

One Caring Adult *Can* Make A Difference

AH, 21, was enrolled in our Transitional Housing Program and successfully graduated in the summer of 2020. During her journey, she met many milestones and challenges of independence. When Case Manager, Lisa Tamez first met AH, she seemed to have little direction in life, was unemployed and dealing with personal situations which caused her to lose custody of her son. “Losing my son was my rock bottom in life.” From that low point, AH has worked steadily to deal with the turbulence that comes from traumatizing experiences. She began to work on herself, especially her emotional wellbeing. For AH,

having Lisa as that caring adult mentor and role model was vital to her growth. It boosted her to transition into independence and aided her in finding coping strategies to handle this ‘rock bottom’ experience. She has now worked out a shared custody arrangement for her son.

With Lisa’s encouragement and support, pointing out the positives in AH’s life, even the tiniest ones, helped her understand how unhealthy emotional habits (withdrawing,

giving up, despairing) were holding her back. One key strategy for moving forward was finding a suitable career. Lisa encouraged AH to enroll in a vocational education program at UEI College for career training. AH completed the medical assistants training and secured a job. This success was the breakthrough that helped her appreciate that hard work, focus and dedication really does pay off. Her perception of life shifted from “it’s complicated” to “it’s manageable.” While there are still ‘bumps in the road,’ she has achieved several important independence milestones – she’s in a stable, supportive relationship, shares custody of her son, has two jobs (one full time as a Medical Assistant - and one part time as a caregiver), her own apartment with all the responsibilities of self-care.

For AH, having Lisa as that caring adult mentor and role model was vital to her growth.

OUR MISSION



To act as a model nonprofit organization creating tangible, measurable and accountable community benefits by providing safe, sensitive and therapeutic environments and treatment to those we serve through the work of well trained, dedicated staff in partnership with social, health, judicial and other appropriate community agencies.



(559) 439-5437 • 7120 N. Marks Ave., Suite 110, Fresno, CA 93711

(209) 725-3114 • 2815 G Street, Merced, CA 95340

www.promesabehavioral.org



2019

Annual Performance Report



SAFE • CARING • DEDICATED



promoting growth and wellness.....

Our Board

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Our Leadership

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Michelle Bejarano
Director of Foster Family Agency

Arlene Vargas
Director of Residential Services

Mandi Reed Najera, LMFT
Director of Substance Use Treatment
Disorder Services



CHANGING LIVES THROUGH CARING

At Promesa, we embrace a deep level of caring for our clients, a dedicated caring that changes lives. That caring manifests in our 2019-20 motto: **Changing Lives through Caring.** We strategically layer new, complementary services to help us more effectively serve our youth. In 2019, we obtained approval to add full spectrum specialty mental health services to our Residential program. This official designation as a Specialty Mental Health Services provider enhances our ability to **care** for the needs of our adolescent clients and their families.

Change through caring is also clear throughout our other program areas – Foster Family Agency, Adoptions, and Substance Use Disorder Treatment Services.

Caring which brings about change clearly shows in continued emphasis upon trauma responsive care. Promesa continues to integrate trauma informed training at every level of the organization. The enthusiastic response of our resource parents and staff to our commitment as a trauma responsive organization is heartwarming, and better yet, adding to our efficacy in serving children in out of home placements.

COVID-19, with its mandated shelter-in-place directives, very quickly reinforced that technology was our life saver. Telework assignments, virtual services and our telehealth capabilities have helped us efficiently deal with the volatility of this crisis. Given our decade long history as a telehealth service provider, we were able to rapidly rally together to ensure there was no disruption in services. This crisis confirmed the value of our programs and the dedication of our **caring** team who ensure those services. Just as this crisis has caused many of us to refocus on things that are personally important, we have used the opportunity to bring similar reflection to our work – to reinforce what we value in our mission – **caring** for and serving youth.

Thank you for your continued trust,

Lisa Weigant, MA
Chief Executive Officer

STRTP (Residential Services)

Operating 7 Short-Term Residential Therapeutic Programs in Fresno County and 1 in Madera, we have a unique understanding of the complex needs and challenges of adolescents placed in our out of home care settings.

In 2019, Promesa began to offer Specialty Mental Health Services to youth in our STRTPs, a much needed service due to the complex trauma most of the youth have experienced.

To better understand how to best meet the specialty mental health needs of our youth, we conducted a focus group in the Fall of 2019. The youth were very vocal about their experiences and what they perceived as helpful. We have since incorporated their responses in our day to day practices.

Sample questions/response

If I felt mentally unwell I have someone I can talk to – 100% yes

What do you perceive as helpful in your Specialty Mental Health Services?- “I feel like I’m getting better coping skills.”

“I like the staff, I think I’ve done really good here. I’ve been here four months and I’m glad I’m here” (13 year old youth)

Foster Family Agency

While the ultimate goal is to help children reunite with their families, this is not always feasible. To meet this community need, Promesa has on average, **60 Approved Resource Families, serving an average of 75 children in care at any one time.**

Intensive Services Foster Care (ISFC) represent a key commitment to caring for children who are dealing with complex trauma. To help both child and Resource Parent, Promesa offers on-going training aimed at understanding Adverse Childhood Experiences (ACEs) and complex trauma.

45% of children in our care are receiving Intensive Services.

As a critical member of our team, our Resource Parents have the responsibility of coordinating the child’s activities, building relationships with others, solving day to day issues, overseeing behavioral plans and participating in Child/Family team meetings.

Our parents are truly our everyday heroes!

Adoption

We are **passionate** about permanency for all children.

In 2019, we worked diligently to convert our resource families to homes that were also able to meet the needs of children eligible for adoption. Often times, families do not know where to begin and we have found that becoming a Resource Parent is a solid first step.

AB 1301 was signed into law in October 2019, the bill’s major provisions call for definitive emphasis on adoption as a permanency option for children in foster care. The Adoption Department cultivated training for this process and set the plan in motion in advance.

40% of our finalized adoptions were successfully completed with Promesa certified resource families. (2019)

Substance Use Treatment

Telehealth Outpatient Alcohol and Drug Treatment Services (TOADS) is a service we provide to adults who are struggling with addiction. Services are facilitated through the convenience of technology and a dedicated team of Addiction Counselors. The effectiveness of the program is demonstrated in a high retention rate of admitted adults.

80% of clients remain actively engaged in their treatment, 90+ days after enrollment.

7 out of 10 clients prefer telehealth over site based services; 8 out of 10 clients use a personal smart device to receive treatment and over 70% report they notice their harm reduction behavior skills have improved.

We often send inspirational and encouraging texts in between treatment sessions as well as to those awaiting enrollment. We find that the clients enjoy the active engagement and it assists in their motivation to stick with treatment.

There is no doubt this service allows us to reach a broader, underserved population. As stated by one of our rural clients, ***“Just thankful the program made it to Coalinga.”*** (41 year old Native American client)

2019 FINANCIAL REVIEW

REVENUE

STRTP Residential Program	\$6,722,902
Foster Family Agency	\$3,286,447
Substance Use Treatment	\$505,097
Adoptions	\$205,450
THP NMD	\$255,885

EXPENSES

STRTP Residential Program	\$5,640,619
Foster Family Agency	\$2,688,136
Substance Use Treatment	\$721,959
General & Administration	\$975,983
Adoptions	\$185,706
THP NMD	\$212,880

PROGRAM REVENUE

