial national accreditation in November 2014 and was recently re-accredited for another four years. This accreditation demonstrates to the community that our organization meets higher standards than minimum licensing requires and our organization has in-depth, comprehensive, and transparent review of all aspects of operations, best practices, continuous quality improvement, and internal review of the organization. National accreditation speaks to the quality of work and our commitment to our youth, families, staff, foster families, Board of Directors, community partners, donors, and volunteers. The re-accreditation process rewarded us with greater knowledge and understanding of the important work we do, how we do it, and the impact it has on the families we serve. Outstanding services support sustainable, positive change for young people and their families.

## Leader in Trauma-Informed Care

Stanford Youth Solutions is currently partnering with Stanford University on a research study project designed to advance trauma treatment, by evaluating the effects of therapy in relation to treating youth impacted by trauma.

Stanford Youth Solutions' CEO, Dr. Laura Heintz also recently co-authored a book with Stanford University entitled *Assessing and Treating Youth Exposed to Traumatic Stress* to shed light on the importance of effective trauma-informed practices in helping to achieve the goals of safety, permanency, and well-being for children and families involved in the child welfare system.



# YOU CAN HELP

## HOW YOU CAN HELP...

Close your eyes for a moment and think about where you sat at the dinner table growing up. You knew exactly which seat was yours. Whether it was next to your brother or sister or alongside your mom, it is our hope that you always had a place at the table.

***Help us make sure there's a seat for every child at the table.***

- ➔ Share this information with family and friends.
- ➔ Visit our website at [youthsolutions.org](http://youthsolutions.org) to read success stories about the families we serve.
- ➔ Consider supporting our permanency efforts with a financial gift.



8912 Volunteer Lane  
Sacramento, California 95826  
[www.youthsolutions.org](http://www.youthsolutions.org)

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**OUR MISSION** Stanford Youth Solutions  
**INSPIRES** sustainable change for young  
people and their families and **EMPOWERS**  
them to solve serious challenges together.

