



Lopez Food Share Program



Youth Mentoring



Youth Outdoor Programs



Interisland Latinx Youth Leadership

During the past 21 months, we have experienced one of the most challenging periods of our lifetimes. It can feel never-ending; the heartaches of loss, ongoing injustices, and endless crises can easily overwhelm us. But we have also witnessed the power of love and community—what we can accomplish by taking care of each other.

This report provides an overview of our work over the past year. The steadfast support of the Lopez community has enabled LIFRC to meet islanders' basic household needs, and to promote wellness, offer enrichment programs for youth, and advocate for increased opportunities. We are deeply grateful for the myriad ways that everyone on Lopez contributes.

Our hope is that our island, and the rest of the world, will soon get to a place of more stability and greater equity. Yet with 35 percent of Lopez residents having insufficient income for a basic survival budget, an inadequate supply of affordable housing, and a need for greater inclusivity, we know there is more that must be done.

In looking to the future, we want to dream big. This involves listening, learning, and supporting many talented leaders as they help shape solutions for the years to come. We are confident that working together, we will build a stronger, healthier, and more equitable community in which we all can experience connection and a sense of belonging.

—The LIFRC Staff & Board

Providing Stability and Security

The constant, daily stress of financial insecurity—wondering if you will be able to pay your bills—takes a toll on the health and well-being of too many households on Lopez. Unfortunately, Lopez appears at the extreme end of two statistical lists for our state; our cost of housing is among the highest, and our wages among the lowest. It is common for some residents to spend 50 percent or more of their income on housing, leaving little for food, utilities, and other bills. In one-to-one sessions, our **Household Supports** staff members provide clients with strategies and help them navigate long, complicated application processes for assistance programs. Clients are empowered to get the resources they need to pay for rent, utilities, counseling sessions, ferry tickets, and more.

“As a senior citizen with a limited fixed income, an Energy Assistance grant during the winter months is a lifesaver for me. I could not be more grateful to the Family Resource Center for helping me apply for and receive this support.”

—LIFRC client

HOUSEHOLD SUPPORTS

\$161,612 rental assistance

58 households

144 people served

\$47,030 utility assistance

110 households



Important COVID-19 Safety Update

All LIFRC staff and volunteers are fully vaccinated. Our program protocols are developed in compliance with San Juan County health guidelines. During the summer, fully vaccinated volunteers were allowed to be unmasked outdoors or in well-ventilated spaces. Youth programs that established small pods or cohort groups could allow unmasked activities. Photos of unmasked participants meet all safety standards: vaccinated, outdoors, and/or cohorts. Thanks to everyone's diligence, our programs have remained COVID-free. Thank you, Lopez!

Nourishing Our Neighbors



Before the onset of the pandemic, our self-serve food bank relied on donated food from home gardens or unsold excess from our local stores. As a result, 85 percent of recipients reported that they ate less than one serving of fruit or vegetables per day. Supplies were inconsistent, and people sometimes didn't receive the food they needed. When COVID hit, we quickly established a greatly expanded service, **Lopez Food Share**. The program supports local farmers, obtains food from the larger food bank system, and enables us to purchase food to fill in the gaps to assure well-balanced meals. Staff members also regularly check in with recipients to learn more about their preferences. Now, instead of arriving to find an empty food pantry or refrigerator, participants can depend on a reliable source of sustenance. Peace of mind comes from knowing that our community is providing enough food for everyone and working together in many ways to nourish each other.



"One of the things we love about Lopez is the pervasive sense of camaraderie. There are so many opportunities for all of us to give and receive! A wonderful role model for the world."

—Food Share volunteer

LOPEZ FOOD SHARE
530 individuals
200 households served
60 dedicated volunteers
10,000 pounds of gleaned fruit
22 restaurants and farms supported

All Food Share volunteers are fully vaccinated

Learning During a Pandemic



COVID required island students to attend school remotely for over a year, resulting in social isolation and stress from being in front of a computer screen for learning every day. To counter this, LIFRC offered outdoor/survival skill **after-school programs**, **summer day camps** full of art, games, and activities, and **summer workshops** such as tree climbing, self-defense, and more. Youth are able to reconnect, interact with their environment, and have some normalcy back in their lives. We are hoping that next summer, we'll be back to a wider range of workshops again.

**AFTER-SCHOOL and
SUMMER PROGRAMS**

**215 youth
7,725 hours of activities**

Developing and Thriving Together

Research demonstrates how much a trusted adult's mentorship can change the trajectory of a youth's life. LIFRC's **Mentorship Program** pairs a child or teen with an adult outside the family circle who encourages them to see a more expansive view of their own potential. Mentoring is reciprocal, as there is so much adults can learn from younger generations. With both 1:1 and group mentoring programs, mutually caring relationships develop, and adults and youth enrich each other's lives.

"My daughter's mentor offered her such a special friendship. I loved that she had a special grown-up other than her parents to learn from and build a caring relationship. My daughter adored her mentor, and will forever cherish her mentoring relationship."
—Parent



YOUTH MENTORING

- 28 1:1 mentor pairs
- 1,860 hours together
- 1,248 1:1 sessions
- 30 middle & high school small-group sessions
- 248 1:1 Paraprofessional support during remote learning for kids in Special Ed
- 85 hours of 1:1 mentor tutoring
- First! Latinx Bilingual Youth Leadership Summit: La Cima & La Chispa

"My child had SUCH a great time at the mentor group— it was wonderful to be able to connect regularly with so many kids, especially with the isolation created by the pandemic."
—Parent

Developing and Thriving Together

Young brains develop rapidly from birth to age five, and grow stronger when we help them to stretch. To create a foundation of lifelong learning, LIFRC's **Parent-Tot** program brings families together to learn about Vroom, a project offering science-based tools for turning shared, everyday moments into “brain-building moments.” Boosting children’s learning doesn’t require more time, money, or stuff; parents can make small changes in using their time with children to have a big impact on their growing brains. Vroom makes activities fun and easy, and explains the science behind experiences that promote bonding.

PARENT-TOT

- 52 children with their parents, grandparents and caregivers
- 23 weekly one-hour gatherings using Vroom Brain Building tips and activities

“Parent-Tot group has been such a wonderful resource and welcome relief after a year of lockdown. Meeting new parents and watching the kiddos socialize, plus fun songs, stories, and games—it’s a great weekly activity!”

—Parent

“I think it is a great program. My daughter has a great time, comes home bragging to her dad about how fun it is to meet new friends, sing songs, and play at the beach.”

—Parent



Ensuring Well-being

A combination of fear of getting COVID, financial insecurity resulting from lost income, and social isolation have resulted in a rise in anxiety and depression—a trend here on Lopez similar to what is being seen throughout the state and nationally. It is never easy to ask for help, but having choices is an important part of the healing process. LIFRC offers a range of innovative options, such as therapy sessions with local counselors (including EMDR/Eye Movement Desensitization and Reprocessing, a psychotherapy treatment designed to alleviate distress associated with trauma), peer support counselors who offer hope and empower others with their own stories, and group wellness activities that lead to friendship and mutual support.

From our community

"LIFRC staff made me realize how important it was to make time for myself and my own healing. It is like finding your compass during a storm at sea, helping guide yourself to safer waters."

"The Peer Support specialist helps me find my inner voice and strength."

"I appreciate the opportunity to share and make deeper connections."

"The simple reliability of the weekly connection brings a sense of security and trust in being cared for."

LOPEZ COMMUNITY WELLNESS and PEER SUPPORT

45	wellness group & peer support participants
88	individuals
413	counseling sessions
20	medication checks

ACHIEVING GREATER EQUITY

LIFRC continues its advocacy for social justice, so that everyone feels welcome and valued. As a result of our commitment, the Group Health Foundation awarded us a Community Learning Grant for the exclusive use of **Voices and Visions**, a program run by Lopez's BIPOC, LGBTQ and disability rights leaders, both youth and adults.

The funding will be used by these leaders to build stronger relationships, promote inclusiveness, increase awareness and visibility of our diversity, and share power more broadly. We celebrate increasing diversity in voices imagining our future.



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