Putting the Pieces Together…

Vista Hill Celebrates 50 Years of Service
Helping Families Achieve Peace of Mind

1957-2007
Vista Hill's Half-Century of Success Can Be Measured in Lives Touched and Transformed

As Vista Hill celebrates its 50th anniversary, we look back at the remarkable impact this organization has had on the individuals and families who often had nowhere else to turn. The timeline on the pages to follow shows a vivid visual record of Vista Hill’s contribution to the community throughout the years—great success helping families put the pieces of their lives back together.

But just how do we measure success at Vista Hill?

One measure is sheer longevity. Equipped with the forward-thinking vision its founders set forth in 1957, Vista Hill has demonstrated the stability, reliability, and commitment necessary to tackle the tough problems that so many other agencies are reluctant to address.

The most important measure is those whose lives have been touched and transformed by Vista Hill. The literally thousands of people of all ages, from communities large and small, both within and outside of San Diego County, who were overwhelmed with mental illness, substance abuse or developmental disabilities but who found healing and hope at Vista Hill.

From the joyful mom who got her children back after getting help to escape a nightmarish world of drugs, to the child with autism taught to speak for the first time, to the troubled teen who learned how to overcome behavioral problems and become a productive, contributing adult, to the shattered family put back together thanks to intensive therapy and counseling. There are hundreds if not thousands of success stories like these.

Harder to measure, but equally as crucial, is the success Vista Hill has had in preventing problems. Many of our programs include a built-in early intervention element that enables us to identify the root cause of a given problem. In this way we can intervene before it takes hold. This strategy alone has saved vast expenditures of public money, avoided untold human suffering, and significantly improved the health of our community.

We also measure our success in the tireless and professional skill of the many Vista Hill employees, past and present, who have invested their careers—and really their lives—in providing the compassionate care that makes such a difference.

Finally, look at the philanthropic gifts we’ve received through the years from the passionate Vista Hill volunteers and donors who know and value what we do in the community. Our programs have captured their imagination and made them want to be part of this special organization. We thank each and every one of you for your support.

What challenges will Vista Hill face in the next 50 years? We can’t predict the future, but we do know that Vista Hill will be there. We will tackle the toughest of those challenges with pride and courage so that we can continue our mission of creating stronger families and brighter futures. That will always be the true measure of our success . . . .

James S. Brown
Chairman of the Board

Robert Dean
President and CEO

Mission:
Measurable improvement in family functioning, independence, and behavioral health through high-quality programs focused on education, prevention, and early intervention.
Congress passes the National Mental Health Act that leads to creation of the National Institute of Mental Health. The Hill-Burton Act is also passed to provide federal funding for hospital construction in the U.S.

San Diegans needing care are sent to sanitariums, state facilities, or stay isolated at home.

The National Mental Health Association casts the “bell of freedom.” The bell symbolizes freedom from stigma and the shackles of state institutions.
Vista Hill Psychiatric Foundation forms as a 501(c)(3) not-for-profit corporation. Robert Thorn (pictured), Wiley Curry, and Cy Dixon structure a plan to develop San Diego’s first private accredited psychiatric hospital.

Elavil is reported in scientific journals as the first effective anti-depressant medication.

Douglas Young Clinic is established to treat the uninsured with psychiatric illness. Businessman Douglas Young serves early on as a Vista Hill board member.

Compton Foundation Hospital (Los Angeles) is purchased to provide inpatient psychiatric services.

A land lease negotiated with the San Diego Hospital Association (Sharp Memorial Hospital) is the eventual site for Mesa Vista Hospital. Mesa Vista Hospital is designed as a modern psychiatric hospital—redefining private care for San Diego. It eventually expands to 150 beds and becomes the largest private psychiatric hospital in San Diego.

President Kennedy signs the Community Mental Health Centers Act that mandates transition from large state hospitals to community settings.

“At about 18 months we realized that Patrick’s social and verbal skills were not progressing as they should. We found out it was autism, and things went downhill from there. By the time we got to Stein Education Center, he was five years old with behavior problems so difficult that we didn’t know where to turn. Some nine years later he is in a special-ed class in high school, and two periods a day he goes to regular classes. He is a changed young man, and we can’t thank Stein Education Center enough.”

Mary and George Venables, Patrick’s parents
Vista Hill Foundation celebrates its 10-year anniversary. Facilities and clinics include Vista Hill Hospital, Mesa Vista Hospital, Compton Foundation Hospital, the Douglas Young Clinic, and the South Bay Guidance Center.

Vista Hill Foundation adopts a stylized caduceus as a corporate logo. The letters “VHF” are incorporated into the design.

Under the direction of Robert Moore, M.D., Medical Director, Mesa Vista Hospital starts the first local private inpatient treatment program for alcoholism.

“...I was 35 years old; I had dual diagnosis. It was in 1974 when psychiatric problems weren’t as acceptable as they are now. I kept it a secret except from my husband and a couple of friends. It doesn’t matter what your background is or how old you are. I was in a Vista Hill program with a concert pianist, an ex-nun, a young man who had long hair and played the guitar, and a tennis pro. We all helped each other. I thought I was going there for a rest... they kept us busy from seven in the morning until evening: medication, ceramics, exercise, groups, meals. It was quite an experience, and I’m very thankful to Vista Hill.”

Philomena Hodap

1965

The Medicare and Medicaid bill is passed by Congress.

1969

Children with autism are legally excluded from attending public schools.

1970

FDA approves lithium carbonate to treat manic-depressive (bi-polar) illness. Lithium becomes an important part of successful treatment for adults with this illness.
Congress enacts Public Law 94-142 mandating that disabled children attend public schools to receive special education services. Every child is guaranteed a “free and appropriate public education.”

Los Ninos Remedial Center is established as a private school for children with autism. School takes place in the spare rooms at St. Luke’s Episcopal Church. The small school evolves into the multi-site Sam and Rose Stein Education Center.

South Bay Guidance Center opens to provide outpatient mental health treatment based upon the client’s ability to pay for services.

Vista Hill is contracted to operate county mental health services in Imperial County. Administrative services continue through 1976.
The long-term effects of Fetal Alcohol Syndrome are widely published in scientific journals. This knowledge urges health providers to intervene early in pregnancy to prevent alcohol and drug-related birth defects and life-long disabilities.

Vista Sandia Hospital, a 92-bed psychiatric hospital in Albuquerque, N.M., is purchased. Vista Sandia operates through 1988.

Construction begins for a new Vista Hill Hospital campus in Chula Vista. The campus expands in phases to a total of 89 beds to serve children, teens, adults, and seniors in a growing South Bay community.

National Alliance for the Mentally Ill is founded and becomes an effective advocacy group. The local San Diego chapter receives funding from Vista Hill to develop a referral line.

Former First Lady Betty Ford’s recovery from breast cancer and chemical dependency becomes an inspiration to many. The Betty Ford Center later opens and the California legislature creates a special licensure category for chemical dependency facilities.
A new generation of antidepressants called selective serotonin reuptake inhibitors is introduced. Prozac becomes one of the most widely prescribed medications in the U.S.

Los Niños develops two group homes for children and adults with autism in east San Diego County.

Community Research Foundation (CRF) becomes Vista Hill Community Treatment Systems (VHCTS) in an affiliation with Vista Hill Foundation. In 1996, CRF resumes independent status to compete for county privatization contracts.

Friends of Vista Hill fundraising entity is created to support programs and services.

Vista Hill Executive Team (1986). Left to right: Greg Zinser, Ronald Fickle (CEO), Eugenie Newton, Robert A. Moore, M.D., and Dennis Senko.

Vista San Diego Center opens as a 30-bed adolescent residential treatment facility in Kearny Mesa. The long-term services extend the continuum of care for troubled teens following hospitalization.

Vista Hill 7

“My ex-wife had severe troubles from a surgery. She needed to recover, to learn to walk, and there was nothing I could do because I was working. Vista Hill [in partial day treatment] picked her up every day, helped her, and brought her home. I don’t know what we’d have done without Vista Hill.”

Robert Slack

“Stein Education Center is an oasis... a safe harbor... a child can go there, and a parent knows something good happens... my child is helped and can be a real citizen.”

Ernie Perro, father of Ernie, Jr.
Vista Pacifica, a 16-bed chemical dependency recovery hospital for adults, is established in Kearny Mesa. The project is jointly planned by management of Vista Hill and Vista Hill Community Treatment Systems.

The Drug Free Workplace Act is enacted by Congress. First Lady Nancy Reagan’s “Just Say No” youth drug prevention program is in full swing.

The first Vista Hill Fashion Show models pose for a photo opportunity. From left to right: Doctors Jay Flocks, Michael Plopper, Clark Smith, Fernando Kwiatkowski, and Alan Rabin. Front: Don Allen, CEO, Mesa Vista Hospital.

Community services and school-based early intervention counseling begin in South Bay and expand to various locations throughout San Diego. Satellite day treatment programs are started around the county.

National concerns about rising health costs accelerate the development of managed care within the health insurance industry. The Department of Defense takes major steps to reform coverage for military dependents and retirees.

The National Institute of Mental Health declares the 1990s to be “Decade of the Brain.”
The American Psychiatric Association publishes the fourth revision of the Diagnostic and Statistical Manual for Mental Disorders. The first DSM was published in 1949.

ParentCare (La Mesa), a program funded by the Grossmont Healthcare District for drug-dependent women, becomes part of Vista Hill. Operating initially under Mesa Vista Hospital, it is renamed the Donald K. Allen ParentCare Family Recovery Center in 1999. ParentCare receives partial funding from the County of San Diego. Pictured: Jill and Josh Allen.

Market forces cause the closure of Vista Hill Hospital inpatient operations. Several day hospital clinics transfer to Mesa Vista Hospital to continue services.

The Vista Hill Hospital campus is modified to provide psychiatric emergency and residential care for children and teens through county contracts.

Under the new name Supporting Adolescents and Families in Recovery (formerly PARTS), counseling and support groups occur in multiple locations around the county at no charge to participants. Annually, hundreds of drug-abusing teens and their parents find hope and support at SAFIR.

The Vista Hill Women’s Council on Mental Health is established to raise awareness and reduce the stigma of mental illness.

Turmoil in American health care brings about major cost-containment efforts. Many hospitals merge within larger systems to survive and in some cases discontinue services altogether.
The San Diego County Superior Court rolls out a major initiative entitled “Drug Court.” The program emphasizes mandated drug abuse treatment, court supervision, and sanctions. Drug Court reduces incarceration, improves recovery options, and brings about reunification for children and parents.

In California, mental health reform for children and adolescents includes the creation of “systems of care.” Coordinated services (“wraparound”) among various agencies are emphasized to improve outcomes for children and teens.

In 1997, Mesa Vista Hospital and Vista Pacifica transfer clinical operations to Sharp HealthCare in San Diego.

In 1998, TOWER opens under a federal grant via Children’s Mental Health Services to oversee troubled teens.

Juvenile Assessment & Monitoring (JAM) program operates for nearly five years as a County contract to work with court-referred youth with substance abuse. That same year, TOWER opens under a federal grant via Children’s Mental Health Services to oversee troubled teens.

Stein Education Center expands to multiple sites for special education for students and training programs for adults. Students at the Chula Vista campus celebrate the Center’s opening.

Vista Hill begins the transition from psychiatric hospitals and insurance services to a community-based service organization. The Vista Health Plan is sold to Green Spring Health Services in 1997. In 1998, Mesa Vista Hospital and Vista Pacifica transfer clinical operations to Sharp HealthCare in San Diego.

Donor Connie Golden (far right) tours adult program with Liz McInnis, Ph.D., and Robert E. Dean.
A Lemon Grove apartment complex is acquired to create a sober living environment for ParentCare clients. The adjacent property is purchased for use as an activity center through a generous contribution from Audrey S. Geisel and the Dr. Seuss Fund of the San Diego Foundation. In 2006, Mrs. Geisel retires the apartment complex mortgage.

Vista Hill’s Learning Assistance Center (LAC), partially funded by the County of San Diego, is awarded county contracts in numerous school districts. LAC begins providing school-based mental health treatment for students outside the customary clinic setting.

Bridges Early Intervention & Recovery Services begins with programs for teens and adults with substance abuse issues.

California legislature passes the Mental Health Parity Act. The legislation defines certain psychiatric conditions as biological disorders on the same scale as physical diseases.

The movie A Beautiful Mind wins multiple Academy Awards, including Best Picture. Book author Sylvia Nasar is featured speaker at a Vista Hill Women’s Council on Mental Health event in 2003.

Mothers Against Drunk Driving celebrates 25 years of saving lives. MADD blazes a trail of effective national policy change. Annual alcohol-related traffic fatalities drop from an estimated 30,000 in 1980 to 17,000 in 2005.

“Never in our wildest dreams did we think we might have to cope with substance abuse in our family. But we did. It was the struggle of a lifetime, and with the help of Vista Hill, our family got through it. Thank you, Vista Hill.”

Lael and Jay

“Stay tuned for the next 50 years!”

Vista Hill programs and services have treated, educated, or supported more than 150,000 people from 1957 to 2007.
Vista Hill 50th Anniversary
1957-2007

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Sheila, Elaine, and Jeffrey Lipinsky lead the 50th Anniversary Endowment Campaign by offering a matching gift opportunity: they later named the Lipinsky Family Therapeutic Learning Center at ParentCare.

Sam and Rose Stein, Vista Hill’s largest donors, inspired many in the community to follow their lead, and the Stein family continues to support Vista Hill today.

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From left: Belle Nunley, Senior VP Finance/CFO; Mark Chenven, M.D., Senior VP Clinical Operations; Robert E. Dean, President/CEO; Velma Netto, VP Human Resources; Ann L. Mound, VP Development.

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When Patty Busse finally reached rock bottom, she feared that her life was over. Trapped in a nightmarish haze of alcohol and crystal meth addiction, Patty had lost her job, her children, and was homeless.

Yet Patty not only lived, she is thriving today thanks to Vista Hill’s ParentCare program. ParentCare’s skilled staff showed Patty how to stay clean and sober while she learned the skills that enabled her to become a good parent.

“I know in my heart that ParentCare saved my life,” Patty says. “Without them I would have gone back to abusing drugs and would have died. They provided loving but very strong and structured support that pulled me through no matter how many ups and downs. I loved the program so much I didn’t want to leave when it was over.”

As it turned out, Patty didn’t leave. After completing the program, she became a ParentCare volunteer while she went back to school to become a chemical dependency counselor. Today she serves as a case manager and supervises ParentCare’s Sober Living Apartments’ “Alumni Group.”

“I couldn’t be happier,” Patty smiles. “I’ve got my family back, and I’ve got a great job where I can help women who are going through exactly what I went through. I will always be grateful to ParentCare for the wonderful life they have given me.”
Vista Hill Community Impact
Public Sector Partnerships
Vista Hill is able to help thousands of San Diego County families thanks to the supportive relationships with our public sector partners. These include:

Special Education Local Plan Area Directors and numerous school districts in the County, including Escondido Union and Chula Vista Elementary

County of San Diego Health and Human Services Agency, Departments of Alcohol and Drug Services, Children’s Mental Health Services, and Child Welfare Services

San Diego County Department of Probation Superior Court, Juvenile Division

San Diego Regional Center for the Developmentally Disabled

Vista Hill Programs
Special Education & Training (Developmental Disabilities)
• Stein Education Centers
• Education Programs
• After-School Recreation Program
• Adult Services

Family Recovery Programs (Substance Abuse)
• Don Allen ParentCare Family Recovery Center
• Vista Hill Apartments and Geisel Activity Center
• SAFIR (Supporting Adolescents and Families in Recovery)
• Bridges Early Intervention and Recovery Programs
• Bridges Service Center Intensive Outpatient Program

Family Support & Treatment Programs (Mental Health)
• Learning Assistance Center

Community Service Programs
• On Track
• SAFIR (Supporting Adolescents and Families in Recovery)
• Parenting Skills
• Changes
• B-4
• Bridges Service Center Intensive Outpatient Program
• Special Needs
Vista Hill has made a positive impact in San Diego County for the past 50 years with the support and generosity of many individuals, foundations, corporations, and organizations who have given their time, talent, and financial resources. We salute you all!

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1957 - Present

Cumulative Giving

Making an impact...leading the way...for 50 years.

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Space limitations do not allow us to name all donors, but we hope you know that we appreciate every one of you and every dollar you contribute. If you notice errors, please accept our sincere apology; and please call 858-514-5151 to let us know. Thank you.

* Indicates donor is deceased.
# Vista Hill
## Combined Statement of Financial Position

The financial information in this report represents a condensed version of the fiscal year 2004-2005 audited financial statements. A complete set of the audited financial statements, with accompanying notes and report from Moss Adams LLP, is available at Vista Hill's main office.

### ASSETS

<table>
<thead>
<tr>
<th>Current Assets</th>
<th>At September 30, 2005 (in 000s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
<td>$ 964</td>
</tr>
<tr>
<td>Accounts Receivable</td>
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<tr>
<td>Other Current Assets</td>
<td>564</td>
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<tr>
<td><strong>Total Current Assets</strong></td>
<td><strong>3,593</strong></td>
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<tr>
<td>Investments</td>
<td>8,138</td>
</tr>
<tr>
<td>Property, Plant and Equipment</td>
<td>8,529</td>
</tr>
<tr>
<td>Endowment and Deferred Giving Assets</td>
<td>1,245</td>
</tr>
<tr>
<td>Other Assets</td>
<td>1,233</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$ 22,738</strong></td>
</tr>
</tbody>
</table>

### LIABILITIES AND NET ASSETS

<table>
<thead>
<tr>
<th>Current Liabilities</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts Payable</td>
<td>$ 283</td>
</tr>
<tr>
<td>Accrued Expenses</td>
<td>891</td>
</tr>
<tr>
<td><strong>Total Current Liabilities</strong></td>
<td><strong>1,174</strong></td>
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<tr>
<td>Mortgage Payable</td>
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<tr>
<td><strong>Total Liabilities</strong></td>
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<tr>
<td>Net Assets</td>
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<tr>
<td>Unrestricted</td>
<td>17,012</td>
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<tr>
<td>Temporary Restricted</td>
<td>1,184</td>
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<tr>
<td>Permanently Restricted</td>
<td>763</td>
</tr>
<tr>
<td><strong>Total Net Assets</strong></td>
<td><strong>18,959</strong></td>
</tr>
</tbody>
</table>

**Total Liabilities and Net Assets $ 22,738**
Recent Year-End Results

Vista Hill Measurable Outcomes

Vista Hill has been measuring outcomes since 1999, utilizing the expert consultation of William Sieber, Ph.D. and the UCSD Health Outcomes Assessment Program. Results from each of the major objectives for Vista Hill programs are tabulated and distributed on an annual or semi-annual basis. They are analyzed for trends and used for service enhancements, ongoing quality improvement efforts, and for providing funders with concrete results of their support.

**SAFIR (Supporting Adolescents and Families in Recovery)**

- Both teens and parents reported significantly decreased problems with teen substance abuse, according to results of a standardized screening inventory.

**Stein Education Center (special education for developmentally disabled children & teens)**

- 92.4% of students met or made progress toward their individual academic goals.
- 89.5% of students met or made progress toward their individual behavioral goals.
- 87.5% of students who were discharged from the Stein Education Center successfully transitioned to a less restrictive level of care.
- 98.8% of program satisfaction ratings by parents/care providers were “good” or “excellent.”

**Learning Assistance Center (school-based mental health treatment for children & youth)**

- Compared to grade point average (GPA) at intake, 75.9% of 58 students with GPAs below 2.5 showed improvement in academic grades at six months.
- Compared to baseline measures at intake, 78.8% of 245 students demonstrated behavioral improvement within the community, 79.3% demonstrated behavioral improvement in the family home, and 77.5% demonstrated improvement in problem behaviors at school.

**ParentCare (substance abuse treatment and parenting skills training for mothers)**

- 100% of babies born to ParentCare mothers were toxin-free at birth.
- Only 35% of clients entering the program had a regular job, while 100% of clients were either employed or participating in a job training class upon program completion.
- At program entry, 76% of women reported drug/alcohol use within the past 90 days. Upon discharge, 14% of those who exited for any reason, and 0% of those who were successfully discharged, reported drug/alcohol use within the past 90 days.
- From intake to 6 months into the program, on average, participants dropped from the 65th percentile to the 43rd percentile on the Parenting Stress Inventory. (Note: a percentile score of 50 is average for the general population, and lower scores indicate better family functioning and lower risk.)

**Therapeutic Learning Center (ParentCare’s on-site specialized childcare and pre-school for “high risk” children ages birth to 5)**

- After one year in the program, children moved, on average, from below to above average on a standardized developmental survey of social and behavioral competence.
- Gains made in the program were shown to be maintained for at least two years, demonstrating lasting effects.