

GOING THE DISTANCE

2021 COMMUNITY REPORT



Promesa 
BEHAVIORAL HEALTH
promoting growth and wellness.....



A Note From Our CEO

After 2020, it became clear to the world that smart technology is a valid and vital avenue to client engagement. We were fortunate as an agency to already have had over a decade in virtual telehealth service experience in our Substance Use Disorder Services Department. We quickly leveraged that skill and expertise across the agency's other service divisions. We were able to successfully navigate through 2020 and 2021 with minimal services disruption to our youth, families, young and older adult clients. We were also able to maintain employment for our workforce and did not experience any lay offs due to the pandemic.

While the pandemic has had far reaching consequences, we kept our attention focused on ensuring our employees were safe and that our services were uninterrupted. The dedication of our staff over the last 2 years has been paramount. They remain highly committed and passionate about serving this vulnerable population despite experiencing personal hardships due to the pandemic and economic downturn of our economy. Sometimes there are no eloquent ways to say things, times are tough; despite this we continue to *go the distance*.

In partnership with our staff, the Board of Directors, consultants, Resource Families and networks of other community benefit organizations, governmental agencies, etc., we collectively join forces to stive towards satisfying our mission. Though we all experience our own personal setbacks during difficult times, we pursue the goal of helping other's to heal.

It remains my pleasure to serve the organization under the guidance and direction of a dedicated and caring Board of Directors. I am thrilled to see what the next year holds for the organization!

Sincerely,

Lisa Weigant, M.A.

Chief Executive Officer

Board of Directors

Michael Der Manouel, Sr.
President

Fred Olmstead
Treasurer/Secretary

Nida Guzon Palmore
Board Member

Patricia E. Browns
Board Member

Eric Hodge
Board Member

Leadership Team

Lisa Weigant
Chief Executive Officer

Erlan Zuniga
Chief Financial Officer

Jodee Romero
Director of Human Resources

Arlene Vargas
Director of Residential Services

Mandi Reed
Director of Substance Use Treatment Services

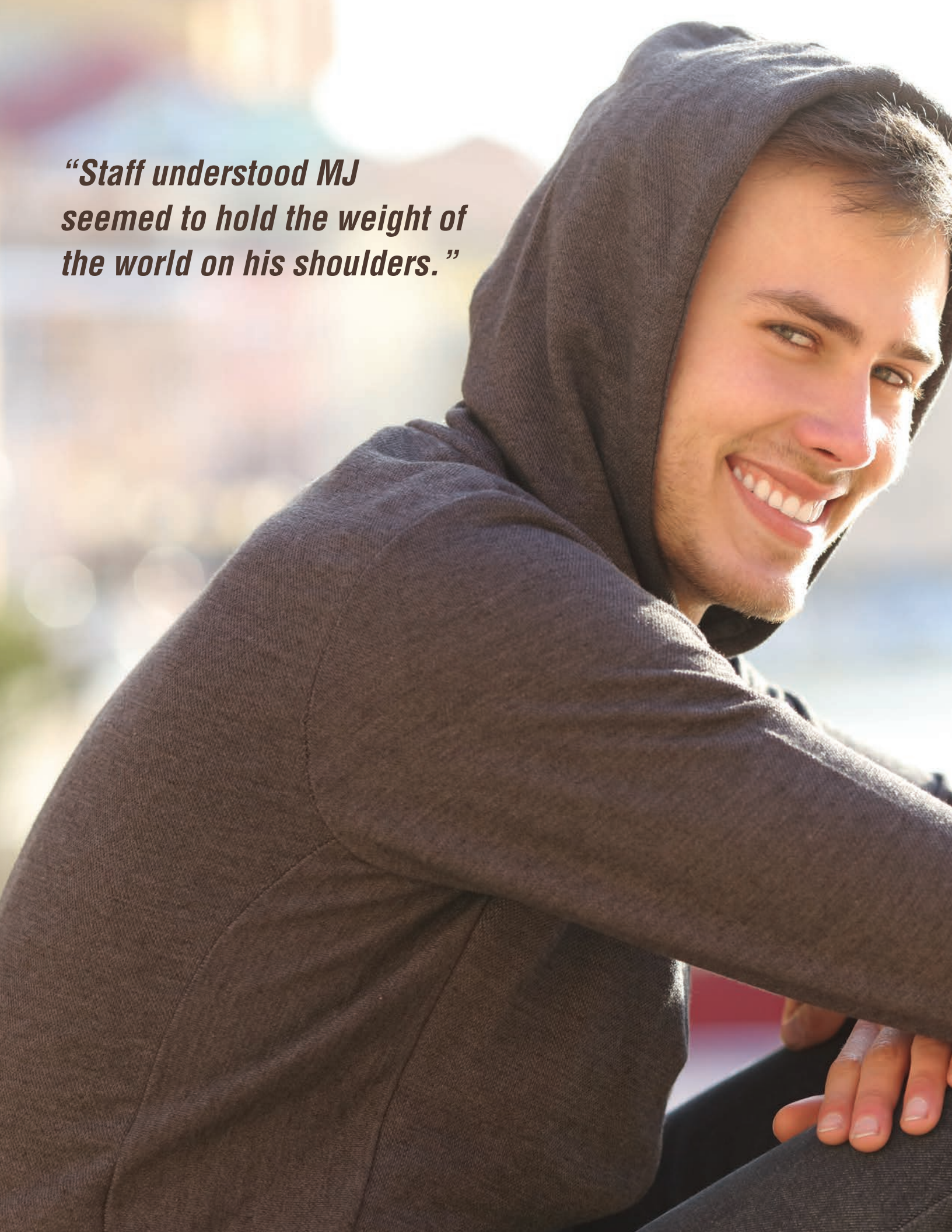
Michelle Bejarano
Director of Foster Family Agency

Our Mission



To act as a model nonprofit organization creating tangible, measurable and accountable community benefits by providing safe, sensitive and therapeutic environments and treatment to those we serve through the work of well trained, dedicated staff in partnership with social, health, judicial, and other appropriate community agencies.

***“Staff understood MJ
seemed to hold the weight of
the world on his shoulders.”***



A person wearing a dark hoodie is seen from the side, looking out at a range of mountains under a bright, hazy sky. The person's head and shoulder are in the foreground, slightly out of focus, while the mountains in the background are more distinct but still have a soft, atmospheric quality.

MJ's Journey

Fifteen year old MJ struggled from the moment he arrived. Overall, he was respectful and pleasant to be around, nonetheless, some days, it was harder to recognize these good qualities. Even though MJ often participated in disruptive incidents (many times he was the common denominator), staff continued to highlight his positives. This helped him understand that underneath his disruptive behaviors, we knew he had hopes, dreams, future aspirations. Yet, he desperately needed structure and accountability.

Staff understood MJ seemed to hold the weight of the world on his shoulders stemming from several untimely deaths of loved ones. Grief added to his struggle as he simultaneously tried to focus on his life goals, despite all the uncertainty in his life.

Although he was experiencing these hardships, he came to trust and utilize what he learned. He responded and flourished in response to staff's consistent overtures, finally trusting enough to open up in therapy. Pivotal in MJ's life was receiving our full menu of services, which facilitated his journey to growth and healing. Staff did not give up and MJ put in all the hard work. He successfully graduated from our STRTP program. We are glowingly proud of him!



Transitional Housing Program

Promesa operates a Transitional Housing Program for eligible youth aging out of the foster care system. We offer remote site options of fully furnished and home like, safe environments. Our effectiveness is evidenced by the requests of eligible, 'aging out' youth from our STRTP and Foster Care programs to remain in our care in the less restrictive environment of our THP-NMD program.

THP-NMD offers young adults the opportunity to supportively transition into adulthood, assistance with education, independent living skills, opportunities to obtain employment and support along with resources for their health, including their mental health.

In 2021:

40% of our "aging out" youth requested the continued supports that THP-NMD provides.

50% of THP-NMD participants report they are "better able to handle daily life" as a result of the supports received.

72% are 'on track' to finish post secondary objectives.

50% have secured employment.



Outpatient Substance Use Treatment

Our substance use treatment department has provided the majority of our services via telehealth long before the pandemic so services were able to seamlessly transition to the virtual world. Our highly qualified, telehealth addiction counselors, facilitated recovery for client's receiving regular telehealth treatment.

"I like using the technology, so I don't have to stop working; I can see my counselor on my lunch."

For **adult** clients:

79% expressed preference for telehealth as the means to receive services, while **21%** preferred a more traditional face to face approach.

For **adolescent** clients:

85% preferred telehealth as the means to receive services, while **15%** preferred in person.

EXPANDING OUR REACH

The pandemic made it clear that smart technology devices are the essential resources enabling us to sustain a seamless level of service. While still in the shadow of the pandemic, we developed a blend of virtual and site based services for all our essential programs. This approach qualified us to secure back-to-back funding to improve and expand our telehealth footprint.

The Center at Sierra Health Foundation on behalf of DHCS's Coronavirus Response and Relief Supplemental Appropriations Act Telehealth Expansion Project in 2020-21 awarded \$100,000 for our Specialty Mental Health Services to provide virtual sessions to our youth; then again in late 2021, The Center provided an additional \$100,000 award to improve electronic resources for our Substance Use Disorder Treatment Services.

These generous funds supported Promesa's upgrade to our telehealth infrastructure:

- Adding to our capabilities to support virtual services
- Enabling us to offer intensive training for serving clients (youth and adults) with telehealth and virtual resources.
- Providing state-of-the-art encrypted devices to all Mental Health Program staff to facilitate their connection with our clients.
- Demonstrating outcomes that our adolescent and adult clients expressed a high level of satisfaction with our telehealth treatment options.

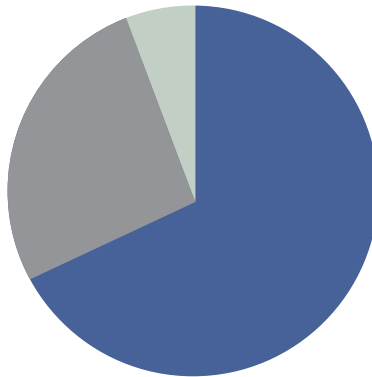


Promesa utilizes Specialty Mental Health Services Professionals, who provide direct services to **8** STRTP licensed programs.

Each program has an average of **2** Mental Health Specialists assigned for on-site services. Youth receive an average of **3-5** services per week, based on individual need.

Each youth has an opportunity to participate in an Experience Survey which attempts to gauge their perceptions of benefits, improvements needed, etc., with the mental health services they are receiving.

2021 Survey Responses: SMHS Services



▪ **Beneficial** ▪ **Unsure** ▪ **Refused**

Surveys use a likert type scale, which allows for degrees of opinion with relative ease of analysis. The refusal rate was low at 5%, 95% of youth gave complete answers to survey. Average age of responder 15.

Here is what our youth have to say:

"Therapy helps me meet the terms of my probation"

"Counseling helps me sleep better"

"Peer Support would be a good thing"

"I like that staff is listening"

Staying ^{the} Course

Maintaining focus on our mission and vision is what propels us to strive to maintain our purpose as a client centered organization. Using this as our compass, we make decisions surrounding the best needs of those we serve.

We believe and embrace the fundamental right of all children; that they be given the opportunity to thrive in a family they call their own.

"I needed glasses, braces, I went to the doctor and stuff. They treated me like family and I got the things I needed."

With over **120** willing resource parents, we make every attempt to find children a home where they can best be themselves, feel safe and experience the security of a family. **50%** of our children are in Intensive Services Foster Care (ISFC) meaning they require additional supports in their home life to help stabilize and heal trauma. We also provide additional guidance to our ISFC resource parents so that they may better meet the needs of the children they care for.

At the onset of the pandemic, personal protection backpacks, stocked with essential items, were given to each Social Worker. This ensured immediate accessibility to minimize exposure. Even though pandemic mandates have eased, we keep our compass pointed in the direction of rapid response.



FINANCIAL REVIEW

Statement of Financial Position

	12/31/2021	12/31/2020
Total Assets	\$10,814,640	\$9,624,558
Total Liabilities	\$3,055,330	\$2,951,515
Total Net Assets	\$7,759,310	\$6,673,043
Total Liabilities & Net Assets	\$10,814,640	\$9,624,558

Statement of Activities for December 31, 2021

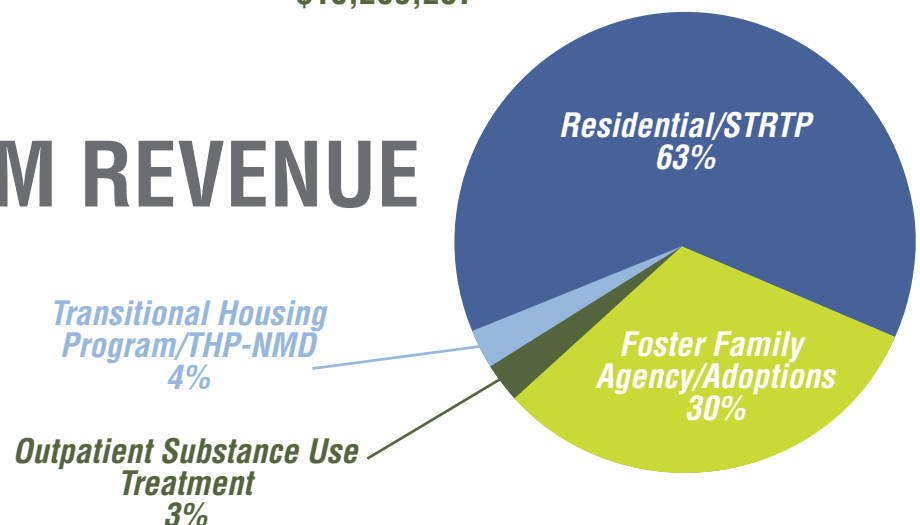
Revenues and Support

Fees for Services-Programs	\$11,217,957
Investment	\$8,734
Other Income	\$68,833
Total Revenues & Support	\$11,295,524

Expenses

Program Services	\$9,237,913
Support Services	\$971,344
Total Expenses	\$10,209,257

PROGRAM REVENUE



**SAFE ENVIRONMENTS.
ACCOUNTABLE PERFORMANCE.
MEANINGFUL OUTCOMES.**

Promesa
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