



IMPACT REPORT

FALL 2023

Lopez Island Family Resource Center

Programs and services that support, diversity, equity, inclusion, and belonging through advocacy, enrichment, education, and empowerment.

Cultivating Belonging

EMBRACING HUMANITY

Each year at this time, we gather data from our programs to compile them into a tidy little report to share the amazing accomplishments that you help empower.

An important thing to remember is that behind the numbers are real stories of over 1,000 Lopez community members participating in LIFRC programs: children, families, adults and seniors - our neighbors.

May the stories within these pages touch your heart as much as they touch ours.

HOUSEHOLD SUPPORT

There are a lot of reasons why households need intermittent support to help assure their basic needs are met. This support has a big impact: reducing stress and intergenerational poverty and increasing economic mobility. But on a small island where we all know each other, there is a simpler explanation: **when we support each other, we support all of Lopez.**



AT A GLANCE



225 households supported
\$35,000 in rental assistance
\$38,000 in utility assistance

FOOD SHARE

Part of how we build resilience within the community is through food security and assuring everyone has access to healthy, nourishing food.

This year, the Lopez Island Food Share received, unloaded and distributed 19,000 pounds of food each month, an annual total of 228,000 pounds and we couldn't have done it without our amazing volunteers!

AT A GLANCE



19,000 Lbs. of food per month
600 people per month
300 households per month



Cultivating Well-being



Heart & Soul Café

A COMMUNITY SPACE FOR CONNECTION

AT A GLANCE

- 83 Community Members
- 49 Recovery Circles
- 432 Healthy Meals Served

Feeling safe, secure and supported as we are, without needing to change who we are is our definition of belonging and that is exactly what Heart & Soul Cafe is doing for people in recovery here on Lopez Island.

Since November 11th, 2022, we've been open twice a week holding recovery circles, sharing activities and serving warm healthy meals.



"The Cafe helps me so much in my sobriety. It's the fellowship. I carry it home with me and I'm smiling the whole way."

"It's been a really welcoming place where I can just be me."

"You helped me a lot with understanding my feelings."

"I liked learning about all my classmates and what they're feeling."

CALM & CONNECTED

Feeling calm isn't something that necessarily comes naturally. It's something we learn, something we cultivate.

Calm and Connected is a toolbox of skills taught to 79 students in 6th, 8th and 10th grades as a complement to the LISD Health Class curriculum.

The toolkit provides mindful approaches to self-regulation, offering youth a safe space to explore and gain understanding of big feelings, as well as concepts like setting goals and boundaries for a healthy, happy life.

AT A GLANCE



- 14 6th graders
- 39 8th graders
- 26 10th graders

LITERACY

It's been said that reading is to the mind as exercise is to the body, but for us, guiding children towards literacy is more than just calisthenics. It's opening up an entirely new world for them to adventure in. It's teaching them to think in new ways.

Over three seasons of this program has helped 19 children become stronger readers. In recent months, 9 students have graduated from the program, opening space up for new students to join us this school year. "My child is having a great time with their Literacy Coach, and they are loving to read now!" said one parent. Thank you to both Amerigroup and ProLiteracy for their grant funding that supports a portion of this program.

AT A GLANCE



19 students becoming stronger readers



9 students graduated from the program.

PARENT-TOTS

AT A GLANCE



46 in-person sessions



41 preschoolers served

Being a parent with a toddler can be both the most fruitful and frustrating time of our lives. At parent-tot, parents get support from each other about the everyday joys and challenges of being a parent while their little ones learn and connect with new friends.

"It is so good for my kids to see and play with other kids their age, and for me to get to talk to actual other adults as well!"

In the past year, we've held 46 in-person sessions, providing a space for 41 preschoolers to learn, connect and share.

SUMMER TOTS

This year's Summer Tots program provided 5 different themed 4 and 5 day camps for a total of 23 participants. From unicorns to dragons, and outdoor exploration, 100% of folks who responded to the survey said they would sign their tot up again!

We are incredibly grateful to Amerigroup and the Lopez Thrift Shop whose grant funding made this program possible.



A PLAYROOM FOR ME

Joe had previously been too nervous to come to the playroom. For some children, 1 to 1 attention can feel scary at first. But one day while walking from his classroom to the playroom he exclaimed, "I get to come to the playroom again today? This is the best day of my life!" A Playroom for Me provides 1 to 1 play time for children enrolled at the pre-school. Funded by San Juan County, this year there were 10 preschoolers receiving specialized play time.

"My heart feels happy when I get to play in here."



After-School and Summer Camps provide equitable and inclusive access to year-round youth learning & enrichment.

Campers choose between after-school activities like culinary afternoons, STEM activities, spray paint art, scrapbooking, nature walks, sports and outdoor games, reading, storytelling, Dungeons and Dragons, homework support and more. In summer, campers learned and refined skills in specialty camps such as moviemaking, outdoor survival, arts and crafts with wool, tree climbing and more.

These activities allow students to demonstrate leadership abilities and other superpowers that are sometimes kept hidden during the school day.

Our program is so rich because of our primary partner the Lopez Island School District, and our community partners the Lopez Island Library, ALIGN and KWIAHT.

OUT-OF-SCHOOL TIME PROGRAM

"Summer camp was a game changer for my child. Once summer began, the battle of screen time came with it. Camp gave him something to do and he thoroughly enjoyed every second of it"

AT A GLANCE



54 students in after school and **83** in summer camp K-8th



3 Family events with **57** family members attending

OUTDOOR LEARNING & PEER MENTORING

LIFRC's One to One Mentors are the anchors of our community. Youth paired with trusted adults explore and grow together, modeling positive relationships.

Two other programs, **Small Group & Peer Mentoring**, also benefit island youth. These programs provide space for youth to share hopes and concerns about school, identity, and the future with peers who are in similar situations and to help validate feelings. Peers are uniquely able to relate to one another's experiences and help each other process and problem-solve. Group settings allow students to alternate between seeking counsel and providing support, which builds their confidence, leadership skills and sense of efficacy.



BILINGUAL YOUTH LEADERSHIP

We believe that all young people deserve to feel valued and respected. That's why we are dedicated to making Youth Engagement programs a reflection of our island's diversity.

Bilingual Youth Leadership mentors work directly with LISD classrooms and small groups to elevate all voices and to build cultural learning and leadership.

"My eldest daughter has been involved in LIFRC's Bilingual Youth Leadership programs and has loved it since day one. The mentors have done an amazing job of building trust and inspiring my daughter to feel more confident and be more committed to herself and her community."

INDIGENOUS LEARNING PROGRAM

Developed and coordinated by Aurora Martinez (Sqwemey7ileshewó:t), Youth Outdoors Coordinator for the LIFRC, Tribal Liaison, and a member of the Samish Indian Nation. Aurora and LIFRC's staff, Contessa Downey (Confederated Tribes of the Siletz) assembled a team of tribal facilitators representing four Coast Salish tribes.

Collaborating with Lopez Island School and thanks to a grant from Recreation and Conservation Office of Washington (RCO) 75 students had the opportunity to learn directly from Coast Salish tribal leaders. Stories, songs, dances and games were shared from 6 different Indigenous nations.



AT A GLANCE

- 22 Youth paired with trusted adults
- 14 Small Group Outdoors
- 9 Peer-to-Peer Mentor Pairs
- 18 Bilingual Youth Leadership
- 75 Students in Indigenous Learning

“There was a time when salmon were so abundant, you could cross the river upon their backs. A time when geese flew in such flocks that it blotted out the sun. But those days are gone. The land has been stripped, the rivers overfished and animals over hunted. But we can reverse it. You, young ones, can be the change.”

-Chiyokten, Saanich Indian Nation

VOICES AND VISIONS

LIFRC believes that if you start with those furthest from equity, furthest from justice, you not only help them but everyone else is also lifted up.

When we empower individuals who are often left on the margins, honoring and recognizing their talents, we assure that no community members are left behind.

By raising awareness and creating a sense of belonging and inclusion we strengthen our entire community.

This year, Latinx leaders raised awareness around children's rights with their annual Children's Day celebration and other traditions such as el día de los muertos.

Collaborating with La Cima Lopez, a Bilingual Youth Leadership Program, they also brought the first ever Spanish CPR training with 40 adult and youth trained in like saving first aid skills.



Indigenous leaders welcomed 41 tribal members to Lopez for the second annual Indigenous Celebration. They generously shared their teachings, knowledge, stories, songs, drumming, and traditions.



ALIGN (Advocates on Lopez Island Gathering for Neurodiversity) completed a community needs assessment and formed a support group for parents and family members of neurodiverse and disabled youth. An adult assessment will begin this fall.

They've also provided professional development to the school and LIFRC staff on how to create better learning environments for neurodiverse and disabled students.

BUDGET

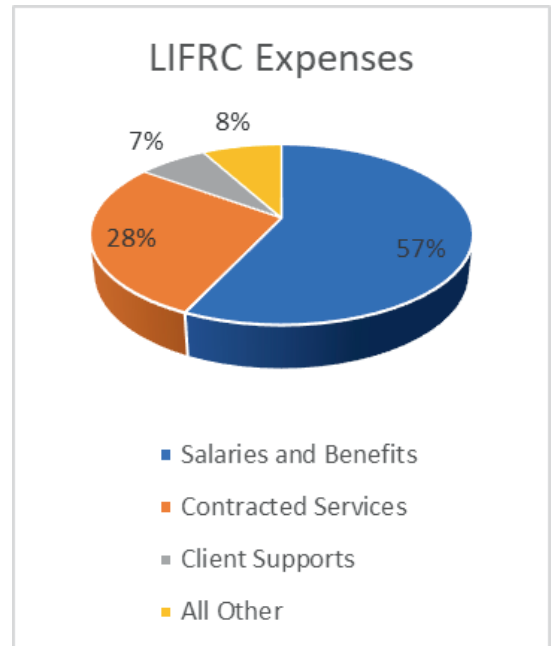
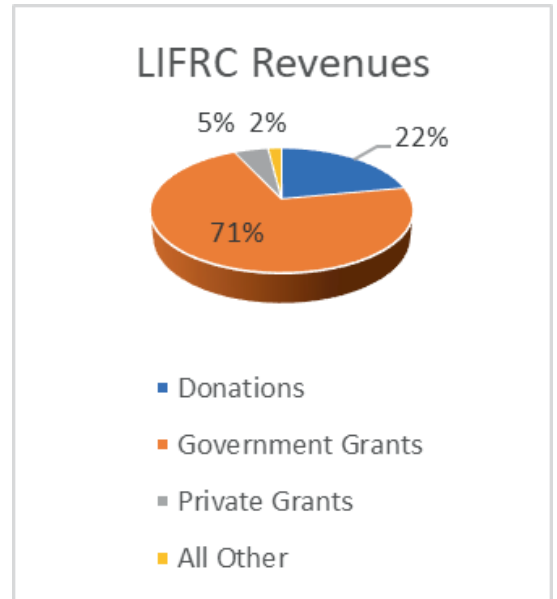
LIFRC's budget for 2023 is \$2,231,925. We are anticipating a budget of \$2,284,620 for 2024 plus an additional \$184,000 of grant funds carried over from 2023 for 2024 expenses.

The majority of LIFRC's annual operating costs (57%) cover our talented and diverse direct services staff who provide culturally and linguistically responsive services for basic needs including nutritious food, early learning, youth engagement, community health and wellness. Our next highest expenditure is contracted services (28%) which provides DEIB programs, professional development training and translation services. The remainder is for direct client support (7%) not covered by grants of which the majority is food purchases for the Food Share and general operating plus overhead (8%).

What the pandemic has taught us is that nothing is predictable and we have to be ready to change at a moment's notice.

We are facing one of those moments now. During the pandemic, funds to support food and nutrition were distributed evenly across all Washington communities.

Today, small rural communities like San Juan County have fallen down from priority funding just as we've seen an increase in enrollment at Lopez Food Share. We are working with our partner food banks on Orcas and San Juan Islands to collectively advocate for more funds to our region. We need your help to fill the gap, feed our community and support our innovative programs.



STAFF

LIFRC is committed to hiring staff and contracted coordinators that reflect our community as they are the driving force that listens and works with the community to make things happen. These talented and dedicated individuals include: 8 Latinx, 5 Indigenous, 3 Biracial, 11 Multilingual speaking 5 languages, 4 LGBTQIA+, 7 with lived mental health/addiction experience, 4 with disabilities/have children with disabilities.



Lopez Island Family Resource Center
 PO Box 732
 Lopez Island, WA 98261



ECRWSS
 Postal Customer

STAFF & COORDINATORS

Advocacy & Administration

Stephanie Lackey
 Donatas Pocus
 Barbara Schultheiss
 Rafael Velazquez

Community Supports

Contessa Downey
 Stephanie Froning
 Heather Sperry

Community Health Workers

Karina E. Cerda Aguirre
 Laura Contreras
 Melissa Montalvo-Chavez
 Veronica Ramirez
 Mariana Robles Beecher

Youth Learning

Pat Burleson
 Katy Hill
 Erica Karnes
 Debbie Kosman
 Rose Prust
 Stina Soderlind
 Stephanie Stratil
 Zeph Tate
 Stece Tijerina
 Catalina Wood



Lopez Island Family RESOURCE CENTER

Serving the entire community at every stage of life

Lopez Food Share

Kim Buckley
 Pedro Mendes
 Bo Walker

Wellness Programs

Nikola Chopra
 Andrea Dupuis
 Justin Hagge
 Lisa Westervelt

Youth Enrichment Programs

Karina E. Cerda Aguirre
 Susannah Dunlap
 Leslie Eastwood
 Emma Ewert
 Aurora Martinez
 Satya Ray-Mcwhinney
 Brenda Ochoa
 Valentina Rendon
 Mike Rosekrans
 Paul Chiyokten Wagner

ALIGN - Disability Rights

Laura Danforth
 Erica Karnes
 Sheila Woodington

BOARD OF DIRECTORS

Christine Gallagher, President
 Ellen Evans, Vice President
 Martha Martin, Secretary
 Claudio Pellegrino, Treasurer
 Darren Hoerner
 Mo Crist
 Asa Kinney
 Al Torres
 Brooks Walton

FOUNDATIONS & GRANTS

Amerigroup
 Beim Foundation
 Department of Commerce
 FEMA Rental Assistance
 Harvest Against Hunger
 Inatai Foundation
 Lopez Lions Club
 Lopez Thrift Shop
 The Medina Foundation
 M.J. Murdock Charitable Trust
 Mentor Washington
 Norman Archibald Charitable Fndn
 North Sound ACH
 Prime Time Reading
 Pro Literacy
 Recovery Café Network
 San Juan County
 Schools Out Washington
 TEW Foundation
 United Way of San Juan County
 USDA – NIFA
 Washington State Dept. of Agriculture
 Washington State DOH
 Washington State DSHS -
 Developmental Disabilities Admin
 Washington State HCA (3 grants)
 Washington State OSPI (5 grants)
 Washington State RCO