



STAR VISTA

WE'RE IN THIS TOGETHER

2019-2020
Annual Report



For more than 50 years, StarVista has helped people throughout San Mateo County navigate life's challenges. Our counseling, crisis prevention, youth housing, and early childhood programs help tens of thousands of people in our community each year.

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LETTER FROM THE CHIEF EXECUTIVE OFFICER



Sara Larios Mitchell, Ph.D.
Chief Executive Officer

I'm grateful to share with you StarVista's achievements and success this fiscal year 2019-2020. StarVista helps children, youth, adults, and families navigate life's challenges by empowering individuals, inspiring hope, and strengthening communities. Every year, I am inspired by our incredible staff, interns, and volunteers, who show up every day, ready to support the community. This year, I only have more appreciation for our team and the work we do.

2020 was an incredibly challenging year due to the coronavirus pandemic. Our agency knew that we could not close our doors, and that our community would need us more than ever before. Following federal and local guidelines, we continued to provide our services with modifications and safety measures in place. It is through the innovation, teamwork, and determination of everyone here at StarVista, that we continue to help individuals navigate life's challenges. We're in this together, and we will continue to be there for those in need.

We are grateful to have held our 5th and final Annual Taste of the

Peninsula fundraising event at Domenico Winery in October 2019. We celebrated our clients, staff, donors, and community while enjoying delicious food from local eateries. This was such an engaging event, and I want to thank you for your generosity and support of our mission.

In March 2020, we made the difficult decision to postpone our 28th and final Annual Starting Line Breakfast fundraising event out of concern regarding the coronavirus pandemic. We were overwhelmed by your support of our agency's decision and your generosity during our #GivingTuesdayNow Spring Campaign.

I want to thank our incredible community partners for supporting our programs, including our 24/7 program facilities operating in person. We had several organizations donate much needed equipment and supplies, including PPE supplies for staff, phones and laptops for clients, and appliances for our facilities.

Your support, especially during these times, enables us to honor our commitment to support the health and wellbeing of our community.

As I look to the future, I am optimistic that our community will overcome the challenges of the coronavirus pandemic and come out stronger than ever before.

Warm regards,

Sara Larios Mitchell, Ph.D., MACP,

WE'RE IN THIS TOGETHER



Everyone experiences life challenges.

Without the resources to cope, struggles can be catastrophic. That's where StarVista can help. We believe change is possible. We believe in the potential of the people we support and empower people of every age and life stage in San Mateo County with innovative, evidence-based programs that enable prevention, change, and perseverance.

200+

clients accessed StarVista services specifically due to challenges relating to the COVID-19 pandemic between March and June 2020.

CRISIS CENTER



Veronica Polanco
Youth Outreach Coordinator
Crisis Center

StarVista's Crisis Center offers multiple crisis intervention and suicide prevention services: StarVista's 24/7 Crisis Hotline 650-579-0350, Teen Crisis Services, Clinical Services, Educational Presentations, Health Ambassador Program – Youth (HAP-Y), and volunteering program.

The Crisis Center is contracted with all the schools in San Mateo County to provide short-term therapy for students during or after a crisis occurs. In addition, we offer different psycho-educational services.

We view crisis as any incident or situation that causes great distress in a student, so much so that their functioning at school or home declines. We provide presentations for students, staff members, and parents around different topics such as suicide prevention, mental health, bullying, healthy coping skills, and student stress reduction.

Lastly, we have the Health Ambassador Program for Youth (HAP-Y), where San Mateo County youth 16-24 years old can take part in learning about common challenges in mental wellness, signs and risks of suicide, suicide prevention, and how to access mental health services.

"We're in this together" is a phrase we tell each other every day at the Crisis Center. We all need support, and we all remind each other that we are there to step in.

Crisis looks different for everyone. What is unique about the Crisis Center is our adaptability and flexibility with change. We meet the clients and community where they are.

In March 2020, I was booked for one full day of presentations, which amounted to about 6 presentations in one school day. During workshops, I do my best to make an effort to disclose some of my own personal experiences with the topics presented because I find that connecting to others means being vulnerable and open.

In one of the last presentations of the day, I had a student send me a private message in the Zoom chat thanking me for being so honest yet informative about the topics surrounding mental health and suicide prevention.

The young high schooler said, "Being a Latina and having mental health issues is challenging, but you've given me so many tools. I've learned to be okay with not being okay. I am not alone. Thank you so much, Vero."

It is rewarding to be a part of such an incredible team that strives to provide students and community members with the tools and language surrounding mental health topics and making the effort to seek support.



The Crisis Center answers an average of 35.8 calls per day.

HEALTHY HOMES



Karol Markowitz, LMFT
Program Manager
Healthy Homes

StarVista's Healthy Homes program serves families with children ages 0-5 who are facing a variety of stressors in their lives.

We strive to prevent child abuse and neglect, enhance the parent-child relationship, and reduce the impact of risk factors such as systemic racism, traumatic experiences, poverty, food insecurity, substance abuse, domestic violence, mental illness, and language barriers, among others.

Our services include psychotherapy for children and their caregivers, parent-child activity groups, parent education and support groups, father/male caregivers case management and support groups and workshops on a variety of topics related to development, parenting and healthy relationships.

Our Healthy Homes team shared some challenges similar to what our clients were facing during the pandemic. While most of our staff had to navigate new obstacles, both in their work and personal lives, our commitment to our clients' wellbeing and health remained the same, if not more.

58% of Healthy Homes clients speak Spanish as their primary language.



With modification of services, we worked together with clients to make sure our services continued to support and adapt to their needs, especially when they needed us most.

In 2020, a family was referred to Healthy Homes for child-parent psychotherapy and case management support. There were four children in the family, Two were 3 and under. The family needed support with case management to access pro-bono legal guidance for their immigration status, preschool placement for the children, housing, financial support, healing past traumas, and positive parenting.

Dad was referred for case management services with our Father's Support Specialist for help with referral for services that could help navigate legal status for himself, wife, and eldest daughter.

He was also invited to our father support group, Dad's Hangout, to be able to learn about fatherhood topics and strengthening his parenting skills while sharing his fathering experience with other male caregivers.

Mom was referred to Healthy Homes' Mother Support Group.

Mom attended a few sessions, and the Family Specialist was able to connect with her and other Moms and worked on The Circle of Security Parenting Curriculum, a model that promotes a secure attachment in children and helps caregivers to connect with the children in their lives and better their understanding of the children's needs.

Mom started working with a Healthy Homes Mental Health Clinician in looking at the

children's development, doing developmental screenings, processing past trauma, getting support with distance learning for her elementary school children, getting help accessing San Mateo County services such as Medi-Cal and Cal Fresh, and receiving support in her pregnancy and through the birth of her 5th child.

In December, the family members, including their newborn, contracted Covid-19 and needed emergency shelter, as they did not want to infect the other residents in their shared home. Mom reached out immediately to our Mental Health Clinician for help.

Healthy Homes contacted many agencies for assistance, and our Father Support Specialist contacted the Human Service Agency (HSA) in East Palo Alto to consult about the situation. HSA was able to place the family on the list to receive a 14-day hotel voucher due to the emergency situation.

The family received the voucher to isolate temporarily, received three meals a day and their health was monitored by San Mateo County and Stanford Hospital.

Healthy Homes communicated often with the family to help them with their needs and to check on their medical condition.

In addition, Healthy Homes was able to obtain diapers and wipes and delivered them to the family for the youngest children a few times.

Healthy Homes signed the family up to receive holiday presents from StarVista's annual gift drive and fortunately, they were discharged on Christmas Eve to be in their home to celebrate a holiday very dear to them.

Healthy Homes will continue to work with the family.

We will be providing mental health therapy and concrete services including, but not limited to, referrals for preschool programs, diaper services, housing resources, and job train services so the family can emotionally and physically heal and access their capacity as loving parents and strong members of our community.



Moises Lopez, Father Engagement Specialist, hosting Healthy Homes' virtual father's group, Dad's Hangout



Residential clients who spend more than 1 night at Daybreak attend an average of 21 group events during their time at Daybreak Transitional Housing.

DAYBREAK



Michelle Mayes, LMFT
Program Manager
Daybreak

Daybreak is StarVista's housing and independent living skills training program for homeless youth ages 16-21 that provides homeless youth the skills and resources they need to live on their own.

Participants receive training in obtaining/maintaining employment, money management, accessing educational training and community resources, locating housing, and more.

Nicole* entered Daybreak in September of 2019 after being referred by a high school counselor when they were made aware she was homeless. She was displaying behaviors that were out of character due to her instability at home. She disclosed what was happening with her family, discussed her homeless status and was given knowledge of Daybreak services. After being referred to the Core Agency and being placed, she joined the Daybreak community.

Nicole left home at the age of 17 and had been experiencing homelessness on and off ever since she entered Daybreak. She was a victim of childhood neglect and was taught at an early age that she would need to rely on herself for support. She found ways to survive but did not have the childhood or adolescence a young person deserves.

As soon as Nicole first entered Daybreak, it was obvious she was motivated and eager to achieve her dreams.

On her second day in our program, she decided to change high schools to an adult school close to our home. She had fallen behind at her regular high school and knew she needed a different curriculum to graduate. She declined the credit reduction students can receive if they have homeless status and this showed our staff how driven she was.

She had established goals, kind values, and authentic genuineness in the hope for good. She blessed our community with knowledge, resources, community events, educational opportunities, and a passion for social change. She was open to utilizing all the services our program connected her to. She found safety in the relationships she built with our staff and began to break some of the walls down she was taught to keep her safe.

At Daybreak, she was given a space to focus on herself and her passions.

She no longer had to pick up the pieces of her broken family and could live life as her authentic self. During her time at Daybreak she graduated high school, enrolled in college, continued to work on creating healthy familial relationships and was connected with mental health and AOD services.

Nicole transitioned from Daybreak in September to move into a rental with StarVista's Rapid Re-Housing subsidy help. She is tremendously grateful. She saved a substantial amount of money while living in our program and intends to use those funds while she completes her life goals. She continues to amaze us as we see her blossom into a bright and independent young adult!

**Name changed to protect confidentiality*

OUR IMPACT



STARVISTA PROVIDED SERVICES TO OVER 35,000 INDIVIDUALS IN SAN MATEO COUNTY.



HEALTHY HOMES SERVED OVER 800 PARENTS AND CHILDREN.



CRISIS CENTER ANSWERED OVER 13,000 CALLS TO OUR 24/7 CRISIS HOTLINE.



SCHOOL-BASED COUNSELORS PROVIDED OVER 5,100 HOURS OF INDIVIDUAL COUNSELING.



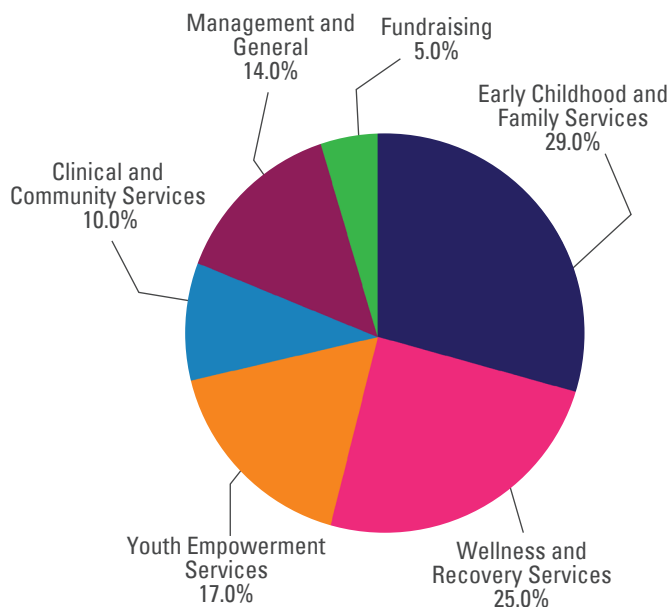
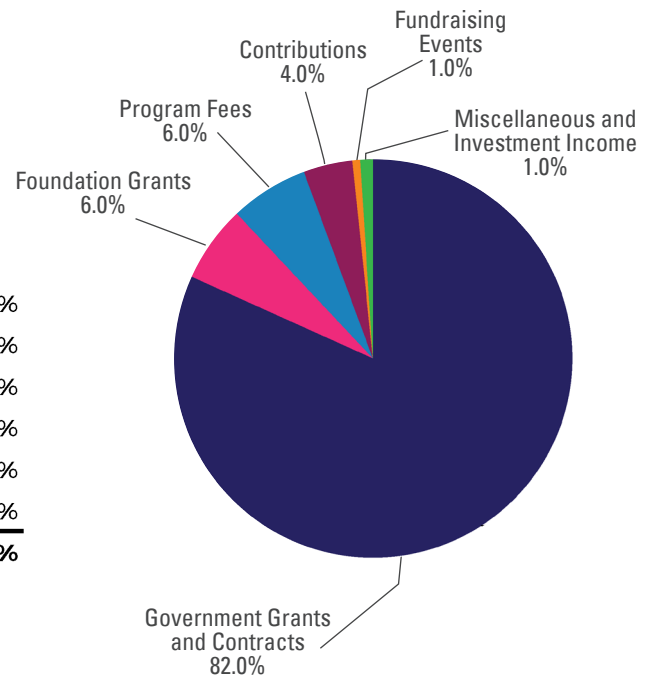
EARLY CHILDHOOD MENTAL HEALTH CONSULTANTS SUPPORTED OVER 400 TEACHERS AND SCHOOL STAFF.

FINANCIAL SUMMARY

July 1, 2019 to June 30, 2020

Revenue

Government Grants and Contracts	\$ 12,853,667.00	81.7%
Foundation Grants	\$ 983,456.00	6.3%
Program Fees	\$ 1,001,741.00	6.4%
Contributions	\$ 629,290.00	4.0%
Fundraising Events	\$ 98,079.00	0.6%
Miscellaneous and Investment Income	\$ 159,711.00	1.0%
TOTAL	\$ 15,725,944.00	100.0%



Expenses

Early Childhood and Family Services	\$ 4,656,449.00	29.3%
Wellness and Recovery Services	\$ 3,907,949.00	24.6%
Youth Empowerment Services	\$ 2,769,905.00	17.4%
Clinical and Community Services	\$ 1,562,600.00	9.8%
Management and General	\$ 2,262,651.00	14.2%
Fundraising	\$ 724,195.00	4.6%
TOTAL	\$ 15,883,749.00	100.0%

DONOR ROLL

\$100,000+

David and Lucile Packard Foundation
Kaiser Foundation Medical Centers
Sequoia Healthcare District
Sergey Brin Family Foundation

\$50,000 - \$99,999

Bella Vista Foundation
Peery Foundation
Peninsula Health Care
Silicon Valley Community Foundation
Sobrato Family Foundation
SolMateo

\$25,000 - \$49,999

City of Menlo Park
Horizons Foundation
John Mozart
Myra Reinhard Family Foundation
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Attorneys at Law
The William G. Irwin Charity
Foundation

\$10,000 - \$24,999

Dana and John Perine
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Carl Gellert and Celia Berta Gellert
Foundation
Danford Fisher Hannig Foundation
Mills-Peninsula Health Services/Sutter
Health
PMI Worldwide
TOSA Foundation
Verizon Media Group

\$5,000 - \$9,999

Ashley Mozart
John Forrest Mozart
Justin Mozart
Steve and Wendy Shray*
In-N-Out Burger Foundation
Rotary Club of Menlo Park
Sutter Health Palo Alto Medical
Foundation
San Bruno Community Foundation
Thelma Doelger Charitable Trust

\$1,000 - \$4,999

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Peg and Frank Austin
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Bolanos
Juliet Brodie and Jane Schacter
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Kelli Cullinane*
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Michael and Judy Garb
Stacy and Bob Gebhardt
Paul and Carmen Goeld
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Will Strohl
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Roger and Betty Toguchi
Clara Valenstein
Eric and Debbie Wollman
Howard and Evelyn Yang
Barbara Zivkov*
Airport Appliances
Bay Area Physicians for Human Rights
Bridgepoint Hotel Group, LLC
Colorprint
Dignity Health
Dostart Development Company
Friends for Youth
Girdlestone Survivor's Trust
McDowall Cotter, APC
San Mateo County Office of Education
San Mateo County Realtors
Foundation
San Mateo County STD/HIV Program
Seiler LLP
Smith-Goshen Family Fund*
Total Wine
Town of Colma
Wells Fargo Foundation
Wells Fargo San Carlos Commercial
Banking Office

\$500 - \$999

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Pam Behbehani
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Anne Chiramberro
Elaine and Burt Cummings
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Sally Solari*
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Charles Taylor
John Tseng*
San Mateo Credit Union
Danielle York
Erick Young and Thu Pham
Iberia Zafira
Atherton Police Officers' Association
Barbara Zivkov's Facebook Birthday
Fundraiser
Barry's Bootcamp
Byington Vineyard & Winery
Cisco Systems Foundation*
Drs. Sara Larios Mitchell and Robert
Mitchell
Impact! Kickboxing Fitness
Kate Waffle
Windy Hill Property Ventures
ZS Associates Inc.

\$250 - \$499

Anonymous (2)
Cris and Todd Adair
Karen Alden
Todd Black
David Bockholt
Rick and Suzanne Bonilla
Amy Cummings
Jamie D'Alessandro
Richard and Jennifer Dizon*
Wynne Dubovoy
Shelley Eberle
Anne Enright Shepherd
Eric Godshalk and Alvin Lau
Linda Golub
Patricia Hart
Ron Herman
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J. Richard and Karen Recht
Merle Saber
Eric Schlezinger
Yuyu Shen
Janan Sirhan
Kathleen Steele*
Donna Vaillancourt

Ryan Young
 Barre3 San Mateo
 Berkeley Repertory Theatre
 CorePower Yoga
 Crowne Plaza Hotel
 Heartcore
 HomeBase
 Kaiser-Permanente
 Le Charm Beautique
 Pier 39
 San Francisco Playhouse
 San Jose Giants
 San Mateo High School Stress Relief Club
 Stanford Athletics
 TheatreWorks Silicon Valley
 Vickie Castro's Facebook Birthday Fundraiser
 Warac Corporation (The Swingin' Door)

\$100 - \$249

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 Crystal Alexander
 Nolan Allen
 Anne Barry
 Tony Bayudan
 Carol Bergman
 Robert Bernardo
 Charles Blanchard
 Norma Bozzini
 Jenny Bratton
 Patrick and Debby Brown
 Brandon Bullock
 Mike Callagy
 David Canepa
 Shelby Cass Idstrom
 Judi and Peter Cittadini
 Monica and Patrick Corman
 Rosa Vida Cruz
 Edwin Davisson and Sarah Dobkin
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 Narges Dillon
 Irene Dominguez
 Patricia Eastburn
 Nancy Fang
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 Lars Lund
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 Nova Maldonado
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 Elizabeth Newman
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 Eislyn Wolf
 Sharon Wong
 Hannah Yanow
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 Arrow Fire Protection
 Ben-David Financial Planning
 Coastal Spirits Distilling
 Detox Kitchen
 Devil's Canyon Brewing Company

Evolve Movement Collective
 Gilroy Gardens Family Theme Park
 Hillsborough Police Officers Association
 Lawrence Hall of Science
 Seaport Industrial Association
 Starbucks Coffee - Laurel St. San Carlos
 Studio Elev8
 The Lantman Living Trust
 The Office Bar and Grill
 Uji Time Café
 Winchester Mystery House

UP TO \$100

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 Susie Armfield
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 Tatiana Baquero Devis
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 Martine Bernstein
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 Lilith Bullock
 Peter Butler
 Mingming Caressi
 Gigi Casey
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 Danielle Harvey
 Maya Haskins
 Lauren Heminez
 Molly Henricks
 C Houston
 Alison Hull
 Madison Hunt
 Jim and Carol Ida
 Dana Johnson
 Lucy Ann Jones
 Christine Keane
 Ruth Krumbein
 Kathy Leroux
 Olivier Lessard
 Jami Lieberman
 Riccardo Lissi
 Janae Mari

Karol Markowitz
David McNellis
Sabrina Mendez
Kathryn Miller
Rocky Miramontes
Rebekah Miramontes
Joey Nelson
Walt and Jo Nieder
Erika Olsen
Marisa Ornelas
Kathy Parmer-Lohan
Norma Perez
Kristina Pettegrow
Hashim Pipkin
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Nancy Quiggle
Kevin Quinn
Christopher Quirk
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Dianette Washer
Elissa Watters
Stanley and Constance Weisner
Paula Wells
Justin Wollman
Carrie Wong
Samuel Young
Joshua Zucker
CVS Pharmacy
Dashe Cellars
Derek Wolfram
Jack's Restaurant and Bar
La Colombe Coffee Roasters
La Honda Winery
Lovejoy's Tea Room
Mental Health Association of San Mateo County
Rubio's Coastal Grill
Santorini Mediterranean Kitchen

IN-KIND

Airport Appliances
Barry's Bootcamp
Berkeley Repertory Theatre
Byington Vineyard & Winery
Coastal Spirits Distilling
CorePower Yoga
CVS Pharmacy
Dashe Cellars
Detox Kitchen
Devil's Canyon Brewing Company

Evolve Movement Collective
Gilroy Gardens Family Theme Park
Heartcore
Impact! Kickboxing Fitness
Jack's Restaurant and Bar
La Colombe Coffee Roasters
La Honda Winery
Lawrence Hall of Science
Le Charm Beautique
Lovejoy's Tea Room
Pier 39
PMI Worldwide
Rubio's Coastal Grill
San Francisco Playhouse
San Jose Giants
Santorini Mediterranean Kitchen
Stanford Athletics
Starbucks Coffee - Laurel St. San Carlos
Studio Elev8
The Office Bar and Grill
TheatreWorks Silicon Valley
Total Wine
Uji Time Café
Winchester Mystery House

IN HONOR OF

In honor of Chris Sturken
Rose Filicetti
In honor of Derek Fong
Carrie Wong
In honor of Seth Schalet
Janis Baron

IN MEMORY OF

In memory of Cameron Lee
Lisa Hao
In memory of John Andrews
Catherine Kiami-O'Malley
James Olson
Kermit Krohn
Laura Majerus
Susan Houston
Susan Takalo
Teresa Roche
The Lantman Living Trust
In memory of Jon Karesh
Eric Godshalk
Alvin Lau
In memory of Mike Myers
Brian Beresini
In memory of Priscilla Chiu
Patricia Hart
In memory of Randy Yano
Margaret Jones
In memory of Sylvain Giraud
Michael Pinocci
In memory of William Flynn
Kathy Miles

CORPORATE MATCHING COMPANIES

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Bank of America Charitable Foundation, Inc
Cadence Design Systems, Inc.*
Cisco Systems Foundation*
Costco Wholesale
Google Inc*
Hewlett-Packard*
Kaiser-Permanente*
Microsoft Matching Gifts Program*
Oracle Matching Gifts Program

Pacific Gas and Electric Company*
Varian Medical Systems, Inc.*
Verizon Media*
VMware Foundation
Workday, Inc*

*Includes gifts made through Donor-Advised Funds at Benevity Community Impact Fund, Bright Funds Foundation, Fidelity Charitable Gift Fund, Franklin Templeton Investments, Marin Community Foundation, Morgan Stanley Global Impact Fund Trust, Inc., Network for Good, Philanthropic Ventures Foundation, Renaissance Charitable Foundation, San Francisco Foundation, Schwab Charitable Fund, Silicon Valley Community Foundation, TD Ameritrade Clearing, Wells Fargo Advisors, YourCause, or other entity.

Every effort was made to include all gifts made by private individuals and organizations during the July 1, 2019 – June 30, 2020 fiscal year. Please accept our apologies for any omissions or errors. Please note that government contracts and grants are not included in this listing.

If you have any concerns, please contact us at 650-591-9623.



STARVISTA PROGRAMS

- Archway
- Child and Family Resource Center
- Child and Parent Services
- Children's Place
- Counseling Center
- Crisis Center
- Daybreak Transitional Housing
- Daybreak Rapid Re-Housing
- Differential Response
- DUI Services
- Early Childhood Community Team
- Early Childhood Mental Health Consultation
- First Chance Sobering Station
- First Chance Detox
- Foster Youth Education Enrichment Services

- GIRLS
- Health Ambassador Program - Youth
- Healthy Homes
- Insights
- Institutions
- The Mindfulness Project
- North County Outreach Collaborative
- San Mateo County Pride Center
- School-Based Services
- Strengthen Our Youth
- Transitional Youth Services
- Victim Impact Awareness
- Women's Enrichment Center
- Your House South
- Youth Development Initiative

 = program facility

**StarVista's programs serve
all of San Mateo County.**





Helping All Ages and Stages
Through Life's Challenges

Connect with StarVista



@StarVistaSMC

www.star-vista.org/connect



610 Elm Street, Suite 212
San Carlos, CA 94070
650-591-9623

www.star-vista.org