

2010

Hand to Hand Chronicle

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Our Mission Statement

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.



Our History

In the spring of 2008, a group of women began to discuss ways that they could make a difference in the community for women and girls through their joint philanthropy. In October 2008 *Hand to Hand* was established as a charitable fund at Coastal Community Foundation. Nineteen women joined as founders. During 2009, these 19 women created a process by which to distribute grants to not-for-profit organizations that serve women and girls. The first grants were awarded in November, 2009.

2010 Grantees

The four Grantees for Program Year 2010 were

◇ Community Resource Center—Life Skills Class	\$4,500
◇ From the Inside Out—Project Choice	\$4,500
◇ Girls on the Run—New site in Oceanside	\$3,000
◇ Shakti Rising—Transformational Recovery Program	\$3,540

Community Resource Center

The mission of the Community Resource Center is to promote economic self-sufficiency and positive change in the lives of women. The \$4,500 grant was specifically for the Life Skills class. The main objective of the Life Skills class is to equip every domestic violence survivor who enters the transitional housing programs, estimated at 70 households annually, with the basic tools to earn a livable wage and live independently. Using the Ansell-Casey Life Skills assessment, 75% of the clients improved their problem-solving, communication, household management and employment skills. Completion of house-

hold budgets, pre/post tests and graduation of the financial literacy class was demonstrated by 69% of the clients during the reporting period. Increasing financial stability as indicated by income equaling expenses was also demonstrated by 69% of the clients. Additionally, 83% of transitional housing clients showed decreased depression symptoms upon program completion and 86% of Carol's House (transitional housing) graduates reported improved self-concept.

Shakti Rising

Shakti Rising empowers young women to uncover, rediscover and reclaim their true selves. Hand to Hand was pleased to award \$3,540 towards Shakti Rising's Transformational Recovery Program. The story of Jamie speaks to

the success of the program. Jamie was barely surviving and trying to stop a 15-year methamphetamine addiction. Illicit activities accounted for her income; therefore she had no work history or employment skills. After completing her first year at Shakti, Jamie celebrated one

year of sobriety. She is building her professional skills, experience and networks. She and her fellow Apprentices are re-entering the workforce as powerful leaders. Twenty women were served through the Apprenticeship Program (2-3 years) and thirty women through the phone counseling, referrals and harm reduction programs.



Girls on the Run

Girls on the Run was granted \$3,000 to start a self-esteem/running program in the underserved area of South Oceanside Elementary School. Working with a teacher at the school, 19 girls from economically challenged families were identified. The girls met for the first time in February. Following the outline from Girls on the Run, the girls learned about positive self-talk, nutrition, body image, expressing emotion, and celebrating gratitude and developing healthy relation-

ships. In the last weeks of the program the girls made cards and letters for our troops overseas as their community service project. Each week the girls also had a running coach. On May 8, the girls joined 100+ other Girls on the Run participants to complete the 5K in DeAnza Cove. The H2H grant provided the written materials, running shoes for the girls and bus transportation to the 5K.



From the Inside Out

From the Inside Out Girl's Only program is called Project Choice. It is a sanctuary for girls ages 10-19 who do not feel safe in the world. It is a place where they are safe from harm and able to engage in the process of healing and change. Through the curriculum, they learn to accept responsibility for their own behavior, how to face their fears and how to identify and express their feelings. The girls develop the skills they need to take charge of their own lives while preparing for adulthood and gain confidence as a direct result of their accomplishments. They replace distorted belief systems with healthy ways of processing their thoughts and learn new ways to respond to stress, anger, fear and shame. The \$4,500 grant was used for supplies, the ropes course, and to help fund the facilitators. Of the 32 girls who started the 12-week course, 100% graduated. Upon graduation, some of the girls will return the following year to help as volunteer facilitators for the next class of Project Choice girls.

