



# 2022 ANNUAL REPORT

# A LETTER FROM OUR DIRECTOR

As we review the past year, an encouraging realization emerges. While the impact of Covid pandemic is still evident, our community is nonetheless moving forward on many different fronts. 2022 was a year of huge growth at the Joyce L. Sobel Family Resource Center (JLSFRC). We continued to provide a broad array of “safety net” services such as emergency rental and utility assistance for community members, while investing in future generations by significantly expanding education, wellness and prevention programs that directly respond to what islanders tell us they want and need to be healthy, safe and productive.

This report highlights the very real impact that your support has had on our community. Your input, hands-on involvement and financial contributions have been the key to accomplishing so much in 2022, including:

Building local childcare capacity and helping young parents get back to work, by launching a successful infant & toddler childcare cooperative that provides high quality, income-based care and education for our youngest islanders (more on pg.6).

Improving health equity through the launch of our new Latinx Community Health Access Program, which offers accessible preventative care, health education and wellness for our Spanish-speaking community members (more on pg.4).

Opening the doors of the New Day Recovery Café – a welcoming and supportive space where islanders who are navigating their personal recovery journeys can find encouragement, acceptance and a place of belonging (more on pg.7).

Whether you are a volunteer, donor, community member, organizational partner or staff member, this impact report is really about you – and the impact you have made on our continuing vision of making San Juan Island an equitable and inclusive community where all are able to thrive and reach their true potential.

Thank you for investing in our vision and helping our community move toward a strong future with energy, compassion and responsiveness.

**With gratitude,**

**Jennifer Armstrong**, Executive Director

**Beth Helstien**, JLSFRC Board President

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## JLSFRC STAFF

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Heather Schulz, Lead Teacher SJICC  
Ashley Strutz, Program Director  
Mary Uri, Peer Support Specialist/Program Coordinator

## FUNDRAISING CHAIRS

Maureen See  
Traci Wilson

# CONNECTING ISLANDERS WITH BASIC RESOURCES THAT PROVIDE STABILITY & SECURITY

Affording basic household needs is becoming increasingly challenging for low- and middle-income SJI families. Faced with some of the highest cost of living in Washington State combined with one of the lowest average wage rates, many islanders are working hard and still find it difficult to make ends meet. JLSFRC's Basic Needs Services help local households feel safe, secure and stably housed:

## HOUSING STABILIZATION

JLSFRC's Housing Stabilization program worked with a wide range of local households in 2022, helping vulnerable islanders find and maintain appropriate housing, providing temporary rental assistance, and ensuring that tenants and landlords who were financially impacted by COVID-19 were able to access government housing relief funds to cover unpaid rent.



**116**  
households assisted  
.....  
**\$97,497**  
in assistance provided  
.....  
**210**  
adults & children remained stably housed due to temporary housing supports

## TRANSPORTATION ASSISTANCE

JLSFRC's Transportation Assistance Services helped islanders get where they needed to go in 2022, from local rides to the grocery store to mainland trips for medical appointments and even flight assistance for attending to family emergencies.

**370**  
Total number of ferry tickets distributed  
.....  
**212**  
Total number of Transportation clients

## UTILITY ASSISTANCE

JLSFRC administered a combination of federal, state and locally-funded utility assistance programs to help low-income community members keep their utilities on and bill payments up to date.

**\$92,476** total assistance      **202** households helped

### UTILITY FUNDING SOURCES:

- Town of Friday Harbor** : **Opalco**
- Electricity, Water** : **Electricity**
- .....
- LIHEAP (federal assistance)** : **Private donations**
- Electricity, Propane, Kerosene, Firewood** : **Electricity, Propane, Kerosene, Firewood**

## HOUSEHOLD ESSENTIALS

Access to household cleaning and hygiene supplies helped keep local low-income seniors and families with young children healthy during challenging times. Program supplies are donated by fellow islanders or purchased by JLSFRC with revenue from the local Valmark non-profit rebate on King's Market grocery receipts.



**147**  
Households enrolled  
.....  
**2,144**  
Household items disbursed in 2022

# CONNECTING COMMUNITY MEMBERS, CONNECTING COMMUNITY STAKEHOLDERS

People young and old need a sense of belonging and safety. Building community connections are at the heart of JLSFRC's work:

## ISLAND NEIGHBORS (INCLUDING FOOD BANK DELIVERIES)

The **Island Neighbors Program** connects trained volunteers with islanders who suffer from social or physical isolation due to age, medical challenges or disability. Volunteer neighbors help run errands, go for walks, do weekly check-ins, help with chores or arrange social outings.

41

Islanders received services

.....

2,558

Volunteer hours provided



## LATINX HEALTHCARE ADVISORY GROUP

JLSFRC's **Latinx Healthcare Access Program** engages San Juan Island's Latinx community members in collective work to reduce health disparities and build health and wellness capacity on the island. In 2022, JLSFRC created two Spanish-speaking Community Health Worker positions within the agency, 13 Latinx Community Advisory Group Members, provided two free "pop-up" preventative care clinics, a mammography clinic, ongoing Spanish language health & wellness workshops and swimming lessons for adults and children.



## VULNERABLE POPULATIONS WORKGROUP

Behind the scenes, JLSFRC works extensively to foster opportunities for local stakeholders to engage in collective actions that build a healthier, happier community.

Every year, JLSFRC administers the San Juan County **Vulnerable Populations Workgroup**, bringing together a wide range of local human services providers to identify unmet needs among our local senior and disabled communities and engage in collaborative efforts to develop solutions. 2022 work included increasing locally accessible transportation options - including wheelchair accessible options - and building local in-home caregiver capacity.



13

Advisory Group members

.....

92

Community members provided with pop-up clinic and individual health support services (including immunizations, health screenings, mammograms, diabetes education and behavioral health referrals)

.....

26

Spanish-speaking islanders participated in beginner swimming and water safety lessons

# NURTURING STRONG STARTS FOR FAMILIES

JLSFRC's developmental playgroups for families with infants and toddlers are a foundational piece of our work. Connecting with parents and helping little ones launch off to a strong start is at the core of building strong families and a strong community. Over 45 local island families participated in playgroup programs in 2022:



Additional JLSFRC services focused specifically on supporting children's early starts in life, with an array of programs serving children ages 0-5:

## KINDERGARTEN TRANSITIONS

Facilitated group events and a series of individual home visits that helped 27 five year-olds and their families become more confident and ready for success as they transitioned from preschool to kindergarten.



## RAIN OR SHINE PLAYGROUPS

"Rain or Shine Playgroup" helped families with young children connect weekly throughout the year, building friendships and learning to enjoy the outdoors in all types of weather.

"Toddler Tea Time" provided a valuable opportunity for toddlers to experience a more structured playgroup milieu that supported child development goals and helped little ones begin to develop critical social-emotional skills in preparation for preschool.



## PRESCHOOL PLAY THERAPY

Provided school-year support for referred preschoolers to process difficult feelings, have a safe place to express themselves and build positive social-emotional skills.



## SAFECARE HOME VISITING

Nurtured young families with in-home visits that focused on home safety, health and child development needs for children ages 0-5.

# NURTURING THE NEXT GENERATION



## CHILDCARE COOPERATIVE

JLSFRC's newly launched San Juan Island Childcare Cooperative created much-needed childcare capacity for working families with infants and toddlers. Run in partnership with the Skagit Valley College Cooperative Preschool Program, the cooperative opened in April, 2022 and serves 15 families with developmentally-based childcare, preschool readiness activities and parenting education. Parents and caretakers work a weekly shift in the classroom to help make the program affordable and sustainable, while earning tuition-free college credits in Child Development as they participate in the program.

## YOUTH MENTORING PROGRAMS

Helping youth of all ages find a meaningful place to belong in their community is at the core of JLSFRC's vision. The Resource Center's Youth Mentoring Program provides evidence-based activities and support to help local youth engage in positive experiences, build confidence and stay healthy. JLSFRC's mentoring programs provide opportunities for growth and belonging across the developmental spectrum. Our elementary and middle school mentoring program provided 34 youth ages 7-15 with summer and afterschool programming including cooking instruction, swimming lessons, expressive arts opportunities and off-island field trips. 18 elementary and middle school students were also paired with specially trained adult mentors who met with them weekly to provide quality one-on-one time exploring new hobbies, talking about life and spending time outdoors. Developing positive life skills and learning about substance use prevention was a strong thread that ran throughout all mentoring activities.



## FIRST GENERATION MENTORING

The Resource Center's First Generation Mentoring program provided in-depth guidance and support for 6 high school students who were the first in their families to pursue education beyond high school. Students enrolled received assistance with navigating financial aid applications, exploring post-secondary education options and even participating in intensive summer college prep programs on the east coast.

# MAKING SURE THAT ALL COMMUNITY MEMBERS HAVE THE CHANCE TO THRIVE

The medical, financial and social stressors of the past two years have had a profound impact on community health. Islanders have been affected to the same extent as the nation at large, contending with depression, anxiety, social isolation and increased exposure to trauma. JLSFRC offered a wide range of wellness programs and services that provide opportunities for islanders to connect with professional treatment, advocate for improved inclusiveness and benefit from mutual support.

## YAAS (LEADERSHIP, SPECIAL OLYMPICS)

The Young Adult Association of San Juan! (YAAS!) provides social events, learning opportunities, advocacy and leadership training for teens and young adults with disabilities. With over 25 participants, YAAS! expanded from its home base on San Juan Island to also include members from Orcas Island. Group members trained and participated in off-island Special Olympics events, organized fundraising to help cover the costs of a publicly available wheelchair-accessible van, and completed a rigorous national certification program in Disability Mentoring.



## PARENT TO PARENT PROGRAM (P2P)

The center's Parent to Parent Program (P2P) provided specialized peer support, resource & referral services to local families who care for children of any age who have medical or developmental disabilities. By training local parents to volunteer as "Helping Parents", P2P is also forming an effective network to help families navigate the world of disability resources, connecting them with the best treatment and supports possible, regardless of our rural locale.

## COMMUNITY WELLNESS PROGRAM

JLSFRC's Community Wellness Program, funded by San Juan County, the Town of Friday Harbor and the LightHouse Fund, ensured that islanders had high quality, low-barrier access to professional mental health and substance use counseling. The program connected 260 community members with affordable income-based treatment provided by local therapists.

## PEER TO PEER SUPPORT

Peer to peer support is at the heart of recovery support services offered by JLSFRC. The center's Certified Peer Support Specialist provides community members in recovery with a listening ear, encouragement and guidance about available treatment and recovery resources. In late 2022, JLSFRC expanded Peer Support Services by opening the New Day Recovery Café. The café was established to fill in gaps in local recovery support services for community members experiencing behavioral health and recovery challenges. The vision of New Day Recovery Café is to provide a supportive, inclusive space on San Juan Island for those who are seeking recovery in community. The café has brought together a core team of staff members with diverse backgrounds, skills and experiences, including two certified Peer Specialists, a Community Health Worker/Promotora, and a Social Services Case Manager.

821

Counseling sessions

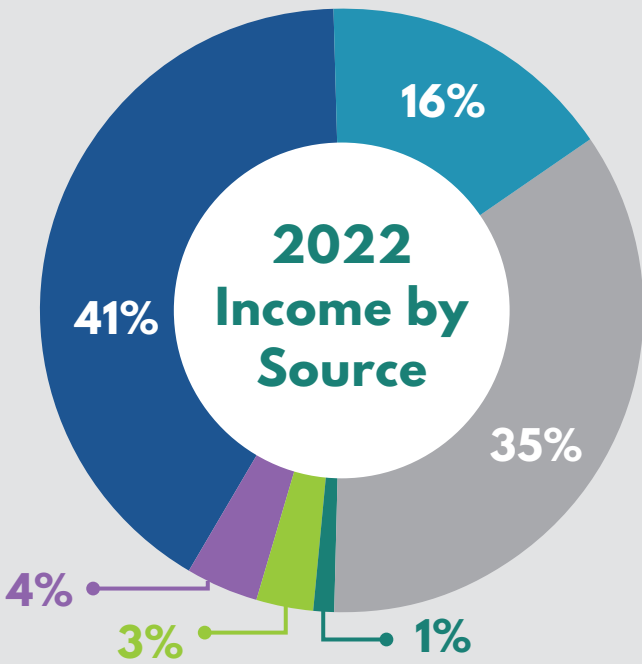
1,620

Hours of peer support services provided

468

Individuals engaged in wellness programs and services

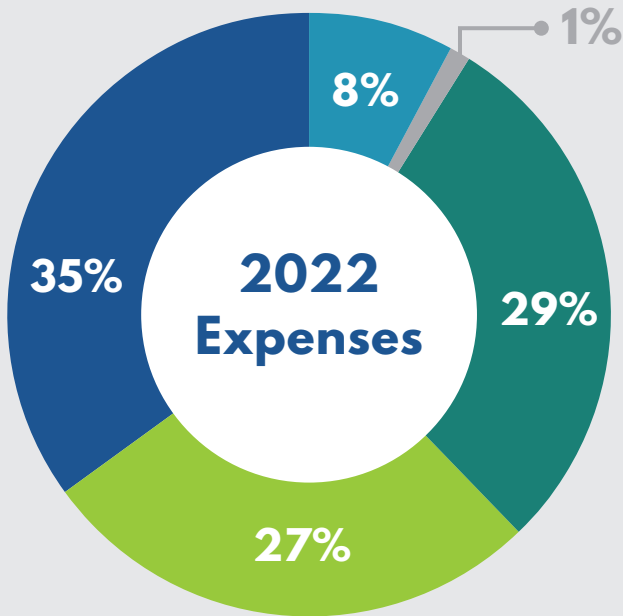
# JLSFRC FINANCIALS



- Direct Public Support
- Foundation Grants
- Government Grants
- United Way
- Program Income
- Service Contracts

\*Investment income less than 1%  
 \*\$166,000 held in an emergency operating reserve account

**Total Income \$1,345,265**



- Admin
- Fundraising
- Program Basic Needs
- Program Family/Child
- Program Health

**Total Expenses \$1,178,305**



## Islanders helping Islanders

When we help people find a safe place to live, benefit from educational opportunities, engage in gainful employment and access health supports that promote healing and well-being, we nurture the foundation for a safe, healthy and equitable community.

**Join us in providing islanders with the opportunity to thrive.**

*Together we will change lives!*