



**Amanecer**  
Community Counseling Service

Annual Report 2015-2016



"This institution began  
with a simple belief that  
the life restoring  
and life enhancing benefits  
of individual and family counseling  
should be available to all  
who need this help."

Dr. Cecil Hoffman, Founder



# OUR MISSION...

Our innovative mental health services empower individuals and families to achieve more fulfilling, resilient and self-sufficient lives.



# OUR VALUES...

- We believe in the potential, humanity, diversity, courage and strength of our clients.
- We instill hope and empower our clients to believe in themselves and their capacity for recovery and resilience.
- We are passionate about making a difference in the lives of others.
- We believe in responsibility, accountability, integrity and teamwork, both in our work and throughout our organization.
- We advocate for respect and compassion for everyone, and we believe everyone should have access to culturally competent and affordable treatment and support.
- We teach our staff, management, board and client care team to make strengths-based and solutions-focused decisions.
- We are a positive and guiding force in reducing the stigma of mental illness.
- When we help one, we help all.



# OUR VISION...

We envision a healthy, resilient, self-sufficient community where hope thrives.



# Amanecer

Community Counseling Service

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## who we serve

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Children, teens, and adults  
challenged by mental illness  
including victims of domestic  
violence and foster youth and their  
families

## services we provide

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- Individual Therapy
- Family Therapy
- Group Therapy
- Case Management
- Crisis Intervention

## who we are

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Our mission is to deliver  
compassionate innovative  
mental health services that  
empower individuals and  
families to overcome barriers  
and significant life challenges to  
achieve more fulfilling, resilient  
and self-sufficient lives.



# FROM OUR LEADERSHIP



Timothy J. Ryder  
Executive Director



Isaac Cuevas  
President, Board of Directors





As we reflect on the past 41 years, we are overwhelmed by the generosity of so many that have helped support Amanecer's mission and vision. We continue to be inspired by the confidence and unwavering support of the foundation community, our public sector partners, corporations, local businesses and individual donors as we work to empower and advocate for our strong, hopeful and dynamic community.

Amanecer's vision today is as bold as our founder's, Dr. Cecil Hoffman, vision 41 years ago:

*A healthy, resilient, self-sufficient community where hope thrives.*

With your continued support, Amanecer can indeed continue to make this vision a reality for the children, teens, families and adults of our community.

To new beginnings,

Timothy J. Ryder  
Executive Director



Isaac Cuevas  
President, Board of Directors

# **CULTIVATING A STABLE FOUNDATION YOUTH & FAMILY PROGRAMS**

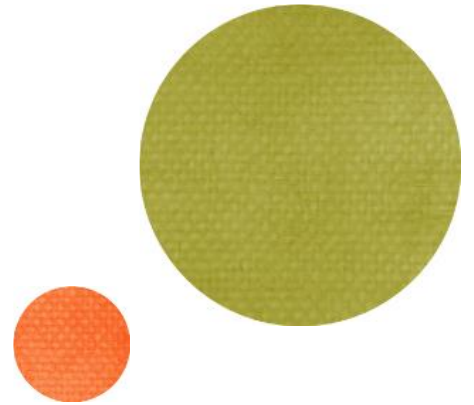
## **Helping to Overcome Trauma**

Amanecer provides accessible, effective and personalized programs for children, teens and families. Striving to make therapies as convenient and accessible as possible, our therapists, case managers and psychiatrists speak Spanish fluently and are culturally competent. We meet our clients at schools, homes, medical clinics and community centers and customize treatment plans to each child's unique needs.

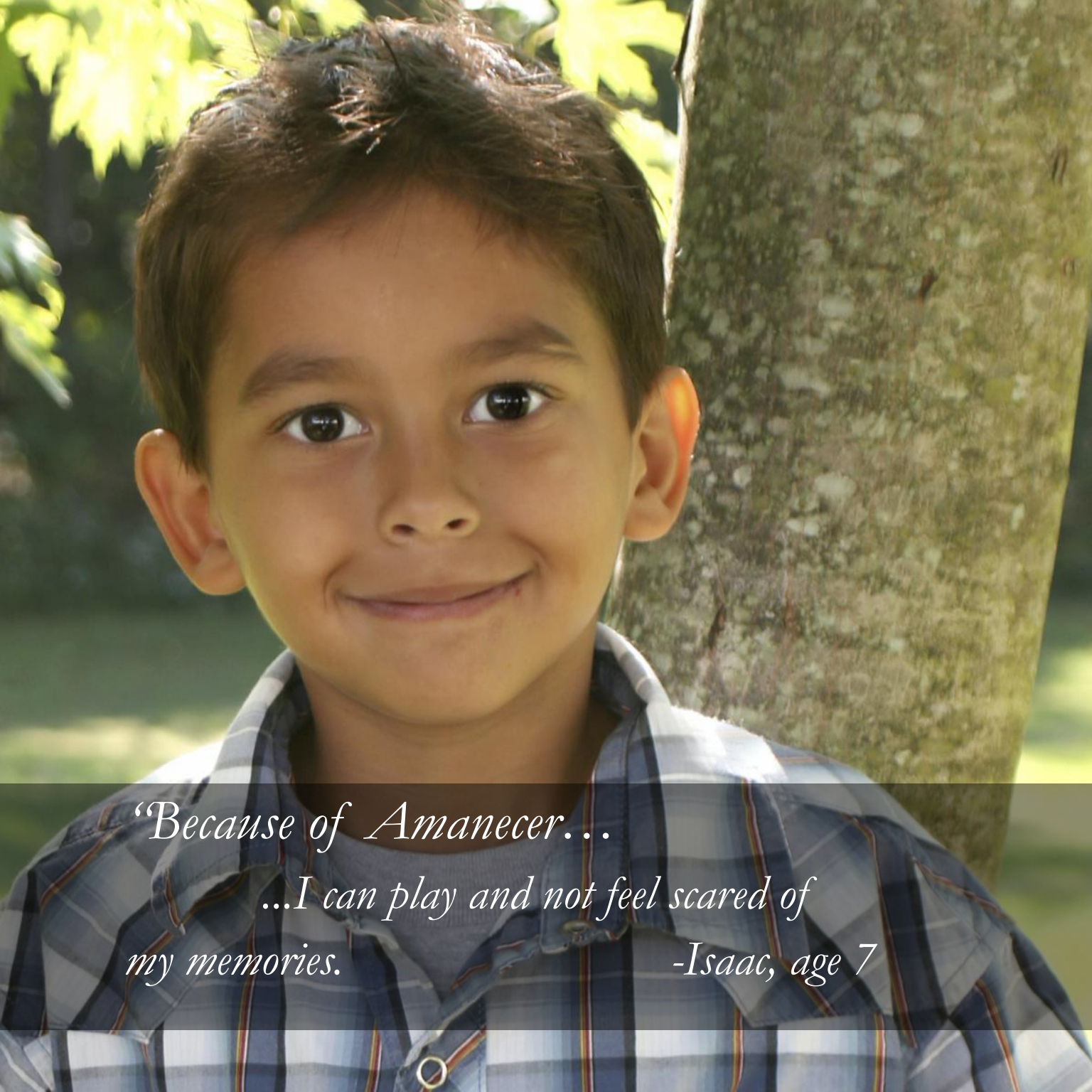
Trauma, in many cases, is the common thread impacting families. Some children have been abused and neglected, while others have stood by and helplessly witnessed the abuse of others. Homelessness, violence and substance abuse also traumatize young minds and can tear families apart at the seams.

## **Life-affirming Therapies**

Amanecer is a leading provider of trauma-focused Evidence- Based Practices (EBPs), which are therapies designed to address trauma, stress, depression, anxiety and other disorders in teens and children as young as 3 years old. EBPs also teach parents constructive ways to cultivate both their child's recovery and a healthy family dynamic.







*“Because of Amanecer...*

*...I can play and not feel scared of  
my memories.*

*-Isaac, age 7*



# **AID AT ALL AGES**

## **ADULT PROGRAMS**



### **A Growing Crisis**

Over the years, Amanecer's reputation among the Latino community has drawn many adults struggling with traumatic life events to our clinics. Recently, however, trauma levels have skyrocketed.

From 2013-14, Post Traumatic Stress Disorder was the most frequent diagnosis among adults ages 25-59. To respond to this troubling trend, our bilingual clinical staff offers a number of trauma-focused Evidence-Based Practices (EBP) geared toward adults.

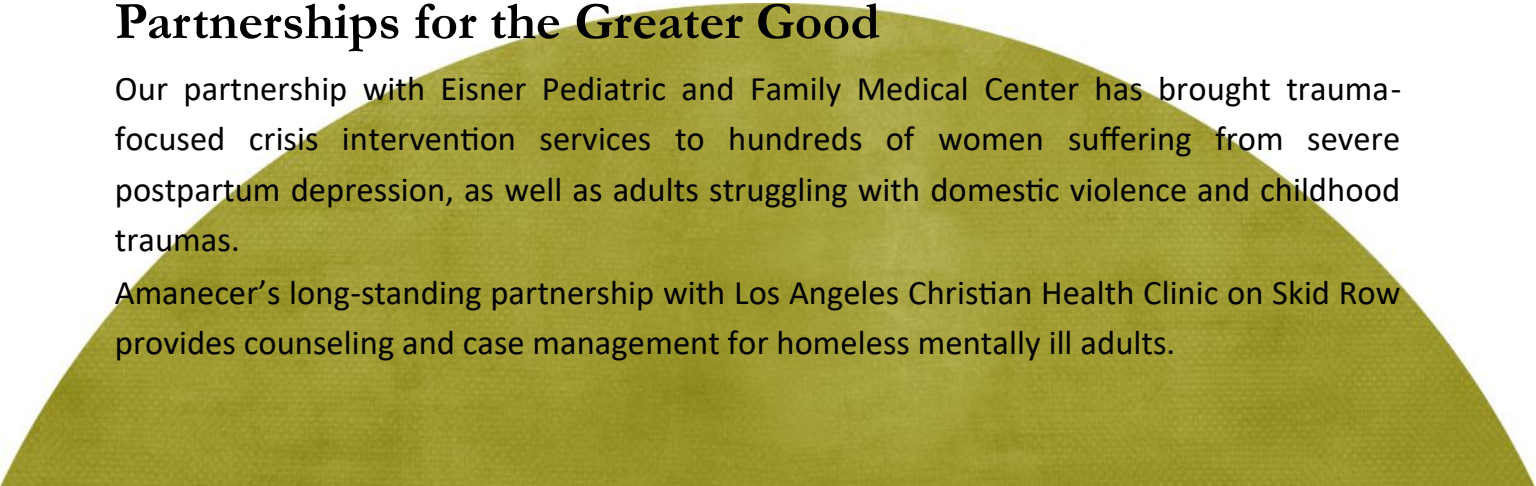
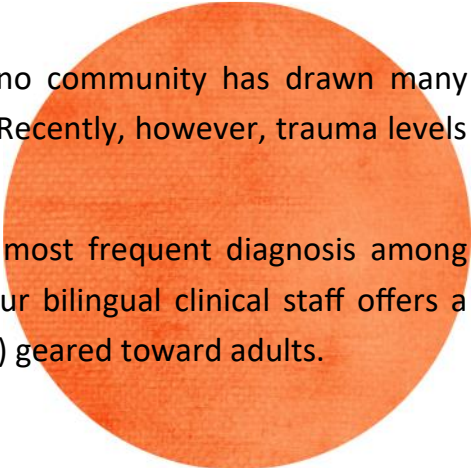
### **Bringing the Well to the People**

Our community includes chronically mentally ill or disabled adults and homebound seniors who may be unable to make the trip into the clinic. By delivering mental health services at familiar locations that feel safe and secure, vulnerable adults can access otherwise inaccessible therapies.


### **Partnerships for the Greater Good**

Our partnership with Eisner Pediatric and Family Medical Center has brought trauma-focused crisis intervention services to hundreds of women suffering from severe postpartum depression, as well as adults struggling with domestic violence and childhood traumas.

Amanecer's long-standing partnership with Los Angeles Christian Health Clinic on Skid Row provides counseling and case management for homeless mentally ill adults.







*“Because of Amanecer...*

*...I am able to say “no” and stand up  
for myself, I feel strong and confident about  
my decisions.”*

*-Gladys, age 46*



# WHERE STRENGTH BLOSSOMS DOMESTIC VIOLENCE PROGRAM

## One Step at a Time


Since 1998, more than 2,500 women have completed Amanecer's program for victims of domestic violence. Following the intensive 9-12-month program, women emerge as survivors determined to build a life that is self-sufficient and violence-free for themselves and their children.

The First Step Forward Program addresses the unique needs and cultural issues that can stall progress for Latinas who have been victimized by domestic violence. Survivors are encouraged in an inclusive environment with:

- Intensive individual and group therapy
- Case management
- Advocacy services
- Job-readiness, life skills and parenting training
- Access to employment, education and community resources

Breaking the cycle of domestic violence requires intervention and education for children exposed to violence in the home. Children of program participants also receive trauma-focused therapy and counseling through our Children's Clinic.





*‘Because of Amanecer...*

*...I will no longer allow anyone to  
manipulate me. I love myself!’ -Linda, age 35*

## OUR COMMUNITY

Amanecer's clients struggle with difficult and emotionally taxing challenges every day, including:

- Immigration issues
- Language barriers
- Poverty
- Homelessness
- Domestic and gang violence
- Substance abuse
- Limited education opportunities
- Few employment opportunities

*Nearly all of our clients live in poverty and are working poor. Many only speak Spanish and are frequently recent immigrants to the U.S.*

***When we help one, we help all.***

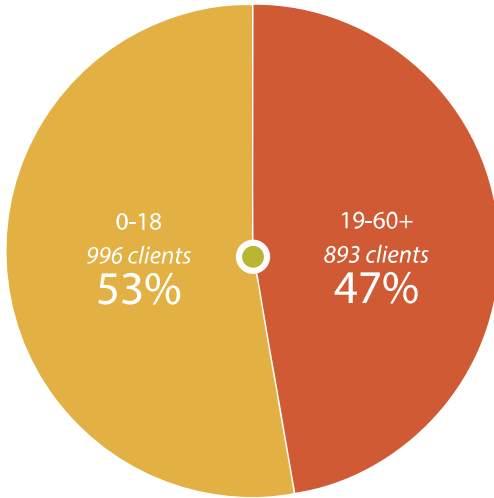




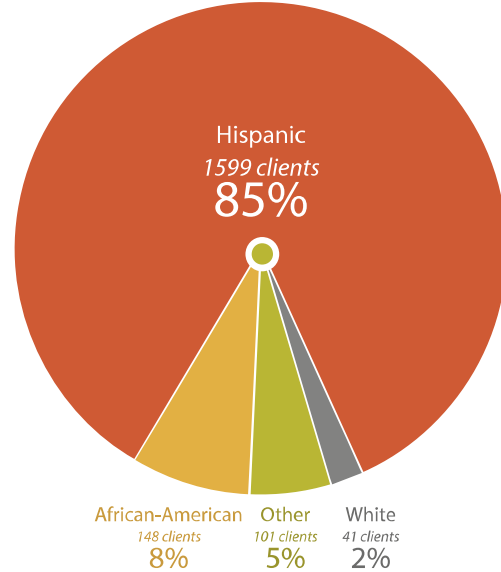
# Amanecer Community Counseling Service

## Demographics for 2015-2016

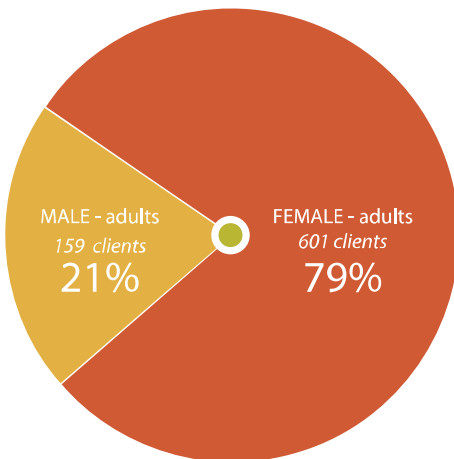
### AGE 2015-2016



### ETHNICITY 2015-2016

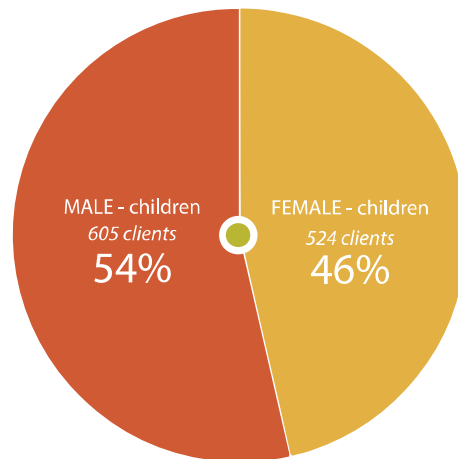


### ADULTS 2015-2016

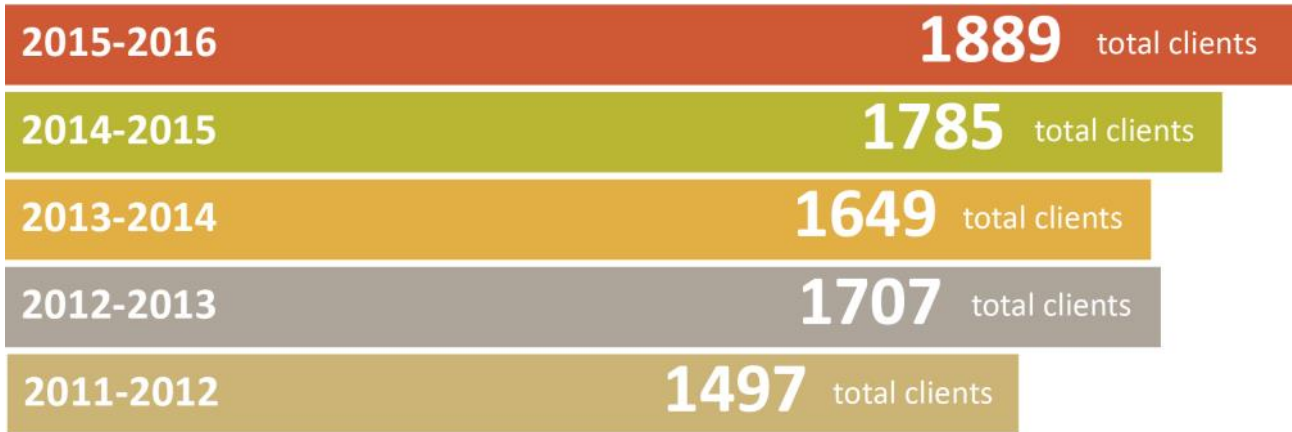


### GENDER

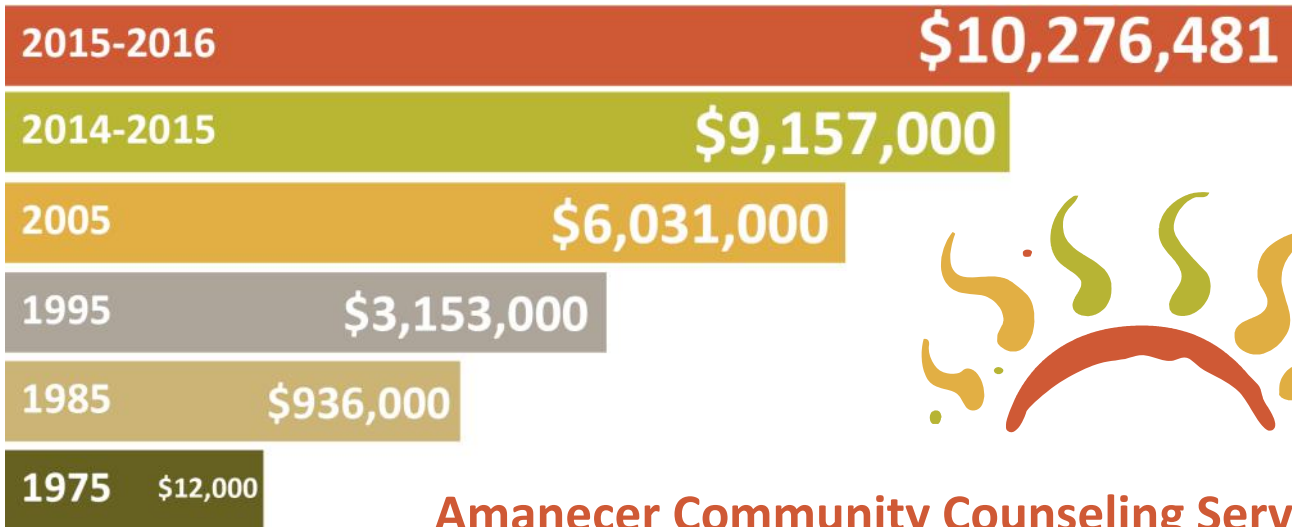
### CHILDREN 2015-2016



## Total Number of Clients Over a 5 Year Period



## 40 Year Budget History



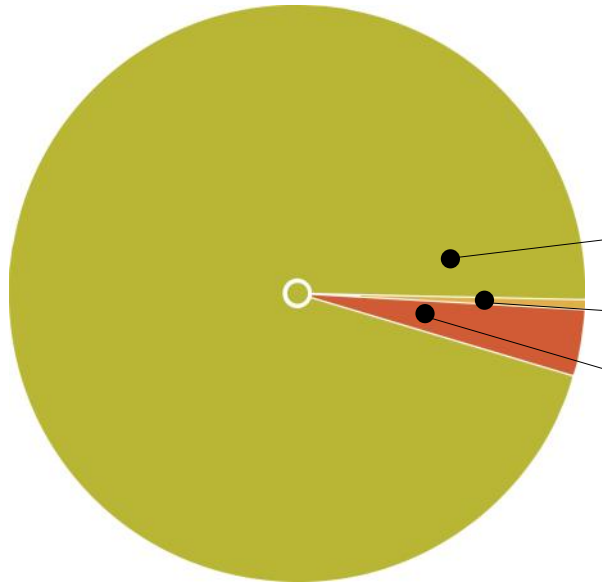
**Amanecer Community Counseling Service**





# Amanecer Community Counseling Service

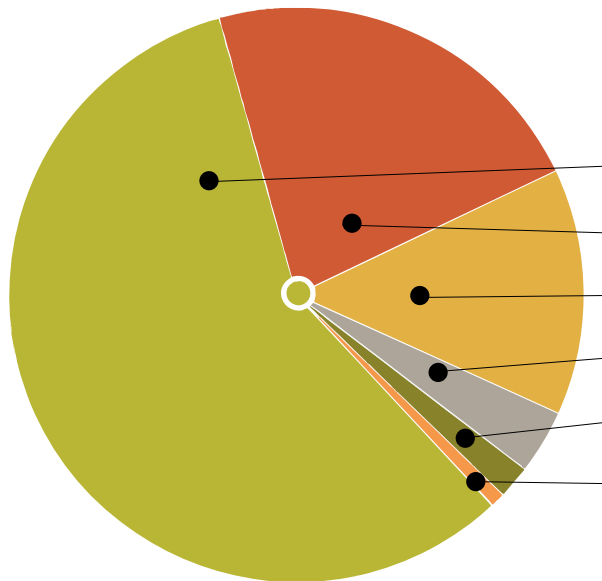
## 2015-2016 Financial Highlights



96%	Government Contracts & Grants	\$9,837,738
1%	Program Services & Other	56,614
4%	Contributions & Special Events	382,129

**TOTAL REVENUE** \$10,276,481

### REVENUES



57.6%	Children's Clinic	\$5,801,013
22.2%	Adult Clinic	2,239,529
13.8%	Management	1,396,737
3.6%	Domestic Violence	365,724
1.9%	Fundraising	187,917
.8%	Unaccompanied Minors	82,817

**TOTAL FUNCTIONAL EXPENSES** \$10,073,737

### EXPENSES



# Amanecer Community Counseling Service

## *Board of Directors*

### **Officers**

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**Isaac Cuevas, Insight MKTG**

#### ***Vice-President***

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**Timothy J. Ryder, Amanecer Community Counseling Service**





# Our Donors

## **\$200,000+**

The Eisner Foundation  
QueensCare  
Weingart Foundation

## **\$100,000+**

The Ahmanson Foundation  
Cedars Sinai  
Kaiser Permanente  
Lucille Ellis Simon Foundation  
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## **\$50,000+**

California Community Foundation  
Dignity Health  
Robert Ellis Simon Foundation

## **\$25,000+**

Chapman & Associates  
S. Mark Taper Foundation  
Verizon Foundation  
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## **\$10,000+**

Change a Life Foundation  
The H. Leslie Hoffman and  
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Tim and Thelma Ryder

*We are grateful to all our donors for helping provide counseling services to the Los Angeles community.*

**Individual Donors \$1000+**

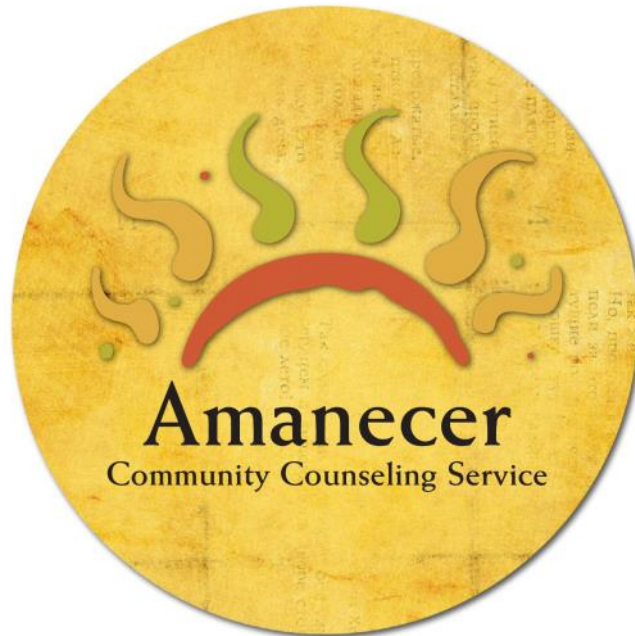
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