

Hand to Hand Chronicle

A FUND OF THE COASTAL COMMUNITY FOUNDATION

2017

INSIDE
THIS ISSUE:

Generate Hope 2

Karen
Organization 2

Kitchens for
Good 3

New Entra
Casa 3

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.

Hand
to Hand



Funding Opportunities for Women and Girls
A Fund of the Coastal Community Foundation

Hand to Hand Grants

In 2009, Hand to Hand, with a membership of 19 women, granted more than \$15,000 to four organizations. By 2017, Hand to Hand has grown to 60 women and doubled its annual grant dollar amount.

Since its inception, Hand to Hand has granted more than \$235,000 to 20 different organizations impacting the lives of hundreds of women and girls in San Diego County.



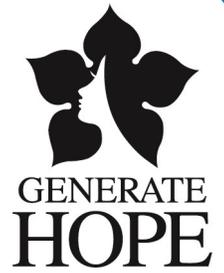
Hand to Hand Grants 2017 Program Year

- Generate Hope
- Karen Organization
- Kitchens for Good
- New Entra Casa

Read about each organization in this issue of the Chronicle

www.handtohandsandiego.org

Generate Hope



Generate Hope (GH) provides long-term safe housing and a comprehensive on-site recovery program for San Diego County girls and women age 18 or older who have been victims of sex trafficking. The program enables them to reintegrate into society and helps them face their future with confidence. Generate Hope has refined the model of care by specifically addressing the holistic needs of female survivors of sex trafficking through a 3-prong approach that includes Shelter, Education and Therapy.

Human trafficking uses force, fraud and coercion to profit from the exploitation of another human. San Diego has been identified by the FBI as being among the top eight cities in the nation for commercial child-sex exploitation. In the past eight years Generate Hope has provided residential homes that house six girls with two “house moms” who provide the girls with a safe, stable shelter, education, personal care and love so that they may go out into the world healed. GH touches the lives of 12-14 women per year at their houses in Bonita, Coronado and soon North County. Education includes earning a high school diploma and gaining life skills that give them the opportunity for vocational training which helps them become confident and ready to reintegrate into the community.

Residents graduate to independent permanent housing within 12-18 months. Every six months the girls are monitored and evaluated on their mental health improvement. Success stories of the women in this program include those who have completed their high school education and gone on to community college. They learn to overcome some of the trauma from the past, restore their trust, strengthen their own abilities and mentor others in the program.

Karen Organization

The Karen Organization of San Diego (KOSD) was founded by Burmese refugee community members to support their own community. Activities include learning to function within the U.S. welfare, health care, education and public safety systems. Programs include leadership opportunities for youth and adults, community empowerment information, tutoring and English language training.

The Hand to Hand grant to the KOSD funds Mentor Circles for women and girls from Burma. In bi-weekly meetings women learn their rights as U.S. residents and are educated and empowered to address domestic violence. Girls learn how to improve their self-esteem and how to avoid becoming victims of human trafficking or gang members.

This program has been extremely successful, serving 40 women and 16 girls —

10% more than originally expected. The women now have more support in the community; they have female friends they can rely on; they have improved knowledge about resources, safety plans and their rights in the U.S.

The Mentor Circles have made a difference. Members have gained self-confidence and courage: enough self-confidence, that two now have jobs outside the home; enough courage to talk with KOSD staff about domestic violence issues, discuss safety plans and even report violence to police.

Kyi, one of the Karen Organization group who attended the California Endowment Girls and Women Leadership Assembly, found strength to speak before the entire group. She is now attending ESL classes, shares her voice with others and mentors others to speak up.





Kitchens for Good

Project Launch is a 13-week culinary job training program that serves women and men who are considered difficult to employ, such as formerly incarcerated adults, foster youth transitioning out of the system and victims of domestic violence. This program combines hands-on culinary training, life skills instruction and job placement services. The goal of the program is to provide these students with the skills and tools they need to become self-sufficient.

The Hand to Hand grant has been distributed to the 27 women participating in this year's classes. Specifically, the funds have been used to purchase three sets of chef's uniforms, bus passes when needed and sets of quality kitchen knives. The knives are presented to participants for use in their culinary careers. Overall, 90% of the students were employed following this program. In addition to the individual successes of the participants, 27,822 total meals were prepared for at risk youth, homebound seniors and the homeless.

A Women's Support group was established - a challenge at first, but in the end the organization was able to find amazing Chef Mentors who inspired the students, providing confidence and direction.

The program has continued to find ways to make the participants even more successful. Providing a mix of classroom learning with real world work experience has proven to be extremely successful.

New Entra Casa

New Entra Casa is a small residential treatment facility for women who have recently been released from prison. Their program, founded 45 years ago, provides a safe place for a maximum of six women to live while helping them develop the necessary tools to break the cycle of poor choices, recidivism, and in many cases abuse. Last year, with help from Hand to Hand, the program provided housing for 34 women. Unfortunately, not all who come to the program complete it. This year ten of the 34 women stayed long enough to demonstrate an increase in their self-confidence and self-respect, and six women completed the entire program, meaning they were job-search ready when they left, and are now functioning as productive members of society. All of this year's graduates are free from re-arrest.

Jenelle, a 26-year-old, had been in more than ten programs prior to coming to New Entra Casa, not uncommon for New Entra Casa residents. Since entering the program she has developed relapse prevention skills, attended individual and group counseling, cognitive behavioral counseling, and life skills training. She is currently attending a job readiness training class and is targeted to graduate from the program before the end of the year. Jenelle's family says they haven't seen her like this since she was in her early teens.

Melissa is a recent graduate of the program and is now a full-time college student, employed part-time, and is the overnight manager at New Entra Casa. Proudly, she is close to paying off all of her fines and restitution, and has regained a relationship with her son.





KITCHENS FOR GOOD



“The path I was on was leading me through a vicious cycle of loss. Kitchens for Good opened a door of support for me to change my life and I took it. I am now set up for the future I want to lead.”
~Graduate, currently employed



Karen Organization



Generate Hope

A little piece of dignity left me every time...but now I feel at home surrounded by people who love me...reshaping everything I am. I'm majoring in computer science and learning how to build relationships in a healthy way.

~survivor of sex trafficking



NEW ENTRA CASA