



HOUSEWORK

news from transition house • santa barbara, california • fall 2014

21% of U.S. Homeless Youth Live in California

By Kathleen Baushke

During the 2012-2013 school year, approximately 270,000 school-aged children living in California experienced homelessness. While California bears a disproportionate share of the nation's homeless youth, Santa Barbara County has the second highest percentage of homeless students statewide. During the same school year, 7270 students were identified as homeless in Santa Barbara County—or roughly 10% of the student body over the course of the school year. It is an astounding figure.

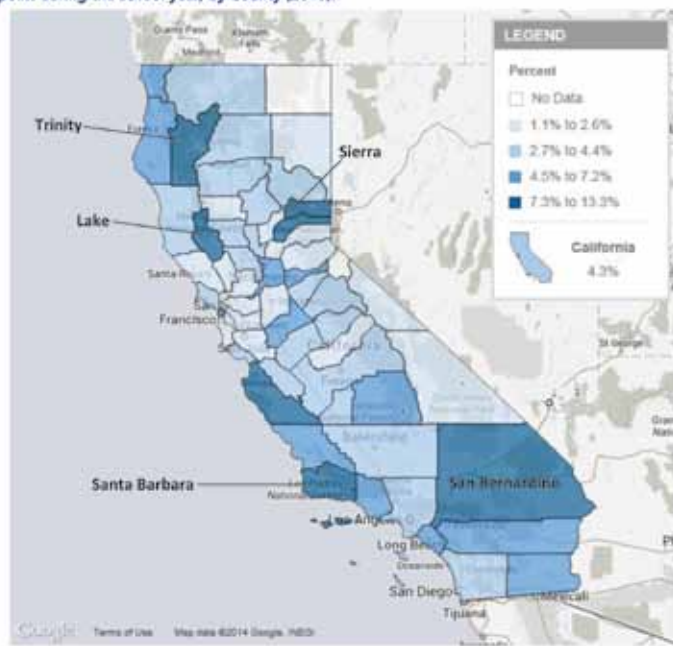
These statistics were recently released by the California Homeless Youth Project. The data comes from the U.S. Department of Education as reported annually by local school districts. This mandatory reporting on an annual basis defines homeless as:

Individuals who lack a fixed, regular, and adequate nighttime residence. This includes 1) children and youths who are sharing the housing of other persons due to loss of housing, economic hardship, or a similar reason; are living in motels, hotels, trailer parks, or campgrounds due to the lack of alternative accommodations; are living in emergency or transitional shelters; are abandoned in hospitals; or are awaiting foster care placement; 2) children and youths who have a primary nighttime residence that is a public or private place not designed for or ordinarily used as a regular sleeping accommodation for human beings; 3) children and youth who are living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations, or similar settings; and; 4) migratory children who qualify as homeless because the children are living in circumstances described in clauses (1) through (3).

Given the limited number of shelter beds in our county, it is clear that there are children who fit the definition of homeless who are not making it into the shelter service system, where their families can get support to help them return to permanent housing. Children in homeless families have more

CALIFORNIA HOMELESS YOUTH PROJECT

Figure 1: Percentage of public school enrollees who were recorded as being homeless at any point during the school year, by County (2013).



The five counties with the highest percentage of homeless students are: Trinity (13.3%), Santa Barbara (10.9%), Sierra (9.4%), Lake (8.4%), and San Bernardino (8.1%).

County	Number of Homeless Students	Percentage of Homeless Students
Trinity	215	13.3%
Santa Barbara	7,270	10.9%
Sierra	36	9.4%
Lake	771	8.4%
San Bernardino	33,274	8.1%

A chart from *California's Homeless Students: A Growing Population*, by Shahera Hyatt, MSW; Brynn Walzer, MSW; and Patricia Julianelle, JD; a publication of the California Homeless Youth Project, September 2014.

barriers to school success, including lack of transportation, no money for supplies, stigmatism, and instability in the family unit as a result of the crisis their parents are experiencing.

The brief reports that, “as the number of homeless children and youth has risen, families and youth have increasingly sought shelter outside the formal shelter system. In California,



sharing the housing of others due to loss of housing, economic necessity or a similar reason ('doubling up') was the most common living situation among homeless public school students (86% in 2012-13), as opposed to staying in a hotel/motel (4%) or a shelter (7%). In many communities, there are no family or youth shelters, or they are full."

Homeless services providers know that many children experiencing homelessness locally are in North County, where their families subsist on jobs in the agricultural sector. Those in South County come from families working in low pay-

ing service sector jobs that are faced with enormous housing cost burdens.

Transition House's emphasis on programs for children is built around interventions against the impact of poverty on their overall development and chance for success later in life. We know that the cycle of family homelessness is real—and it isn't hard to see its progression. The brief goes on to say that, "In 2009, the average annual income for someone who dropped out of high school was \$19,540, compared to \$27,380 for a high school graduate. People who have not graduated from high school also

are more likely to lose their jobs during economic downturns."

While the solution for homeless families is a return to stable housing, we will continue to support Transition House's school-aged children in their efforts to succeed in class by providing tutoring and homework help and an evening enrichment program that promotes self-confidence and, ultimately, success in school. 🏠

Nightly activities in Transition House's Children's Evening Enrichment program including Homework Help and Technology and Literacy for Children (TLC).



Embracing Trauma Informed Care

Transition House has been working this year to adopt an agencywide culture change that embraces the concept of Trauma Informed Care (TIC).

Trauma Informed Care is defined as an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma. Trauma Informed Care also emphasizes physical, psychological and emotional safety for both consumers and providers, and helps survivors rebuild a sense of control and empowerment.

Research has shown that a high prevalence of trauma exists in families that are homeless. Trauma in homeless families comes from a host of different experiences including domestic violence, childhood abuse and neglect, family disruption, violence in their community, death of a loved one, a serious accident, PTSD experienced by veterans, and the traumatic experience of losing one's housing, safety, and sense of security. The event isn't the trauma, but the way a person experiences it and holds that experience is.

The experience of a traumatic event or an ongoing series of events has a devastating effect on both adults and children. Adults often experience intense feelings of helplessness, vulnerability, and a loss of control that has lasting impacts on their physical, mental, and spiritual health. Ongoing trauma impacts healthy brain development in very young children. Children growing up in traumatic environments experience difficulties with learning and memory,

and diminished self-regulation and coping skills.

Homeless service providers across the country are recognizing the prevalence of traumatic stress in client families and are adopting a TIC approach in service delivery. Without a clear understanding of what trauma is and how reactions to trauma manifest themselves in behaviors, service providers can unknow-

We learned through our TIC training that we must not ask the client, nor ourselves as service providers, "What is wrong with you?" but rather, "What *happened* to you?"



Program Director Debbie Michael and Case Manager Maribel Landeros talk TIC.

ingly and unintentionally re-traumatize victims.

In our efforts to become trauma informed, Transition House recently hired a trainer from the Center for Social Innovation/Stanford University to conduct a two-day trauma training for our staff and the staff of Good Samaritan, a homeless service provider with shelters located in the Lompoc and Santa Maria areas.

We learned not only specific skills to use in working with traumatized families, but also ways to change our entire culture. Program Director Debbie Michael

stated after the training that, "Every interaction the client has with every staff person or volunteer in our shelter is important and independent of the person's position within the agency...from the receptionist to the maintenance worker to the case manager to the executive director...it's all important."

Debbie also learned that, "Lots of trauma occurs in our clients' homes or in an institutional setting. We as social workers are in our clients' 'home,' so our relationship is a very intense one." Not only are staff interactions important, but the physical space of the shelter can impact clients either positively or negatively.

We learned a story about a woman in a shelter who refused to bathe. The shelter gave her rule violations for this. Later it was learned that the woman had once been raped in a public bathroom and was afraid of showering in a space without a locking door.

Transition House will continue its efforts to fully adopt TIC by conducting a physical inspection of our shelter and office spaces to see if they are trauma-sensitive. We have already reviewed our shelter "Rules" sheet and are making changes so the language is more sensitive. Finally, our direct service staff is practicing TIC methodologies, including incorporating self-care into their approach to their job responsibilities.

While TIC aims to build a better understanding for our agency of what our clients experience, we hope that it will help us serve them more effectively and hasten their ability to return to their own housing. ↑

Volunteers Prepare for the Holidays... Without Nicole

A heartfelt thank you to all our wonderful and dedicated volunteers; we truly appreciate all you do for us. Our Volunteer Coordinator, Nicole Janowicz, welcomed her new baby on October 10th and will be out of the office bonding with her until January 2015. If you need to talk to someone about volunteering, please call our office at 805.966.9668 or see below for a list of who to contact if you are a current volunteer.

Children's Program Volunteers

Caley Mark
cmark@transitionhouse.com

Dinner Providers/Shelter Managers

Lidia Garcia
lgarcia@transitionhouse.com

Screeners

Cythia Lopez
clopez@transitionhouse.com

Thanksgiving Volunteers/Donors

Lidia Garcia
lgarcia@transitionhouse.com

Christmas Volunteers/Donors

Carly Bass
cbass@transitionhouse.com

If you are a new or interested volunteer, thank you so much for wanting to support Transition House; we appreciate it. Since our volunteer coordinator is out of the office until January, we will not be enrolling any new volunteers (except if you want to help with Thanksgiving or Christmas). When Nicole returns, she can meet with you and work to find the best way for you to volunteer with us. Thank you for your patience and understanding! ⬆

Babies on the Move—No Big Kids Allowed!

Recently, Transition House babies got their very own play room to develop and grow. With a full house and crowded family sleeping rooms, space in our shelter for babies to crawl and learn to walk is limited. Our Children's Program Director, Caley Mark, began observing that infants in the shelter were spending a lot of time in their car seats or strollers, or being carried around, simply because there was no safe place for moms and dads to put them down. Caley, who is responsible for the operation of our onsite licensed infant daycare, saw the impact this was having on the babies enrolled in our Infant Care Center. Many of these babies were not achieving developmental mobility milestones. Caley advocated for a space in the shelter that was baby- and family-friendly. Caley stated, "The babies are coming to Transition House already in a crisis situation; it is our job as an agency and as a department to do everything we can to give these babies what they need to grow and flourish." Caley worked to create a welcoming infants-only room in the shelter for parents and their babies to spend time together; growing, learning and exploring.

Thanks to our friends at All Saints-by-the-Sea Episcopal Church for contributing to the furnishings in our infants-only room. ⬆



The infants-only room has plenty of floor space for babies to learn to roll over, crawl, and walk safely.



Transition House Help-A-Kid No-Ball a Huge Success

Thank you to everyone who supported Transition House by donating to our 2014 Help-A-Kid No-Ball. Your generosity helped us raise over \$93,000 for our Children's Programs! Your donation ensures that the children participating in Transition House Programs receive three meals a day and a safe, warm place to stay; on-site tutoring and homework help; free, licensed infant and toddler care; Evening Enrichment, including Technology and Literacy for Children (TLC); school clothes, supplies, and transportation; and regular kids' stuff like birthday parties, holiday events, and trips to the zoo! 📌

A HUGE THANK YOU TO THE FRIENDS IN TOWN WHO MADE OUR RAFFLE POSSIBLE:

Arnoldi's Café
Sly's Restaurant
The Lark
The Harbor Restaurant
Longboard's Grill

Harry's Plaza Cafe
Tee-Off Restaurant & Lounge
Olio e Limone Ristorante
Kathryn Dinkin
Breakwater Restaurant at the Harbor
Hollister Brewing Company
The Palace Grill
Boathouse at Hendry's Beach
Toma Restaurant
Enterprise Fish Company
Aldo's Italian Ristorante
The Natural Café
Via Maestra 42
Shoreline Beach Café
Kahuna Grill
Rodney's Steakhouse
Paradise Café
Santa Barbara Symphony
Sea Landing
Municipal Winemakers
Corks n' Crowns
Drake Wines
Underground Hair Artists
Sea World

Santa Barbara Family YMCA
Build-A-Bear Workshop
Santa Barbara Museum of Natural History
Golf N' Stuff
Santa Barbara Museum of Art
Santa Barbara Soccer, AYSO
Santa Barbara Maritime Museum
Aden & Anais
Rancho Maria Golf Club
Santa Barbara Yoga Center
Rusack Vineyards
Byron Wines
Cambria Estate Winery
The Brander Vineyard
Riverbench Winery
Cypress Ridge Golf Course



P O T T E R Y B A R N

We are honored to be chosen as a beneficiary of Pottery Barn's 2014 "Give a Little Hope Campaign," a charitable fundraiser that benefits two dozen shelters and housing programs in the U.S. and Canada. We are thankful for Pottery Barn's belief that everyone deserves a safe and dignified place to call home. Transition House was nominated by our local Pottery Barn staff—the last three campaigns have earned \$10,000 annually for Transition House. This year, Pottery Barn has 19 great holiday items that can be purchased through its website to raise money for the campaign.

Go to Pottery Barn's website, www.potterybarn.com, and search for "Give a Little Hope Campaign." Start your Christmas shopping early to support Transition House! 📌

You are invited to be a Secret Santa this year for a child or family living at Transition House!

Help make this a special Christmas for the homeless families in our community. Adopt the wish list of a family or a child and purchase their holiday gifts.

Contact: Carly Bass to receive your wish list(s)
Phone: 805.966.9668 ext. 120
Email: cbass@transitionhouse.com

***Wish lists will be available November 24th-28th**



THE WAY HOME
Transition House

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www.transitionhouse.com

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Kathleen Baushke
Executive Director

Transition House Is in My Will—Is It in Yours?

By Kathleen Baushke

My involvement with Transition House began in 1992 as an evening volunteer shelter manager. That was back in the days when the shelter was located on the 200 block of East Ortega Street in the old Quonset hut and volunteer shifts ran until midnight. I had only been out of college a few years and I was already passionate about the issue of homelessness. Back then I believed that no society should allow people to be subject to living on the streets, especially the elderly and

women with their children. I still believe this.

My volunteer efforts continued until I was offered a job with the agency in 2001. At that time I realized how important Transition House was, not only to the community, but also to me. So, I included Transition House in my estate planning by naming the agency as a beneficiary on my life insurance policy. It was easy to do.

Transition House really is an extraordinary community partnership, made up of people who continually renew their commitment to helping our homeless neighbors by volunteering their time and their resources, year after year.

Including Transition House in my will is my way of renewing my commitment. If you feel inspired to do the same, you can learn more from your accountant or an estate planning professional about different ways you can give. Or, give me call. I would love to hear your story of how you became involved with Transition House and help you in your wish to make a lasting commitment to this work. ⬆

Look for a New Website for Transition House!

We have been working hard to create a NEW and more user-friendly Transition House website. Our new website will be going LIVE in the next couple weeks. Please visit www.transitionhouse.com to check out our new site. ⬆

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