

# *North County Lifeline 2018-19 Annual Report*

Resilient Youth  
Strong Families  
Community Partners  
Self-Reliance





## OUR MISSION

North County Lifeline's mission is to build self-reliance among youth, adults, and families through high-quality, community-based services.



5,300+

People Served



340+

Volunteers



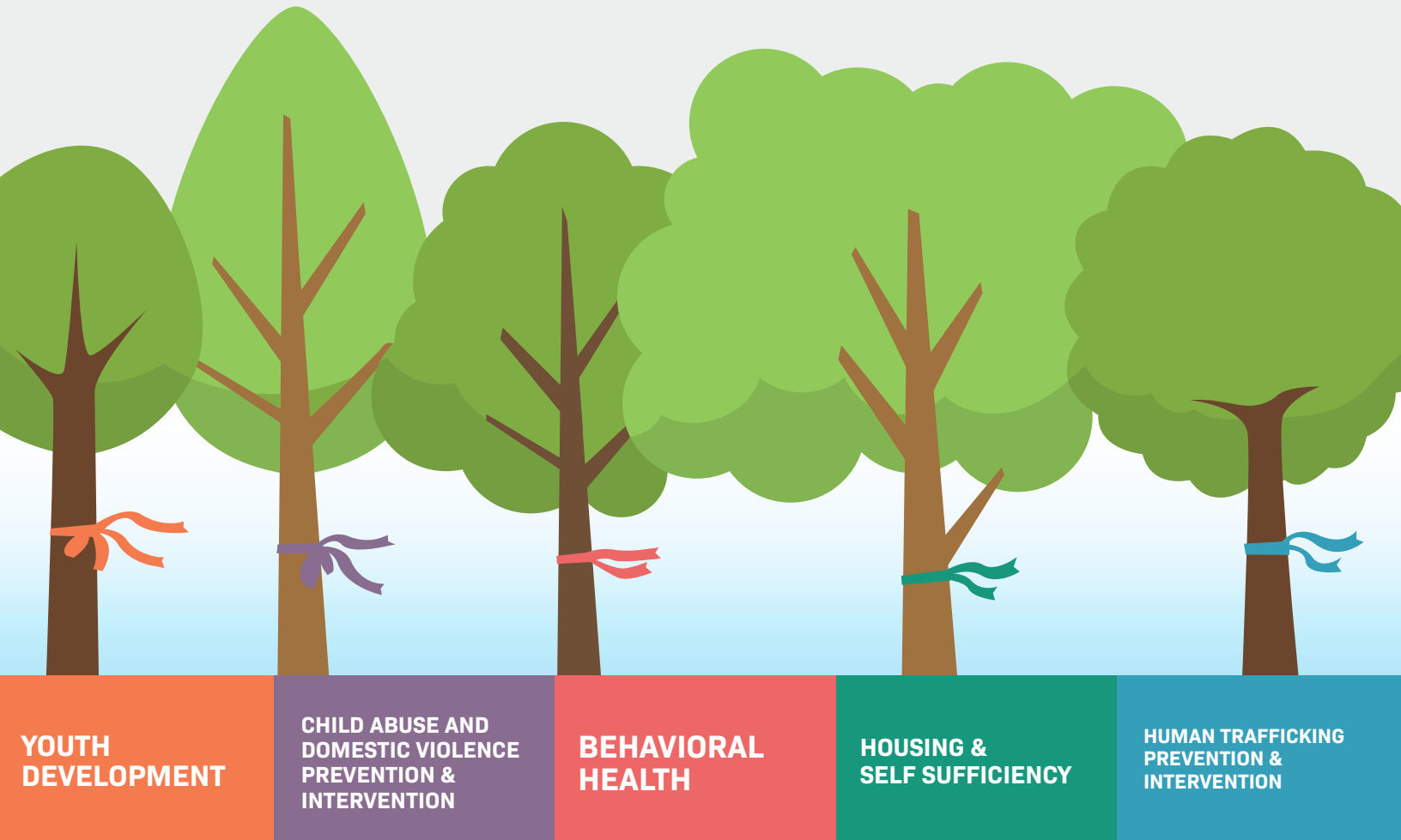
21,000+

Volunteer Hours



45+

Years In North C



130+

County

Dedicated Employees

## Spreading Roots In Our Community

North County Lifeline continues to go the extra mile to build the communities we serve from the ground up.

## Dear Community Partners,

Thank you for supporting Lifeline's mission of promoting self-reliance. More than 5,300 individuals have relied on your support this year. With our continued partnership, North County Lifeline continues to work in the five key impact areas:

- **Youth Development**
- **Child Abuse and Domestic Violence Prevention & Intervention**
- **Behavioral Health**
- **Housing & Self-Sufficiency**
- **Human Trafficking Prevention & Intervention**

We know that how we deliver services are just as important as the outcomes. To that end, North County Lifeline adopted CAR<sup>2</sup>E, our core values guiding all of our work with clients:

**C**onected **A**uthentic **R**esourceful **R**esponsive **E**ngaged

This year's theme has become "There's No Place Like Home," because North County Lifeline is truly a home for youth, adults, and families on their road to self-reliance. Although we are not a housing provider for homeless individuals, stable housing is a primary issue for almost all of our clients. As we continue to grow many North County Lifeline programs now include apartments for clients who are overcoming significant challenges. We are dedicated to supporting victims of abuse from times of crisis through a lifetime of recovery.

We rely on the community for donations of time, talent, and treasure. Thank you for all that you do to support those who inspire us every day. Together, we can truly make a difference!

Sincerely,



**Paul Garza**  
Board President



**Don Stump**  
Executive Director



Lifeline

# VOLUNTEERS

340

Volunteers & **Interns**

19,536

Hours of **Service**

\$455,716

In **Savings**

## Clinical Internship Program: **University Partners**

- CSU San Marcos – Master's and Social Work Program
- Alliant – Clinical Psychology Doctoral Program
- USD – Professional Clinical Counseling Program
- Azusa Pacific – Marriage and Family Therapy Program
- CSU Pomona – Marriage and Family Therapy Program
- University of Louisville Kentucky – online Master's and Social Work Program
- Touro University – online Marriage and Family Therapy Program





## North County Lifeline

# YOUTH DEVELOPMENT

The hardships our youth clients face on a daily basis would be a deterrent to their success without preventative measures. Nearly a third of youth from low-income families fail to earn high school diplomas, and one out of five youth from low-income families are charged with an adult crime by the time they reach the age of 24.

In 2018-19, North County Lifeline's Youth Development programs served over 1,800 at-risk youth between the ages of 6 to 17. Our services provided everything from a safe-haven from gang violence to clinical treatment for youth in the juvenile detention system.

90% of youth in the Community Assessment Team program had no entry, or re-entry, into the Juvenile Justice System.

98% of our youth clients feel safer and more engaged in their community.





33%

### Youth/**Low-Income**

Nearly a third of youth from low-income families fail to earn high school diplomas.



1,800+

### At-Risk **Youth**

North County Lifeline's Youth Development programs served over 1,800 at-risk youth between the ages of 6 to 17.



100%

### High School **Seniors**

100% of Club Crown Heights high school seniors graduated in 2019.



“

*I started at Club Crown Heights as a little boy who was seeking a safe place from all of the drugs, gangs, & violence that surrounded me. Eight years later I'm leaving Club Crown Heights as a young man with a full ride to the University of California, San Diego. I couldn't have done that without all of the help and support of the program & leaders at Club Crown Heights.*”

2019 Club Crown Heights Graduate



## North County Lifeline

# CHILD ABUSE AND DOMESTIC VIOLENCE PREVENTION & INTERVENTION

Statistics show that 1 in 7 children in San Diego County have experienced some form of child abuse and/or neglect in the past year. Of these children, 4 out of every 10 also came from a home with other domestic violence issues. North County Lifeline's child abuse and domestic violence programs give families the proper tools to manage anger and violent behavior so they can break the cycle of violence.

In 2018-19, North County Lifeline's Child Abuse and Domestic Violence Prevention and Intervention programs served over 1,000 children and parents. These services included intensive home visits, parenting classes, as well as a 52-week domestic violence intervention program.

96% of parents enrolled in the Community Services for Families program improved their parenting skills and ability to provide a safe environment for their child(ren).

90% of participants in Lifeline's 52-week Domestic Violence Offenders group were free from further arrests while in the program.

100% of families with children ages 5 and younger who needed well-child visits received them within three months through referrals or program services.







1 in 7

### Youth/**Adults**

1 in 7 children have experienced some form of child abuse and/or neglect.



1,000+

### Children/**Parents**

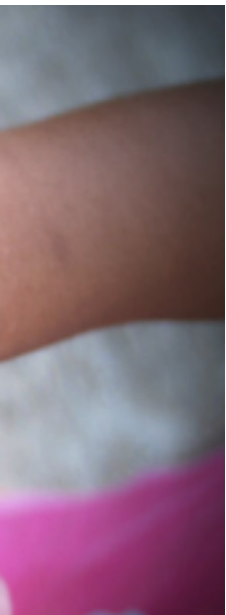
In 2018-19 North County Lifeline served over 1,000 children and parents.



96%

### Parents **Improved**

96% of enrolled parents improved their parenting skills



“

*This group is a game-changer on helping me learn how to deal with my anger; I have learned how to not take things so personally, communicate my feelings, especially anger in my relationship. My family and friends have noticed a difference and I really have this group to thank for it.* ”

2018-19 Domestic Violence Program Client



## North County Lifeline

# BEHAVIORAL HEALTH

Many of North County Lifeline's youth and adult clients have co-occurring mental health and substance abuse issues that require comprehensive and preventative mental health services. 21% of low-income youth ages 6 to 17 have been diagnosed with a mental health issue, and more than 50% of adults who experience a substance abuse disorder also had a co-occurring mental illness.

In 2018-19 North County Lifeline's Behavioral Health programs provided mental health and substance abuse services for over 1,700 youth and adults. This was accomplished through school based child mental health services, teen suicide prevention, and adult addiction recovery support services.

98% of clients demonstrated a decrease, or no increase, in substance abuse while in the Recovery for Life program.

100% of the students in the HERE Now program who presented at initial assessment with thoughts of suicide and/or at-risk behaviors, were connected with services in the community, along with their parents/guardians.

92% of child and adolescent clients participating in individual, family, and/or group counseling in the School-Based Full Service Partnership program demonstrated improvement in their mental health symptoms as measured by CANS scores (California Child & Adolescent Needs & Strengths).





21%

### Low **Income**

21% of low-income youth ages 6 to 17 have been diagnosed with a mental health issue.



1,700

### Youth/**Adults**

North County Lifeline's Behavioral Health programs provided services to over 1,700 youth and adults.



92%

### Child/**Adolescent**

92% of child/adolescent clients demonstrated improvement in their mental health symptoms.

“

*I feel like even though the anxiety still happens, I know more of how to handle it now.* ”

10th grade school-based client diagnosed with OCD, Generalized Anxiety Disorder, and depression



## North County Lifeline

# HOUSING & SELF SUFFICIENCY

In San Diego County, approximately 350 youth turn 18 and leave the foster care system every year, many without a family, a support system, or a place to call home. Furthermore, 14% of San Diego's population live under the federal poverty line, making it extremely difficult to find affordable and reliable housing.

In 2018-19 North County Lifeline's Housing and Self Sufficiency programs provided services for over 300 families and former foster youth. Our services include transitional housing for youth and young adults leaving the foster care system, and providing families tools and opportunities that promote financial wellness and self-sufficiency.

86% of LifeSpring participants achieved full-time productivity by going to school or obtaining jobs within three months of move-in.

80% of transition age foster youth successfully complete the LifeSpring transitional housing and support program by moving on to safe and sustainable housing.

More than 75% of Communities in Action clients applied, received, or completed referral services.





350+

### Foster **Youth**

More than 350 youth turn 18 and leave the foster care system every year.



86%

### Full-time/**Productivity**

86% of LifeSpring participants achieved full-time productivity in three months.



80%

### Independence

80% of foster youth successfully completed the LifeSpring program.



“  
*I am a stronger  
woman than I  
was before!*”

Foster youth graduating from  
the LifeSpring program





## North County Lifeline

# HUMAN TRAFFICKING PREVENTION & INTERVENTION

Virtually no community in our region remains untouched by human trafficking. San Diego is one of the 13 highest sex trafficking areas in the United States and the number of victims in San Diego County continues to increase every year.

In 2018-19 North County Lifeline's Human Trafficking Prevention and Intervention programs provided services for over 400 victims and at-risk youth. This was accomplished through 24/7 on-call victim services and prevention workshops. From addressing urgent needs through long-term stabilization, Project LIFE utilizes evidence-based, trauma-informed interventions that enable victims to overcome abuse and start on the path to physical and emotional healing.

Project LIFE trained more than 4,600 professionals and community members about human trafficking.

55% of clients made progress toward achieving their employment and educational goals.

65% of clients were stably housed.





118

### Trafficking **Victims**

Project LIFE Supported 118 victims of sex and labor trafficking with emergency and ongoing support.



300

### At-Risk **Youth**

North County Lifeline provided prevention workshops for 300 youth at risk of trafficking.



71%

### Increased **Well-Being**

71% of clients in Project LIFE have demonstrated increased well-being.

“

*North County Lifeline has helped me realize that I am no longer a victim of sex trafficking, but I am a survivor. Now I am mentally and emotionally healthy and on the road to recovery.*

”

Project LIFE client and survivor of human trafficking



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**Donors listed in bold are members of the Board of Directors. North County Lifeline has 100% Board of Directors participation in giving.**



# THANK YOU FOR HELPING NORTH COUNTY LIFELINE CHANGE LIVES

## There's No Place Like Home

### CORPORATE

Abrazo Scottsdale Campus  
Albertson's San Marcos Plaza  
AmazonSmile  
Aztec Brewing Company  
Belmont Village Sabre Springs  
The Benevity Community Impact Fund  
Cal Com Insulation  
Cameron Fitness  
Chick-fil-A  
ChromaCode, Inc.  
Coco's Bakery Restaurant  
Compound Solutions  
Costco  
Craft + Foster  
Cravory Cookies  
Datron Holdings, Inc.  
Disneyland Rewards/Point of Light Foundation  
Divine Blooms and Designs  
East West Building Solutions  
ELiveLife  
Emerald Isle Golf Course  
Equation Technologies  
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Floral Palette  
Frazier Farms Oceanside  
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Genentech  
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Herringbone La Jolla  
In-N-Out Burger Foundation  
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Kogod Wine Merchant  
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Starbucks (Sycamore & University)  
Starbucks (Vista Village)  
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Wellington Cellars  
Wells Fargo  
Wells Fargo Community Support  
Campaign  
The Wild Thyme Company  
Wines for Humanity  
YourCause, LLC  
Yum Yum Donuts

### COMMUNITY ORGANIZATIONS

Cakes4Kids  
California State University San Marcos, Division of  
Community Engagement  
Christ Episcopal Church  
Encinitas Rotary Club Foundation  
Family & Kids Foundation  
Girl Scout Troop 1099 - Cardiff  
H.E.R.O. Inc  
Just In Time For Foster Youth  
Kearney Mesa Athletic Center/Recovery Program  
Softball League  
LePort Montessori School  
Melba Bishop Pickleball Club  
MOMS Club Of Carmel Mountain Ranch  
Museum Of Making Music

New Community Church Of Vista  
North Coast Church  
North County African American Women's  
Association  
North County Philanthropy Council  
Oceanside Elks Lodge #1561  
Oceanside Rotary Club  
Pacific Ridge School  
Reindeer Games  
San Dieguito Academy  
Save Our Heritage Organization  
Soroptimist International Oceanside-Carlsbad  
Soroptimist International of Vista  
The Woman's Club of Vista  
Tickets For Kids Charities  
United Methodist Church of Vista  
United Way of San Diego County  
USS Midway Museum  
Wine Moms  
Woman's Club Of Carlsbad

### FOUNDATIONS

Angel Society Of Fallbrook  
California Community Foundation  
Cushman Foundation  
David C. Copley Foundation  
David R. Clare and Margaret C. Clare Foundation  
Hervey Family Fund at The San Diego Foundation  
Kaiser Foundation Hospitals, San Diego  
Leichtag Foundation  
McCarthy Family Foundation  
National Christian Foundation California  
Price Philanthropies Foundation  
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Foundation  
San Diego Women's Foundation  
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# LIFELINE SUPPORTERS

# FINANCIALS

## Statement of Revenue and Expenditures Unaudited, Fiscal Year ending June 30, 2018

### Revenue

Federal	\$ 302,658	3%
State	\$ 1,199,078	10%
County	\$ 7,421,823	64%
Cities	\$ 122,707	1%
Schools	\$ 140,688	1%
Private Donations	\$ 1,427,252	12%
Fees, Rent, Interest	\$ 80,629	1%
In-Kind Contributions	\$ 890,410	8%
<b>Total Revenue</b>	<b>\$ 11,585,243</b>	<b>100%</b>

### Expenditures

General Operating	\$ 1,724,583	15.54%
Fundraising	\$ 203,067	1.83%
Youth Development	\$ 3,171,028	28.57%
Child Abuse & DV Prevention & Intervention	\$ 1,341,904	12.09%
Behavioral Health	\$ 2,522,244	22.73%
Housing & Self-Sufficiency	\$ 765,434	6.90%
Human Trafficking Preventing & Intervention	\$ 1,370,447	12.35%
<b>Total Expenditures</b>	<b>\$ 11,098,707</b>	<b>100%</b>

### Net Income

<b>Total Income</b>	<b>\$ 486,536</b>
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## Balance Sheet

### Unaudited, Fiscal Year ending June 30, 2018

#### Assets

Cash	\$ 648,702
Temporarily Restricted Support	\$ 517,643
Grants Receivable	\$ 1,372,501
Other Current Assets	\$ 227,278
Property & Equipment at cost, less depreciation	\$ 1,956,408

**Total Assets** **\$ 4,722,532**

#### Liabilities

Accounts Payable & Accrued Expenses	\$ 252,491
Accrued Payroll, Taxes, and Benefits	\$ 489,832

**Total Liabilities** **\$ 742,322**

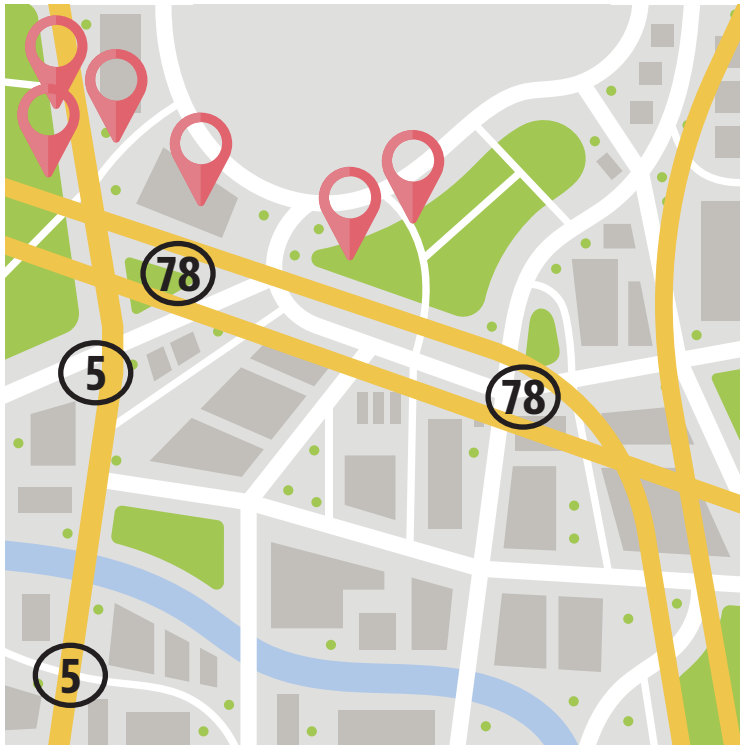
#### Net Assets

Unrestricted Net Assets	\$ 3,462,567
Temporarily Restricted Net Assets	\$ 517,643

**Total Net Assets** **\$ 3,980,210**

#### Liabilities & Net Assets

**Total Liabilities & Net Assets** **\$ 4,722,532**



## LOCATIONS

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### **Vista**

200 Michigan Ave, Vista, CA 92084

### **Oceanside**

707 Oceanside Blvd, Oceanside, CA 92054

### **Administrative**

3142 Vista Way, Suite 400, Oceanside, CA 92056

### **Club Crown Heights, La Casita**

402 Brooks St, Oceanside, CA 92054

### **Club Crown Heights, La Escuelita**

1210 Division St, Oceanside, CA 92054

### **The House, Drop-In Center**

302 N Indiana Ave, Vista, CA 92084

Check out the NEW Lifeline website.

**[www.nclifeline.org](http://www.nclifeline.org)**

3142 Vista Way, Suite 400, Oceanside, CA 92056

Tel: 760-842-6201

Fax: 760-529-0421

