



Crisis House Connector August 2019 Newsletter



2019 Fish Camp

On Sunday, July 28th, we held the 9th Annual Fish Camp at Lake Murray Mission Trails Regional Park. On behalf of the families that we serve at Crisis House, we want to formally express our sincere appreciation to the San Diego Bassmasters, San Diego Council of Bassmasters, and San Diego Teams for hosting the event. We are honored that these expert fishermen choose to give back each year through this fantastic event.

Fish Camp is a one-day event for the mothers and children who are enrolled in our domestic violence housing programs. These moms and kids are still dealing with the trauma and disruption they experienced living in an abusive household. Fish Camp has a huge impact.



Fish Camp is important for so many reasons. Studies have shown that experiencing domestic violence in childhood is directly associated with adverse outcomes as adults, such as homelessness, poverty, unemployment, and chronic health problems. While the research on exposure to domestic violence continues

to emerge, existing evidence suggests these children are at risk for increased anxiety and depression, social isolation, increased physical and psychological aggression, and propensity to perpetuate the cycle of domestic violence. Without effective intervention, the physical, mental, and behavioral health issues will have a lasting consequence for the children in our programs and could continue the devastating cycle of abuse.

The compassionate Bassmaster mentors are positive male role models that create a lasting impression on the lives of our young people. They devote attention and patience to each child at the event, many of whom have never been fishing before. Studies tell us that when children and teens have the influence of a caring adult, they are more likely to avoid risky behaviors. We are so very grateful for your impact on those who suffer from the effects of domestic violence in our community.

This event is truly one of the highlights of the year. Everyone comes away with amazing memories, there very own fishing rod, and a trophy. Without fail, there is a moment that reminds us of why this event is so important. This year it was one of our smallest fisherman running into the arms of his Bassmaster mentor, (pictured included here). The happiness on the faces of the kids and their enthusiasm for the day is contagious.

We look forward to making new memories with the Bassmasters at Fish Camp next summer at the 10th annual fish camp!



Celebrating 50 Years!

Did you know that in 2020 Crisis House will be celebrating 50 years in East County? It's true! We are writing because we want you to celebrate this milestone with us. But first, we wanted to tell you a little bit about what the organization does for **our** community.

As you may know, in 2018, El Cajon, La Mesa, Lemon Grove, and Santee declared a shelter crisis. These cities advocated for an expanded partnership with Crisis House because **we offer a solution to the region's problem of homelessness**. In East County we:

1. are the Coordinated Entry Site for any person experiencing homelessness,
2. host Project Homeless Connect – East County every year in April,
3. coordinate the WeAllCount Point-In-Time Count for El Cajon in January,
4. administer El Cajon Housing Connections and East County Housing Connections, two of the only rapid rehousing program for the general homeless population, and
5. continue to be the only walk-in Emergency Resource Center serving the

homeless in East County.

Additionally, **Crisis House has one of the largest domestic violence housing programs in San Diego County.** There are over 200 households, including over 400 children that are placed in safe and abuse-free homes through our programs.

We hope you will support us by participating in the Hearts of Gold Gala on February 09th at the University Club in downtown San Diego. The event will honor some of our greatest supporters throughout the years - **The India Phillips Foundation, Former Mayor Joan Shoemaker, and the Our Lady of Grace Holiday Angels.** Bill Howe Plumbing, Heating & Air, Restoration & Flood Services has already committed to a \$5,000, "Heart of Bronze," sponsorship! We would love for you to consider underwriting an event cost or becoming a sponsor. [Click here to see the available opportunities](#), and invest in our mission to "respond immediately to stop the cycle of domestic violence and homelessness and connect families and individuals to crucial resources that empower them to renew their lives."

Please contact Catherine Fraser, our Development Director at (619) 444-3131 or cfraser@crisishouse.org for more information.



Playroom Updates!

The children in this program have experienced homelessness, often as a result of intimate partner abuse within their households. They have had to change schools, they have lost their friends, their toys, and their places of play. Crisis House is a safe place for our young clients.

Historically, nearly fifty percent (50%) of the children in our programs are diagnosed either before entry or during their stay with Autism, Failure to Thrive, PTSD, Attention-Deficit/Disruptive Disorders, Seizures, Suicide Ideation, Self-Mutilation, Insomnia, and Oppositional Defiant Behavior. While our housing programs meet the "survivor family" need for safe housing to renew their

lives, without active intervention, the physical, mental and behavioral health issues will have a lasting consequence for the children. We strive to make Crisis House a place where the more than 400 children in our programs can begin to rebuild from the trauma that they have experienced. An integral part of that is providing the children with a place to play.

The playroom is one of those places. Although an essential purpose of the playroom is play, Crisis House often uses the room to identify and mitigate risk factors with child and family-focused activities. Research shows that children use free play to express their emotions more readily. When children have a free environment to play, they are more open to learning effective coping mechanisms. Play Therapy is relationship-based and utilizes principles of child-centered therapy to 1) allow children to self-direct, 2) give children an experience of control and mastery, and 3) permit children to access natural healing mechanisms such as post-trauma play.

Although the playroom is a considerable benefit to the organization, space has not been updated in years. Recently, Crisis House was able to use a grant to make the children's playroom in the office more usable, comfortable, child-safe, and child-friendly. We are so excited to have this updated space for the kids to enjoy!

Crisis House would like to offer a special thank you to Tricia Heras an IVC Volunteer for who helped to coordinate this project. Thank you, Tricia!



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