



January 22, 2018

Ms. MaryAnne Othmer
Stanley W. Ekstrom Foundation
701 S. Parker St., Ste. 5500
Orange, California 92868

Dear Ms. Othmer,

We are excited with the opportunity to share more about Strength In Support (SIS) with you and your team, and to introduce you more to our core program we are seeking support for, our Three Pillars of Support program. Three Pillars of Support, combines individualized clinical treatment, mentoring, and education to help veterans progress toward healing and re-engagement into community life. These services are provided exclusively to active and inactive military personnel and their families, while serving as an innovative and holistic approach to behavioral health programs. Below, please review our three-pronged program breakdown:

Counseling: SIS provides our military, vets and their families, low to no-cost therapy and counseling each week. SIS therapists help clients deal with isolation, PTSD, depression, substance abuse, anxiety, TBI, employment/educational problems, marital issues, and the long process of transitioning back to "normal" life at home. These services are offered at our Laguna Hills and Long Beach locations, Monday through Saturday from 8am-10pm. On average 175 clients are served per week, with 764 being served each year. On top of these sessions, we also provide counseling services at our partner sites: Santa Ana College, Santiago Canyon College, Long Beach City College and Los Angeles Trade Tech College in their Veterans Resource Center Monday through Friday from 9am to 5pm. We services a total of 264 patients every week across all locations.


Mentorship: SIS offers vet-to-vet mentorship opportunities in which more experienced veterans (those who have been disengaged from the military for at least two years) attend local colleges, resource fairs and community events to talk to newly disengaged veterans about transitioning out and what resources are available in the county and if they are seeking counseling, connect them to SIS. We currently have three mentors who devote 60 hours a week (20 hours each mentor) to our vet-to-vet mentorship program. We currently provide mentorship to 82 clients.

Workshops: SIS aims to provide one workshop per month that change in topic from month to month. We have held workshops that cover tax preparation, compensation benefits, golf workshops, and veteran's socials to a little over 415 clients annually. SIS also hosts its annual Clippers Game in which we provide 20-40 tickets to two games in November for veterans and their families.

If given support through the Stanley W. Ekstrom Foundation, SIS would be able to continue to increase our core commitment of providing services to 800 constituents through our Three Pillars of Support program while measurably increasing concern and awareness in the community about the importance of support our veterans and their families. Please feel free to call on myself for any additional information or clarification you might require.

Thank you for your consideration of our request.

Sincerely,



Jill Boultinghouse, MA, LMFT
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