



ANNUAL **REPORT**  
**2017-2018**



Children's Receiving Home  
of Sacramento

# FROM THE DESK OF

David Ballard, CEO

Friends,

You've made so many great things happen for children in crisis this year, but what really sticks out to me are the improved living spaces and common areas across campus that your support has made possible for the kids we serve.

You've helped create a stable, comfortable, and therapeutic environment (including: retiling dorm bathrooms and replacing countertops; repairing fencing and improving landscaping around campus; and converting worn carpeting to new wood laminate flooring in the dorms).

In May, a new "Teen Lounge" was unveiled, featuring video game systems, ping-pong and foosball tables, and a dedicated library with cozy

Enhanced living spaces are just one example of the tangible impact your donations have made over the last year.

With your support CRH has always risen to meet the individualized needs of each child in our care. Now that mission is evolving to serve more children whom child welfare agencies have found hardest to place, and a youth leaving our care is just as likely to be going into a family placement as they are to be preparing to emancipate to adulthood. Our ability to provide nurturing counselors, individualized care, skills training and therapeutic programs around the clock would not be possible without each and every one of you.

*“With your support CRH has always risen to meet the individualized needs of each child in our care. Now that mission is evolving to serve more children whom child welfare agencies have found hardest to place...Our ability to provide nurturing counselors, individualized care, skills training and therapeutic programs around the clock would not be possible without each and every one of you.”*

chairs and a hot chocolate machine that has been a tremendous hit with our older youth.

The kids we serve feel lost, abandoned, and discarded by the people who were supposed to love and care for them. I've long believed demonstrating to them that they are worthy of the best surroundings and the nicest environments goes a long way toward building up the strong self-image, willpower and resilience necessary for them to find their paths forward.

When good people come together amazing things happen. It's said that "many hands make light work;" around here I see many friends, advocates, alumni, and caring community members making an incredible positive impact and proving to youth in crisis that their community is committed to offering them a hand up. As we enter our 75<sup>th</sup> year of service to Sacramento's youth this coming January, I'm inspired and heartened to count so many of you standing by our side.



David Ballard, LCSW  
Chief Executive Officer



# TRUE GRIT:

## Former CRH youth to graduate from SFSU in May

Walking around the San Francisco State University campus wearing a t-shirt, jeans, and carrying a messenger bag, Cloud appears to be an average college student. You wouldn't know it by looking at him, but he is currently part of a small percentage of former foster youth who attend college. When he receives his diploma this coming May, he will become part of an even smaller percentage (less than 10%) of former foster youth who successfully graduate from college.

In addition to being a Resident Advisor for SFSU, he is the Mentor Coordinator for Guardian Scholars and a Mentor for the Educational Opportunities Program. While managing a full-time academic course load, he says it's important for him to be able to give back. As a student leader he connects former foster youth and helps ensure they have the resources they need to be successful in college.

Cloud attributes his achievements to the staff who mentored him and the skills he gained while utilizing the Independent Living Services program at the Children's Receiving Home (CRH).

***"The staff [at CRH] are some of the most caring, understanding, and supportive individuals that these foster youth will have. They were really able to help me and kept me accountable...I take that sense of accountability with me and hold that as my own standard."***

Cloud remembers fondly the college road trip he went on while staying at CRH. It was this experience that first showed him what could be possible—that he could find a sense of belonging in a college, which is what he's found at SFSU. The staff at CRH helped him select SFSU, assisted him in his application, and even drove him to his freshmen orientation.

***"They really gave me the care that a parent or guardian would give to their child. Their support was fundamental,"*** he says.

Cloud says that he attributes his future successes in life to his time at CRH.

***"Thanks to CRH, I was able to build a resolve that allowed me to expand my capabilities while carrying the weight of my past. CRH fostered the resolve, courage, strength of character, and grit I needed to make myself successful in spite of my circumstances."***



# OUR PROGRAMS



## Short-Term Therapeutic Residential Care

*Trauma-informed services to stabilize and transition to a lower level of care*

CRH provides intensive therapeutic services for children and youth suffering from extreme trauma and behavioral and mental health issues. Permanency outcomes are focused on through intensive family involvement and support.

## Independent Living Services

*Educational and transition services that ensure self-sufficiency and success*

Supportive services and training are offered to all transition-age youth such as: job skills development, resume building, interview preparation, financial management, healthy meal planning, and use of public transportation. ILS facilitates a successful transition from foster care to adulthood.



## Sprouts: Trauma-Informed Care Preschool

*Therapeutic program to help heal young children with a history of trauma*

Sprouts is a special preschool that serves the youngest survivors of abuse and neglect through an innovative and trauma-informed curriculum. Healing is emphasized in all areas of child development, including: social, emotional, physical, cognitive, and school readiness.

## Partial Hospitalization Program

*Treatment program supporting youth experiencing a mental health crisis*

Clinicians treat a wide variety of youth disorders, dependencies, and post-inpatient hospitalizations. Individual, family, and group therapy is provided along with individualized treatment plans that support youth experiencing depressive and bi-polar disorders, anxiety, grief and loss, PTSD, and more.



## Supporting Community Connections

*Suicide prevention outreach program for at-risk youth*

Services are provided to youth in the foster, homeless, and LGBTQ communities. Educational groups are provided and vulnerable youth are connected to community resources. CRH staff are trained in ASIST, a nationally-recognized method proven to reduce suicidal feelings and actions.



# OUR IMPACT...

Youth Served

1,392



The Children's Receiving Home of Sacramento provided life-changing services and programs to 1,392 at-risk children and youth this past year.

Social Connections

84%



84% of youth felt socially-connected during their time at CRH. Connections for foster youth are key—and at CRH they see they're not alone in what they're facing.

Therapy Groups

2,572



2,572 therapy groups were completed this year. Groups teach important skills such as: mindfulness, self-esteem, interpersonal effectiveness, and healthy eating habits.

## ...THEIR WORDS

*"I liked talking to other kids who have struggled through the same things I have."*

- CRH Youth

*"The program 'reached' my kiddo, she thrived! So nice to see her smile again."*

- PHP Parent

*"I liked the kids and staff here. They are like family to me."*

- CRH Youth

*"My child is thriving at his new school which wouldn't have been possible without Sprouts. Thank you!!"*

- Sprouts Parent



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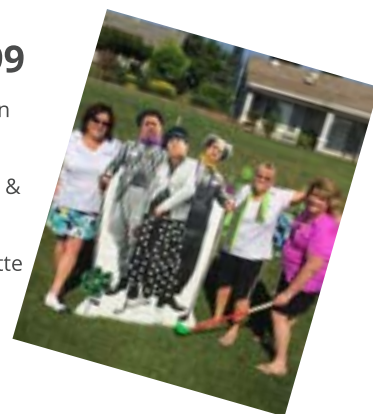
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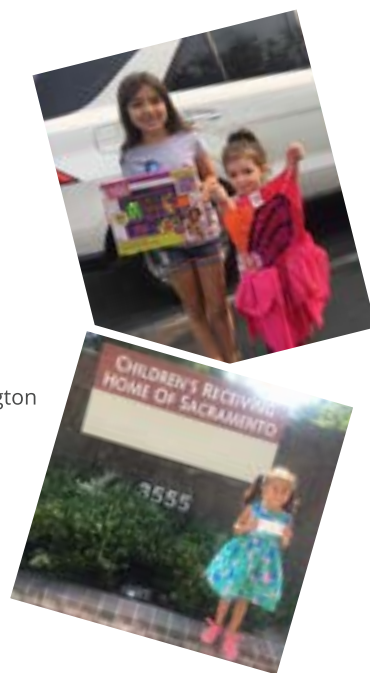
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*Thank you!*

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Children's Receiving Home  
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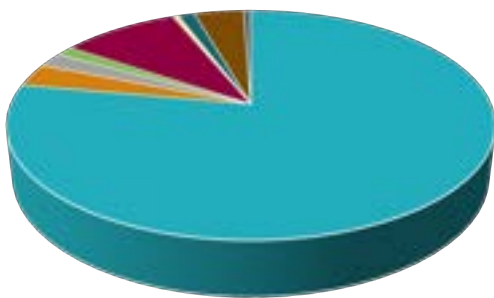
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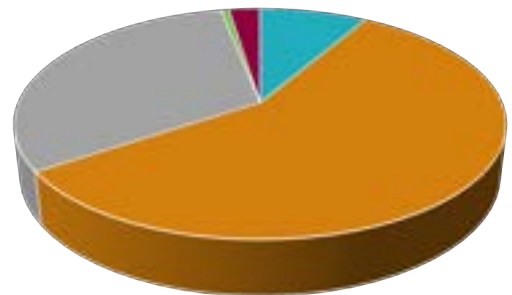
# FINANCIAL REPORT

### Expenses



- Salaries, Benefits & Taxes
- Supplies, Furniture, Fixtures & Equipment
- Assistance to Children & Occupancy
- Insurance
- Miscellaneous
- Professional Fees, Travel, Training & Conferences
- Communications, Tech Support & Equipment
- Fundraising, PR & Printing
- Debt Service, Depreciation & Amortization

### Public Support & Revenue



- Contributions
- Contract Service Revenue
- Rental & Investment Income
- Foster Care
- Nutrition & Health Payments
- Miscellaneous

# 88%

## PROGRAM EFFICIENCY RATIO