



2024-25

ANNUAL *IMPACT* *REPORT*



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Dear Supporters,

What does it mean to truly meet people where they are?

For FSA, it means a therapist down the hall at school so an anxious 8-year-old can get help without his mother missing work. It means a Family Resource Center where a greeting is returned in Mixtec, the family's own language. It means a case manager coming back week after week, respecting every "no" until a senior reluctant to accept support is ready to say "yes."

This is what makes FSA effective. We go where people already are, and we build on the strengths they already have. You'll find us in schools, in neighborhoods, in homes, in assisted living facilities, and even in parks and cafes when that's where someone feels safe enough to start a conversation. We embed our services into the fabric of daily life because we know that access isn't just about availability; it's about eliminating every possible barrier between someone who needs help and the support that can transform their life.

This year, our therapists provided over 8,000 hours of counseling to youth right on school campuses. Over 500 moms and dads strengthened their parenting and relationship skills in their own neighborhoods through FSA's education classes. Staff made thousands of visits to homes and care facilities, building trust one doorway at a time.

Your support doesn't fund just services, but the time it takes to build trust. The patience to meet people at their own pace. The presence in communities that says, "We're here, right where you need us."

We are deeply grateful for your partnership in this work. As you read through this report, we hope you'll see what we see every day: the strength of people working to build better lives, and the power of support that meets them exactly where they are.

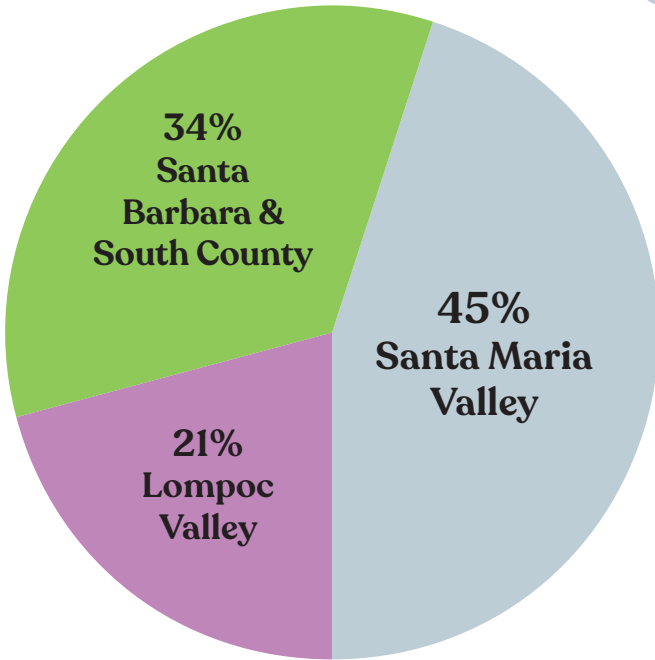
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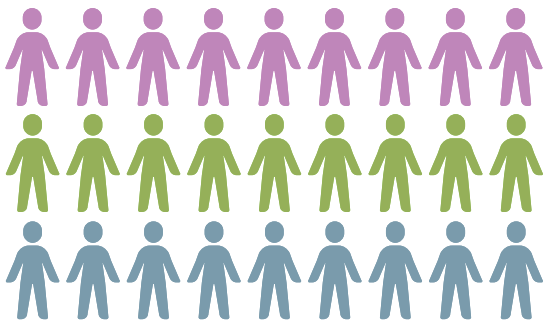
Regions Served



Last year, we helped

18,998

In-depth services provided to 10,669



Information, referrals, and food distribution provided to 8,329

Our Locations

- Guadalupe
- Santa Maria
- Lompoc
- Santa Barbara
- Carpinteria

Ages

0 to 97



49% Male



50% Female

1% Non-Binary

84% Hispanic/Latinx/Mixtec

8% Caucasian

4% African American

3% Mixed/Other

1% Native American

44% Very Low-Income

47% Low-Income

9% Moderate Income

Our mission is to strengthen and advocate for families and individuals of all ages and diversities, helping to create and preserve a healthy community.

Support at Home and Around the Corner

Community-Based Parent and Relationship Education

Family Support Services

2,916 individuals received
in-depth services
(Case management, referral follow-up)

Outcomes

(results for those surveyed)



87%

of families moved
toward or maintained
self-sufficiency

Parents as Teachers (PAT)

*In-Home Parenting and Early
Education Support*



35%

more families completed
all PAT sessions
compared to 2023-24



133%

growth in Lompoc
families completing the
program compared to
2023-24

3,301 individuals received
information and referrals



81%

successfully connected
with the agency to which
they were referred

Parent Education



232

Healthy Relationship Graduates



DEDICATED
DADS

130

Fatherhood Education Graduates



180

Parenting Class Graduates

Outcome

(After graduation)

74%



of parenting education
graduates reduced
their overall risk for child
abuse and neglect



Community Support That Sounds Like Home

When the door at the Oakley Family Resource Center (FRC) burst open and a child ran in saying “hello!,” his mother was surprised to hear his greeting returned in Mixtec, their first language.

As she chatted with a trilingual Promotore Family Advocate (PFA), she was even more happy and relieved to learn about the free services available to help her family in a time of big changes. The family had recently relocated from Northern California to Santa Maria and found their way to the FRC seeking support. As the mother shared the hardships of making ends meet, she expressed concern about her son’s academic challenges, revealing that her 9-year-old son had never attended school before. The PFA quickly established rapport and, without judgment or delay, began exploring resources to help enroll her son.

The PFA connected the family with the Food Pantry and Mixteco Indigena Community Organizing Project to address immediate needs. To meet school enrollment requirements, the PFA helped complete immunizations and obtain a physical exam by connecting them to a local clinic. The PFA also considered the student’s comfort with a new environment and connected the family to the Operation School Bell Program, which provided new school clothing.

The student adjusted well to his new school, made friends, and loved his daily lunch. While he struggled academically, as expected for a child entering school for the first time, he began receiving extra support for learning. The family embraced their new school community, attending all events including open house, fall harvest activities, parent conferences, and cooking classes at the FRC.

This family’s journey illustrates how trilingual Promotore Family Advocates serve as vital connectors, helping parents gain the knowledge and relationships needed for their children to thrive in school while honoring their cultural identity.

Right Where Students Need Us to Be

School-Based Therapy

735 youth received 8,143 hours of on-campus mental health counseling in seven school districts across the county

Outcomes

(results from those surveyed)



91%

of Intensive In-School clients maintained their placement in a regular school setting



98%

of parents and students were satisfied with the support they received



82%

of parents reported their student maintained or improved interest in school



86%

of parents reported their student maintained or improved school attendance

Mental Health First Aid

In partnership with Youthwell

840 individuals participated in the following trainings

QPR

(Question, Persuade, Refer)

439 adults equipped with suicide-prevention tools

YMHFA

(Youth Mental Health First Aid)

160 adults empowered to support youth well-being

tMHFA

(Teen Mental Health First Aid)

241 students trained to support peers

Being The Difference

Putting lifesaving skills in the hands of those already in students' daily lives, from classmates to caring adults.

Visit **BeTheDifferenceSB.org** to learn how you can "Be The Difference."

Youth & Family Behavioral Health

342 individuals provided with 5,112 mental health counseling sessions in their community or online



80%

of individuals met their treatment goals and/or successfully completed therapy

Help Is Across the Hall



Imagine you're an 8-year-old boy waking in the middle of the night. The room is dark, your heart races, and you hear your mom coughing. "What if she can't breathe? What if she's going to die?" Your hands sweat, your stomach hurts. You want to check on her, but you're afraid she'll get mad or send you back to your bed. You lie awake, quietly making sure she's still breathing. Finally, you drift off—only to wake what feels like moments later to her saying, "time for school."

But you can't go. You're too tired, and what if something happens while you're gone? You have to stay home. This was Alex's life with crippling anxiety that kept him from school. His mom knew he needed help but didn't know where to start. The daily calls from school added stress, until one day a staff member suggested a School-Based Therapist (SBT).

The SBT listened, explained anxiety, and reassured the family they weren't alone. Using Cognitive Behavioral Therapy, she helped Alex connect his thoughts, feelings, and actions. She also helped his mom find her own therapist and enroll in FSA parenting classes.

Together, they learned deep breathing, muscle relaxation, grounding skills, and created a consistent bedtime routine. The therapist worked with Alex's mom, principal, and teacher to ease him back to school—first meeting only with the SBT, then attending class for 30 minutes, then a half-day, until Alex could manage full days. Within two months, Alex was sleeping better, self-soothing at night, and using positive self-talk. By the third month, he was attending school daily, focused, and even set a new goal of sleeping in his own bed. Alex's mother grew too, providing structure, setting boundaries, and managing her own anxiety.

Alex's story shows the toll mental health issues take, but also the transformation possible with the right support. With help, Alex not only managed his anxiety but began to thrive, proving that healing is possible for children and families alike.

Growing Leaders in North County

Migrant Education



42 students received
372 On-Campus Behavioral
Health Therapeutic Sessions



92%

of parents reported their
student maintained
or improved school
attendance



90%

of parents reported their
student maintained or
bettered their academic
performance

Promotore Family Advocates

**3,283 students and
families** received support
and referrals



In our neighborhood Family Resource Centers, Cooking Nights gather families together to learn, connect, and build lifelong skills.

All programs in partnership with Santa Maria Bonita School District

Community Changers

Based in Guadalupe and Lompoc, the Community Changers is a group of parent leaders partnering with FSA to build leadership skills through workshops, mentorship, and community collaboration. In 2024–25, the project engaged 64 grassroots leaders and reached over 600 community members through trainings, advocacy campaigns, and dialogue with local leaders.

In Guadalupe, members successfully advocated for a tobacco and cannabis resolution, promoted access to fresh produce and public transportation, secured interpretation services, and supported city cleanups. In Lompoc, they expanded their health campaign with the County Public Health Department, increased parent school participation, and hosted workshops on public speaking and mental health. Through these efforts, Community Changers continue to strengthen parent leadership, amplify community voices, and create lasting change.



When Change Begins at Home

Every Thursday at 5:30 p.m., Greg's teenage son would hand him his backpack. "Time for your class, Dad," he'd say. "It's important." His son wanted to keep seeing this "good version" of his dad.

It hadn't always been this way. Greg joined the Dedicated Dads class at his wife's request, hoping to repair his relationship with his son, who often stayed in his room to avoid the sound of yelling and arguments that filled their home. At the beginning of the class, held after work hours at Guadalupe's Little House by the Park, Greg appeared disengaged and participated very little in discussions.

But, as the weeks went on, something shifted. Greg began to open up and connect with his classmates and facilitator. He shared personal reflections about his own father and began to recognize how his dad's presence had influenced his life. These insights motivated him to become a more positive and present father himself.

The changes at home were unmistakable. Greg was spending more time with his son, raising his voice less, and showing greater interest in his daily life. His son noticed, and that's when the Thursday 5:30 ritual began. With this encouragement, Greg moved from reluctant participant to first-to-arrive-to-class student.

By the time Greg completed the Dedicated Dads workshop, the transformation extended beyond his teenage son. His two adult daughters, who no longer live at home, began visiting more frequently and seemed more comfortable spending time with him. Even a neighbor commented on how peaceful his home had become, saying they no longer heard yelling. While Greg felt slightly embarrassed by that realization, he expressed pride in how far his family had come.

Reflecting on his experience, Greg shared that he now understands the importance of showing up as the best version of himself as a father, because doing so brings a sense of security, peace, and happiness to his family.

Aging With Agency

Senior & Caregiver Mental Health

157 seniors and caregivers
were provided with 2,729
hours of counseling

Outcomes

(results from those surveyed)



94%

of clients served achieved at
least two treatment goals



93%

increased adjustment
to circumstances



98%

connected to resources

Senior Case Management

(Aging in Place, Elder Victims of Abuse, and PEARLS)



353

seniors served



1,766

sessions conducted

Outcome



100%

agreed that PEARLS
counseling provided
useful tools for daily life

Long-Term Care Ombudsman

Advocating for over 5,000 residents
of long-term care facilities

2,278 visits to skilled nursing,
assisted living and other
long-term care facilities

Outcome



75%

of quality of care issues
were satisfactorily resolved



Patience at the Doorstep

When Ms. Johnson's name first crossed our Case Manager's desk, it came with a familiar warning: *She's declined help before. She doesn't trust easily.* Living alone and with blindness, Ms. Johnson had learned to be cautious. FSA's Case Manager knew that meeting Ms. Johnson where she was meant more than just showing up at her home. It meant showing up on her terms, coordinating visits through the one agency she already trusted, and understanding that help would only happen at the pace Ms. Johnson was ready for.

Her biggest fear surfaced quickly: a letter claiming she owed back taxes and would lose her home. Within days, our connection to Legal Aid Foundation brought relief: it was a scam. Her home was safe, and she learned *this* Case Manager could be trusted. Visit by visit, trust grew. Applications for a phone with visual assistance. Paperwork for Social Security benefits. Gentle suggestions about meal programs and home support. Each time Ms. Johnson said, "not yet," the Case Manager said, "okay," and came back the next week.

One day, Ms. Johnson asked the FSA Case Manager to look at her swollen legs. When urged to call 911, Ms. Johnson refused. Instead of walking away, the Case Manager documented concerns and hoped a seed had been planted. Three days later, Ms. Johnson called 911 herself. At the hospital, she said, "Thank you for telling me to call. It just took me a few days to be ready."

Those words capture everything about our approach. We do not rush people into accepting help. We meet them where they are, both literally and emotionally, at whatever stage of readiness they have reached. Today, Ms. Johnson is recovering in a rehabilitation center. A family member is preparing her home for her return. The Case Manager is setting up her new assistive phone and coordinating in-home support, help Ms. Johnson is now ready to accept.

It took months of patience and persistence, and respecting every "no" until she was ready to say "yes." That is what your support makes possible—not just services, but the time and trust it takes to reach people when they are ready for help.

Neighborhood House Society

Members of FSA's Neighborhood House Society help ensure brighter futures for generations of children, families, and seniors in our community. We invite you to join with them and help endow our vital programs for a second century of service in Santa Barbara County by remembering FSA in your wills and estate plans.

Our heartfelt gratitude to those who honor FSA in their estate plans:

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-Carole MacElhenny

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33rd Annual Senior Expo of Santa Barbara

October 17, 2024

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The 33rd Annual Senior Expo was a great success, connecting over 1000 seniors and caregivers with vital health resources, community services, and local support in a lively and welcoming setting.

Fraud Awareness & Prevention Seminar

February 12, 2025



Sponsored by Montecito Bank and Trust

With support from Montecito Bank & Trust, our Fraud Awareness & Prevention Seminar equipped attendees with the knowledge and confidence to safeguard themselves and others from emerging fraud threats.

FSA Creates a Healthier Santa Maria Valley

April 10, 2025

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Community in Bloom – May 8, 2025

Our Role in Improving Youth Mental Wellness in Our Community



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Financials

Total Revenue \$17,023,726

Public Funding	15,060,672	88%
Foundations	1,327,251	8%
Individuals & Business	284,213	2%
Investments	273,901	2%
Events (Net)	77,689	<1%

Total Expenses \$17,322,010

Programs	14,744,904	85%
Administrative	1,672,624	10%
Fundraising	904,483	5%

All figures are pending a final audit.

Programs \$14,744,904

Youth & Family Behavioral Health	6,092,656	41%
Family Support	4,079,561	28%
Senior Services	2,265,111	15%
Other Programs	2,307,575	16%

fsacares.org

Our Partners





Thank you for your support!

SANTA BARBARA

123 West Gutierrez St.
Santa Barbara, CA 93101
805.965.1001

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YOUTH & FAMILY
CENTER**

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