



Roy E. Disney and
Mayor Tom Bradley, City of Los Angeles



Message from the Chairperson of our Board

When I was a child, I did not have to worry about whether I would have a bed to sleep in, food to eat or feel safe. Sadly, too many children and young people in our communities today have those worries. Wellnest works every day to help provide services for children, young adults and their families facing these challenges while dealing with a mental or emotional health crisis.

2022 was special in the history of Wellnest. With the opening of The Nest on Florence in July, we expanded our services to include our own housing development. Now young people who were formerly unhoused have a place to call home. They can close their own front door, have their own personal space, and their own address. And with the support of Wellnest's excellent team of therapists, counselors, physicians, and others, their lives are changed. I have met some of these new residents, and their resilience and courage inspire me.

As I drive around the city, like many of you, I am troubled by the number of people I see living on the streets, in RVs, and in cars. My heart breaks that we as a society have not been able to address the needs of so many people. Wellnest alone cannot solve this crisis, but as a supporter of Wellnest, I am comforted in knowing that I am contributing to an organization that is helping. With each



child, young adult, or family that Wellnest serves, there is one less person or family that might become homeless.

I would like to thank all the many supporters of Wellnest who have helped make a difference this year. Whether you donated, volunteered, made a referral, asked someone else to help or told others about Wellnest, THANK YOU. Your efforts are making change possible.

Gail Kennard

From Our President & CEO

Dear Wellnest Community,

I am delighted to share with you the remarkable milestones we have achieved over the past year as we continue our mission of offering hope, healing, and opportunity to build a brighter future for our children and their families. In this annual report, you will find more in-depth information about our financials, programs, and the inspiring stories of those whose lives we continue to positively impact by our services. We invite you to explore these pages and see the profound difference we are making.

One of the most significant achievements we celebrated in the past year was the completion of Wellnest's first Permanent Supportive Housing Development, The Nest on Florence - David & Susan Hirsch Building. On July 8, 2022, we gathered for a ribbon-cutting ceremony to mark the opening of this vital resource. This project represents a profound commitment to providing stable, secure housing for young men and women experiencing homelessness, and it is a beacon of hope for countless lives in our community.

But our journey does not stop here. We are thrilled to announce a significant and transformative development for our Wellnest community. The Nest on Jefferson Community Wellness Center, a co-development initiative between Wellnest and Holos Communities

coming in Fall 2026.

Employing an innovative, multi-phase approach will allow the Community Wellness Center to begin construction and open first to serve the community while housing will be achieved through a second phase which will include 55-studio units for transition aged youth, ages 18-25.

This new development has received its first funds in the amount of \$8 million through the California Department of Health Care Services' Behavioral Health Continuum Infrastructure Program (BHCIP). This generous investment represents a remarkable opportunity to make a lasting impact on the lives of those we serve in Los Angeles. The Community Wellness Center, to be situated on the ground floor of the future development, addresses a vital need in our community by expanding access to behavioral health services, addressing the gaps in care and creating sustainable improvements that will better serve the needs of our local community.

What makes this project utterly unique is its innovative, multi-phase approach. The Community Wellness Center will not only address health and wellness but also equity by significantly increasing access to behavioral health services while housing vulnerable young people living in Los Angeles. In doing so, it represents a groundbreaking effort to advance racial and geographic equity, and it aligns perfectly with

our mission to create brighter futures for those we serve.

These accomplishments are a testament to the dedication and passion of our team, the board of directors, the generosity of our supporters, and the invaluable partnerships that make our work possible. Together, we are changing lives, one person at a time, one project at a time.

In addition to our significant achievements and exciting initiatives, we invite you to mark your calendars and save the date for a momentous occasion that lies on the horizon. On September 27, 2024, at the beautiful Skirball Cultural Center, we will come together to celebrate a century of service, a legacy of compassion, and a rich history of making a positive impact on our community.

It is a remarkable milestone - 100 years of Wellnest's unwavering commitment to serving the children and families of the Greater Los Angeles Area. Our centennial celebration is not just a testament to our past but a celebration of the brighter future we are continuously working to build.

As we approach this momentous date, we encourage you to join us in commemorating this remarkable journey. The celebration promises to reflect our commitment to the community, a tribute to the countless lives we have touched, and a vision of the positive change we aim to create in the years to come.

Save the date: September 27, 2024. We look forward to celebrating our centennial with you, our resolute supporters, partners, and friends.

Together, we will continue to make history by shaping a better tomorrow for all.

With gratitude and anticipation,



Charlene Dimas-Peinado
President & CEO, Wellnest





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.

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.

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.

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.

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.

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.

13 year old Christian is now thriving _____

Christian is a 13-year-old boy currently living with his godmother, since his father's passing. He lived with his biological father most of his life because his mother was unable to care for him due to her history of substance abuse and mental health issues.

His father was blind and did not have sufficient abilities to teach Christian basic skills such as healthy hygiene and everyday social skills. He is the oldest of three siblings and would often care for his younger siblings. Once his father passed away, Christian went to live with his godmother. During this transition, he was not only grieving the loss of his father but also adjusting to a new home, community, and school. The family and Christian sought the help and support of the Wellnest team during this difficult time.

Christian has been receiving services in the Full Service Partnership Intensive program since August 2021. He is receiving medication management, case management services, individual and family therapy, and parent partner services. With the support of his godmother and the Wellnest team, Christian has been able to adjust to the many changes that have taken place in his life. He has been able to work on his grieving process and trauma.

We have no doubt Christian will reach a level of stability and happiness every child deserves.



Once depressed and distracted, now happy and healed _____

Nine-year-old Hope was described as an intelligent, lovely, creative, active, empathetic, and helpful young girl. However, she was struggling with disruptive, hyperactive, defiant, and aggressive behaviors. Her mother complained of her stealing and destroying property, and difficulty with concentration. Frequent lying, isolation, sadness, irritability, and a history of suicidal thoughts. Her mother reported that she lacked confidence, often worried, and felt like she was a "bad child." While lovely and smart, all these issues started to significantly impair Hope's opportunities to develop

friendships, get along with her family, and succeed in school. Hope was referred by her school to Wellnest's School-Linked Services program. Hope met her new therapist in October 2021, who provided both individual services in school and at Hope's home. She invited Hope to join the Social Skills Group at the Wellnest Exposition Park Site. Her Wellnest therapist routinely collaborated with Hope's parents to help regulate her feelings and disruptive behaviors at home. Once a depressed, angry, distracted, and disruptive girl, Hope is now healing and thriving.



"Intelligent, lovely, creative and active.... Hope is now healing and thriving."



Healthier path and achieving new goals _

By the age of 10 years old, Bobby experienced two removal proceedings by the Department of Children and Family Services (DCFS) due to exposure to his parent's substance abuse, domestic violence, neglect of the home and children, lack of parental supervision, and parental incarceration. Bobby was referred to Wellnest's Intensive Field Capable Clinical Services (IFCCS) in late 2021, where he received individual therapy, social/behavioral rehabilitation, intensive case coordination, and medication support.

At the time of his referral to Wellnest, Bobby was living in a prospective adoptive home. In December of 2021, Bobby was referred to IFCCS, and shortly thereafter, he was removed from his prospective adopted home due to increased verbal and physical aggression, self-injurious behavior and defiance. Bobby had a history of significant placement instability having been placed in 12 homes by the time of the IFCCS referral. While in and out of home care, his mother not only lost her reunification rights to Bobby, but she also lost contact, disappearing from his life for several years.

Bobby's work with Wellnest allowed him to set goals for himself - both at home and at school. Bobby is now actively and verbally engaged in treatment on a consistent basis.

As a result of Bobby's stability and ongoing symptom reduction, the IFCCS team is supporting Bobby's transition to a lower level of mental health care services. We are hopeful that Bobby will continue on this healthier path and achieve new goals.

“Bobby's work with Wellnest allowed him to set goals for himself - both at home and at school.”



Wrapping services around Antonio _____

In February of 2022, Antonio was referred to Wellnest's Wraparound Program. He and his sister had been separated from their biological father, but remained in care of their biological mother. Allegations of spousal abuse, and inflicting physical abuse by his father, and 'failure to protect' by his mother were substantiated. Court documents showed that Antonio's father exhibited extreme and irrational violent threats and behaviors towards the family. At the time of his father's removal from the home, it appeared as though Antonio began demonstrating physical and verbal aggression towards his mother and sister, repeating a vicious cycle of abuse. Antonio was at risk of school expulsion and not performing at grade level.

The Wraparound team surrounded Antonio

with a full-circle approach, providing intensive coordinated service including therapy, rehabilitation, and case management.

Initially, Antonio struggled with learning to implement new coping strategies at home and school, however, he was present and engaged with his Wraparound Team. He was able to establish goals to decrease his anger responses, improve relationships with family and peers, and to improve grades and get to his appropriate grade level. As the end of the school year approached, Antonio made significant strides towards his goals and is interested in attending college. Antonio successfully graduated from Wraparound services and the family's case closed in June 2023. With a more stable foundation, we are confident Antonio's future is bright!

“Antonio made significant strides towards his goals. With a more stable foundation, we are confident Antonio's future is bright!”

One Year of The Nest on Florence



What a year it has been fulfilling the essential need of housing for young adults at The Nest on Florence. Since our grand opening in July 2022, we have positively impacted many lives and have learned many valuable lessons along the way.

The Nest on Florence is a five-story, 40,848 square feet, 51 unit housing complex named in honor of two Wellnest generous donors, David & Susan Hirsch. This unique development also houses a supportive network of on-site services from Wellnest, such as intensive case management, onsite-therapists, and substance abuse counselors.

The Nest was 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.

Its holistic approach, coupled with efforts to foster a warm and respectful community environment, is what we strongly believe distinguishes The Nest from other housing facilities. We celebrate one year of The Nest, and look forward to many more!

A Director's Perspective

Dr. Lori Campbell, Director of Life Learning and Housing, has witnessed many success stories while at Wellnest, with individuals transitioning from homelessness to graduating high school and finding employment. The story of one of our residents earning his GED and pursuing higher education despite difficult life struggles, serves as just one example among many of the positive outcomes that Wellnest programs and services make possible. Personally, Dr. Campbell vividly remembers another story that stands out as a testament to The Nest's transformative power. During a Thanksgiving dinner for the residents, one by one they all shared stories and expressed their gratitude for the unique community experience and the profound impact that The Nest had given them. This memory is an ever-present reminder to Dr. Campbell of the program's positive influence.

During its first year of operations, Dr. Campbell reflects that, "some of the challenges we have experienced at The Nest over the past year

can be expected due to the high acuity of the program. We have learned a lot and have adapted to meet some of the biggest challenges, such as the need for more security and emergency preparedness protocols. Wellnest is constantly evaluating and growing based on the needs of the clients, staff, and program."

As it is common in this work, many challenges will arise in continuing to provide trauma-informed, mental health services for those with mental health issues and substance abuse disorders. Acknowledging these hurdles, Dr. Campbell emphasizes the importance that Wellnest places on a restorative justice approach and the program's preparedness to handle high-risk situations. Despite these challenges, the team at The Nest on Florence continues to be resilient every day in order to ensure they provide the highest quality services to Wellnest clients.

“At The Nest on Florence, we work hard to make our community feel like they’re home.”

The Nest on Jefferson

In clear recognition of the link between secure and stable housing and mental health, in 2018, Wellnest expanded its core services to include housing/services for Transitional Age Youth. With Wellnest's grand opening of The Nest on Florence in July 2022, the first Permanent Supportive Housing program under the organization, we are only getting started in further addressing this core need for underserved youth.

A year later this mission continues with the opening of a second site, The Nest on Jefferson. In partnership with non-profit housing developer Holos, Wellnest is erecting The Nest on Jefferson, a five-story, Permanent Supportive Housing complex set to be located in the heart of Los Angeles. This site will include a Community Wellness Center (CWC) on the ground floor and a housing project on remaining floors for Transitional Age Youth in order to combine services and housing in one location. We are proud to have received \$8 million through the California Department of Health Care Services' (DHCS) Behavioral Health Continuum Infrastructure Program (BHCIP) in support of this innovative and critical project.

The CWC will include more than 3,500 square feet of community gardens, parking, and over 4,000 square feet of indoor space with service offices and ample flexible



Taylor Gentry, Transitional Housing Program Plus, Case Manager

programming space for community support groups, wellness classes, health education, youth development and mentoring, and other behavioral health activities. The CWC is an integral part to making an immediate impact in the community.



The Nest on Exposition

In an ambitious move towards addressing the critical need for supportive housing, Wellnest was recently announced as a recipient of the Homekey NOFA Award from the California Department of Housing and Community Development (HCD). This prestigious award, a total of \$7.6 million is part of the \$156.4 million in Homekey awards with a match by Los Angeles County Homeless Initiative and Affordable Housing of \$2,855,926 for a total amount of \$10,537,326 in awards aimed at combating homelessness and housing insecurity.

Wellnest will work in collaboration with the County of Los Angeles to develop The Nest on Exposition, a groundbreaking modular construction project designed to provide 24

interim housing units for young individuals experiencing homelessness.

This initiative will not only offer a safe haven for vulnerable youth but also reflects the organization's commitment to fostering a healthier community by addressing fundamental needs such as housing.

The Nest on Exposition project is set to be a beacon of progress, demonstrating the effective collaboration between public entities and dedicated organizations like Wellnest. This synergy is pivotal in constructing not only buildings but also robust communities where every individual has the opportunity to lead a dignified and fulfilling life.



“The Homekey award is a monumental milestone in our ongoing mission to nurture hope and provide sanctuary. The Nest on Exposition is more than just a housing project, it’s a commitment to healing and empowerment in our community.”

Charlene Dimas-Peinado, President and CEO

Bringing our community together

Swing Fore Housing

Nearly 100 golfers participated in the Wellnest 2022 “Swing Fore Housing” Golf Tournament on September 12, 2022, at the Pacific Palms Golf Course in the City of Industry.

Many thanks to our Lead Sponsors, Bridge Builders Foundation, Pacific Western Bank, and Mata Construction. Funds raised benefited our Housing for Promise campaign for our Nest on Florence permanent supportive housing complex that provides warm and safe housing to 50 young adults, ages 18-25, some with young children.

Services provided at The Nest on Florence include mental health counseling, support groups for survivors of abuse, prevention, education/college support, such as GED program facilitation and computer skills instruction, employment support, financial literacy support, and help with sustainable housing as a long-term solution.

Wellnest has tremendous gratitude for the Tournament Committee, along with our donors and volunteers for their support and show of generosity. They are remarkable individuals and we are so fortunate to have them as part of our great community.



Changing lives, one Rotary scholarship at a time

We take great pride in celebrating our Wellnest clients as they embark on an inspiring journey toward a future filled with promise and prosperity. This year, we are delighted to announce that two of our esteemed clients have been awarded the prestigious LA5 Rotary Vocational Scholarships. These scholarships represent a significant milestone in the journey of these exceptional individuals towards promising and prosperous futures.

The LA5 Rotary Vocational Scholarship program is renowned for its unwavering commitment to supporting ambitious young adults as they pursue technical training and skill development, laying a solid foundation for a brighter tomorrow. Wellnest is proud to have two clients recognized for their dedication and determination to excel in their chosen fields.

One of these outstanding clients, Sasha, has not only successfully graduated from high school during her time with Wellnest but has also completed a dual program at Los Angeles Trade Tech Community College. With the invaluable support of the LA5 Rotary Scholarship, she is now poised to pursue a certification program as an Esthetician, a clear testament to her unwavering commitment and dedication to her career goals.

Our second remarkable client, Nicole, is a dedicated student and single mother, caring for her delightful 4-year-old daughter. She has been excelling in the field of hairstyling and is ready to utilize the LA5 Rotary Scholarship to complete a state-certified cosmetologist program, ultimately achieving full certification in her chosen profession.

Both of these inspiring clients will commence their respective programs in Fall 2023. Their wholehearted engagement in Wellnest's Transition Housing Program demonstrates their unwavering dedication to personal and professional development.

Wellnest extends its heartfelt gratitude to the LA5 Rotary for their commitment to empowering these exceptional young individuals on their journey to success. These scholarships will undoubtedly serve as a stepping stone towards their promising futures, and we look forward to witnessing their continued growth and achievements.

Paul Ekstrand, Past President, Rotary LA5



Enchanting Moments: Wellnest's Holiday Extravaganza

At the Wellnest Holiday Celebration for Children, joy radiated as Santa and his cheerful helpers created a magical atmosphere. The day began with laughter echoing through festively decorated rooms as Wellnest staff and volunteers orchestrated various engaging activities. Santa, adorned in his iconic red suit, spent quality time with each child, listening to their wishes and spreading warmth with his jolly presence.

The air buzzed with excitement as children

participated in holiday-themed activities organized by dedicated Wellnest volunteers.

The spirit of giving thrived as the children eagerly awaited their turn to meet Santa, who presented them with carefully selected gifts and toys, ensuring smiles lit up their faces.

Wellnest staff worked tirelessly to create a safe and inclusive environment, fostering a sense of community and shared joy. As the day unfolded, the holiday spirit enveloped everyone, leaving lasting memories of a Wellnest Holiday Celebration filled with love, generosity, and the magic of the season.



Andrea Salazar, VP of Advancement & External Affairs

Mental Health Awareness Month Celebration

To celebrate Mental Health Awareness Month, and to bring important resources to the community, Wellnest engaged in a social media communications campaign in May 2023 that included weekly series of posts of videos with tips to help young people cope with mental health challenges. Topics included:

Tools for managing stress and anxiety

Mindfulness and meditation

Stigma and awareness

The campaign culminated in an in-person event at Wellnest's Exposition Park campus that featured an interesting conversation about the importance of changing the narrative around mental health issues, between Wellnest President and CEO Charlene Dimas-Peinado and AltaMed Vice President of Public Relations Christina Sanchez.

The event had an audience of about 60 Wellnest supporters and community members, and a lively question-and-answer session included heartfelt conversations about the challenges we all face in managing mental health challenges. Refreshments were served, and the event was live streamed over Wellnest's Facebook page.



“Collectively, we're making a difference, impacting individual lives step by step, and transforming communities project by project.”

Dan Carillo, Board Member



“NOW YOUNG PEOPLE WHO WERE FORMERLY UNHOUSED HAVE A PLACE TO CALL HOME.”

Centennial

In 2024, the Wellnest Centennial Celebration will mark a momentous milestone in the organization's history, symbolizing 100 years of resilience, growth, and profound community impact. This milestone holds immense importance as it will allow us to reflect on the organization's journey, honor its accomplishments, and pave the way for an inspiring future. It is a testament to an unwavering commitment to serve the community, even in the face of adversity.

We share with you here just a handful of milestones over the years that provide a representation of just how far Wellnest has come. We hope that these milestones excite you just as much as they excite the Wellnest leadership, staff, and clients, as well as provide inspiration for the endless possibilities in the future.

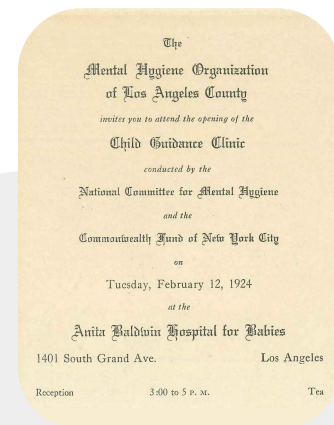
Looking forward to 2024!

"As we approach the monumental milestone of our organization's 100-year anniversary in 2024, I am filled with immense pride and gratitude for the journey we've undertaken in advancing mental health and wellness. This Centennial Celebration is not just a testament to our resilience but also a reminder of the countless lives touched and transformed over the past century.

Our commitment to fostering mental well-being has never been stronger, and the next chapter promises innovation, to the communities we serve. With the wisdom gained from a century of experience, we embark on the future, resolute in our mission to build a world where mental health is a priority, stigma is eradicated, and every individual finds the support they deserve. Join us as we ramp up our celebratory efforts for an exciting, magnificent year in 2024."

- Charlene Dimas-Peinado, President and CEO

Walter Elias (Walt) Disney and Mayor Tom Bradley, City of Los Angeles



1924

Child Guidance of Los Angeles Commonwealth Fund of NY (Founding)

1962

Clinic Groundbreaking Ceremony for West Adams Site

1979

Clinic begins a school for seriously emotionally disabled students with LAUSD

1983

Clinic receives J. Robert Fluor Award, United Way's highest honor

1990

Ground Breaking Ceremony for the Harriet and Charles Luckman Building

1995

Early Intervention & Wellness Division for ages 0-5 established

2012

Trauma - Informed Designation established with National Council for Behavioral Health

2019

Grand Opening of the Life Learning Center

2020

Wellnest received highest rating from Commission on Accreditation of Rehabilitation Facilities (CARF)

2022

The Nest on Florence Grand Opening

Volunteer Highlight

In December 2022, Los Altos High School Varsity Cheer Team shared in the holiday spirit by organizing a donation of toys and games as part of Wellnest's Holiday Joy Drive. Wellnest distributed these generous gifts at

our Holiday Client party and brought smiles to the faces of many children and their parents. We are grateful for the Los Altos High School Varsity Cheer Team's thoughtfulness and kindness!



Elevate Your Impact

Volunteer with Wellnest!

Join us in making a difference in the lives of children, youth and young adults! As we begin our journey into the next 100 years of service, we're looking for passionate and dedicated volunteers to join our efforts to build a stronger and healthier Los Angeles community. Whether you're enthusiastic about spreading awareness of our program and services, giving crucial support to clients, leading donation drives, or organizing special events for families in need, becoming a volunteer will allow you to play a pivotal role in making meaningful change. Reach out to Wellnest's Advancement Team at 323-373-2400 or email Contact@WellnestLA.org today, and find out how you can contribute to our mission for a brighter, healthier future for children.

Your time and compassion will make a significant impact. Join us in making a difference today!



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.

Programs & Services

Wellnest has been designated a Trauma-Informed Organization through the National Council for Behavioral Health's Adoption of Trauma-Informed Care Practices Learning Community process. As such, Wellnest works to implement, sustain, and spread trauma-informed care and support fundamental organizational change in the culture of behavioral healthcare.

Programs

Access & Wellness Center:

The Center offers free services as a part of our commitment to accessible emotional health support services. This walk-in hub for individuals of all ages offers same-day assessments by trauma-informed expert staff. Individuals and families are then connected to services, including crisis intervention, therapy, and community resources. Childcare is provided.

Healthy Families America:

Healthy Families America sponsors the Home Visitation Program at Wellnest, emphasizing the significance of early, nurturing relationships for a child's lifelong well-being. This initiative supports prenatal families and those with children 0 to 5 through free parent-child activities, infant massage, lactation support, and case management services in South Los Angeles and the Metro area.

Life Learning Center:

The Life Learning Center supports transition-age youth through an array of services including therapy, case management, education, employment guidance, life skills training, substance abuse counseling, and housing assistance. The Center provides case management and employment services to help them gain valuable skills and career pathways. The Center allows young people to connect, improve their social and emotional well-being, and transition to independent living.

Family Resource Center:

Our Family Resource Center provides free drop-in services and one-on-one support to individuals and families. Visitors can access basic essentials for children such as clothing, shoes, hygiene products, and diapers. The Center links families to community resources for childcare, employment, food banks, recreation, and other support.

Clinical Training & Intern Development Program:

Our Clinical Training and Intern Development Program offers robust training to Master's Degree-level social work students, increasing their ability to work in diverse mental health contexts. The program focuses on culturally responsive client engagement, equipping participants with assessment, diagnostic, and treatment skills in individual, family, and group therapy settings.

Services

Day Treatment Intensive:

Our Day Treatment Intensive offers vital support to children aged 2-5, addressing issues like aggression, hyperactivity, and emotional regulation in educational settings. Through structured therapy and family involvement, we create a nurturing environment that encourages self-expression and diminishes challenging behaviors.

Early Intervention Outpatient Services:

This service focuses on enhancing the bond between children and caregivers while equipping them with behavior management skills. We assist families dealing with challenges like separation, school issues, and stress, and provide developmentally appropriate play and art therapy to help children explore and express their emotions. We also offer case management services connecting families to community resources.

Psychiatric Services:

Our highly trained, board-certified child and adolescent psychiatrists and psychiatric nurse practitioners assess and treat children and youth as needed to help navigate and reduce symptoms of traumatic stress, improve coping skills and build resilience. Psychiatry at Wellnest means that optimal mental wellness is the goal — not just the absence of disease.

Intensive Services:

For youth who need more focused help, our Intensive Services Division provides a higher level of behavioral health care. Families with children who have severe emotional or behavioral difficulties receive individually designed services at Wellnest, at home, in school, and in the community—all depending on their needs. Specific programs include our Full Service Partnership, Intensive Field Capable Clinical Services, and Wraparound Services.

Outpatient Services:

Our Outpatient Services are highly adaptable, provided in various settings including our facilities, schools, homes, and the community. We offer a wide range of Behavioral Health Services, including therapy in English and Spanish, group sessions incorporating creative modalities, and telehealth options that ensured continuous support during the pandemic.

Supportive Housing Services:

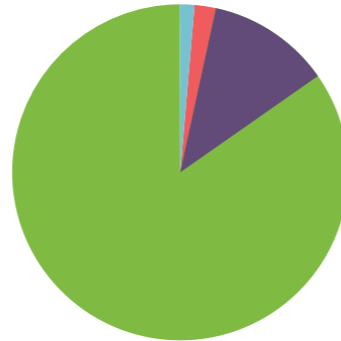
Learn more about what we currently offer and what we have in store for the near future on pages 14-19.

2022/2023 Financials

Annual Report Financial Information

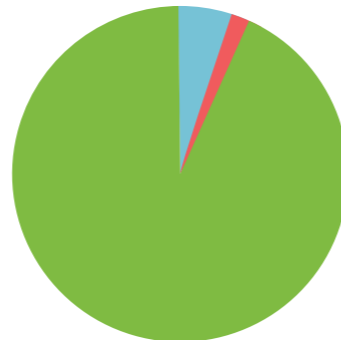
Where the funding comes from

● Public	\$28,802,256
● Private	\$1,015,300
● Others	\$1,805,248
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Sub Total	\$31,622,804
● BHCIP	\$8,000,000
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Total	\$39,622,804



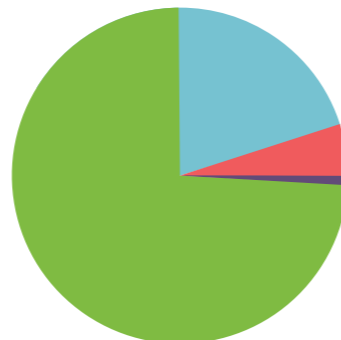
Where the funding goes

● Programs	\$30,488,098
● G&A	\$4,605,073
● Fundraising	\$878,573



How programs use resources

● Mental Health	\$22,098,109
● Housing Program	\$6,578,236
● Home Visitation	\$1,700,235
● Employment Program	\$111,518



\$8 Million BHCIP federal grant was awarded to Wellnest for the constitution of the first floor of The Nest on Jefferson in FY22/23. The construction starts early 2024. The \$8 Million funding is not included in the FY22/23 revenue. With the \$8 million funding, Wellnest' operation budget will be \$39,622,804.



Annual Honor Roll of Donors

Visionary \$2,000,000+

Department of Mental Health
BHCIP
(Behavioral Health Continuum Infrastructure Program)

Diamond \$1,000,000 - \$1,999,999

Department of Public Health

Platinum \$250,000 - \$999,999

Anonymous Donor
Department Child & Family Service
The Rose Hills Foundation
Healthy Families America-First5LA
Department of Health Services

Emerald \$100,000 - \$249,999

LAHSA
Department of Rehabilitation

Gold \$25,000 - \$99,999

Rotary Club of Los Angeles
The Atlas Family Foundation

Silver \$5,000 - \$24,999

In-N-Out Burger Foundation
East West Bank
Ted & Angela Fikre
Morgan Stanley Gift Fund
Carrie Tsang-Hidding
Stanton & Margaret Weissenborn
Virginia Wilson & Michael Crabbe
James & Donna Gallagher
Quality Comp, Inc.
Louchheim Foundation
Peter & Robbi Nierenberg

University of Southern California
USC Civic Engagement
USC External Relations
Good Hope Medical Foundation
Carrie Estelle Doheny Foundation
Bridge Builders Foundation
Citizens Business Bank
John Burton Advocates For Youth
David & Susan Hirsch
Kaiser Permanente - Regional

Bronze \$1,000 - \$4,999

Harrington Group
Michael & Betty Noling
Shelly Holmes
David Hirsch IV
Dr. Raymond & Joseph Perry-Moore
William Vasquez
Howard & Jackie Banchik
South Coast Facility Services
Eric & Diana Inouye
Securitas Security Services
Andrea Salazar-Garcia & Carlos Garcia
Voya Financial
Red Hook Capital Partners
Eugene Sisneros
AssetMark
John H. Semcken, III
Dan & Chris Carrillo
Alejandro Lara
Montage Insurance Solutions
Savillas Inc.
Victaulic
Levente Orosz
Margo Kaatz
Anonymous

QDG Architecture
Jennifer Louchheim
Pfizer
Doug Camphuis
Bimbo Bakeries USA
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“At Wellnest, we persist in creating
a legacy, molding a brighter future
that embraces everyone.”

Gail Kennard, Board Chairperson

Executive Team



Our **MISSION**

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

Andrea Salazar
Vice President of Advancement and External Affairs

Paco Retana, MSW, LCSW
Chief Programs Officer

Tanya Ramos
Executive Administrator

Charlene Dimas-Peinado, LCSW, EML
President & CEO

Laura Alvarez, PHR, SHRM-CP
Vice President of Human Resources

Margaret Lopez, CPA, MAcc
Chief Financial Officer

James "Jim" J. Balla, MBA
Chief Administrative and Business Officer



In Memoriam

Dr. Wayne W. Chen (May 21, 1972 – September 28, 2022)

It is with deep sadness that we announce the passing of our beloved board member Dr. Wayne Chen, a distinguished geriatrician and internist, whose impactful career touched the lives of many.

We were fortunate to have Dr. Chen join the Wellnest Board of Directors in July 2017. In that role, he served on the Advancement Committee and brought new ideas and funding sources to Wellnest's attention. Dr. Chen genuinely had the best interest of Wellnest in mind and constantly encouraged us in our work.

Dr. Chen's professional accolades are many. As a former Assistant Professor of Clinical Medicine at the LA County and USC Medical Center, he dedicated his professional journey to healthcare and advocacy. His significant contributions included serving as the Chief Medical Officer and Senior National Medical Director of Managed Care for the AIDS Healthcare Foundation. He oversaw Medicaid and Medicare Advantage Special Needs Plans (SNP) and Ryan White Programs, playing a pivotal role in advancing global HIV/AIDS healthcare.

Later in his career, Dr. Chen joined Alignment Healthcare as the Plan Medical Director. His expertise further extended to Blue Shield of California, where he served as the Regional Medical Director and eventually took on the role of Medical Director of Strategic Employer Group Accounts.

Beyond his corporate roles, Dr. Chen contributed to the medical community as an expert witness for the California Medical Board. Additionally, he established his own Medical-Legal consulting firm and served as the Chief Operating Officer of a startup dedicated to innovative senior wellness products.

Dr. Chen's life outside of work was equally rich. He loved to travel and consistently volunteered with the Veterans Village of San Diego "Stand Down" program, and with the Alzheimer's Association. He is survived by his beloved wife Chausa Nguyen.

His legacy as a compassionate healthcare professional, leader, and advocate will be remembered by those whose lives he touched throughout his remarkable career. Our thoughts and condolences on behalf of all of Wellnest go out to his family, friends, and colleagues, as he is missed greatly.

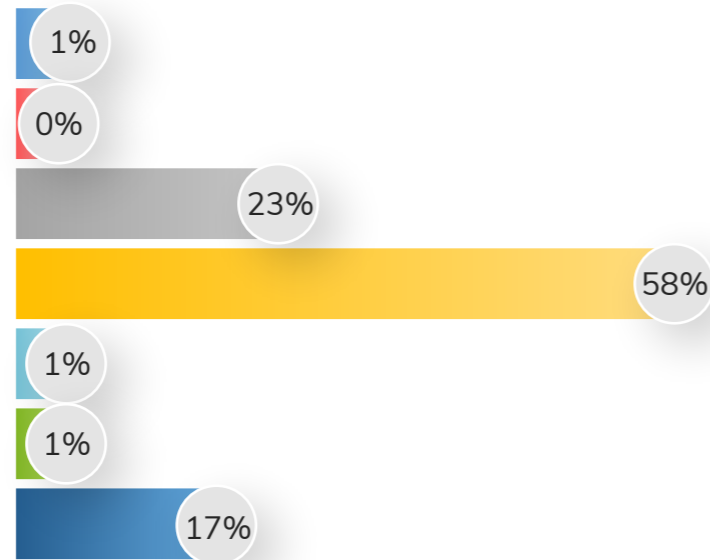


Dr. Wayne W. Chen

Who We Serve

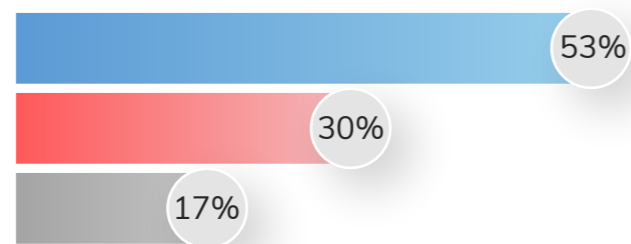
Ethnicity/Race of Clients

- American Indian/Native American
- Asian or Asian American
- Black or African American
- Hispanic or Latino
- White, Caucasian, Anglo
- Other
- Unknown



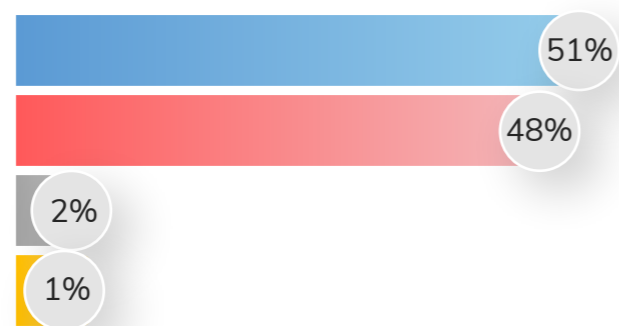
Age Ranges of Clients

- 0-12
- 13-17
- +18



Gender of Clients

- Female
- Male
- Non-binary
- Unknown



237,894

Clients Engaged

“What we all do today has a profound effect on those that need our help the most. Thank you for your generosity.”

David L. Hirsch, Advancement Chair and Board Member



Ways to give

Partner with us as we change lives

Consider contributing to Wellnest's new project, coming August 2024, the Community Wellness Center. Your investment will help transform the lives of children, young adults, and their families.

Wellnest's Community Wellness Center (CWC) will be a unique community-based project that addresses health, wellness, and equity by increasing access to behavioral health services for vulnerable children and youth in Los Angeles. It will also meet a vital need for expanded access to behavioral health services by providing access to services for children, youth and families in the community. The CWC will address urgent gaps by impacting the vulnerable populations including children (ages 0-18), young adults (ages 18-25), pregnant and post-natal/pregnant women, single parents, and young families.

Join us, in making an impact in the future of the communities we serve. Together, we can change lives...one day at a time.

Make a One-time Donation:

- Online
- By Mail
- Electronic Funds Transfer

Make a Gift in Honor or in Memory of a Loved One

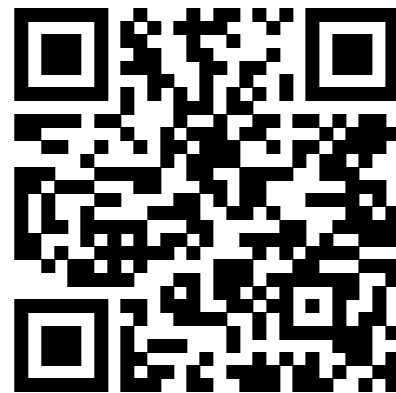
- Online
- By Mail
- Electronic Funds Transfer

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

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.

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



Save the date!



SEPTEMBER 27, 2024

SKIRBALL CULTURAL CENTER

2701 North Sepulveda Boulevard, Los Angeles



Locations

**University Park Office
Administrative Offices**
3031 S. Vermont Avenue
Los Angeles, CA 90007
T 323.373.2400

Leimert Park Office
4401 Crenshaw Blvd., #300
Los Angeles, CA 90043
T 323.290.8360

Wateridge Office
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

Life Learning Center
5054 S. Vermont Avenue
Los Angeles, CA 90037
T 323.373.2444

**Integrated Care
Adventist Health White
Memorial**
1720 E. Cesar E. Chavez
Los Angeles, CA 90033
T 323.545.3522

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