

2025 Fall Newsletter from Casa de Amparo

Come Home to Casa

Dear Casa de Amparo Family:

For more than 40 years, Casa de Amparo has stood alongside children, youth, and families affected by abuse, neglect, and trauma—offering safety, healing, and hope. This fall, with your continued support, we're entering a transformative new chapter—one that expands our services to meet the growing mental health needs of our entire community while staying rooted in our core mission.

We are proud to introduce several new and upcoming programs. These additions reflect more than growth—they represent our evolving commitment to accessible, trauma-informed care for individuals and families throughout North San Diego County and beyond.

While Casa de Amparo will always remain dedicated to treating the impacts of child abuse, we are broadening our approach to encompass the full spectrum of mental health challenges that affect young people and their families today. In alignment with this vision, we've updated our mission statement:

We provide mental health support and resources to help people heal, grow, and thrive.

This shift allows us to serve a wider range of needs, reduce stigma, and promote long-term well-being across generations. As part of this evolution, we're moving away from using the term *child abuse* as a defining label, recognizing that our work goes far beyond any one experience or diagnosis. Our purpose remains the same: to be a place of healing, connection, and opportunity for all who seek support.

With the dedication of our staff, the generosity of our donors, and the strength of our community partners, Casa de Amparo is building a future where every person has access to the care and compassion they deserve. Thank you for being part of this journey.

With gratitude,



Katherine M. Karpé, CFRE
Chief Executive Officer
Casa de Amparo



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Chief Executive Officer



Introducing Casa de Amparo's New Programs:

Casa de Amparo is proud to announce the expansion of our mental health services with several new programs designed to meet the evolving needs of youth and young adults in our community. These initiatives mark a transformative step forward in our mission to support the safety, healing, and well-being of vulnerable young people across California.

Care Coordination—A personalized approach that helps youth and young adults navigate the behavioral health system. Our team works directly with participants to identify their unique needs, connect them with trusted providers, coordinate services across multiple agencies, and ensure consistent follow-up. This holistic support helps reduce barriers, making it easier for young people to access care, build stability, and achieve their goals.

Outpatient Services – Designed for our New Directions young adults, this program provides individual, family, and group therapy with a trauma-informed, evidence-based approach. Through our partnership with TrueCare, we are able to expand access to high-quality behavioral health services, combining Casa de Amparo's expertise in supporting vulnerable youth with TrueCare's commitment to accessible community healthcare. Together, we offer a strong network of support that promotes healing, resilience, and long-term well-being.

Transitional Living Program – This program is an expansion of Casa de Amparo's established continuum of care for transition-age youth (TAY) experiencing or at risk of homelessness in North San Diego County. The TLP will provide safe, stable, and developmentally appropriate housing and individualized support services to girls age 18-21 on Casa de Amparo's San Marcos campus.

Teen Wellness Center (coming in 2028) - This year brings one of the most significant milestones in our history: Casa de Amparo has been awarded \$19 million through California's Behavioral Health Continuum Infrastructure Program (BHCIP) to build a new Psychiatric Residential Treatment Facility (PRTF) on our San Marcos campus. This major investment will expand access to critical mental health care for youth across California, ensuring more young people have the opportunity to heal and thrive.

The vision of a community garden has come to life!

Thanks to the dedication of our volunteers, the garden is now thriving and ready for planting. We're also excited to launch a gardening group where New Directions young adults can connect, learn, and grow together. Interested in getting involved? Contact [Erin McKown](mailto:emckown@casadeamparo.org) at emckown@casadeamparo.org to find out how you can help nurture this new space.



Del E. Webb Foundation Provides \$50,000 Capital Grant

The Del E. Webb Foundation provided a \$50,000 capital grant to allow Casa de Amparo to purchase two passenger vans, significantly increasing our transportation capacity. Transportation is more than just a convenience for foster youth, it's a lifeline to opportunity. These new vehicles help Casa de Amparo transport residents to school, job interviews, medical appointments, and more.

Coach donated over 1,600 journals for our residents and staff!

Casa de Amparo encourages participants to journal to help with stress reduction, coping with anxiety and depression, improving emotional regulation, and more. Thank you, Coach, for your continued support!



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Casa Family Tree

OUR MONTHLY DONORS

You are the reason we continue to grow and be better for our youth. Just like every leaf on a tree is essential to its health, every dollar you give is essential to allowing Casa to treat and prevent child abuse each and every day.

JOIN OUR FAMILY TREE BY BECOMING A MONTHLY DONOR!

Go to www.casadeamparo.org/donate or email Heather at hjenkins@casadeamparo.org to learn more.



Healing Takes Community

SIGNATURE PARTNERS

Building a strong and safe community for our youth is at the heart of our mission. As a Signature Partner, your entire company can get involved through volunteering, event sponsorship, and in-kind drives.

BECOME A SIGNATURE PARTNER TO GET INVOLVED!

Go to www.casadeamparo.org/signaturepartner or email Heather at hjenkins@casadeamparo.org to learn more.



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Save the Date for the Holiday Donation Center!

Dates: 12/09, 12/10, 12/11, 12/12, 12/15, 12/16*, 12/17, 12/18, 12/19
(12/16* is the last day to donate gifts)

You are invited to help make a happy home for all Casa Kids by contributing to the Casa de Amparo Holiday Donation Center! Each year Casa de Amparo supports Casa Kids age 12-25 and their babies. We couldn't do it without generous gifts from supporters like you. Help us spread the holiday cheer this year by making wishes come true! For more information contact [Erin McKown](mailto:emckown@casadeamparo.org) at emckown@casadeamparo.org.

Ways to get involved:

1. Provide a general wish list gift
2. Give a monetary gift
3. Sponsor a Casa Kid's wish list
4. Organize a donation drive
5. Volunteer your time



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