



Hand to Hand Chronicle

JANUARY 2020 | A FUND OF THE COASTAL COMMUNITY FOUNDATION

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Our mission

Hand to Hand makes an impact in the lives of women and girls in San Diego County by directing resources to programs that empower change and self-sufficiency.

handtohandsandiego.org



Grantee Relations: 2019 Grant Cycle in Review

In 2019 Hand to Hand made 5 very diverse grants to a broad group of organizations that fulfil our mission to fund programs that promote education and job training, re-entry into the job force, mentoring, and health and wellness. Funded in 2019:

Girls Rising, a Big Sister, Little Sister mentoring program pictured above, is mentoring at its very best! The Girls Rising program model is based on scientific data with measurable improvements in program quality, outcomes, and impact on Little Sisters’ lives.

Reading Legacies Family Connections Program brings incarcerated mothers into the homes of their kids through a unique shared video “Reading Reunion” featuring these mothers reading a story to their children. Their children receive a DVD of this ‘reunion’ along with the book their mom has read to them.

New Entra Casa is a residential recovery home helping women recently released from incarceration who struggle with substance abuse get back on track to a healthy life by breaking the cycles of abuse, poor choices and re-arrest. This “deep dive” approach works!

Barrio Logan College Institute is 100% focused on preparing underserved students to be the first in their families to go to college. Their after-school programs start in the third grade and continue through high school graduation.

National Veterans Transition Services addresses the needs that female veterans face as they transition out of military life and into civilian life. Their REBOOT Workshop is a “reverse boot camp”, a peer-to-peer re-training that helps women overcome their challenges.



GIRLS RISING: Big & Little Sisters

In 2019 Girls Rising served over 70 Little Sisters, along with their 70 plus Big Sisters, double the number they were serving in 2014! As a returning Hand to Hand Grantee, our support has helped make this happen! In 2019, our grant supported 6 new mentor matches.

By years end, the data on these matches showed that Girls Rising maintains a 100% high school graduation rate, 100% match satisfaction rate, 0% teen pregnancy and 0% juvenile delinquency rates!

In 2019, Girls Rising was able to announce this proud fact: all program practices, including recruitment, screening, training, match support and match closure are now “evidence-based”. This small organization was able show that they implement practices that are based on scientific data. These practices have led to measurable improvements in program quality, outcomes, and impact in the lives of at-risk young girls.

Girls Rising offers many programs throughout the year for Big and Little Sisters. They include sponsored events and outings such as career fairs, outdoor recreation activities, picnics, and holiday parties.

For the Big Sisters, Girls Rising offers two hours of pre-match training to help prepare for their volunteer role, and at least four hours of ongoing training by licensed Clinical Social Workers to help Big Sisters feel supported and help with the challenges of supporting their Little Sisters.



READING LEGACIES: Family Connections

In 2019, Reading Legacies was able to serve a total of 334 incarcerated women who are mothers and in drug recovery programs. The Family Connections Program is available at Las Colinas, Rainbow Women’s Prison, Kearny Mesa Juvenile Detention, Girls Rehabilitation Facility, Don Allen Parent Care (drug rehab for mothers) and CoreCivic Federal Facility for family units. In all, 839 girls were touched by this program!

The story behind Reading Legacies is simple-- empower children through intergenerational shared reading experiences. This program serves the most vulnerable: low-income, underserved, those with incarcerated parents. All children benefit from the meaningful bond that occurs when a caring adult reads to them.

How does it work? Women in prison are videotaped as they read a story to their child. This DVD along with a copy of the book is sent to their child. This shared reading experience is very personal for both mother and child.

Founder Betty Mohlenbrock created the Family Connections Program to instill the joy of reading in children who have a parent in jail or prison. 80% of women in prison are mothers, and most are single mothers. This unique program increases the lifetime benefits of reading aloud to children, promotes the joy of reading, and brings it alive with its interactive format. Above all, it re-establishes positive bonds and boosts morale between parents and their kids which leads to quality visitation time and reduces family anxiety upon reunification.



NATIONAL VETERANS TRANSITION SERVICES

All women who join the military must go to BOOT Camp, which prepares them for military service. But what about preparing to leave military service? Women transitioning back into civilian life after serving in our military have different challenges than their male counterparts. However, there are far fewer programs to help women re-assimilate into civilian life. Enter the REBOOT Workshop, the first successful “*reverse boot camp*” of its kind, and one that has gained national attention in 2011 as *White House Champions of Change*.

The REBOOT Workshop empowers women veterans to succeed and thrive after completing their military service. This transition workshop includes assistance with employment, career and education goal setting, living situation, personal well-being, and re-entry into community life as a civilian. This workshop is offered at no cost to the participants.

Program year outcomes were extremely high this year. 98% of participants experienced a shift in their personal self-efficacy, 95% redefined their new career aspirations, while 90% are on track with their stated goals.

The transition from military to civilian culture can be a difficult one for women. As the only transition program of its kind, The REBOOT Workshop prepares these veterans for greater job satisfaction, a happier home life, greater community involvement, and best of all, empowers them to succeed!



BARRIO LOGAN COLLEGE INSTITUTE: Circle of Women

At risk and underserved students statistically are under-represented in higher education and higher paying careers. Barrio Logan College Institute (BLCI) was founded to change that.

Kids from low income families, those who have no family members that have ever gone to college, high school dropouts, those who experience delinquency and joblessness are often trapped in a cycle of poverty. Breaking that cycle is where BLCI begins its work, and that work starts as early as the 3rd grade.

Literacy skills are a strong predictor of academic success. In order to build these skills, BLCI starts in the 3rd grade to offer after school programs that prepare students to go to college. BLCI continues with afterschool programs through graduation from high school. Their goal is to ensure that 100% of its participants enroll in college and graduate ready to enter the workforce!

In 2019, Hand to Hand funded the creation of a program within their program to help high school age girls stay in and graduate from this program. Called their “Circle of Women” program, it provides space and support for young women to talk about the special issues and challenges they face in society. Consultants are brought in to cover topics in education, leadership, relationships, and career opportunities. They attend conferences and events that help develop interpersonal skills and lead to critical thinking. Girls report that they find their special identities, find hope and motivation and lift each other up!



History

Hand to Hand was established in October 2008 as a charitable fund at Coastal Community Foundation.

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NEW ENTRA CASA

Overcoming substance abuse is tough. Equally tough is recovering from physical, sexual or emotional abuse. These cycles of abuse lead to poor choices, recidivism, and more abuse.

New Entra Casa (NEC) empowers women being released from incarceration who have a substance abuse problem to break this unhealthy cycle.



NEC gives these women a safe place to live and the tools necessary to succeed at breaking old cycles and replacing them with new, healthy ones. Their program is a slow, personal and small group approach that encourages rest and redirection in a safe residential environment.

Participants set high goals for themselves: becoming a productive member of society, becoming job search ready, making educational plans, opening a savings account, and being reunited with their children.

This approach, a “deep dive” into the lives of those wishing to break with the past and start making healthy choices, works! Graduates of the program strive to be free of re-arrest, employed or enrolled in school, and regain custody of their children. They strive to become confident and gain self-respect. Most of all, no more poor choices, incarceration or abuse. A whole new start in LIFE!



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