Helping Women Heal, Grow, and Transform Their Lives



2019 Community Impact Report



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

Message of Gratitude

Dear Friends,

We all know change is hard. It takes time to heal and recover from trauma. There are no quick fixes. However, there is a path forward.

This year over 1,000 people were encouraged and empowered by attending our workshops and presentations, including 219 women who came to Leap to Confidence. There, they were guided and supported through a powerful curriculum designed to create a path of growth and healing. In class they felt safe with expert facilitators, sisters, mentors, and friends who held them closewho listened and cared.

We are excited for the positive impact our graduates make in the community as they improve their lives with new skills and tools that help them become employed and self-reliant. They show us change is possible, and that it's never too late to create a new beginning.

Most importantly, we are grateful for your loving support which helps women know that in their darkest times, they are not alone.

Together, we are helping all women rise!

Dana

Dana Bristol-Smith Executive Director

Our Programs

(Provided by referral at no cost)

Leap to Confidence

A Year of Support, Growth & Community

Women overcoming challenges gain the confidence and skills they need to reclaim their lives, develop a positive outlook, manage stress, and connect with potential employers. This sevenweek program is offered quarterly in San Diego and North County and semi-annually in East County. Graduates are invited to attend the monthly Empowerment Circle for ongoing skill building, connection, and support for a full year.

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 they have overcome.

Shift Your Mindset to Success

This introductory workshop teaches powerful tools to manage stress and create positive, self-nurturing habits. Delivered at our community partner agencies to potential students and case managers, this class recruits program participants and educates 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. This is why we only accept women who are referred by case managers, therapists, or counselors. Women need to have their fundamental needs met before attending our programs. We supply a Readiness Checklist to help our partners determine if a woman is ready to attend our transformational programs.

If your organization is interested in referring women, please contact us: Email: info@leaptosuccess.org Phone: 760-710-9510



Empowering Women in East County Makes the News

"I no longer have a victim mentality.

I am taking responsibility for my decisions, good or bad, and learning from them all."

— Tenisha, Graduate

For the very first time, we provided Leap to Confidence to women in East County! With generous support from the Cushman Foundation and our community partner Crisis House, we expanded our reach to El Cajon and will continue in 2020.

These community agencies and organizations referred women to attend this life-changing program at no cost: County of San Diego, Crisis House, Family Health Centers, Grossmont Family Counseling Center, Home Start, MHS East County Center for Change, NHA Project Enable, PATH San Diego, PCG, Southern Indian Health Council, and Telecare.

Top Photo: Michele Cooney - LTS on KUSI TV Bottom Photo: Dana Bristol-Smith - LTS, Cliff Albert - KOGO, Ruth Batton - LTS, Mary Case - Crisis House





Special Events

Making a Difference in Our Community



Rev. LeighAnn Shaw, United Methodist Church of Vista, receives our thanks.



Darlene Guzzello, Graduate (right) receives a warm hug from Margot Doucette who hosted a home fundraising event.



These women are ready to leap and soar to their bright futures. This special Leap to Confidence program was provided to the women of Church of Jesus Christ Apostolic Faith in City Heights.

Catalyst for Change

Standing With Others to Alleviate Poverty

Stand Together Foundation is a philanthropic community based in Arlington, VA that identifies organizations across the country using innovative solutions to alleviate poverty so every person can rise.

Leap to Success was honored to be selected for participation in their Catalyst Leadership program. Over the last year, we have participated in workshops and learning retreats with other inspiring leaders from organizations helping people rise out of poverty, recover from addiction, heal from trauma, and prepare for new employment.

We have formed relationships with organizations that have similar missions to help



women overcome trauma and adversity. We are excited to continue being part of this amazing network and build collaborations to share our innovative curriculum with others around the country!

Marti Hess, Board Chair says, "The connections, resources, and support that Leap to Success has accessed through the Catalyst Network have been invaluable. It's an honor to be included in this group of extraordinary organizations doing impactful work across the country."

Stand Together continues to give support through a matching donation campaign that because of our generous donors, has raised over \$100,000 to empower 100 women. We now have a final matching opportunity that has been extended through March 31, 2020!

Top Photo: Marti Hess, LTS, Erica Haines & Laura DeFrancesco-Ross, Stand Together, Dana Bristol-Smith, LTS Bottom Photo: Catalyst Members



Finding Her Voice and Value

From Victim to Advocate

She dreamed of a day she would feel passionate about her employment



"The largest leap that finding my voice allowed me to make is identifying a job opportunity that has values in alignment with my own... I used to take jobs that would sustain my life, that would cover car payments, the mortgage or rent, and day-care... I took a lot of abuse and worked in male dominated industries that resulted in me feeling stressed and unhappy.

I dreamed of a day when I would be able to be passionate about my employment and employer and feel like they were just as passionate about me.

When I decided to throw myself into the social services world, I dug in and dug in deep. I finally found my place and I feel all of the satisfaction I never felt before.

I went into interviews making sure that I was interviewing them just as much as they were interviewing me. The first step was finding the value in my voice, and Leap to Success showed me how."

—Holly Herring, Certified Sexual Assault/DV Crisis Intervention Counselor & Homeless Outreach Coordinator

Voice for the Homeless

After a six-figure income, crisis hit and she lived out of her car to survive

Jo Barrett had a career in finance before the economic crisis hit. She lost not only her job, but also her home as she depleted her savings. Everything fell apart and Jo lived out of her car, using 24 Hour Fitness to take her daily showers.

Leap to Confidence was her turning point as she began to believe in herself again. Seeing her growth and desire to help others, she was selected for Transformation Leadership where she honed her public speaking skills.

Since graduating, Jo has been involved with HEAL, Homeless Experience Advocacy and Leadership Network, and has shared her story with news media, County Board of Supervisors, and City Council. She is also a member of the Regional Task Force for the Homeless. Now that she's regained her voice, she is using it to advocate to end homelessness.



Leap to Confidence Empowers 219 Women

All it takes is going to one graduation and seeing the change in these women's lives.

"I have been a donor for the past six years. I was introduced by a dear friend. All it takes is going to one graduation and seeing the change in these women's lives. We all need to do something positive and locally to make a difference in today's world. Leap to Success is a venue to do so. Please consider a donation." — Karen S. Nelson



Why Confidence Is So Important

We all know confidence is critical for success. For women who have experienced trauma, their confidence has been shattered. Rebuilding confidence can be hard, especially on one's own without support.

Even successful women have bouts of low confidence. Major life changes can lessen the trust we have in our own capabilities. New responsibilities and career success can create uncertainty and feelings of being an impostor.

We conducted a survey of 265 women in business to find out how they have risen in their careers. One of the things we looked at was how they built their confidence. What we learned is we all need education and support to thrive.

To download our full report, visit here: http://bit.ly/Leap-ConfidenceReport



How Successful Women **Built Confidence**

They didn't do it alone. The most successful women reached out for support and help to be guided to their success.

Almost one third still feel they haven't done enough.

Activity	CEO	Solo	Employee
Found a Mentor	65%	44%	49%
Worked with Coach	41%	46%	20%
Self-Study	76%	82%	68%
Workshops/Classes	35%	65%	54%
Not Enough	30%	23%	30%

Employment and Education Outcomes



Program Numbers & Financials

"Leap to Success offers hope to struggling women. But it also offers much, much more. It builds confidence, selfesteem and courage. I have been deeply moved to encounter Leap graduates thriving in the community."

— Ann Hunter Welborn

Total Revenue

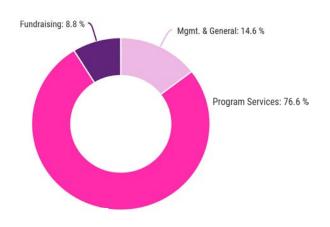
Program/Activity	Attendees
Leap to Confidence	219
Empowerment Circle	71
Day of Renewal	18
Transformation Leadership	13
Own Your Confidence	67
Community Presentations - Support Staff	303
Community Presentations - Clients	330
Total Served	1023

2019 Financial Summary

Revenue

Investment: 1.3 % Corporate: 7.8 % Events: 0.3 % Ind. Donor: 15.0 % Grants - Unrstr.: 32.5 % Grants - Restr.: 43.1 %

Expenses



Profit & Loss

Income		Expenses	
Corporate	\$ 28,580	Program Services	\$ 243,487
Individual	54,684	Mgmt. & General	46,471
Grants Restricted	157,500	Fundraising	27,948
Grants Unrestricted	118,846	Total	\$ 317,906
Fundraising Events	1,250		
Investment/Other	<u>4,599</u>		

\$ 365,459

Balance Sheet

150 295,525 48,103 343,628
295,525
150
4,404
348,032

^{*}Leap to Success maintains the financial resources to provide ongoing support to our program participants for a full year.

We Are Grateful For

Board of Directors

Marti Hess, Chair

Tonda Hall, Treasurer

Wendy Hope, Secretary

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Founder & Executive Director

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Program Director

Kelley Grimes, MSW,

Community Engagement Director

Alyssa Jenkins,

Administrative Assistant

Ruth Batton, Instructor

Mariel Cota, Instructor

LaKesha Sexton, Instructor



Jennifer Barber-Frazier, Volunteer of the Year



"In supporting Leap to Success, I've been able to discover that life is so much bigger than me. I've seen first hand how the women gain confidence, obtain skills to enter the professional environment, and become effective communicators.

The graduates I've had the honor of interacting with are truly transformed. They are outgoing and have an eagerness to share their journeys and support others who are struggling. They are passionate because they know first hand the struggles other people go through. They become advocates who build up the community."

—Jennifer Barber-Frazier, Senior Member Services Specialist, Frontwave Credit Union

Freethink Video of Leap to Success Reaches Close to 400,000 Views

We were thrilled to be featured in a 5-minute minidocumentary produced by the New York media company Freethink. Their production team captured the essence of Leap to Success programs in a powerful video! Our friends at Stand Together Foundation invested in this gift for us to share our story. See the video at our website.

Photo: Freethink staff Chase Pipkin and Christopher Dawkins





Community of Support

Our Generous Donors Transform Lives

\$50,000 and more

Cushman Foundation Issa Family Foundation Melvin Garb Foundation

\$20,000 - \$49,999

Hunter Family Advised Fund Rancho Santa Fe Found. Stand Together Foundation Wells Fargo Foundation

\$10,000 - 19,999

United Methodist Church of Vista Robert & Marion Wilson

\$2,500 - \$9,999

Karen Bond

Dana Bristol-Smith & Greg Klamt Margot & Dennis Doucette Lauraine & Richard Esparza Carmen Kasner

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David & Sherry Winkler **Zell Family Foundation** Lori Zielinski

\$1,000 - \$2,499

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\$100 - \$249 cont.

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Katherine Zemeckis



We are creating a future for all women and girls to thrive. Photo: Pebbles, granddaughter of LaKesha Sexton

Community Partners

Via survey, 70 community partner staff gave feedback on the impact of Leap to Confidence. 100% said the program helps women build confidence to move forward from adversity very well to extremely well.

Alabaster Jar Project Alpha Project **Catholic Charities** Center for Community Solutions Church of Jesus Christ Apostolic Community Resource Center County of San Diego County of San Diego CWS County of San Diego HHSA County of SD Strengths Based Mgmt. Crisis House Deaf Community Services of SD **Educational Enrichment Systems Epilepsy Foundation** Family Counseling San Diego Family Health Centers of El Cajon Family Health Centers of SD Father Joe's Villages Generate Hope Goodwill Industries **Grossmont Family Counseling Center**

Hannah's House Transitions Family Pgm. Home Start **Impact Interfaith Community Services** Jewish Family Service License to Freedom Maria Sardina Wellness Recovery Ctr. McAllister NCWRC Mentors from Downtown Fellowship Mental Health Systems (MHS) MHS-East County Center for Change MHS- Escondido Clubhouse MHS- North Coastal Mental Health Ctr Neighborhood Healthcare North County Health Services North County Lifeline North County Serenity House NHA-Project Enable Operation Hope Vista Oasis Life in Focus PATH- San Diego

Public Consulting Group Rachel's Women's Center ResCare San Diego Family Care San Diego Housing Commission San Diego County Public Health San Diego Rescue Mission **SD District Attorney** So. CA Tribal Chairmen's Assoc. South Metro Career Center Southern Indian Health Council Step Forward Stepping Stone of San Diego Inc. **Telecare Corp** Vista Adult School Vista Community Clinic Voices of Our City Choir, Inc YWCA of San Diego County

