



**2013 ANNUAL REPORT**



# Building for a Better Future

by Kita S. Curry, Ph.D.  
President/CEO

Supervisor Zev Yaroslavsky and I are cutting the ribbon at the dedication of a renovated wing at Via Avanta. There, homeless mothers in residential treatment for substance abuse now also receive mental health services with the goal of rapidly securing a permanent home.

Adding a mental health component meant creating a separate treatment space, a second set of charts and another software system. We didn't let that stop us. Integrating health care is one of our strategic goals. We can no longer treat the body as if it were divided into compartments just because government regulations and funding streams do.

This approach will gradually disappear now that parity laws mandate equal coverage for mental illness, substance abuse and "physical" disorders. But change takes time, no matter what the law says.

The same bifurcation of care exists in outpatient clinics. Psychiatry is not a covered service for individuals who enter through the substance abuse door, even though therapy combined with medication is now the gold standard for substance abuse treatment. Didi Hirsch isn't letting that obstacle compromise care either. We will offer both types of service at our outpatient clinics, so that referrals to psychiatrists will appear seamless to clients.

For both individuals and institutions, perseverance in the face of obstacles is the hallmark of resilience. In the midst of renovations, we discovered Via Avanta had

been built on top of boulders in a dried-up riverbed. Our contractor shot in a foam-like substance that hardened and created a solid base for the future. Didi Hirsch does similar work above ground. It's impossible to foresee or avoid all life's boulders. But it is possible to help children and adults develop coping skills they can draw on now and in the future.

We are grateful to our friends and clients who appear in this Annual Report. Their successes prove treatment works and highlight the importance of family, friends and other supports. Fathers like Gerardo who recognized the symptoms of PTSD in his 4-year-old son because of his training as a Marine. Friends like Erasing the Stigma honoree Jeff Greenberg who has helped musicians struggling with addiction for 25 years. Persistent staff like Wendy's employment counselor who didn't give up when Wendy felt paralyzed by her depression.

Every time we help parents like Wendy, we lay the foundation for a positive outcome for their children. Early intervention also is at the heart of the new national Disaster Distress Helpline. Along with four other centers, we will help disaster victims cope with their emotional distress before it negatively affects family life or turns into more serious problems.

Help and hope are the ingredients necessary to prove true an observation made by the author of *The Little Prince*: "A pile of rocks ceases to be a rock when somebody contemplates it with the idea of a cathedral in mind."



# A New Lease on Life

**The opening of the Zev Yaroslavsky Family Wing marks a new chapter in the history of Via Avanta's services for homeless mothers**



**Left to right: Lee Baca, Dr. Jonathan Fielding, Dr. Kita S. Curry, Zev Yaroslavsky**



Homeless women with children and mothers-to-be who have serious mental illness and substance use disorders face severe challenges in finding effective treatment and care. In the current healthcare system, they must get care for addictions and mental illness from separate providers.

What these families need for real recovery is an integrated program that combines dual-diagnosis treatment, family therapy and rapid re-housing. Nothing of its kind existed in Los Angeles County—until now.



Via Avanta has been a haven for women with substance use problems and their children for more than 30 years, but a new project has allowed us to expand the services we provide to include homeless women who also have serious mental illness.

Key to the project's development was Los Angeles County Third District Supervisor Zev Yaroslavsky, who has long recognized that without a roof over your head, it is hard to take advantage of services that get you back on your feet. He and his staff,

along with other County officials, worked with Didi Hirsch for two years to create Project 60 Women & Children, which helps mothers regain their health, become more effective parents, and secure permanent housing while their children develop healthier attachments and get “back on track” developmentally and emotionally.

To make Project 60 a reality, Via Avanta needed to remodel its aging facility. Thanks to the generosity of Supervisor Yaroslavsky and other funders, Via Avanta underwent an extensive renovation to create new treatment and living spaces. The program

will benefit 60 homeless women and about 100 children over the next two years.

The new Zev Yaroslavsky Family Wing, which includes a bright and spacious living room, family suites and new treatment offices, was dedicated on Nov. 22. Didi Hirsch Board Chair Michael C. Wierwille kicked off the festivities, saying, “This project brings a new dimension to efforts to end homelessness.”

Supervisor Yaroslavsky spoke glowingly about the project. “Didi Hirsch has the experience and expertise to assure its



success,” he said. “I look forward to seeing once-vulnerable families leave Via Avanta with a home and all the social support that comes from being rooted in a community.”

Other speakers included: Dr. Curry, L.A. County Sheriff Lee Baca, California Assemblymember Raul Bocanegra, L.A. Department of Mental Health Chief Deputy Director Dr. Robin Kay, and L.A. County Department of Public Health Director Dr. Jonathan Fielding.

Facility renovations were generously supported by the County of Los Angeles, Third District; The Ralph M. Parsons Foundation; The Ahmanson Foundation; City of Los Angeles, Council District 7; and the California Health Facilities Financing Authority. Staff training and treatment for female veterans was funded by the Veterans Healing Initiative. L.A. County Department of Public Health’s Substance Abuse Prevention and Control program and the L.A. County Department of Mental Health fund ongoing services.



**Clockwise from top:** Attendees listen to speeches; Assemblymember Raul Bocanegra; Group photo (left to right): Michael C. Wierwille, Kathleen Price, Dr. Robin Kay, Flora Gil Krisiloff, Dr. Kita S. Curry, Zev Yaroslavsky, Mary Marx, Dr. Jonathan Fielding, Lee Baca



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**Didi Hirsch 2013 Annual Report**

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# HELP IN TIMES OF DISASTER

**Didi Hirsch's Suicide Prevention Center becomes one of five Core Region Centers for the nation's first Disaster Distress Helpline.**



A father and his daughter take refuge after the 1994 Northridge earthquake. Image courtesy of *The Los Angeles Times*.

Disaster Distress Helpline: **1-800-985-5990**  
or text: **TalkWithUs** ('Hablanos' for Spanish) to **66746**

When disaster strikes, people suffer many types of loss. Loved ones may have died or be missing; food, shelter and clothing suddenly become scarce; precious mementos vanish.

Even survivors who escape a loss of life or property suffer when disaster strikes. Disruptions to their daily routines can make people anxious or angry. Some have trouble sleeping or need help dealing with clingy children or strained relationships.

These are all normal reactions to abnormal circumstances. A little help early on can make a world of difference for everyone. For some, early intervention can prevent their distress from turning into full-blown illnesses like depression or Post-Traumatic Stress Disorder.

The Disaster Distress Helpline is the first national hotline dedicated to providing support and resources to people with disaster-related emotional distress.

In a highly competitive process, Didi Hirsch was one of only five core crisis centers in the nation selected to provide crisis counseling on the Helpline, and the only one with the ability to provide 24/7 services in both English and Spanish.

More than 180 volunteer crisis counselors and their supervisors at Didi Hirsch's Suicide Prevention Center received intensive online training in disaster relief and trauma-focused "psychological first aid" to prepare them to take calls or texts from people struggling to cope with man-made or natural disasters.

"We have always helped out after local disasters such as the '94 earthquake and Santa Monica Farmers Market tragedy," said Didi Hirsch President/CEO Dr. Kita S. Curry. "But now, as part of the Disaster Distress Helpline, we can reach survivors of disasters wherever they occur and provide the kind of support they otherwise might not receive."

**Without social support, disaster victims are more likely to develop PTSD.**

*This initiative is under the auspices of the federal government's Substance Abuse and Mental Health Services Administration, and is funded by Link2Health Solutions, Inc., which administers the National Suicide Prevention Lifeline and Disaster Distress Helpline.*



# FINDING HOPE

**Over 92% of mothers who are homeless have experienced severe physical or sexual abuse in their lifetime.**

**Four years ago, Karina was desperate to get her life together.**

Depressed, homeless and drug-addicted, the young mother was under a court order to get mental health counseling to keep custody of her 3-year-old son, but couldn't find any affordable services.

"I was so relieved when I found Didi Hirsch because a lot of the services were free," Karina says. "They even paid for my parenting classes, which child protective services required me to take."

Like many homeless women with substance use problems, Karina was also trying to end an emotionally abusive relationship, which made it difficult for her to keep her counseling appointments. But she became more consistent when her persistent therapist started showing up for appointments at the homes where Karina was staying.

"I was mentally unstable at the time, but my therapist was very patient with me," Karina says. "She would come to me, wherever I was, to accommodate me. Not a lot of people would do that."

Eventually, Karina felt better, stopped using drugs and completed a 12-week parenting class where she learned how to cope with stress, better ways of reacting to children's temper tantrums and how to be more connected to her child. Karina now has full custody of her son, and is in a healthy relationship with the father of her second son, now 2.

"Life is completely different," Karina says. "I'm more active now. I walk around, take my kids to the park and am involved in my older son's school. My younger son's dad and I also have a great relationship and are planning to get married next month. He's a great dad and one of the most patient persons I've ever known. He helps me a lot with the kids and has never been abusive mentally or physically in any shape or form. It's something I hadn't experienced before."



The cuts and bruises that Jacob suffered when his mother beat him faded after a couple of weeks, but his psychic wounds took much longer to heal.

The 4-year-old boy, who spent time in foster care before a judge ordered him to live with the father he barely knew, suffered severe mood swings, nightmares and trance-like episodes that persisted for months.

Jacob's father, Gerardo, a former Marine, recognized his son's symptoms as signs of Post-Traumatic Stress Disorder (PTSD) and brought him to Didi Hirsch for treatment.

"It was clear to me that Jacob had PTSD from the hitting," Gerardo says. "I had a lot of experience with it in the military because we're trained to look out for it in our brothers, so when I saw it in my son, it was horrible."

A Didi Hirsch therapist began holding weekly sessions with Gerardo and Jacob, working on relieving Jacob's PTSD and building a stronger bond between father and son. The therapist also taught Gerardo some of the finer points of being a full-time dad, including how to respond when his son mentioned the beating or expressed fear of being hit again.

Two years later, Jacob is now a well-adjusted kindergartener who loves Disneyland, playing basketball at the park with his dad and supervised visits with his mom twice a week.

"From the time I got custody of him to now, Jacob seems completely different," Gerardo says. "He's no longer having nightmares and he doesn't space out any more. He's never going to forget that it happened, but he knows he's safe, that it's okay to talk about it and that his mom loves him. He's moved on from it. He's okay."

# BUILDING A STRONGER BOND



**Didi Hirsch treated 706  
abused children in 2013.**

# WELLNESS BEGINS WITH WORK

Wendy knew something was wrong when she was a child, but did not understand her dark moods until adulthood. By then, she had such debilitating depression that she could barely get out of bed, let alone hold a job—even when she and her three young children faced eviction.

“It was bad for me and my children,” Wendy recalls. “Just getting up and doing basic stuff was hard. I had no motivation. I didn’t want to go to work. I started borrowing money to pay rent.”

Then she heard about Didi Hirsch’s employment services program. Her employment counselor, who sent her job links, helped her re-write her resume, drove her to job interviews and connected her with a therapist.

“What was great about the program was the one-on-one help my employment

counselor gave me,” Wendy says. “She kept pushing me, calling me, emailing me when I wouldn’t answer the phone. Having someone there who cared—that motivated me.”

Within four months, Wendy landed a job in retail. With renewed confidence in her future, she is now back in school earning a degree in social work. She also works as a peer advocate with the National Alliance on Mental Illness, where she leads support groups for job seekers coping with mental illness.

“Where I am now is thanks to my therapist and employment counselor,” Wendy says. “I think I can relate more to clients because of my experiences. I know what they’re going through, but I also know there is hope.”



## Didi Hirsch clients have been hired by:

7-Eleven  
All Smiles Dental Care  
AMR Staffing  
Centinela Hospital Medical Center  
Del Taco  
Denny’s  
E Salon  
Glendale Unified School District  
Goodwill  
Homeboy Industries  
JC Penny Portrait Studio  
The Kitchen Store  
LA Trade Tech  
Los Angeles Dodgers  
Macy’s  
McDonalds  
NAMI  
Pacific Crossroads Church  
Pavillions  
Pep Boys  
Pro Clean Services  
Ross Dress for Less  
The Salvation Army  
See’s Candy  
Sodexo  
TOMS Shoes  
Universal Studios  
Victoria’s Secret  
WestwoodOne/ NBC Sports Radio



# MUSIC MATTERS

## Erasing the Stigma Leadership Awards

The son of a mentally ill nightclub singer who ended her own life, Didi Hirsch Board member Shawn Amos coined “Music Matters” as the theme of our 2013 Erasing the Stigma Leadership Awards, which he chaired.

“Music gave me the answers and the comfort to survive a childhood living alone with a mentally ill parent,” Amos said. “And it gives me strength every day as a survivor of [her] suicide.”

The April 18 Awards broke previous attendance records. They also raised funds to support the mental health, suicide prevention and substance abuse services Didi Hirsch provides in communities where stigma or poverty limit access.

Actress and author Garcelle Beauvais emceed the Awards and introduced the first Leadership Award honoree of the night — record producer, composer

and philanthropist **Quincy Jones**. In his autobiography, Jones describes how at age six he saw his mother strapped into a straitjacket before she disappeared from his childhood. Through his philanthropy, Jones has helped improve the health and well-being of children throughout the world.

The winner of 27 Grammy Awards, Jones was inducted into the Rock and Roll Hall of Fame on the same day and prerecorded an inspiring video for Erasing the Stigma: “So many cry out for help only to find their cries falling on deaf ears. But thank God for places like Didi Hirsch and their dedicated staff.”

A musical interlude kicked off the rest of the program. Accompanied by lap steel guitarist Ben Peeler, saxophonist Mindy Abair performed an instrumental version of “Man in the Mirror,” one of Michael Jackson’s top-selling hits produced by Quincy Jones.

**Jeff Greenberg**, owner of the Village Recorder, the legendary studio where music giants like Elton John, the Rolling Stones and Lady Gaga have recorded, also received a Leadership Award. Grammy Award-winning recording engineer and record producer Al Schmitt presented the award. Greenberg thanked Schmitt for saving his life by persisting in encouraging him to get treatment.

Now sober for over 25 years, Greenberg was an original board member of the Musician’s Assistance Program and has created studios that offer hands-on training for youth in disadvantaged communities. “I’ve seen countless people who I adored and loved die of addiction,” Greenberg said. “What keeps me sober is the life I have today...and helping other people to get through their problems with addiction.”

The Beatrice Stern Media Award went to **Michael Angelakos**, lead singer, songwriter and producer of Passion Pit, who has bipolar disorder. Forced to cancel concert dates when his illness became overwhelming, Angelakos decided to be honest with his fans through Twitter, Facebook and other media.

“I chose personally to share my story with the world in an effort to both help understand my own behavior and bring light to the struggle of countless others,” Angelakos said. He also acknowledged the vital role of friends and family: “The others who share our burdens, those who suffer by proxy, are perhaps the most important part of the conversation about mental illness. You enable us to talk about it, to treat it and render it less taboo.”



**Opposite:** Shawn Amos in front of a photo of his mother, Shirl-ee May. **Right (top to bottom):** Michael Angelakos; Quincy Jones; Al Schmitt and Jeff Greenberg





# IT KEEPS YOU RUNNING

The weekend before their wedding, most brides would be fretting over seating charts and flower arrangements. Not Julianne Grossman. She was emceeding Didi Hirsch's 15th Annual Alive & Running Walk/Run for Suicide Prevention—for the 10th time.

About 2,000 runners, walkers and volunteers gathered for the Sept. 22 event, which raised more than \$240,000 to support suicide prevention work. A voice-over actress and writer, Julianne rallies runners with her humorous commentary and inspiring story of how she overcame a suicidal depression.

"Julianne is the voice of Alive & Running," says Didi Hirsch President/CEO Kita Curry. "Not only can she pronounce everyone's name flawlessly, her honesty about her own experience inspires others to get up and tell their story."

As Julianne tells hers, she was struggling with health problems, depression and loneliness when she tried to end her life in 2002. After



Julianne Grossman and Event Chair Andrew Rubin acknowledge runners as they cross the finish line.

three hospitalizations, she finally recovered enough to do "what any sane person would do," she says. She wrote a comedy about the ordeal, a solo show entitled, "From Bonkers to Botox."

The award-winning play ran at HBO's comedy festival in Aspen, launched her career as a writer and landed her a development deal with NBC. It also turned her into a passionate advocate for mental health services and helped connect her to Didi Hirsch.

"My producer and I wanted to use the play as a fundraising vehicle for a mental health center with local and national affiliations," Julianne says. "We called eight centers in Southern California before finding Didi Hirsch, and raised money by asking the audience to please give, and give generously."

With the support and love of her new husband, Tibor Deme, Julianne feels a level of safety, companionship and stability she rarely knew before and is now training to become a peer facilitator for Didi Hirsch's Survivors of Suicide Attempts' support groups.

"I'm no longer suicidal, but I know what it's like to be on the other side," Julianne says. "My mission is to encourage people struggling with suicidal depression to live another hour, another day, another week. I am living proof that it gets better!"

**1,541 suicidal callers to our crisis line were rescued by emergency services in 2013.**







## BOARD OF DIRECTORS

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Todd M. Rubin

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### IN MEMORIAM

Stanley D. Lelewer



# Dear Friends,

Didi Hirsch's local and national presence continues to grow. Our suicide crisis line consistently ranks first or second in calls answered for the National Suicide Prevention Lifeline. In 2013, the newly established Disaster Distress Helpline selected Didi Hirsch as one of its five core centers in the U.S. In 2014, we will harness technology to take our Erasing the Stigma campaign into virtual communities without borders. Visit [erasingthestigmaproject.tumblr.com](http://erasingthestigmaproject.tumblr.com); we would love for you to add your voice.

One of the Board of Directors' key responsibilities is to support and nurture the growth of Didi Hirsch, not just for growth's sake, but rather to increase our capability to serve more and more of the children and adults who need our help. Good governance keeps us on course. Fundraising keeps us seaworthy and our stewardship helps assure the agency's future.

With that in mind, we are continually recruiting new members to our Board and are delighted with the addition of new members with social media, PR and marketing experience. They represent a generation younger than my fellow baby boomers. They are already helping us reach out to a broader spectrum of our community. They even know how to tweet!

You also are part of our future. Your volunteer hours, in-kind contributions, estate planning and donations support today's services and more on the horizon. Each act of kindness makes a difference.

Thank you!

A handwritten signature in blue ink that reads "Michael Wierwille".

**Michael C. Wierwille**  
**Board Chair**



# Meet **Didi Hirsch's** newest board member

For years, Los Angeles public relations and marketing consultant **Lisa Petrazzolo** watched her brother struggle with mental illness and the bigger systemic problems that went with it. “A lot of people with mental illness cycle in and out of hospitals with no transition or support,” she explains.

Lisa and her husband, movie and television producer Emile Gladstone, resolved to become mental health advocates and sought out a worthy organization to support. They connected with Didi Hirsch, she says, to get “a better understanding of what my brother has experienced and to make a difference for people who don’t have the means to get the help they need.”

Her interest in Didi Hirsch deepened, and she joined our Board of Directors with a mission to engage young supporters in the organization. “Young people have a strong voice and use social media to talk about what they stand for,” Lisa says. “Continuing to build the right support, community and friendships will help propel Didi Hirsch into the future.”

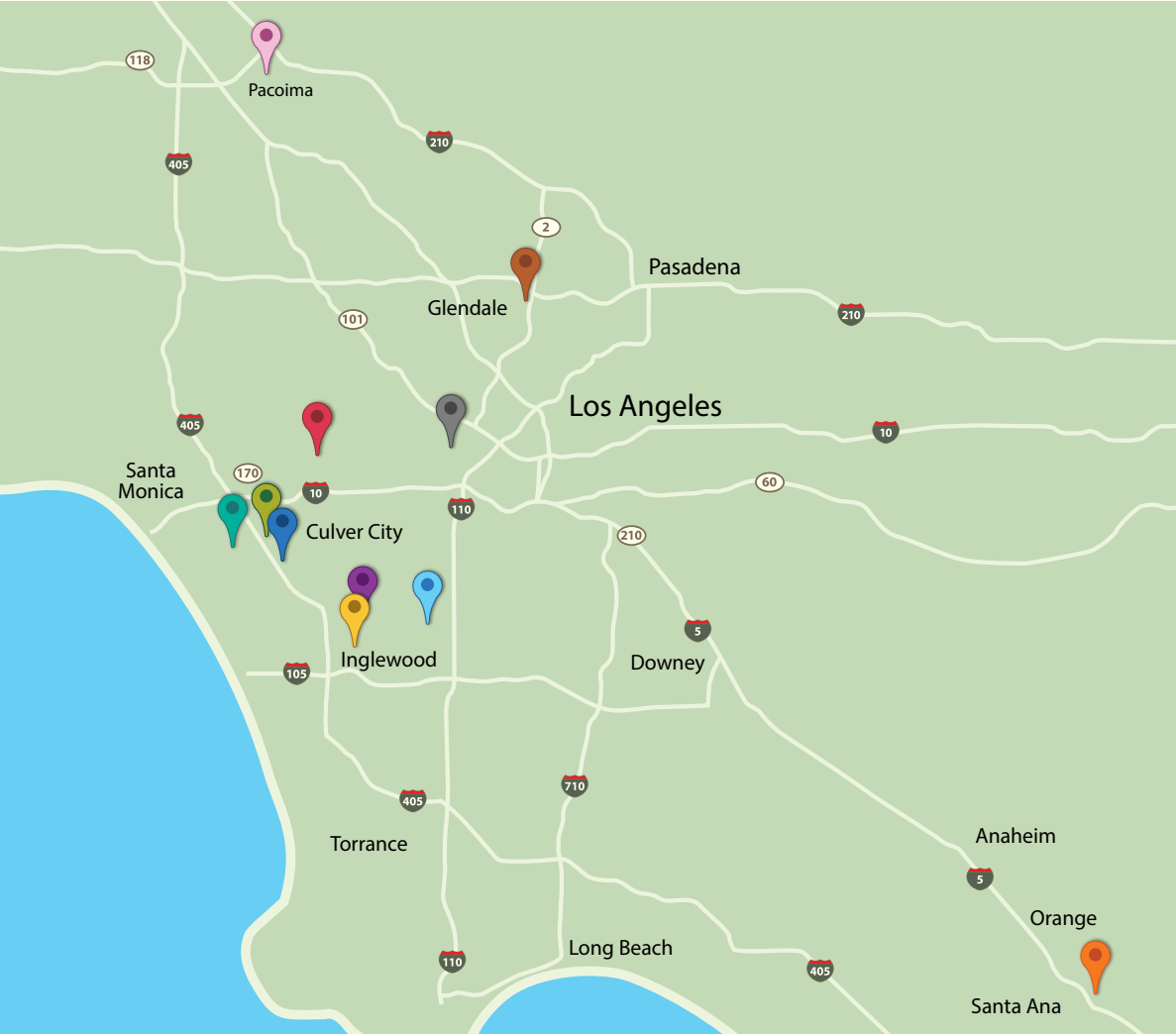
Lisa provides public relations and branding services for lifestyle, fashion and technology companies. A graduate of the University of Arizona, she interned for Senator John McCain and FleishmanHillard and then joined King World Productions in New York as a senior publicist. She also directed the Entertainment Industry Foundation’s “Stand Up to Cancer” campaign.












The couple is active in the arts, and she is a frequent visitor to the Los Angeles County Museum of Art with her two toddlers. A major project for Lisa right now is overseeing the design and construction of the family’s new home.





Didi Hirsch helps more than 78,000 children, adults and families each year at **11 locations:**



- **Headquarters**  
4760 S. Sepulveda Blvd.  
Culver City, CA 90230  
(310) 390-6612
- **Culver-Palms Center**  
11133 Washington Blvd.  
Culver City, CA 90232  
(310) 895-2300
- **Excelsior House**  
1007 Myrtle Ave.  
Inglewood, CA 90301  
(310) 412-4191
- **Glendale Center**  
1540 East Colorado St.  
Glendale, CA 91205  
(818) 244-7257
- **Inglewood Center**  
323 North Prairie Ave.  
Inglewood, CA 90301  
(310) 677-7808
- **Jump Street**  
1233 South La Cienega Blvd.  
Los Angeles, CA 90035  
(310) 855-0031
- **Mar Vista Center**  
12420 Venice Blvd. Suite 200  
Los Angeles, CA 90066  
(310) 751-1200
- **Metro Center**  
672 S. La Fayette Park Pl., Suite 6  
Los Angeles, CA 90057  
(213) 381-3626
- **Orange County Center**  
2021 East 4th St., Suite 204  
Santa Ana, CA 92705  
(714) 547-0885
- **S. Mark Taper Center**  
1328 West Manchester Ave.  
Los Angeles, CA 90044  
(323) 778-9593
- **Via Avanta**  
Pacoima, CA  
(818) 897-2609

# FINANCIAL SUMMARY

	FY 12-13	FY 11-12
Government Contracts	\$35,225,788	\$31,064,612
Contributions and Grants	1,444,828	615,569
United Way	58,991	61,621
Special Events	343,756	356,467
Patient Fees	110,075	170,538
Donated Goods and Services	497,771	858,976
Other	305,355	321,090
<b>Total Revenue</b>	<b>\$37,986,564</b>	<b>\$33,448,873</b>
Personnel	\$28,410,957	\$24,772,574
Operating	4,807,607	4,160,343
Occupancy	2,680,976	2,507,985
Depreciation	1,108,087	978,397
Donated Goods and Services	497,771	606,718
<b>Total Expenses</b>	<b>\$37,505,398</b>	<b>\$33,026,017</b>
<b>Excess of Revenue over Expenses</b>	<b>\$481,166</b>	<b>\$422,856</b>
Cash and Cash Equivalents	\$927,902	\$3,130,080
Accounts Receivable/Prepaid	4,550,763	2,970,261
Donated Property Held for Sale	307,548	302,258
Property and Equipment	11,245,182	10,311,321
<b>Total Assets</b>	<b>\$17,031,395</b>	<b>\$16,713,920</b>
Accounts Payable/Accrued	\$5,197,253	\$4,930,843
Capital Lease Obligation	-	295,362
Notes Payable	5,442,868	5,577,607
<b>Total Liabilities</b>	<b>\$10,640,121</b>	<b>\$10,803,812</b>
Net Assets	6,391,274	5,910,108
<b>Total Liabilities and Net Assets</b>	<b>\$17,031,395</b>	<b>\$16,713,920</b>

Didi Hirsch Mental Health Services is a 501(c)(3) not-for-profit organization.  
For information on contributions or planned gifts, please contact the Development Department at (310) 751-5455 or [development@didihirsch.org](mailto:development@didihirsch.org).

# DAILY ACTS *of*

# COURAGE & LOVE

Behind the scenes at the Suicide Prevention Center, we witness daily acts of courage and love. The intensity of pain, the sudden loss of meaning, the urge to die following the death of a parent, child, or friend, is overwhelming. A hard climb back into the light of hope and purpose lies ahead, with our volunteers as their guides.

The dedication and passion of volunteers Lois and Sam Bloom and Ester Ybarra-Bryant stands out. We were thrilled to see them honored this year.

Sam and Lois were the first to take the stage at the National Council for Behavioral Health's Welcome Back Awards ceremony. Their Community Service award came with a \$10,000 grant for the nonprofit of their choice, which they donated to Didi Hirsch. Ester was named an "Unsung Heroine" by Congresswoman Grace F. Napolitano, who represents California's 32nd District, at the 2013 Women of the Year Awards.

**Sam and Lois's story** began like many others at the Center, with the loss of their son, Sammy, in 1982, but then took a different turn. At a time when most

people endured in silence, they "weren't held back by the stigma," as Sam recalls. This Rancho Palos Verdes couple became respected political advocates for suicide prevention. Co-founders of the California chapter of the Suicide Prevention Advocacy Network (SPAN), they crisscrossed the country and testified in support of accessible, affordable mental healthcare and a National Suicide Prevention Strategy. They pioneered healing techniques as group facilitators in our Survivors After Suicide program, one of the first of its kind in the United States. They knit together an enduring community of survivors.

**When Ester's son**, Nathan, ended his life in 1997, the Blooms were among those who helped her recover. Today, she counsels on our Crisis Line, leads bereavement groups, and serves as an inspiring public face of prevention through presentations and media appearances. Ester is "on call" round the clock: as a member of the Suicide Response Team, an arm of the Los Angeles Mayor's Crisis Response Team, she comforts friends and family immediately following a loved one's suicide.



Left to Right: Ester Ybarra-Bryant, Lois Bloom, Sam Bloom

**Didi Hirsch cherishes Sam, Lois and Ester for all that they have done, and continue to do, to save lives and ease pain.**



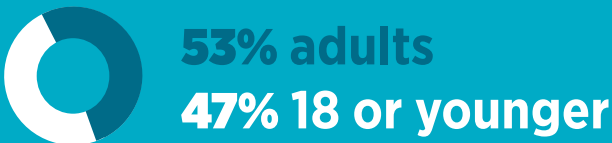
# 2013 by the numbers

**TOTAL SERVED** 91,553

## MENTAL HEALTH & SUBSTANCE ABUSE

**8,352**  
clients served

**90%** live in poverty



**Child trauma has lasting effects; early intervention is crucial.**

Children who have 4+ traumatic experiences are 3x more likely to have depression as adults.

**Didi Hirsch breaks the cycle.**

We treated 223 children under the age of five and had a presence in nearly 100 schools.

## EDUCATION AND PREVENTION

**28,176**  
learned about substance abuse, suicide and depression



## SUICIDE CRISIS LINE

**55,025**  
calls, chats, texts



40% of callers to our Crisis Line were 25 and under.

More than 10% of adults who experienced trauma as children attempt suicide.

**87 cents** of every dollar we receive goes directly to services.



Special Thanks

Columbia Records  
Echo Horizon School  
Freshwire  
Morrison & Foerster LLP  
Ronda Rousey  
Shelter Partnership, Inc.  
Stepping Up  
Tri Span, Inc.  
Variety

and our dedicated volunteers  
who provided 20,132 hours of service

We Are Funded By

California Department of Rehabilitation:  
Employment Services  
  
California Mental Health Services Authority (CalMHSA)  
  
County of Orange Health Care Agency  
  
L.A. County Department of Mental Health  
  
L.A. County Department of Public Health:  
Substance Abuse Prevention and Control  
  
Substance Abuse and Mental Health Services Administration  
  
Federal Emergency Management Agency:  
Emergency Food and Shelter Program  
  
United Way of Greater Los Angeles

\$100,000 and above

The Ahmanson Foundation  
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STANLEY D.  
LELEWER  
1927-2013

**Stan Lelewer** was one of those lucky men who had two successful careers. In his first, he was a vice president of Merrill Lynch. In his second, he was an advocate for suicide prevention.

We knew him in his second career, as a volunteer for Didi Hirsch’s Suicide Prevention Center and a member of our Board of Directors. For that work, his compensation was measured in the lives he saved and shattered hearts he helped mend.

A riveting speaker, he was invited to provide keynotes at mental health conferences at the local, state and national level. In 2007, he received a Volunteer of the Year Award from the L.A. County Board of Supervisors. He was elected to the Board of Didi Hirsch in 2000 and became its chair in 2008.

Stan’s passion for suicide prevention was rooted in personal tragedy. His son, Stephen, a Harvard Law School graduate, died by suicide in 1993.

It takes courage to go on living after a child’s suicide and Stan often said he would do anything to bring his son back. But he also

showed great courage in the face of his loss. He used the experience to write a new chapter in his life that he often said gave his life meaning, purpose and fulfillment. He harnessed his pain and used it to help others.

Stan’s fearless drive to make a difference brought him to the Suicide Prevention Center, where he began volunteering as a counselor on the crisis line. Imagine the first call he answered, and how he felt having someone’s life in his hands. Imagine the first time he drove to a home where a suicide had just been discovered to offer comfort. Imagine the first time he shared the story of his own loss.

It was never easy. He choked up every time he spoke about Stephen, but he also made people laugh. That was part of his gift. He gave people hope that they, too, could laugh again without forgetting their loved one, that they, too, would gradually relish life again, just as Stan did.

Stan died surrounded by his family on Dec. 1, 2013, but he and his son, Stephen, live on in us and all the people Stan consoled who were contemplating or touched by suicide.



# Didi Hirsch

MENTAL HEALTH SERVICES

Since 1942, Didi Hirsch has transformed lives by providing quality mental health and substance abuse services in communities where stigma or poverty limit access.

**[www.didihirsch.org](http://www.didihirsch.org)**