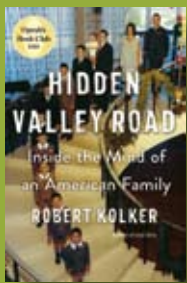


Supervisor Fletcher Visits ParentCare

story inside



inside

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County Supervisor Fletcher Gets Up-Close Look at ParentCare's Ability to Change Family Lives

The Chairman of San Diego County's Board of Supervisors, Nathan Fletcher, recently spent an informative two hours touring Vista Hill's ParentCare Family Recovery Center in La Mesa where he heard the emotional stories of women whose lives have been turned around by the program.

Fletcher's first stop was ParentCare's Lipinsky Therapeutic Learning Center, where he interacted with children and staff at the specialized day care center. Angela Rowe, Senior Director, Family Treatment and Recovery Services, who oversees ParentCare, then introduced Fletcher to a group of women who had graduated from the program.

The ParentCare alumni each shared their emotional journey of battling substance use disorders and having their children taken away by Child Welfare Services before finding their way to ParentCare, where they became sober and gained parenting and other skills that ultimately helped them regain custody of their kids and start a path to becoming productive individuals.

For Fletcher, the ParentCare tour was more than educational for a public servant who is dedicated to helping those most in need in our community.

"My recent visit to Vista Hill's ParentCare program was one of the most emotional and important experiences I've had since becoming a supervisor," Fletcher says. "I found it extremely moving to hear the stories of these courageous women who struggled

with substance use disorders and hit rock bottom, losing their children and everything else in their lives. Fortunately, they found their way to ParentCare, which I'm proud to say is partly funded by the County of San Diego.

"ParentCare provided the women the help they needed to completely turn their lives around. It's a model program in the country because it has been so effective in helping

these women get sober, learn how to become good parents and reunite with their kids," Fletcher adds. "If that wasn't enough, ParentCare has also equipped them with practical skills that have helped them get real jobs and become contributing members of our community."

Robert Dean, Vista Hill President and CEO, accompanied Fletcher on the tour and said the entire staff of ParentCare was honored to have the supervisor take time out of his busy schedule to tour the facility.

"For ParentCare and Vista Hill, Supervisor Fletcher's visit was a meaningful occasion," Dean says. "It was important for him to meet current and former ParentCare clients, so he could see in person how a program can so dramatically transform the lives of women and families. It was also important for the supervisor

to see first-hand how vital a role one of the county's non-profit social service partners plays in improving lives in our community."



Above, County Supervisor Nathan Fletcher meets with (from left) Vista Hill President and CEO Robert Dean, Angela Rowe, Senior Director, Family Treatment and Recovery Services, and Stephanie Gioia-Beckman, the supervisor's former Policy Director and current Director of Government Affairs at Rady Children's Hospital-San Diego. Below left, Fletcher meets with Meghan, a ParentCare alumni (see her story on page 3).

On the cover: County Supervisor Nathan Fletcher poses with ParentCare Alumni and now Vista Hill staff members (from left, standing) Irma and Danielle, and (seated, from left) Holly, Angelena and Leah. Several of the women shared their emotional ParentCare experience with the supervisor (see page 3 for their stories).

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www.vistahill.org



ParentCare Alumni Share Their Journey from Despair to Hope

There may be nothing more devastating to a woman than having her children taken away by Child Welfare Services (CWS), but that's what happens to many of the women who enter Vista Hill's ParentCare Family Recovery Center.

They ended up there because they all struggled with substance use disorders and often found themselves homeless, victims of domestic abuse or in trouble with the law.

Fortunately, these women not only survived, they have thrived thanks to ParentCare. There they received an array of services

that helped them regain their sobriety and reunite with their children while learning the skills necessary to be a good parent and create new paths leading to hope and productive lives.

Several women who graduated from ParentCare shared their success stories with County Supervisor Nathan Fletcher when he recently toured the center (see cover story). The three alumni below not only turned their lives around, but they worked hard on their professional skills and have become valuable full-time employees of several programs within ParentCare and Vista Hill.



IRMA LOST HER CHILDREN IN 2002 WHEN SHE WAS ARRESTED FOR DRIVING UNDER THE INFLUENCE OF METHAMPHETAMINE. SHE HAS BEEN SOBER 19 YEARS AND HAS WORKED FOR PARENTCARE IN VARIOUS ROLES, MOST RECENTLY BEING PROMOTED TO BILLING TECHNICIAN. SHE IS CO-FOUNDER OF THE PARENTCARE ALUMNI ASSOCIATION.

"I came to ParentCare really broken. I had lost a baby to SIDS and then had my daughters removed. My life was really spiraling, but I found ParentCare and received complete support, understanding and compassion. I stopped using, learned coping skills and how to be a better parent. I have received so much from ParentCare. I've been allowed to grow as a Vista Hill employee, and contribute positively to our community, with a lifetime of gratitude to pay back. I hope I can retire here because this is truly my happy place!"



DANIELLE TESTED POSITIVE FOR METHAMPHETAMINE IN 2011 DURING A HOSPITAL VISIT. THE NEXT DAY CWS INVESTIGATORS STARTED THE PROCESS OF REMOVING HER TWO CHILDREN. SOBER NOW FOR A DECADE, DANIELLE HAS BECOME A CERTIFIED ALCOHOL AND DRUG COUNSELOR AND WORKS FOR VISTA HILL'S DEPENDENCY DRUG COURT.

"I had a lot of loss in my life, and my addiction was made worse trying to deal it. I'm so grateful that I found ParentCare. It really saved my family and my life. I'm a completely different person because of ParentCare. I had zero skills and no education, but ParentCare gave me a chance to become a responsible, productive person. I've been able to stay sober, I have a great job, I'm co-owner of a home and I'm raising quality children. I have a future!"



MEGHAN HAD BEEN USING METHAMPHETAMINE FOR NEARLY TWO YEARS WHEN THE SHERIFF'S OFFICE RAIDED THE HOUSE WHERE SHE WAS STAYING WITH HER DAUGHTER. SHE STOPPED USING THE DAY HER DAUGHTER WAS REMOVED BY CWS AND HAS BEEN SOBER SEVEN YEARS. TODAY SHE IS A PEER SUPPORT PARTNER FOR VISTA HILL'S ADAPT* PROGRAM.

"When I lost my daughter, I lost my home and everything I owned. I was actually homeless when I came to ParentCare, so I know I wouldn't be here without them. They not only helped me get off drugs, they gave my family a place to live and showed me how to be a better mom. I owe everything good that has happened to me to Vista Hill. They didn't just give me a job, they gave me a career. ParentCare has truly made a difference in my life and the lives of so many other women."

*ADAPT: Accessible Depression Anxiety Peripartum Treatment

President-CEO / Board Chair Message

Having recently celebrated Thanksgiving and looking forward to the holiday season ahead, it's a good time to look back at 2021 and reflect on how grateful and fortunate we are to continue our important work at Vista Hill despite some of the steepest challenges we've ever faced.

As always, the foundation of Vista Hill's success is our staff, and the dedication and passion of our 475 employees



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

has been critical in our ability to navigate the COVID-19 roller coaster.

We want to take a moment to thank all of our staff for how skillfully they have dealt with the constantly changing conditions that affect our work lives, our personal lives and the well-being of our clients and students. We are especially grateful and proud that we have achieved a 92 percent vaccination rate among our employees.

One of the challenges we've addressed is the movement of people in and out of jobs and the constant recruiting for openings. This is happening not only at Vista Hill but also throughout public and private sectors. This puts added pressure on all of us, but our staff has risen to the occasion with their usual determination and devotion to our clients so that services were never interrupted.

The pandemic caused a handful of layoffs at Vista Hill, but we've kept paychecks flowing for 99 percent of our employees and provided nearly 16,000 hours of paid time to staff for various COVID leaves of absences while voluntarily extending the leave program an additional nine months.

There have been a number of other highlights this past year, not the least of which is that Vista Hill continues to be financially stable and our relationships with our contract partners remain solid.

We're excited about a new program we're launching with the federal California area Indian Health Service, a program that provides medical and public health services to Native Americans. This pilot project under our SmartCare division will provide behavioral health consultation services to primary care providers who serve Native American children and families in Northern and Central California. Helping us with this program will be our newest staff member at Vista Hill, Shawn Sidhu, M.D., who will have a number of responsibilities as Associate Medical Director (see page 5).

We are also pleased to report we purchased a building in Chula Vista where we'll move Stein Education Center's large adult program from a location we've been leasing

in National City (see back cover). It's part of Vista Hill's philosophy of owning rather than leasing our buildings, a strategy that has saved the organization hundreds of thousands of dollars.

Finally, we enjoyed one of our most successful Council on Mental Health Luncheons ever this last month. The luncheon was special not only for the emotional and informative presentation by *Hidden Valley Road* author Robert Kolker (see page 6), but because it was the first time we've been able to hold a public event since the pandemic began in early 2020.

As we look forward to 2022, we want to thank all of our partners and donors for their unwavering support throughout this past year. With all of us working together we'll be able to handle any new challenges ahead as we continue our mission to provide our 27,000 San Diego County residents with mental/behavioral health, educational and social services that are so critical to their well-being and the health of our community.

Cecil H. Steppe
Chair

Robert Dean
President & CEO

Combined Statement of Financial Position

At September 30, 2020 (in 000s)

ASSETS

Current Assets

Cash and Cash Equivalents	\$ 6,617
Investments	16,136
Accounts Receivable	5,982
Other Current Assets	470

Total Current Assets 29,205

Property, Plant and Equipment, net	8,161
Endowment and Deferred Giving Assets	6,398

Total Assets \$ 43,764

LIABILITIES AND NET ASSETS

Current Liabilities

Accounts Payable	\$ 624
Accrued Expenses	2,291

Total Current Liabilities 2,915

Mortgage and Notes Payable	982
Deferred Rent	397

Total Non-Current Liabilities 1,379

Total Liabilities 4,294

Net Assets

Unrestricted	34,573
Permanently Restricted	4,897

Total Net Assets 39,470

Total Liabilities and Net Assets \$ 43,764

The financial information in this report represents a condensed version of fiscal year 2019-2020 audited financial statements. A complete set of audited financial statements, with accompanying notes and report from Aldrich, LLP is available from Vista Hill.

Dr. Shawn Sidhu Joins Vista Hill as New Associate Medical Director

Shawn Sidhu, M.D., a leading expert on behavioral health who is associated with Rady Children's Hospital and UC San Diego's Department of Psychiatry, has been named Vista Hill's new Associate Medical Director.

Sidhu recently assumed some administrative responsibilities to assist Vista Hill's Executive Medical Director Dr. Mark Chenven, and he has taken on a leadership role in the clinical care for adolescents at Grossmont High School District's Merit Academy*. He is also assisting with a SmartCare pilot program with the federal California Area Indian Health Service to provide behavioral health consultation services to primary care providers who serve Native American children and families in various sites across the state.

Sidhu is an outpatient attending psychiatrist at Rady Children's Hospital San Diego and an Associate Professor at UC San Diego School of Medicine, where he serves as program director for the UC San Diego Child and Adolescent Psychiatry Fellowship Program.

Sidhu has dedicated much of his clinical career to working with underserved and under-resourced communities

in the Southwest, including Native American tribes and border immigrant communities.

"What I love so much about Vista Hill is that it actively helps the most underserved people in our community," Sidhu says. "Unfortunately, people with personal or family mental health struggles are often the unseen, unheard, and forgotten members of our society.

"Many of those with whom we work have experienced considerable tragedy and intergenerational trauma," Sidhu adds. "Vista Hill looks these hard truths squarely in the eye without flinching, and provides trauma-informed, culturally-sensitive, and family-oriented care to people in great need. I am very proud and thankful to be a part of this organization, and hope to be of service to my patients and colleagues at Vista Hill."

Robert Dean, Vista Hill President and CEO, said, "Vista Hill is pleased to have Dr. Sidhu as a part of the executive team and as a child and adolescent board-certified psychiatrist. He has impressive academic and clinical credentials and conveys sincere positivity on a personal level."

*Mental Health Services partially funded by the County of San Diego.



Vista Hill Welcomes New Board Members

Alana Asmussen, a financial services executive, and Michelle Jampolsky, BSN, RN, a Nurse Educator, are the newest members of the Vista Hill Board of Directors.

Asmussen is a Principal and Lead Advisor at Dowling & Yahnke Wealth Advisors where she has been a key participant in the growth and development of the firm for the past 27 years. Asmussen has extensive experience managing portfolios and guiding clients through all phases of their financial lives.

She holds the Charter Financial Analyst (CFA) and Certified Financial Planner™ (CFP®) designations, has a Master of Science in Business Administration, Financial Planning from San Diego State University and completed her undergraduate work at the University of Iowa with a Bachelor's Degree in Business, Economics. She is a member of P.E.O. International, a women's philanthropic, educational organization, and serves on the Estates & Trust Executive Committee of Rady Children's Hospital Foundation.

Jampolsky is a Nurse Educator for a large tertiary medical center and is responsible for the

development and implementation of clinical nursing and education standards for professional and paraprofessional nursing personnel. She has more than 13 years of experience as a nurse educator and clinician in pediatrics and neurology.

Prior to her career in Nursing, Jampolsky worked in several hospital and community settings as a Senior Child Life Specialist. Her child development work experiences encompass protocols, home visits, assessments, training and supervision of child life specialists. Jampolsky received two undergraduate degrees in Nursing and Science Education and Social Policy and a Master of Science in Human Development and Family Studies.

Jampolsky volunteers with Operation Smile for which she coordinates cross-cultural medical education and pre-operative teaching on 12-day medical missions to Kenya, Brazil, Morocco, Honduras, Peru, Jordan, Bangladesh and other developing countries. She also serves on the San Diego Holiday Bowl committee.



Alana Asmussen



Michelle Jampolsky

Mental Health Luncheon a Major Success



Vista Hill's Council on Mental Health's recent annual luncheon was a major success, spotlighting a family's courageous struggle with mental illness while honoring one of our community's most dedicated advocates for mental health. In Vista Hill's first public event held since COVID-19 began in early 2020, more than 225 guests attended the November 12 luncheon at the Town and Country Resort. Guest speaker Robert Kolker, author of *Hidden Valley Road—Inside the Mind of an American Family*, told the story of a remarkable family with 12 children, six of them diagnosed with schizophrenia, and how their journey has become one of science's great hopes in understanding the disease. At the luncheon, Barb Crew, one of Vista Hill's most engaged supporters, was honored with the Mental Health Advocate Award. A Friends of Vista Hill

(FVH) Board member since 2010, Barb has worked tirelessly with many organizations and on her own to improve the lives of those with mental illness and their families. During her remarks, Barb told the emotional story of her family's own struggles with the mental illness of her son and how his suicide changed the course of her—and husband Charley's—lives and compelled them to become passionate behavioral health advocates.



The Galvin Family in front of their home on Hidden Valley Road in Colorado Springs. Their family history of schizophrenia was the foundation of Robert Kolker's book.

It was exciting to return to in-person events and have a room full of people for first time in nearly two years.



*Author and speaker
Robert Kolker*



Table host Pam Boyd (top row third from left) and her Bernardo Heights Country Club Golf friends were delighted to support their friend Barb Crew and Vista Hill.



L to R, FVH Executive Director Rachel Peniche, Mental Health Advocate Honoree Barb Crew, and President and CEO, Robert Dean



L to R, Megan Mistler, Dave Welch and Carolyn Fendelman were delighted to attend their first Mental Health Luncheon.



L to R, Event Chair Ellen Moxham, Ph.D. with Robert Kolker and Lead Sponsor Sheila Belinsky, founder of Molly's Angels



SmartCare BHCS nurse practitioner Shirley Fett and Dr. Hilary Bowers, Director of Behavioral and Mental Health Services at Children's Primary Care Medical Group

Vista Hill Supporters

Your loyalty to our 27,000 program participants throughout 2021 has ensured our ability to remain stable and equipped to assist the most vulnerable in our community during these formidable times.

Dear Friends,

Despite another challenging year, we are RESOLVED AND RESILIENT! We returned to in-person education, recovery and mental health services, while still providing distance learning and tele-health. We continued to provide vocation and life skills to our students and program participants; we are rendering treatment no matter where our families need us, we are reshaping lives through our evidence-based approaches; and our staff is at the ready to provide the highest quality services in the safest manner possible. WE APPRECIATE AND APPLAUD YOU!

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(L to R) Barbara Brown and Carole Sachs

“Though we may have gotten weary of things like health guidelines and mandates, programs and offices bouncing between in-person, hybrid, remote and closure, we have shown what unites us is far greater than what may momentarily divide us.”

– Robert Dean, Vista Hill President/CEO

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(L to R) Supporting Vista Hill is a family affair. Eliza Hamilton with mother-in-law and FVH Board Chair Vicki Hamilton; FVH Board Member Susan Straub with daughter, Lynn Nelles.

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Save the Date

Vista Hill Fashion Show
Friday, May 6, 2022
10:00 am - 3:00 pm

Co-Chairs:
 Barbie Spinazzola & Maureen Sage
 Town and Country Resort



For information about sponsorship or underwriting opportunities and ticket sales, please visit www.vistahill.org or call (858) 514-5151.

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.



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Stein Education Center Adult Services South Bay Will Have A New Home

Vista Hill has purchased an 8,300-square foot building on Third Avenue in Chula Vista to house the Stein Education Center Adult Services, a day program for adults with intellectual and developmental disabilities in the South Bay. The opportunity to buy a building came about with the program's five-year lease expiring on the current location in National City. As a non-profit, Vista Hill received special tax-exempt financing with the assistance of



City National Bank, that will save tens of thousands of dollars in interest over the 20-year life of the loan. Friends of Vista Hill has launched a capital campaign to raise money for the building's much-needed upgrades and modifications that will be required to accommodate training and education services for the 80 clients served by the program. With the purchase, all four of the Stein Education Center Adult Program buildings around the county will now be owned by Vista Hill. It is estimated owning the Chula Vista building will save Vista Hill approximately 40 percent a year versus the cost of leasing expensive space.

To contribute to the Stein Education Center Adult Services Chula Vista Capital Campaign, please visit www.vistahill.org or call (858) 514-5151.