

2022 ANNUAL REPORT

SOUTH BAY
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CONNECTED

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CHADWICK
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PVPUSD
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RBUSD
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About South Bay Families Connected

MISSION

South Bay Families Connected's (SBFC) mission is to improve K-12 students' social-emotional wellness. We do this by connecting parents, guardians and teens with valuable resources, education and support, as well as reducing stigma around mental health issues and sparking conversations that inspire people to reach out for help when they need it.

GOALS

Despite transitioning out of the pandemic and not being able to provide any in-person education events or support groups, 2022 was another successful year for SBFC. The organization's long standing mission of supporting South Bay¹ families and helping youth thrive was achieved in the following ways:

- Connecting South Bay families with trusted resources, online educational videos, authentic stories in blogs and videos, and free and accessible mental health services.
- Continuing to serve as a valued resource to 115 partner schools.
- Continuing collaborative virtual educational events with community partners.
- Continuing effective parent engagement strategies, including the SBFC newsletter, social media on three platforms, and producing partner school youth wellness blurbs.
- Laying the foundation for in-person education events and new video production in 2023.

2022 SBFC BOARD

- Amy Howorth, President
- Kate Manuel, Vice President Operations
- Carla Ramirez, Treasurer
- Kristen Borland, Secretary
- Liz Glozman, Community Outreach and Youth Advisory Liaison
- Kelly Hendrickson R.N., Education and Community Outreach
- Charlotte Gesten, Member

RESOURCE TOPICS

- Anxiety
- Body Image
- Building Healthy Relationships
- Bullying
- College Admissions Stress
- Coronavirus Support Resources
- Mental Health Challenges
- Discussing Current Events
- Divorce
- Empathy and Compassion
- Foster Parents
- Fentanyl
- Grief & Loss
- Homelessness
- Inclusion - Empathy and Compassion
- LGBTQ+
- Managing Re-entry Emotions
- Mindful Parenting
- Opioid Awareness
- Screen Time
- Sexual Consent Awareness
- Social Media and Technology
- Social Skills and Connections
- Social-Emotional Wellness, K-8
- Special Needs Parenting
- Stress Management
- Substance Use Prevention
- Suicide Prevention

NON-BOARD COLLEAGUES

- Laura Short McIntire, Founder and Volunteer Creative Director
- Kelsey Reilly, Director of Quality Assurance and Inquiry Response



Mental Health



Hosted by South Bay Families Connected, Beach Cities Health, and Thelma McMillen Center, the Families Connected Parent Chat² is a discussion group that touches upon a wide variety of parenting topics and challenges. All South Bay parents and caregivers are welcome at this free virtual event.



SBFC Youth Advisory members lead a guided discussion on mental health topics including imposter syndrome, fixed mindsets, and self-worth.



SBFC supported Partner District RBUSD with social-emotional wellness enrichment for Redondo Union High School students. Through videos shown in class and a live Q & A event, Jennifer Elledge (Barber), MPH, shared insights and tools to establish and maintain healthy relationships.

"How beautiful is it that parents can come together and say, 'Hey! We can help each other. We can give each other advice,' because there are some challenges. But I think that we're all stronger and better together and we have these experts and resources that are at our fingertips so thank you! I love this."

- Dr. Jason Johnson, Superintendent of HBCSD

PARENT BLOG ENTRIES

On Addiction:

I'm writing this for you, friend. You, the one in the dark, lonely abyss of life with a teenager who has a substance abuse problem. I'm here to squeeze your hand tighter as you grope for a railing, a guide, a light switch, because whatever you've been doing is not working and you're afraid of losing your kid -- maybe forever.



On Cyberbullying:

Bullying - in person abuse and mistreatment, often repeatedly between persons or people, one of whom is stronger or more powerful - can devastate. But cyberbullying's impact can be worse and longer lasting. Its effects are intensified by social media's capacity to disseminate broadly, anonymously if desired, and its ease in sending and resending posts.

On Body Image:

On the surface, I was a Straight A student athlete who went on to study at Princeton, but underneath that facade lurked a raging case of self-loathing. My heart aches for my younger self, who titled a journal entry in 1987, my first year of high school, "Fatness and Self-Hate."

New Resources



SBFC partnered with Natural High to bring parents and guardians a new video and discussion guides that they can use to help educate their teens about the dangers of fentanyl. Visit our updated Opioid Awareness page for these free resources and SBFC videos featuring local families and experts.



We are proud to have partnered with Second Nurture South Bay to help bring resources and support to foster families and foster youth.

"POLAHS Families Connected has become the main hub for our social-emotional resources. . . . It's been a hectic couple of years due to the pandemic but with SBFC by our side we were able to support our parents and students. . . . We appreciate everything you do for us!"

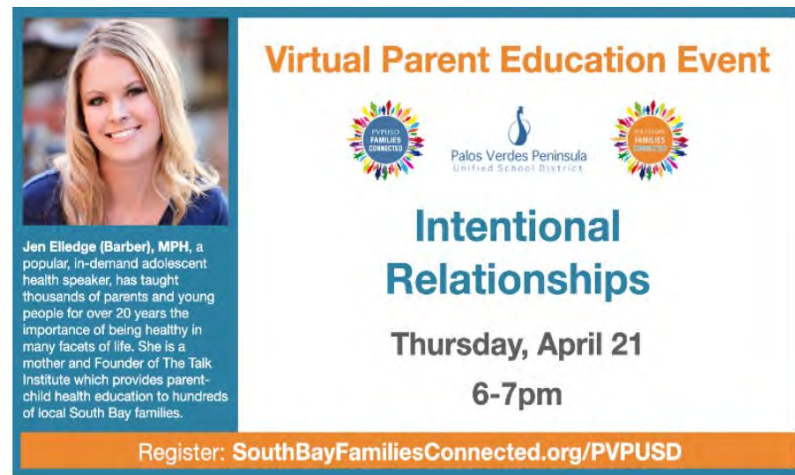
Jovanna Shummon,
School Counselor
Port of Los Angeles High School

Education & Support

All South Bay parents and guardians at our 115 Partner Schools were invited to join us at these free speaker series events.



This Families Connected Speaker Event³ was provided in partnership with Beach Cities Health District, HBCSD, RBUSD and MBUSD.



This virtual event is provided in partnership with our Partner District, Palos Verdes Peninsula Unified School District



South Bay parent and SBFC Board member, Liz Glzman, spoke at Partner District MBUSD's Pennekamp School about maintaining connection as we parent through both the challenging times and the good.

Please Donate

Metrics

Top 3 youth wellness issues as reported by Partner School administrators at the beginning of the school year:

1. Bullying and social media connection/TikTok challenges/screen time
2. Mental Health/Anxiety/Depression
3. Substance use (vaping use and fentanyl poisoning/overdoses were the most frequently mentioned)

Top 3 youth wellness parent resource pages:

1. Stress and anxiety
2. Mindful Parenting
3. Depression and Mental Health

Top 3 youth wellness pages for teens:

1. Vaping prevention - facts for teens
2. Coping with depression and mental health
3. Building a healthy body image

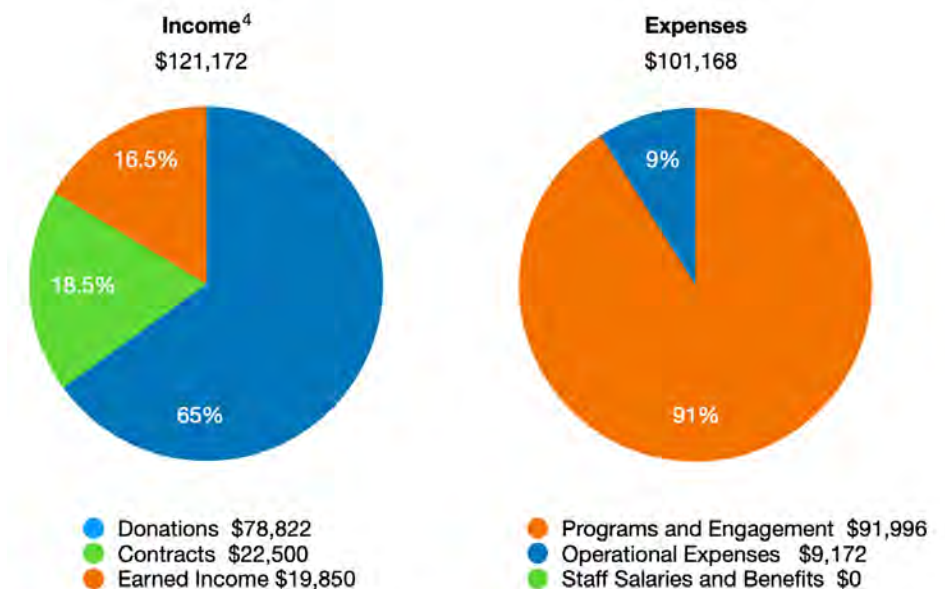
SBFC Metrics

- 36,000 website visitors served
- 32 virtual SBFC community events
- 100% Partner School retained
- 10,104 readers of SBFC blogs
- 2,286 visitors to the SBFC Virtual Teen Center



The SBFC Youth Advisory end of year celebration

Financials



Footnotes

1. Defined as Los Angeles County Department of Public Health's Service Planning Area 8.
2. The Families Connected Parent Chat is a free weekly support group open to all South Bay parents and caregivers and is provided in partnership with Beach Cities Health District (BCHD) and Thelma McMillen Center.
3. The Families Connected Speaker Series is a partnership with BCHD, Manhattan Beach Unified School District, Redondo Beach Unified School District and Hermosa Beach City School District.
4. Gifts: Laura Short McIntire, president of LSM, donates her services and time as the SBFC Program Director (total value for 2022 is \$156,000) and is committed to this volunteer role indefinitely. LSM has gifted to SBFC the SBFC logo and brand for programming, contracting and fundraising use within the South Bay.

2022 SUPPORTERS

Platinum Level - \$25,000

Margaret M. Bloomfield
FAMILY FOUNDATION

Education Partner



Community partner since 2016

Gold Level - \$10,000

The Vanderbilt Family Foundation
The Whitney Family

Silver Level \$3,000 - \$5,999

The Gesten Family
Cindy & David Hoag
Whitney Young Children's
Foundation

Bronze Level \$1,000 - \$2,999

Tony Choueke
Tim & Peggy Curry
Jon Ralph & Patty Gibson
Laurie James
Shana Gray Kish
The Lapham Family

The Pipkin Family Foundation
Mike & Ellen Rosenberg
David Sands
David & Natalie Shaby
Beth Sestanovich
Torrance Memorial Foundation

Friends of South Bay Families Connected \$25 - \$999

Carol & Michael Amir
Lisa Baronsky
Ken & Jamie Buckstaff
Laurie and Andy Caine
Malissia Clinton
Steve & Christa Colvin
Caroline Cook
Candy Currie
Timothy and Margaret Curry
Melissa Davis
Tom Duralde & Diane Liebenson
Wendy Farber

Clare Flynn
Liz & Vitaly Glzman
Clare & Jim Gurbach
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Amy Howorth
Andrea Hutter
Michael Jenkins
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Lawrence & Arlene Kaufman
Allen Kirschenbaum

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Michael Skramstad
Kathy Snyder
Christina Steck
Debbie Stern
Diane Wallace
Kristen & Wysh Weinstein
Erika & Paul White
Patricia Yates



The Redondo Beach Unified School District PTA Council honored our own Laura Short McIntire with 2022's Honorary Service Award. Laura considers it a true privilege to work with and support the amazing administration, principals and parents at RBUSD.

Laura is our volunteer Creative Director, our largest supporter through her in-kind contributions and the backbone of all programming, website resources and community events. We could not do this without her!

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South Bay Families Connected is a tax exempt 501(c)(3) corporation. Our Tax ID number is 83-2071741.