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*I don't have to live according to  
my label. I can view myself  
differently and I can succeed.*

—Darlene



# 2017 Achievement Report



*We educate and empower women who are overcoming domestic violence,  
homelessness, and other major challenges, to reach their greatest potential.*

## Message of Appreciation



### Dear Friends,

Thank you for being part of our community of support and empowerment for women who are rebuilding their lives from domestic violence, homelessness

and other major challenges.

In this time of increased awareness with more women speaking out about sexual abuse, harassment and the impacts of traumatic experiences, our work is more important than ever. The skills and tools that women learn in Leap to Success programs give them new ways to cope with challenges and a stronger belief in themselves and their capabilities. This helps create pathways to a more successful future.

We've just celebrated the graduation of class #40 of Leap to Confidence, and a major milestone of having served over 1,500 women. We could not do it without you.

What's on the horizon is exciting. We've always heard that if women had the tools and knowledge gained from Leap to Confidence at a younger age, many wouldn't have found themselves trapped in abusive relationships or felt unworthy of better. We've listened and will be offering our first programs for teenagers in 2018!

It is my privilege to witness the transformation and growth that our women achieve. By sharing their successes with you, I hope that you are touched and inspired too. If you haven't been to a graduation lately, please know that you are always welcome to see what your support provides. We couldn't do what we do without you!

With love and appreciation,

*Dana Bristol-Smith*  
Executive Director

P.S. Your generosity allows for our programs to be provided at no cost to the women we serve.

## Our Programs

### Leap to Confidence

Women who are overcoming challenges gain the confidence and skills they need to reclaim their lives, develop a positive outlook, manage stress, and present themselves professionally to potential employers—to help them become employed and self-sufficient. This seven week program is offered quarterly in San Diego and North County.

Graduates are invited to attend the monthly *Empowerment Circle* for ongoing skill building, connection and support.

### Transformation Leadership

During a nine-month journey, participants set and meet significant goals and become leaders in their lives. Using public speaking skills, they raise awareness about prevention and recovery from domestic violence, homelessness, addiction and other challenges that they have overcome.

### Developing New Habits

This introductory workshop teaches powerful tools to manage stress and create positive and self-nurturing habits. Delivered at our community partner agencies to potential students and case managers, this interactive class recruits program participants and educates community partners on the offerings and outcomes of Leap to Success' programs.

### Referrals Only

Women emerging from trauma and crisis need multiple services to aid their healing and recovery. That is why we only accept women who are referred by case managers, therapists, or counselors to attend our programs. To ensure their best chances for success, they have to have their fundamental needs taken care of first.



## Celebrating Achievement



Oh, happy day! These women graduated from Leap to Confidence #39 in Vista.  
Their big smiles tell the story of their pride of accomplishment.

## Community Partner Agencies

Alvarado Parkway Institute

Breaking Barriers

California Dept. of Rehabilitation

Center for Community Solutions

Christie's Place

City of Oceanside Housing

Community Resource Center

Crisis House

El Camino Psychology Services

Escondido Adult School

Family Health Centers

Family Justice Center

Father Joe's Village

Home Start

Interfaith Community Services

Jewish Family Service

Life Skills

Live Well San Diego

McAlister Institute

Mental Health Systems

MiraCosta Community College

North County Career Center

North County Health Services

North County Serenity House

Operation Hope - Vista

Palomar Family Counseling Services

Palomar Unitarian Universalist Fellowship

Peace Oasis Empowerment

Rachel's Women's Center

Rady Children's Hospital

ResCare Workforce Services

San Diego Employment Solutions

San Diego Rescue Mission

San Diego Housing Commission

SCTCA Tribal TANF

Stepping Stone of San Diego

United Methodist Church of Vista

Vista Adult School

Vista Community Clinic

Vista Hill

Women's Resource Center

YWCA of SD County

## Graduate Spotlight—Darlene Guzzello

*“I don’t have to live according to my label, I can view myself differently and I can succeed. That’s what Leap to Confidence taught me, how to view my true self.”*



More often than not when others tell us our limits we believe and conform to them, no matter how wrong they might be. We lose connection with our voice and forget how to see and acknowledge our true selves.

This is what happened to Darlene. She felt that she was put into a box full of limits by her

was possible and ultimately referred her to *Leap to Confidence*. When she came to the first class she was nervous and planned to only be an observer, until she began to trust and connect with her classmates and instructors. By graduation, Darlene’s view of herself had transformed. She understood her own uniqueness and value.

Darlene is now part of the *Transformation Leadership* program where she is further developing her leadership skills and learning to share her story to inspire others. She has developed a community of new friends where she not only receives support but is able to give it too. She volunteers as a *Leap to Confidence* classroom assistant and shares her own journey to encourage others. Darlene is eager to help lift up the next woman. She is warm, kind and enthusiastic about life.

Today Darlene is living authentically. She has a new career direction and has enrolled in school so she can become a teacher for children with special needs. She wants to be someone who believes in others and is a positive and encouraging role model.

She has learned how to view her true self and listen to her own voice. The labels from her past no longer define her. Darlene is embracing her fullest capabilities and leaping toward her goals.

mental health diagnosis, and the abuse she suffered.

But that all changed in 2017.

After her third suicide attempt Darlene finally opened up and was ready for help. She found a mental health peer support specialist who gave her a different view of what

## The Power of Women’s Stories



The voices of women on stage can touch us deeply and create awareness and change. Since our very first fundraiser in 2009, ***The Vagina Monologues*** at the San Diego Repertory Theatre, we’ve continued to share inspiring stories of women in as many ways as we can. We were thrilled to have a special night at the New Village Arts Theatre of Carlsbad to see ***Having Our Say The Delany Sisters’ First 100 Years***. It was a fun way to raise funds and celebrate the strength and resilience of women who experienced oppression but remained optimistic and cheerful to the end.

Stay tuned for more theater and other opportunities to hear powerful stories of women.

(Milena Phillips and Sylvia M’Lafi Thompson photo Rich Soublet )



## Leap to Success Becomes a Live Well Partner



Live Well San Diego partners are from all sectors – government, business, education, faith-based and community – working together with a shared purpose to bring the vision of a region that is “Building Better Health, Living Safely and Thriving.”

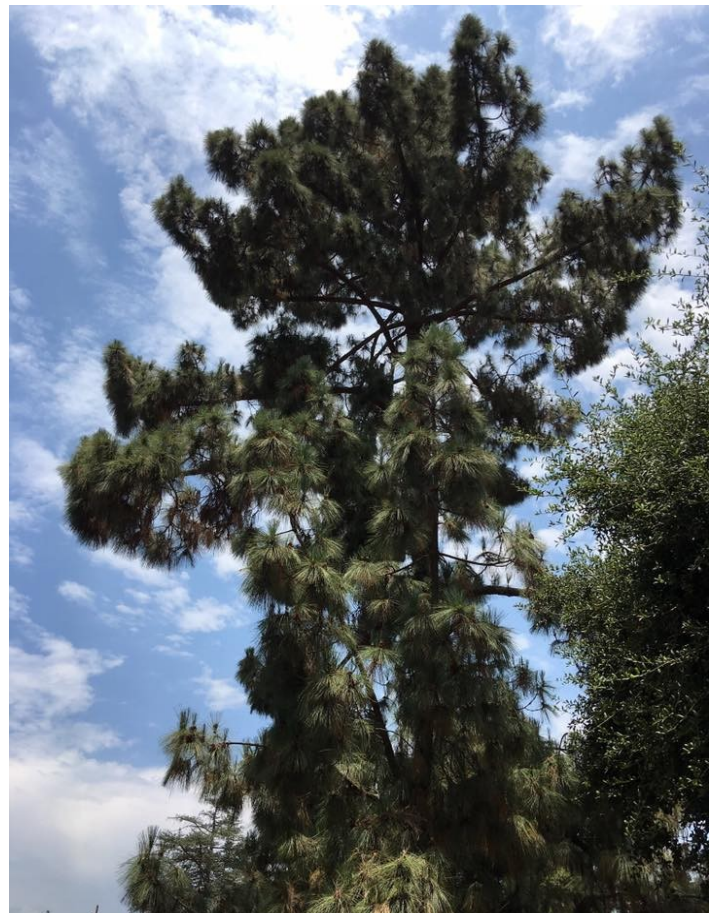
We support the goals of Live Well and enjoy collaboration across sectors.

Chuck Matthews, Director SD North Regions, From Leap to Success Wendy Hope, Dana Bristol-Smith, Lauraine Esparza, and Haley Peterson, Supervisor Bill Horn’s Representative

## Day of Renewal

Stress, chaos and worry accompany our women on a daily basis. As they learn tools and skills for creating new ways of living, sometimes it’s necessary to step into new surroundings to recharge and renew. That’s exactly what twenty *Leap to Confidence* graduates did in July as they attended our very first *Day of Renewal* at the beautiful and serene Questhaven Retreat Center in the hills of San Marcos.

A day of guided meditation and other activities were lovingly created for us by the Encinitas Mindfulness Community led by founder Diana Shimkus, LCSW. Deep breathing, communing with nature and art brought profound peace and gratitude to all who experienced it. We can’t wait to do it again this summer.



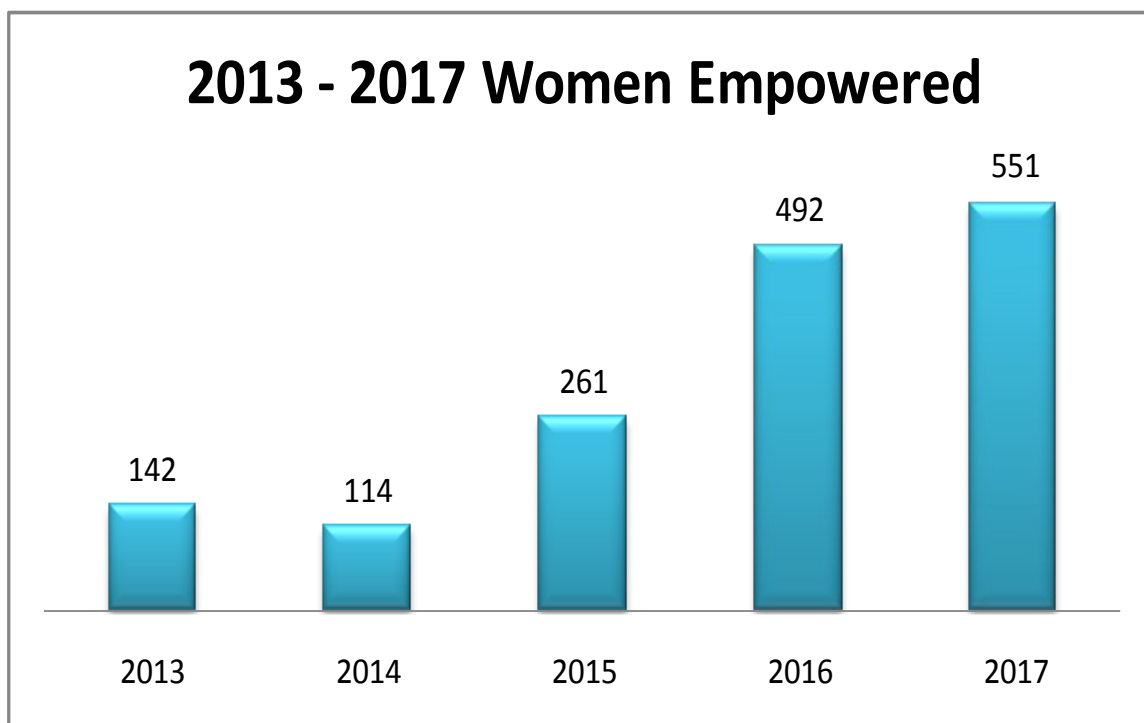
## Impact by the Numbers

**551 women were empowered in 2017**

200 women attended the full *Leap to Confidence* program

288 women attended *Developing New Habits*

63 women attended other programs



## Measuring Success

***Leap to Confidence graduates report the largest areas of growth in:***

Self-esteem

Confidence  
in abilities

Changing negative  
thoughts to  
positive actions

Managing stress  
by using  
healthy behaviors

Optimism  
towards the  
future

**47%**

of the women  
who applied for  
jobs were  
hired within

**60 days**  
of graduating.



# 2017 Financials

## Profit & Loss

### Income

Corporate	\$ 1,174
Individual	68,877
Grants Restricted	45,850
Grants Unrestricted	158,860
Fundraising Events	<u>4,685</u>
<b>Total</b>	<b>\$279,446</b>

### Expenses

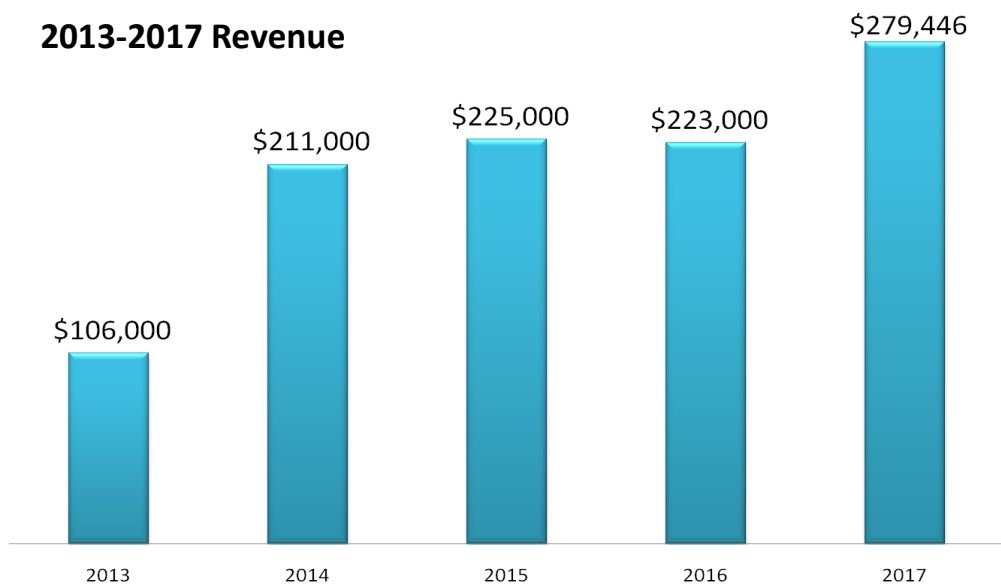
Program Services	\$179,808
Management & General	47,793
Fundraising	<u>20,740</u>
<b>Total</b>	<b>\$247,811</b>

## Balance Sheet

12/31/17

Total Assets	193,492
Total Liabilities	9,509
Opening Bal Equity	150
Retained Earnings	152,347
Net Income	31,626
Total Equity	<u>183,982</u>
<b>Total Liabilities &amp; Equity</b>	<b>\$193,492</b>

## 2013-2017 Revenue



## The Joy of Achievement



Leap to Confidence #35 San Diego

# Generous Supporters, Thank you for empowering women!

## \$60,000 or more

Issa Family Foundation  
Melvin Garb Foundation

## \$35,000

Hunter Family Advised Fund at  
Rancho Santa Fe Foundation

## \$10,000 or more

David C. Copley Foundation  
Datron World Communications  
United Methodist Church of Vista -  
Cable Trust  
Wells Fargo Foundation

## \$5,000 or more

Soroptimist Int'l Oceanside Carlsbad  
Winkler Family Fund  
Zell Family Foundation

## \$2,000 or more

Lisane Basquiat  
Karen Bond  
Lauraine & Richard Esparza  
Rita & Dale Geldert  
Joe & Debby McCloskey  
New Village Arts Theatre Carlsbad  
Nordson Foundation  
Palomar Unitarian Universalist Fellowship  
Donna Tracy Pippins  
Soroptimist Int'l North San Diego  
Lori A. Zielinski

## \$1,000 or more

Wendy & David Hope  
Rhonda Marlin  
Karen & Nolan Nelson

## \$1,000 or more

Brenda Piazza  
Vienna Salazar  
Mission Beach Women's Club

## \$500 or more

Arand Agency  
Margot & Dennis Doucette  
Cathy Jensen  
MiraCosta College Foundation  
Rita Robinson

## \$200 or more

Wickliffe Blasi  
Dana Bristol-Smith & Greg Klamt  
Michele & Mike Cooney  
Jim Coleman  
Michael Conley & Susan Steele  
Charitable Fund  
David & Charlene Dennis Trust  
Carmen Kasner  
Kerri Kato Halsey  
Korzen Family Fund  
Jan McMillan  
John Melnicki  
Alex Zemekis

## \$100 or more

Deanna Atherton  
Lynn Chow  
James Coleman  
Isabel & Peter Dansky  
Kathe A. Gogolewski  
Kelley Grimes & Tony Serebriany  
Tonda Hall  
Marti Hess  
Patricia Hughes  
Barbara Jenkins  
Lori Newman  
Shawna O'Connor

## \$100 or more

Colleen O'Harra  
Kathy O'Leary  
Palisades Presbyterian Church  
Leonard Rossio  
Law Office of Frann Setzer  
James Sinclair

## Board, Staff & Volunteers

### Board of Directors

Lauraine Esparza, Chair  
Marti Hess, Treasurer  
Wendy Hope, Secretary  
Tonda Hall  
TC Wilson

### Staff

Dana Bristol-Smith,  
Founder & Executive Director  
Michele Cooney, Program Director  
Kelley Grimes, MSW,  
Community Engagement Director  
Kate Dusenbury, Admin. Assistant  
Mariel Cota, Instructor  
Ruth Ransom, Instructor  
LaKesha Sexton, Instructor

### Hospitality Team Volunteers

Gigi Irvin, Team Leader  
Carmen Chavez de Hesse  
Cathy Jensen  
Ruby Kadota  
Vienna Salazar