

**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 Five Commission, San Diego Police Department, San Diego State University, UC-San Diego, California Endowment, Price Philanthropies, 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:**

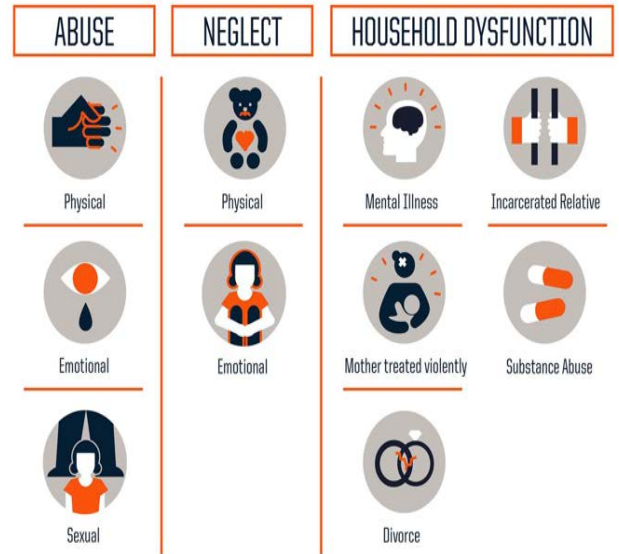
- Before/after school programs and Preschools
- Early home visiting
- Family strengthening and parenting
- Case management, resource and referral services
- Individual, group and family therapy
- Youth leadership development
- Emergency supports
- Community organizing



*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*

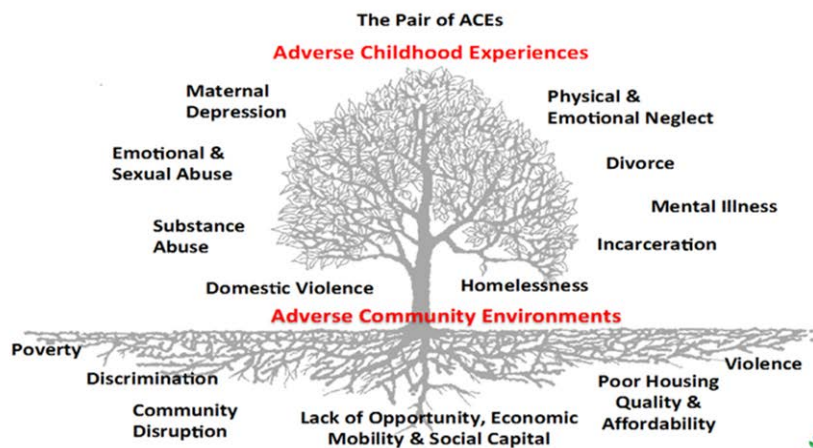
*My son was failing and depressed before we got involved with SAY San Diego. They reach out to refugee and new arrival families and create a supportive community for us where we and our children can do better. This past year was his best ever. He got better grades, felt proud and graduated with a high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

**ACEs MATTER!** Adverse childhood experiences, or ACEs, are traumatic experiences that occur in childhood such as abuse, neglect, substance abuse, homelessness, family and domestic violence, abandonment, or having a parent in prison. In the absence of a nurturing caregiver or other protective factors, these early adverse experiences can cause trauma and negatively impact growing brains and bodies. ACEs may produce recurring negative impacts throughout a person’s life. The more types of trauma one experiences, the more severe the consequences. For example, a person who has experienced four ACEs is 12 times more likely to attempt suicide, seven times more likely to become an alcoholic, and twice as likely to have heart disease or cancer. People with high ACE scores are more likely to struggle with depression and autoimmune diseases. ACEs can also affect a child’s health and wellbeing during their childhood. More broadly, ACEs have a negative impact on our schools, criminal justice system, economic vitality, and public health.



Source: Centers for Disease Control and Prevention  
Credit: Robert Wood Johnson Foundation

**SAY SAN DIEGO’S ADVOCACY PRIORITIES:** SAY San Diego builds on current strengths in providing trauma-informed services to our populations and communities, by educating our workforce, program participants and partners about the compounding impacts of “Paired ACEs,” as depicted below. Our work and advocacy aims at building resilient children, families and communities. We adhere to the “Building Community Resilience” framework presented here to reduce stigma, build empathy, and promote policies and practices that incorporate knowledge about the paired effects of adverse childhood experiences and adverse community environments.



Milken Institute School of Public Health  
THE GEORGE WASHINGTON UNIVERSITY

Ellis W., Dietz W. BCR Framework *Academic Peds* (2017)



SAY San Diego

[www.saysandiego.org](http://www.saysandiego.org)

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