

2020 Resilience Report

Helping Women Heal, Grow, and Transform Their Lives

I have survived every difficult time that has come my way. I will make it through this too.

— Nasdira Romero Saravia



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

THE PANDEMIC PUSHED US



Dear Friends,

When working with women who've experienced trauma, one of the most important things we do is create an environment of safety and support.

Amongst women with similar situations, they let their guard down and become vulnerable, which accelerates healing and recovery.

We always wanted to reach women outside of San Diego but didn't know how. Then the pandemic arrived, and it has pushed us. We were delivering our programs in several locations, and suddenly, like other organizations and schools, we couldn't meet face to face. Right away we embraced Zoom and rewrote our curriculum for an online experience.

Now, almost a year later, our programs are exclusively online, and we have had women participate from outside of San Diego. Our staff has been working from home, connected to each other and our participants, who join our classes via computer, tablet, or phone.

We've become a lifeline for women who have been isolated during the pandemic.

Women join our weekly support groups and feel connection, encouragement, and friendship. We've added a weekly webinar called *Self Care in Stressful Times* designed for the helpers—case managers, therapists, and others who provide front line support to families in crisis.

The pandemic has given us a greater sense of purpose.

Our staff and board know the programs we provide are even more important now. Everything we teach women recovering from trauma, also helps us deal with the trauma of our own isolation and fear of the pandemic.

Your support has been our lifeline during this difficult time. We are grateful for you!

May you be safe and well,

Dana

Dana Bristol-Smith
Executive Director

Our Programs

(Provided by referral at no cost)

Leap to Confidence

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 six-week program is now offered online. Post pandemic, we will return to in person classes in San Diego and North County. Graduates attend the weekly *Empowerment Circle* for ongoing skill building, connection, and support.

Transformation Leadership

During a year-long 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.

By Referral Only

Women emerging from trauma and crisis need multiple services to aid their healing and recovery. This is why we accept women who are referred by case managers, therapists, and other helping professionals. Women need to have their fundamental needs met before attending our programs.

We supply a Readiness Checklist to help 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

www.leaptosuccess.org

New Clothes From Cabi Drive Up Event

“Thank you so much. Everything fit perfectly. I cried the entire way home. I’ve missed you guys so much.” — Jamilha



60 lucky women received brand new beautiful clothing from the Heart of Cabi Foundation! Dreams came true with gift bags filled with clothes! Masked volunteers and staff were thrilled to be part of this joyous event.



Thank You

**Linda Silverman Levine and Cabi stylists for your support &
United Methodist Church of Vista for hosting this special event!**



The Sister Rays Graduate

Guests tuned in via Zoom to celebrate from the East Coast to as far away as Bali! All were touched by the graduates powerful stories of resilience and overcoming challenges.

I am so blessed to hear your commitment to your recovery and growth. What strength you display and how inspirational you are!

—Donna Pippins

You have shown that there is purpose in pain. You all have come out with an excellent toolbox for life!

—Cathy Jensen

The world is a better place! Congratulations to the graduates and to all of the Leap leaders, mentors, and community partners.

—Margot & Dennis Doucette

Navigating the Pandemic & Racial Division - Dorene Brown

At the onset of the statewide closure, I delivered and shipped masks, hand sanitizer, and gloves to friends, family members, and their family members. Where I intern for my social work degree, I drafted a proposal and helped develop the organization's first telehealth program. This allowed our clients to continue their therapy sessions as they continued to fight for their sobriety.

As I watched the rise and clearly visible racial divide take place here in America, I pushed away from all projects to focus on the wellbeing of my family. My leadership skills enabled me to identify my needs for self-care as well as the importance of family.



She'll Make it Through This Too

I have survived every difficult time that has come my way. I will make it through this too.

— Nasdira Romero Saravia

Transitioning our lives to virtual platforms required much adjustment and creativity. As I balanced the remaining weeks of the school year for my child, while working from home, I also faced a very important family law case. There were moments I felt I was stretching out of my resiliency zone much faster than I could handle, and in those times, I clung onto the affirmation, “I have survived every difficult time that has come my way. I will make it through this too.” When I was full of anxiety, and my coping skills were still not helping me ground myself, I would then remind myself that everything I am feeling is temporary, and this will pass.



She Found Herself Along the Way

You'll never truly understand heaven until you've lived through hell. Through pushing and shoving my way forward, I found myself along the way. — Elsa Gaytan

Who I am today is a woman of power, a woman who finally knows what she wants. I broke the mold that was my family's standards and accomplished more than I was ever told I could. I completed my Bachelors degree in criminology and justice studies as a first generation college student. Who I am today is a reflection of what I give out to the world. I've learned to say no and to not be so quick to say yes. I know how to pick myself up when others won't.

I give all my thanks to Leap to Success for giving me an opportunity to share my story and learn from others. My son once told me that it is crucial to overcome our struggles and our fears so we don't carry them to the finish line. My goal is to become comfortable with my flaws and put words to my trauma. I think I just made the first step.





Using the Power of Her Voice

Sharron Howard

I am a survivor of domestic violence. In the past, I could not say a positive word about myself or my situation. This program afforded me skills and opportunities allowing me to lead, advocate, and be of service to others with authenticity.

Through these uncertain times, some of the affirmations I use are: “I am safe,” when in fear; “I will accomplish my dreams,” I couldn’t even imagine before; “I can speak up and be heard,” when before this class, my voice was a whisper.

Recently I spoke to the San Diego Domestic Violence Council in front of an audience of judges, law enforcement, and other agencies that work with those whom have been in domestic violence environments/intimate abuse situations. From this experience, I know that my future includes advocating and serving others who are underrepresented.

Letting Her Light Shine

Terra Jennings

As Marianne Williamson put so beautifully, “...as we let our own light shine, we unconsciously give other people permission to do the same.” I finally have the courage to let my own light shine! I have been doing outreach, sharing my story with other women, connecting them with *Leap to Success* and other resources, facilitating wellness groups, and I am beginning to fulfill my life-long dream of writing articles on wellness and empowerment! I used to be stuck in fear and self-doubt—I didn’t think I could make a difference.

What started as an assignment with a classmate to share one thing we’re grateful for, one thing we acknowledge about ourselves, and an affirmation, quickly became sort of a “blog” where I could express myself creatively and share tools. I sent it to more friends, and then to family members. Now it’s grown to about 100 people, encouraging and empowering each other! One person I was brave enough to include is my birth mother. Through our text group (which includes my half-sister), we’ve been able to be vulnerable and share our feelings, which has led to deep healing for us all. What a gift!



I Choose to Turn My Life Around



I reached out and Leap took hold of my hand and has been there ever since. ---China Kellner

2020 has challenged me in ways I could never have predicted, and I am grateful to have the Leap community to keep me grounded in a practice of self nurturing as I continue to "show up" for whatever is happening.

Two years ago, I did not think of myself as a leader; I was at a point of very low confidence and crippling shame. I believed, as I had demonstrated to myself and the world, that I was incapable of making good choices.... I reached out and Leap took hold of my hand and has been there ever since.

The first day in class I wrote, "I want choice back." I want mastery back. I CHOOSE to turn my life around.... Stop crying all the time.

As I look back, I realize I have made amazing progress in accomplishing all of my goals.

To Our Instructors,

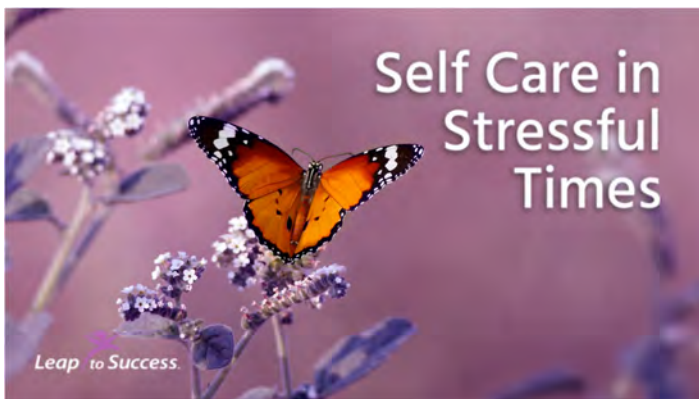
Thank you for inviting us on this journey of the Transformation Leadership program. You accepted us and took us under your wing, watching us fly as we learned and applied the techniques from the program.

We are forever grateful to you for shaping us into empowered women ready to educate and advocate in our communities.

Class of 2020

New Online Offerings During the Pandemic

Weekly Webinar Lessens Stress of Those on Front Lines



260 people attended
3.5 times each
38% decrease in stress

Self Care in Stressful Times is a 30-minute weekly respite for helping professionals who support families experiencing hardship. We teach practical and easy to use tools and techniques to manage stress, lessen anxiety, and bring mindfulness to everyday activities. We are thrilled to be helping the helpers!

As Intensive Case Managers for SD County, we help families work through difficult challenges, and at some point, it takes a toll on our human-side. When you started Self Care in Stressful Times right in the middle of the day during COVID – it helped us stop and breathe and look at different ways to stay calm and focus.

Self-Care is a vital key to fulfilling your purpose – if I don't take care of myself – how can help others? You presented a calming part of the day that we needed. I invite many co-workers to join. Thank you for fortifying our lives!

—Karen Shelton-Jackson, Public Consulting Group

It's been a game changer for us. We speak differently about ourselves and others. We have learned ways to be more present before, during, and after meetings. We have incorporated some of the practices into our interactions with each other and it's given us an opportunity to ... become aware of our strengths. I tell everyone about the webinars!
—Veronica Weber-Nagao, Palomar Health

Empowerment Circle is a Lifeline

The Empowerment Circle literally saved my life.... As I experienced the deepest depression of my lifetime, just showing up weekly helped to reinforce my value. I couldn't deny I was capable of at least one thing - keeping my commitment.

The love, hope, experience, and inspiration we exchange each week are priceless. —Sutton

From their homes and transitional living apartments, women were supported, nurtured, and cared about as frequently as twice a week. As graduates of Leap to Confidence, they became a tight knit group of friends who stayed connected while at home during the quarantine and fear of the pandemic.

98 women attended
Average of 8 sessions each
Sessions increased from monthly to twice weekly.

I am so grateful for all I have learned and for the wonderful instructors who have been so caring, warm, and supportive to us in the process. They are the family I have always wanted to have. —Joan

Leap to Confidence Online Empowers Women

How do you transition a classroom experience to an engaging and interactive virtual one? Just like schools across the country, we were faced with this challenge.

Within a period of weeks we edited, tested, and refined—and Leap to Confidence Online was launched!

Over six weeks with a new weekly coaching session, women build confidence, raise their self esteem, and feel empowered and invigorated.

What actions have you taken as a result of the class?

I've stopped short changing myself. Stopped the self doubt.
—Amanda

My self-talk is getting better. I am no longer letting my feelings control my decisions. —Angelica

I am free. I was paralyzed in fear, now I am living life to the fullest. —Maria

178 women attended

(including a few from outside of California for the first time.)

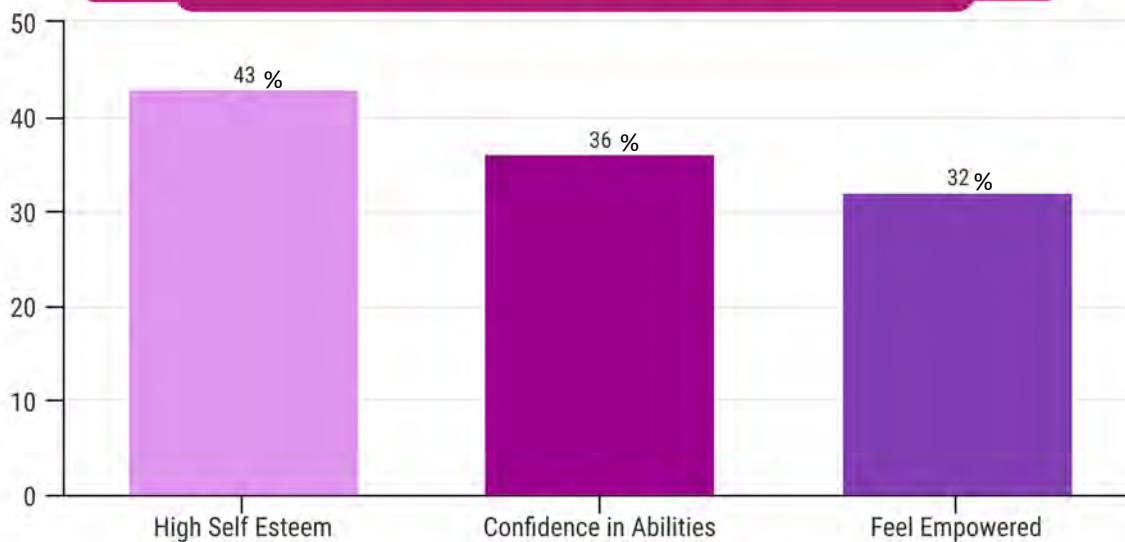
Connecting with a community that has similar experiences to what brought me here has been extremely helpful.

This program allowed me to focus my energy on my own healing which has pulled me from the darkness and heaviness I sat in.

*Thank you for your dedication.
God bless you all! Maria*

Leap to Confidence Results

Top 3 Areas of Growth

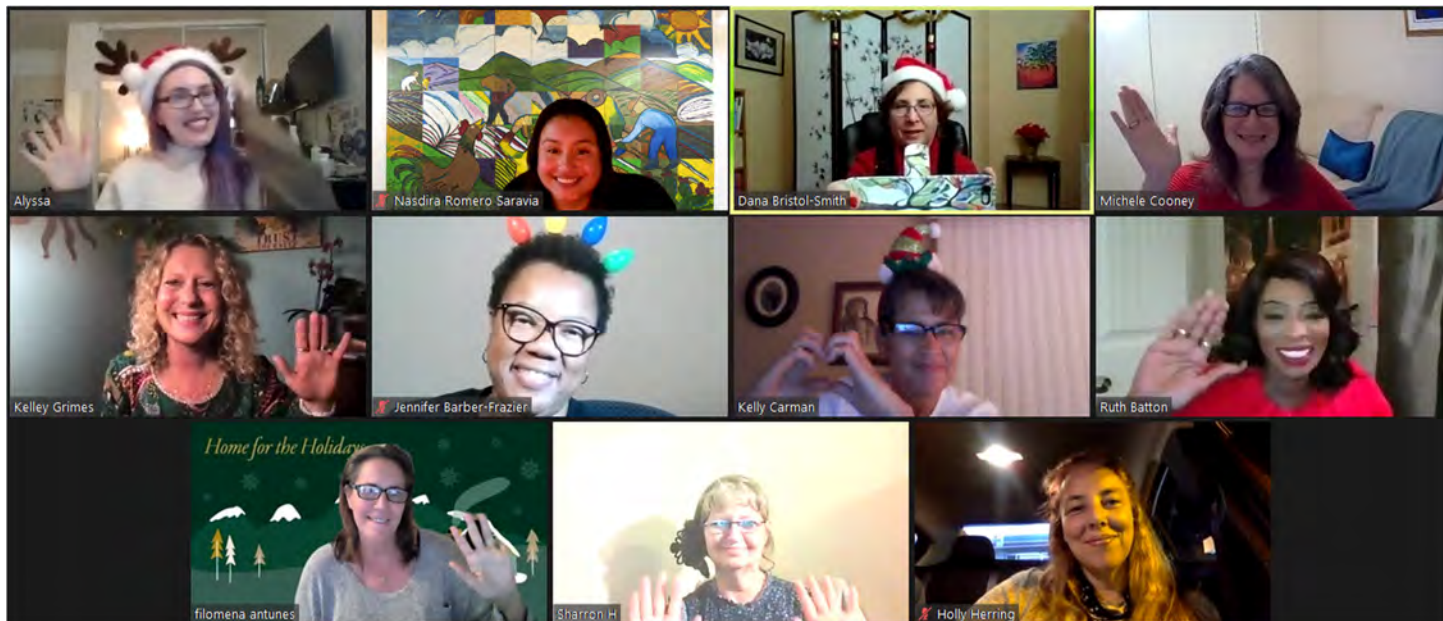


**Participants rate themselves on pre- and post-assessments
on 11 qualities, behaviors, and skills.**



We Are Grateful For

Connecting over Zoom

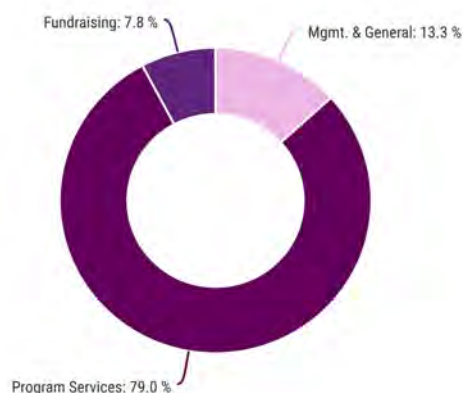


2020 Financial Summary

Revenue



Expenses



Profit & Loss

Income

Corporate	\$ 30,041
Individual	80,249
Grants Restricted	190,000
Grants Unrestricted	64,200
PPP Loan	46,800
Investment/Other	<u>4,071</u>
Total Revenue	\$ 415,361

Expenses

Program Services	\$ 235,366
Mgmt. & General	39,555
Fundraising	<u>23,154</u>
Total	\$ 298,075

Balance Sheet

Total Assets	\$ 464,307
Total Liabilities	3,811
Opening Bal Equity	150
Retained Earnings	343,179
Net Income	117,317
Total Equity	<u>460,495</u>
Total Equity & Liability	\$ 464,307*

*Leap to Success strives to maintain the financial resources to provide ongoing support to participants for a full year.



Community Support

Together We Transform Lives

\$50,000 and more

Melvin Garb Foundation
Issa Family Foundation
Stand Together Foundation

\$20,000 - \$49,999

Cushman Foundation
Hunter Family Advised Fund
- Rancho Santa Fe Found.
The Parker Foundation

\$10,000 - 19,999

United Methodist Church Vista
Robert S & Marion L Wilson
Wells Fargo Foundation

\$2,500 - \$9,999

Karen Bond
Dana Bristol-Smith & Greg Klamt
Margot & Dennis Doucette
Sherri Neasham & Danial Lopez
Karen Nelson
John and Carole Sanders
Winkler Family Fund
Lori Zielinski

\$1,000 - \$2,499

Building Better Lives Fund
Michele & Mike Cooney
Lauraine & Richard Esparza
Rita & Dale Geldert
Carmen Kasner
Joe & Debby McCloskey
Lori J McMacken
Rick & Joyce Ross
- Fidelity Charitable
Amy Van Liew

\$500 - \$999

Denise Arand
Berlin Family Fund
- Jewish Community Found.
Michael Conley & Susan
- Steele Charitable Fund
David & Charlene Dennis Trust

\$500- \$999 cont.

Marti Hess
Wendy & David Hope
Cathy Jensen
Stephanie Korszen
Donna Tracey Pippins
Rita Robinson
Vienna Salazar
D. Lynn Sterling
Katherine Zemeckis

\$100 - \$499

Deanna Atherton
Jennifer Barber-Frazier
Sandra Barstow
Don Becker
Ellen Beshears
Wickliffe Blasi
Arnold & Carol Bristol
Kristy Brown
Margaret Brown
Cynthia Candela
Erin Carpenter
James Coleman
Geraldine de Leon
Anne DiNapoli
Paula Doss
Carrie Foster
Lynn Franco Chow
Guya Frazier
Mary Freeman
Pat Getzel
Kelley Grimes & Tony Serebriany
Jill G Hall
Tonda Hall
Patricia Hughes
Ruby Kadota
Sutton Kirkpatrick
Lisa Laube
Diana Levings
Sherry Luz
Mercedes Martin
Judy McNutt
Susan Moroney
Lisa Mortenson

\$100- \$499 cont.

Anjeanette Oberg
Karen Savalle
Seattle Foundation
James Shoop
James Sinclair
Kathryn Speliopoulos
Pamela Stahl
Patricia Stanford
Leticia Wilson
Paul Zimmer

Board & Staff

Board of Directors

Marti Hess, Chair
Tonda Hall, Treasurer
Wendy Hope, Secretary
Denise Arand
Jennifer Barber-Frazier
Lauraine Esparza
Patti Stanford
TC Wilson

Staff

Dana Bristol-Smith,
Founder & Executive Director
Michele Cooney, Program Director
Kelley Grimes, MSW,
Community Engagement Director
Alyssa Jenkins, Administrative Assistant
Ruth Batton, Instructor
Mariel Cota, Instructor
LaKesha Sexton, Instructor





Community Partners

These organizations referred their clients to our programs.

Agnus Dei Foundation
Ctr. for Com. Counseling & Engagement
Center for Community Solutions
Community Resource Center
Community Research Foundation
County of San Diego
County of San Diego CWS
County of San Diego HHSA
County of SD Public Health Nursing
Crisis House
Cuyamaca Community College
Epilepsy Foundation
Exodus– Whole Person Wellness
Family Health Centers of SD
Father Joe's Villages
First 5 First Steps
Generate Hope
Goodwill Industries
Grossmont Family Counseling Center

Hannah's House Transitions Family Pgm.
Home Start
Interfaith Community Services
Jewish Family Service
License to Freedom
Maria Sardina Wellness Recovery Ctr.
McAllister Institute
Mental Health Systems (MHS)
MHS-East County Center for Change
MHS– Employment Services
MHS– Mariposa Clubhouse
New Entra Casa
North County Health Services (True Care)
North County Lifeline
North County TAY Case Management
NHA-Project Enable
Operation Hope North County
Public Consulting Group
Rachel's Women's Center

Salvation Army– Safe Harbor
San Diego Housing Commission
San Diego Rescue Mission
SD Sex Therapy
SAY San Diego
Scripps Outpatient Palliative Care
Step Forward
St. Vincent de Paul Tenant Services
Strong Hearted Women's Native Co.
Telecare Corp
US Probation
Vista Adult School
Vista Community Clinic
Womens Resource Center (WRC)
YWCA of San Diego County

Partner Comments

I feel very proud of having this support in our community. I value all the dedication that your team provides to the program. Thank you!

Delfina Solvero, County of San Diego
Health and Human Services Agency

I love this program and appreciate the impact you have on the community. I am so excited to refer women to see the changes in their lives.

Jennifer Dufresne,
Vista Adult School

My clients have set boundaries. This is especially important for those who are victims of domestic abuse.
Elsa Gaytan, Mental Health Systems
SD Convention Center

*Our clients have benefited greatly from your program! Very grateful for the work you have done in creating a powerful community for our clients. —Jenny Leverman,
License to Freedom*

