



As one more chapter in the Volunteer Center's 50+ year history comes to a close...

...we celebrate our past year "At the Heart of Helping"

THE VOLUNTEER CENTER'S YEAR IN NUMBERS 2017-2018



OPERATION TEDDY BEAR

4,160 Schoolbags for First Grade Students
68,802 Educational Items/Wellness Tools
158 Classrooms 259 Volunteers
36 Schools 599 Hours



FOOD FOR KIDS

32,394 Pounds Donated
5,454 Bags Delivered 49 Volunteers
9 Schools 359 Hours

"Pounds" and "Bags" refer to the food collected for and provided to eligible students and their families



COURT REFERRALS

454 Agencies Served
16,065 Volunteers
679,921 Hours



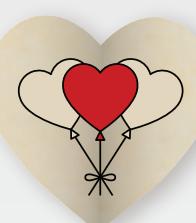
VOLUNTEER CONNECTIONS

354 Volunteer Referrals
585 New Volunteers Registered
1,337 Total Registered Volunteers



ESCAPE ROOM

8 Community Sponsors 48 Teams
278 Participants 38 Volunteers
\$13,000 Raised 365 Hours



FAMILY FUN FAIR

16 Community Sponsors
300+ Attendees 93 Volunteers
\$16,000 Raised 233 Hours



DURFEE SCHOLARSHIPS

\$4,000 Awarded 5 High Schools
8 Local Students 8 Future Colleges



LONG BEACH SERVES: MLK DAY OF SERVICE

9 Projects Throughout Long Beach
266 Volunteers
766 Hours

COLLABORATING ORGANIZATIONS

College Access, Readiness and Success (CARS) Scholarship Foundation
Palos Verdes Junior Women's Club Scholarship Program
Sandpipers College Scholarship Program

PROJECT LEADS

Leadership Long Beach
Port of Long Beach

Office of Mayor Robert Garcia
Office of Vice Mayor Rex Richardson

CORPORATE VOLUNTEER COUNCIL

4 Projects 65 Volunteers
8 Local Companies 167 Hours



BUSINESSES REPRESENTED

DoubleTree by Hilton South Bay-Torrance
GreenDart
Griswold & Griswold Insurance
Jobar International

John Deere
Malaga Bank
Moog
Saatchi & Saatchi

PROJECTS

Craft Booth at the Special Olympics Summer Games
First Responder Appreciation Baskets for the 9/11 Day of Service
Holiday Gift Wrapping at Barnes & Noble in Torrance
Beautification Project at Beacon House in San Pedro



16,835 Volunteers
682,410 Hours
\$19,851,307 Value
of Community Support*

*This estimated figure is based on California's hourly volunteer rate of \$29.09 and represents the value of support provided to the community. The hourly rate is based on earnings reported by the Bureau of Labor Statistics and indexed by Independent Sector to determine state values.

The data above reflects the period between July 2017 and May 2018.

and turn the page to a new chapter...

...building on the foundation left by past President/CEO De De Hicks upon her retirement.

We've all seen the heartbreaking headlines and heard the stories:

Youth who do well in school, participate in sports and are friends with everyone are shocking those closest to them taking their own lives at alarming rates...

Our youth are exhausted, anxious, depressed and overly-stressed, and an alarming number of them have contemplated or attempted suicide - 46% more youth took their lives nationwide in 2017 than in 2007, and an astounding 22% of local middle school students seriously considered suicide last year.

When our new President/CEO, Sara Myers, partnered with our Board of Directors on a three-year strategic planning process to establish an updated vision of the Volunteer Center's future, it included an evaluation of the current programs created to keep the organization at the heart of responding to the community's needs, such as Operation Teddy Bear and Food For Kids. More importantly, it included an assessment of the critical needs *currently* facing our community. After combing through data and speaking with members of the community, it became quite clear where we needed to focus most in the future – **the mental health crisis facing our youth.**

*Story after story revealed that our youth show a lack of resiliency, empathy, balance, self-confidence and other characteristics of emotional wellness. **But why is this happening?***

Think about the youth in your life – they are glued to handheld screens in restaurants, at events and at family gatherings. We've all seen it and here is what the facts show:

- The youth in our lives **spend 6-9 hours a day on screens** – not counting time spent for school-related purposes.
- The more time they spend glued to screens, **the higher the likelihood they will suffer** from extreme lack of sleep, and exhibit signs of anxiety and depression – all factors in an increased risk of suicide.
- Although they have hundreds of "friends" online, **many feel completely isolated and alone.** On top of that, they have difficulty reading emotions, communicating effectively and empathizing with each other.

Despite extreme personal costs to their health and emotional well-being, many of these high-achieving students will be accepted into phenomenal colleges. Unfortunately, an alarming amount of them

will drop out, return home or attempt suicide. Southern California universities have seen a 100-168% increase in requests for counseling services – and that's just the students who *seek out* help.

The mental health field is severely understaffed. The schools and medical field can't face this crisis alone. Screens are now an everyday part of our lives... but the suffering doesn't have to be. The Volunteer Center is taking on a significant leadership role in confronting this issue. **We have a history of mobilizing volunteers with diverse talents and expertise to find creative solutions to urgent community needs just like this.**

*These are our children. This is our community. This is our next big challenge and **we need your help.***

Your support will help us:

- Bring all the major organizations serving youth together, so we can build strong partnerships to make a collective impact and start the tidal wave of necessary changes.
- Spread community-wide awareness of the problem and help initiate gradual changes in behavior to help all of us.
- Develop and implement services that will help families learn how to best assist their children from a place of empathy and compassion.

We know there are many worthy causes. We hope you will elevate *this cause* to the top of your list.

Visit www.volcenter.org/makeanimpact to join us, so together, we can create the services our local families so desperately need.
