



Building a *Bright Future* for our children!

Hannah's House strengthens the San Diego community by building resilience and well-being in families experiencing breakup, ensuring their children have the opportunity to thrive and reach their full potential.

*"My son's dad and I came to Hannah's House as a domestic violence victim and perpetrator. We were frightened of each other and felt lost in our pain. We both participated in supervised child-parent time, parent support groups, the High-Conflict Co-Parenting class, facilitated co-parenting meetings and mediated transition to normal co-parenting. The Hannah's House staff helped us navigate our way through all of the emotions and legal challenges. After 18 months, we were able to move to 50/50 shared parenting and a cooperative co-parenting relationship. **Our son is thriving and happily going back and forth between his mom and dads' houses.**"*
~ **Former Client**

Hannah's House knows that when children have the foundation of a healthy, peaceful relationship with both of their parents, they have the opportunity to realize their full potential as contributing members of our community.

For the past 32 years, we have supported families in their transition from one unhappy home to two happy homes by teaching parents to co-parent peacefully and minimize the conflict that causes harm to a child's social, emotional and cognitive development. All of us need a sturdy foundation and layers of support in our lives to thrive; that's what creates a vibrant community. Our innovative, personalized and proven approach to building strong families and thriving children creates a healthier San Diego for everyone.



Co-Parenting Together

**BUILDING HEALTHY
RELATIONSHIPS**



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WHY HANNAH'S HOUSE EXISTS

Half of American's children will witness the breakup of their parents' marriage. Of these, close to half will also see the breakup of a parent's second marriage. Throughout San Diego County, many children are struggling because their parents are in conflict as a result of a divorce and separation. The Family Court system is adversarial, not collaborative, so these children are frequently immersed in family turmoil and crisis, for months and sometimes years. Children in the midst of this crisis rarely have a safe person they can turn to for assistance in coping with their feelings, managing anxieties and learning the skills they need to go back and forth between their parents' houses.



THE TOXIC STRESS a child experiences during a high-conflict family breakup can change brain development and cause chronic health problems, both in childhood and later in adulthood.

Hannah's House programs were created to prevent the long-term negative effects of Adverse Childhood Experiences (ACEs). ACEs are potentially traumatic events that occur in childhood, including separation and divorce, abuse, violence, and growing up in a family with mental health or substance misuse problems. At Hannah's House, 98% of the children we serve have experienced the trauma of parental separation; 60% have experienced parental mental illness or substance abuse and 48% have experienced child neglect or abuse as a direct result of these household problems.

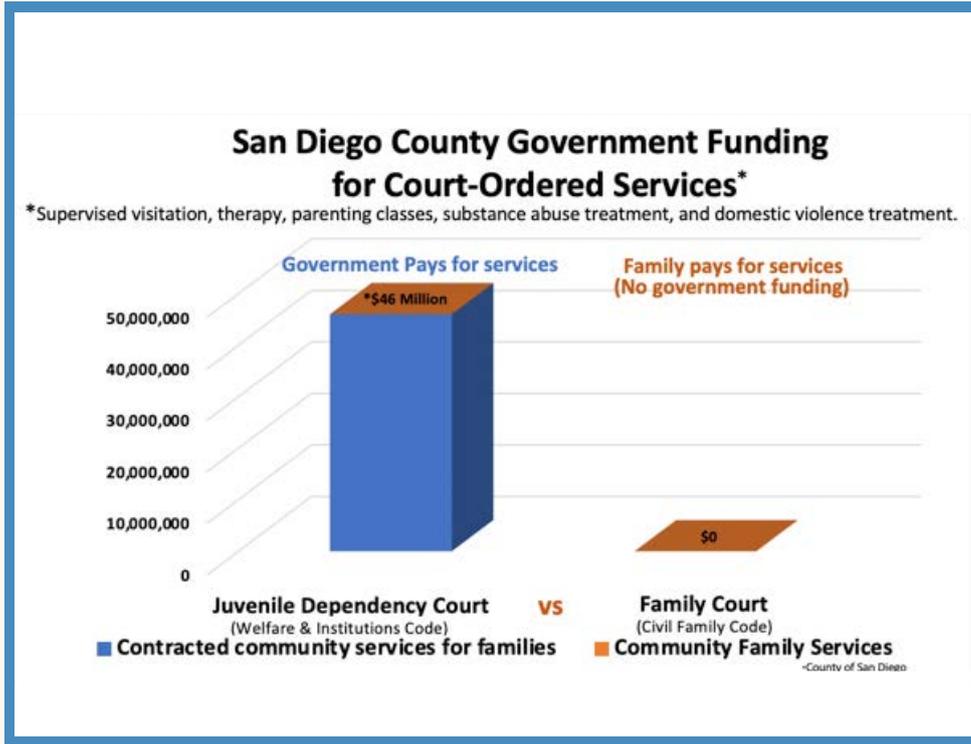
ACEs have been extensively researched. In particular, The Center for Disease Control (CDC)-Kaiser ACE study (1995-1997) and the ongoing Behavioral Risk Factor Surveillance system ACE Data (BRFSS) have published results indicating:

- A strong link has been established between ACEs and chronic health problems, mental illness, and substance abuse in adulthood.
- One in six Americans reported having experienced four or more ACEs.
- At least 5 of the top 10 leading causes of death are associated with ACEs.
- Preventing ACEs can help children and adults thrive and potentially lower the risk for conditions like depression, asthma, cancer, diabetes and risky behaviors like smoking and drinking.

In short, preventing Adverse Childhood Experiences impacts the lifelong health of individuals and strengthens the community at large. Reducing conflict between parents is the most effective way to ensure the child's wellbeing and lessen the negative effects of the family breakup. For more than 32 years, we have supported families in their transition from one unhappy home to two happy homes by teaching parents to co-parent. We strive to minimize the conflict and instead harness the parents' loving and positive energies into ensuring their children have the foundation of a safe, healthy relationship with each parent.



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Last House on the Block

Most people are surprised to learn that there is NO Federal, State or County funding for children or families going through separation and breakup. Unlike Juvenile Dependency Court, where a child is removed from his/her family and all services are paid for by the government; families going through the Family Court system are on their own to find and pay for vital support services such as therapy, supervised visitation, co-parenting classes and more.

Hannah's House is the only nonprofit provider with a dedicated, secure facility to serve the families of San Diego County. Our services are delivered in a safe and child-welcoming environment and we are open every day of the year.



Our highly trained professional staff delivers a network of critical wrap-around family services through our Safe Passages Project, designed to reduce mental, behavioral and social problems that frequently arise during the difficult transition of family breakup. We know that family functioning improves when all members of a family participate in multiple services and skill-building classes. We strive to build strong and resilient families that stop the repetitive cycle of family dysfunction across generations. Our programs are research-to-practice: we integrate research findings into our service delivery models, continuing to evaluate and improve service delivery as new research becomes available. We provide compassionate, empathic, and respectful treatment of custodial and noncustodial parents alike.

*Hannah's House is a **San Diego County Live Well Partner** and has a working collaboration with the **Global Supervised Visitation Network** and the **Price Philanthropies City Heights** programs.*

San Diego County needs more organizations like Hannah's House. With your help, our model can be replicated - alone or in collaboration with other social service organizations. Join our efforts to grow our resources so Hannah's House can serve more families, reduce the burden on the court system and ensure that more children will have the opportunity to thrive and reach their full potential as contributing members of society.



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OUR IMPACT

"I was concerned that the tribulations of my daughter's early childhood might have a lasting impact on her future. Now, I am confident that the struggles of her parents will not affect her emotional and educational growth. She sees two parents working jointly and cooperatively for her. She is calmer, happier and better adjusted. None of this could have happened without Hannah's House and the incredible abundance of resources offered in their wrap-around services."

- former client.



F.A.M.I.L.Y

Father and Mother, I Love You!

Since 1988, Hannah's House has served over 23,000 families and provided over 268,000 hours of warm and peaceful child-parent family time. We have a Multi-Modal Family Intervention Approach (MMFI) that focuses on the entire family system for treatment and intervention. We carefully assess each family to create an individualized plan that addresses their specific needs as we work to build their resilience through a combination of support, education, therapy, skill building and community activities with other families.

We offer three main programs and over 40 different services:

Supervised Visitation and Exchange Program: offered at a low cost by highly trained professionals to serve families from all of the Family Courts in San Diego County.

Transitions Family Program: individualized adult/child therapy; reunification therapy; high-conflict co-parenting therapy; conjoint therapy for estranged family members, parenting/co-parenting classes; anger & emotion management classes; substance use disorder assessments and treatment, and more.



Human-Animal Bond Program: creates spontaneous and positive parent-child connections when children have become estranged from their parents

Free Weekly Mom and Dad Support Groups

Free Monthly Co-Parent Workshop

Hannah's Family Helpline 1-833-OUR-KIDZ: our therapists provide counseling and assistance for San Diego families, 7 days/week, 8 am - 8 pm, dealing with parenting challenges, separation & divorce, co-parenting, substance abuse and navigation through the Family Court/Law legal system



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The most important measure of improvement in Family Court families is their perceived level of stress on a day-to-day basis. We have standardized stress measures for children and for adults. We administer these stress measures each time a family member receives a service via the Safe Passage Project. We also administer a Family Questionnaire at the beginning and the end of participation in the Safe Passage Project, measuring the quality of family functioning.

Here are some of the results and progress we have made with families over the past year:

- 91% of children served are reported to have improved self-esteem and coping skills
- 87% of our parents report a reduction in conflict
- 85% of adults served report a decrease in day-to-day stress experienced
- 78% of our parents report an improvement in co-parenting skills

YOU MAKE IT POSSIBLE:

Hannah's House is an exceptional and respected community service organization providing mighty solutions to key issues facing children and families going through separation and breakup. Our goal is to build resilient families and ensure that children have the foundation of a healthy, safe relationship with each of their parents. Our preventative approach to family wellbeing and health saves taxpayer resources and makes our community a better place for all. That's why we need your help.

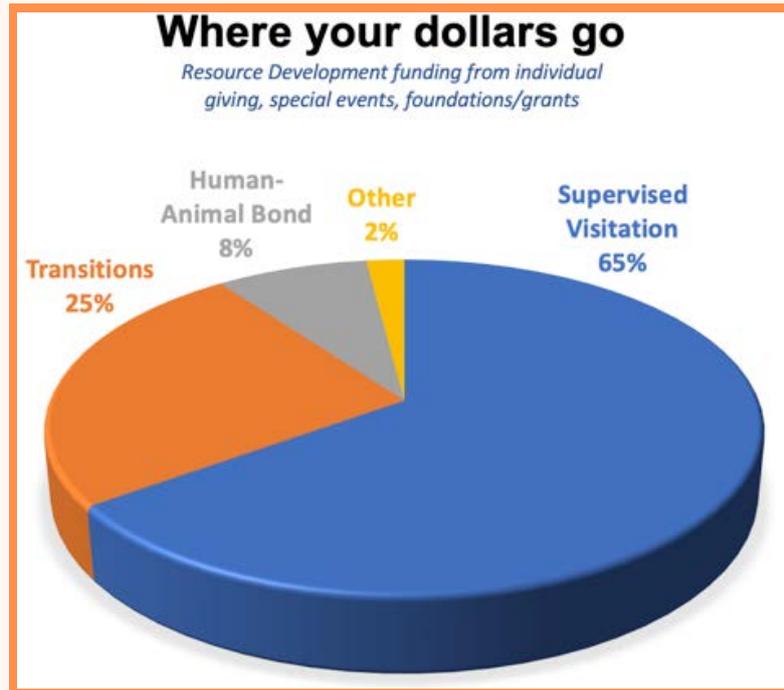
INVEST IN MISSION DRIVEN PROGRAMS:

Investing in Hannah's House builds self-reliance, as we equip parents with the skills necessary to navigate and resolve the difficult issues that arise before, during and after family breakup. With no government funding for these families, Hannah's House fills a critical gap in our Family Court system. We provide affordable services and programs that teach parents to co-parent peacefully and make the transition from one unhappy home to two happy homes. By preventing future mental, emotional and cognitive issues in children, we help to ease the economic toll on society and taxpayers. Be a part of the solution and help us guide children and families on their path to self-reliance.

Under-funded programs create a gap at the core of running a viable organization. Help us ensure that Hannah's House can grow by hiring proficient, skilled and strategic staff in core areas such as finance, technology, human resource services and reward them with competitive salaries, training and benefits.



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Join our Bright Future Giving Circle TODAY!

- **\$25 - \$ 999 Champions for Children Circle**
- **\$1,000 - \$ 2,499 Silver Circle**
- **\$2,500 - \$ 4,999 Gold Circle**
- **\$5,000 + Platinum Circle**

VOLUNTEER

Giving your time and talent is an invaluable way to be part of the solution. At Hannah's House, volunteers come alongside us to help families on their path to well-being and self-reliance; building a sturdier, more resilient community. There are many ways to volunteer through Hannah's House, including board members, fundraisers, event planning, office and program assistants, social media marketing, arts and crafts, techies, handy men and women, and individual projects.

If you are looking to gain experience, acquire new skills, meet new people, expand your network and/or give back to your community, Hannah's House has an opportunity for you! We invite you to visit www.hannahs-house.org to fill out the application to apply for one of our many opportunities or call **1-858-300-2730** or email us at info@hannahs-house.org. We value the contributions of all of our volunteers.

CHAMPION & INVITE

Be a Hannah's House Champion of Children! Share and communicate the mission of Hannah's House with others. Be our Ambassador and invite others to visit our website www.hannahs-house.org and come by Hannah's House for a tour. Hannah's House believes that every child and every family are the sturdy foundation upon which our community thrives. We know that when children have healthy, peaceful relationships with both of their parents, they can realize their full potential and become contributing members of our community. We hope you will join us in furthering our mission and creating a healthier San Diego for all!

