

# KEEPING OUR BALANCE

2022/2023 IMPACT REPORT

*Celebrating  
35 Years  
of Service*

*Promesa*  
BEHAVIORAL HEALTH  
*promoting growth and wellness.....*



# A Message from our CEO

Throughout 2022/23, our team concentrated on striking a balance between upholding our mission and core values, while navigating ever changing demands of regulations and legislative mandates, all the while ensuring we stayed true to the mission. Keeping balance and maintaining professional self-care becomes critical to the well being of our workforce as front line staff, particularly, are witnessing and experiencing the ups and downs of the children in our care. At Promesa, we strive to create a workplace which reflects the clientele we serve. We're committed to a culture that fosters connection and belonging so that all staff and clients (both adolescent and adult) feel welcomed and respected. Our youth tell us that respect is an essential quality in cooperating with services (or not.) As a youth-serving organization, we value and respect the personal challenges of everyone we serve and the need for BALANCE when crafting goals and objectives for our clients . We believe that when youth feel respected and included, they can be more creative, innovative and successful, thus more likely to stick to their treatment plans.

Our dedication to our mission and striking a balance among competing demands is something we strive to be mindful of in our daily work. Feedback we receive from our youth and stakeholders are a moving tribute to the impact we are making. We thank you for the continued support as we celebrate **35 years** of service to the community!

Sincerely,



**Lisa Weigant, M.A.**

Chief Executive Officer

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**MANDI NAJERA**  
Clinical Director








**MICHELLE BEJARANO**  
Director of Foster Family Agency




## 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.

## OUR PROGRAMS:

-  Short Term Residential Therapeutic Program (STRTP)
-  Foster Care
-  Intensive Services Foster Care (ISFC)
-  Adoption Services
-  Transitional Housing Program (THP-NMD)
-  Pregnant and Parenting Teen Program
-  Substance Use Treatment Recovery Services

A person is seen from the back, wearing a blue baseball cap with orange accents and a pink t-shirt. They are sitting on a yellow skateboard with yellow wheels on a grey concrete ledge. The background is a blurred outdoor setting with green foliage and a white fence.

Promesa's Specialty Mental Health Services are offered to youth in 8 STRTP licensed programs. Each home is served by an average of 2 mental health specialists who provide in-house services. Youth receive a mental health touchpoint daily. Each youth is invited to offer their feedback in an Experience Survey, which attempts to gauge their perceptions of benefits, improvements needed and other observations of the mental health services they receive.

# HERE'S WHAT OUR YOUTH SAY ABOUT THEIR MENTAL HEALTH SERVICES:

"I'm learning to better cope." (f, Madera House )

"It's going good." (m, Van Ness House)

"I'm learning to stay calm." (m, Niles 4 House)

## Respondents:

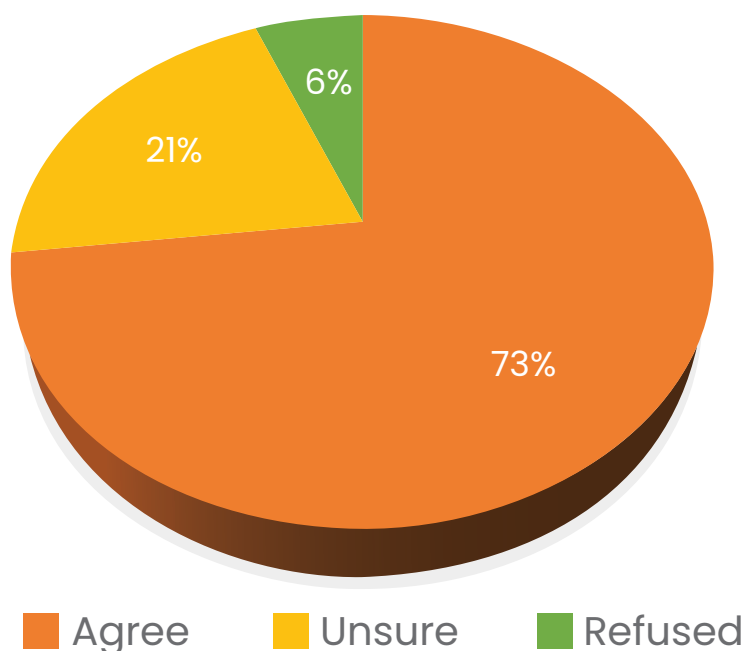
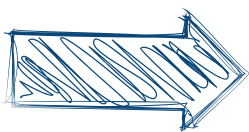
51% males

47% females

2% non-binary

## Survey Responses Mental Health Services

- Staff helps me feel safe.
- I get help to work on my problems.
- I feel that my privacy is respected.



To support adolescents in Short Term Residential Therapeutic Program (STRTP), staff strive to strike a balance among the required and basic activities – scheduling mental health appointments, daily living, school/education/tutoring and recreation activities. The aim of STRTP staff is to ensure a zone of safety in which our vulnerable adolescents may learn how to BALANCE their energy and eagerness to 'grow up' with the (sometimes slow) progressive nature of their circumstance as it moves within the system of care.

# Building Sustainable Bonds

## Millbrook House



**Re: MISS YOU PROMESA AND THANK YOU FOR EVERYTHING YOU DID FOR ME  
HERE ARE SOME UPDATES FROM US**

**On Nov 25th at 12:28 pm LM wrote:**

Thank you..I miss you guys dearly.. I regret being mad all the time to you wonderful people, I was young. But I'm going to keep in more touch with you guys love you all and to the Millbrook staff I know this job at the home can be tough and not easy from the teen moms moody days, I know trust me. But at the end of the day you guys are wonderful and brave and don't let the negative get to you all because you guys are strong and it will get you stronger, God bless you all and Happy Thanksgiving.

**On Thu, Nov 25th at 12:49 PM**

**House Manager, wrote back:**


It was good hearing from you! I'm glad to hear that you are doing good and you sound happy. Congratulations on your pregnancy. Continue taking care of yourself and your babies. Thank you for the pictures, you look really good, and I can't believe how big the baby has gotten. Happy Thanksgiving from all of us!

# A Foundational Goal Of Our Foster Family Agency (FFA) Is To Unify Families.

While children are in care with our supporting and dedicated resource parents, the objective is always permanency. Whether a return to family of origin, adoption, kinship care, etc., the goal is to solidify positive, healthy, life-long bonds for each child.

We are fortunate to have a dedicated team of Resource Parents who provide stability and home-like environments to so many of our kiddos. We could not do this work without their dedication and willingness to undertake this great responsibility. We are appreciative and admire the care and support they offer to so many youth from surrounding counties.

Promesa has on average **60** children in our care. Caring for them are a team of approximately **70** dedicated Resource Families. **More than 50%** of the youth are receiving Intensive Service Foster Care whereupon they receive additional services and support from the agency's Social Worker and assigned ISFC counselors.



## WHAT YOUTH HAVE TO SAY ABOUT THEIR EXPERIENCE IN FOSTER CARE:

"I like that I'm respected by my foster parents."  
(14yo male)

"I can talk about my feelings to my foster mom." (16yo female)

"I have people to listen to me, to what I have to say and help me."  
(15yo female)

"I like being in the car with my (foster) dad. We have the best talks while driving." (15yo female)



## Caring Parents, Helped To Propel Kyle Without A Doubt

Kyle was accepted into the home of Cynthia and Isabel in July of 2018 when he was in the 7th grade. In the beginning, Kyle struggled in school. By the end of the 8th grade, his grades had improved by leaps. His Resource Parents encouraged him to enroll in a concurrent program at Fresno City College where he could earn his High School Diploma and AA degree at the same time. This meant taking a heavy load of classes as well as no spring break and limited time off from schoolwork. Kyle agreed and subsequently enrolled and he also maintained a part time job.

Kyle was able to earn his High School Diploma AND his AA degree! To further his commitment to higher education, Kyle is currently attending San Francisco State University where he lives in the dorms. Thank you to Cynthia and Isabel for the way they care and support Kyle and continue to embrace him.

This is a beyond a shining example of of what can happen when caring adults truly step up. Kyle did the hard work and heavy lifting however the support of these two caring adults in his life propelled him without a doubt. In addition, he had the support of his Promesa Social Worker and a team of other caring adults rallying for him.

**Congratulations Kyle, we are all so very proud of you!**



# FINANCIAL REVIEW

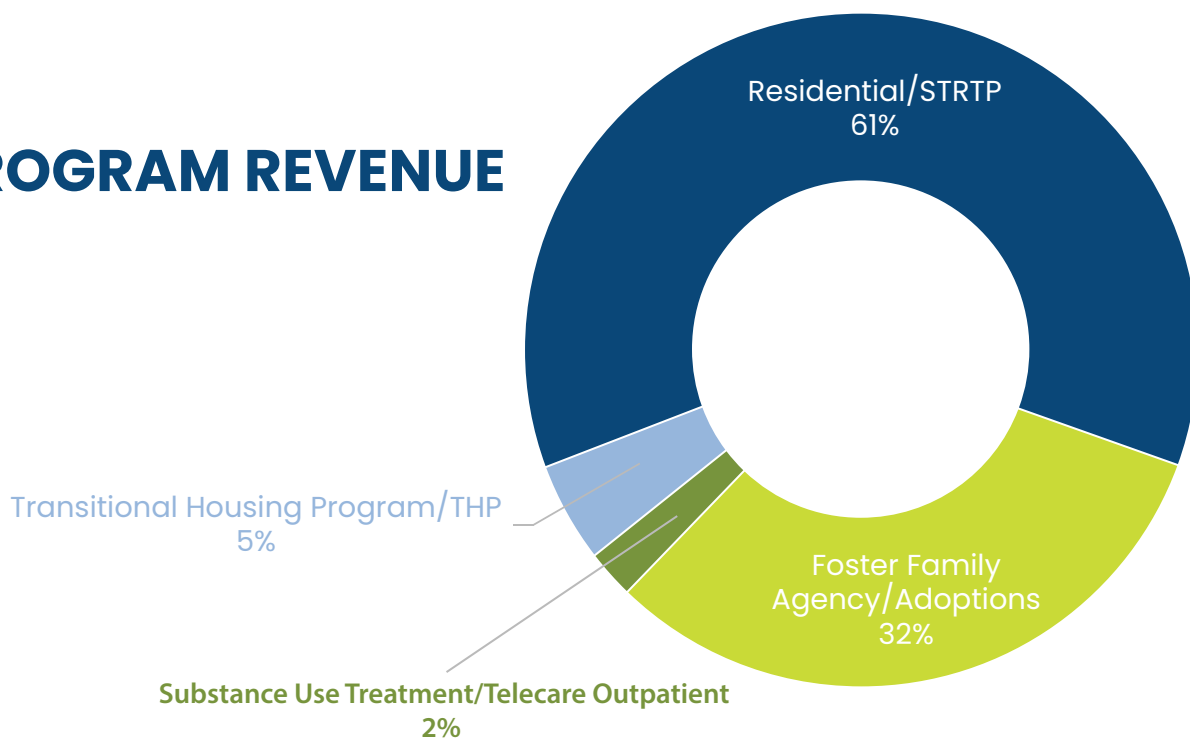
## Statement of Financial Position

	12/31/2021	12/31/2022
Total Assets	<b>\$10,814,640</b>	<b>\$12,645,263</b>
Total Liabilities	\$3,055,330	\$4,368,769
Total Net Assets	\$7,759,310	\$8,276,494
Total Liabilities & Net Assets	<b>\$10,814,640</b>	<b>\$12,645,263</b>

## Statement of Activities for December 31, 2022

Revenues and Support	
Fees for Services-Programs	\$10,060,263
Investment	\$9,951
Other Income	\$239,928
<b>Total Revenues &amp; Support</b>	<b>\$10,310,142</b>
Expenses	
Program Services	\$8,752,757
Support Services	\$1,040,201
<b>Total Expenses</b>	<b>\$9,792,958</b>

## PROGRAM REVENUE



# A CALL TO



Research shows that a positive factor for youth in vulnerable situations is (at least) one caring adult who cared and advocated for them, helped them maintain their social, emotional and mental **balance** while navigating through the child welfare system.

***At Promesa, often, that one caring adult is a resource parent.***

Promesa's Foster Family Agency programs value family life for children, however family is defined. Family is a compelling variable in keeping **balance** on behalf of children involved in the child welfare system. This includes a team of qualified, prepared, and dedicated resource parents who serve children as members of a professional team equipped to protect and nurture children and strengthen families.

We have been serving the needs of children and their families (including resource families) for over 35 years. Resource parents are provided monthly reimbursement, professional training, respite care, frequent contact with our social work team along with 24/7 supports.



**Would you consider being a caring adult for a child? Or do you know of someone who would?**  
Please reach out for information and guidance about how to get started.

Please call 559-439-KIDS, or visit our website, [www.promesabehavioral.org](http://www.promesabehavioral.org)



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