

**Foothill**  **Family**  
**Service**



**85**  **+YEARS**  
**SERVING FAMILIES**

ANNUAL REPORT 2010-11





## From Our Director, Helen Morran-Wolf

**This year we are proud to celebrate Foothill Family Service's 85th Anniversary!** Founded in 1926 by community volunteers, Foothill Family Service has been there to help children and families through difficult times from the Great Depression to the present. Our amazing staff, committed Board of Directors and generous supporters have helped us continue our mission of Building Brighter Futures for Children and Families. **Last year we served 23,233 children, teens and families through our mental health and social services!**

Throughout this challenging year, our dedicated staff did an outstanding job providing services to the most vulnerable children to help them stay with their families and in the community whenever possible. We received a large number of families referred for child abuse and domestic violence treatment and an increasing number of children were identified and referred for treatment by the 100 schools and 40 preschools where we provide on-site services. **Our largest area of growth is in our services for families with children 0-5, which now comprise one-third of the families we serve.** Our new Early Head Start Program, housed in our new site in La Puente, serves high-need children 0-3 and their families. The program has been fully enrolled throughout the year and has a growing waiting list.

We have been able to grow and expand our services to meet the increasing needs of our community. In 2010-11 our revenues grew over 14% to \$17.8 million with fundraising bringing in over \$1 million - a major accomplishment in this economy! Our fabulous Friends of Foothill Family supported our work through their Annual Benefit, the Adopt-A-Family gift program and Back-to-School Backpack program. We are so grateful to our Board Members, Friends of Foothill Family, community and corporate donors and foundations that have generously supported our work during these difficult times. Thank you! We could not do it without you. Together we have been able to Build Brighter Futures for thousands of Children and Families!

## STATEMENTS OF FINANCIAL POSITION

June 30, 2011 and 2010

	2011	2010
<b>Assets</b>		
<b>Current assets:</b>		
Cash	5,263,990	5,311,277
Investments	1,728,158	1,331,413
Receivables, net	1,811,372	1,730,965
Promises to give	136,896	136,896
Prepaid expenses and other current assets	88,293	110,228
Total current assets	<u>9,028,709</u>	<u>8,620,779</u>
<b>Receivables due from Los Angeles County   Department of Mental Health</b>	1,478,663	1,478,663
<b>Property and equipment, net</b>	2,008,685	2,174,615
Total assets	<u><u>12,516,057</u></u>	<u><u>12,274,057</u></u>
<b>Liabilities and Net Assets</b>		
<b>Current liabilities:</b>		
Accounts payable	4,638,905	4,160,377
Accrued and other current liabilities	1,254,521	1,352,720
Total current liabilities	<u>5,893,426</u>	<u>5,513,097</u>
<b>Net assets:</b>		
Unrestricted	6,001,912	5,970,107
Temporarily restricted	243,572	413,706
Permanently restricted	377,147	377,147
Total net assets	<u>6,622,631</u>	<u>6,760,960</u>
Total liabilities and net assets	<u><u>12,516,057</u></u>	<u><u>12,274,057</u></u>

**STATEMENTS OF ACTIVITIES**  
For the Years Ended June 30, 2011 and 2010

	<b>2011</b>	<b>2010</b>
<b>Changes in unrestricted net assets:</b>		
<b>Public support:</b>		
Contributions	618,459	598,539
Special events	233,998	255,976
United Way	47,500	47,500
Total public support	899,957	902,015
<b>Revenues and other income:</b>		
Program service fees and contract reimbursements	16,413,441	14,502,106
Investment gains	331,098	154,452
Total revenues and other income	16,744,539	14,656,558
Total public support, revenues, and other income	17,644,496	15,558,573
<b>Net assets released from restrictions:</b>		
Satisfaction of program restrictions	265,134	281,664
Total net assets released from restrictions	265,134	281,664
Total unrestricted revenues and support	17,909,630	15,840,237
<b>Expenses:</b>		
Program service and contract costs	17,250,056	14,901,171
Support services:		
Management and general	106,775	157,077
Fundraising	520,994	493,034
Total support services	627,769	650,111
Total program services, contract costs and support services	17,877,825	15,551,282
Increase in unrestricted net assets	31,805	288,955
<b>Changes in temporarily restricted net assets:</b>		
Program contributions not expended during year	95,000	152,925
Net assets released from restrictions	(265,134)	(281,664)
Decrease in temporarily restricted net assets	(170,134)	(128,739)
Increase (decrease) in net assets	(138,329)	160,216
Net assets, beginning of year	6,760,960	6,600,744
Net assets end of year	6,622,631	6,760,960

**\$17,800,000** budget

**\$1,100,000**  
raised through donations

**23,233** clients served

**95%**  
of funding directly supports programs

**12** school districts

**47** preschools where we provide on-site services

**98**  
schools where we provide onsite services

**741**  
elementary school classrooms where we provide services

**96%**  
of children who receive our clinical services are from poverty level or low income families

Foothill Family Service provides a broad range of community-based mental health and social services to at-risk children and families to help them overcome life's challenges, stay together and be successful. Founded in 1926, Foothill Family is a 501(c)3 organization accredited by the Council on Accreditation.

**Seven Family Centers:** Pasadena (3), El Monte, West Covina, Duarte, La Puente

#### **Programs & Services:**

- Children and Teen's Mental Health and Family Counseling
- Services for Families with Children 0-5
- Child Abuse Prevention & Treatment
- Domestic Violence Prevention & Treatment
- Prevention & Early Intervention

**18 Service Languages:** English, Spanish, Korean, Mandarin, Arabic, Cantonese, Armenian, Thai, Farsi, Tagalog, Khmer, Italian, Japanese, French, Russian, German, Filipino and American Sign

**Clients:** 72.7 Latino • 9.3% Caucasian • 6.3% African American  
• 7% Asian Pacific Islander • 4.7% Multiracial/Other

**Our 298 Staff Members Are:** 81% bilingual, 88% bicultural

**Volunteers:** Our Board Members, Friends of Foothill Family volunteer group, Advisory Board Members, National Charity League and community volunteers together provided 19,050 hours of service this year!

# Building Brighter Futures for Children and Families for 85+ Years!



## **Our mission...**

Foothill Family Service builds brighter futures – empowering children and families in our community to overcome challenges and achieve success in relationships, school and work.

**85**  **+YEARS**  
**SERVING FAMILIES**

NINETEEN

# '26-'76



1926

*Founded in Pasadena by key community volunteers to help needy families; Mrs. Josephine Marsh is the first director.*

1935

*Provides casework services to 236 children and families.*

1941

*Incorporates as the Family Service Society of Pasadena with Mrs. Harriet Huntington Doerr the first president.*

1945

*Incorporates as a tax-exempt organization in the State of California. Becomes a training site for USC graduate social work interns.*

1951

*Moves into the new Memorial building at 118 South Oak Knoll Avenue, Pasadena. Mental illness is declared the No. 1 health problem in the U.S.*

1965

*Family Service Society of Pasadena merges with Family Service Society of Temple City and Altadena Family Service; changes name to **Foothill Family Service**.*

1975

*Becomes one of the first agencies to offer specialized programs in child abuse prevention and treatment. Foothill Family Service's "Juvenile Diversion" program is lauded by the Pasadena Star-News.*

1976

**50th Anniversary of the Agency.**

# PROGRAMS TODAY

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## Early Head Start

The Early Head Start program is a comprehensive, home-based program for pregnant women or families with infants and toddlers ages 0-3. We support the healthy development of infants and toddlers through weekly home visits with our trained child development specialists. Available to residents of El Monte, South El Monte, and La Puente.



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## Early ESTEEM

Specially trained therapists provide early intervention and mental health services to families with children ages 0-5 who are exhibiting developmental delays, behavioral or mental health problems. Services are provided in homes, at preschools and at our family centers.

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## School Readiness

Specially trained child development specialists prepare children for school so that every child, regardless of race and/or socioeconomic status, enters school ready to learn.

# '77-'93



1978 *Purchases the Oak Knoll building from United Way to house clinical services.*

1983 *Our Child Abuse Prevention and Treatment Program services are funded by the State of California under AB 1733/AB 2994.*

1984 *Achieves accreditation from the Council on Accreditation.*

1985 *Becomes one of the first agencies providing innovative **Adolescent Family Life Program (AFLP)**, a case management program for pregnant teens and teen parents.*

1989 *Receives the American Medical Association Award for excellence intervention in the field of teen pregnancy.*

1992 *Develops the innovative **ESTEEM School-Based Counseling Program** in the Garvey School District and at one school in Pasadena. Develops innovative pre-school-based program in Pasadena serving children 0-5. Provides crisis counseling to families affected by the Altadena firestorms.*

1993 *Begins our **Domestic Violence Treatment and Prevention Program**. Receives a FEMA contract to provide crisis counseling, outreach and education following the Northridge earthquake.*



# PROGRAMS TODAY

## Child Abuse Prevention & Treatment

Foothill Family Service provides professional Child Abuse Prevention & Treatment services to children and families who have experienced or are at risk for child abuse/neglect. Without this treatment, abused children have difficulty being successful in school or having positive relationships with their peers or adults.



## Wraparound Program

Provides comprehensive, in-home mental health services to severely emotionally disturbed children up to 15 years old living in the San Gabriel and Pomona Valleys.

## Adoption Support Services

We provide professional in-home services for families who have adopted an infant or child to help them address the special needs of the child and successfully integrate the child into the family.



1994

Secures a contract to provide **Cal-Learn**, a new statewide case management program for teen parents that are receiving state assistance.  
Expands our service area to provide services to El Monte, South El Monte, the entire San Gabriel and Pomona Valleys, Glendale and Burbank.  
**Opens a family center in West Covina.**

1996

Launches two teen pregnancy prevention and family strengthening programs: **Partners for Responsible Parenting** and **Future Visions**.

1997

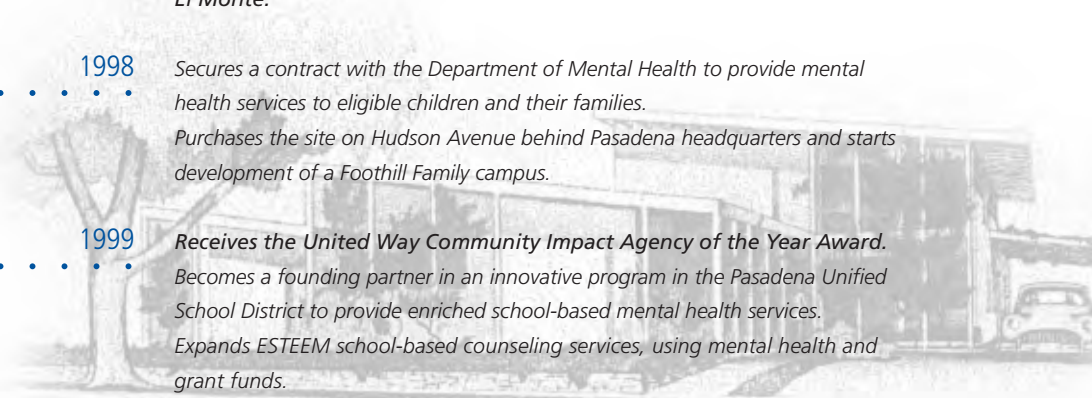
Starts school-based counseling services to **Mountain View School District in El Monte.**

1998

Secures a contract with the Department of Mental Health to provide mental health services to eligible children and their families.  
Purchases the site on Hudson Avenue behind Pasadena headquarters and starts development of a **Foothill Family campus.**

1999

**Receives the United Way Community Impact Agency of the Year Award.**  
Becomes a founding partner in an innovative program in the Pasadena Unified School District to provide enriched school-based mental health services.  
Expands **ESTEEM** school-based counseling services, using mental health and grant funds.  
Secures a contract to provide **CalWORKs** Services for victims of domestic violence.



# PROGRAMS TODAY

## School-Based Counseling

We provide professional counseling and mental health services to students at their elementary, middle or high school. When necessary, we provide family therapy, in-home services and link families to community resources. Group treatment on topics such as anger management, social skills, substance abuse treatment and trauma counseling are also available.



## Mental Health Services for Children & Teens

Therapists and/or psychologists provide individualized treatment to children and teens at local schools, at home and at our Family Centers. Treatment options include play therapy, cognitive-behavioral therapy, parent-child interaction therapy and evidence-based practices. Child Specialists provide additional support and can also link the child's family to necessary resources. Specialized services are available for teens struggling with both mental health issues and substance abuse.

## Individual & Family Counseling

Our professional services reach out to underserved adults, too. Couples wanting to improve their marriage, an adult struggling with anxiety or depression, or seniors raising their grandchildren are examples of adults who sometimes need professional counseling to overcome life's challenges.



## 2000

Expands **ESTEEM School-Based counseling** to 40 schools in 5 school districts: Pasadena, El Monte City, Mountain View, Garvey and Temple City. Awarded a grant for a **Domestic Violence Prevention Program**.

## 2001

**75th Anniversary of Foothill Family Service.**

Two board members establish **The Friends of Foothill Family** as a support group for the Agency.

Secures funding from First5 LA to start two new early child development programs: **Bright Start**, a home visiting program for teen parents and **Early ESTEEM**, an innovative program that identifies and treats mental health needs of children ages 0-5 and their families and provides training to preschool teachers and childcare providers.

Successfully completes a capital campaign to develop a new Family Center in Pasadena.

**Opens a new Family Center in El Monte**, purchasing and renovating a building, which greatly improves access for client families.



# PROGRAMS TODAY

## Support Group for Domestic Violence Survivors

Groups are available to women who are taking steps to change their lives. Groups are available in English and Spanish.



## CalWORKs Domestic Violence Program

Foothill Family provides intensive case management to domestic violence (DV) victims who are on state assistance. Our services help victims of violence overcome the emotional trauma and move towards financial independence. Professional, individual and family counseling is available as needed, including counseling for the children of DV clients. DV clients also have access to support groups, art therapy and attorneys who provide specialized services to victims of violence.

# TWENTY '02-'04



2002

*Starts school-based counseling services in the **Hacienda-La Puente School District**. Fully implements the **Early ESTEEM Program** serving 195 pre-schools and childcare providers.*

***Opens a new Home Office in Pasadena.***

*Completes renovation of the Family Center in Pasadena.*

2003

*Demonstrates that our **ESTEEM School-Based Program** made statistically significant improvements in children's lives.*

*Develops a pilot **Dual Diagnosis/Co-Occurring Disorder Treatment Program for Teens** who are identified as having both mental health and substance abuse problems.*

2004

*Expands mental health services in **La Puente, West Covina, Baldwin Park and Covina** in response to the sudden downsizing of a major mental health agency. Secures a new grant to treat children who are victims of family and community violence.*



# PROGRAMS TODAY



## Prevention Services for Teens

We partner with community agencies to encourage healthy life choices for pre-teens, teens and young adults through youth development activities that build the self-esteem of teens and pre-teens who are at a high risk for teenage pregnancy or school dropout.

## Teen Family Services

Comprehensive case management and mentoring for pregnant or parenting teens that help vulnerable youth achieve success in school and at home are available through our Cal-LEARN and Adolescent Family Life Programs. Case managers assist teens in becoming effective parents. In-home visits help teens make positive lifestyle choices, raise healthy babies, and learn parenting skills. Teens learn to set and achieve goals, stay in school and graduate.



2005

*Moves into a new Family Center in West Covina that doubles our space and greatly improves accessibility.*

*Starts MAT assessments to children detained by the Department of Children & Family Services.*

2006

*80th Anniversary of Foothill Family Service.*

*Secures a new contract to provide intensive **Wraparound Services** to very high need children and their families to move them into permanent homes.*

*Receives first Federal appropriation through Congressman Adam Schiff.*

*Expands school-based counseling services into 64 schools.*

2007

*Secures a new contract to provide **Full Service Partnership Services** to high-need children 0-15 and their families using Mental Health Services Act funding*

*Awarded the certificate of re-accreditation through December 2011.*

2008

*Opens new Family Center in Duarte.*

*Implements **Hope and Home**, a program to serve children ages 0-5 and their young mothers who are homeless or at risk of homelessness – one of only three programs in the nation to specifically address this issue.*



# PROGRAMS TODAY

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## School and Family Effectiveness (SAFE)

A 10-week session that strengthens the family system by engaging all the members and improving the relationships within the family and between the family and school.

## Incredible Years

Incredible Years, an evidence-based parenting series, promotes a strong parent-child bond and teaches parents how to encourage positive behaviors in young children.



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## Parenting Workshops

Hour-long sessions in English or Spanish cover a variety of topics, including resolving conflict at home, parental stress and its effects on children, positive discipline, childhood obesity and emotional eating, and recognizing child abuse and neglect.

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## Future Success

Foothill Family uses an evidence-based youths development intervention that helps middle and high school-aged youths avoid risky behaviors by focusing on positive academic, personal and career goals. During the weekly or bi-weekly sessions, youths envision a positive future for themselves and map out the steps to achieving their goals. The program invites community volunteers to talk about their career experiences, which help youths as they consider their future options.

TWENTY

'09-'11



2009

*10th Anniversary of The Friends of Foothill Family, a support group for the Agency.*

*Implements an electronic healthcare record system.*

2010

*Secures first federal contract, **Early Head Start**, to provide home-based services to very high-need children ages 0-3 and their parents.*

*Implements a **School Readiness Program** in Azusa through First 5 LA to help at-risk children transition successfully into Kindergarten.*

*Opens new **Family Center** in La Puente.*

2011

*85th Anniversary of Foothill Family Service.*



## Summary of Services

- **Mental Health & Counseling Services** – Foothill Family provides professional mental health and counseling services to children, teens, adults and families at local schools, at home or at our Family Centers. Our goal is to help our clients effectively address emotional or mental health issues so they can achieve success at home, school and/or work.
- **Services for Families with Children 0-5** – Foothill Family offers a spectrum of services, including assessment, family counseling, parent education, mental health treatment, case management, and adoption support services to support parents and their children ages 0-5 during their critical developmental stages. Our specially trained therapists, home visitors and case managers address the special needs of the children while helping parents, including teen parents, support the healthy development of these very young children.
- **Child Abuse Prevention & Treatment** – Our services include comprehensive assessment, play therapy, group therapy, family therapy and case management for children and families who have experienced or are at risk of child abuse/neglect. Without this treatment, abused children have difficulty being successful in school or forming positive relationships with their peers or adults.
- **Domestic Violence Prevention & Treatment** – Our services help victims and perpetrators of domestic violence overcome violence in the home, end the cycle of violence and move towards healthy relationships. Case management and support groups help survivors of domestic violence take steps to change their lives and move towards financial independence. Our certified perpetrators' treatment groups help abusers take responsibility for their actions and learn to manage their emotions.
- **Prevention & Early Intervention Services** – Recognizing that parents are their children's most important teachers, our specially trained professionals facilitate classes and workshops that build on the strengths of mothers and fathers. Foothill Family also works closely with vulnerable teens to help them set goals, avoid an unplanned parenthood, and graduate high school.



# Building Brighter Futures for Children and Families for 85+ Years!

*"The services I have received have drastically changed my life for the better."*

*"I learned new ways of handling problems with my child. Once I tried them out, it significantly improved his behavior."*

*"This program directly improved my daughter's work at school. She seems calmer, happier and more focused."*

*"Counseling has been a tremendous help to me and my family."*

**85**  **+YEARS**  
**SERVING FAMILIES**



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