



ANNUAL REPORT: 2022

**MY AMANECER
IS RESILIENCY.**



AMANECER COMMUNITY COUNSELING SERVICE

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LETTER FROM THE BOARD CHAIR AND THE EXECUTIVE DIRECTOR

Dear Friends of Amanecer,

FY 2022-2023 was a year of continued resilience and commitment to Amanecer's values. Our collective 25 years with the organization, and your support, gave us the insight and momentum we needed to endure a worldwide pandemic and workforce crisis affecting how organizations do business. We knew with these changes that a holistic approach of "Whatever It Takes" was needed to continue servicing not only the community but our employees as well.

Amanecer transcends the domains of the trauma informed care model built on core values and principles reflected in a trauma informed care organization.

- Safe, calm, and secure environment with supportive care
- System-wide understanding of trauma prevalence, impact, and trauma-informed care
- Cultural competence
- Consumer voice, choice, and self-advocacy
- Recovery, consumer-driven and trauma specific services
- Healing, hopeful, honest, and trusting relationships

These highlight values are what make Amanecer resilient. In this annual report, we share the stories of our remarkable clients and dedicated employees who demonstrated the great resilience of the human spirit.

We wish health and wellness to Amanecer family, supporters, and friends. Thank you for believing in Amanecer's mission and keeping our visionary momentum going strong.

Teddie Valenzuela

**TEDDIE VALENZUELA,
EXECUTIVE DIRECTOR**



V. Alvarado

**VERONICA ALVARADO,
BOARD CHAIR**



OUR MISSION

Our mission is to deliver compassionate, innovative mental health services to empower individuals and families to overcome barriers and significant life challenges to achieve more fulfilling, resilient, and self-sufficient lives.

WHO WE ARE

Since 1975, Amanecer has made it our mission to provide premium, holistic, culturally-competent mental health care to historically marginalized and underserved Latinx residents. Our main goal is expanding accessibility so that anyone in need of mental health and case management services can receive it, regardless of socio-economic circumstance.

Traditional therapy is incredibly hard to access for those who are homebound, lacking reliable transportation, lacking childcare, or juggling several jobs. Amanecer recognizes that these barriers to service can be detrimental to leading a self-sufficient life; as such, we work with clients to remove or ease these barriers and remain flexible to individuals so they can make it to their appointments and receive the life-saving healing they desperately need.

Stigmas around mental health also prevent people from seeking services. Our emphases on Cultural Competency and on Trauma-Informed Care allow our therapists to meet people where they are and be respectful of all beliefs, cultural practices, religions, and backgrounds.

We also believe that case management is a necessary asset to the therapeutic experience. Therapy and psychiatric services will only go so far if a client's life domain needs (*i.e.*, housing, food, employment, etc.) are not being met. By addressing the entire experience, rather than just a person's mental health, we create a firm foundation for a more resilient future.

WHO WE SERVE

All clients seen at Amanecer are low-income individuals and families challenged by mental-health ailments. Additionally, most of our clients have compounding struggles such as food insecurity, language barriers, lack of education, neighborhood violence, immigration issues, domestic abuse, substance abuse, and struggles finding employment opportunities, which hinder their ability to fully address their needs.

Amanecer is proud to be one of the only agencies in the downtown Los Angeles area that can treat entire families in-house, as our four clinics host thirteen specialized programs for kids and adults of all ages who have mental health needs ranging from mild to severe. For more than 45 years, we have kept an amazing rapport with the Latinx community and have received countless referrals from family members and friends of previous patients.

Our clients and their families reside within Service Areas 4 and 6 in Los Angeles County. Zip codes include neighborhoods in Central and Downtown Los Angeles, including Pico-Union, South Central, Hollywood, Eagle Rock, Highland Park, Lincoln Heights, Boyle Heights, Los Feliz, Mid-City, East LA, Baldwin Hills, and Koreatown.

Amanecer believes that the diversity of our staff should reflect the communities we serve. Approximately 38% of clients speak Spanish as their primary language, and 79% of all ACCS clients identify as Latinx. As such, 85% of our staff are bilingual Spanish speakers. Furthermore, we make great efforts to hire individuals from the neighborhoods we serve.





OUR PROGRAMS

Adult Programs:

Full Service Partnership (FSP)
Outpatient Community Service (OCS)
Prevention & Early Intervention (PEI)
Outpatient (OP)

Domestic Violence Program (DV)

Trauma Recovery Center (TRC)

Children Programs:

Outpatient Community Service (OCS)
Prevention & Early Intervention (PEI)
Wraparound (WRAP)
Birth to Five (BT5)
Multidisciplinary Assessment Team (MAT)
School-based (SB)

ADULT PROGRAMS

Amanecer's Adult Clinic offers a full range of compassionate, culturally competent mental health services to transition-age youth (TAY), ages 18-26, and adults from 26-60+. Each client is assigned a treatment team that includes a therapist, case manager, and psychiatrist/nurse practitioner when necessary.

Amanecer therapists collaborate with each client to create a personalized treatment plan to help reduce symptoms, improve strong support systems, achieve productive daily routines and develop healthier coping skills.

Our intensive case management services offer resources to obtain vocational training, employment, education, housing, and other necessary resources to live self-sufficient lives. Our psychiatric team is made up of bilingual/bicultural psychiatrists and nurse practitioners that are here to provide medication support services.

Adult clinic story:

John was age 13 when his father passed away from COVID in 2020. John, who had been close to his father, was in shock when he learned of his father's passing, while visiting family members in their native country. John was deeply sad that he had not been able to see his father before he died. John's mother referred him to services at Amanecer Community Counseling Service after he began to isolate himself from his family and spent most of his time in his room. John lost interest in all activities he once found pleasurable. John also struggled with self-confidence and found it difficult to make meaningful connections at school, because he felt uncomfortable initiating conversations with people he had just met. John also struggled with communicating his feelings and talking about his grief, which further contributed to his symptoms of depression.

John received services at Amanecer Community Counseling Service for over a year. His treatment predominantly focused on helping him process the grief associated with losing his father. John collaborated with his therapist as he learned about the different stages of grief and developed the coping skills to manage difficult emotions while processing each stage. With his therapist's help, John also learned about the purpose of emotions and how to communicate them effectively with family and loved ones in both of his languages, Spanish and English. Through exposure therapy, John also challenged himself to socialize and to engage in meaningful conversations with peers at school and members of his community. Through the course of his treatment, John successfully decreased his isolation, started to spend more quality time with his family, and built a support system at school. John also became more comfortable with expressing his emotions, advocating for his needs and being okay with asking for help when needed. John's confidence and self-esteem improved as he learned more about himself and developed the communication skills to socialize and connect with others in meaningful ways.

FULL SERVICE PARTNERSHIP

The FSP program is designed for adults ages 26-59 who have been diagnosed with a severe mental illness and who would benefit from an intensive service program. The foundation of Full Service Partnerships is doing “whatever it takes” to help individuals on their path to recovery and wellness. Full Service Partnerships embrace client driven services and supports, with each client choosing services based on individual needs. Unique to FSP programs are a low staff to client ratio, a 24/7 crisis availability, and a team approach that is a partnership between mental health staff and clients.

OUTPATIENT CARE SERVICES

Outpatient Care Service (OCS) employs a multi-disciplinary treatment team that brings intensive services to a location convenient to those clients who can't or won't receive services in traditional mental health settings. Services are provided in locations in the community where the client feels comfortable. The care team will provide clinical assessment, medication support, mental health services, crisis intervention, and linkage to community services.

PREVENTION & EARLY INTERVENTION

Prevention and Early Intervention (PEI) for adults is a program designed to provide short-term mental health treatment to older adults in order to help them manage mild to moderate mental health difficulties, prevent these problems from getting worse, and to enhance their quality of life.

Treatment consists of seven Evidence-Based Practices (EBP). These EBP are interventions that have been shown to be effective at reducing symptoms of depression and anxiety.

Prevention & Early Intervention story:

S. is a teen client who was in treatment for about a year. S. came into treatment with depressive symptoms, including suicidal ideation. The client struggled to set healthy boundaries in friendships, had low self-esteem, and found it difficult to advocate for herself. With time and effort, the client began to set boundaries, manage symptoms, practice healthy communication, and form healthy friendships. S. also learned to manage stress regarding her studies and was even able to start a part-time job while in school. By the end of treatment, the client was motivated to achieve her goals of going to college, spend time with loved ones, and take care of herself.

OUTPATIENT

The Outpatient Program therapists, case managers, and psychiatrists are a team of skilled clinicians who provide mental health services to individuals who are living with mental illnesses and emotional disorders. These dedicated professionals, nearly all of whom are bilingual/bicultural, work with their clients to help them improve the quality of their lives and reduce symptoms that interfere with their daily functioning.



CHILDREN'S PROGRAMS

Amanecer's Children's Clinic offers a full range of compassionate, culturally competent mental health services to children (0-17) and transitional age youth (TAY), ages 18-26. Our cutting-edge individual, group, and family behavioral health care addresses a wide range of childhood behavior and emotional challenges, traumas, and community case management needs.

Amanecer is a leading provider in the community of trauma-focused practices. Trauma, in many cases, is the common thread impacting families. Some children have been abused and neglected, while others have stood by and helplessly witnessed the abuse of others. Homelessness, violence, and substance abuse also traumatize young minds and can tear families apart.

Incorporating Individual and family strengths promotes a holistic planning process that supports children where they are and where they are comfortable, be it at the schools, in the community, in their homes, or at our agency sites.



OUTPATIENT CARE SERVICES

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The team will provide clinical assessment, medication support, mental health services, crisis intervention, and linkage to community services.

MULTIDISCIPLINARY ASSESSMENT TEAM

MAT offers intensive assessment services for children at severe risk of losing home placement. The team assesses the child's needs and current living environment, then links the child with mental health services – and/or medical, education or special needs services, if necessary – and connects with an appropriate family member to avoid foster placement.

BIRTH TO FIVE

Support for the developmental and emotional needs of infants and young children through their relationship with their parent(s).

WRAPAROUND

WRAPAROUND offers child-focused, family-centered mental health services based on strength and needs. The ten principals of WRAPAROUND programs are: Family Voice and Choice, Team Based, Natural Supports, Collaboration, Community Based, Culturally Competent, Individualized Strength Based, Persistence, and Outcome Based. Our WRAPAROUND teams work with our Parent Partners, Child and Family Specialist, and Facilitators, to create goals. Together we create strategies to support families and track progress, and support clients, 24/7.

SCHOOL-BASED

School-based programs provide mental health counseling in sixteen elementary, middle, and high schools within the Los Angeles Unified School District. Services are provided primarily in the school setting and transition to the home/community when school is not in session.

School-based story:

A.G. lives with her mother, and two brothers. A.G. was referred by her school psychiatric social worker after having witnessed domestic violence. Her parents received parenting classes, domestic violence classes, and their own mental health services. A.G. was placed in foster care for a year before reuniting with her mother. She and her siblings visit her father twice a week. When A.G. started meeting with her therapist, she was experiencing crying spells, feelings of isolation, worry, and sadness, difficulty falling asleep, suicidal thoughts and self-harming behaviors (*e.g.*, arm-biting), stomachaches and headaches, and was argumentative with her siblings.

Her therapist addressed her symptoms and behaviors by teaching relaxation and grounding techniques, and by using Trauma-Focused Cognitive Behavioral Therapy. After two years of therapy, A.G. stopped having suicidal thoughts and self-harming behaviors when feeling sad or angry. She was able to communicate her feelings to her parents and siblings instead of yelling and isolating. She learned to use coping skills when having suicidal ideation and self-harming thoughts. A.G.'s relationship with her siblings has improved. Her relationship with her father also improved, and she feels safe visiting him.



TRAUMA RECOVERY CENTER



The TRC is meant to provide assertive outreach, clinical case management, therapy, psychological testing, psychiatric care, and medication management to children and adults who have been victims of crime, including individuals in DCFS and the criminal justice system.

Trauma Recovery Center story.

Wendy started treatment with Amanecer in February 2023. Wendy immigrated to the United States from Mexico over 20 years ago. She was referred by Queens Care Health Centers after a physical assault at work. Wendy was feeling anxious, was unable to sleep well; she often awoke, worried, fearful, and stressed. She felt anxious five days a week and continued to ruminate on the trauma, which was affecting her day-to-day functioning.

Wendy's clinical case manager taught her about cognitive distortions and grounding techniques, including mindfulness, music, and stretching. She received a chart to identify her triggered feelings, ranging from 1-10 to monitor her symptoms and progress. Her Clinical Case Manager helped her with gathering documents and organizing appointments for paralegal consultation to obtain a U-visa.

As Wendy's treatment at Amanecer is ending, she is feeling great, and her symptoms have significantly improved.



TRAUMA RECOVERY CENTER REGIONAL

The Trauma Recovery Center at Amanecer was awarded the California Victims' Compensation Board (CalVCB) Pilot Regional Grant in January 2023, and it was officially live as of June 2023! In partnership with Mercy Hospital and St. Joseph's Medical Center Dignity Health, telehealth services are now being offered in the Bakersfield and Stockton areas. The TRC team also hosted its first Community Resource Fair, with more than ten different service providers. Some include Para Los Ninos, LA Family Housing, Neighborhood Legal Service of Los Angeles, and the District Attorney's Office.

We are excited to continue our partnership with CalVCB and to serve even more members of our community.



DOMESTIC VIOLENCE PROGRAM

Amanecer's Domestic Violence program, The First Step Forward, offers a safe and judgment-free space for victims to become survivors. Our DV team offers individual, family, and group therapy, intensive case management, parenting and life skills training, and access to employment, education, and job-training resources to individuals who have been traumatized by abuse in the home.

When Miriam first came to the Amanecer DV program, she wondered if she really needed therapy. "I'm not crazy. I'm just angry. I don't need help. So I speak to a therapist who's going to ask me why I stayed, why didn't I ask for help? But from the first session at Amanecer, I opened up about my trauma."

Lead Therapist Eleanor helped Miriam process and develop the ability to create a safer and healthier environment for herself and her family. When Miriam attended group sessions, she discovered that she wasn't alone in her struggles. It was reassuring for her to learn that others shared similar stories.

Now that Miriam is graduating, she is thankful to Amanecer for the support and encouragement she received while finding herself again.

Thanks to the generosity of our donors, Amanecer can assist individuals like Miriam during similar transitions. However, many others require assistance.



THE FIRST STEP FORWARD PRESENTS: THE DOMESTIC VIOLENCE GRADUATION

Amanecer's First Step Forward Program annually hosts a Domestic Violence Graduation to honor our Domestic Violence survivors. We are happy to say that our 2023 DV Graduation was held in person, after three years of being hosted virtually. The formal ceremony was catered, and DV Grad gift bags were given to our 13 graduates.

All the Domestic Violence graduation participants have undergone difficult mental and emotional work to regain confidence, relearn self-sufficiency, and break the cycle of abuse. We invite you to learn more about our Domestic Violence program by scanning the QR code below.



721
CLIENTS SERVED

OUR 2022-2023 IMPACT

1123
SERVICE REQUESTS

36K
TOTAL SESSIONS

14
DIFFERENT PROGRAMS

4
TAILORED CLINICS

217
ADULTS TREATED

354
CHILDREN SEEN

7
LANGUAGES SPOKEN

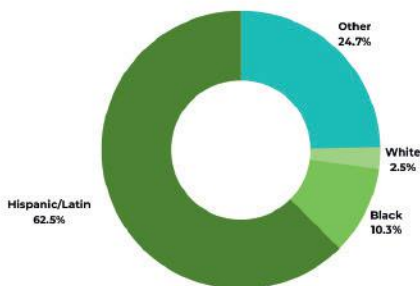
16
SCHOOL PARTNERS

10
MOUS

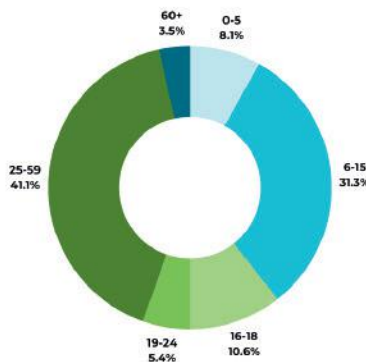
14
OUTREACH EVENTS

This fiscal year saw a slight decline in the overall number of clients served; several factors contributed to the inability to reach our maximum capacity, from high turnover to COVID-19 restrictions that hindered our ability to reach clients in settings like schools and other public spaces. Our telehealth technology continues to expand our services to homebound clients and clients without secure transportation. Our top priority during the pandemic was to remove barriers to access; while we have seen great success in improving client access to care, outside factors continue to deter clients from seeking and remaining in services (*i.e.*, workforce crisis due to the pandemic, hesitation to resume in-person services due to fear of contracting COVID-19, lack of stable internet access and technological savvy, and more).

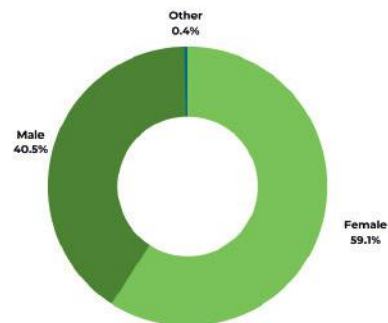
ETHNICITY



AGE



GENDER



genoa healthcare®



Amanecer and Genoa Healthcare celebrated the opening of our in-house pharmacy on Wednesday, October 12, 2022.

Genoa Healthcare's addition improves medication management by automating refill reminders and ensuring proper dosages.

Genoa Healthcare boasts an incredible 90% medication adherence rate and 40% fewer hospitalizations, all thanks to their full-scope service. We are so excited to partner with them and we can't wait for our clients to reap all the benefits!

We are happy to announce that Genoa services are also available to our staff.

AMANE CER IN THE COMMUNITY



LA Business Journal



Central American Youth Leadership Conference



Covered California Community Conversation



Take Action: NLBHA for Mental Health LA County



#HashtagLunchbag



Central City Neighborhood Partners



LAUSD P3 Event



TRC's First Event!



USC Job Fair



Performance Management Training



Denim Day



IN MEMORIAM

Rev. Dr. Cecil Hoffman, Jr.
Founder, Amanecer Community
Counseling Service
4/16/1932 - 12/27/2022

Cecil Hoffman began a new career as a Clinical Psychologist in 1975 after twenty years as a Presbyterian pastor. His final pastorate was at United University Church at USC. He knew the USC, Pico-Union community, its ethnic diversity and its poverty. He decided to start his new career right there. He had done some research and found most of the private and public counseling services were located in West Los Angeles. There were literally no counseling services in the West Central USC area. With financial support from the church, he was able to begin the Community Counseling Service, a clinic offering subsidized counseling, in donated space on the second floor of United University Church.

He soon was working to expand the counseling services to Spanish speaking residents with bilingual staffing from the reception desk to the counseling room. Even the county clinics were referring Spanish speakers to Community Counseling Service.

In the mid-1980s, Central American refugees were flooding into Pico Union, creating an even greater need for bi-lingual, bi-cultural counseling services west of the Harbor freeway. Hoffman reached out to the wider community and in 1986 was able to create a new mental health service serving Central American refugees and others in the Latino community. He brought together two other non-profit agencies, El Rescate and Clinica Oscar Romero, one a social and legal services group and the other a medical and dental clinic, to rent a building in the Pico Union/MacArthur Park area. The building was renovated with donated labor by the L.A. Federation of Labor and grants by the California Community Foundation, Ahmanson, and the Alcoa Foundations among others. These services were named Amanecer: A New Beginning.

Cecil Hoffman was honored by Amanecer/CCS on its 40th anniversary and had this to say: "The adoption of Amanecer/CCS as the name for the whole agency ... is apt. Both change and continuity are reflected in the name... Tonight you are honoring the continuity of Amanecer over three decades in which many new services have begun, while the core mission has remained fairly constant. I honor those of you who continue to devote your time and resources to this mission and the children and adults you work with, who, because of you, are finding new beginnings."

Rest in peace.

LEADERSHIP

Teddie Valenzuela, LCSW
Executive Director

Nicole Cuevas, LMFT
Chief Program Officer

Angela Duran
Human Resources Manager

Alice Cardenas
Chief Financial Officer

Diana Guerrero, LCSW
Director of Adult & TRC
Programs

Emmanuel Reyes
Director of Children's
Programs

BOARD OF DIRECTORS

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NELMmarketing
President & CEO

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*Co-Founder, Chief Operating
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Alexia Valencia, Vice Chair
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Herdz Tax Pros
Owner

Dulce Vasquez
Arizona State University
*Assistant Vice President of
Strategic Partnerships*

Margaret Maraschino
Munger, Tolles & Olson LLP
Partner

FINANCIAL SUMMARY

REVENUE

Government Contracts and Grants	\$	10,844,926	95.8%
Contributions		338,896	3.4%
Other		86,514	.8%
Interest Income		218	

Total Revenue and Support 11,320,554

EXPENSES

Program Services	\$	9,157,295	82.5%
Management & General		1,637,899	14.8%
Fundraising		300,427	2.7%

Total Expenses 11,095,621

SURPLUS \$ 224,933

ASSETS

Cash and Cash Equivalents	\$	311,429
Grants and Contracts Receivables, net		1,711,783
Prepaid Expenses and Deposits		189,563
Property and Equipment, net		38,255
Total Assets		2,251,030

LIABILITIES AND NET ASSETS

Accounts Payable	\$	359,209
Accrued Liabilities		941,888
Line of Credit		575,000
Economic Injury Disaster Loan		150,000
Total Liabilities		2,026,097

NET ASSETS

Without Donor Restrictions	\$	48,002
With Donor Restrictions		176,931
Total Net Assets		224,933

TOTAL LIABILITIES AND NET ASSETS \$2,251,030



GET INVOLVED!

DONATE yearly to invest in the futures of thousands of Angelenos and their families.

VOLUNTEER your time to help with events, administrative tasks, and organize our donation closet.

PARTNER with us: join our corporate partners to sponsor an event, or reach out to establish an MOU.

FOLLOW us on Instagram, Twitter, and Facebook @amanecerla to stay up to date on all things Amanecer.

PLEDGE a monthly donation for ACCS. You set the amount that works for you!

SUBSCRIBE to our monthly newsletter for updates on programs, client stories, fundraisers, events, and staff spotlights.

ADVOCATE for Amanecer however you can; fundraise on social media, talk about our events, and tell people about our work.

Scan the QR code to learn how to get involved!



ANNUAL GIVING

\$50,000 - \$150,000+

The Ahmanson Foundation
Cal VCB Trauma Recovery Center
Cal VCB Regional TRC Pilot Program
The Cedars-Sinai Community Benefit Giving Office
Community Based Organization
The Diane and Dorothy Brooks Foundation
The Pearlman Geller Family Foundation
QueensCare
The RoseHills Foundation
The Sierra Health Foundation
The Weingart Foundation

\$49,999 - \$10,000

California Community Foundation
Citizen's Business Bank
Hilda Solis First District
Pedro J. Marti and Family

\$9,999 - \$5,000

The Goodwin Family Memorial Trust
The Lucille Ellis Simon Foundation
The Sheri and Les Biller Family Foundation

\$4,999 - \$1,000

Andy Rosillo
Christopher Faris
David Shopet
Margaret Maraschino
Maria Maher

\$999 - \$500

Alexia Valencia
Cecil Hoffman
Craig Simmons
Isaac Cuevas**
Javier Hernandez
The Richard Dunn Family Foundation
Robert Half
Veronica Alvarado

\$499 - \$100

Angelia Dickerson
Ashley Gonzalez**
Christina Sanchez
Daisy Chavez**
Dawn Christensen
Deborah Levin
Diana Gallarzo**
Dierdre Kennedy
Jonathan Miller
Kim Appleby
Michelle Pinedo
Patti Azevedo
Richard Greenberg
Teddie Valenzuela**
Teresa Valenzuela**

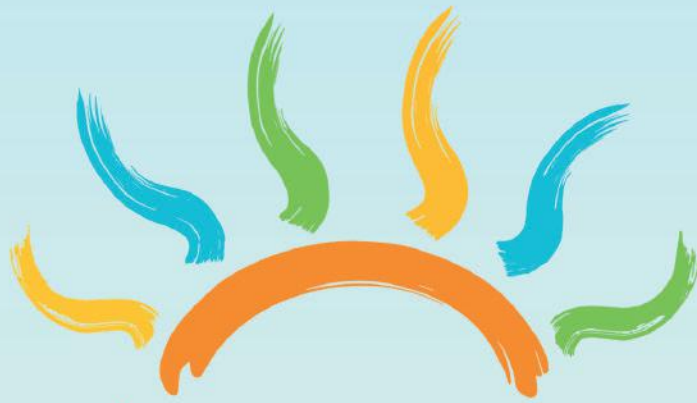
Amanecer's Senior Leadership, Board of Directors, and staff express our greatest gratitude to all who have donated to our agency this year. Thanks to your support, our agency was able to provide life-saving services for over 700 clients and their families.

**Monthly Donor

PARTNERSHIPS

Amanecer is grateful to the many foundations, businesses, individual donors, and families whose support empowers resilience for those in our community who need it most.





Amanecer

COMMUNITY COUNSELING SERVICE

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