

ECS TODAY



Summer 2013

A Year In Review: ECS Is On the MOVE!



Episcopal Community Services offers a broad range of social services addressing homelessness, mental illness, early childhood education and development, and substance abuse education. Each day thousands of children and adults are served by ECS programs offering hope, dignity and independence. ECS has more than 400 employees serving over 10,000 of our community's most marginalized members at 30 program sites.



ECS PROGRAMS

HEAD START & EARLY HEAD START



Comprehensive child development program serving pregnant women, children from birth to age 5, and families living at the poverty level with the goal of increasing school readiness and breaking the cycle of poverty.

PARA LAS FAMILIAS



An early childhood behavioral health program for low-income children with moderate to severe behavior problems. Our evidence based treatment model focuses on the parent-child relationship using attachment-based and trauma-focused interventions.

ACCORD



An education and counseling program for adults with a driving under the influence (DUI) offense. Our goal is to reduce the number of DUIs and the negative impact of this behavior on families and our community.

FRIEND TO FRIEND



An award-winning outreach program that provides support to homeless adults diagnosed with a mental illness. Focus areas include mental health referrals and support; income, employment and housing; and life skills training with the goal of helping each member regain independence.

DOWNTOWN & UPTOWN SAFE HAVENS



Two transitional housing communities for homeless adults with mental illness that provide individualized support in the areas of income; employment and housing; addiction recovery and mental health support; and life skills development in a safe, alcohol- and drug-free environment.

"When I came into 'Friend to Friend' there was darkness all around me, now I see some light! I was in despair, now I have hope! When I came into this place I was old, tired and wanted to die. Now I'm still old, tired, but I want to dance." --Marvin

JOIN US ONLINE



Find us on Facebook by searching for "Episcopal Community Services San Diego." "Like" us and help spread the word about ECS's great work with your Facebook friends!



Visit us at www.ecscalifornia.org to view our photo gallery, news articles and upcoming events.

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Thank you to David Bagley (above) for his outstanding service as president of the board. Welcome to his successor, The Rev. Edward Harrison (left), who is seen here hawking his homemade chili at Holy Smoke.

A message from our CEO, LESSLIE KELLER

"ECS was my first rung out of the gutter."

One of our Friend to Friend members shared his journey with us and made this very moving statement recently. At Episcopal Community Services we put the needs of our clients first - people suffering from homelessness, mental illness, poverty, substance abuse and all the problems that go with these conditions. Our goal is to provide a 'hand up' - not a 'hand out', to help individuals who come into contact with us to move to a better place in life than they were when we first met.

Our goal is to provide a 'hand up' - not a 'hand out.'

We have had a busy year at ECS and the agency is filled with energy. This issue is dedicated to celebrating the many events and successes of the past year, honoring our generous donors who made it possible, and telling you about what we look

forward in the coming year.

ECS is on the move! We are very excited to be relocating our offices to 401 Mile of Cars Way in National City by October 2013. Consolidating staff that have been spread out over three sites and moving to a location which is more centrally located to many of our programs will provide several advantages.

These advantages include having more people able to work together in the same office and the resulting synergy of ideas and collaboration, having improved meeting and training space, being able to take advantage of 'economies of scale', saving money (YES! The new location will be cheaper!), and saving travel time and expense because of closer proximity to more program locations. We look forward to having you visit our new site. Stay tuned for news of an open house.



Lesslie Keller speaks at Water to Wine.

In this issue you will see many of the people and organizations that help us do our work. Without you ECS would not have been a leader in providing thousands of services each year for over 86 years. Thank you for allowing us to keep our mission of serving God by serving those in need.

ECS Moves into a New Office In Fall 2013



Above: The building that will house our new headquarters in National City. On the right: Our new office in late June.

ECS' new office space is being built out this summer to better serve the agency's needs. Our headquarters will be much closer to our 22 Head Start programs in South Bay, Para Las Familias, and ECS Nutrition Services, and not too far from Friend to Friend and our Safe Havens. We plan to move into our new space in September. We hope you will plan to attend our Open House early next year.

OUR NEW ADDRESS:
401 Mile of Cars Way, Suite 350
National City, CA 91950
619.228.2800

Spotlight on Diocesan Partners and Volunteers

The support of congregations, diocesan groups and individual volunteers is integral to Episcopal Community Services' success. This support comes in many forms, and we are grateful for all of it.



Thank You for Hosting Us

- ECS Day at **St. Paul's Cathedral** honored ECS with an all-day event on Epiphany Sunday, complete with a morning forum, a tour of Uptown Safe Haven and an Evensong and reception. The Rt. Rev. James R. Mathes (seen in the photo below) was among those who attended.
- **St. Thomas of Canterbury** (Temecula) and **St. Timothy's** (Rancho Penasquitos) invited ECS to facilitate Sunday morning forums to help church members learn about our work.



Life Celebration Parties

Our Life Celebration parties honor Friend to Friend members for their work rebuilding their lives and offer them a chance to celebrate birthdays and accomplishments they are grateful for each month. Thanks so much to **St. Philip the Apostle** (Lemon Grove) for being the first church to provide a meal. We so appreciate all the love and warmth you showed our members.

Debbie Kistler was among church members who attended. "The laughter, joking, handshakes, great food and music did not take away from my noticing those who were in corners, outside or constantly watching every movement just waiting to bolt. Those wondrous human beings with their own life stories were THERE: taking their chances, eating good food, listening and watching those around them. This program has reached out and given me help as well. What a wonderful reminder that God truly loves us ALL."

Please consider visiting one of these parties to learn what they are about and sign up your parish or church group to provide a meal. Celebrations take place on the third Friday of each month.



24 churches or diocesan groups supported ECS in 2012-2013 financially or through donation drives, Christmas gifts, chili cooking and more. Your support and engagement helps us bless some of our most vulnerable neighbors every day.

"I made it. I really appreciate all that you do. Hopefully when you use this it will be a reminder that you help people and you do make a difference for them." --**Eric**



Above and below: Friend to Friend members and supporters enjoy a Life Celebration party.

Creative Collections

Thank you to:

- **St. Andrew's by-the-Sea Preschool** (Pacific Beach) collected hats and gloves for Friend to Friend members and Head Start children as a "Preschoolers Give Back" project.
- Kids from **Good Samaritan** (University City) built planter boxes for Uptown Safe Haven's patio.
- **St. Thomas of Canterbury** (Temecula) donated 100 pounds of food which our Friend to Friend members can eat "on the go."
- **St. Paul's Cathedral** (San Diego) collected blankets, sheets and toiletries for our Uptown Safe Haven residents.

Please see the back cover for ideas on items needed on our "Wish List." Contact Deann Ayer, Community Engagement Coordinator, at 619-694-9892 or dayer@eccscalifornia.org.



St. Andrew's by-the-Sea preschoolers show off their gifts.

"Volunteering with ECS is a truly wonderful experience for me. It is so nice to finally be able to start my personal ministry in a place so filled with peace. I feel very welcomed and at home at Downtown Safe Haven. It is filled with so many inspiring journeys to learn from and be encouraged by. I can only hope and pray that I can be half as helpful to the members as they are in providing inspiration to me in pursuit of my service to God." --**David Merry, All Saints'** (San Diego)



Art therapist Sydney Brumidis, left, is a volunteer at the Downtown Safe Haven. She attended their Christmas party, and is pictured here with Program Manager Bernie Miles.

Thank you for all the ways you help us provide excellent programs and support our mission of serving God by serving those in need through programs that foster hope, dignity and independence.

Hungry for Lent

Several churches and some individual parishioners walked through Lent with us. They gave up one meal per week in solidarity with our homeless clients and donated the money they would have spent on those meals to ECS to support our work. Thank you to **Christ Church** (Coronado), **St. Andrew's by-the-Sea** (Pacific Beach) and **St. Philip the Apostle** (Lemon Grove).

Chili Cook-off

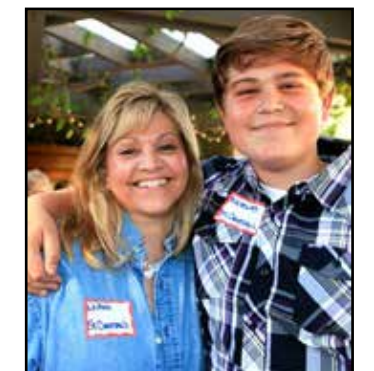
Thank you to our fabulous Holy Smoke chili cooks from **All Saints'** (Brawley), **Christ Church** (Coronado), **St. Peter's** (Del Mar), **Church of the Good Shepherd** (Bonita), **St. Andrew's** (La Mesa), **St. David's** (Clairemont), **St. Dunstan's** (San Carlos), **St. Paul's Cathedral** (San Diego) and **St. Thomas of Canterbury** (Temecula) and to **St. Dunstan's** for hosting this wonderful event!

The Many Faces of VOLUNTEERING

ECS volunteers are... Head Start parents... individuals... ECS program members... young people... experts... church groups... college students... retirees. To learn more about church engagement or volunteer opportunities, please contact **Deann Ayer** at 619-694-9892 or dayer@eccscalifornia.org. We hope to hear from you soon.



A group of children from **Good Samaritan** (University City) built four impressive planter boxes for the patio at Uptown Safe Haven under the leadership of **Charles Coughran** and **Kathleen Ide**. They then delivered them and planted some flowers to add cheer to this space.



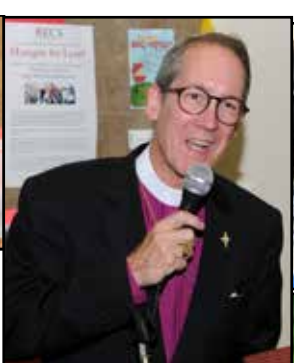
As a community service project, 14-year-old **Nicholas Eldridge** collected 12 boxes of items for our Friend to Friend program by soliciting friends and family. He even created a website for the project. Above: Nicholas with his mother, **LeAnn**.



Program Events



Water To Wine



Holy Smoke



Head Start



Times to Remember

*Find more pictures of these events in the Photo Gallery at ECSCalifornia.org.

Tribute to our **FINANCIAL SUPPORTERS**

Your generous support of Episcopal Community Services helps us offer vital programs and services to thousands of our most vulnerable neighbors each year - men, women and children who struggle with the realities of poverty, homelessness, mental illness and substance abuse. With your help, many are receiving the individualized support and tools they need to face significant challenges and reach their potential. **Thank you** for your ongoing support and for helping us fulfill our mission of serving God by serving those in need through programs that foster hope, dignity and independence. No contribution is too small and every gift is tremendously appreciated. We couldn't do this work without you.

The following is a list of ECS' generous donors from July 1, 2012 to June 30, 2013. We apologize if we have inadvertently omitted any names.

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Episcopal Community Services
 provides programs and services that
 build a bridge to a brighter future.
 Thank you for your support.

Focus on PROGRAMS

Our five programs focus on helping individuals and families face their challenges and improve their lives, whether they be families with low income, children with behavior problems, adults with substance abuse issues or homeless adults with mental illness.

Outings & Adventures

Our **Head Start** programs serve over 2,000 children five and under and their families. Most families qualify because they have low income. Other children are in foster care or are homeless. Head Start's rich learning environment engages children in reading, gardening, family style meals, music, art, a "Mad Science" class, dramatic play and more. And then there are field trips! Some favorites this past year have included Sea World, the San Diego Zoo, the San Diego New Children's Museum, the beach, a trip to a senior home to sing Christmas carols, Legoland, local parks, pizza-making at Peter Piper Pizza, and a family trip to the Nutcracker.

Our **Downtown Safe Haven** residents are also getting out into the community and having fun. Fishing trips and regular bike rides to Balboa Park and other scenic spots promote health and help our clients engage in positive recreation. Other recent field trips have included whale watching and a picnic at the Embarcadero.

"Downtown Safe Haven is a blessing." -- Mark

Head Start Parents Get Involved

Kindergarten Academy is a weekend program that helps parents prepare their preschool children for kindergarten. It is one of several parent involvement activities which enrich our child development programs. Head Start serves the whole family, seeking to break the cycle of poverty by giving children a "head start" and preparing them to be successful in school and beyond.

"(Head Start) has encouraged me to do things, to learn new things no matter what. It has opened a big window of possibilities and it never stops." -- Jezzyda, a Head Start parent



Downtown Safe Haven residents told their stories through hand-painted pavers.

"Thank you for helping me. Everyone who I came in contact with was nothing short of amazing." -- An ACCORD client

Friend to Friend

Stories from the Street

Jon

Jon struggled with homelessness, alcoholism and his mental illness. When he lost his job, he could no longer pay his rent and became homeless. On the streets Jon's depression was in full force. In order to calm the pain, he relapsed after 10 years of sobriety. Afraid that he would die on the streets, he moved into a sober living environment and re-connected with Friend to Friend with a plan to focus on employment. ECS' Vocational Rehab Specialist introduced Jon to the Peer Employment Training (PET) class taught by Recovery Innovations, as his passion is to help others who struggle with homelessness, mental illness and substance abuse. After many dedicated hours, Jon graduated from this program with an overall grade of 95% and is now employed as a "Peer Support Specialist." Jon is sober, renting his own apartment and receives regular income.

Kawthar

Kawthar is a 35-year-old refugee seeking asylum from Baghdad, Iraq. She was a news reporter in her home country and was forced to leave her home or she would be killed. She arrived in the United States with no possessions and alone. Kawthar came to the Friend to Friend office to complete an initial application for Supplemental Security Income (SSI). She has a diagnosis of Post-Traumatic Stress Disorder (PTSD) and Anxiety and suffers from constant hallucinations of men, animals and bugs attacking her as well as nightmares. Kawthar now receives SSI and is extremely grateful to the Friend to Friend staff for their support during this difficult transition.

Michael

Michael had significant deficits in functioning due to a traumatic brain injury, which made it hard for him to keep appointments or remember what he needed to do to complete a task. He was receiving disability benefits from the VA, but was unable to manage his money, so he was living on the street much of the time. Through the assistance of Friend to Friend staff members, Michael negotiated all the paperwork, appointments and processes that allowed him to be assigned a payee by the VA, someone to help him manage his money and make sure that his bills get paid. This service is now provided to him at no charge.

Left: Head Start child and parent with a resident at a senior home that the families visited at Christmas.



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Para Las Familias
 Head Start & Early Head Start
 ACCORD Drug and Alcohol Education
 Friend to Friend
 Uptown and Downtown Safe Havens
 ECSCalifornia.org

Want to help but need ideas? Check out this guide for supporting our work.

Become a Monthly Donor

Please consider becoming a monthly donor. Consistent gifts, large or small, allow us to plan more effectively and make valuable enhancements to our programs. To make it easy for you, we can set it up so your contributions can be made automatically.

Support our Monthly Life Celebration Parties

On the 3rd Friday of each month, Friend to Friend hosts a “Life Celebration” party to celebrate birthdays, sobriety anniversaries, and other goals reached by program members. We are inviting churches to partner with us by providing lunch for one of these parties and coming to celebrate with us. Please consider learning more about this opportunity to bless our clients and be blessed in return.

Join our Email List

...to receive newsletters. Email Deann Ayer at dayer@ ecscalifornia.org to make sure you’re on the list.

Connect with us on Facebook

...and invite your friends to do the same.

Help us Grow our Support Base

Share ideas about businesses, community groups, churches or foundations that may be interested in investing in our work.

Donate a Car to ECS

Consider donating an old or extra car to ECS. Our partner, CARS, will handle the whole process and the proceeds will benefit our work. For more information, contact 877-737-8344.

Collect Wish List Items

- “Home Start” baskets (bedding, kitchen and bath items for Safe Haven residents moving into their own housing)
- Diapers and books for Head Start babies and children
- New shoes and socks for men, women and children
- Toiletry items for adults
- Gift cards to Subway, Target, etc.
- Bicycles and a commercial refrigerator

*Please contact us for more details and additional ideas. We are typically unable to use or store large donations of food or clothing, but **we would love to share lists of items that would benefit the people we serve.**

Participate in a Seasonal Initiative

Collect gift cards or other items for our clients for Christmas, and/or participate in “Hungry for Lent” on your own or with a group from your church, etc.

Help us Connect with your Church

Serve as a contact for your church to learn about and get involved in supporting our work. We’d love to share some ideas with you...or hear yours. A number of fun and rewarding activities have come out of such conversations.

Visit our Programs

Let us know if you’d like to schedule a tour of one of our programs.

Volunteer

Weekly volunteers able to commit to at least a year are welcome at Friend to Friend and Downtown Safe Haven. We are also looking for art therapists and chaplains.

For more information about these opportunities, or to learn about setting up a bequest, donating stocks, or having a room in our new offices named in your honor, please contact Deann Ayer, Community Engagement Coordinator, at 619-694-9892 or dayer@ ecscalifornia.org.