Creating Opportunities that Change Lives

In the last year alone, you have changed the lives of 4,636 children, families, and adults in our community. By providing the care, support, skills, and resources they need to heal, you’ve given them the opportunity to live healthier lives and to more fully engage with their families and their community.

Thanks to you...

SOLUTIONS TO VIOLENCE programs are providing safety and healing for survivors of domestic violence, sexual assault and human trafficking.

CHILDREN & YOUTH and their families are developing the skills they need to overcome early behavioral and mental health challenges, trauma, and gang influence.

ADULTS with severe mental illness and/or substance use challenges are finding recovery and living healthy, productive lives.

HOUSING & RESIDENTIAL services are helping adults with mental illness and/or substance use challenges learn to maintain their health and well-being while living independently.

“Thanks to you, I have been able to work through some serious mental health challenges. I am no longer in the hole I was in. I can trust more now. I can trust more in everything and everyone. I can be there to listen to others.”

~ MARICELA, AGE 47

All names and images have been changed to protect the privacy of our clients.
In the past year alone, you have made recovery and hope possible for 4,636 children, families, and adults in our community.

Daniel

“The program has shown me to value myself, stop making excuses, and take responsibility for my actions. I know this sounds cliché, but I am just going to take it one day at a time.”
~DANIEL, AGE 39

Carin

 “[I have learned] to tell people how I feel and not feel bad because it’s my feeling and to not worry about what other people say about me because I have to worry about how I feel first.”
~CARIN, AGE 10

Michael

“I think that I am less impulsive, and I do not waste my money on items I don’t need. I can finally be able to start saving money, make wiser choices and start being an adult.”
~MICHAEL, AGE 17

Rebekah

“The people from Community Solutions helped me begin to heal when I felt hopeless. They helped me understand the legal system so that I could speak up for myself. Today they are still my safe haven.”
~REBEKAH, AGE 30
Since opening in 1978, our La Isla Pacifica shelter has provided a safe and confidential refuge for more than 5,500 women and children survivors of human trafficking and domestic violence.

Solutions to Violence

Your support gives survivors of violence a safe place to share their story and begin to heal.

15-year-old Rachel is a survivor of commercial sexual exploitation of children (CSEC), also known as forcing a minor to engage in sex work. When she came to us, Rachel was struggling with anger and unhealthy relationships; she didn’t know how to set healthy boundaries.

Your support gave Rachel a safe space to talk about her experiences and emotions and new skills to cope with them. Through peer counseling, she learned what healthy relationships should look like and the choices she can make. She is slowly working on her anger issues; it is difficult but she is trying because she now knows that she is worth the effort.

For Rachel, the difference was having someone who would listen to her without judging. “I learned to be comfortable in being able to talk about my problems,” says Rachel. “[I value] being able to have that safe space to talk about things that matter to me and not feeling embarrassed for asking.”

Rachel

“I know that you are here to help me through it.”
“I’m getting along much better with my family now. I know how to talk instead of acting out.”

Sophia

Thanks to you, even our youngest neighbors learn to handle big emotions in healthy ways.

10-year-old Sophia was experiencing unresolved guilt about her mother’s death. Unable to verbalize this scary feeling, she expressed her grief by acting out. She fought with her siblings and extended family, struggled at school, and became withdrawn. Her school reached out to us for help.

Thanks to your support, we were able to give Sophia the care she needed. Sophia’s treatment team engaged her in activities designed to help her process her grief and reengage socially. Together they created a memory quilt to honor her mother. Sophia also participated in our youth social skills group to work on positive peer interactions, healthy communication, and good decision-making skills.

Today, Sophia is smiling and happy with a positive outlook on life. She has learned to stop and think before reacting. “I’m feeling better about myself,” she says. “I learned how to handle things better. I learned a lot but in a fun way. I had a lot of fun!”

78% of youth significantly improved in social and academic functioning.
85% of seriously mentally ill adults were functioning better after 6 months of treatment.

Adult Behavioral Health

Your support gives adults living with mental illness and substance abuse the opportunities for recovery, healing and renewed hope.

35-year-old Eric struggled with addiction for years. He was referred to Community Solutions when his substance use and mental health challenges landed him in court. Eric was actually excited to find our program and to learn more about his mental health issues, including symptoms of post-traumatic stress disorder (PTSD).

Thanks to your support, Eric finally received the resources and support he needed to manage his symptoms without abusing drugs or alcohol. He eagerly attended sessions with his psychiatrist and therapist and engaged in both mental health and substance use support groups. Eric says the program helped him learn to “stop, think, observe and perceive (STOP)” in all situations.

Eric has remained clean and sober and is no longer homeless. He is excited to have the opportunity for a new beginning in life. “I feel I have more control over my life than I did before. I know how to think positive and be positive every day so I can get positive feedback.”

“[The program] works...stick to it and it works! I’m clean and sober.”
Patrick

“The staff believed in me and treated me with respect.”

Since opening in October 2017, our Madrone Crisis Residential program has helped stabilize 178 adults experiencing a mental health crisis.

Housing & Residential Services

With your support, adults in crisis get the care they need to begin rebuilding their lives.

59-year-old Patrick came to our Madrone Crisis Residential program struggling with major depression and recovering from a suicide attempt. He had previously lost his job and become homeless. When we met him, Patrick was withdrawn and feeling hopeless.

Thanks to your support, Patrick received the treatment, care and resources he needed to reengage with life. He received medication support and therapy, and began to engage in treatment groups. Patrick moved to our La Case del Puente Transitional Residential program until he was able to care for himself independently.

When asked what he learned from Community Solutions, Patrick says, “I can be self-sufficient. I am strong. I can live independently and be successful as long as I take my medication, use my coping skills, and ask for help when I need it.”
Whose Lives You’ve Changed

**Demographics**

- Older Adult (65+)
  - 2.5%
- Adult (18–64)
  - 54%
- Teenage (13–17)
  - 14%
- School Age (5–12)
  - 12%
- Infant/Pre-School (0–4)
  - 4%
- Not Disclosed
  - 13.5%

- Female
  - 63%
- Male
  - 36%
- Transgender/Not Disclosed
  - 1%

- Latino
  - 56%
- Caucasian
  - 26%
- African American
  - 6%
- Asian
  - 4%
- Other
  - 3%
- Not Disclosed
  - 5%

**Your Impact in Numbers**

- **4,636** local children, families and individuals received care
- **110,367** hours of mental health care were provided for children, youth, and adults
- **1,780** children, teens, and adults participated in sexual assault and intimate partner abuse prevention & education
- **92%** of clients were happy with services provided*
- **85%** of children and youth were acting out less frequently†
- **77%** of children and youth improved in school performance‡
- **85%** of seriously mentally ill adults were functioning better after 6 months of treatment‡

---

† Results at discharge from treatment using the Child and Adolescent Needs and Strengths (CANS) survey.
‡ Results at discharge using the Milestone of Recovery scale (MORS).
What Clients Say Was Most Helpful

“At the start of services, you came to my house and you told me I was not alone.” ~FOSTER MOM

“Your openness and playful attitude with my son, and willingness to really help me understand what he is going through.” ~ADOPTIVE MOTHER

“The time and advice I received because it really helped me get through hard times.” ~RAQUEL, AGE 15

“To have someone that understood me without me having to explain my situation. I was connected to a role model that helped me see my potential.” ~MARIO, AGE 18

“The one-on-one support with my case manager.” ~DAVON, AGE 35

“The flexibility of the program; being able to change the time and day of visits.” ~GRANDMOTHER

“The safety planning I did with my advocate. It helped me feel safe during the court process.” ~CAMILA, AGE 13

“I was offered easy strategies that I could use on a daily basis to better my son’s behaviors.” ~MOTHER

92% of clients were happy with services provided.
**Fiscal Overview**

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Assets</td>
<td>$6,602,891</td>
</tr>
<tr>
<td>Total Liabilities</td>
<td>$5,696,279</td>
</tr>
<tr>
<td><strong>Net Assets</strong></td>
<td><strong>$906,612</strong></td>
</tr>
</tbody>
</table>

**Revenue**

- Government Grants & Contracts: $25,369,288
- Community Support: $612,501
- Fees for Service: $385,999
- Other Income: $438,949
- Net Assets Released from Restrictions: $73,052

**Total Revenue**: $26,879,789

**Expenses**

- Services to Clients: $24,227,636
- Administrative & Support Services: $2,343,958
- Fundraising: $245,197

**Total Expenses**: $26,816,791

**Financials in Brief**

- Community Solutions undergoes an independent financial audit annually which is consistently clean and without findings. A complete copy of our 2017–2018 Audited Financials can be viewed and downloaded from our website at [www.communitysolutions.org/financial-reports](http://www.communitysolutions.org/financial-reports).

- We continue to be sought out by funders and partners to implement new programs in response to the unmet needs of the children, families and individuals living in our local communities.

- Our programs for survivors of sexual assault, domestic violence and human trafficking continue to experience significant growth, outpacing available funding year to year.

- 90 cents of every dollar contributed to Community Solutions directly support services to the children, families and individuals we serve.
You are a Source of Hope

Your support helps our neighbors find wellness, recovery and hope. There are so many ways you can make a difference:

- Make a tax-deductible contribution
- Support our clients with a monthly or quarterly donation
- Designate Community Solutions through your Workplace Giving or Matching Gift Program
- Donate stock, marketable securities, real estate or life insurance
- Make a bequest or legacy gift to Community Solutions
- Adopt a local family in need through our annual Holiday Giving Program

To learn more about our services, volunteer opportunities, agency tours, and ways that you can help, visit our website at www.communitysolutions.org or call 408-846-4717.

Emily

“Thank you Community Solutions for being there when I felt alone and didn’t think I could do it on my own.”

~ EMILY, AGE 22
Community Solutions’ mission is to create opportunities for positive change by promoting and supporting the full potential of individuals, the strengths of families and the well being of our community.

**AGENCY LOCATIONS**

**Main Office**
9015 Murray Ave., Ste. 100
Gilroy, CA 95020
408-842-7138

16264 Church St., Ste. 103
Morgan Hill, CA 95037
408-779-2113

1356 Ridder Park Dr.
San Jose, CA 95131
408-225-9163

341 Tres Pinos Rd., Ste. 202B
Hollister, CA 95023
831-637-1094

**EXECUTIVE TEAM**

Erin O’Brien, President & CEO
Lisa Davis, Chief Operations Officer
JoAnn Davis, Interim Chief Financial Officer
Diane Ratcliff, Chief Administrative Officer
Lisa DeSilva, Chief Development Officer

**BOARD OF DIRECTORS**

Robin Parsons, Chair
Deborah Morton-Padilla, Vice Chair
Mike Thompson, Treasurer
Lisa Washington, Secretary
Janie Mardesich, Immediate Past Chair
Dana Ditmore
Joel Goldsmith
Jeff Jacobs
Erin O’Brien
David Swing
Jennifer Tate
Kyra Whitten

**24-HOUR CRISIS LINES**

**Sexual Assault & Domestic Violence**
(South County & San Benito County)
1-877-END-SADV / 1-877-363-7238

**Youth & Family Crisis Line**
(South County)
408-683-4118