



**Amanecer**  
COMMUNITY COUNSELING SERVICE

# 2023-2024 Annual Report



**Amanecer is...  
strength.**



## Leadership Message

Dear Friends of Amanecer,

Fiscal year 2023-2024 has been a time of regrowth and restructuring at Amanecer. As we continue to reflect on our values and Amanecer's approaching golden anniversary, we look forward with excitement for our agency's future.

Trauma-informed care is embodied throughout our agency, reflected in our core values and mission, which guide the agency as we navigate changes that are inevitable with any longstanding institution like ours. We are proud of you, our supporters, and our staff, for your agility and positivity, and we are grateful for your belief in our mission and our service to the community.

Together with your support, we look forward to caring for our community for many years to come.



*Teddie Valenzuela*

**Teddie Valenzuela,  
Executive Director**

*V. Alvarado*

**Veronica Alvarado,  
Board Chair**

*Amanecer began to serve our communities on August 17, 1975. Our mission continues and endures: 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 Serve

Amanecer's clients are low-income community members facing mental health challenges. Many clients' struggles are compounded by food insecurity, language barriers, lack of education, neighborhood violence, immigration issues, domestic abuse, substance abuse, and employment struggles.

### Our Programs

Wraparound (WRAP)  
Birth to Five (BT5)  
Multidisciplinary Assessment  
Team (MAT)  
School-based (SB)  
Full Service Partnership (FSP)  
Outpatient Community Service  
(OCS)  
Prevention & Early Intervention  
(PEI)  
Outpatient (OP)  
Domestic Violence Program (DV)  
Trauma Recovery Center (TRC)

*Visit [amanecerla.org](http://amanecerla.org) to learn more about our full range of compassionate, culturally competent mental health and case management services for people of all ages and all income levels.*

Amanecer is proud to be among the few agencies in the downtown Los Angeles area that can treat entire families in-house, as our four clinics host thirteen specialized programs for people of all ages with mild to severe mental health needs. For over 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. The agency makes every effort to hire individuals from the neighborhoods we serve.

Dear Amanecer Family,

We are delighted to share exciting news. We embark on a new journey on July 1, 2024, as we formally unite with Chicanos Por La Causa California (CPLC CA). This partnership marks a pivotal moment, ushering Amanecer in a bright future for the communities we serve.

Amanecer symbolizes hope and new beginnings. Together with CPLC CA, we aim to illuminate pathways to empowerment and holistic care for our underserved individuals and families. This union represents our shared commitment to breaking down barriers and providing comprehensive support.

CPLC's extensive expertise in housing, education, economic development, and advocacy perfectly complements Amanecer's trauma-informed approach to mental health care. Effective July 1, 2024, this partnership is rooted in a vision to address systemic inequities and enhance our collective impact.

We extend heartfelt gratitude to everyone who has contributed to this milestone—our dedicated staff, partners, fellow board members, and all who have worked tirelessly behind the scenes. Your intentional and thoughtful efforts have been instrumental in planning this union.

As we move forward, let us prioritize open communication and collaboration. Together, we will ensure a seamless integration that honors our mission and amplifies our ability to serve. Let us celebrate with optimism the journey ahead.

With sincere appreciation,



Verónica Alvarado  
President of the Board of Directors



Teddie Valenzuela  
Executive Director



## Trauma Recovery Center

The TRC provides assertive outreach, clinical case management, therapy, psychological testing, psychiatric care, and medication management to victims of crime, including individuals in DCFS and the criminal justice system.

## 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 & Graduation

Amanecer's Domestic Violence program, The First Step Forward, offers a safe and judgment-free space for victims to become survivors through 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.

Thanks to the generosity of foundations and donors, annually Amanecer can assist approximately 50 individuals seeking to transition away from DV situations.

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.

Domestic Violence graduates 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.





## Clinical Programs

Our Clinical Programs provide an array of compassionate, preventative, and culturally competent mental health services to children from birth to 5 1/2 through the Child Parent Psychotherapy model, children transition-age youth (TAY), ages 16-25, and adults from 25-60+. Services are focused on collaboratively creating specialized treatments for each client's needs and goals utilizing evidence-based practices. Services include psychotherapy, case management, and medication support.

## Community Based Programs

Amanecer's Community Based Programs offer a wide range of compassionate and culturally competent mental health services to children, transition-age youth (TAY) (ages 18-26), and adults (ages 26-60+). Each client is assigned a treatment team consisting of a therapist, case manager, and psychiatrist/nurse practitioner as needed. We ensure that our clients receive quality mental health services tailored to their current needs by enrolling them in a program that provides the appropriate level of care. Services are delivered via telehealth, in the office, in clients' homes, or in the community to address their treatment needs and goals.

Our intensive case management services offer resources to access vocational training, employment, education, housing, and other essential resources to live self-sufficient lives. Our psychiatric team consists of bilingual/bicultural psychiatrists and nurse practitioners who provide medication support services.

**Scan the QR code to view our  
Clinical and Community Based programs**



**Clinical Programs**



**Community Based programs**

## Client Story

Jane, a 69 year-old woman, was referred to mental health services at ACCS by a previous therapist who had only been providing medication services. She has been a victim of domestic violence for years and has had unhealthy relationship dynamics with her adult daughters. At the beginning of therapy, Jane was diagnosed with severe Major Depressive Disorder with Bipolar Disorder in partial remission. She reported feeling sad every day, having a poor appetite, only eating 1-2 meals per day, experiencing sleeping difficulties four times a week, and having negative repetitive thoughts 4-5 times a week and 1-2 times a day.

Jane's symptoms have been affecting her health. She has been experiencing loss of appetite, poor sleep, difficulty managing negative thoughts, and frequent distress. Her negative thoughts include self-blame for current family dynamics and situations. She questions herself, wondering what she did wrong or what she did to deserve mistreatment, especially from her adult daughters. As she feels guilty about her effectiveness as a mother.

Since starting services in early August 2023, Jane has made significant progress. She has improved her self-esteem, set boundaries with dysfunctional family patterns, engaged in self-care activities, used healthy coping skills, and made progress with her appetite. Additionally, she has reduced cognitive distortions related to ineffective motherhood and worked with her therapist to address domestic violence and emotional abuse. As a result, Jane reported a decrease in depressive and mood symptoms. She is proactive in continuing to make progress, feeling empowered to engage in meaningful activities, and is mindful not to regress to unhealthy family dynamics. Jane enjoys interacting with neighbors, spending time with her pets, engaging in exercises, and visiting her favorite stores and restaurants.



## 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!*



## 2023-2024 Impact

**961**

**CLIENTS  
SERVED**

**1,145**  
SERVICE  
REQUESTS

**44,024**  
TOTAL  
SESSIONS

**12**  
DIFFERENT  
PROGRAMS

**4**  
TAILORED  
CLINICS

**640**  
ADULTS  
TREATED

**341**  
CHILDREN  
SEEN

**7**  
LANGUAGES  
SPOKEN

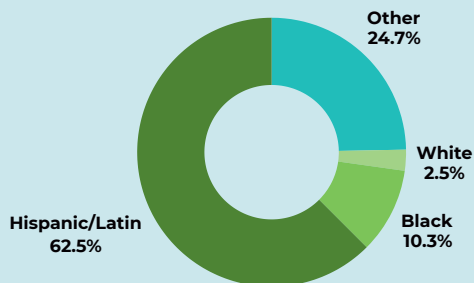
**15**  
SCHOOL  
PARTNERS

**10**  
MOUS

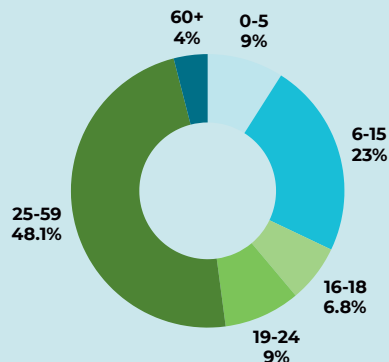
**23**  
OUTREACH  
EVENTS

This fiscal year saw an increase in the overall number of clients served. Our telehealth technology continues to expand our services to homebound clients and clients without secure transportation. Our top priority post-pandemic has been to remove barriers to access.

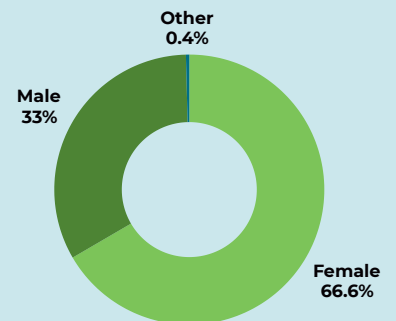
### Ethnicity



### Age



### Gender



## Leadership

**Teddie Valenzuela, LCSW**  
Executive Director

**Alice Cardenas**  
Chief Financial Officer

**Nicole Cuevas, LMFT**  
Chief Clinical Operations  
Officer

**Diana Guerrero, LCSW**  
Chief Program Officer

**Angela Duran**  
Human Resources  
Manager

**Ashley Arrieta, LCSW**  
Director of Trauma  
Recovery Center and  
Domestic Violence

**Emmanuel Reyes, LMFT**  
Director of Community  
Based Programs

**Marilin Lourokis, LMFT**  
Director of Clinical  
Programs

## Board of Directors

**Veronica Alvarado, Chair**  
NELMmarketing  
*President & CEO*

**Alexia Valencia, Vice Chair**  
Goodness Sakes Strategies,  
LLC  
*Founder & President*

**Eric Sarabia, Secretary**  
Acelera Advisory Group, Inc.  
*Co-Founder, Chief  
Operating Officer*

**Javier Hernandez, Treasurer**  
Herdz Tax Pros  
*Owner*

**Margaret Maraschino**  
Munger, Tolles & Olson LLP  
*Partner*

**Maria Maher**  
Candela La Brea  
*Partner*

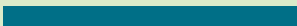
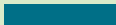




**Andy Rosillo**  
Indie Printing LLC  
*Owner*

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







# Financial Summary

## REVENUE

Government Contracts and Grants	\$	12,028,234		71.6%
Employee Retention Credit		4,506,706		26.8%
Contributions		229,769		1.4%
Other		34,523		0.2%
Interest Income		1		0%
<b>Total Revenue and Support</b>		<b>16,799,233</b>		

## EXPENSES

Program Services	\$	9,906,039		81.5%
Management & General		2,047,476		16.8%
Fundraising		206,441		1.7%
<b>Total Expenses</b>		<b>12,159,956</b>		
<b>SURPLUS</b>	<b>\$</b>	<b>4,639,277</b>		

## ASSETS

Cash and Cash Equivalents	\$	1,970,580
Grants and Contracts Receivables, net		2,110,450
Employee Retention Credit Receivable		2,340,826
Prepaid Expenses and Deposits		58,466
Right-of-Use Assets. Operation Leases		2,042,246
Right-of-Use Assets-Finance Leases		91,574
<b>Total Assets</b>		<b>8,614,142</b>

## LIABILITIES AND NET ASSETS

Accounts Payable	\$	240,648
Accrued Liabilities		304,814
Line of Credit		205,294
Economic Injury Disaster Loan		150,000
Deferred Revenue		20,000
Notes Payable		893,235
Right-of-Use Liabilities Operating Lease		2,067,941
Right-of-Use Liabilities Finance Lease		92,932
<b>Total Liabilities</b>		<b>3,974,864</b>

## NET ASSETS

Without Donor Restrictions	\$	4,528,778
With Donor Restrictions		110,500
<b>Total Net Assets</b>		<b>4,639,278</b>

**TOTAL LIABILITIES AND NET ASSETS \$8,614,142**

Unaudited Financial Statements

## Annual Giving

### \$300,000-\$2,500.000

California Victims  
Compensation Board Trauma  
Recovery Center Regional Pilot  
Program  
California Victims  
Compensation Board Trauma  
Recovery Center Program  
Department of Health Care  
Access and Information

### \$50,000 - \$299,000

California Community  
Foundation  
The Cedars-Sinai Health Equity  
2.0 Foundation  
The Pearlman Geller Family  
Foundation  
QueensCare Foundation  
The Weingart Foundation

### \$49,999 - \$10,000

California Community  
Foundation  
Hilda Solis First District

### \$9,999 - \$5,000

The Lucille Ellis Simon  
Foundation

### \$4,999 - \$1,000

Javier Hernandez  
Maria Maher  
Patricia Hoffman  
Rockefeller Capital  
Management

### \$999 - \$500

Isaac Cuevas\*\*

### \$499 - \$100

Charities Aid Foundation  
Cyber Grants, LLC  
Daisy Chavez\*\*  
Dawn Christensen  
Diana Gallarzo\*\*  
Hector Hernandez  
Jonathan Miller  
Kamlesh Amin  
Karen Speers  
Richard Dunn Family  
Foundation  
Richard Greenberg  
Richard Valenzuela Sr.  
Teddie 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 1,000 clients and their families.**

**\*\*Monthly Donors**

## 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.





**TRC outreach event in Collaboration with LAPD Rampart**



**Superhero 5K Run/Walk**

**Board of Directors Meeting**



# CHICANOS POR LA CAUSA

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