



Betty and Walter Zable

Zable Foundation: Wonderful Supporter of Vista Hill Programs

For more than two decades, the lives of countless Vista Hill clients and their families have been changed for the better thanks to the remarkable generosity of the Walter J. and Betty C. Zable Foundation.

Over those years, the Zable Foundation has contributed nearly \$300,000 to Vista Hill programs and events.

"Vista Hill is so appreciative of the unwavering support we've received from the Zable Foundation, dating all the way back to 1994 when they first made a donation to support our Fashion Show," says Rachel Peniche, Executive Director of the Friends of Vista Hill. "Since then we've been honored to have them as one of our most loyal and committed supporters."

A partial list of the Vista Hill programs Zable Foundation has supported includes Stein Education Center's (SEC) Mission

continued on page 3

Major New Vista Hill Program Will Change the Lives of Those Addicted to Drugs and Alcohol

This past October Vista Hill launched a critically needed program that will help several hundred San Diegans each year escape their devastating addiction to drugs and alcohol.

The Bridges North Central Regional Recovery Center, funded by a \$1 million annual contract from the County's Be-

havioral Health Services division, will assist about 200 substance abusers living in parts of Mission Valley, Point Loma, Midway, Rosecrans and Pacific Beach. It is one of four county-funded centers focusing on the problem around the county.

The timing for the program could not

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Clients participate in a treatment group to develop coping skills to remain substance free.

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President-CEO / Board Chair Letter

This past year Vista Hill enjoyed another outstanding year of providing critically needed mental health services to more than 25,000 people throughout San Diego County despite growing uncertainties in the health care and political arenas.

One of the reasons Vista Hill has continued to grow and prosper over the past decade is that we embrace a philosophy best described in a quote about survival of the fittest. Paraphrasing slightly, the concept is that it is not the strongest or most intelligent who survive, but those who best manage change.

We first realized how effective that guiding principle is during the "Great Recession" of 2008 and 2009, when Vista Hill adapted and not only didn't lose ground, but actually expanded our services to more individuals and families.



(left to right) Cecil Steppe and Robert Dean along with the entire board work together to carry out Vista Hill's Mission.

At Vista Hill, managing change does not mean coming up with contingency plans that drain time and energy and may never be used. It does mean monitoring our environment, acknowledging and adapting to inevitable changes, and conserving and carefully allocating our resources, especially in challenging times.

Just as important, it means in good times and bad, Vista Hill is constantly looking for opportunities to create new programs in areas where we have the expertise and believe we can make a difference in the lives of people facing the most difficult challenges possible.

We're confident our philosophy of fiscal responsibility combined with innovation will help us navigate this current uncertain climate where the change to a new administration with a different agenda has raised the possibility that funding for health care and mental health services may be cut, possibly causing a reduction in money available for the types of services Vista Hill provides.

We will address those changes as they develop, but in the meantime, Vista Hill has not been standing still. This past year there were a number of highlights, and we will mention just a couple.

- We completed the move of our Stein Education Center (SEC) Adult Program to a building we purchased on Mission Gorge Road after losing the lease on a property we had occupied for two decades. Owning this new building is not only saving us thousands of dollars on rent, we've acquired a property, which will build our asset base for the future. We also moved the SEC Adult Program in Chula Vista to a more appropriate facility in National City.
- We went through a competitive bidding process last summer with the County and landed a \$1 million-a-year contract to operate the North Central Regional Recovery Center (see story page 1). This drug and alcohol treatment program, which is even more important given the current opioid crisis, allows Vista Hill to go beyond the similar services it provides to ParentCare moms and teens in the Bridges program and expand services to all adult men and women in that region.

As we optimistically look forward to 2018, we want to express appreciation to the nearly 600 dedicated Vista Hill staff members who tirelessly carry out the challenging work of serving our clients. We also want to thank our many donors, volunteers and board members whose contributions are also vital to our success. All of us are privileged to work together to carry out Vista Hill's important mission of assisting those most in need in our community.

Cecil
Cecil H. Steppe
Chair

Rob
Robert Dean
President & CEO

**Managing
change well
is critical to Vista Hill's
SUCCESS.**

Some of the over 100 staff members being recognized for their years of service at the special 60th anniversary Service Award Luncheon held on September 26, 2017.



New Program *continued from page 1*

have been better, according to Claudette Allen, Director of Vista Hill's Juvenile Justice / Community Services.

"With the opioid crisis now a major national health emergency—and San Diego having its share of overdoses and deaths—the Regional Recovery Center is a vitally important program that offers our community an opportunity to turn the tide against a problem that is destroying so many lives," Allen says.



Individual counseling is part of the program to help clients overcome their problems.

out to and assists those in the homeless population who are substance users.

The program, which is available for a small fee to male and female adults over age 18, will take at least four months to complete, depending on the client's needs and level of ad-

The center offers an array of intensive evidence-based outpatient services, including screening and assessment; comprehensive individualized counseling and treatment, group and other support services to help overcome barriers to successful completion of the program. A special part of the program specifically reaches

diction, according to Program Manager Charlie Aperule.

"There is going to be a significant demand for this program because there are so many in our community who suffer from the disease of substance use disorder," Aperule says. "A large number of the problems in our community stem from the use of drugs and alcohol, whether it's crime, domestic violence, unemployment or homelessness."

The center's services use a leading-edge cognitive behavioral approach to recovery. Individuals often use alcohol and drugs to deal with the emotional pain caused by life struggles and negative and destructive thinking. By learning to change that thinking, clients can change their substance-using behavior while learning to develop coping strategies and identify inner strengths that will reinforce abstinence and prevent them from relapsing.

Aperule is excited about the new program because he knows it's extremely effective, based on his fifteen years of experience in the substance-use treatment community.

"Thanks to the same kind of services Vista Hill is providing, I've seen countless individuals who seemed completely lost turn their lives around and not only become clean and sober but also thriving members of our community," Aperule says. "That process of putting lives back on track is a wonderful transformation that makes San Diego County a safer and better place to live."

Zable Foundation *continued from page 1*

Gorge building renovation; renovation of an SEC kitchen in National City; purchase of a new minivan for SEC; assisting with the renovation of ParentCare's Sober Living Apartments; and donations to events, including the Council on Mental Health Luncheon.

The Foundation was started by Walter J. Zable, founder and Chief Executive Officer of San Diego-based Cubic Corporation for over six decades. He formed the company in 1951 and took it public in 1959. Today, Cubic is a market leader in the national defense and mass transportation industries and is traded on the New York Stock Exchange. Mr. Zable died in June 2012 at the age of 97. He was known to be the world's oldest CEO of a publicly traded company at the time of his death.

The Zable Foundation distributes \$4 million a year to approximately 100 non-profit organizations, all in San Diego County. The Foundation focuses on some of the areas Mr. Zable supported, including sci-

ence, engineering, education, sports, military and organizations that assist the underserved, according to Warren Magill, Zable Foundation Board President.

"We couldn't be more pleased about how carefully and effectively Vista Hill has invested Zable Foundation contributions in their programs over these many years," Magill says. "Our foundation has had a long history of supporting the underserved, especially those with special needs, and Vista Hill has consistently been one of the most capable organizations in providing that hand up that is so critical to improving their lives."

The Zable Foundation is one of a number of foundations whose support of Vista Hill is critical to the success of its programs, Peniche says.

"Local private and non-profit foundations, as well as all of our other donors who believe and support Vista Hill's causes are critical to our success," she says. "At Vista Hill, we don't shy away from complex issues facing our families and our community. We embrace and adore all our many generous donors from all stations and walks of life. If you have time, talent or treasure to give we will take it and make the absolute most out of it. We are so blessed that generous organizations like the Zable Foundation understand and believe in the work Vista Hill is doing."

newvistas
is published twice
a year by the
**Friends of Vista
Hill Foundation,**
8910 Clairemont
Mesa Blvd.,
San Diego, CA 92123.
Vista Hill is a 501(c)(3)
not-for-profit organization.
*Some Vista Hill
programs are funded
all or in part by the
County of San Diego, HHSA.*
www.vistahill.org

Art Programs Help Clients Cope with Life's Challenges

You may have heard of “the healing power of art” but if you want to understand what it means, just listen to clients and teachers involved in several unique art programs at Vista Hill.

Like Angela, for example. For this ParentCare Family Recovery Center mom whose long battle with substance use led her to lose her job, home and custody of her children, the weekly art classes she takes at the La Mesa facility are not just fun and creative, they’re assisting her effort to get her life back on track.

“Learning to express myself through art is amazingly therapeutic,” Angela says. “For those two hours I can live in the moment and escape the part of my brain where my addiction lies. Creating and finishing a piece of art gives me a huge sense of accomplishment and self worth. It’s the kind of confidence booster that helps me face some of the other challenges in my life.”

The ParentCare program, one of two arts programs Vista Hill offers clients, is conducted at both the East and Central locations by Pam Palmer-Lowe, an artist, remarkable volunteer and board member of the Friends of Vista Hill. A second art program is helping youth at the Bridges Teen Recovery Center (TRC), thanks to several arts grants that provide funding for teaching artists from the San Diego Art Institute (SDAI).

Palmer-Lowe started the ParentCare art program two years ago at the urging of fellow Friends board member Debra McGinty-Poteet, whose husband Larry was also involved in starting the TRC art program through his membership on the SDAI board.

“This program has been truly beneficial for the moms because they’ve learned so much about themselves and what they’re capable of,” Palmer-Lowe says. “Many of them had never even held a brush in their hands, but they were so thrilled to learn how to paint, sew, and decoupage. They even had a show this month at the Visions Art Museum at Liberty Station to exhibit their beautiful mixed-media art quilts.”

The art program at the Teen Recovery Center has been an equally powerful experience for teens who are struggling with substance use and behavioral issues in their southeast and central San Diego neighborhoods.

“Expressing their emotions and feelings through art has been incredibly therapeutic for these teens who face some of the most traumatic situations, whether it’s domestic violence, poverty, child abuse or homelessness,” says SDAI teaching artist Jesi Gutierrez. “It gives them a moment of peace away from the pain where they can create something that gives them a sense of pride and accomplishment.”

the
healing
power of
art



ParentCare clients create mixed-media art quilts which were shown at the Visions Art Museum December 5-17.



Teaching artist Jesi Gutierrez (right) helps make art a powerful and positive influence for teens at the Bridges Teen Recovery Center.



It's all colorful...



And fun!

Ann Mound Retires After 15 Remarkable Years of Fundraising for Vista Hill

When Ann Mound joined Vista Hill fifteen years ago as Vice President of Development and Executive Director of Friends of Vista Hill, she hoped to use her fundraising skills to help individuals and families in her own community, people who were struggling in life, whether from disabilities, substance use, or mental health challenges.

On January 2nd, Mound will retire having met her goal in remarkable ways that even she could not have envisioned.

"Ann has played an incredibly important role in the success of Vista Hill and its programs," says Robert Dean, President and CEO. "Her talent and passion for Vista Hill boosted our fundraising to an entirely new level. The many millions of dollars she raised and the countless volunteers she recruited have enabled Vista Hill to assist people in need in more ways than any other social service organization in San Diego I can think of. She will be missed tremendously by staff and donors alike."

Mound's life took a number of interesting turns before she even thought of working for Vista Hill. Born and raised in small-town Indiana, Mound became a schoolteacher after gradu-

ating from Indiana University. She eventually moved to California and taught junior high for six years in La Habra before spending a dozen years raising her two children.

After returning to school to get her MBA and working and volunteering with several non-profit organizations, she discovered she had a knack for raising money. That was enough to get her foot in the door at UC Irvine as a fundraiser for their health sciences division. She did such a good job there she felt confident about pursuing and landing a truly major fundraising job in La Jolla: Director of Development of the Salk Institute.

"I really loved being at Salk because I got to work with Jonas Salk himself, and I was thrilled to know that the money I was raising was supporting important scientific discoveries that would help the world," Mound recalls.

After thirteen years at Salk, Mound was ready to tackle a completely different kind of fundraising, one that would allow her to have an impact on local people in need. She got that opportunity at Vista Hill where she jumped in with both feet. She steadily developed a core of new donors who shared her passion for helping people with complex problems, many of them because they had family members facing the same kind of issues Vista Hill addresses. The millions she has raised have

supported countless critical program areas not covered by government funding, including major building purchases and renovation, vehicles, playground construction and equipment, bicycles, yoga, field trips for countless children and teens, and the list goes on and on.

But Mound also knew that success in philanthropy was more than getting people to write a check. She knew that a vast untapped resource lay in the time dedicated volunteers could donate to help virtually every Vista Hill program—to bring in new friends and to reach out to the community—allowing staff to focus on the job of helping people. The army of volunteers she recruited, including the remarkably committed leaders she invited to join the Friends of Vista Hill Board, to this day is a cornerstone of Vista Hill's success.

"Working at Vista Hill has been one of the most important and rewarding opportunities I will ever have in my life," Mound says. "When I started I knew I wanted to help that disabled child I saw, the substance-using mom who had her children taken away, or the teen in trouble with the law. But I knew I could never do that alone.

"That's why the success I've had is really due to the support of everyone at Vista Hill, including every staff member, donor and volunteer," she adds. "It really is amazing what you can achieve when you have an entire team working with the same commitment and energy toward a common and critically important goal. I know that collectively we've made a huge difference in the lives of tens of thousands of families, and that is something for which I will always be proud."

Mound was honored to be asked to serve on the Friends of the Vista Hill Board. Her first meeting is in January and she plans to be a very active volunteer.

Vista Hill
has been one of the
most important and
rewarding opportunities
I will ever have
in my life



Special friends Claudia and Jim Prescott have fun with Mound while making a positive difference at Vista Hill.

2016 Year-End Sample Outcomes for Vista Hill Programs

ParentCare Family Recovery Center*

- 100% of babies were born healthy and free of substances (exceeding county contract goal of 85%).
- At program completion, 90% of clients were employed or enrolled in school.
- While in program, 98% of clients had no new arrests.
- Alumni stability: 95% reported no use of alcohol or drugs in the past 30 days and their quality of life is excellent or good; 84% of alumni report no change in residence in past 3 months; 85% report owning or renting their own home; 59% report having a checking account; 84% have valid Driver's license; 100% report no involvement with child welfare services (CWS) in past 3 months.

**intensive outpatient programs for substance use disorder, co-occurring (mental health) conditions, and parenting skills training for low-income parenting or pregnant women*

Learning Assistance Center (LAC)*

- Provided school based mental health services for 1,777 youth and their families in 17 school districts in San Diego County.
- 90% showed improvement in at least one domain of the CFARS (Children's Functional Assessment Rating Scale).
- 98.2% of LAC clients showed no increase in substance use on the CFARS.
- Average GPA of all LAC students improved.

**school-based mental health services*

Stein Education Center Special Education Program*

- 95.1% of students either met or made progress toward academic goals.
- 88.19% of students either met or made progress toward behavioral goals.

**special education and training for children, teens and adults with autism and other developmental/intellectual disabilities and behavioral challenges*

Stein Special Care Services (SCS)*

- An 80% return rate on Parent Satisfaction Surveys giving the program a 100% grade for overall satisfaction and stating parent would recommend SCS to others.
- Parents noted improvement in student social skills, communication skills and progress toward goals.
- Animal/Equine Interaction Program: In the last year, 45 students (horse riders) were served in the Education Program and 42 students (horse riders) in SCS; this number does not include all the students who simply visit, brush, and feed Cooper and Pierre.

**very specialized after-school program for individuals countywide, who are diagnosed with intellectual and developmental disabilities, and who cannot be served in other community-based programs*

Incredible Families Program*

- Parents reported: 98% were satisfied with the program and staff; 95% satisfied with child's progress; 99% satisfied with curriculum and topics covered in parenting classes; 94% felt program and staff demonstrated cultural awareness and were able to meet cultural and language needs.
- Parents showed 75% improvement in praising their children; 91% reduction in physical punishment; 70% reduction in harsh and inconsistent discipline.

**in collaboration with Vista Hill and the County of San Diego Children's Mental Health and Child Welfare Services — the primary objective is healthy and safe reunification of families in a supportive way*

Vista Hill Bridges Teen Recovery Center*

- 95.1% of clients had no new arrests.
- 91.3% of clients were attending school or participating in educational preparation classes before discharge.

**provides a wide range of services (3-6 months) including individual counseling, group therapy, Live-Well activities, family counseling, drug screening and aftercare counseling*

Combined Statement of Financial Position

At September 30, 2016 (in 000s)

ASSETS

Current Assets	
Cash and Cash Equivalents	\$ 1,936
Investments	11,371
Accounts Receivable	4,373
Other Current Assets	500
Total Current Assets	18,180

Property, Plant and Equipment, net	9,498
Endowment and Deferred Giving Assets	4,290

Total Assets \$ 31,968

LIABILITIES AND NET ASSETS

Current Liabilities	
Accounts Payable	\$ 594
Accrued Expenses	1,315
Total Current Liabilities	1,909

Mortgage and Notes Payable	1,637
Total Liabilities	3,546

Net Assets	
Unrestricted	24,402
Temporary Restricted	2,186
Permanently Restricted	1,834
Total Net Assets	28,422

Total Liabilities and Net Assets \$ 31,968

The financial information in this report represents a condensed version of fiscal year 2015-2016 audited financial statements. A complete set of audited financial statements, with accompanying notes and report from AKT LLP is available at Vista Hill's main office.

92% of contributions go back to the community we serve.



Gala Patron Party was an Elevated Experience

Gala Patron Party hosts Lynn and Duane Nelles welcomed Gala committee and honorary committee members, sponsors, underwriters and Vista Hill staff into their home rising above the Del Mar Mesa. When the Nelles purchased the home a couple of years ago, Lynn instantly thought it was an ideal place for a Vista Hill Patron Party. Indeed she was correct! On September 28 guests reunited to celebrate the upcoming Gala and the end of another successful year at Vista Hill (fiscal year-end is September 30).

While the gala theme was about one of the founding fathers (Alexander Hamilton), Mother Nature didn't disappoint. The balmy fall weather created an awesome atmosphere for the al fresco gathering in the backyard with an added delight of a most beautiful sunset.

Gala chair and owner of Crown Point Catering Vicki Hamilton, along with her daughter-in-law Eliza Hamilton (if that sounds familiar that was Alexander Hamilton's wife's name), created a modern twist on the dinner served at the Compromise of 1790. The famous "dinner table bargain" struck between James Madison and Alexander Hamilton over dinner with Thomas Jefferson was but one of many Jeffersonian dinners that changed the course of history. The three men resolved the deadlock in Congress over state debts and where the capital would reside. Hamilton won the decision for the national government to take over and pay the state debts, while Jefferson and Madison secured the national capital (District of Columbia) for the South.

Just as in 1790, at the precise moment when the evening was approaching perfection, out came the universally favorite dessert—the delicious vanilla ice cream enclosed in a warm pastry, like a cream puff. It never failed to elicit jubilation from the groups of diners at Monticello, and we proved it has stood the test of time. It sealed the deal then and now!



Hosts Lynn and Duane Nelles opened their lovely home for Vista Hill.



Melanie and Dennis Doyle (Vista Hill Board member) joined the celebration.



Kim Bennett and Kristi Pieper from the Thursday Club always have fun!



Courtney Brown and Susanne Marczak from Women Give San Diego joined the party.



Swanna and Dr. Alan Saltiel enjoyed meeting many Vista Hill supporters.



Gala Chair Vicki Hamilton and husband Don (back row/right) and their friends and family enjoyed the evening: Wes and Joan Evenson, Cyndy Collins, Greg and Cori Ritter, Susan and Bob Katz, Jay and Judy Burt.



(left to right) Yvonne and Eric Cottrell, Alon Parker, and Melissa Taylor danced the night away.



“Rise UP” Gala is a Smash Hit!

Our “Rise UP!” theme this year was based on the Broadway story of Alexander Hamilton. Hamilton is legendary for having vision and determination that propelled him far above an initial station in life to become a Founding Father of this great nation. What better inspiration from which to derive our Gala theme for this momentous celebration of our 60th Anniversary.

Vista Hill’s “Rise UP!” Gala was held on Saturday, October 14 at the new Pendry Hotel in downtown San Diego. Friends of Vista Hill Board Chair Vicki Hamilton (yes, her last name is really Hamilton), chaired the historic evening. The entire “Non-Stop” committee and the honorary committee (comprised of longtime and loyal supporters) made the evening especially memorable.

The successful event raised \$220,000 for Vista Hill programs and services and in keeping with our theme, really helped fill our treasury. The 200 gala attendees enjoyed special surprise production numbers that included the opener to Hamilton rewritten to tell the story of Vista Hill’s history. We were also

privileged to have San Diego native Arianna Afsar, who is currently playing the role of Eliza Hamilton in Chicago, sing two original songs and a Broadway classic.

To top off the theatrical evening, Vista Hill was very proud to honor three amazing couples with the inaugural “Ambassador Awards.” Barb and Charley Crew, Gayle and Tom Allen, and Debra McGinty-Poteet and Larry Poteet are superstars who have created incredible opportunities and connected Vista Hill with multiple individuals and organizations throughout the community.

Alexander Hamilton is quoted as saying, “There is a certain enthusiasm in liberty that makes human nature rise above itself in acts of bravery and heroism.” He was referring to the building of our nation, but the same can be said of Vista Hill . . . where six decades of treating, educating and assisting our clients have given rise to countless acts of bravery and heroism. We couldn’t do it without our generous donors and supporters. Thank you!

Raise Up



Larry and Helen Hollis made it a meaningful evening.



Arianna Afsar who plays Eliza in Hamilton, and Eliza Hamilton (Vicki Hamilton's daughter-in-law) compared notes.



Ambassador Awardees: Tom and Gayle Allen, Debra and Larry Poteet, Barb and Charley Crew amaze us all.



Show stoppers Auctioneer Graham Sterling and multi-talented Anthony Bollotta entertained the Gala guests.



Greg Hall and Eduardo Rubio of Smurfit Kappa North America eagerly raised their bid cards.



The Hamilton men: Blake, Don, and Jonathan showed off their classy Alexander Hamilton socks.



Jannell Jackson, Senior Field Representative for Assemblymember Shirley N. Weber, Ph.D. presented a certificate of recognition to Robert Dean, CEO.



"Blow Us All Away" Sponsors and Underwriters

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Vista Hill Supporters

*Your investment ensures our ability
to provide the highest quality
programs and services to thousands
of San Diego County families*

Dear Friends,

You attend our events, contribute financially, volunteer your time, make in-kind donations and tell your friends and associates about our important work. We hope you know how much we appreciate all you do and how grateful we are for your support. **We thank you, and we salute you!**

Community Impact Leaders

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Making an impact...
leading the way... for 60 years.

Three Million Dollar Leadership Circle (\$3,000,000+)

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Barbara and Neil* Kjos



*Dr. Curtis Chan and Mae, Swanna and Dr. Alan Saltiel, Susan
and Dr. Mark Chenven, Kelly and David Colvard, and Gayle
and Tom Allen (center) helped make the evening successful.*

Lael and Jay Kovtun
 Las Primeras
 Lipin Family Foundation
 Jeffrey and Sheila Lipinsky Foundation
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 Karen and Doug Yingling
 Lynn Corrin, M.D. and Matthew Zetumer, M.D.

Associates and Special Friends

OCTOBER 1, 2016 THROUGH
 SEPTEMBER 30, 2017
 CURRENT GIVING

Very special thanks to those individuals, foundations, corporations and organizations that generously support Vista Hill.

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(front row left to right): Marcia and Herman Peniche, Aimee and Vicente Rodriguez, (back row) Ken and Maria Thayer, Teresa and Greg Hall, and Alicia and Eduardo Rubio are making a huge impact on many lives.



(front row left to right): Larry and Debra Poteet, Ann and Thomas Sergott, (back row) Laura Stees, Janet DiPrinzio, Jeffrey Lowe and Pam Palmer-Lowe, Heidi Dorman, and Tony Bedford were in the action all evening.

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Please note: Space limitations prevent us from naming all donors, but we hope you know that every dollar contributed, all the in-kind donations and each volunteer hour spent at Vista Hill means the world to us. We sincerely apologize for any unintentional errors. Please feel free to notify us if you detect a mistake at **858-514-5151**. *Thank you.*

Luncheon Highlights Media Role in Portraying Mental Illness

Friends of Vista Hill and Hope Village/Chesed Home teamed up for a second year to co-present the Vista Hill Council on Mental Health (VHCMH) Luncheon on August 24th. "The Role of Media in Portraying Mental Illness" was the topic, with local NBC News investigative journalist Megan Tevrizian as the speaker.

Tevrizian, a native San Diegan, has filed a series of reports involving the mentally ill, leading the way to San Diego County's implementation of Laura's Law. She has also worked with legislators at the national level investigating and promoting the "Helping Families in Mental Health Crisis Act," otherwise known as the Murphy Bill.

Tevrizian has immersed herself in the politics of mental health in the United States and has met many obstacles and advocates for mental health reform along the way. Tevrizian shared her vast experience and personal views on the media's

portrayal of mental illness and the challenges with keeping the topic relevant outside of times of major tragedies involving those afflicted with this chronic illness.

The event, chaired by Friends of Vista Hill board member Sheila Belinsky, was held at the Hyatt Regency La Jolla. Working together to plan, publicize and sell tables for the luncheon, VHCMH and Hope Village/Chesed Home produced an interesting and informative event with more than 200 attendees, and raised just over \$32,000 to support both organizations. The proceeds will benefit those affected by developmental disabilities, substance use disorders and mental illness served by Vista Hill, and help Chesed Home to provide a safe and nurturing environment with Jewish values for adults with mental illness. Through our combined efforts, we hope to remove the stigma of mental illness through education and outreach.

1 Presenting Sponsor Sherrie Auen (center) and friends were pleased to come together for such important causes.

2 Kimberly Godwin (Friends Advisory Board), Dr. Mark Chenven (VH Medical Director), and Renée Bannasch (FVH Board) are three great Vista Hill friends.

3 Hanna Gleiberman, Sheila Belinsky (event chair and FVH Board member), speaker Megan Tevrizian, and President of Chesed Home Fern Siegel were happy to bring the important topic to both organizations.

4 For niece Shana Hazan and Aunt Karen Silberman, supporting mental health is a family affair.

5 Marsha Lubick, Barbara Brown (FVH Advisory Board), and Joy Charney were all involved in the early days of the Council on Mental Health.

6 Table and event sponsors Judy and Larry Belinsky were delighted to host their friends.



Mothers and Daughters from National Charity League Making a Real Difference at Vista Hill

A wonderful new partnership with the San Dieguito chapter of the National Charity League (NCL) that began last summer has already provided Vista Hill with countless hours of volunteer assistance, as well as numerous donated items, including food and holiday gifts.

Earlier this year the organization that enables mothers and daughters to work together on charitable causes selected Vista Hill as one of the four non-profit organizations it supports, according to Joanne Garcia, Senior Director of Stein Education Center (SEC) Adult Service Programs.

Garcia, who is a member of the chapter with her daughter and serves as NCL liaison with Vista Hill, is excited about the new relationship.



New partners National Charity League (San Dieguito Chapter) and Vista Hill are serving the community better together!

"We're thrilled that Vista Hill has been selected by NCL because it really is an important philanthropic designation within our community," Garcia says. "The infusion of such a significant amount of volunteer time and donated items will enable Vista Hill to do even more to assist individuals and families in need," Garcia says.

NCL mothers and daughters have already:

- Provided volunteers for a host of events, including the Council on Mental Health Luncheon, ParentCare alumni movie night and Thanksgiving celebration, and the Stein Education Center carnival where they operated all the games and sold hot dogs.
- Assembled Halloween candy bags for clients of the Teen Recovery Center (TRC) and collected gifts so each teen will have presents this holiday season.
- Collected hundreds of pounds of canned goods during NCL's annual fall "We Can" food drive. Almost 2,000 cans will be distributed during the holidays to ParentCare's Mother Hubbard's Cupboard, the Stein kitchen and the TRC pantry.

"This is one of those programs that is a true win-win for both partners," says Garcia, who hopes the relationship will continue for several years. "Our daughters get a unique view of what the needs are in our community and gain important life experience by volunteering and giving back. Vista Hill saves money on resources and a huge amount of staff time that can instead be invested in making our programs even stronger."

Vista Hill Board Welcomes a Familiar Colleague

Carol Fitzgibbons joins the Vista Hill Board of Directors with much talent and experience serving as an Executive Director/CEO for five large non-profit organizations that support people with developmental disabilities. Three were California Regional Centers including Harbor Regional Center, San Diego Regional Center and Inland Regional Center.

Prior to Inland Regional Center, Fitzgibbons was Executive Director of Home of Guiding Hands for 16 years, a nonprofit organization that provides residential services and a variety of support programs to children and adults with developmental disabilities in San Diego County. Other nonprofit organizations for which Fitzgibbons had the privilege of providing support, direction and fine services included Vista Hill's Stein Education Center and Friends of Handicapped Children.

Fitzgibbons has been actively involved in a variety of professional organizations that advocate for the most vulnerable in the community. She was a founding member of the San Diego Vendor Coalition, a collaborative of area social service agencies serving people with disabilities; a founding member of the Homeownership Coalition of San Diego County, which helps people with disabilities own their own homes; and a founding member of the Special Needs Trust Foundation, which helps families provide financial security for children and adults with disabilities.

Fitzgibbons received a Master's Degree in Health Education from Arizona State University. She retired in 2015 and joined the Vista Hill Board of Directors in November 2017.





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Vista Hill's 27th Annual Fashion Show

Totally Awesome 80s!

Chair: Kamaya Jane

