

WOMEN'S SERVICES

SAN DIEGO RESCUE MISSION

Women's (and Children's) Programs

www.sdrescue.org

PROJECT BUDGET: \$ 1,295,862 **REQUESTED:** \$50,000

ORGANIZATION ANNUAL BUDGET: \$ 19,589,993

PROGRAM DESCRIPTION: Each year SDRM helps more than **1,800 women** and 650 children through 4 core programs – *Women's and Children's Center, Nueva Vida emergency shelter, Transitional Housing, and Children's Center.* \$50,000. is requested to support these programs. The women are in treatment for addiction, homeless, escaping domestic violence, mental illness, or struggling with life challenges they hope to overcome with Mission's assistance. Children of clients also receive support.

Women and Children's Center offers women treatment in: chemical dependency, relapse prevention, anger management, and life skills.

Nueva Vida Haven is an emergency overnight shelter for those escaping dangers of streets, domestic violence, or mental illness – ONLY shelter in SD that takes in victims during non-business hours.

Transitional Housing is for single women, and women with children working towards maintaining self-sufficiency. Multi-dimensional program focuses on previous traumatic barriers to independence. Clients set goals for finding and maintaining employment or finding resources to address long-term disabilities.

NEED/SOLUTION: Homelessness is by far one of the largest current problems facing San Diego County. 99% of people served by SDRM have income 30% below the area's median income. For the city's homeless, SDRM provides emergency assistance, as well as avenues to become productive members of society. The programs help women overcome drugs, poverty, abuse, and stay healthy, clean, sober, reconnect with families, gain job skills and find/retain employment, and many more critical skills to achieve self-sufficiency.

IMPACT: Programs provide desperately needed support in SD and No. County to transform lives of homeless women (many with children), by providing critical services and recovery resources to reach goal of living independent, productive lives by addressing physical, mental, emotional, and practical needs to guarantee a more successful launch into society. SDRM expands reach of programs through **partnerships** with key agencies—education, social services, health, professional services, etc.

SITE VISIT NOTES:

SAY SAN DIEGO

Military Transition: The Spouse Edition (MTSE)

www.saysandiego.org

PROJECT BUDGET: \$30,815 **REQUESTED:** \$15,000

ORGANIZATION ANNUAL BUDGET: \$21,646,167

PROGRAM DESCRIPTION: MTSE provides transition workshops that connect military spouses to resources, supports, and a community of their peers. These innovative workshops utilize highly knowledgeable and Department of Defense sponsored/qualified speakers that focus on topics such as financial literacy, employment services, the GI Bill, medical and VA benefits, and relocation options. MTSE is committed to connecting local military spouses with equal opportunities to secure employment, advance their careers, champion family wellness, and achieve economic self-sufficiency. SAY San Diego is working to expand MTSE opportunities this year.

NEED/SOLUTION: Each year in San Diego County, roughly 20,000 military members make this transition. While active duty military members and veterans are honored for their service, military spouses and families are given little attention despite being key support systems for our troops. Military spouses are estimated to be 89-93% women (bluestarfam.org). These struggling but resilient women face challenges relating to their spouses' service, including high rates of poverty, long periods of spousal separation, and an inability to secure long-term employment or pursue a career due to frequent moves, childcare needs and more. These barriers are further compounded at a critical stress point when they transition from active duty to civilian life.

IMPACT: Since MTSE inception in 2015, over 250 participants have benefited from these workshops and there is a growing demand for ongoing services. The \$15,000 would fund .5 FTE dedicated program coordinator allowing the program to reach 125 participants in 8 workshops annually, as well as to complete a retrospective post-assessment measuring perceived levels of transition preparedness, knowledge of resources, and satisfaction. With additional funding, MTSE will have the opportunity to track participants for up to six months to determine long-term changes in behavior. MTSE is also seeking community for transitioning families through the use of a private Facebook spouse page where individuals are able to share experiences and resources with each other. SAY San Diego will also pilot a quarterly online series on transition-focused topics to keep participants well-informed and better prepared for their next step regardless of their location.

SITE VISIT NOTES: