

Helping the Homeless at Rosecrans Shelter

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President-CEO / Board Chair Message

We're pleased to report that Vista Hill enjoyed another successful year of providing vitally needed mental/behavioral health, educational and social services to more than 21,000 individuals and families in San Diego County.

The year was not without its challenges. The good news was that the impact of the pandemic eased and we were able to return to in-person services in practically all of our programs.

At the same time, however, we faced a growing problem that many employers across the country increasingly struggle with: recruiting new employees while trying to retain the ones we have.

Increasing salaries has helped somewhat, but the reality is there is an acute shortage of qualified applicants, especially in specific areas, like master's level clinicians and functional skills school aides. The professional schools aren't producing enough graduates to fill the gap.

We're fortunate that our 450 Vista Hill employees are so dedicated and work so well together, we were always able to maintain our tradition of providing the highest quality services for our clients. We couldn't be more proud and grateful for our employees' and students' unwavering commitment to Vista Hill.

One of our successes was securing new five-year contracts on a number of our largest and most important programs, including ParentCare East, ParentCare Central and our PROMOTE! program.

We were also excited to make progress to eventually complete the build-out on the 8,300-square foot building we bought on Third Avenue in Chula Vista that in early 2023 will become the permanent home for our Stein Education Center Adult Services, a day program for up to 90 adults with intellectual and developmental disabilities in the South Bay. Our strategy of owning as many of our buildings as possible, versus leasing, continues to be a major financial success.

We were pleased to begin providing services this past year through our new pilot program that provides psychiatric services to Native Americans in partnership with the federal California area Indian Health Service. This pilot project under our SmartCare division is providing behavioral health consultation services to primary care providers who serve Native American children and families in Northern and Central California.

We found an exciting new opportunity through our partnership with the Alpha Project on the new Rosecrans Shelter Project (see cover story) funded by the city and county to provide short-term housing and support services to 150 homeless in the Midway area. Vista Hill is embedded at the shelter to provide mental health and substance use disorder referral services.

Speaking of dedicated, Vista Hill continued its good fortune of having some of the most committed and generous donors in San Diego. Whether it's donations from the hundreds of individual donors or grants from foundations and private companies, it all added up to critically needed resources that have enabled us to help even more people. We thank each and every one of our donors. (For a complete listing of donors, please visit our website at www.vistahill.org).


We look forward to 2023 with optimism and confidence that Vista Hill will continue to play a critical role in improving the health and well-being of our community.



Cecil H. Steppe
Chair



Robert Dean
President & CEO



Robert Dean (left), Vista Hill President/CEO, and Cecil Steppe, Vista Hill Board Chair

Combined Statement of Financial Position

At September 30, 2021 (in 000s)

ASSETS

Current Assets	
Cash and Cash Equivalents	\$ 7,601
Investments	20,362
Accounts Receivable	4,868
Other Current Assets	468
Total Current Assets	33,299
Property, Plant and Equipment, net	9,559
Endowment and Deferred Giving Assets	8,309
Total Assets	\$ 51,167

LIABILITIES AND NET ASSETS

Current Liabilities	
Accounts Payable	\$ 1,385
Accrued Expenses	1,945
Total Current Liabilities	3,330
Mortgage and Notes Payable	2,499
Deferred Rent	366
Total Non-Current Liabilities	2,815
Total Liabilities	6,145
Net Assets	
Unrestricted	38,397
With Donor Restrictions	6,625
Total Net Assets	45,022

Total Liabilities and Net Assets \$ 51,167

The financial information in this report represents a condensed version of fiscal year 2020-2021 audited financial statements. An independent audit report with audited financial statements and accompanying notes is available from Vista Hill.

30th Annual Fashion Show A Major Success

Vista Hill's 30th annual Fashion Show Luncheon was a huge success, raising a record \$273,000 to benefit the Stein Education Center Adult Services "Golden Family" Program located in Chula Vista.

More than 400 guests enjoyed shopping and lunch at the May 6 event at the Town and Country Resort. Fashion Show Co-Chairs Barbie Spinazzola and Maureen Sage, along with their committee, did a tremendous job planning the event, which is so important in raising vital funds to support Vista Hill's programs and services.

In honor of the event's 30th anniversary, the theme of the Fashion Show was "Thank You for Being a Friend: A Tribute to the Golden Girls," which aired its final episode 30 years ago.

Be sure to mark your calendars for next year's Fashion Show, which will be held on May 5, 2023 at the Town and Country Resort. (See back cover for more details).



Vista Hill's very own Golden Girls from the Stein Education Center Adult Services.



Co-Chairs Barbie Spinazzola and Maureen Sage are good friends and wonderful supporters of Vista Hill.



Shopping with your gal pals is the perfect way to spend your birthday. (L to R) Elizabeth Rice Maget, Lindy Mamer (Birthday Gal) and Maria Chan from City National Bank.



Four Generations making the Fashion Show an annual family tradition (L to R) Liz Copley, Gillian Copley with daughter Chloe and grandmother, Shari Cairncross.



Bling Bling! (L to R) Julie Tice, Kane Handel, Robin Gitman (Friends of Vista Hill Board), Judy Belinsky, and Elyse Sollender make great handbag models.



Thank you - FOR - BEING A FRIEND!

Vista Hill Program Helps Homeless Deal With Mental Health, Substance Abuse Issues

The most effective way to help San Diego's homeless is to provide temporary shelter and then help them address the challenging mental health and substance use disorder issues that led many to live on the streets.

Vista Hill is partnering with Alpha Project to do just that for 150 homeless individuals at the new Rosecrans Shelter Project in the Midway area of San Diego. Alpha Project, a longtime leader in helping the homeless, operates the shelter and Vista Hill provides the support services. The shelter is a joint project of the San Diego Housing Commission, City of San Diego, County of San Diego, Lucky Duck Foundation, Alpha Project and Vista Hill.

"We're excited about this new program because along with temporary shelter, referring the homeless to mental health and substance abuse disorder services is critical," says Claudette Allen-Butler, Director of Early Intervention and Treatment Programs at Vista Hill. "If you're unstable or experiencing substance abuse, you're not going to be able to get a job, pay your bills or find a permanent home. We're making sure they get the help they need to have a chance at a successful life."

Critical to the process is the dedicated team of peer support specialists Vista Hill has placed at the shelter.

"We intentionally hired counselors with the same kind of lived experience and challenges the homeless have faced," says Patricia Ulloa, who manages the Vista Hill shelter project. "Most of our counselors have been on the streets themselves and have experienced the same kinds of issues. Their compassion and ability to relate makes clients feel much more comfortable and willing to change."

Alpha Project President and CEO Bob McElroy said the Vista Hill staff "is doing a tremendous job."

"We couldn't have a better partner than Vista Hill, who I've worked with for more than 30 years," McElroy says. "There's no organization more skilled or professional in the field of mental health services in San Diego. The team they have has all the qualities you need to really help this population: compassion, kindness, patience and consistency. Together, we think Vista Hill and Alpha Project are going to give the homeless the shelter and services they need to change their path and create much better lives for themselves."

On the cover: Vista Hill Counselors (from left) Gary, Beau, Sharon and Scott at the Rosecrans Shelter Project.

HOMELESS COUNSELOR MORE EFFECTIVE BECAUSE HE'S BEEN ON THE STREETS

If you want to know why Beau Hill is so effective in helping the homeless turn their lives around, you have to understand Hill's own harrowing journey that led him from nearly dying on the streets and almost going to prison, to getting sober and becoming a trained peer support specialist for Vista Hill.

Hill, who counsels the homeless at the new Rosecrans Shelter Project, had his life unravel in 2017. He was suddenly homeless, became addicted to alcohol and methamphetamines, was brutally beaten and left for dead on the trolley tracks, and finally became a violent offender himself who was arrested for felonious assault.

Hill was lucky. Instead of going to prison, he entered the county's Behavioral Health Court, a tough, two-year diversion program of counseling, frequent drug testing and housing support. He graduated in 2021 and had his criminal record expunged. Someone in the program thought

Hill's experience would make him a good peer support counselor and he decided to go through the training to become one.

Last July, Vista Hill hired Hill to work with the homeless at the shelter and he's a perfect fit for the job.

"The shelter residents feel comfortable with me because I've been through everything they have and more," Hill says. "I really understand their needs and can point them to the right services to put them on their own path of recovery and wellness."

"Helping people is my joy these days," Hill adds. "I'm amazed and grateful to Vista Hill for how far I've come. I have a reason to come to work, a reason to stay sober. I had to go through what I did to get where I am today. What's great is that when my clients hear my story of recovery and getting my life back, they realize they can do it too."



Vista Hill Counselor Beau Hill (left)

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www.vistahill.org



"Little Free Library" Opens at Geisel House

A grand opening was held recently for "A Little Free Library" at the Geisel House to benefit Vista Hill's Sober Living Apartment families. The idea was formulated by Vista Hill staff member Jemma Samala (who has a LFL in front of her home), who then reached out to Senior Director Joanne Garcia to help build the library. Joanne is a

member of the Scripps Ranch Kiwanis Club, which has taken up the building of little free libraries for the community. The library's design honors Dr. Seuss, for which the Geisel House is named. There was ice cream, treats, and lots and lots of books at the grand opening. Another free library is being planned for ParentCare East in La Mesa.



Vista Hill Board Members Retire After Years of Outstanding Service

Vista Hill bids farewell to several members of Vista Hill's Board of Directors who retired after providing the organization with many years of outstanding service.

John Wertz served on the Board for nearly two decades, during which he helped oversee the growth of Vista Hill programs, increased client numbers and acquisition of several buildings. Wertz served as chairman of the Finance and Investment Committee for nearly 10 years, ensuring Vista Hill fulfilled its fiduciary responsibility to manage the organization's assets and employee pension plan. As an attorney, Wertz also provided invaluable legal expertise in many areas of Vista Hill operations.

Carol Fitzgibbons joined the Board after completing a distinguished career devoted to facilities and programs for adults and children with intellectual and developmental disabilities in San Diego and Riverside Counties. Carol's knowledge and leader-

ship in the field brought a valuable client care perspective to the Board during her three years of service. Carol also served on the Finance Committee and was a strong supporter of Friends of Vista Hill events over the years.

"On behalf of the Board, I want to thank John and Carol for their many years of unwavering support," said Robert Dean, Vista Hill President and CEO. "The skills and passion they shared with us were instrumental in helping carry out our mission of providing critically needed services to teens and adults with mental health and other conditions."



In Memoriam: Friends of Vista Hill Board Members



Tamara Strauss

It is with great sadness we announce the passing of Tamara Strauss, a longtime Friends of Vista Board member and one of Vista Hill's most passionate supporters. Tamara lost her eight-year battle with pancreatic cancer this past June. A board member since 2007, Tamara was particularly fond of Vista Hill's ParentCare Family Treatment and Recovery Center. In 2013, Tamara chaired the Vista Hill "Art of Recovery" Gala. For many years she gathered toiletries and

cosmetic samples from friends and department stores to create stocking stuffers. In her memory, the tradition will carry on and has been named the "Strauss Stockings." We are grateful for all that Tamara did for Vista Hill and humbled by the generous gift she left in her estate to continue to support the programs and services she was committed to during her life.



Connie Conard and Virginia Napierskie

Emeritus Board Member, Connie Conard, passed away November 30, 2022 from heart complications related to the chemotherapy treatment that accompanied her long battle with blood cancer. She joined the Friends of Vista Hill Board in 2006. She chaired numerous fashion shows and was awarded, alongside her wonderful mother, Virginia Napierskie, Vista Hill's prestigious IMBY (In My Back Yard) Award in 2010. She will be greatly missed by many in the San Diego community especially the numerous nonprofits she served and supported. We will be forever grateful for her leadership, friendship and love. We mourn her loss together with her friends and family.



Mental Health Luncheon Spotlights Impact of Childhood Trauma on the Brain

In one of the more fascinating Vista Hill Mental Health Luncheons, Dr. Bruce Perry, a leading children's mental health expert, shared his groundbreaking research on how childhood trauma and neglect changes the biology of the developing brain and causes long-term effects.

"The Journey from Trauma to Healing" was the theme of the November 2 luncheon, which was attended by more than 180 guests at the U.S. Grant Hotel. Perry, a neuroscientist and professor of psychiatry at Northwestern University who appeared virtually via a live stream, is co-author with Oprah Winfrey of the recently published *What Happened to You? Conversations on Trauma, Resilience, and Healing*.

Barbara J. Brown, a founder of the Vista Hill Council on Mental Health, and a longtime Vista hill supporter, received the 2022 Mental Health Advocate Award for her exceptional work with the organization. A "Thanks for Giving Holiday Food & Toy Drive" was held during the luncheon.

Many thanks for the hard work by luncheon Chair Vicki Eddy and Honorary Chair Chuck Pretto, a Rotary Club District Governor who gave an emotional speech about his successful efforts to involve Rotary Clubs in supporting local mental health organizations, including Vista Hill. Rotary was Presenting Sponsor of the luncheon.



(L to R) Linda Hervey, Maureen Lamberti, June Olcott, Marsha Lubick, Barbara Brown (Mental Health Advocate Award Honoree), Carole Sachs, Fern Murphy and Deb Martin sat together and found the information fascinating and important.



Senior Operations Director Angela Rowe, LCSW, (at the podium) facilitates Questions and Answers with Dr. Bruce Perry after his presentation.



(L to R) Heidi Dorman, Speaker Underwriter and Friends of Vista Hill Board Member; Chuck Pretto, Honorary Chair; and Vicki Eddy, Event Chair.



Children Primary Care Medical Group proudly sponsored the event. (L to R) JoAnn Pun, NP, Dr. Kenneth Morris, Chief Medical Officer, Dr. Hilary Bowers, and Tracy Wyatt, RN.



Molly's Angels once again sponsored the event by Loving it Forward. (Standing L to R) Vista Hill CEO, Robert Dean, Austin Mahn, Sheila Belinsky, Friends of Vista Hill Board, Diane Cox, Megan Marashlian, Stephen Moore. (Seated L to R) Ana Magdeleno, Leah Hurwitz, Judy Thompson, Candi Newton.



The Rotary Club of Rancho Bernardo (RB) member Charley Crew with wife Barb (Friends of Vista Hill Board Member) and Alan Turner, current Rotary Club of RB President.

Vista Hill's ADAPT Program Receives Advancing Principles Award

On December 12, Vista Hill's ADAPT program received an Advancing Principles Award from the County of San Diego for demonstrating exceptional application of care practices and services to its clientele. ADAPT, which provides

mental health services to parenting women with anxiety and depression disorders, was honored by the County's Children, Youth and Families System of Care Training Academy for excellence in carrying out the following care prin-

ciples: Collaborative, Integrated, Child Youth and Family Driven, Individualized, Strength-Based, Community-Based, Outcome Driven, Culturally Competent, Trauma Informed and Persistent.



Friends of Vista Hill Foundation

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Save the Date



Wonderful World of Fashion Vista Hill Fashion Show

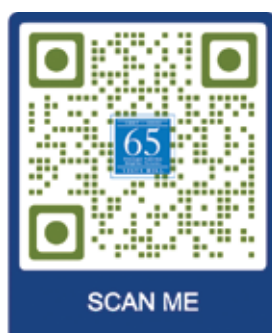
Friday, May 5, 2023

10 a.m. - 3 p.m.

Town and Country Resort

Chair: Diane Zeps

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