



# Westside Community Services 2008-2009 Annual Report

July 1, 2008 – June 30, 2009

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## Staying Steady In A Storm

They say when the going gets tough, the tough get going.

Westside serves people who were already living on the edge, such as low-income African Americans and other people of color, those without health insurance, and individuals who are living with debilitating AIDS or mental illness. With each new wave of job losses, budget deficits, and cuts to social services, we see the people we serve suffer a little bit more, as it becomes harder and harder to find a job, keep a roof over their heads, or get free and low-cost treatment for mental health and medical issues.

Since I took over as CEO in June 2008, my focus has been to ensure that Westside has the financial and organizational structures it needs to remain healthy and strong, so

we can continue to extend a helping hand to the vulnerable children, youth and adults who need us more than ever.

Westside ended its 2008-2009 fiscal year with strong financials, innovative new programs, and one of the best management teams I've worked with.

But what I am most proud of is the achievements of our clients. Please take a minute to read some of the inspirational stories shared on these pages.

Thank you for helping Westside rebuild lives and restore families for over 40 years.



**Bob Rybicki, CEO**

## At-Risk Youth and Families Stronger, Healthier and More Independent

Westside's Child, Youth and Family programs helped over a thousand individuals last year:

- 139 parents enrolled in San Francisco's Welfare-to-Work program are now gainfully employed, getting training, actively seeking work, or doing volunteer work to gain experience.
- 80% of teens participating in our Teen Core program applied to college, obtained part or full-time employment, or participated in a community service project.
- 437 children and their families who were exposed to violence obtained the therapy and/or medication needed to reduce depression, anxiety and PTSD.
- Of the 60 youth who participated in our Substance Abuse Prevention groups, 100% reported increased awareness of the dangers of alcohol, tobacco and other drug use.
- 70% of families receiving counseling and case management services had met their personal goals by the time they left the program.

## New Ways To Cope With The Pain



*"I want to stop stealing, but I don't know how."*

Ramon\* has lived in 12 different group homes since he was 6 years old. Even though he was more safe there than with his schizophrenic mother or his father who sexually abused him, the little boy was often bullied by the other kids in the homes, and still speaks with a stutter.

When he came to the Ajani program at age 16, Ramon had been branded as a "bad kid" with a reputation

for lying and getting into fights. The group home director said he was stealing money, iPods and other items almost every week, and that he was on a path to Juvenile Hall.

Ramon told his Ajani counselor that the older kids in the group homes used to steal from him all the time, and now that he was one of the big kids he felt it was his turn.

He wanted to stop stealing, but didn't know how. His Ajani counselor helped him understand what causes his impulse to steal and taught him new ways of coping with his feelings.

Ramon hasn't stolen anything in six months, and is opening up to his counselor more than ever. He is applying to college, and today has a future as a "good kid" that's brighter than ever.

As part of San Francisco's safety net, Westside programs enabled thousands of mentally ill individuals to avoid using hospitals and emergency services.

## Building Health and Independence

Westside helped over 3,000 adults with HIV/AIDS, mental health, and substance abuse issues.

- The Crisis Clinic provided medication and counseling to over 2,200 individuals experiencing a mental health crisis; only 2% required additional emergency services.
- ACT program support enabled 115 severely mentally ill adults to live independently in the community, rather than in a psychiatric facility or hospital.
- AIDS Case Management enabled 150 adults with disabling HIV/AIDS to remain in their homes.
- Our Outpatient program provided low-cost treatment to 342 uninsured adults to reduce symptoms of a severe mental illness.
- Westside's Methadone Maintenance and Detox program helped 348 individuals to significantly reduce their heroin use.

## Keeping Hope Alive After A Loss



*"His suicide changed everything. How can I go on?"*

Rosa\* was a wreck. Each time she fell asleep she would wake up in a panic, haunted by the image of finding her partner's body.

His suicide had changed everything. Rosa dropped out of school, stopped eating and cried all the time. She couldn't get the terrifying

thoughts to stop. And what if she lost her financial aid? How would she ever finish school now? Unable to function, she had started drinking to numb the pain.

Fortunately, Rosa's friends brought her to the Westside Crisis Clinic, where she received medication for her anxiety and

counseling for her grief and trauma. Her counselor gave her new coping strategies, and contacted the school to ensure her financial aid would still be there when she was ready return.

Today Rosa has a new therapist and is sleeping better, her dream of becoming a nurse still alive.

# Youth Learn About Sisterhood Through Teen Core



**"Teen Core lets us be ourselves!"**

explain what they had been trying to say and what had caused such a strong reaction in them.

rules to ensure that the group would continue to be a safe place to express their feelings.

One day Sasha\* flew into a rage at another girl in her Teen Core Girls Group, and soon the two were yelling and pushing desks. The group's counselor quickly pulled them into a private room, and helped them

The group later had a chance to talk about how the argument had impacted them individually and as a group. They discussed the importance of respect and communication, and agreed on new ground

Since then Sasha has met privately with the counselor several times to talk about troubles at home and school. To relieve stress she now participates in several school clubs, and she has developed into a role model for the group, providing advice to other girls who are going through the same thing.

**Did you know that 97 cents of every dollar you give to Westside goes directly to providing service to someone in need?**

## Help Reduce Suffering In San Francisco

Do you want to make a difference in your community?

tating AIDS who needs help to live at home.

and their families healthy and functional.

Your donation to Westside will have a direct positive impact on someone's life — whether they are a low-income teen struggling with a parent's addiction, an uninsured adult who is having a mental breakdown, or a person with debili-

In these difficult economic times, it is more important than ever to invest in programs that help connect people in need to the education, mental health and substance abuse services and other resources they need to keep themselves

Your gift will not improve the well-being of someone in need, but will also help keep them from using San Francisco's costly and overburdened emergency services.

**Please make a gift today!**

## Who Do We Serve?

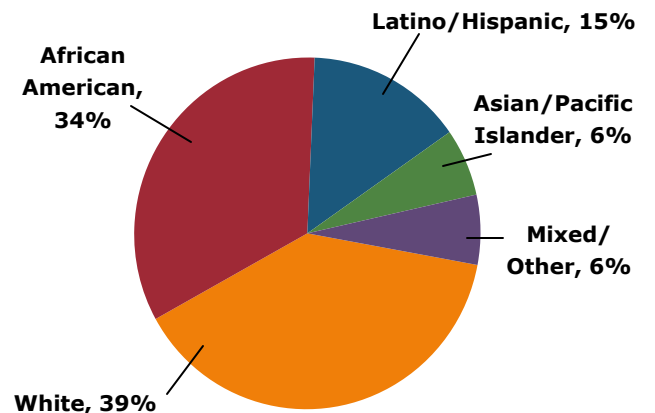
Westside was founded in 1967 to serve the residents of the Western Addition, who were predominantly African American.

chronic mental illness or AIDS.

Today, the agency serves a diversity of clients throughout San Francisco who live on the margins of society, including African Americans and other people of color, those who are low-income, uninsured, homeless, or suffer from severe and

Many of our clients live in neighborhoods plagued by violence and addiction; are new to "the system," or have had negative experiences in the past; have difficulty finding and/or keeping a job; are at risk for homelessness; and have experienced racism and other forms of discrimination.

**Westside Clients 2008-2009**



*\* Names and details in client stories have been changed to protect confidentiality.*

**WESTSIDE****COMMUNITY  
SERVICES**

*Our mission is  
to provide  
high-quality,  
family-centered,  
culturally competent  
behavioral health  
and human services.*

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administrator@westside-health.org

**Child, Youth & Family Programs:**

Ajani Family-Focused Treatment  
CalKIDS Counseling  
CalWORKS Counseling  
Special Education/Mental Health Partnership  
Substance Abuse Prevention  
Teen Core

**Adult Programs:**

AIDS Case Management & Home Care  
Assertive Community Treatment (ACT)  
Crisis Clinic  
HIV Counseling, Testing & Linkages  
Methadone Maintenance & Detoxification  
Outpatient Clinic  
Southeast Partnership for Health  
Center of Excellence

**Westside Crisis Clinic**

245 11th Street @ Folsom  
Mon-Fri 8AM-7PM  
Saturday 9AM-4PM

# Financials 7/1/2008–6/30/2009

**Revenue**

Federal Funds	\$4,832,932	38.3%
State Funds	\$1,939,501	15.4%
City Funds	\$5,382,146	42.7%
Rental Income	\$322,410	2.6%
Investment, Other	\$84,865	0.7%
Contributions	\$51,738	0.4%
<b>Total Revenue</b>	<b>\$12,613,592</b>	

**Expenses**

Programs:		
Mental Health	\$8,599,786	68.2%
Substance Abuse	\$1,711,903	13.6%
AIDS Services	\$1,980,049	15.7%
Housing	\$37,498	0.3%
Administration	\$262,364	2.1%
Fundraising	\$9,106	0.1%
<b>Total Expenses</b>	<b>\$12,600,706</b>	

**Assets**

Current Assets	\$5,967,652
Property & Equipment	\$2,955,898
Real Estate Investments	\$1,980,388
Deposits & Other Assets	\$171,612
<b>Total Assets</b>	<b>\$11,075,550</b>

**Liabilities & Net Assets****Current Liabilities**

Accounts Payable	\$1,221,995
Contract Advances	\$360,627
Notes Payable	\$258,157
Line of Credit	\$920,000
<b>Total Current Liabilities</b>	<b>\$2,760,779</b>

**Long-Term Liabilities**

Other Liabilities	\$109,227
Notes Payable	\$2,501,758
<b>Total Long-Term Liabilities</b>	<b>\$2,610,985</b>

Total Liabilities	\$5,371,764
Net Assets	\$5,703,786
<b>Total Liabilities &amp; Net Assets</b>	<b>\$11,075,550</b>