



HOLY FAMILY DAY HOME
Spring 2021 Newsletter

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Sponsor a Family! Family Services Fund

Holy Family Day Home is launching a new Family Services Fund Campaign to provide wraparound services to empower and stabilize families on an ongoing basis. Find out how you can help!

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Jimena's Story: From Homelessness to Hope

Be uplifted by the inspiring story of Sea Lion student Jimena and her mother Dina's journey and partnership with the Holy Family Day Home staff and community.

3



Meet the Social Services Team!

Learn about Holy Family Day Homes' approach to family and mental health support and our incredible staff of specialists.

PLUS:

- A Chat with Maria Morales/Food Security Program
- Join the Board!



HOLY FAMILY DAY HOME LAUNCHES FAMILY SERVICES GIVING FUND!

We invite **YOU** to invest monthly in the wraparound services that help empower and stabilize our families.

Your monthly gift matters:



\$10/MONTH

helps supply shelf-stable food for our weekly grocery distributions



\$20/MONTH

provides one family with essential household goods (e.g. diapers, toilet paper, and hygiene products)



\$40/MONTH

can offer Parent Education to help break the cycle of poverty



\$50/MONTH

can support case management for a family in crisis or transition



\$65/MONTH

sponsors one family's **COMPLETE** services



Why give monthly?

It fits your budget

No matter the size of your gift, it accumulates to give more families access to life-changing support services. With monthly giving, **A SMALL GIFT CAN MAKE A BIG DIFFERENCE.**

It's sustainable support

Recurring donations help us invest in specific activities now while developing strategic plans to **EXPAND AND INNOVATE** other parts of our program in the future.

It's about community

Donors like you have kept HFDH open to families in our community since 1900. When you make a gift to HFDH you **BECOME PART OF A LEGACY** of care, compassion, and education.

It's easy!

Just **SIGN UP ONCE** and your donation will be made **AUTOMATICALLY**, and at the frequency of your choosing. You can stop or edit your recurring donation at any time.

Start your recurring monthly gift **TODAY** at holyfamilydayhome.org/family-services-fund

Not Ready to Give Monthly? Make a One-Time Gift in Support of Holy Family Day Home at holyfamilydayhome.org/donate

JIMENA'S STORY FROM HOMELESSNESS TO HOUSING, HOPELESSNESS TO CONFIDENCE

This is not a story of helplessness nor hopelessness. This is a story of strength in a time of greatest need. It gives us perspective, brings us hope and inspires us all as we move through this unpredictable world. **This is Jimena's story:**



Before she was born, Jimena's mother Dina fled an abusive situation in Guatemala and moved to the Bay Area.

After Jimena was born, they were introduced to the support and services of **HOLY FAMILY DAY HOME**.



Suffering from **UNDIAGNOSED HIP DYSPLASIA**, Jimena had an operation last year that required her to be in a half body cast for several months. Through the support of HFDH, Jimena is finally back in school and her recovery is progressing well.



Working with HFDH staff, Jimena and Dina have moved from homelessness to permanent housing through the **MERCY HOUSING PROGRAM**.

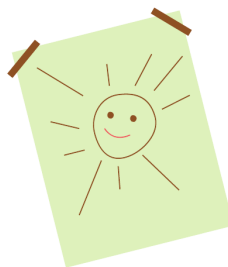
HFDH has delivered groceries (and even a scooter) to Dina and Jimena's new home.



Dina is challenged by the language barrier, overcoming previous trauma, and deep distress from the separation from her two sons and her mother left behind in Honduras and the COVID-19 crisis impacting employment opportunities, despite having her master's in early education and a U.S. work permit.

However, Dina continues to work with her HFDH **NETWORK OF SUPPORT** receiving counseling, translation services, and

accompaniment to appointments -- she remains confident, hardworking, and hopeful.



TODAY Jimena's physical and emotional recovery is progressing well, and she is a vibrant young girl in the Sea Lion Class. Jimena loves dogs, playing with dolls, doing art, and taking long walks.

This resilient family is on a spirited path forward in partnership with Holy Family Day Home.



Meet our Social Services Team!

Holy Family Day Homes' Approach to Family and Mental Health Support:

Holy Family Day Home offers free mental health therapy and counseling to our children and families. Our trained family services staff provide children with targeted counseling and psychiatry, occupational therapy, and behavioral management services to give them the best possible start in life. As part of our “whole child” approach, we also provide parents and caregivers with a mix of one-on-one counseling and outcome-based case management to help address any mental health issues that might be having an undue effect on their children.

Emmanuel Calautti, Health and Wellness Director



As the Health and Wellness Director, Emmanuel oversees the kitchen and facilities personnel and ensures that our children and staff can focus on the things that matter most to our community—the healthy development of our children. He and his staff tend to the dietary and health needs of our early learners so that they can thrive in their classrooms and prepare themselves for further developmental goals. To accomplish this, Emmanuel collaborates with the Program Director, Admissions Coordinator, Mental Health Specialists, Support Services Coordinator/ Inclusion Specialist, and Executive Director—amongst others—to identify and support children and families

with various levels of needs.

Additionally, Emmanuel provides updates for HFDH families and employees regarding the guidance and recommendations from the Centers for Disease Control and Prevention (CDC), San Francisco Department of Public Health (SFDPH), California Department of Education - Nutritional Services (CDE), Child and Adult Care Food Program (CACFP), and California Department of Social Services (CDSS) to ensure that our community is aware of and is in compliance with current standards and policies that support our health and safety. He is also a member of the San Francisco Family Support Network (SFFSN) and collaborates with other local organizations to support public health efforts to provide essential resources to disenfranchised youth and families throughout the Bay Area.

“I am encouraged by the progress HFDH has made in the Mission District and Bay Area, and I am optimistic about how I can further extend support, resources, and awareness to neighboring communities and how we can reach more families facing food and home insecurity, mental health concerns, and marginalization.”

Santos De La Paz, Family Services Coordinator



Santos will be working with our Family Support Team, as well as the Program Team. In his role as the Family Service Coordinator and in partnership with other clinical consultants, providers, and staff, he will make sure that HFDH families have access to IEP/developmental services necessary to ensure the welfare of their children. In addition, Santos will help provide educational resources and referral services to the Spanish-speaking community in our program. He previously worked at After-School All-Stars in Los Angeles, CA as a Program Leader where he designed and implemented daily lesson plans for 120 students in the after-school setting, as well as tutoring students on various subjects including Algebra, Biology, and World History. Santos is a graduate from UC Santa Cruz with a Bachelor of Arts degree. He is new to the Bay Area and is excited to

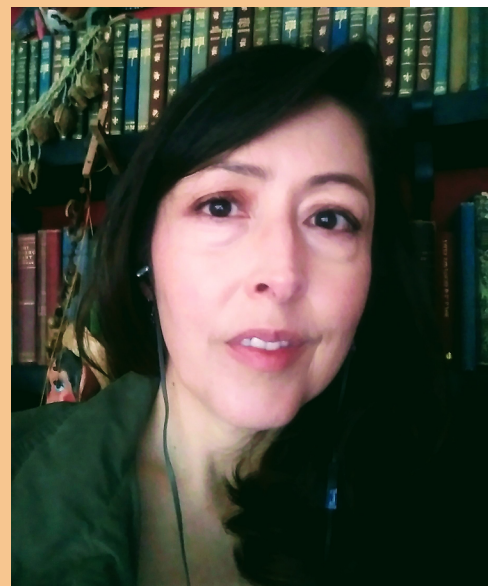
explore the city and the food it has to offer.

“In a city as beautifully diverse as ours, there are many voices to hear and experiences to share. As the Inclusion Specialist, I aim to serve the Spanish speaking community, and beyond, so all may receive adequate and effective services. I believe that inclusion and diversity are the pillars for global progress and we will do our part in our little corner of San Francisco.”

Elia Dominguez, Early Childhood Mental Health Consultant

Elia’s role at Holy Family Day Home (HFDH) as an Early Childhood Mental Health Consultant is to partner with adults to deepen the collective understanding of needs of children while promoting social emotional development. She has the opportunity to meet with each classroom teaching team on a bimonthly basis for Early Childhood Mental Health Consultation (ECMHC) meetings. ECMHC is a collaborative effort between a mental health clinician and the care providers of young children. ECMHC is a solution-based and capacity building intervention intended

to prevent, treat and reduce the impact of trauma and mental health problems on development and learning. The goal is to recognize, interpret and support the emotional and behavioral health care needs of children and their families. Being family-centered is an essential component of ECMHC. Families are critical partners in



developing strategies that are well-attuned to the child and family's strengths, needs and preferences.

In addition to partnering with classroom teachers, she also joins with HFDH administration and support staff on a weekly basis to discuss the families' needs within the school community. This weekly meeting is an opportunity to share different perspectives and knowledge in order to be better able to meet the needs of individual families at HFDH. It is a space to integrate relationship-oriented and trauma-responsive policies and practices.

"I look forward to continuing to nurture the trusting relationships among all the care providers at HFDH and to witness the growth of its youngest community members."

Joe Latuga, MA, AMFT, School Counselor



Joe is an Associate Marriage and Family Therapist who has diverse experience working with Adults, Youth, Dyads, and Families. Prior to joining the team at HFDH, Joe worked with youth experiencing trauma and recovering from Post-Traumatic symptoms at community-based agencies in Oakland and Richmond, CA. Additionally, Joe has supported children with Autism Spectrum disorder and their families as a Behavior Therapist, creating and implementing behavioral support plans and collaborating with families to support the school to

home pipeline.

Joe's experiences with youth have bolstered his belief that early childhood, attachment, and all of our life experiences shape the story of who we are. He believes that our minds and bodies are incredible and adaptive in helping us manage the most difficult times.

"I believe that delivering accessible and culturally responsive mental health and case management services to all children and families is critical to supporting the growth of healthy children, families, and communities. I'm so excited to be a part of the HFDH family; and feel honored to support our students at such an important and formative time in their lives. I envision my role as School Counselor as a resource for teacher and families, a friend to our students, a consultant for our staff, and an advocate for our community. I hope to use my experiences to continue to meet our families where they are at; partnering to create a supportive and wellness focused school to home pipeline."

Erica Morales-Cruz, MSW, ASW

Associate Clinical Social Worker, Mental Health Therapist

Erica is our Associate Clinical Social Worker and Mental Health therapist. Erica does individual, dyad, couples and family therapy, working with children and parents in these different therapeutic modalities. She also conducts children's social skills groups to help improve peer relations among the children in the classroom. She will be leading our Parent support group on Tuesdays to help parents adjust to these changing times. She has over 15 years' experience as a Social Worker in various settings including working for the County of San Mateo and elementary school settings as a counselor. Erica is bilingual and bi-cultural.



While Erica's role at Holy Family Day Home has changed from in-person with children, parents, and working in collaboration with the teachers, she has now shifted to being completely remote. It has been a challenge to continue to provide mental health services via telephone or zoom, but she hopes that one day in the future it will be safe to provide services on site again.

"My hope is for the Social Service department to ensure that every family at Holy Family feels welcome and feels that they are able to access services when necessary - not just therapy but food stability, case management, access to social skills for their children, as well as access to parenting questions and/or concerns. The early years of a child's development are so important and set a long term foundation for relationships in the future!"

JOIN OUR BOARD!

Help us continue to provide critical resources to our homeless, low income and working families and their children as we navigate the multiple crises facing our neighborhoods and community.

**Contact Emilie Struthers, Community Outreach Manager
(415) 565-0504 ext 203 or estruthers@holyfamilydayhome.org**

A Chat with Maria Morales:

HFDH'S Food Security Program

Every Friday, HFDH Office Manager Maria Morales can be found setting out produce, shelf-stable goods, and household supplies for our weekly grocery distribution. While food distributions have been part of HFDH's family services programming for many years now, the need for extra support has skyrocketed in our community during the pandemic.

"A lot of people lost homes during Covid, but things have stabilized with housing," Maria explains. "The food insecurity is still there. Families are just grabbing as much as they can. There's a high need for food in general."

Food security means having regular access to enough food to support a healthy and productive life. According to the San Francisco Department of Public Health, as many as 1 in 4 San Franciscans is at risk of hunger due to low income. At HFDH, where 70% of families qualify for subsidies based on income, food security has become one of our main areas of impact. We work with the Town School for Boys and Food Runners to keep our shelves stocked and our families' food secure.

HFDH also works to address the stigma and shame around food insecurity by creating a culture of acceptance, where parents can feel comfortable dropping their children off at school and then taking what they need from the free family pantry. In the early days of our pandemic-safe outdoor distributions, there was a sense of shame as families got closer to the table. Some families had never visited the family pantry before Covid and were accepting help for the first time due to job loss and reduced wages. Now, they feel more comfortable. Long-term participants often stay around and socialize after they pick up their food, re-establishing a sense of community after so many months of isolation. Maria hopes that the Food Security Program will provide the relief families need to overcome the effects of the pandemic and feel secure again.

"By focusing on the families' needs, we can stabilize a child's life," Maria says.

