

# Wellnest

EMOTIONAL HEALTH & WELLNESS



## ANNUAL REPORT Fiscal Year 2021-2022







**MISSION**

Through a holistic approach to emotional well-being, Wellnest offers hope, healing, and opportunity to the children, young adults, and the families we serve. Our commitment remains steadfast as we enter our second century of service.

**VISION**

To ensure that everyone has access to the support services needed to achieve the emotional well-being critical to reaching their full potential.

## Dear Friends,

We are so proud of Wellnest's remarkable history of providing trauma informed mental health services for children up to the age of 25 and their families. Our commitment to serving the South Los Angeles area dates to 1924 and we remain steadfast in our pledge to provide these services. Because of the strength of our reputation and our exceptional staff, we expanded our geographic reach into the Greater Los Angeles Area.

Five years ago, we became concerned that many of the young men and women (ages 18-25) we serve were teetering on being homeless or at risk for homelessness. We were especially concerned because many were aging out of foster care and needed resources such as mental health and substance abuse services, educational support, and much more.

To add to the challenges, several of our clients are parents with very young children, all of whom also need emotional support, understanding, and compassion. We had to find solutions! Together with our Board of Directors, staff, and community, we forged ahead with doing more... doing the right thing. Through our Strategic Planning process, we envisioned expanding our core services to include transitional housing and more permanent answers in Metro and South Los Angeles. We knew that with effective intervention, we could increase the likelihood of a healthy transition to adulthood.

Then we had an even bolder vision: development of our own permanent supportive housing. On July 8, 2022, with our Board, community leaders, staff, and partners, we celebrated the grand opening of Wellnest's first housing development, The Nest on Florence - David & Susan Hirsch Building - our friends to whom we are so grateful. Thank you, Dave and Susan!

"Housing is key to ending the homelessness crisis, which is why I applaud Wellnest for being part of

the solution. I am proud to welcome The Nest to the Second District," L.A. County Board of Supervisors Chair Holly J. Mitchell said at the event. City of L.A. Council-member Curren Price, Jr., District 9, added, "Making sure that Transition Age Youth who are homeless or at-risk have a safe and stable place to put down roots will help guarantee them a brighter tomorrow and build stronger communities. We Welcome The Nest on Florence to The New 9th!"

Our beautifully designed 5-story, 40,848-square foot building features 34 studios, 16 one-bedroom apartments, and one large apartment for our Manager-in-Residence. It includes a community room, outdoor patio, children's play area, subterranean parking, and staff offices. Transitioning into adulthood can be a difficult time, and the complex and multidimensional challenges these young adults face make it especially difficult. With our help, they will regain independence, reinforce their self-determination, and change their own lives for the better.

Home truly is where everything begins... a sense of community and social inclusion so that people feel connected, supported, and loved. The Nest on Florence embraces its residents, who have so much PROMISE, with a safe environment in which to gain the experience and resiliency they need to live independently.

Wellnest is providing a plethora of on-site supportive services, such as case management and mental health services, assistance with college enrollment, job training and placement, financial literacy, life skills, and help with building a comprehensive social support network. The neighborhood where The Nest on Florence is located is a vibrant community. There are schools, parks, libraries, public transportation, locally owned businesses, even a nutritional center

for our young parents... and more. The Nest on Florence is one more addition to this lively social network that is home...that is community.

To ensure this development's success, we worked with several key organizations who invested significant resources to support the construction and services, including: Los Angeles Housing and Community Investment Department (Proposition HHH) - \$7M; L.A. County Development Authority Mental Health Housing Program Fund (Proposition H) - \$5M; along with L.A. County departments of Housing for Health Division and of Mental Health, supportive services; Brilliant Corners, rental subsidies; City of L.A. Housing Authority/Brilliant Corners; and Century Housing Corporation, Construction Loan.

To leverage additional financial resources, we turned to our philanthropic partners. The Rose Hills Foundation generously provided a lead gift of \$1M, followed by meaningful contributions from the W. M. Keck Foundation, The Ahmanson Foundation, California Community Foundation, and The Ralph M. Parsons Foundation. Then, the Carrie Estelle Doheny Foundation, In-N-Out Burger Foundation, George Hoag Family Foundation, The California Community Foundation, Lon V. Smith Foundation, and our private donors said, "count me in!" All of these key partners and incredibly dedicated people in front of and behind the scenes are a beautiful example of what it takes to coordinate, collaborate, and innovate.

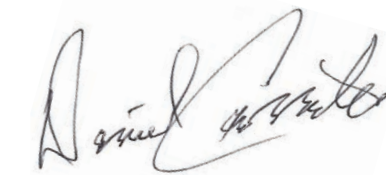
City of Los Angeles Mayor Eric Garcetti said "The Nest on Florence will be an important place where young people will not only find a safe home, but also the support they need to achieve lifelong stability and success."

In this beautiful space that we all built in one unified vision, dreams will come true. Life is so much nicer when we work together. We truly THANK each and every one of you with our profound appreciation!

Sincerely,



Charlene Dimas-Peinado  
President & CEO



Dan Carrillo  
Chairperson



## Business Leaders Join Wellnest Board of Directors

We've expanded our Board of Directors with the addition of civic and business leaders who bring extensive experience in government, financial services, and health care. Joining the Board during an important growth period are Jessica Caloza, Deputy Chief of Staff to California Attorney General Rob Bonta; financial services expert Charles Hamilton; and Monica Alfaro Welling, life science executive.

"We are thrilled to welcome Jessica Caloza, Charles Hamilton, and Monica Alfaro Welling to our Board, at a point when we are expanding our services to vulnerable young people and families, including our new permanent supportive housing program," said Charlene Dimas-Peinado, President & CEO of Wellnest.



MONICA ALFARO WELLING

Monica Alfaro Welling has 25 years of experience in the life science industry, from startups to multi-national biopharma. She is co-founder of Atheln, Inc., a life science product development and commercial consulting group and is Chief Development Officer of a company specializing in mental health therapeutics.

Prior to her consulting career, Alfaro Welling held executive and management roles at Allergan, Novo Nordisk, and a healthcare services start-up. She has worked with boards and investors in the areas of investments, strategic guidance, market/portfolio assessments, and commercial/development plans. Recently, Alfaro Welling was selected to join the Deans Leadership Council at the School of

Pharmacy and Pharmaceutical Sciences, University of California, Irvine Susan and Henry Samueli College of Health Sciences.

Alfaro Welling holds an MBA from Southern University of Denmark, along with a BS in Biology and a BA in Economics from the University of California, Irvine.

"At this important juncture, as Wellnest moves forward with a vision for behavioral health and housing services, we are excited to have individuals of such caliber join our cause," said Gail Kennard, Chairperson-Elect, Wellnest Board of Directors.



CHARLES HAMILTON

Charles Hamilton, a Financial Advisor and Wealth Manager at Northwestern Mutual, assists individuals, families, and closely held businesses with comprehensive financial planning to achieve their goals, from retirement to college planning to executive compensation.

Hamilton also spent 20 years in the entertainment industry, in the post-production sector, with such

companies as 20th Century Fox, Fox Searchlight, Warner Bros. and Technicolor. He holds a BA in Film Production from California State University, Long Beach.

Active in the LA5 Rotary Club of Los Angeles, Hamilton brings his stellar networking skills and the ability to rally organizations together for community benefit.



JESSICA CALOZA

Jessica Caloza is a senior member of the Attorney General's executive team that oversees the California Department of Justice. Previously she was a Commissioner on the Los Angeles Board of Public Works and its first Filipina American member. She also was a senior member of Los Angeles Mayor Eric Garcetti's executive team, helping to implement strategic initiatives as immigration policy and operations.

Caloza served in the Obama Administration in the U.S. Department of Education and was a community

organizer for President Barack Obama's 2012 presidential campaign. She has been a campaign aide to several members of Congress, including former Rep. Xavier Becerra.

She graduated from the University of California, San Diego, with a double major in political science: international relations and ethnic studies.

# Opening Day



# do

make a difference in young people's lives.



Housing and accommodation support



Community room for communication & engagement



Health and Wellbeing support



Training, skills, enterprise, and employment support



Secure bike parking



On-site manager



Laundry facilities



Outdoor patio area

### From the Car to A New Home

During the height of COVID-19, Abby lived in her car without a clue of what tomorrow would bring. She didn't know what she would eat, where she would shower, or how to stay safe from COVID-19.

Once Abby was housed with Wellnest, life got a little easier as she was able to take advantage of the free showers, washers and dryers, and an on-site food pantry.

Abby told her Case Manager, "I wanted to give up, but you all came through every time, so I will stick to this and cannot wait for my own place at The Nest." Five months later, Wellnest celebrated her lease signing and her move into The Nest on Florence. Abby is a powerful young woman, full of life with a heart of gold.



Los Angeles County Board of Supervisors Chair Holly J. Mitchell

Wellnest celebrated the grand opening on Friday, July 8, of The Nest on Florence—David & Susan Hirsch Building, its first permanent supportive housing project for young adults at risk for chronic homelessness.

The Nest on Florence, located at 410 East Florence Avenue in Los Angeles, will help vulnerable young adults ages 18-25 "forge new pathways to long-term independence," said Charlene Dimas-Peinado, President and CEO of Wellnest. "These young men and women are resilient, courageous and filled with promise. We are pleased to be part of their journey." The 5-story, 40,848-square foot David & Susan Hirsch Building, named in honor of two sustaining donors, features 51 units. The unique development also provides a supportive network of on-site services from Wellnest, designed to serve young adults – many with very young children – who are at risk for or have experienced homelessness or may be aging out of the foster care system with challenges that may inhibit their ability to maintain stable housing.

City of Los Angeles Councilmember Curren D. Price, Jr. added, "making sure that Transition Age Youth who are homeless or at-risk of homelessness have a safe and stable place to put down roots will help guarantee them a brighter tomorrow and build stronger communities. With the opening of The Nest

on Florence, this vulnerable population will have the opportunity to do just that, while also being given the chance to focus on their goals, purpose, and passions."

"The Nest on Florence will be an important place where young people will not only find a safe home, but also the support they need to achieve lifelong stability and success," said City of Los Angeles Mayor Eric Garcetti. "We should all be very proud that our HHH dollars contributed to building this beautiful space where residents can start adulthood with Wellnest's holistic support, which includes access to therapy, education and career counseling, and social connection, to develop important life skills."

Los Angeles County Board of Supervisors Chair Holly J. Mitchell added: "Housing is key to ending the homelessness crisis which is why I applaud Wellnest for being part of the solution by developing permanent supportive housing for young people who are at risk of experiencing homelessness. I am proud to welcome The Nest to the Second District where it will serve our South LA community."

The Nest on Florence has been designed to provide a sense of community where residents can access health and wellbeing support and life skills training, as well as education and employment assistance.



### LISA WAS VERY APPRECIATIVE OF ALL THE SUPPORT THE PROGRAM HAD PROVIDED HER FAMILY AND SAID SHE WAS LOOKING FORWARD TO IMPLEMENTING THE PAT ACTIVITIES WITH HER SECOND CHILD.

#### *Overcoming Challenges to Build a Family*

The Healthy Families America (HFA) Home Visitation Program received a referral from St. Mary Medical Center for Lisa and her daughter, Ava.

The Home Visitor assessed the family's needs and supported Lisa with breastfeeding education and creating lifelines due to a recent separation from Ava's father. Through weekly visits, Lisa learned about child development, community resources, and the importance of goal setting.

Thankfully, Lisa was always receptive to the Home Visitor's feedback. When one of the case managers identified a potential speech delay in Ava, the Home Visitor educated Lisa on Regional Center services and referred Ava for an assessment. Although the assessment indicated that Ava did not have a delay, Lisa still utilized the Parents as Teacher (PAT) curriculum activities to improve Ava's speech capacity.

Through the HFA model, Lisa learned reflective strategies and how to be proactive for Ava. After

the Home Visitor began Ava's transition plan, Lisa immediately and independently began looking for a quality preschool for Ava.

Lisa was very appreciative of all the support the program had provided her family and said she was looking forward to implementing the PAT activities with her second child. She went on to meet her goal of obtaining employment and eventually attended college—all while being a full-time parent.

#### *Finding a Loving Home*

Miles, a four-year-old child, sadly lost his biological mother at two years of age. By the time Miles was referred to Wellnest's Early Intervention Outpatient Program, he had been through multiple foster placements. Eventually, he was taken into a stable, loving home with two foster fathers who later became his adoptive parents.

At the onset of therapy, Miles showed challenging behaviors that his fathers wanted to understand, including emotional dysregulation in the form of tantrums, aggression, and separation anxiety.

Miles and his parents were receptive to Child Parent Psychotherapy, an evidenced-based, trauma-focused treatment. They participated in weekly family therapy, despite the constraints of the COVID-19 pandemic. His parents learned how to address their son's symptoms and behaviors, while deepening their understanding of how his trauma impacted him.

During the family therapy sessions, Miles processed his trauma in an age-appropriate manner with therapeutic play experiences. As a result, his behaviors decreased and his sense of safety was restored with the support of his loving fathers.



## Intervening Early

### Providing the Skills for Healthy Families

Adam was referred to Mental Health Services after his father passed away. His mother, Mary, reported that aggression, hyperactivity, and tantrums started when Adam was 18 months old and he seemed to be re-experiencing trauma by asking about his father every day. Additionally, Adam was refusing to separate from Mary after dark, would not use the restroom without a light, and displayed an aggressive posture.

Adam began Day Treatment Intensive (DTI) and was able to find safety in the structure and routine of the milieu, as well as in consistent individual therapy sessions where he talked about missing his father. Eventually, Adam was able to relate with other children around him and implement frustration tolerance techniques which drastically decreased his outbursts. Adam also learned to practice healthy coping skills and how to appropriately express his emotions with his mother through the consistent family sessions.

Mary learned developmentally appropriate responses when talking about death with Adam. She also gained a better understanding of how his traumatic experiences affected Adam's emotional behavior, how to better support him in treatment, and how to respond in soothing ways to strengthen the dyadic relationship. After completing the DTI goals, Adam began attending a traditional school setting and

was able to process the change in environment and routine with the therapist and Mary successfully.

### Positive Steps to Creating a Loving Blended Family

Martha sought help in managing Michael's behavior. It manifested in aggression, tantrums, and defiance which led to being expelled from his Early Intervention Head Start class. Meanwhile, Martha and Michael's father were struggling to co-parent and not able to meet Michael's needs. Additionally, each parent had started a new life with new partners and Michael was struggling to learn what blended families looked like.

Michael eventually found safety in the DTI milieu as he was able to relate to the other children and began to verbalize the challenges he was facing in adjusting to the new home dynamics. With the support of a DTI therapist, the parents were both active in attending family sessions, collaterals, and parent groups. Over the course of a 10-week session, they learned the benefits of positive communication on co-parenting as well as how to implement age-appropriate responses to support Michael's adjustment to his new blended family.

With the help of his parents, Michael was not only able to meet his goal of transitioning back into a normal school setting, but he also gained the tools needed to maintain his emotional health.

## The Love of Family

### Finding Respect, Courage, and Love

The Department of Child Family Services (CFS) removed Olivia and her younger sister, Noemi, from their mom due to allegations of neglect. Olivia was first placed in a non-relative foster home, then nine days later, was united with her maternal grandmother, who raised her for the next two years.

Their grandmother observed intense sadness in Olivia, who would cry incessantly, start fights with her sister, and routinely declare her biological mother dead. Their grandmother recognized the behavior as possibly trauma-related and enrolled her in therapy with Wellnest's Outpatient program.

The therapist utilized a family-systems approach to encourage Olivia to practice non-violent communication practices, follow adult directives, and identify feelings. Olivia demonstrated progress with developing a more secure attachment with her grandmother and began verbalizing her emotions and rationalizing her own actions.

Unfortunately, their grandmother was in need of hospitalization and Olivia and Noemi were placed with their maternal aunt. Then, as the family pulled together to take care of their grandmother, Olivia's biological mother re-entered her life to provide in-home support. Unsurprisingly, this resulted in an increase of Olivia's negative behavior. She began instigating conflict with her sister and suffered from both occasional involuntary urination and sleep disruption. This escalation in symptoms led to a referral to Wellnest's Wraparound program. Olivia

and Noemi experienced more suffering as both their great-grandmother and grandmother passed away, landing them back with their biological mother.

Initially, Olivia struggled to self-regulate. She would not ask for help, refused to believe that she was worthy of love, and could not suppress her aggressive actions. Eventually, she felt safe enough to process her traumas with her Wraparound therapist and soon began to regularly practice the coping interventions taught by her Child and Family Specialist.

As Olivia prepared for her Wraparound graduation, the Wrap team observed that she was now able to identify and respect boundaries, follow directives, and accept "no" without crying. Olivia would also dutifully initiate her coping tools such as washing her face, coloring, and counting to calm down.

At the time of Olivia's Wraparound graduation, her CFS counselor asked her what she had learned in treatment. She responded with, "I learned three words: Respect, Courage, and Care." She went on to say: "I learned respect from you by being helpful and learning to be ok with many people. I learned courage by being able to be ok with changes that might need more time for me to be ok. And I learned care from you by the way you are to me and my sister."

Thanks to the Wraparound Flex Funds, the team was able to support Olivia's family with the deposit for their apartment as well as furnishings, making it a home they are proud of and feel safe in.

## Program Highlights



### Support Available When Needed the Most

Savannah, a 15-year-old Latina, was referred to the Access Walk-In Center by her school after she confessed to a counselor that she was thinking of suicide.

She lived with her grandmother after being bounced back and forth between her mother with suspected mental health issues and a less than active father. Along with her grandmother being mono-lingual Spanish-speaking, Savannah was selectively mute so there were two obstacles to overcome in ensuring the adolescent's safety.

Bilingual therapist, Susana Leyva, was able to communicate with her grandmother and in addition to providing tips on how to keep Savannah safe. She also gathered additional background information related to Savannah's potential mental health issues and environmental stressors.

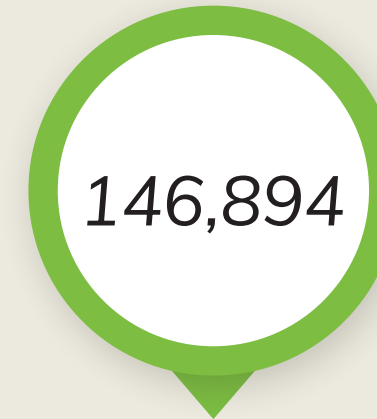
During a risk assessment, Savannah was provided several pieces of paper to write out her story. Her writing was creative and expressive, and she ultimately wrote out a commitment to safety.

Next, Savannah's risk factors were quickly addressed to get her enrolled in the relevant services. Case Manager, Adriana Tatoyan, triaged and scheduled her with Access therapist, Gladiz Martinez, within a week. Gladiz continued to use writing to maintain Savannah's trust and to gather enough information to provide a diagnosis. Despite not speaking, Gladiz noticed that Savannah appeared to be attentive, responsive, and eager to receive help. Through written interactions with Savannah and bilingual communication with her grandmother, Gladiz determined that Savannah was struggling with severe depression and possibly auditory and visual hallucinations. Gladiz developed a safety plan with Savannah and got her assigned to outpatient therapist, Belinda Beltran, who scheduled their first visit.

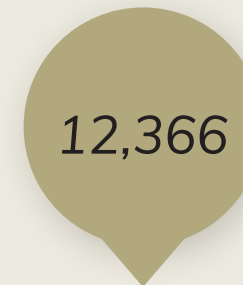
On the same day Savannah turned in the note to her school counselor, she was able to speak with three different mental health professionals. A few days later Savannah completed the intake and scheduled her first session with Belinda. That is a total of four mental health professionals on her case within two weeks.

## Positive Changes

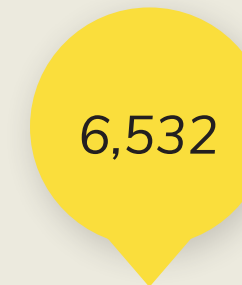
At Wellnest, we work every day to create positive change in the community. Our numbers speak for themselves.



Clients Engaged



Community Engagement



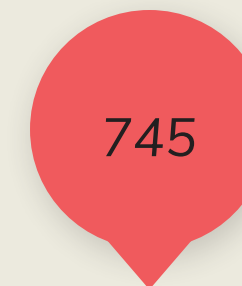
Clients Served



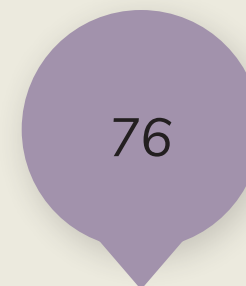
Family Resource Center



Access and Wellness Center Services



School Based Services



Healthy Families America Home Visitation Program



## The Nest on Jefferson - Coming in 2026

In 2021, Wellnest acquired land for the purpose of constructing a permanent supportive housing development. In partnership with Holos Communities, a nonprofit organization dedicated to creating spaces for all people, and QDG Architecture, The Nest on Jefferson will be a 54-studio unit facility for Transition Aged Youth (ages 18-25) in the heart of Los Angeles.

The Nest on Jefferson will meet the Wellnest Community Wellness Center, a unique community-based project that simultaneously addresses health, wellness, and equity by increasing access to behavioral health services for the residents as well as vulnerable youth living in the surrounding community. The Community Wellness Center will occupy the ground floor and will include a vital community need for expanded access to behavioral health services.

With an eye towards sustainability, The Nest on Jefferson will also be a part of the Building Initiative for Low-Emissions Development Program which

develops and implements sustainable operations and capital improvements plans.

Community Amenities will include:

- On-Site Supportive Services
- On-site Laundry
- Community Rooms
- Elevators
- Bike Parking
- Gated Pocket Park
- Outdoor Terraces

Beautifully furnished for Transitional Age Youth, The Nest on Jefferson will be located near several grade schools, a recreational center and has a grocery store nearby for fresh produce. The University of Southern California is Metro-accessible from the housing development, as is downtown which is just 2.2 miles away.

## Core Values



### Excellence and Integrity:

We uphold a well-established standard of excellence and accountability by using best practices and engaging in continuous quality improvement. Our staff acts with personal and professional integrity so that every client is provided the highest level of care available.

### Empowerment and Respect:

We respect the culture and individuality of those we serve. We encourage the expression of their preferences, goals, and aspirations and value their input regarding decisions about the services and support they receive.

### Integrated and Accessible:

We strive to offer a comprehensive and growing array of services readily accessible to children, young adults, and their families whenever and wherever they are needed. We believe that an integrated approach to care is critical to creating positive outcomes that support long-term growth.

### Family-focused Approach:

We offer a family-centered approach to care that addresses the unique circumstances of those we serve. We provide services and support that focus on each person's needs in the context of family, community, and other key influences.

### Life-long Wellness:

We focus on a 360-degree view of wellness, offering life-long skills for improving and maintaining emotional and physical health. We offer tools for children, young adults, and their families to help improve the quality of all aspects of their lives from social, educational, and financial to intellectual, physical, and spiritual.

### Productive Partnerships:

We responsibly steward donor support and facilitate partnerships with agencies, community resources, schools, and families to deliver the highest quality services. By linking constituents with the appropriate forms of assistance, we expand and amplify our impact on those in need.

## Community Event



## Champions of Change - 2021 Golf Tournament

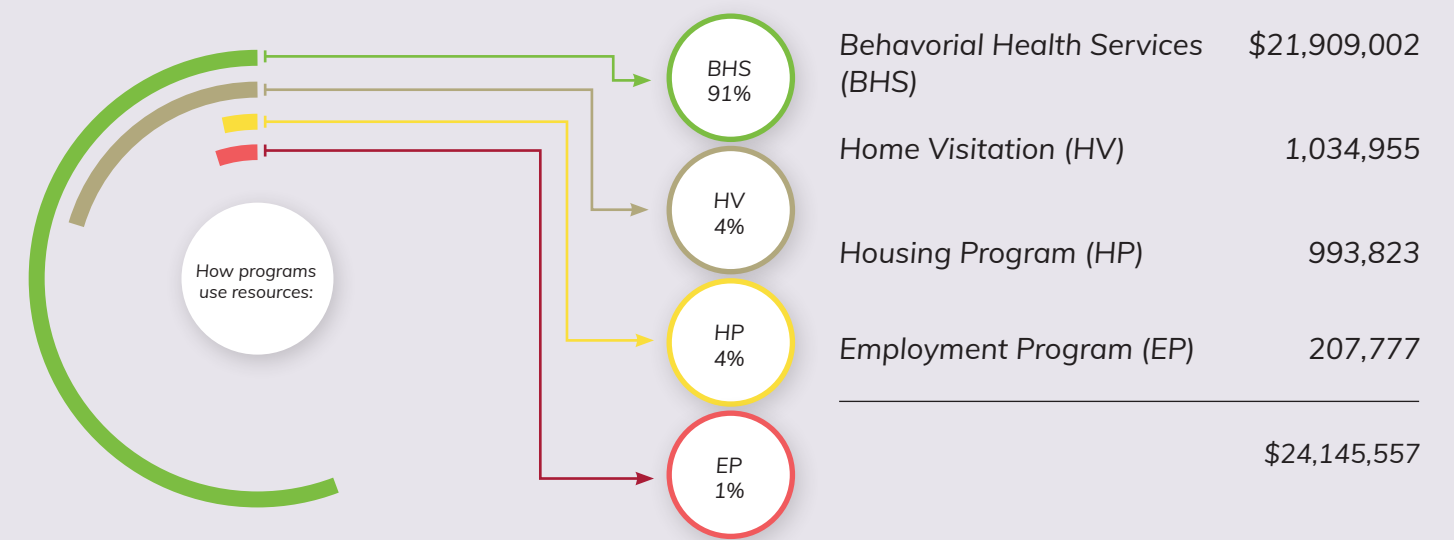
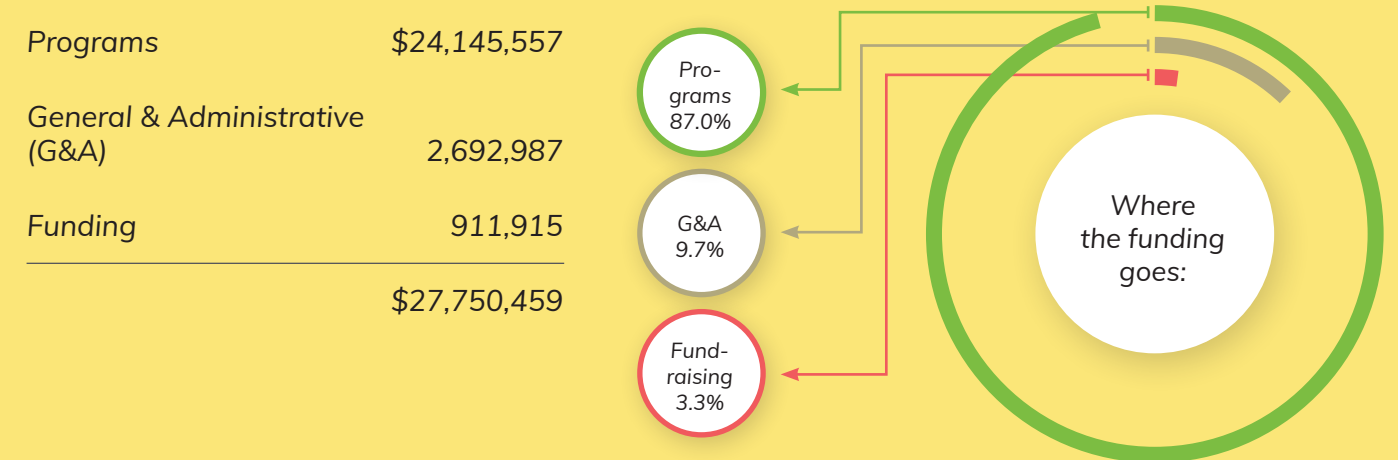
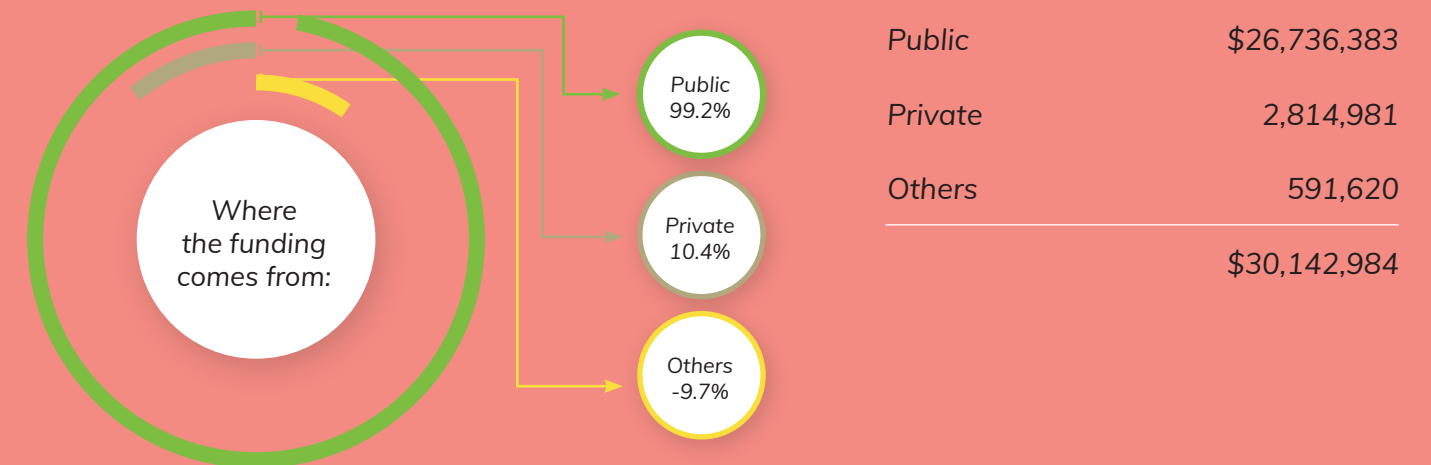
Thank you for joining us at the 2021 Wellnest Golf Tournament.

Wellnest held its Inaugural Golf Tournament, on September 22, 2021 at the beautiful Pacific Palms Resort in the City of Industry. Attendees enjoyed a fun-filled sunny day of golf, on-course activities, prizes and goodies. The day concluded with a dinner and awards banquet. The participants had the privilege of meeting some of our Nest on Florence residents. They shared their inspiring story of their transformational journey of adversity and resilience. The Nest on Florence is a permanent supportive

housing complex that provides resources for 18-25 year old young men and women who are chronically homeless and who struggle with mental health issues and/or trauma which can inhibit their ability to maintain stable housing for themselves and their children.

Save the Date for the next Wellnest Golf Tournament, which will be held in October 2023.

Annual Report Financial Information FY21-22



Life Learning Center

Looking to the Future

The Life Learning Center (LLC) received a transfer from our OTT/COT program for a 24 year old woman named Melissa. At the time Melissa entered the LLC, she had just started living out of her car after leaving an unstable relationship. Melissa is originally from Louisiana and had limited social support in California. Although Melissa was navigating living out of her car, she was committed to her mental health. Melissa consistently showed up for her therapy session weekly and was able to use all the services offered by the LLC. Once Melissa felt more emotionally stable, she began to meet with one of the LLC's employment specialists to guide her in finding a job with more financial stability. Melissa's LLC support

team collaborated with her housing case manager to support her in applying for an emergency housing voucher. Although Melissa felt hopeless at times, she always showed up for herself and started coming to the social groups at the LLC. Melissa was able to find a full time job at a bank and in the same month found an apartment to move into. She was recognized as employee of the month after only two months. Melissa is still working on learning life skills to live independently but has progressed so much within the last year with the help of the LLC support team. She was recently given Section 8 housing and is in the process of securing more stable housing within her budget. Melissa is also enrolled in school and wants to pursue business.

## Board of Directors

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DR. THOMAS TROTT, BOARD EMERITUS

Thomas F. Trott, MD, PhD, a respected expert in Adult and Child Psychiatry whose medical career has spanned 30 years, has been voted a Board Emeritus of the Wellnest Board of Directors.

Dr. Trott was elected in 2000 to the Board of Wellnest, L.A.'s leading nonprofit serving the emotional health and wellness needs of under-served communities. He served the Board in an active capacity for 21 years.

"We are extremely grateful for the wisdom and guidance Dr. Thomas Trott has given Wellnest. His expertise in child mental health and emotional well-being has been invaluable," said Charlene Dimas-Peinado, LCSW, EML, President and CEO of Wellnest.

Now retired from private practice, Dr. Trott is a Diplomat in the American Board of Psychiatry & Neurology. He has held numerous academic appointments during his career, including attending staff privileges at Cedars-Sinai Medical Center and membership on the faculty at the Southern California Psychoanalytic Institute, the University of California, Los Angeles, and the Keck School of Medicine at USC.

In his early career, Dr. Trott held administrative positions with the Los Angeles County Probation Department; the 5th Air Force, headquartered in Japan; and the Pacific Air Command of the United States. He was a Major in the U.S. Air Force Medical Corps.

Dr. Trott earned his medical degree from UCLA and his PhD from the Southern California Psychoanalytic Institute.

"Dr. Trott has been an esteemed member of our Board for more than two decades, during which time he helped our organization flourish and grow in the services we provide to children, young adults and families in Los Angeles," said Gail Kennard, Chairperson-Elect of the Wellnest Board of Directors. "We deeply thank him for his service."

## Our Generous Donors

**DIAMOND \$1,000,000-\$2,000,000**  
Department of Mental Health

**VISIONARY \$250,000-\$1,000,000**  
The Ahmanson Foundation  
Department Child & Family Service  
Department of Health Services  
Department of Public Health  
First5LA

Los Angeles Homeless Services Authority (LAHSA)  
The Ralph M. Parsons Foundation  
The Rose Hills Foundation  
W. M. Keck Foundation  
Anonymous Family Foundation

**PLATINUM \$100,000-\$250,000**  
California Wellness Foundation  
Cozack, Inc.  
Department of Rehabilitation

**GOLD \$25,000-\$99,999**  
Atlas Family Foundation  
Carrie Estelle Doheny Foundation  
David & Susan Hirsch  
Robert Ellis Simon Foundation  
USC Civic Engagement  
Anonymous Grantor

**SILVER \$5,000-\$24,999**  
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Charlene Dimas-Peinado & Epifanio Peinado  
East West Bank  
James & Donna Gallagher  
George Hoag Family Foundation  
In-N-Out Burger Foundation  
Mata Construction Services, Inc.  
Carrie Menkel-Medow & Robert Meadow  
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### Wellnest is Grateful for Volunteers

Your unwavering commitment to Wellnest has strengthened us during this challenging year! Your dedication and loyalty ensure that we have an opportunity to provide resources to the communities we serve. This is possible because of your passionate support.

## Supporting Wellnest



We are so close to our goal. You can help us get there with your contribution to the final phase of Housing for Promise.

Wellnest has been a trusted resource in the greater Los Angeles area and beyond for nearly 100 years. Staffed with highly trained, compassionate professionals, we provide behavioral counseling and mental health support to over 4,200 individuals and families annually. We take pride in empowering children and young adults to reach their goals in school, build healthy relationships, and to value emotional wellness.

Housing is a basic need, essential to health and well-being. Until a person has stable housing, it is difficult if not impossible, to direct their attention to attaining goals such as finishing school, securing a job, or becoming independent. With that in mind, Wellnest's Housing for Promise campaign has taken The Nest on Florence from dream to reality, by creating a home for promising young adults in South Los Angeles. Created to address the critical, emerging needs of the city's most vulnerable young people and families, The Nest on Florence, is a vital housing resource for those who have become, or are at risk of becoming, homeless.

### Become a Monthly Donor

Make a lasting impact all year round as a monthly donor by selecting the recurring gift option. Your credit card will be automatically charged once a month.

### Give a One-Time Donation

There are 3 easy ways to give to Wellnest

- Online
- By Mail
- Electronic Fund

### Donate a Gift in Honor of or in Memory of a Loved One

Pay tribute to a loved one's honor or memory by making a gift in their name. A card will be sent to the person or family notifying them of your thoughtful donation.

If you have any questions about supporting Wellnest, please contact our VP of Advancement & External Affairs at [AndreaS@wellnestla.org](mailto:AndreaS@wellnestla.org) or call 323-545-4705.





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Los Angeles, CA 90007  
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Los Angeles, CA 90043  
T 323.290.8360

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5120 Goldleaf Circle #300  
Los Angeles, CA 90056  
T 310-388-9000

The Nest on Florence –  
David & Susan Hirsch Building  
410 East Florence Ave  
Los Angeles, CA 90003

Exposition Park Office  
3787 S. Vermont Avenue  
Los Angeles, CA 90007  
T 323.766.2345

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Life Learning Center  
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