



A Message from SAY's CEO

Summer is upon us! Here at SAY San Diego, we know that the summer season brings both opportunity and risk. With this in mind, we were very pleased to deliver a community-wide prevention message about ways parents, adults, businesses, and community partners can all come together to reduce risks to related alcohol and drug use among teens, published in the Union Tribune on June 20, the first day of summer (click [here](#) for article). SAY San Diego is grateful to work with young people, families, and many community partners to prevent and reduce teens' access to and use of alcohol and drugs, including San Diego Youth Services (co-author of the article), Live Well! San Diego - a major county initiative, and San Diego Police Department's STAR/PAL, among others.

Summer can also be a high risk time for poverty to take a toll as children's access to food, counseling support and other core services, based at schools, may not be available. This summer, and every summer, we are aware that children who we envision enjoying the break, participating in outdoor recreation and family

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San Diego Military Family Collaborative Annual Conference

San Diego's military community isn't just the men and women in uniform, it's their families as well. And, San Diego has more than 50 times the number of military family members as compared with other U.S. counties. The spouses, children and extended family

time may, in some circumstances, experience hardships when their families are stretched beyond the breaking point and basic needs cannot be met. Therefore, we are especially appreciative that the Hervey Family Fund at the San Diego Foundation has assisted SAY San Diego to launch Bridge to Success this summer. This new program allows us, via mini-grants, to answer urgent needs and provide the vital assistance that families need to make it through a temporary loss of income or of basic services and supports.

SAY San Diego is proud to be rooted in San Diego where opportunity and generosity abound. As you will see highlighted in this edition of the newsletter:

- We've just launched a new mental health counseling focus in Cognitive Behavioral Therapy services for adults, in partnership with the County Probation Department;
- Our annual Back to School Drive is actively engaging hundreds of community partners to provide needed back packs, chock full of supplies, to students for their very first day of school;
- SAY is also instrumentally involved in staging the fast-approaching San Diego Military Family Collaborative annual conference, on August 8, designed to continue and strengthen a coordinated, collective impact approach across multiple organizations on behalf of enlisted persons, veterans and their families;
- And, do not miss our fall fundraiser, Play 4 SAY, on September 18, where adults can be "kids for the evening" to support our countywide programs;
- Please listen closely for Mission Federal Credit Union's Community Moment radio spots to air in September highlighting the work of SAY San Diego.

I am uplifted each and every day by the tenacious, inspired work of the SAY San Diego staff and community volunteers - as I know you are, too.

Warm thanks for your involvement,

Nancy Gannon Hornberger

of those who serve face unique challenges that civilian families may not experience. Fortunately, there's a long list of agencies and groups dedicated to supporting San Diego military families, and many of them coordinate their efforts to maximize their impact, through the San Diego Military Family Collaborative (SDMFC).

On August 8, 2014 the SDMFC is hosting its annual conference entitled "Stop, Collaborative and Listen to Activate Your Mission." For more information contact Kat Brown at kbrown@saysandiego.org.

[Make a Contribution to Strengthen San Diego's Families](#)



You're Invited! Play 4 SAY

Our first annual Play 4 SAY fundraiser was such a success, we are thrilled to be hosting it again. This event is a great way to get involved, give back to the community and have fun! This year's event is on Sept. 18, 2014, from 4:30-7:00 pm at Liberty Station's Ingram Plaza. The event gives caring adults a chance to "be kids" themselves by playing lawn games, while supporting tens of thousands of San Diego kids and families. It is complete with delicious food contributions and beverages from San Diego venues and a prize drawing.

This unique and fun event generates unrestricted revenue for SAY San Diego, allowing the agency to provide the broadest possible array of services and supports in keeping with client and community needs. For instance, sudden loss of income for a working parent due to loss of hours or employment may mean not having enough to eat or to pay the rent. Youth too old to be in foster/shelter care on their 18th birthday, may struggle to be self sufficient and need our assistance with housing, basic needs and employment. Or military families may not be able to stretch their budgets to provide new shoes or school supplies for their children.

How can you support SAY through this fun event? Join us as a sponsor, team or spectator!

[Sponsorship Opportunities](#)

[Team & Individual Registration](#)

[Restaurant Sponsorship](#)

Program Highlights: Strengthening the Whole Child, Whole Family, Whole Community

SAY San Diego creates brighter futures for San Diego's families, with a holistic approach designed to strengthen the individuals, families and communities. To give you insights into our impact, we've highlighted a few of SAY's programs this month.

New Program Launched

SAY San Diego is excited to expand our work in the area of Cognitive Behavioral Therapy (CBT) as we were recently awarded a grant from the County of San Diego to provide therapy to adults referred by the Probation Department. SAY has provided the evidence based approach of CBT to court involved youth since 2009. We are proud to be able to use our staff's expertise to help adults, and as a result improve their family and community life.

SAY's team of therapists will use trauma-informed CBT to help participants to develop skills, knowledge, and insights to make positive, healthy choices in the future. Particularly, they will work with individuals identified as having multiple risk factors for reentering the justice system, such as exposure to trauma. SAY began providing services this month for this new program - new to SAY San Diego, and to the County of San Diego!

Crawford Community Connection: Parents Students Residents Organization

Crawford Community Connection (CCC) is a *Healthy Start* site located on the Crawford High School campus in City Heights. The focus of CCC is to function as a school-based Family Resource Center. CCC assists students and their families by serving as a one-stop resource hub promoting well-being through individual case management, referrals to counseling services, emergency food, clothing and medical assistance, resident engagement and more. In 2012, a group of parents, students and community members connected with CCC also started meeting with the goal of mobilizing the whole community -- especially parents -- to participate in making decision to positively affect students' health and academic outcomes.

They are now known as the Parents-Students-Residents Organization (PSRO). Most of the members are refugee members of our community (from Somali, Kizigua, Karen, Lingala, Swahili, and Spanish-speaking countries) who wish to learn how the American education system works and how they can do their best for their children in school. PSRO is dedicated to creating safe school and neighborhood environments in City Heights by hosting parent/resident leadership training, increasing parent engagement in the education system and supporting student studies. PSRO bridges community, schools, teachers and students to promote broad engagement around education and the well-being of students.

Recently, the group wrote a grant proposal to the San Diego Foundation. It involved a long process where they competed with different organizations. They were selected. This photo is from the day they received their award at the San Diego Foundation Offices in Point Loma. Congratulations PSRO!



Latino Youth Council is Now Advocates for Change Today (ACT)

For ten years, with the support of SAY San Diego and community partners, the Latino Youth Council has been empowering youth to decrease and stop the use of alcohol and drugs in their community. Youth leaders do this by finding, analyzing, and addressing issues that they feel will make the greatest positive difference. Over the past 10 years the council has implemented more than 14 different data-driven projects, responding to the needs of the community through evidence-based strategies. The projects varied from conducting annual assessments of alcohol retailer compliance with Alcohol Beverage Control retail operating standards in City Heights and North Park to an undercover investigation conducted in collaboration with *10 News* about how teenagers were easily able to buy crack and meth pipes in local stores.

The council's many projects have made the community safer for teens and opened the eyes of business and community partners to their role in keeping teens safe and drug-free. Reflecting back on their last ten years of service and looking towards their future, the Latino Youth Council decided it was time for a significant change. Since the group does not consist solely of Latino students and comprises students of many cultures in its City Heights neighborhood, they changed the name to demonstrate the greater reach and inclusion. The council is now ACT (Advocates for Change Today). ACT is ready and dedicated to carrying on the council's mission, goals, and objectives. Check them out and stay in touch by following their [Facebook page](#).

SAY's Preschoolers Go Camping!

Preschoolers at one of SAY San Diego's preschools were able to learn about camping, and the great outdoors. The kids brought in their own tents, sleeping bags, lanterns, and other camping-related items to transform their classroom into a campground. Adding to the ambiance, the walls surrounding the campground were covered in black paper and decorated with stars to look like the night sky. For even more fun, students were able to create their own camping-themed crafts. The kids had a great time and loved the hands-on experience!



This is just one example of the many fun and enriching experiences offered at SAY's preschools, and school aged before and after-school sites. For more information, please contact:

Preschool: Melanie Gelinias, mgelinias@saysandiego.org

School Age Afterschool Care: Chris Jewell, chris@saysandiego.org

Back-to-School Drive Underway

Did you know that According to the National Retail Federation, families with school-age children will spend an average of \$634.78 on back-to-school items? For many families this just isn't possible to fit into an already stretched family budget! Parents struggling to feed, house and care for their children may have to ask their children to forgo "back to school" gear that is advertised all around them. When children arrive at school empty-handed, they feel embarrassed and less confident about the start of a new school year.

This is why SAY is back at it once again, providing more than 500 children and youth with school supplies for the coming school year. This year we have over 40 bins dispersed throughout the county, with 23 local businesses that are collecting supplies for our drive. We, and the children and families who benefit, are so thankful for their support!

Please consider joining SAY San Diego's Back to School Drive with a donation of school supplies or a financial contribution to support families throughout the year.

Donations of new school supplies can be dropped off at 8755 Aero Drive, Suite 100, San Diego, CA 92123 or click [here](#) to make a financial contribution.

Questions? Contact the Back-to-School Team at:
SchoolSupplyDrive@saysandiego.org

A Prom to Remember

This past spring, SAY San Diego hosted a prom drive for students of Crawford High School. The

prom drive helps insure that students, who cannot financially afford the high cost of the prom, have the opportunity to create a night to remember. Crawford Community Connection, a program of SAY San Diego, collected new and gently used formal dresses, tuxedos, suits, shoes and accessories to outfit the students. A special thank you to the **Princess Project** for donating a wide array of dresses from which our young ladies could choose.

We'd also like to thank all the generous folks from **RICOH USA**, **Banana Republic**, and **Optum** for their donations of prom dresses, as well as **Cannon Design** and **SDUSD** for their donations of men's clothing. We truly appreciate all of the many additional community members who made this drive successful! Through the help of our amazing donors, 25 girls and 15 boys were confidently ready for a prom they will always remember.

Click [here](#) for photos.

SAY San Diego is a nonprofit organization serving San Diego County.

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