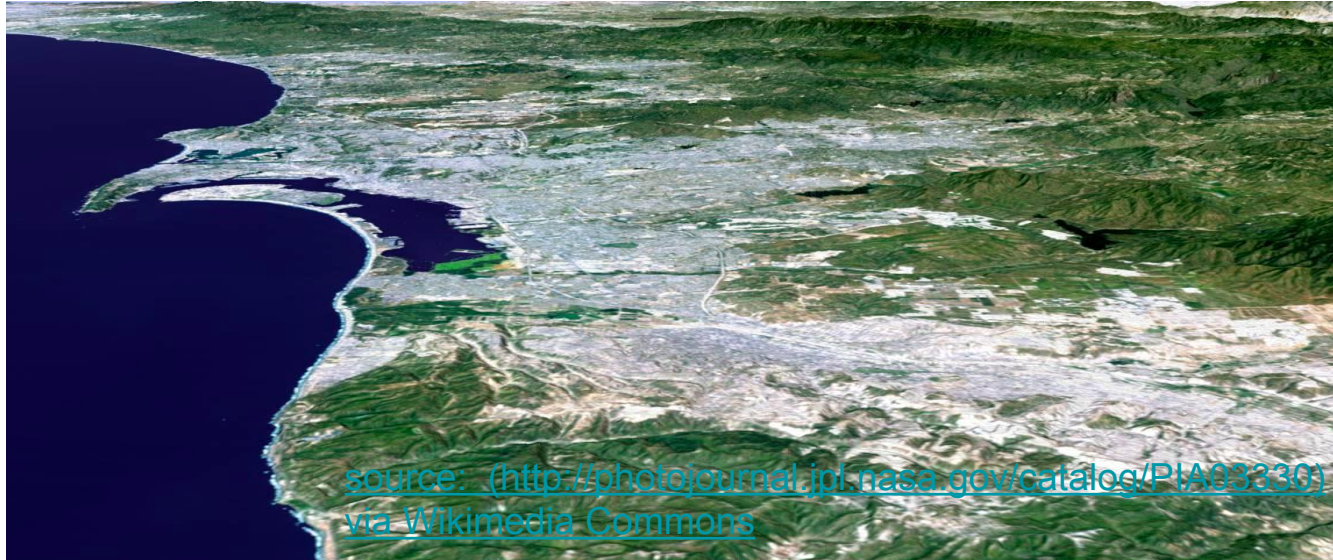


# Mobilizing Sectors for Community Transformation

San Diego Countywide



source: (<http://photojournal.jpl.nasa.gov/catalog/PIA033330>)  
via [Wikimedia Commons](#)

**Prepared for Community Vital Signs Initiative ~ Peer Learning Session**

**July 31, 2017**

Dana Brown, Southern CA Regional Facilitator

ACEs Connection Network

[dbrown@acesconnection.com](mailto:dbrown@acesconnection.com)

(858)472-2321

# ACE: Adverse Childhood Experiences



**Dr. Vincent Felitti**  
Co-Principal Investigator



**Dr. Robert Anda**  
Co-Principal Investigator

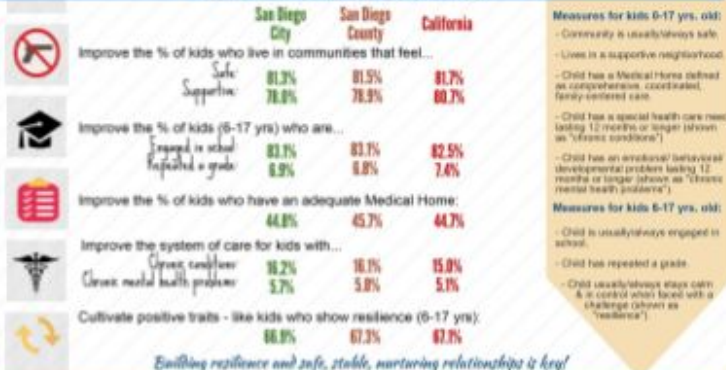
<https://acestoohigh.com/research/>

# San Diego ACEs Profile

## For Children 0-17 years old

Data from the National Survey of Children's Health 2011-2012 (www.nesdata.org)

### What Matters and What Can We Do?



**Measures for kids 6-17 yrs. old:**

- Community is usually/always safe
- Lives in a supportive neighborhood
- Child has a Medical Home defined as comprehensive, coordinated, family-oriented care
- Child has a special health care need lasting 12 months or longer (shown as "chronic conditions")
- Child has an emotional/behavioral developmental problem lasting 12 months or longer (shown as "chronic mental health problems")
- Child is usually/always engaged in school
- Child has repeated a grade
- Child usually/always stays calm & in control when faced with a challenge (shown as "resilience")

## History is not Destiny

*This involves all of us...*

ACEs can have a life long impact of chronic stress, trauma, and poor health lasting through adulthood, but...

- Fact #1:** Among children with any ACE, those who witnessed neighborhood violence were least likely to have a protective home environment, an adequate medical home, and to be engaged in school.\*
- Fact #2:** School performance goes hand-in-hand with ACEs. Compared to school-age kids with 2+ ACEs, those with no ACEs are 1.3 times more likely to be engaged in school & 3 times less likely to repeat a grade.\*
- Fact #3:** Among kids with ACEs, those who do not have a family-centered medical home are 41% less likely to be engaged in school, 55% more likely to repeat a grade, and are 41% less likely to exhibit resilience.\*
- Fact #4:** Kids with ACEs are more likely to have chronic health problems & to have parents with poor health. For instance, those with 2 or more ACEs are 2 times more likely to have chronic conditions, and 5 times less likely to have a mother in good health.\*
- Fact #5:** Resilience can be learned and buffers the negative impacts of ACEs. Among kids with 2+ ACEs, those who show resilience are much more likely to be engaged in school & less likely to repeat a grade.\*

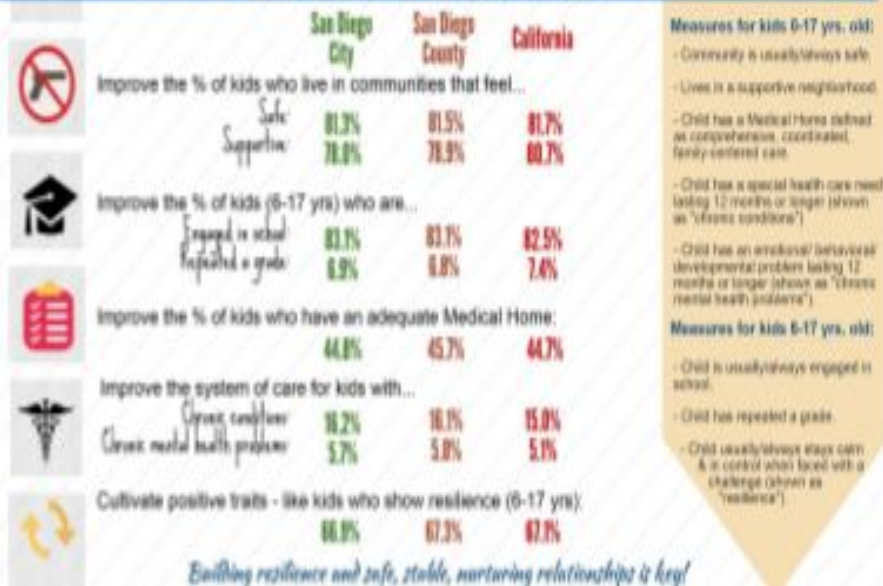
Abbreviation: ACEs = Adverse Childhood Experiences. 2+ ACEs = 2 or more of 9 adverse child or family experience items.  
 \* Even after adjustment for chronic conditions (when it's not the outcome), socioeconomic & demographic characteristics, differences are statistically significant.  
 Source 1: The Child & Adolescent Health Measurement Initiative. Data Research Center Data Query. Accessed on Oct. 9, 2014.  
 Source 2: Hubbell, C., Newhook, P.W., Hanson, R., Wallace, N. Population-based findings on childhood trauma and resilience. Under edit for publication.

# San Diego ACEs Profile

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<http://www.kidsdata.org/region/368/san-diego-county/sunmary#6/demographics>

# “Trauma Informed Care Day” in City of San Diego

**SAN DIEGO COUNTY (CA) ACES CONNECTION**  
Building ACEs Awareness ~ Building Community ~ Building Resilience

ACES CONNECTION / GROUPS / SAN DIEGO COUNTY ACES CONNECTION / RESOURCES / PHOTOS / TRAUMA INFORMED CARE DAY IN CITY OF SAN DIEGO 050113

**PHOTO** **TRAUMA INFORMED CARE DAY IN CITY OF SAN DIEGO 050113**

**Trauma Informed Care Day in City of San Diego 050113**

**DANA BROWN** • 5/7/13 @ 12:00 AM

*The City of San Diego Proclamation Trauma Informed Care Day*

WHEREAS, on May 1, 2013, the Trauma Informed Care Team and the City of San Diego community will come together to observe Trauma Informed Care Day to raise awareness of trauma, health problems, and...

WHEREAS, the effects of trauma affect the personal and professional lives of many individuals, and...

WHEREAS, the Trauma Informed Care Team represents the health care providers, and...

WHEREAS, the City of San Diego and the County of San Diego have adopted the Trauma Informed Care approach that recognizes the individual and triggers of trauma, and...

WHEREAS, Trauma Informed Care has changed the way services are provided to individuals, and...

WHEREAS, through Trauma-Informed Care techniques, we are putting hope back into the hearts of San Diego's citizens; NOW, THEREFORE,

BE IT RESOLVED, THAT I, BOB FELLER, Mayor of the City of San Diego, do hereby proclaim, May 1, 2013, to be "Trauma Informed Care Day" in the City of San Diego in recognition of all the hard work, the Trauma Informed Care Team put into raising awareness of the effects of trauma.

IN WITNESS WHEREOF, I HAVE HEREunto set my hand and the Seal of the City, and I have caused the Seal to be hereunto affixed.

*Bob Feller*  
FOR MAYOR  
MAYOR  
MAY 1, 2013

**Post**

**Add Comment**

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**San Diego Resources for Download**

- ACES Power Point Presentations
- ACES Videos & General Info
- Handouts - Parents
- Operations
- Policy/Data Information
- Resilient Communities
- Resources/Publications
- TI Health Care
- TI Schools
- Toolkits

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June 2017 (0)	June 2016 (3)
May 2017 (8)	May 2016 (3)
April 2017 (2)	April 2016 (4)
March 2017 (2)	March 2016 (2)
February 2017 (2)	February 2016 (3)
January 2017 (2)	January 2016 (11)
December 2016 (0)	December 2015 (2)
November 2016 (0)	November 2015 (0)
October 2016 (1)	October 2015 (0)
September 2016 (1)	September 2015 (0)
August 2016 (3)	August 2015 (0)

<http://www.acesconnection.com/g/san-diego-county-aces-connection-group/clip/trauma-informed-care-day-in-city-of-san-diego-050113>

# Commission on Gang Prevention & Intervention



Resolution Number R-309894  
July 28, 2015

**CITY COUNCIL OF SAN  
DIEGO SUPPORTING A  
TRAUMA-INFORMED  
APPROACH TO ADDRESS  
AND PREVENT GANG  
VIOLENCE**

<http://www.acesconnection.com/g/san-diego-county-aces-connection-group/blog/city-of-san-diego-passes-unanimously-the-resolution-of-support-of-trauma-informed-care-1>

# Commission on Gang Prevention & Intervention



# A Strategic Collaborative Approach to Impacting Gang Violence: The Community Focused Youth Empowerment Initiative 2015 - 2020

A Strategic Collaborative  
Approach to Impacting Gang  
Violence: *The Community  
Focused Youth Empowerment  
Initiative*

Nowhere is the culture of collaboration more vital than among the residents and grassroots leadership seeking an end to gang violence.

The 2015-2017 Strategic Action Plan by the City  
of San Diego Commission on Gang Prevention  
and Intervention

# San Diego County Sheriff's Department



***Missing Spoon Cafe***  
**Los Colinas Womens Detention Center**



# San Diego County Sheriff's Department



**Baking Program  
Donovan Correctional Facility**



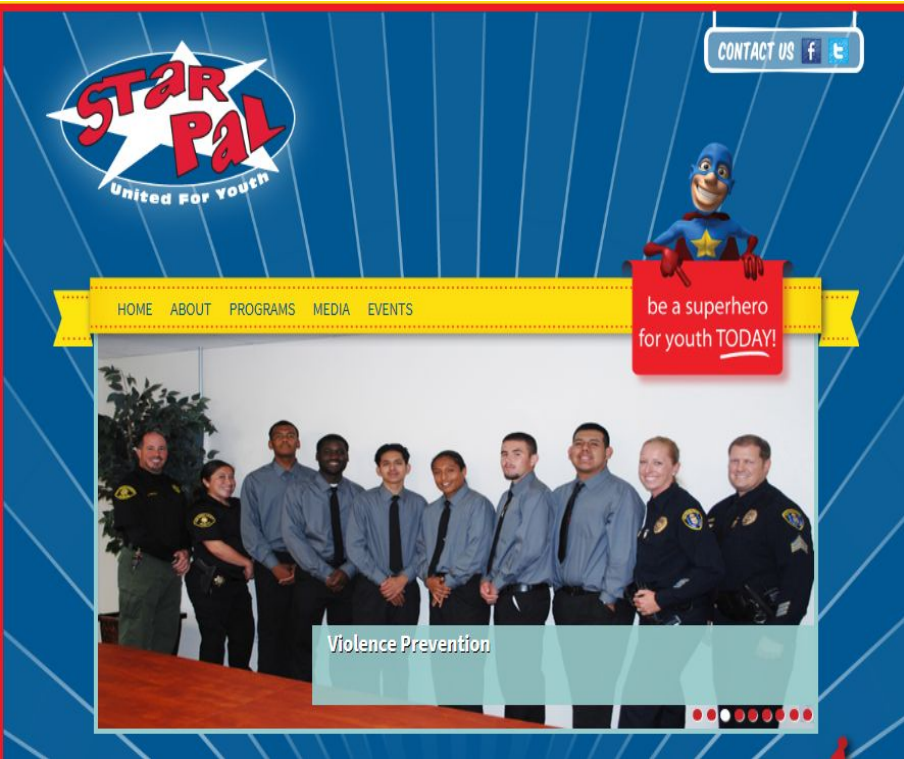
**Landscaping Program  
Donovan Correctional Facility**

# San Diego County Sheriff's Department



**Yoga Program  
Donovan Correctional Facility**

# San Diego Police Department



StarPal



Mid-City Police Division's Juvenile Services Team

# San Diego Police Department

**SAN DIEGO COUNTY (CA) ACES CONNECTION**  
Building ACEs Awareness ~ Building Community ~ Building Resilience

ACESCONNECTION / GROUPS / SAN DIEGO COUNTY ACES CONNECTION / RESOURCES / VIDEOS  
/ COPS VS KIDS DODGEBALL GAME + ASK A COP (7 MINUTES - FREE HUGS PROJECT)

VIDEO

## Cops vs Kids Dodgeball Game + Ask A Cop (7 minutes - Free Hugs Project)

DANA BROWN 7/4/17 8:13 PM

Cops vs Kids Dodgeball Game + Ask A Cop



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<http://www.acesconnection.com/g/san-diego-county-aces-connection-group/clip/cops-vs-kids-dodgeball-game-ask-a-cop-7-minutes-free-hug-project>



## Lincoln High dedicates new courtroom facility for mock trials, criminal justice classes (sandiegounified.org)

 DANA BROWN • 2/14/17 • 12:23 PM



nts, staff, and respected professionals from the legal field recently came together to celebrating of a new courtroom facility at Lincoln High School.

Lincoln High dedicates new courtroom facility for mock trials, criminal justice classes | San Diego Unified Newscenter

The Lincoln High School Criminal Justice Program and Mock Trial Team offer work and real-life-related experiences for high school students to explore careers and how to address real issues related to our criminal justice system. The Mock Trial team at Lincoln has been in existence for four years, and will be competing in the annual county-wide Constitutional Rights Foundation Mock Trial competition at the end of February at the Superior Court of San Diego. The case being argued in this year's Mock Trial Competition is a Human Trafficking case.

Post

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- Policies
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- Resilient Communities
- Resources/Tool Kits
- San Diego Health and Human Services Agency (HISA)
- SD-TIG: San Diego Trauma Informed Guide Team

BLOG DIRECTORY

### Comments

Can't wait to meet folks from San Diego next Tuesday!  
7/7/17 • 9:33 AM



Such a great article! Thank you for posting. Please know I'm going to post more of the article into a blog post, honoring you as the...  
7/5/17 • 9:27 AM



Thanks so much Pam! Your articulate meeting notes captured such an excellent



# San Diego State University Child, Family Development Department



# San Diego State University Child, Family Development Department



# San Diego Trauma Informed Guide Team (SD-TIGT) 2009 to present



<http://www.acesconnection.com/g/san-diego-county-aces-connection-group/blog/aces-connection-s-lunch-and-learn>





# SAN DIEGO COUNTY (CA) ACES CONNECTION

Building ACEs Awareness ~ Building Community ~ Building Resilience

ACESCONNECTION / GROUPS / SAN DIEGO COUNTY ACES CONNECTION / RESOURCES / FILES / SAN DIEGO TRAUMA INFORMED GUIDE TEAM STRATEGIC PLAN 2016-2018.PDF

FILE OPERATIONS

## San Diego Trauma Informed Guide Team Strategic Plan 2016-2018.pdf

 Download File

San Diego Trauma Informed Guide Team (SD-TIGT)



Strategic Plan 2016-2018 As of October 13, 2016

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San Diego Resources for Download

- ACES Power Point Presentations

<http://www.acesconnection.com/g/san-diego-county-aces-connection-group/clip/san-diego-trauma-informed-guide-team-strategic-plan-2016-2018-pdf>



## Healing our Communities through Trauma Informed Ministries

DANA BROWN 8/16/16 9:02 AM



Thirteen faith leaders, behavioral health providers, and community leaders gathered on August 12 in City Heights for an introduction to the science and practice of adverse childhood experiences, and to hear about an upcoming series of workshops about mental health services in their communities.

The series, which is led by **Pastor Jesus Sandoval**, chair of the Faith Based Academy, intends to bring together 25 Hispanic and 25 African American ministries with staff from San Diego County's Health, Human Services Agency. The series is supported by **Urban League of San Diego County**, which created the Faith Based Academy. The meetings are scheduled on Friday's between 6:00 pm - 7:30 pm at Price Charities, 4305 University Avenue, San Diego, Suite 610, 92105. Light dinner provided.

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Such a great article here! Thank you for posting. Please know I'm going to post more of the article into a blog post, honoring you as the...



7/5/17 9:27 AM

# Harmonium, Inc.



**Youth co-presenting at We Can't Wait Early Childhood Mental Health Conference.  
*Trauma Informed Care: A Lifelong Perspective for Living Well.***

# National Conflict Resolution Center (NCRC)



**Restorative Justice Training**



**Training with Latino Youth Council**

# Trauma Informed Community Schools (TICS)

Cherokee Point Elementary ~ Parent Leadership



**Cindy Marten, Superintendent, SDUSD**

**Councilmember Marti Emerald, City of San Diego**

# Trauma Informed Community Schools (TICS)

Congratulations on Participating in  
Cherokee Point Elementary's Youth Leadership Program!

Trauma-Informed Community Schools (TICS)





VIDEO HANDOUTS - PARENTS TI SCHOOLS

## Understanding Trauma Inspires Parents to Become Leaders (English) [17 min - The California Endowment]

DANA BROWN 5/24/18 11:46 AM

Understanding Trauma Inspires Parents to Become Leaders (Eng... ⌚ ↗



And I ask you to support your children, and don't leave them. Tell them that they can do things, that they are... successful, and that they'll be able to get ahead.

San Diego's Cherokee Point Elementary School has drawn national attention for its approach to school success centered on addressing the impact of childhood trauma and adversity. Parent involvement is a key strategy.

Post

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January 2017 (2)	January 2016 (11)

VIDEO

## Resilience Blossoms (Rita Grant)

9.06 minutes

DANA BROWN 1/1/17 2:44 PM



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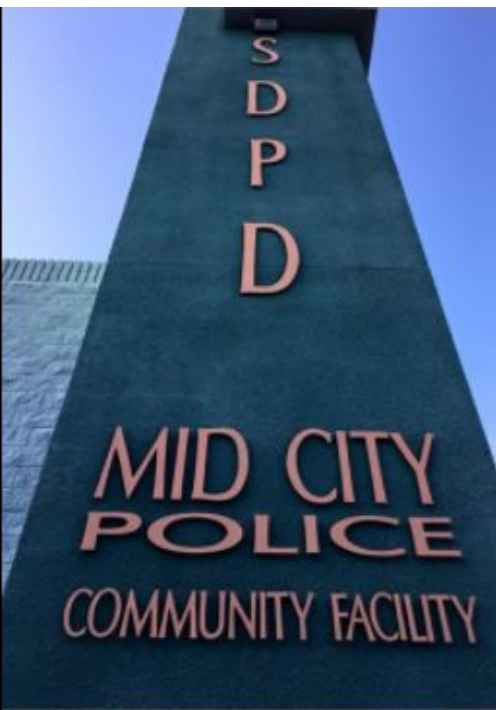
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**Youth Empowerment**  
*"Transformation of a Lifestyle"*





Youth Voice presented on trauma/ACEs to SDPD Chief of Police, several high ranking SDPD Officers, San Diego County Probation Department, Public Defender, Burn Institute  
April 6, 2017



Co-presenting at CA Department of Public Health  
"Mobilizing Communities through Healthy Relationships"  
June 23, 2016



Youth Voice presented on trauma/ACEs to  
Near East and Middle Africa leaders  
March 30, 2017



# Authentic Community Voice & Engagement impacting Policy / Systems Change July 11, 2017 - Sacramento



<http://www.acesconnection.com/g/san-diego-county-aces-connection-group/blog/parent-and-youth-leaders-educate-policy-makers-on-aces-in-sacramento-on-july-11th>

# Authentic Community Voice & Engagement impacting Policy / Systems Change July 11, 2017 - Sacramento



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## COMMUNITY STORIES

ACEs TASK FORCE OF SAN BERNARDINO COUNTY



### ACEs TASK FORCE OF SAN BERNARDINO COUNTY

- Provides opportunities for community members to network and learn from each other.
- Educates people in the San Bernardino region about adverse childhood experiences (ACEs) and the effects of toxic stress across different sectors including health, mental health, faith-based communities, juvenile justice, businesses, reentry and schools.
- Actively supports the implementation of trauma-informed practices that increase resilience and wellness for all residents across the life span through authentic community engagement.
- Recognizes the mental and emotional impact on those who provide services to communities that experience high ACE scores. Seeks to create a supportive environment that promotes self-care and resilience building for our members, communities, organizations and systems.

**EARLY RESULTS:** The ACEs Task Force of San Bernardino formed a steering committee which developed a strategic plan to increase awareness about ACEs and the use of resiliency-building skills through community engagement, education, collaboration, and community-based participatory research. Dr. Ariane Marie-Mitchell developed a Whole Child Assessment tool to assist pediatric providers in screening for ACEs, and this same tool has been approved by the State of CA for use with Medi-Cal patients. Part of the work of the Task Force has been to support screening for ACEs by developing and creating awareness about trauma-informed, resiliency-building resources in the area.

**MEMBERS:** We are a grassroots collaboration of community members representing early childhood, family services, education, higher education, foster care, health care, mental health, juvenile justice, government, business, reentry, and youth-serving organizations. We strive to create a more resilient San Bernardino region by educating individuals, communities and organizations about ACEs, trauma and resilience; and, by providing training and resources for making policy and practice changes that are needed to create healing in our communities, organizations and systems.

**ACEs FACTS FOR SAN BERNARDINO ADULTS:** 43.1% of adults in San Bernardino County experienced one to three ACEs in their childhood.\*

**ACEs FACTS FOR SAN BERNARDINO CHILDREN:** Over one in five children in San Bernardino County and City experienced at least two ACEs, a higher percentage compared to the state and the nation.\*

Data Source: [As cited on kidsdata.org](https://www.kidsdata.org), Rodriguez, D., et al. (2016)



## COMMUNITY STORIES

SAN DIEGO TRAUMA-INFORMED GUIDE TEAM



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- Recognizes the mental and emotional impact on those who provide services to communities that experience high ACE scores. Seeks to create a supportive environment that promotes self-care and resilience building for our members, communities, organizations and systems.

**EARLY RESULTS:** The San Diego Trauma-Informed Guide Team incorporates trauma-informed, resilience building practices into its strategic plan and is recruiting cross-sectors engagement with our regional outreach. Supported the Commission on Gang Prevention & Intervention with the unanimous passing of Resolution Number R-309894: A Resolution of the Council of the City of San Diego supporting a Trauma-Informed Approach to Address and Prevent Gang Violence. Supported Health, Human Services Agency with their universal awareness that individuals and organizations impact from trauma and toxic stress.

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**ACEs FACTS FOR SAN DIEGO ADULTS:** 44.5% of adults in San Diego County experienced from one to three ACEs in childhood.\*

**ACEs FACTS FOR SAN DIEGO CHILDREN:** Nearly one in five children in San Diego County and City experienced at least two ACEs, a higher percentage compared to the state.\*

Data Source: [As cited on kidsdata.org](https://www.kidsdata.org), Rodriguez, D., et al. (2016)



## COMMUNITY STORIES

### YOUTH EMPOWERMENT

Transformation of a Lifestyle



#### YOUTH EMPOWERMENT

- Reentry
- Building Leaders
- Youth Leadership
- Community Engagement
- Trauma Informed - Restorative Practices
- Trauma Informed Parent Leadership
- Community Mentor Collaboration
- Trauma Informed Cognitive Behavioral Program

#### Mission

Promoting well-being for healthy communities for youth and families, individual restoration and empowerment for individuals who may be at risk, are, or have been involved with institutional systems by providing intervention/prevention and reentry services.

#### Vision

Services that empower individuals and families throughout the San Diego Community.



**FACTS:** City Heights is the most diverse community in San Diego. It's also where three out of four parents are worried about gangs in their neighborhood and at school, and where nearly half of residents say they feel unsafe in their community. Only 63 percent of the adults in Mid City have a high school diploma, and 33 percent are not fluent in English.\*

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## COMMUNITY STORIES

### YOUTH VOICE SAN DIEGO



#### YOUTH VOICE

- Develops a train-the-trainer model, wherein Youth Voice leaders train peers locally, regionally, nationally and globally.
- Serve as experts on trauma in their community, have suggestions for solutions, and have made a great impact as leaders and advocates for trauma-informed systems across sectors (e.g. education, foster care, probation).
- Forms collaborative partnerships with community agencies that serve as a model for innovative solutions to support resilience and leadership.

**EARLY RESULTS:** Youth Voice has presented in the last year before the San Diego Police Department; Commission on Gang Prevention & Intervention; San Diego Workforce Partnership; County Probation Department; Public Defender; Early Childhood Mental Health Conference; international visitors from the European Union, Middle East and North Africa; and California Department of Public Health.

**PARTNERS:** Juvenile Services Team of the Mid-City Police Division, Health & Human Services Agency, National Conflict Resolution Center, Alliant International University, San Diego State University, and Point Loma Nazarene University.

**FACTS:** City Heights is the most diverse community in San Diego. It's also where three out of four parents are worried about gangs in their neighborhood and at school, and where nearly half of residents say they feel unsafe in their community. Only 63 percent of the adults in Mid City have a high school diploma, and 33 percent are not fluent in English.\*

\* BHC Data Report, The CA Endowment, 2010

Data Source: [As cited on kidsdata.org](#), Rodriguez, D., et al. (2016)



*"When I was a little girl, no one told me that daddy hitting mommy wasn't okay... No one told me that I'm capable of greatness and with no one to care, that depression is all I can bear. Having someone touch you against your will has brought silence and pain that can never heal. As a woman today, the scars still remain. With the pain of no one listening, being so young I had to discover how to live as my only supporter." —Betty Breez*

## COMMUNITY STORIES

RESTORATIVE COMMUNITY CONFERENCES - NCRC



### NATIONAL CONFLICT RESOLUTION CENTER

#### RESTORATIVE COMMUNITY CONFERENCES

- A Restorative Community Conference (RCC) is a meeting between the person that has been harmed, the youth that caused the harm, and the interested people within the community.
- The goal of the meeting is to create a plan to repair the harm caused by the youth responsible.
- Everyone in the meeting participates in creating an Action Plan which the youth completes with the support of the community members.

**EARLY RESULTS:** An analysis of 46 cases that have been closed for at least 6 months showed positive results within the RCC Program. There have been 6 new arrests within the cohort of cases that had an RCC, a 13% recidivism rate, compared to a 33% recidivism rate under the traditional system.

**PARTNERS:** San Diego Probation Department, San Diego Public Defender, San Diego District Attorney, Mid-City CAN, San Diego Youth Services, San Diego Police Department, San Diego Unified School District, San Diego Unified School District Police Department.

**ELIGIBILITY:** The responsible youth must be under 17.5 years old, there must be an identifiable victim, and the address of the responsible youth, victim, and/or crime must be in the following:

- City Heights (92102, 92104, 92105, 92115)
- Southeast San Diego (92102, 92113, 92114, 92139)
- Barrio Logan (92113)
- Lemon Grove (91945)
- Spring Valley (91977, 91978)

**FACTS:** City Heights is a community in San Diego with an overall crime rate that is 28% higher than the national average, while the overall crime rate in San Diego County is 13% lower than the national average (*FBI Crime Reports*). It's also where three out of four parents are worried about gangs in their neighborhood and at school, and where nearly half of residents say they feel unsafe in their community.

*"When you get a chance to say I did this, this is what I am going to do to fix it. It's a lot better than let's lock you up and you're a criminal and you're in here with all these criminals, everybody here is a criminal. It makes him a better person to accept responsibility for himself. Whereas in the criminal justice system, you did it, here's your punishment, you did your punishment and you're out there but you're still the same person, the same person who is going to do it over and over again if something doesn't change, and this program was that change for him." - Parent of an RCC Youth*

### Advocating for Opportunity, Equity and Well-being for All San Diegans, since 1971.



#### SAY San Diego (Social Advocates for Youth)

We partner with youth, adults, families, and communities to reach their full potential.

- Nearly 20,000 individual direct service clients,
- More than 70,000 engaged overall, aged infant to adult.

Key areas of impact:

- Child and Youth Development
- Youth, Adult and Family Wellness
- Community Engagement

Our services are trauma informed and run the gamut of what children, families and communities need to thrive. We serve children and youth – and know that children do well, when their families do well and when communities, systems and policies support them.

**OUR PARTNERS:** SAY San Diego partners with San Diego County Health & Human Services Agency, San Diego Unified School District, San Diego County Probation Department, San Diego First Ave Commission, San Diego Police Department, San Diego State University, UC-San Diego, California Endowment, Price Philanthropics, California Tobacco Control Board, California Child Welfare Council, the U.S. Department of Health and Human Services, all branches of the military based in San Diego, the Community Mentors Collaborative, and many others.

#### OUR CORE SERVICES:

- Before/after school programs and Preschools
- Early home visiting
- Family strengthening and parenting
- Case management, resource and referral services
- Individual, group and family therapy
- Youth leadership development
- Emergency supports
- Community organizing



*After their parents gave them up in another state, I knew that I had to give my grandkids a chance to be all they want to be. SAY San Diego has helped me to do that! I was able to gain kinship custody, and be prepared for the parenting challenges of today. The parenting I grew up with is not the same as what kids need now. I know I am not alone. -Grandmother of three children*

*My son was failing and depressed before we got involved with SAY San Diego. They reach out to refugee and new arrival families and create a supportive community for us where we and our children can do better. This past year was his best ever. He got better grades, felt proud and graduated with a high GPA. The future has turned brighter. -Newly involved parent leader and volunteer*