



SPIRITT
Family Services

SPIRITT's Mission is to strengthen the family unit by promoting mental health and well-being through proactive programs of education, prevention, intervention, treatment and recovery, and to strengthen the individual's self-concept through personal development, taking into consideration the multicultural communities served.

BOARD OF DIRECTORS
SPIRITT's core group of volunteers – our most valued asset

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The Formula of a Legacy

an interview with Irene Redondo-Churchward

Q: What are some of the key factors that have contributed to the success of this agency?

A: Connecting with people who share our vision has been instrumental in our ability to grow and more importantly positioned us to respond to the emerging community needs. Our success is due in part to our ability to develop sound programming with problem-solving approaches, delivered by skilled and caring individuals for people who are battling serious life issues such as addiction, hunger, poverty, abuse and mental illness.

Q: What have been some of the greatest challenges?

A: We look at barriers as opportunities. Finding funding sources that match the community needs is always a challenge. During these tough economic times when the needs exceed the resources, our most vulnerable families need and count on us to be there to help reduce the impact of the stressful life events that threaten their children's safety and wellbeing.

Q: What do you consider your greatest personal accomplishment?

A: Besides raising three wonderful children, I am blessed to have had the opportunity to help create programs that are based on my passionate beliefs of the resiliency of the human spirit and the need to strengthen families. When I look at the number of families and individuals that have come through our doors and are now living healthier, more productive lives and the number of children who are living in safer environments I am grateful to have been given the privilege to lead such a dynamic organization for the last 28 years. I am so very pleased to pass the torch to Elvia Torres who has already made major contributions to SPIRITT and with her exceptional leadership qualities is poised and ready to take this organization to the next level.

Q: Elvia, what do you see in SPIRITT'S future?

A: I am extremely grateful and privileged to have Irene as mentor. I came to work for Irene in 1991 and stayed until 1996 as a part-time counselor working towards licensure. My love for Irene and Project INFO (SPIRITT) was instantaneous. She was the greatest boss ever and her commitment to helping the community was refreshing and encouraging. I have been blessed with a successful career and a beautiful family, yet there was no place like Project INFO and no mentor like Irene. Returning to SPIRITT Family Services as the Clinical Director in 2002 was like coming home. The work done at SPIRITT comes from a place of acceptance and non-judgment; we believe in the communities we serve. We stand behind our core values: respect, responsibility, resourcefulness, resiliency and recovery. As the new Executive Director, I am ready to carry on the SPIRITT tradition and meet the challenges of this economic downturn with a new strategic framework to strengthen the impact of our services for the diverse communities we serve.



Irene Redondo-Churchward
Irene Redondo-Churchward
Retired Executive Director

Elvia Torres
Elvia Torres
Executive Director



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spiritt.org/Donations.asp



SPIRITT
Family Services

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Annual Events

MOSAIC Conference [November 17, 2010 18th Annual] Planned and implemented by *continuation high school boys and girls* for 150 of their peers in the Eastern San Gabriel Valley. The conference has been held at the South Coast AQMD facility from its inception.

CLARO Conference [April 2011, 17th Annual] Designed to help 100 *high school age boys* who have participated in year-round CLARO support groups *develop a positive view about their personal future.*

SERENA Conference [June 2011, 10th Annual] Educational opportunities provide empowerment resources to help 300 *high school age girls make informed decisions and good life choices* in a academic setting, co-sponsored by Rio Hondo College.

National Make a Difference Day [October 23, 2010] SPIRITT creates *opportunities to serve by volunteering* a day to improve our community, while learning about healthy lifestyles. Charitable giving projects include beach and river bank clean-ups, neighborhood electronic recycling, and tending local community gardens.

National Family Day A Day to Eat Dinner with Your Children [September 27, 2010] On Family Day, SPIRITT provides healthy meals to hundreds of families, *teaches parents techniques they can use with their kids at home to open the lines of communication and create meaningful connections* with their children.

Folklorico de Colores The folklorico dance group of more than 100 promising young dancers receives *professional dance training and numerous annual performance opportunities* such as the Los Angeles County Fair (15 years), Orange County Fair (10 years), local school events and community festivals.

SPIRITT in the Workplace Fashion Show Luncheon [April 20, 2011 11th Annual] Held during Child Abuse Prevention Month 300 guests (local stakeholders and SPIRITT partners) enjoy an *afternoon of networking, shopping and learning more about effective child abuse prevention efforts that keep children safe and thriving.*

Design: RosesRoad.com



STATEMENT OF ACTIVITIES

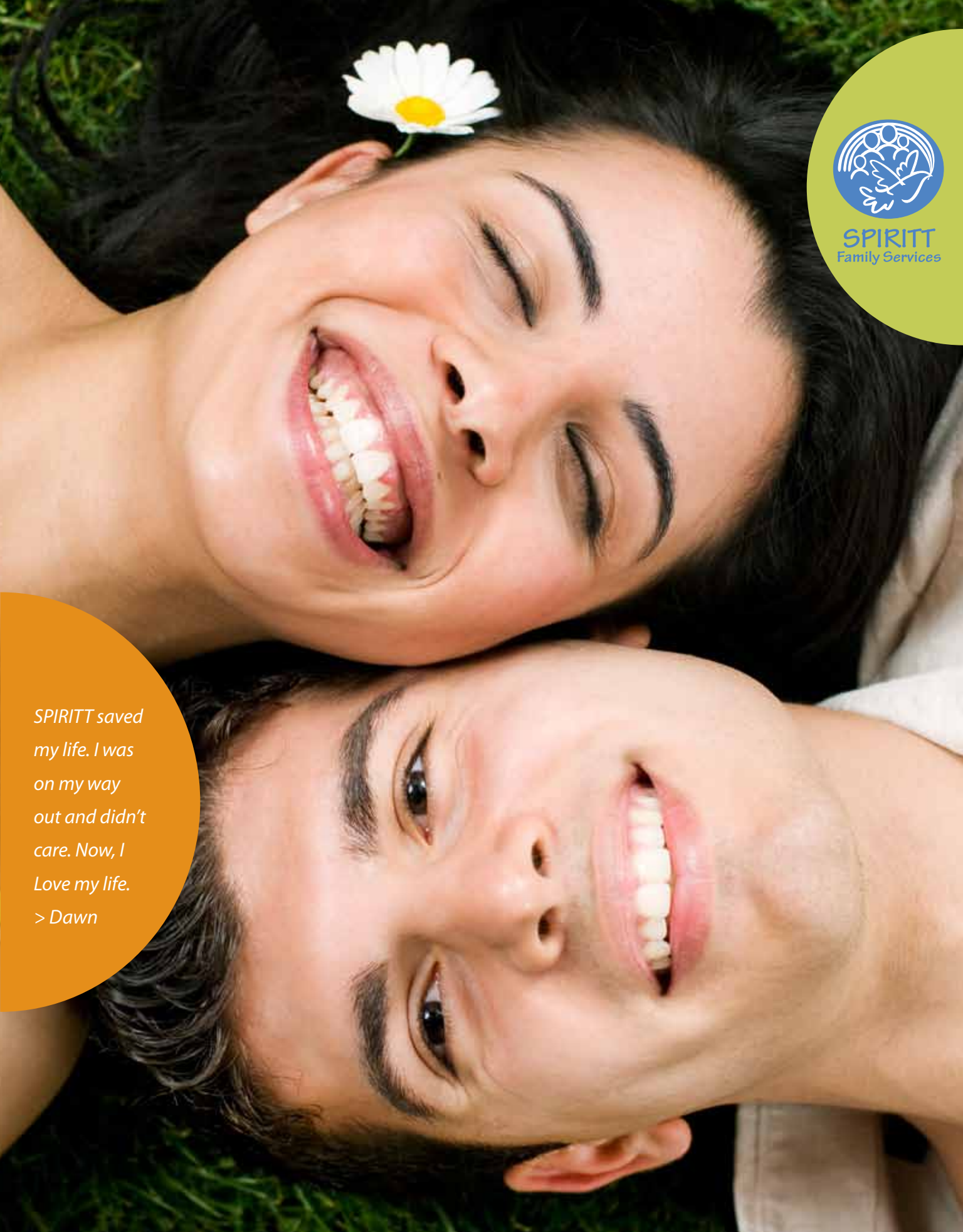
fiscal year ending 30 June 2010

REVENUE	
Government Contracts	\$ 3,637,760
First 5 LA Grant	1,452,109
Client Fee	173,853
Contributions	93,199
Other	382
TOTAL REVENUE	\$ 5,357,303

EXPENSES	
Personnel	\$ 3,585,504
Operating	1,444,718
Occupancy	263,861
Depreciation	13,280
TOTAL EXPENSES	\$ 5,307,363

EXCESS OF REVENUE OVER EXPENSES **\$49,940**

Funding sources include
Los Angeles County Departments: Substance Abuse Prevention and Control; Mental Health; Children & Family Services and Probation, and Community Service Block Grant and First 5LA



SPIRITT saved my life. I was on my way out and didn't care. Now, I Love my life.
> Dawn

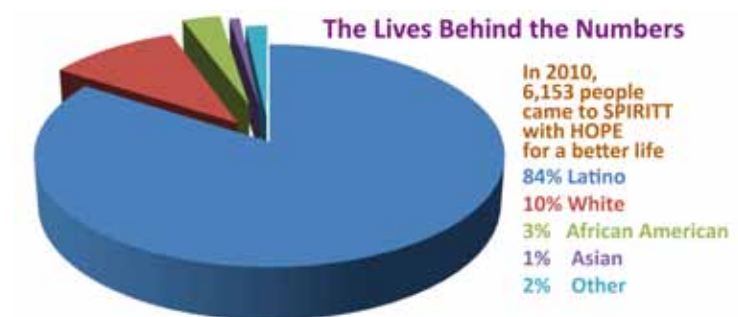
SPIRITT: Skills for Prevention, Intervention, Recovery, Individual Treatment & Training



AASUL [Assistance with Alcohol and Sobriety Uniting Latinas] Prevention media campaign designed to *educate Latina youth* in California about *alcohol abuse and related problems* offering a network of *support services* and quarterly newsletters to keep the community informed.

CARE [California Access to Recovery Effort] A partnership with the State of California provides *short term outpatient substance abuse assessment and treatment for youth and their families* through a voucher system.

CARIÑO [Child Abuse Risk Intervention and Neighborhood Outreach] *Child abuse prevention program offering family support through counseling and parent education to families.* CARIÑO seeks to prevent and/or break the cycle of abuse.



CARIÑO PFF [Partnerships for Families] *Child abuse prevention program for high risk pregnant women and families with children 5 years of age and younger.* Expectant mothers and families with young children receive in-home counseling services as well as parenting and information on child-development.

CAPE [Child Abuse Prevention Education] A 52-week *parent education program for court ordered parents focusing on child abuse, anger management and parenting.*

CLARO [Challenging Latinos to Access Resource Opportunities] School based program focusing on positive role modeling and support groups for *high-risk male youth.*

COLORS [Community Organizations Linking Optimum Resource Services] *Family Preservation* program for DCFS referred families providing a strong base of *in-home support services* for families involved with the child welfare system; with a focus on child's(rens') safety and welfare.

DOVE [Domestic & Other Violence Education] A 52-week program for *domestic violence offenders* emphasizing *education and accountability* to assist the criminal justice system and to ensure the well-being of the community.

SPIRITT Family Services is a nonprofit community-based organization with Five Family Centers serving residents of: Whittier, Santa Fe Springs, La Puente, El Monte, Glendora, and surrounding areas. SPIRITT has been successfully teaching communication skills to families and providing vital social services which include but are not limited to: support groups for families, parent education groups, family structured activities, case management, child abuse prevention, drug and alcohol treatment and prevention and mental health services.

Most services are delivered by bilingual/bicultural staff and may include the use of the following Evidence Based practices: The Incredible Years; Parent Project; Prime For Life; TF-CBT; Seeking Safety; CBIT's; Interpersonal Therapy; Motivational Interviewing; Triple P; and Why Try.

How We Care for the Community

our programs

FATHERHOOD/SIENDO PAPA Support groups for *fathers validating their role and family struggles.*

FOLKLORICO DE COLORES *After-school cultural dance program for youth* designed to increase self-esteem, cultural pride and service to others through performance in the community. Parents are required to attend monthly educational workshops on topics that contribute to the development of stronger and healthier families.

KEYS [Key Essential Youth Support] *Mental health prevention and treatment services for children* exhibiting emotional and behavioral problems and support for their families.

MOSAIC [Multicultural Options and Strategies for Action to Integrate Change] School-based program for high-school continuation students providing *leadership opportunities to high risk youth* through the planning and implementation of an annual conference for their peers.

SEEDS [Seamless, Early, Essential and Diverse Services] *Family support program* providing *concrete and educational services for high risk and stressed families.*

SERENA [Self-Empowerment Resources to Educate, Nurture and Advocate] School-based support groups for *female youth providing social and recreational activities to promote positive identity, values, social competencies, and commitment to learning.*

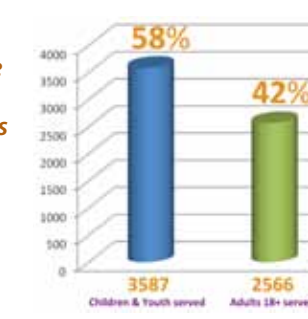
SHARE [Strategies to Help with Addiction & Recovery Efforts] Offering a full range of *substance use prevention and recovery services for adults* including individual, group and family counseling.

SPIRITT Academy *After school tutoring program* at the Los Nietos Community Center for any student wanting to improve academic performance.

TEEN SHARE Offering a full range of *substance use prevention and treatment for youth and their families* at school and on-site.

VISTA [Victory In Sobriety Through Awareness] *Outpatient, drug-free, co-occurring treatment program for recovering addicts;* serving youth, adults and their families.

WINDOWS/VENTANAS *Family communications skills* program that has been acknowledged at both the state and national levels for its effectiveness in the *prevention of substance abuse by strengthening families.* Program is provided in English and Spanish.





SPIRITT
Family Services

Families understanding each other
Respect



Everyone wants and needs respect. Learning respect for self and for others – including those in authority – creates positive relationships. When others [family, partners and community] are treated with respect, they will respond in a positive manner. Positive relationships help create self-respect.

I was referred to SPIRITT's CARE (California Access to Recovery Efforts) program for using drugs and alcohol during school. I worked the program for a while and I was better, but my parents thought I was still acting out. I continued the counseling which focused on substance abuse, effective communication skills, conflict resolution, and self-esteem. The therapy helped me and my parents to talk more openly and more often.

I chose the wrong friends, was making bad decisions and I was drinking and using drugs because I didn't think much of myself. Now, I am doing much better in school, made some new friends and I am getting along better with my parents - they think it's cool. > [Ricardo](#)

Families coming together
Responsibility



Taking ownership and not blaming others for our attitudes and behavior is being responsible. Responsibility is also striving to be active, productive and engaged which brings the trust of others. The trust of others brings a sense of belonging and builds stronger relationships.

Over the last 18 months, I've had to face things I never wanted to face. Without SPIRITT's help, I believe I would have continued to use, get arrested, go to jail and return again to another rehab – never taking control of my own choices – like choosing recovery over addiction. Who knows where I would be right now – most likely in jail, homeless or maybe dead. I have a great amount of gratitude and the utmost respect for the commitment and concern you have shown me, helping my recovery from marijuana, meth and tequila. I had given up my family for drugs and getting high. Now, I have a 9-month-old granddaughter I want to know. I want to be an important part of her life.

I have seen a different way to live and it is up to me to continue to take action. I am committed to doing whatever it takes to make my life meaningful. My granddaughter thanks you and so do I. > [Daniel](#)

Families experiencing new successes
Resourcefulness



Having the ability to find quick and clever ways to overcome difficulties is being resourceful. Some answers and resources come from within ourselves and some come from outside sources. When we learn the skills to practice resourcefulness, we can make better choices – choices that promote self-esteem.

I just left an abusive relationship and was alone with my two children [3 and 6]. I had no money and no job. I entered the CARiÑO PFF program and an in-home counselor visited us for six months. During my time in the program, I took several classes for parents. My counselor gave me information about the various ways to put my life back together and the first group I joined was PALS (Parents As Leaders and Support). I met other parents who were struggling like me. Then, I took the Incredible Years parenting class and later joined the Parent Advisory Committee (PAC) where I'm finishing a 9-week Advocacy course. I am thankful to SPIRITT's wonderful referrals to play therapy for my son at the Covina Development Center and domestic violence counseling at YWCA Wings. I am doing very well. I'm attending college and employed as a Clerical Assistant. Recently, SPIRITT asked me to become a co-leader of the PALS group and I started a mentorship program at the agency to become a Family Advocate. I have already helped plan a Saturday conference with other parent leaders that was free to the community. I continue to learn and be involved. My children and I are very happy. > [Erika](#)

Families growing stronger
Resiliency



To be resilient is to be able to withstand adversity and recover quickly from difficult conditions. When we learn to be more resilient, we can bounce back from adversity [which everyone has] and be happier in life.

I'd been a drug addict for over 13 years and was addicted to three different drugs. I'd been arrested many times. The last ended with a 6-year prison term. The terms of release included enrollment in a six-month drug program and three years probation. I was homeless, and unemployed and had been told that I could never change. Given my criminal history, I thought no one would ever trust me to care for my son who was living with my family. I always hoped we could be together.

Fortunately, I had a positive attitude, and was able to attend SPIRITT drug and alcohol program meetings and I remain drug free. Determined to regain custody of my son, I worked with the SPIRITT counselor to achieve my goals: completed my program, rented a small apartment, landed a part-time job and was granted limited visitation privileges with my son. Soon, I hope to regain full custody of my son.

All my angels helped turn my life around. > [Claudia and Joel](#)

Families healing the pain
Recovery



Recovery is regaining what was lost – respect, responsibility, resourcefulness and resiliency. With support, recovery can be achieved by learning new skills. Recovery brings emotional stability and the ability to build relationships that make us happy.

I was unemployed and dependent on welfare. My children had been sleeping on mattresses on the floor and had their clothes in boxes. After enrolling in the CARiÑO program, I was met with kindness and understanding. The staff helped me to overcome many of my barriers and continue my education – I was in the process of working towards my bachelor's in psychology. Through the support of my in-home clinician and the staff at CARiÑO PFF, I was given the courage and strength to overcome many fears and barriers that I put up because I never felt worthy of being anything in life. Now I have more courage. I successfully graduated from the CARiÑO program and I have continued to stay involved by joining the PALS (Parents as Leaders & Support) group. Also, I am now employed and working full time. Thanks to my in-home clinician and the staff for believing in me when I did not believe in myself. > [Rocio](#)