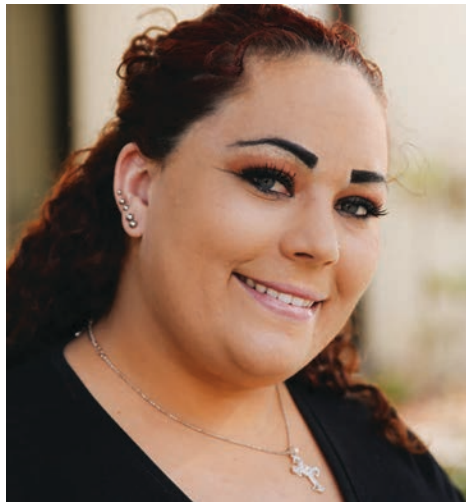


2020

impact report



San Diego 
RESCUE
MISSION

PRESIDENT'S
MESSAGE

a word of thanks

Could anyone have imagined what 2020 would bring? On March 13, when the lockdown happened, we were anxious. We didn't know how we would protect our 400 men, women and children, or how we would provide for our staff.

During one of the most dangerous and chaotic times, not only did God provide through your generosity, but He went above and beyond. Through your faithful giving, God has met every single one of our needs this year!

He is the God of “exceedingly and abundantly” and can do far more than all we ask or imagine.

Not only did we survive the pandemic with no COVID cases among people in our programs, but we expanded our services into North County.

Rejoice with us in the abundant blessings and accomplishments in this Impact Report. I pray you'll be inspired and amazed by the fruit of your faithfulness in the lives of our students and our greater community. Together we are changing the state of homelessness in San Diego.



Donnie Dee





OUR MISSION

To **lovingly address** the needs of men, women and children experiencing **homelessness** by sharing the Good News of Salvation and providing **a holistic approach to rehabilitation and recovery.**

abundant transformation

ONE LIFE AT A TIME



What Is A Holistic Approach To Rehabilitation And Recovery?


A holistic approach begins with trauma-informed care. It asks, "What happened in your life that led to homelessness?" It focuses on the entire person -- mind, body and soul -- so individuals can experience healing and wholeness. Through compassion and care, we empower our students to have courage and confidence to own their recovery process.

A photograph of three young adults sitting around a dark wooden table. Their hands are clasped together on the table. The person on the left is wearing a grey long-sleeved shirt. The person in the middle is wearing a black t-shirt with a white Adidas logo and a silver chain necklace. The person on the right is wearing a dark t-shirt. The background is a light blue wall.

MEET OUR

students

Chelsea, Cory and Amanda are students in Mission Academy, our faith-based, one-year residential program designed to get people off the streets permanently. Read on as they share their testimonies of mental, emotional, physical, and spiritual transformation on their paths to self-sufficiency, made possible by your love and support in 2020.

A portrait of Chelsea, a woman with dark hair and a nose ring, wearing a black top and a cross necklace. She is looking slightly to the side with a gentle smile.

Chelsea grew up in Poway, an “A” student with a solid upbringing. After her high school best friend murdered her own mother, Chelsea was shocked when her classmates turned against her too, and she felt alone. This trauma caused Chelsea a decade-long struggle with mental health issues and addiction to numb her pain. She spiraled out of control until she lost everything and became homeless. Later diagnosed with Schizophrenia and Bipolar Disorder, for five years she survived on the streets. After escaping sex trafficking, Chelsea met a woman who told her that God protected her for a reason. Determined to change her life, she came to the Rescue Mission, ready to embrace God.

chelsea

MONTHS IN PROGRAM:

How Has Your Life Changed Mentally?

When I came in, I was a wreck mentally. I was emotionally unavailable for the first few months, because I didn’t want to feel anything. The Rescue Mission gave me so many tools, therapy, trauma care, grief share, and in-house classes that helped me overcome a lot of barriers.

I learned how to take care of my mental health. It’s going to stick with me for life, but it’s manageable now. So instead of running from my issues, God gave me the strength and I own it now. Now I’m able to recognize God’s voice.

11

How Has Your Life Changed Spiritually?

God is everything to me. Whenever I'm having an issue, before I bring it to staff, I bring it to God. Before I make a decision, I ask God, and then I ask for advice. He is not only your cheerleader, your advocate, and somebody who loves you unconditionally, God is a way of life. And it's a wonderful path.

I have learned how to trust God ultimately with everything. So that gave me a push to do better than I've done in the past, which is to go to school and college. And I believe He's going to do bigger, greater things in my life, now that I've let Him in.



Chelsea plans to finish college and pursue a career in business. She's looking forward to transitioning into graduate housing, learning to budget, and becoming fully independent.

How Has Your Healing Changed How You Treat Others?

God's rewired my brain into thinking the positive instead of the negative. Instead of thinking that person is homeless because they choose to be homeless, I pray for them now. I don't judge them, because I've been there.

I've changed from being someone who used to steal people's shoes off their feet in the streets to giving whatever they need from my heart. I help everybody now, because people have helped me tremendously. Students here come to my door all the time and I mentor them. I lead by faith, by my example and also by my words.



**My testimony
is not over.
God's still
writing my
story.**

A portrait of Cory, a middle-aged man with dark hair and glasses, wearing a grey crewneck sweater. He is looking directly at the camera with a slight smile. The background is a blurred blue-grey wall.

cory

MONTHS IN PROGRAM:

8

Cory had a carefree childhood in Texas. When his mom died, everything changed. Cory received little support from his career-driven dad, so he's been on his own since he was 16 years old. In 2009, he came to San Diego, but was laid off and drained his savings. He worked several jobs, unable to make enough money to pay rent. For 10 years, he worked full-time while being homeless downtown. He paid for a gym where he could shower, a cell phone and meals. One day, a seizure sent him to the hospital. Dehydrated and malnourished, he realized things needed to change. Cory remembered the Rescue Mission, where he enjoyed holiday meals, and knew this was a place he could find God's help.

What Was It Like Living On The Streets for 10 Years?

When you're on the street, you don't really sleep. There were many times that I ran into problems. I got kicked in the head a couple of times while I was sleeping and I was stabbed once. I never got used to sleeping outdoors. I became pretty angry. I became a person that didn't really like other people.

When you walk down the street, people cross to the other side just because you're wearing a backpack or you don't look like you fit into the neighborhood. People feel threatened by you, which in turn, made me feel the same way. I saw them as threatening. I just didn't like the feeling. That's not who I am.

How Has Your Life Changed Physically?

Coming to the Rescue Mission was a huge relief. Now I am well-rested, healthy, and COVID-free, which is unbelievable. I still marvel at it every single day. I'm in great shape, probably the best shape I've been in in a long, long time.

How Has Your Life Changed Spiritually?

My life has changed dramatically. I've always been a spiritual person. Before, I would react with my head on a whim, and now I'm more methodical. I try to pray first. I try to find something relative in Scripture. And I sometimes lead Bible studies. It's a totally different way to look at things.

The people here genuinely care. They guide you and direct you not only in your physical state, but in your spiritual state. My advocate has been the biggest blessing for me. He is a very godly man who has helped me a lot.



Cory has one year left to complete his Bachelor's degree. His goal is to work in social services, championing men experiencing homelessness, because he believes they all deserve a chance to change their lives.

The things that God is doing in my life, it's just overwhelming





amanda

MONTHS IN PROGRAM:

10

Born in Massachusetts, **Amanda** lived with her parents and brothers until she was 6 years old. When her mom was hospitalized, Amanda was placed in a foster home where she endured emotional abuse for nine years. She bounced around from foster homes to a group home. At 18, she lived with foster families while going to college and then worked and lived independently. When she aged out of foster care, Amanda lost the only support system she had. So she moved to San Diego in hopes of a fresh start. In and out of programs, she struggled to cope with life's difficulties and ended up in jail where she reconnected with God. Upon release, a Christian friend referred her to the Rescue Mission.

How Has Your Life Changed Emotionally?

When I get anxious and overwhelmed, I don't do the things that I need to do to stay grounded. All the other programs that I've been to, I made some growth, but I never got to the place where I wanted to be.

Here at the Rescue Mission, I realized that I have to be present and let myself feel whatever it is. Therapy is something that I need because having space to work through my emotions is really important. Until now, I've never had a therapist that I felt safe enough with going to the places where I need to go.

How Has Your Life Changed Spiritually?

I always believed that God was real, but I never was able to explore what it meant for me. How I was angry at him. Now I can go into my advocate's office, sit down and have a conversation about it. We always end our time with a prayer. That's something that I've missed for a good chunk of my life.

I'm proud of my ability to sit down and pray and seek God when I'm having a hard time. I know that I may not be getting a response right then and there. But eventually, I will get that answer that's going to help propel me forward.



Amanda's working and studying to be an auto service advisor and technician. She envisions being independent and finding a way to give back because volunteering has always been a big part of her life.

What Are Your Hopes For The Future?

I'd love to get married and have a family of my own. I want kids and to be able to give them what I didn't have when I was a kid. I want to have a home and create a space where I can come to at the end of the day and unwind. And I want to have some really great relationships with people that can count on me and that I can count on.



I'm praying for the ability to let go of the hold that my past has on me, and being able to build myself whole

BECAUSE OF YOU

abundant accomplishments

With program expansions, new staff, building upgrades and more, your steadfast support is impacting San Diego, bringing care, compassion and hope to our hungry and homeless neighbors.

FEB

Sale of Thrift Store
& Warehouse in
City Heights

APR

MAR

COVID-19,
Shelter in Place



400%

Increase in
distribution
frequency by
Partners for
Hunger Relief
program



JUL

New **27,000**
sq. ft. Donation &
Food Distribution
Center opens in
National City



MAY

700 Blankets distributed
through our Church Partners



Paul Armstrong
joins as VP of
Programs

AUG

\$30,352

Zinngrabe Charitable
Foundation provides
a grant for Children's
Center playground
upgrades

OCT

Bread of Life
Merger expands
critical services
to North County



NOV

Thanksgiving
Outreach Meal,
pandemic style



DEC

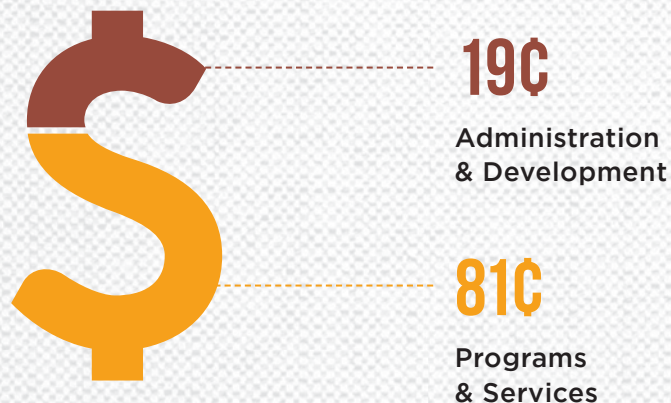
Christmas at
the Mission

2020

financial summary

Our Values of Faith, Integrity, Compassion and Excellence guide everything we do, including our financial stewardship. We are committed to ensuring that we maximize the use of every dollar received to benefit those in need.

WHERE EACH DOLLAR GOES[†]



INCOME*

Donated Income	\$9,136,539
Business Revenue	\$947,251
Gain on Sales of Properties	\$6,086,822
Material Donations	\$702,115
Food Donations	\$6,752,779
Total Income	\$23,625,506

EXPENSE*

Programs	\$14,372,591
Administrative	\$1,179,177
Fundraising	\$2,148,465
Total Expenses	\$17,700,233

[†]Closures due to the pandemic caused fewer material donations, which impacted both income and expenses. This resulted in increased administrative costs of running the Rescue Mission in FY2020.

***Fiscal year October 1, 2019 through September 30, 2020.** These numbers are unaudited. We receive an annual independent financial audit at the end of every year. Tax ID 95-1874073



sdrescue.org • (619) 687-3720

The San Diego Rescue Mission is a non-profit recovery and rehabilitation center serving thousands of men, women and children experiencing homelessness in San Diego since 1955.