The doodles in this report were drawn by children and youth at Hathaway Sycamores and represent their ideas of home.
Dear Friend -

Each day, many of us encounter young people on the street, sitting on the sidewalk, unkempt and holding a sign asking for help. If you take a moment — you can feel their desperation and sense of hopelessness. It’s heartbreaking. For many of these young people they have recently turned 18 and “emancipated” from foster care or been released from the juvenile justice system into homelessness.

There are many homeless young adults that you don’t see living on the streets because they are "couch surfing" at the homes of friends or strangers. There are hundreds of homeless youth and young adults struggling every day and every night. Survival becomes their daily task. If there are any mental health issues present they become exaggerated, and the panic of just trying to live from day to day takes over. The desperation often leads to victimization and substance abuse. Without intervention their life story will be tragic.

For these young people "the journey home" is not a clear path, and it is fraught with many dangers and challenges. At Hathaway-Sycamores, we offer them an opportunity to find that pathway home.

In our Transition Age Youth (TAY) program, we have more than 150 young people who have faced these very circumstances who are now living (many of whom are thriving) in our temporary housing program. It is the first step on that journey home...the stability of consistently having a roof over their head. In our transitional housing (two-bedroom apartments located throughout Los Angeles County) they are provided with mental health support, assistance with job training and paid internships, educational opportunities, help with transportation and regular clinical services. But, most importantly, they become a part of the Hathaway-Sycamores family. A family that is comprised of people who care about them, who are there for them 24/7, who can help them rewrite their life story by providing the supports they need and helping them when they fail. Just like in a healthy family, they are encouraged to pick themselves up and try again. Eventually, they will gain the strength and skills to live independently.

On the ensuing pages are the stories of young people who are creating that path for their "journey home."

Warmest regards,

Debra Manners
President and CEO
Agency Demographics

Who We Are

854 Dedicated staff

450 Helpful volunteers

Where We Serve

Hathaway-Sycamores Offices
Hathaway-Sycamores Headquarters
SA Service Area

Who We Impact

Ethnicity

- Hispanic: 67%
- Black/African-American: 18%
- Other: 5%
- Asian: 2%

Language

- English: 86%
- Spanish: 13%
- Other: 1%

Primary Clinical Areas Treated

- Depressive Disorders: 33%
- Trauma and Stress Related Disorders: 22%
- Anxiety Disorders: 18%
- Neurodevelopmental Disorders: 14%
- Behavioral Disorders: 8%
- Other: 7%

Trainings

600 professionals and community members were trained in topics ranging from Mental Health First Aid, Evidence-Based Practices, and Key Performance Indicators

Age Range

- 0-5 yrs: 9%
- 6-10 yrs: 23%
- 11-14 yrs: 25%
- 15-17 yrs: 24%
- 18+ yrs: 15%

More than 14,300 children, young adults, and families impacted and 173,720 services delivered

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Our Program

Our Short Term Residential Therapeutic Program (STRTP), located at our El Nido Campus in Altadena, is a comprehensive treatment program serving male youth, age 11-18, and their families. The program provides permanency-focused therapeutic services designed to stabilize behaviors so that youth can recover and heal and are able to successfully return home to live with their families. All services are provided in an inclusive and culturally competent environment. Services focus on reconnecting the family and relatives by treating past traumas.

Each youth and family have a full-service support team consisting of a Peer Advocate, a Community Wellness Specialist, a Clinician, a Case Manager and a Parent Support Partner. This dedicated treatment team continues to work with the youth and his family in the community even after he leaves the residential program to ensure continuity of care.

Approximately 50 youth leave the program each year to return home.

Jacob’s Story

When a boy in the foster care system first arrives at our El Nido campus, he meets with his support team and creates his personal mission statement — a milestone in his “journey home.” We support the youth in the journey and are committed to getting him safely to his next destination in that process.

One such journey was with Jacob*. After five years in multiple group homes, Jacob came to our program with one hope: to reunite with family living in another state. His support team knew exactly what to do to help Jacob realize that hope. The first task was to plan his first visit.

There were many obstacles to go through and barriers to surmount—approvals from the LA County social worker; designing a plan for the visit out-of-state; and managing Jacob’s anxiety. Jacob’s “big” behaviors played a huge part in determining when it was the right time to make that visit. We had to ensure that the family out-of-state was prepared and that it was the best place for him. Six months of extensive communications with Jacob’s family, planning and approvals from county social workers, attorneys, advocates and judges led to that special moment this past Spring when staff and Jacob finally boarded the plane for a long weekend visit.

“Jacob was so nervous, but when we walked into his family’s house, the energy was just amazing,” explains the staff member. “Right when we got in, his aunt gave him that ‘Oh!’ She was just full of joy and excitement and that hug, that’s what got him.” Jacob is looking forward to more visits, and working towards the goal of a permanent living situation with his family.

The journey home is different for each boy who comes to our program. What they all share is the network of dedicated individuals who come together to support them.

We want to show the youth that we’re all family at the end of the day, and we’re trying to help them as much as we can. We want to see them succeed. If they don’t believe in themselves, we want them to know that they’ve got a “family” who does, a family of caring and expert staff who are here to support them in that journey home.

*To protect the consumer’s privacy, name has been changed and featured photo does not depict the actual consumer.
Transitional Independent Living Program (TILP)

Feeling at home

Martine, 21, is bright and ambitious. She has big dreams for her future and is determined to pursue them. Her beaming smile and ever-present positivity masks the challenges she has faced in the last few years.

Two summers ago, Martine, her siblings and their mother lost their home. They scrambled from motel to motel for six months. A recent high school graduate, Martine was juggling a lot—working at Trader Joe’s and attending college classes in Santa Monica to become a teacher. She was constantly stretched thin between pursuing her own goals and her deep concern for keeping her family together. She researched housing options, but was discouraged when she couldn’t find a resource to keep them together.

A recent Los Angeles report notes youth, ages 18-24, comprise 24% of the homeless population. The report further concludes, and it is widely accepted, that the long-term effects of even short periods of homelessness on this vulnerable population can have a devastating impact on the emotional and physical development of these young persons.

Her best solution became individualized supportive housing for young adults. It meant having to separate from her family. That’s when she found Hathaway-Sycamores.

“Hathaway-Sycamores’ program is teaching me to enjoy my home. I love my apartment. I want to spend time there. It’s given me an idea of what I want when I get older—to create an environment that makes me feel comfortable.

Sometimes you have to sacrifice, but I’m learning that not everything has to be a sacrifice. There’s a time in your life where you have to press ‘grind mode.’ During my time here, I have been able to breathe a little and focus on my future. I graduated from PCC and I even got a scholarship to study abroad in Costa Rica. I don’t know if I would have gotten that same opportunity somewhere else. I was able to study there for a whole month. I had never even been on a plane before! Going to Costa Rica, studying and educating myself in different ways—I want to continue that kind of life. I still want to grind, but I just want it to be easier.”

And she will be doing more—she’s just been accepted to Cal Poly Pomona to complete her bachelor’s degree, and hopes to eventually pursue a master’s in social work to support others in her position.

“Being in this housing program has given me more space to trust myself. There’s so much I want to do and explore. I’m a little more ready. I’m just grateful I have the opportunity to do it.”

Martine
Hathaway-Sycamores Consumer
Our Impact

Distress from Mental Health Symptoms Decreased in Transition Age Youth (TAY) and Adult Consumers

- 140 total TAY received workforce training this year, 54% more than last year.
- 87% of TAY youth improved in job readiness or independent living skills.
- 95% of TAY reported that "Staff here believe I can grow, change, and recover."
- 84% of TAY reported that they felt like they are making progress towards their goals.
- 100% of TAY agreed that they saw their treatment team as often as needed.

Source: Matched COMPASS Self-Report Surveys

Lower Scores Indicate Clinical Improvement
Creating a Better Path Home

About the Program

In 2017, Hathaway-Sycamores formed a pilot study funded by United Way to assess housing planning for youth exiting the foster care and juvenile probation systems in Los Angeles. We conducted interviews around individual cases and identified major gaps in the process that would leave these young people at high risk for homelessness.

In fact, we found that for these young people, their number one worry is housing. With a short planning period of 90 days, not knowing where they were going to be living next was extremely stressful. The study showed us that much more work needed to be done to integrate the foster care and juvenile probation systems into the housing process when discharging youth.

A generous grant from The Carl and Roberta Deutsch Foundation is allowing us to do just that by building relationships between the Los Angeles Homeless Services Authority, the Department of Children and Family Services, Los Angeles County Probation and housing agencies like Hathaway-Sycamores. The focus of the grant is on improving communication and coordination between these entities by standardizing language around housing, defining each entity’s role in the process and providing a comprehensive directory of housing resources.

The Deutsch Pilot Program brings us closer to our goal of creating a more mindful approach to housing planning where these large entities can truly encircle each young person exiting the foster care and probation systems with support to increase their chances of success in adulthood.

The Path Home for a Probation Youth

Raji Shivshanker, Project Manager for our Deutsch Pilot Program, explains a probation youth’s typical experience under current housing planning practices.

“Probation staff are often unaware of the entirety of housing resources or the new Youth Coordinated Entry System (YCES) [a countywide program that links young adults with housing and support services] and youth tend not to voice their needs. Some youth who return to their communities are at serious risk for violence or recidivism, so it’s really important to empower them to speak up, and for all systems working with them to listen. There’s historically been stigma around probation youth continued by youth arriving to housing interviews in shackles and orange jumpsuits.

With the Deutsch Pilot Program, we’ve been able to increase awareness of youth needs by working directly with Probation administrators, training them in the YCES system and collaboratively planning a housing process that’s more centered on youth needs. This includes making small cultural shifts that make a big difference for youth: like having them interview in plain clothes or asking housing agencies to visit the camps. We’ve also encouraged their staff to share youth’s voice around where they prefer to live and any special needs around mental health or learning, so that they are matched to appropriate resources. These trainings have had an immediate impact on youth. One Probation camp referred a young man to the YCES system and because of their training with Hathaway-Sycamores, they communicated safety concerns and risks for him, making us aware of the need to house him away from his former community. It’s a great example of the unique circumstances and individualized care that the housing planning system can provide for youth if we continue building relationships with our system partners.”

Our last year’s results from United Way grant funding that we hope to expand upon:

• 74% of youth found a housing resource (33% more than our goal!)
• Nearly 130 Probation and DCFS staff were trained in YCES and housing options
• 59% of trainees felt that their collaboration efforts have improved

Hathaway-Sycamores trained staff teams from 5 different probation camps around housing for emancipating youth

3.48 million transition aged youth experience homelessness every year in the United States


Since its start in January 2019, Hathaway-Sycamores has helped facilitate 12 meetings with leadership from DCFS, LAHSA, DMH and Probation. That is 3 times as many as our goal of 4.

Source: United Way Grant Report, 2018
Dr. James Guy recently joined the board, but he’s no stranger to Hathaway-Sycamores. In fact, the distinguished psychologist has been witness to our organization’s evolution through decades of involvement.

Jim’s career highlights include Dean of Fuller Theological Seminary’s School of Psychology and President and Co-founder of the Headington Institute, but he gained his first clinical work experience right here at our El Nido campus—back when it was called The Sycamores.

“In 1976, I had just started grad school at Fuller Theological Seminary and I was so excited because this was my first psych job. As Recreation Supervisor at The Sycamores, I would hang out and talk with the boys. After a year, I filled in as a counselor at Rowland Cottage. By then, I actually had some skills in talking and I ended up developing a counseling practice with the kids. Later, I become assistant director of treatment. During my three and a half years, I learned so much about youth development. Some kids just didn’t quite fit in the public system, but weren’t appropriate for juvenile hall. This was a really nice environment for kids like that, to help them get ready for foster care.

I left The Sycamores to teach and open a private practice for adults, but I missed the kids and what was going on here. So I joined the board for the first time in 1993. The Sycamores stuck with their mission and just kept getting better, and I wanted to support that. When Fuller’s School of Psychology appointed me as the Dean, it was very difficult to leave this board.

I’m going to be 67 and will retire in a year or two from my role at the Headington Institute. I’m getting sentimental, and began thinking, what do I miss? What would I like to do with the time that’s left? I thought of The Sycamores, because I was so touched by the mission and the success, one kid at a time. The lives that were being changed, it was so moving to me, that I just called Debbie [Manners, Hathaway-Sycamores’ CEO] and asked to rejoin the board.

What I like now at Hathaway-Sycamores is the seamless process. The treatment journey goes beyond emancipation into early adulthood, working with families, schools and communities in a way that is on just another level of operation. I have been so impressed with what they have done over the years. But I like the fact that, whatever age, it’s still about the kids.”

Dr. Guy’s renewed involvement will contribute to the organization’s commitment to build expert and experienced leadership as it grows to meet the increasing needs of children and families.
What enticed you to take this new position? 
I saw this as an opportunity to continue a lot of work I had been doing in the court for so many years. As the presiding judge of the Juvenile Court, I had the goal of bringing folks together to foster greater communication, coordination and collaboration amongst all the players in LA County that work with children and families. I saw how there needed to be a greater sense of urgency on how we approach these issues related to child protection in LA County. That coordination now includes the social workers, the workers from mental health, the children’s lawyers, and the representatives from the residential facilities themselves.

Have you seen changes? 
Yes, but I will never be satisfied. There is still too much to do...there are too many people to help. When I started in the Dependency Court in 1990, we had close to 60,000 children under the jurisdiction of the Dependency Court. Ten or 15 years later that number was under 24,000 and everyone rejoiced that we had reduced those numbers. My attitude was, ok, we’ve done pretty well, but we still have 24,000 kids under the jurisdiction of the court. That’s not good enough.

What lays ahead for your team? 
We’re expanding the network of prevention and aftercare networks. We’re starting to see an increase in home visiting programs; we’re just getting started on expanding our goal of early care and education programs.

“Those kids who come into this system through no fault of their own...100% of them have been victims of abuse and neglect. Every single one of them has been traumatized and when our government, takes them into our care... in effect we become their parents and we have an obligation to be the best parents possible.”

How do we more efficiently and effectively assess the mental health needs of children on the front end as they enter the system so that there will be fewer of them at the back end who have to enter our transitional shelter care facilities. If we can do a better job for some of those children at the front end they won’t be recycling through these facilities so often. There are also children in congregate care who aren’t going to go home. Places like Hathaway-Sycamores play a critical role in helping to prepare youth who can transition out of the system when they reach a certain age. Those facilities can bring the families of the children together to prepare them to go home.

The system is about caring for one child at a time... change one child you change the world. We can’t be satisfied until there are zero children in the system.

Transitional Shelter Care (TSC) has had 503 opportunities to shelter youth this year, 56 more than last year’s total of 447. Even with higher volumes of youth, TSC staff have managed to find safe living spaces for 316 youth under the 72 hour target, 44 more than last year’s accomplishment of 272 placements within 72 hours.
Financial Highlights 2018-19

Revenue and Support
- Government Contracts: $57,987,676
- Giving from Foundations, Corporations & Individuals: $2,236,167
- Other Income: $32,917
- Total Revenue and Support: $60,256,760

Expenses
- Program Service
  - Clinical & Community Based Mental Health Services: $38,696,524
  - Psychiatric Services: $120,290
  - Residential and Foster Care Services: $7,403,148
  - Supportive Housing for Transition Age Youth: $3,401,925
  - Educationally Related Mental Health Services: $190,216
  - Learning Lab: $423,355
- General Administrative
- Fund Development
- Total General Administrative and Fundraising Expenses: $6,975,273
- Total Expenses: $60,012,680
- Net Gain (Loss) From Investments: $318,558
- Total Change in Net Assets: $562,638

Program Allocation

- 65% Clinical & Community Based Mental Health Services
- 12% Residential and Foster Care Services
- 10% General Administrative Expenses
- 3% Educationally Related Mental Health Services
- 6% Supportive Housing for Transition Age Youth
- 1% Learning Lab
- 1% Fund Development
- 1% Other
Our Donors

July 1, 2018 – June 30, 2019

Our impact would not be possible without the generous support of our many donors, including the board, individuals, foundations, corporations and government agencies.

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### Our Donors

**July 1, 2018 – June 30, 2019**

<table>
<thead>
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<th>Amount Range</th>
<th>Donor Names</th>
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<td><strong>$500 - $999</strong></td>
<td>Dannine &amp; Scott Sheridan, David Smith, Betsy Uhrman, Michelle Weser Itzkowitz, Jennifer Thornton Wieland, Jeri Wilson, Julianne &amp; David Worrell, Diane Zuckerman &amp; Michael Hite</td>
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### In-Kind Donations

<table>
<thead>
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Thank you to all of our generous donors for their continued support. We have made every effort to accurately recognize those who gave over the past fiscal year. We apologize for any errors or omissions which may have occurred in this report. If any are noted, please contact Mary Kay Wilson at 626.395.7100 or MWilson@hscfs.org.

Too many young people call the streets their home – every night, all year long. With your help, we can turn hopelessness into hope, and homelessness into HOMEFULNESS.

Please call (626) 395–7100 ext. 2017 or email jcatania@hscfs.org with questions or to order by phone or email.
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Highlights from our Spring Gala, Celebrating Children, honoring Dr. Robert Pynoos

(left to right) Assemblymember Christopher Holden, Hathaway-Sycamores President & CEO Debra Manners, and Celebrating Children Honoree Dr. Robert Pynoos