

A young boy with short brown hair and glasses is smiling broadly. He is wearing a dark blue t-shirt and colorful patterned shorts. He is sitting on a large, colorful inflatable structure with sections of blue, yellow, pink, and purple. The background is bright and sunny.

The Help Group because everyone  
deserves a great future

# Celebrating the Heart of The Help Group

2024-25 Impact Report

# **A Welcome from President & CEO, Dr. Susan Berman**



Dear Friends,

The past year at The Help Group has been one of meaningful growth and measurable impact. Across our schools, programs, and services, our dedicated staff have worked with children, teens, and adults to open doors to learning, build confidence, and help individuals achieve milestones once thought out of reach. Within these pages, you will read about students finding their voice through the arts, young adults gaining independence through vocational training, and families experiencing life changing breakthroughs. These stories reflect the profound difference we make every day and the enduring value of our mission.

It is the depth and breadth of this work that has led us to the final stages of a comprehensive rebrand, an ambitious, 18-month undertaking to better communicate who we are, who we serve, and to connect with more people who need us. This process has been both reflective and forward-looking, ensuring that our identity captures the full scope of our schools, programs, and services while projecting a clear vision for the future.

While the year brought its challenges, we have responded with innovation, resilience, and a steadfast focus on our mission. We expanded therapeutic services, strengthened community partnerships, and invested in professional development to ensure we are positioned to meet evolving needs with excellence.

Thank you for your commitment to The Help Group. The impact stories in this report demonstrate what is possible when expertise, compassion, and vision come together, and they offer a preview of the even greater outcomes we will achieve in the years ahead.

Warmly,

A handwritten signature in black ink that reads "Susan Berman". The signature is fluid and cursive.

Susan Berman, Ph.D.  
President & CEO  
The Help Group

# **A Welcome from Board Chair, Howard Tenenbaum**



Dear Friends,

As I reflect on the stories and achievements shared in this year's Impact Report, I am reminded of why I chose to deepen my involvement with The Help Group by taking on the role of Board Chair. This report is more than just a snapshot of our schools, programs and outcomes; it is a testament to the transformative power of compassionate, inclusive, and forward-thinking care.

For over twenty years, I have had the honor of supporting The Help Group in various capacities. During this time, I have witnessed the extraordinary difference we make in the lives of children, adolescents, and families facing learning differences, autism, ADHD, and mental health challenges. While the numbers in this report are impressive, the real impact lies in the breakthroughs, relationships, and new possibilities created every day by our dedicated staff and the resilient individuals we serve.

I accepted this role at a pivotal time for our organization—a moment of growth, innovation, and renewed commitment. With the continued expansion of our mental health and educational services, we are breaking down barriers to access and meeting communities where they are. This report captures that forward momentum and highlights just how critical our work is in today's world.

My vision as Board Chair is to help strengthen and sustain that momentum. By expanding our reach, deepening community partnerships, and ensuring long-term financial resilience, we can continue to serve as a national model for inclusive, impactful care. The stories in this report serve as a powerful reminder that this work is urgent, and with the right support, the outcomes can be extraordinary.

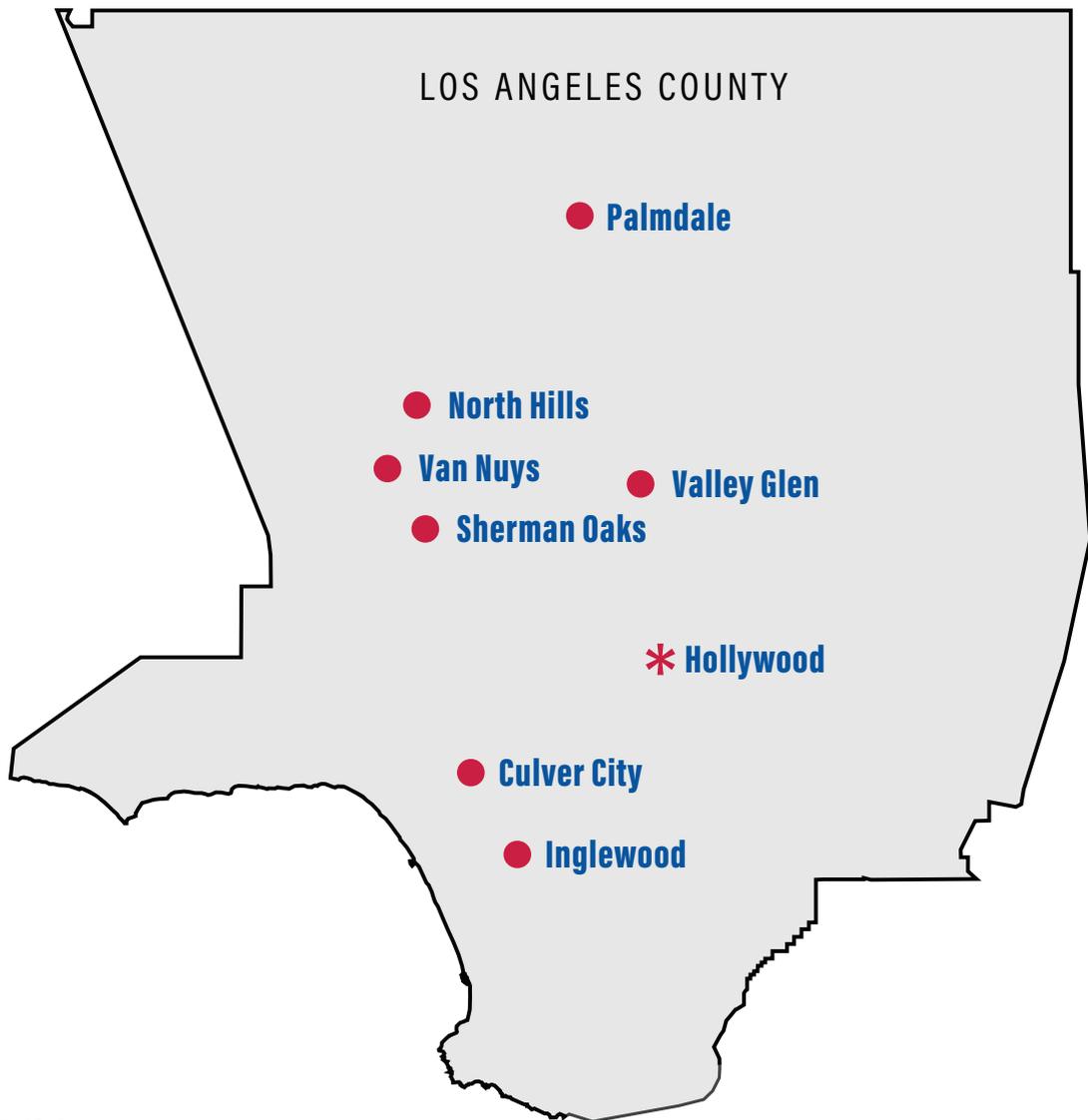
Thank you for your continued belief in our mission. I am proud to be on this journey with you.

With gratitude,

A handwritten signature in black ink, appearing to read 'Howard Tenenbaum', written in a cursive style.

Howard Tenenbaum  
Chair, Board of Directors  
The Help Group

# Our Community Reach



## Locations

**Culver City:** Schools, Therapy and Support, Vocational Training, Arts and Recreation

**\*Hollywood:** Therapy and Support

**Inglewood:** Therapy and Support

**North Hills:** Residential Living

**Palmdale:** Therapy and Support, Vocational Training

**Sherman Oaks:** Schools, Therapy and Support, Vocational Training, Arts and Recreation, Knowledge Exchange

**Valley Glen:** Schools, Therapy and Support

**Van Nuys:** Schools, Therapy and Support, Vocational Training, Residential Living

All of The Help Group's campuses are located in Los Angeles communities that rank below the 50th percentile on California's Healthy Places Index—meaning they face below-average access to health-promoting conditions such as stable housing, quality schools, green space, and economic opportunity. These neighborhoods experience greater social and economic challenges than most areas across the state, placing children, youth, and families at higher risk of adverse educational and health outcomes. By situating our schools and programs in these under-resourced communities, The Help Group plays a critical role in filling gaps where public systems often fall short, providing essential educational, behavioral, and workforce development supports that would otherwise be out of reach for many families.

\*Hollywood location coming soon

# Our Mission in Action

Founded in Los Angeles in 1941, The Help Group has evolved into one of the nation's most comprehensive nonprofit organizations dedicated to serving children, adolescents, and adults with autism, learning differences, ADHD, developmental delays, and those seeking mental health support. From our earliest days, we have been driven by the belief that everyone deserves the opportunity to realize their potential, regardless of the challenges they face.

Today our mission is simple, yet expansive in impact: to open doors to limitless possibilities through education, care, and community. We provide personalized, evidence-informed support that meets people where they are—academically, emotionally, socially, and developmentally—while helping them move toward where they want to be. Whether helping a student succeed in school, supporting a family in crisis, preparing a young adult for independent living, or connecting someone with meaningful employment, our work is grounded in compassion, dignity, and measurable impact.

To reflect the diversity and depth of our services, we focus our efforts across six essential areas:



**Schools . . . . . pp. 6–9**

**Therapy and Support . . . . . pp. 10–17**

**Vocational Training . . . . . pp. 18–23**

**Arts and Recreation . . . . . pp. 24–29**

**Residential Living . . . . . pp. 30–33**

**Knowledge Exchange . . . . . pp. 34–38**

Each plays a vital role in helping the people we serve build the skills, confidence, and sense of belonging they need to lead successful and fulfilling lives.

# Schools



# Where Learning Meets Hope

The Help Group bridges a service gap in Los Angeles by offering specialized non-public day schools for students whose needs exceed what traditional classrooms can provide. As the largest non-public school provider in California, our work is critical to meeting the high demand for these specialized placements. Across our campuses, The Help Group delivers small-class, personalized instruction aligned with each student's Individualized Education Plan, embedding speech-language, occupational therapy, counseling, and behavior support directly into daily routines, when needed. This multi-disciplinary approach ensures that learners with autism, learning differences, ADHD, or social-emotional challenges receive consistent, evidence-based interventions in a predictable, supportive environment.

We serve a diverse community of learners with a wide range of educational goals. For our college-bound students pursuing diplomas, we offer support in advanced academics, executive functioning, and post-secondary preparation. Others are working toward certificates, employment skills, or personalized training through a blend of academic instruction, vocational exploration, and community-based learning. Still others benefit from highly individualized and supportive education focused on developing foundational life skills—such as communication, daily living, and social interaction—within a structured and nurturing environment tailored to their unique developmental profiles. For our youngest learners in preschool and elementary school, we prioritize building strong foundations in communication, emotional regulation, learning readiness, and adaptive behavior.

In a region where too many families struggle to access appropriate placements, The Help Group promotes equity, measurable academic and developmental growth, and a sense of possibility. Our schools lay the foundation for our students not just to learn, but to thrive—at home, in school, and in the broader community.



*"I want to express my gratitude to the dedicated teachers and counselors who have supported my child over the years. They helped him build self-esteem, develop self-control, and recognize his ability to learn and achieve academic goals through perseverance and self-discipline. The caring relationships he formed at school restored his trust in his teachers and therapists and gave him confidence for the future. I am deeply thankful for the opportunities he's had at North Hills Prep."*

**- North Hills Prep School Parent, Sylvia R.**



## Impact by the numbers



11 state-certified non-public day schools across Los Angeles, making The Help Group the largest provider of its kind in California.



Educating more than 973 students, ages 2.5 to 22, in the past year, across four campuses in Culver City, Sherman Oaks, Valley Glen, and Van Nuys.



Partnering with more than 60 school districts and charter schools, The Help Group is a recognized leader in non-public special education placements.



108 students celebrated high school graduation or program completion—marking a major milestone on their path to adulthood and independence.



## School was my Turning Point: “This Is for You, Mom and Dad.”

When Yasmin enrolled at The Help Group’s Summit View School in 4th grade, her teachers described her as “passionate”—a gentle way of characterizing a young student with intense emotional expression who was still learning how to cope when things became overwhelming. Her parents turned to Summit View after realizing that more traditional classrooms didn’t provide the support she needed to truly thrive. At Summit View, Yasmin found not only patience and understanding, but the kind of guidance that helped her grow into herself, one step at a time.

Eight years later, Yasmin has grown into a confident, poised, self-aware young leader. “With the support of our dedicated teachers, clinicians, and administrators, she embraced every accommodation available and actively sought out the help she needed, said Zaldy Ramirez, Co-Head of School at Summit View, Valley

Glen. “Over time, the challenges became learning experiences, her grades improved, and she transformed into a poised, engaged leader. She served on Student Council, was elected School President, and discovered a sense of pride and purpose through athletics and community involvement.”

Most importantly, Yasmin worked tirelessly to become the first in her family to graduate from high school. On graduation day, she stood up on stage and movingly told her parents, “I’m standing here now doing it for you guys... Here’s my cap, here’s my diploma—for you.” With heartfelt gratitude to her family and Summit View, Yasmin is proud to share that she will be starting a post-secondary program with a focus on healthcare, taking the next step toward a career in the medical field.

Yasmin’s story is a testament to what’s possible when students are met with understanding, high expectations, and the right kind of guidance. Summit View was more than a school for Yasmin—it was exactly the place she needed to become who she is today.

## The Ahmanson Foundation Sponsors New Playground

The Help Group is proud to announce a transformative grant from The Ahmanson Foundation to build a new playground at our Summit View West School in Culver City. This generous gift follows the Foundation's previous grant that funded the playground at our North Hills Prep School—now a vital resource supporting students' social, emotional, and physical development. With this latest investment, The Ahmanson Foundation continues to champion environments where neurodivergent youth can thrive. We are deeply grateful for the Foundation's enduring partnership and belief in our mission.



## Rose Hills Foundation Supports The Help Group's Mission of Enrichment

The Help Group is honored to receive an unrestricted grant from The Rose Hills Foundation, continuing a long-standing partnership rooted in shared commitment to education, equity, and opportunity. Unrestricted funding is especially meaningful—it allows us to direct resources where they're needed most, supporting initiatives like arts, music, and STEM programming that spark creativity, engagement, and confidence in our students.

This renewed investment underscores The Rose Hills Foundation's belief in the potential of young people with autism, learning differences, ADHD, and emotional challenges. We are deeply grateful for their ongoing generosity, which helps ensure that our schools remain places of inspiration, growth, and achievement for every learner.

## Schools & Educational Programs

### **Young Learners | Preschool - K | Sherman Oaks**

An evidence-based, comprehensive, early intervention school program designed to serve children with autism between 2.9 and 5 years of age.

### **Summit View, Valley | K - 12 | Valley Glen**

A comprehensive college preparatory program addressing the needs of students with learning differences and/or ADHD. Includes programming for those with a passion for STEM subjects.

### **Summit View, West | K - 12 | Culver City**

A comprehensive college preparatory program addressing the needs of students with learning differences, autism spectrum disorder, or social and emotional challenges.

### **Village Glen | K - 12 | Sherman Oaks**

A college preparatory program for students with social communication, language, and/or socialization delays including autism.

### **North Hills Prep | 1 - 12 | Van Nuys**

Differentiated college preparatory academic instruction paired with intensive therapeutic and behavioral services for students with social and emotional challenges, including depression and anxiety.

### **Bridgeport | K - 12 | Sherman Oaks & Culver City**

Academic remediation, life skills instruction, and behavioral support for children and young adults with mild cognitive delays and social communication challenges.

### **Bridgeport Vocational Center | Transition Program | Sherman Oaks & Culver City**

Career education and practical skills application for students 18 to 22 years old.

### **Sunrise | K - 12 & Transition Sherman Oaks & Culver City**

Functional life skills instruction programs serving students with moderate to severe developmental delays including autism and related disorders.

# Therapy and Support

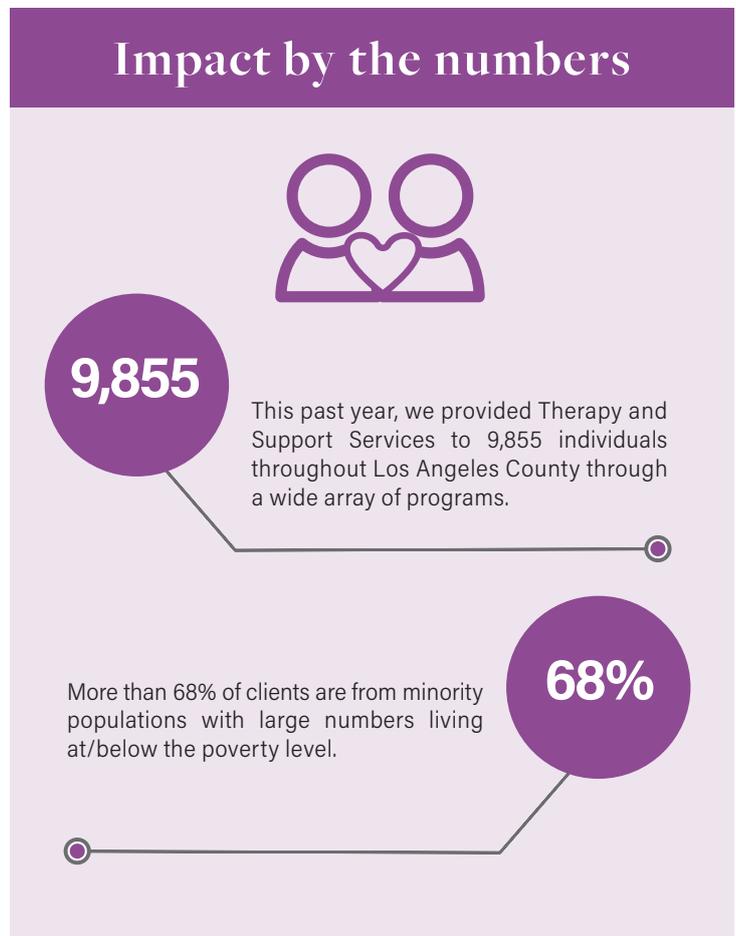


# A Continuum of Care: Delivering Hope and Healing to Vulnerable Members of our Community

Across Los Angeles, The Help Group's Outpatient and Intensive Mental Health and Support Programs serve children, adults, and families confronting profound emotional, behavioral, and life-altering challenges. Many of our clients are Medi-Cal-eligible youth coping with trauma, neurodevelopmental and mood disorders, or chronic stressors related to poverty and instability. We also support adults and caregivers—many connected to CalWORKs—whose own mental health and employment barriers place additional strain on family stability. These under-resourced households display immense resilience. Without tailored, wrap-around support, however, they face heightened risks of crisis, academic disengagement, and family separation.

Our outpatient teams deliver evidence-backed therapies directly within low-income communities, offering vital tools to strengthen emotional well-being, build coping strategies, and restore hope. When families face deeper crises, such as unstable housing, involvement with child welfare, or serious behavioral issues, our intensive programs step in with personalized, high-touch interventions.

We have expanded this continuum of care through **Lumina Counseling**, which provides insurance funded, accessible mental health support to individuals of all ages; **Kaleidoscope**, a welcoming space for LGBTQIA+ youth to explore identity and connection; and **Advance LA**, which equips teens and young adults with life skills and social-emotional readiness for independent living. Together, these programs embody The Help Group's holistic commitment to helping individuals thrive—at home, at school, and in the community.



## Turning Crisis into Resilience: Outpatient and Intensive Supports

To address the complex needs of our community, our multidisciplinary teams deploy trauma-informed therapy, targeted case management, and coordinated resource linkages directly in homes, schools, and community centers throughout the county. By centering on each family's strengths, fostering trusting relationships, and providing holistic supports—legal and housing referrals, educational advocacy, and caregiver coaching—we stabilize environments and reduce crises. Measured by improved school attendance, decreased emergency interventions, consistent goal completion, and overwhelmingly positive family-satisfaction scores, our programs are transforming vulnerability into lasting resilience and laying a foundation for well-being that endures well beyond our direct services.



## Expanding Access: A New Mental Health Clinic for Individuals with Developmental Disabilities

The Help Group is proud to launch a new partnership with the Lanterman Regional Center to expand critical mental health services for individuals with developmental disabilities across the lifespan. With generous seed funding from Lanterman, The Help Group Child and Family Center will establish a dedicated clinic to serve children, teens, and adults in Hollywood and adjacent communities. This innovative program will offer individual, group, family, and couples therapy tailored to the unique needs of this community.

People with developmental disabilities often face challenges such as anxiety, depression, and difficulty communicating their emotional needs—yet appropriate mental health support can be hard to find. Our new clinic addresses this gap with a multidisciplinary team approach, working closely with families, medical professionals and Lanterman Regional Center partners to provide personalized, culturally responsive care. Grounded in The Help Group's decades of experience, this new initiative is designed not just to meet immediate needs, but to foster long-term stability, resilience, and an improved quality of life.

## Mateo's Journey to Healing and Stability

The Help Group's Full-Service Partnership (FSP) program, offered in partnership with the Department of Mental Health, delivers intensive, wrap-around care to youth up to age 21 who face severe emotional, behavioral, or mental health crises. Through a holistic, family-centered approach, our multidisciplinary team meets each client where they are, securing trust and active participation from parents and caregivers. By combining weekly individual and family therapy with art therapy, mindfulness and Cognitive Behavioral Therapy interventions, case management, psychiatric support, and community-based resources, FSP empowers young people to reduce hospitalizations and out-of-home placements, restore stability, and build the skills they need for long-term well-being.

Mateo's journey illustrates the profound impact of FSP. When Mateo was 14, a traumatic event triggered severe depression that led to a suicide attempt and hospitalization. Referred to The Help Group's FSP program, he and his family began working with a bilingual therapist and the broader FSP team, who understood cultural identity, values, and mental health stigma within Latinx communities. Together, they helped Mateo recognize trauma symptoms, practice coping strategies, and foster open communication at home. Within a year, Mateo transformed from an isolated middle-schooler with falling grades and hopelessness into a thriving ninth grader—smiling, sociable, and academically motivated. He now plays soccer on his school and community teams, shares his thoughts confidently, and dreams of a bright future. Mateo's parents, Adriana and his father, Gabriel, remain integral partners in his progress, celebrating milestones and knowing that with continued love and support, he can achieve whatever he sets his mind to.

Mateo, his father Gabriel, and the FSP team shared their journey in *A Personal Story of Resilience*, highlighting the transformative impact of the Full-Service Partnership program. Their story set the stage for the presentation of the *Spirit of Hope Award* to Lisa Wong, PsyD, Director of the Los Angeles County Department of Mental Health, honored that morning for her leadership and dedication to advancing mental health in our community.



## Philanthropy in Action

### Celebrating 40 Years of Our Holiday Carnival

Since 1984, The Help Group's Holiday Carnival has brought joy and connection to more than 800 at-risk children and families each year. With festive rides, arts and crafts, a petting zoo, and a visit from Santa, the event creates cherished memories for families served by our family-centered support, mental health and clinical, and residential services.

This year's celebration was made even more magical thanks to the transformative generosity of MGA Entertainment and its CEO, Isaac Larian, who enthusiastically sponsored the event and donated over 800 toys—ensuring every child left with a gift and a smile. With the help of more than 150 volunteers, the Carnival became a powerful expression of joy, dignity, and community.

We were honored to welcome LA County Supervisor Lindsey Horvath, a steadfast advocate for mental health and equity, whose presence underscored her commitment to joyful spaces for all families, especially those facing adversity.



For 40 years, this event has exemplified the spirit of giving and the lasting impact of kindness. With your continued support, we can keep bringing light and connection to those who need it most—one smile at a time.





**Thank You to Our 2024 Holiday Carnival Sponsors**

We are deeply grateful to the following individuals and organizations whose generous support made this event possible:

**Lead Sponsors:**



**Sponsors & Supporters:**

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- Pawar Transportation
- Ruggieri Construction
- STA Transportation
- UBS
- Valarie McCabe
- Yellow Cab
- Help Group Board



## Sustained Philanthropy Strengthens Kaleidoscope’s Lifeline to LGBTQIA+ Youth

Thanks to a transformative three-year gift from an anonymous benefactor who not only seeded Kaleidoscope in 2018 but has now renewed their commitment, the program's future is secure and its impact amplified. This visionary funding underwrites a full suite of LGBTQIA+-affirming services, including evidence-based individual and group therapy, and specialized parent workshops that build understanding and strengthen family bonds. By covering staffing, training, outreach, and program development costs, our donor ensures Kaleidoscope remains a free, accessible lifeline for youth and families across Southern California and beyond.



## Supporting Parents, Strengthening Families

The Help Group offers a variety of free parent support programs designed to build community, strengthen families, and provide guidance at every stage. From Parents Like Me groups for caregivers of school-age children, to Parent to Parent sessions for families of young adults, Kaleidoscope’s LGBTQIA+ Family Supports, and Prevention & Aftercare family strengthening services, these programs create safe, supportive spaces where parents can connect, learn, and feel empowered.



### Parents Like Me

School-age parent support groups



### LGBTQIA+ Kaleidoscope Family Supports



### Parent-to-Parent Support Group

For parents of young adults



### Family Strengthening

Individualized family supports

## Strengthening Early Psychosis Care Through Statewide Collaboration

In 2024, The Help Group was awarded a \$150,000 grant to participate in EPI-CAL (the California Early Psychosis Intervention Network), a statewide initiative led by UC Davis in partnership with UCSF, UCSD, and Stanford. Through this effort, The Help Group Clinic contributed to building a learning health care network that improves early identification, assessment, and treatment for individuals experiencing the first signs of psychosis. Our clinicians and program staff played an active role in statewide data collection, training, and evaluation that informed best practices, while also engaging families and clients to ensure services remained responsive and effective. By joining this network, The Help Group advanced recovery-focused care and helped strengthen the foundation for early psychosis programs across California.

# Therapy and Support Programs

## IN-PERSON & ONLINE THERAPY

**LUMINA Counseling** provides a range of individual, group, couples, and family therapy services, funded by private insurance and private pay.

## INTENSIVE & SPECIALIZED YOUTH PROGRAMS

**REACH** is a rehabilitation program for children aged 5–11 with behavioral difficulties, offering therapy in a classroom-like setting.

**Multisystem Therapy (MST)** provides intensive home-based services for youth who have been incarcerated or are at risk of law enforcement involvement.

**Early Psychosis-Los Angeles (EPI-LA)** targets adolescents and young adults (12–25) for early detection and intervention to prevent the onset of psychotic disorders.

**Therapeutic Behavioral Services (TBS)** offers short-term, intensive home/field-based behavioral interventions to support parents and improve behaviors in children.

## COMMUNITY-BASED CLINICAL SERVICES

**Prevention and Early Intervention (PEI)** provides early intervention mental health services to clients new to mental health, utilizing evidence-based practices.

**Community Grant Funds (CGF)** offers general outpatient therapy services with broad applicability.

**CalWORKs** offers mental health services to adults with dependent children, addressing mental health as an obstacle to employment, and includes employment support.

## CASE MANAGEMENT & EMPLOYMENT ASSISTANCE

**Targeted Case Management (TCM)** addresses client and family needs outside of mental health, such as legal, medical, housing, and academic issues.

Multi-axial Assessment Team (MAT) conducts mental health evaluations for detained children/minors and links them to necessary services.

**Individual Placement and Support (IPS)** services for CalWORKs clients is an evidence-based approach designed to help individuals with mental health barriers to employment find and maintain competitive jobs.

## FAMILY & PARENTING SERVICES

**Wraparound** is an innovative program designed to maintain children in their homes by providing individualized, comprehensive supports and services, with a focus on family empowerment.

**Partnerships for Families** provides home-based parenting support for expectant parents and families with young children.

**Full-Service Partnership (FSP)** offers comprehensive support and services in home and community settings for families with a child experiencing severe emotional, psychological, or behavioral problems.

**Prevention & Aftercare** is a family-strengthening program that supports parents/caregivers in navigating systems and enhancing parenting skills.

## SUPPORT GROUPS

**Kaleidoscope** is The Help Group's affirming, inclusive program that supports LGBTQIA+ youth through mental health services, enrichment activities, and community engagement.

**Advance LA** empowers neurodivergent teens and young adults to achieve greater independence through coaching, social events, and transitional support.



# Vocational Training



# Empowering Futures Through Vocational Programs

The Help Group's vocational programs transform the lives of adolescents and adults with disabilities by offering a pathway to meaningful employment, increased independence, and personal growth. Designed for individuals aged 16 and older with a wide range of developmental, intellectual, physical, sensory, and mental health challenges, our vocational services provide critical support during the transition to adulthood and beyond. Whether a young person is preparing to enter the workforce for the first time, rejoining after a break, or striving to maintain long-term employment, our programs meet them where they are—with the training, coaching, and encouragement they need to succeed.

The Help Group's vocational philosophy is grounded in the belief that everyone—regardless of ability—deserves the opportunity to work in a setting that reflects their strengths, interests, and values. We've witnessed firsthand how access to supportive, inclusive employment not only changes the trajectory of an individual's life but also uplifts families and enriches entire communities. With every job placement and every step toward independence, our programs reaffirm the power of potential and the importance of equity in the workforce.

## Impact by the numbers

717

717 individuals received Vocational Training and Employment Supports through The Help Group's comprehensive workforce development programs—empowering youth and adults with disabilities to pursue meaningful training, competitive employment and greater independence.

167 participated through our partnership with the **California Department of Rehabilitation**, receiving personalized services and advocacy to support employment, independent living, and equal opportunity.

207 were served through the **We Can Work** program, which offers work-based learning experiences to students with disabilities, ages 16–21.

42 engaged in **Supported Employment: Individual Placement and Support**—an evidence-based model that helps people with mental health and other disabilities find and sustain competitive jobs.

301 received services through **WorkAbility I**, a California state-funded initiative supporting successful transitions from school to work, further education, and independent living.





## Cedina's Vocational Journey and Path to Graduation

When Cedina first arrived at The Help Group in 2014 at just 11 years old, she was a bright student searching for the right environment to grow. For several years, she attended Village Glen, where she built a strong academic foundation. By 2021, Cedina and her family, along with her support team of educators and school counselors, recognized that she would thrive in a more hands-on, practical setting. She transferred to The Help Group's Bridgeport High School and soon after joined the Bridgeport Vocational Center, eager to gain real-world work experience.

Over the next year, Cedina flourished. Through internships at The Help Group's Lulu's Café, Smart & Final, Staples, Target, and Perry's Place animal shelter, she consistently impressed managers with her reliability, professionalism, and positive attitude. Her final internship, at The Help Group's own IT department, proved to be transformative. There, Cedina discovered a passion for working with computers and began exploring a future in tech. Her story illustrates exactly why The Help Group provides such a broad range of internship opportunities: to help students uncover their unique strengths and interests through experience.

In late 2024, a new state initiative—Assembly Bill 181—created an alternative pathway to earning a high school diploma for students in nontraditional education settings. A review of Cedina's records revealed that she had completed all requirements except for Algebra B. In response, Bridgeport's vocational team launched a new class, and Cedina enrolled in January 2025. She passed by June, and shortly after, LAUSD awarded her a diploma—making Cedina the first-ever Bridgeport Vocational student to graduate with a high school diploma.

Cedina's personal growth has been just as significant as her academic and vocational achievements. When she began her journey, she often struggled with self-regulation and decision-making. Over time, and with the guidance of dedicated teachers and coaches, she developed stronger self-awareness, patience, and independence. She now approaches challenges with thoughtfulness and maturity—key traits that will serve her well as she enters the workforce.

Today, Cedina is actively applying for jobs, armed with a digital portfolio that includes her résumé, reference list, a letter requesting accommodations, and more. She's also exploring the exciting possibility of moving into her own apartment with support from the Regional Center and the Department of Rehabilitation.

For youth like Cedina, The Help Group's vocational programs provide more than just job training, they offer a path to agency, dignity, and a future filled with possibility.

## Woodshop Vocational Training at the Sherman Oaks Campus

The Help Group's commitment and investment in hands-on, experiential learning continues to grow with the creation of a woodshop for our Bridgeport Vocational Center Students. Our new Woodshop offers students the opportunity to engage with natural materials, cultivate creativity, and develop hands-on craftsmanship skills. Working with wood provides an enriching sensory and tactile experience, reinforcing patience, problem-solving, and teamwork. From designing to finishing their projects, students gain not only practical trade skills but also a deep sense of accomplishment and pride in their creations.



## Adult Programs Launch in Antelope Valley



As part of our commitment to meeting communities where they are, The Help Group is proud to announce the opening of a new office in the Antelope Valley, expanding access to essential vocational services for adults with disabilities and mental health challenges. The need for these services in the Antelope Valley is significant, with higher-than-average rates of unemployment, underemployment, and limited access to specialized support. Many individuals struggle to find pathways to employment that offer both skill-building and long-term support.

By bringing vocational programs to the region, The Help Group is helping bridge that gap—offering real opportunities for individuals to gain confidence, achieve independence, and contribute meaningfully to their communities. Looking ahead, The Help Group will also introduce expanded mental health supports and additional programs that will further strengthen the continuum of care available to local families, ensuring individuals have access not only to pathways to employment, but also to the therapeutic supports needed to thrive.



*"You have been a lifeline at the most vulnerable time in my life. I have gained so much valuable insight about changing career directions and the achievable steps that will require. Our weekly check-ins and your job leads have led me to the point I am at now, feeling more confident with my interviewing skills and having more belief in myself. Thank you."*

**- Denise, a Vocational Program client**



## Philanthropy in Action



### Vocational Learning Comes to Life Thanks to Looking Beyond

Thanks to the generous support of Looking Beyond, The Help Group proudly opened Bloom Café at our Culver City campus in 2025, a vibrant new vocational training site that blends hospitality and floral retail experiences. At Bloom Café, students from the Bridgeport Vocational Center gain hands-on skills in food prep, customer service, business operations, and floral design. From crafting seasonal arrangements to preparing coffee and pastries, students are immersed in a welcoming, real-world environment that builds their confidence, communication, and job readiness. This unique café not only serves our school community but also acts as a meaningful bridge between classroom learning and future employment.

In addition to Bloom Café, Looking Beyond has continued its long-standing legacy of impact by funding the creation of a sensory-friendly courtyard at our Sunrise School in Sherman Oaks. This multi-use, thoughtfully designed space supports neurodiverse learners, offering students a safe place to regulate, recharge, and connect. Their support has previously brought to life the greenhouse and vertical garden at our Culver City campus, as well as the Looking Beyond Garden and Vocational Lab in Sherman Oaks—spaces that have deeply enriched our vocational and horticultural programming. We are immensely grateful to Looking Beyond for helping us create environments that nurture growth and lifelong skills for our students.



## Vocational Training Programs

### JOB READINESS PROGRAMS

**Momentum** offers individualized job training, coaching, and community-based internships to transition into competitive employment.

**Community Employment Program** connects individuals with developmental disabilities to inclusive, supported employment opportunities in the community, fostering long-term workplace success.

**Supported Employment** provides immediate and effective job skills training and vocational support through individualized job searches, job carving, and outreach events.

**Silverlining Vocational Training Center and Resale Boutique** is a social enterprise that provides individuals with autism and related challenges hands-on vocational training in a supportive, real-world retail environment.

### WORK EXPERIENCE PROGRAMS

**Workability** provides annual career interest/aptitude assessments for THG students 16-22 for each year they are enrolled as well as introductory work-based learning experience 5 hours annually.

**We Can Work** paid work-based learning experiences on and off-site for students 16-22 attending a THG school up to 300 hours for each year that they attend.

**Student Services Training** runs identical to We Can Work but is available to non-THG students 16-22.

**Adult Work Experience** provides paid, work-based learning opportunities for adults age 18 and older. Participants are authorized for placements in three-month, 100-hour increments. Eligible individuals include those with an active Department of Rehabilitation case status. Program participants may be current students of The Help Group or adults from the broader community.

**Bridgeport Vocational Center and Bridgeport Vocational Center-West** provides hands-on training, real-world work experiences, and independent living skills for young adults with developmental disabilities, empowering them to thrive in employment and daily life.

# Arts and Recreation



## Enriching Lives Beyond the Classroom

The Help Group's enrichment programming extends well beyond the classroom, weaving arts, music, and theater into the broader community to foster inclusion, confidence, and real-world engagement. Annual art shows and theatrical productions showcase students' work to families and local audiences, reinforcing pride and public visibility of their talents. Interactive music concerts and collaborative projects often involve local partners like **Music for Autism**, further expanding opportunities for self-expression and connection.

Sports, camps, and recreation programs add another dimension of growth. Expanded sports facilities and community-based games encourage students to connect with peers and neighbors in meaningful ways. Partnerships with **Special Olympics of Southern California** and **Best Buddies** promote teamwork and belonging. Meanwhile, our **Kids Like Me Camps** and **After-School Enrichment** programs create inclusive, interest-driven spaces for neurodiverse youth to explore new activities, make friends, and strengthen social-emotional skills. By situating creative and athletic activities in community contexts—through performances, public events, and collaborations—The Help Group ensures that students build networks of support, practice essential life skills, and contribute visibly to their communities.



## Impact by the numbers



1,100

Over 1,100 youth and young adults participated in Help Group arts and recreation programs this year.

These enrichment programs create vital opportunities for connection, expression, and joy—both on and off campus.

## Celebrating Creativity and Neurodiversity at the Annual Festival of Arts

At The Help Group, we believe the arts are a powerful medium for self-expression, connection, and growth—especially for neurodivergent youth. Each year, our Annual Festival of Arts showcases the remarkable creativity of our students, with over 150 original works of art on display from across our schools and programs. This year's festival, themed "What Brings Me Joy," featured everything from vibrant paintings and sculpture to photography and digital media, reflecting each student's unique perspective and voice.

More than just an exhibition, the Festival of Arts affirms the importance of arts education in building confidence, communication, and emotional well-being. With support from our dedicated staff and art specialists, students are empowered to explore their talents and take pride in their accomplishments. For many families, the event is a deeply moving reminder of what's possible when young people are seen, supported, and celebrated.



## Creating Summers of Belonging for Every Age

In Los Angeles, where summer programs abound, there remains a significant gap in options that truly meet the needs of neurodiverse children, teens, and young adults. For families of individuals with autism, ADHD, learning differences, or other developmental challenges, finding programs that offer both fun and understanding can be incredibly difficult. That's why The Help Group's specialized summer offerings are so vital.

**Kids Like Me** day camps provide children with thoughtfully structured experiences, where campers are grouped with peers and supported by trained staff who understand their unique needs. Each day is filled with confidence-building activities, from science and arts to sports and games that nurture social skills, independence, and a sense of belonging.

For adolescents seeking adventure in the community, **Teens on the Go** offers inclusive day trips throughout Los Angeles, giving participants opportunities to build friendships, practice social communication, and gain independence in real-world settings.

And for young adults preparing for college, careers, and life beyond high school, **Advance LA's Summer Program** provides hands-on skill-building in executive functioning, social connection, self-advocacy, and essential life skills, all in a supportive, neurodiverse-affirming environment.

Together, these programs ensure that every stage of development is met with opportunities for growth, community, and joy. With many options eligible for regional center reimbursement, The Help Group is making life-enriching summer experiences more accessible for families who might otherwise be left without a place to belong.



*"My daughter has been having such a good time at camp. I'm so thankful you were able to create a 'girl power' group. She's been happy every day we pick her up and that's a really big deal for us."*

**- Bonnie E., Kids Like Me Parent**

THE HELP GROUP'S  
**kids like me**  
engage. experience. explore.



# Building Belonging through Sports: The Help Group is recognized as a Special Olympics Unified Champion

The Help Group has been officially recognized by Special Olympics Southern California as a Unified Champion School—a milestone that celebrates our commitment to inclusive athletics and peer leadership across all grade levels. This launch included in-kind and small grant funding in support of uniting The Help Group with local schools to 'play unified'.

This designation comes on the heels of an inspiring expansion of our eight-year collaboration with Harvard-Westlake Upper School. In addition to our annual Unified Field Day, this spring we added a Unified Basketball Game, bringing high school partners together on the court for spirited, side-by-side competition. And thanks to our new partnership with Curtis School Elementary, we've extended Unified play to younger learners—complete with obstacle courses, team-movement activities, and impromptu dance-alongs that had students talking about friendship and positivity well after they went home.

These Unified events aren't just about sports, they're living classrooms in empathy and belonging. Whether students are mastering track drills, coaching one another through flag-football plays, or cheering each other on at the free-throw line, they're learning the power of respect, teamwork, and genuine connection, and forging friendships that bridge differences and uplift everyone involved.

As a new Unified Champion School, The Help Group will deepen our partnerships—creating more leadership roles, shared social activities, and community showcases that put inclusion front and center. We're excited to build on these successes, because when students of all abilities come together through the joy of play, we all become stronger, kinder, and more unified.



*"I've seen so much growth and excitement on our campus whenever we have the chance to visit our Help Group friends—or when they come here for sports, lunch, or just to hang out. It's been amazing getting to know everyone, building real connections, and becoming good friends. I've learned that we have so much more in common than we might think."*

**— Harvard-Westlake Peer Mentor**



### A Family's Gift, A Community's Joy: The Becky Horner Pickleball Courts

At The Help Group, we believe every student deserves access to spaces that encourage active play, foster connection with peers, and nurture confidence. That commitment is driving our investment in new athletic facilities and outdoor environments that support physical health, social development, and emotional well-being across all our campuses.

This vision became reality in December with the opening of the Becky Horner Pickleball Courts, made possible through the extraordinary generosity of the Horner Family. Established in loving memory of Becky Horner, a former Village Glen student, these courts are more than just a place to play—they are a vibrant space where students build friendships, teamwork, and confidence. Each serve, each rally, and each smile is a living tribute to Becky's resilience and joy.

We are also deeply grateful to Connecting a Caring Community and its Co-founder & Executive Director, Lisa Kodimer, whose support for equipment, lighting, and amenities ensures that the courts are safe, welcoming, and fully accessible. Together, the Horner Family's gift and the generosity of Connecting a Caring Community have created not only new courts, but a lasting community space that enriches the lives of our students every day.

### The Ripple Effect of Generosity

Inspired by the vision that brought the Becky Horner Pickleball Courts to life, we've continued to build on that energy with exciting new enhancements across our campuses. Thanks to the generosity of an anonymous Friend of The Help Group, we recently unveiled a new Outdoor Track and Field area—designed to help students with special needs build independence, practice movement skills, and achieve their personal goals.

That spirit of renewal has also extended to our Valley Glen Campus, where we renovated and reopened an updated Athletics Court. This welcoming space offers students even more opportunities to connect, play, and grow stronger together.

### Building the Future Together

The Becky Horner Pickleball Courts remind us of the power of community coming together to create something lasting and joyful. With your support, we'll continue expanding athletic and creative spaces that help students find confidence, connection, and belonging. Each new space is more than bricks, turf, or nets. It's a promise: that every young person deserves places filled with joy, support, and opportunity.



*Becky's years at Village Glen were some of the most rewarding and joyful times in her life. She made wonderful friends, had great teachers, and thrived in this accepting and supportive environment."*

**— Sara Horner**



# The Help Group Receives LA84 Grant to Launch Inclusive Sports Program

We are proud to announce that The Help Group has been awarded a generous grant from the LA84 Foundation to support the upcoming launch of the Help Group Sports Program. This award serves as a strong endorsement of the need for inclusive sports programming and of The Help Group's capacity to lead such an initiative. It also reflects our commitment to building a coalition of funders and partners who share our belief that all young people, regardless of their abilities, deserve the opportunity to play, connect, and thrive through athletics.



## Arts and Recreation Programs

### **Advance LA**

Empowers neurodivergent teens and young adults with life skills, coaching, and social support to navigate the transition to adulthood with confidence and independence.

### **Kids Like Me**

Offers after-school, weekend, and camp programs where neurodivergent children build friendships, social skills, and self-confidence through play and connection.

### **Music for Autism at The Help Group**

Presents sensory-friendly, interactive concerts that make live music accessible and enjoyable for individuals on the autism spectrum and their families.

### **Special Olympics at The Help Group**

Engages students in inclusive sports programming that promotes fitness, teamwork, and confidence through adaptive physical activity and competition.

### **Best Buddies at The Help Group**

Fosters meaningful, one-to-one friendships between neurodivergent students and peer mentors to promote inclusion, belonging, and social connection.

# Residential Living



## A Place to Call Home, A Place to Thrive

Since 1981, The Help Group's Project Six has provided life-changing residential care for individuals who require intensive, round-the-clock support. With two distinct programs—one for adolescents and one for adults—these homes offer far more than shelter. They are places of healing, growth, and transformation.

**For adults with developmental disabilities,** The Help Group addresses a critical gap in Los Angeles: the lack of safe, supportive housing for individuals who cannot live independently. In a region where affordable, accessible care is scarce, our adult residential homes offer consistent, professional support in a warm, home-like setting. Residents receive help with daily living, health management, and social integration, while also engaging in structured activities that promote independence—such as cooking, budgeting, vocational training, and recreation. For families, especially those facing aging or changing care capacities, this continuity brings peace of mind and reduces the growing burden faced by caregivers across the region.

**For adolescents with emotional and behavioral challenges, Project Six/The Commons** provides a therapeutic, structured living environment that bridges the gap between home, school, and clinical care. Many of these youth have experienced trauma, or face diagnoses such as mood disorders, anxiety, or autism spectrum disorders that make typical school and home settings unworkable. At Project Six, youth benefit from individualized care plans that blend evidence-based therapies, behavior support, social-skills training, and academic services—all delivered in a safe, relationship-based environment. Residents learn to manage emotions, build healthier relationships, and replace harmful behaviors with positive coping strategies. Ultimately, the goal is reintegration: helping each young person return to their family, school, and community life with greater resilience, self-awareness, and hope for the future.

## Impact by the numbers



5 group homes and residential facilities

50

50 teen and adult residents received stable, supportive, round-the-clock care in our residential homes





## Janessa's Story: From Surviving to Thriving

When Janessa arrived at The Help Group's Project Six residential teen home, she had already lived a lifetime of trauma and instability. Involved in the child welfare system since infancy, Janessa had endured severe physical and emotional abuse, including neglect so extreme that she was diagnosed with Failure to Thrive at just two months old. She carried the physical scars of that early trauma as well as the emotional ones, which manifested in deep mistrust, intense emotional dysregulation, and profound struggles with connection.

Although adopted by her mother, Tina, in 2013, Janessa's early wounds continued to shape her behavior and emotional world. By middle school, she was in crisis. She expressed suicidal thoughts, got into frequent altercations at school, and began engaging in high-risk behaviors, including self-harm and substance use. At home, her aggression and volatility created fear and uncertainty for her family.

Over the next decade, Janessa cycled in and out of psychiatric hospitals, residential treatment centers, and non-public schools. Diagnosed with multiple mental health and learning challenges, she struggled to engage in therapy or believe in the possibility of change. Even after multiple residential placements, her pain and dysregulation continued to push people away—even those trying hardest to help. Her family worried they might never get her back.

With the right placements, everything began to shift for Janessa. During her time at an intensive residential treatment center, Janessa took her first meaningful steps toward healing. By the time she was placed at Project Six as a "step-down" toward reunification, Janessa had made strides—but the road ahead was still uncertain. There were days the Project Six team wasn't sure she would make it through. But thanks to individual and family therapy, group sessions, community outings, job training, and educational support, Janessa found her footing.

She began to form friendships she could sustain, rebuild trust with her family, and believe in a future that once felt out of reach. Her high school graduation from The Help Group's North Hills Prep was more than a ceremony—it was a celebration of resilience, attended by everyone who had walked alongside her: teachers, district staff, Project Six team members, and her proud family. With her high school diploma in hand, Janessa left Project Six in 2024 with a newfound belief that she could achieve her goals.

Today, Janessa is living at home with her adoptive mother, holding down a job, and planning for college. Janessa's story is one of transformation—of learning to trust others, trust herself, and discovering that with the right support, healing and hope are possible. The Help Group's teen residential home gave her more than just a safe place to live; it gave her the structure, compassion, and belief she needed to heal, grow, and redefine her future.



## Residential Living Programs

**Project Six Adult Residential Living Program** operates four community-based group homes—**Acre, Lomita, Mountain Gate, and Valjean**—that enable adults with developmental disabilities to function successfully in the mainstream of the community by maximizing self-determination, self-care, direction, and freedom of choice. Residents are grouped by peer ability to ensure supportive living environments, and all four homes require that residents be Regional Center consumers. Inherent to the program's philosophy is the commitment to assist each resident in developing their fullest potential for independence.

**Project Six Teen Residential Living Program**, located in **Van Nuys**, is an educationally-related residential treatment program providing intensive therapeutic and rehabilitation services to support students in returning to their families and schools of residence. The program offers a structured, nurturing environment that emphasizes personal growth, community responsibility, and the development of age-appropriate interpersonal and social-emotional skills.



# Knowledge Exchange



## Educating Caregivers, Families, and Professionals

At The Help Group, we believe that empowering individuals begins with educating the communities that support them. As a recognized leader in the field of neurodivergence, mental health, trauma, and special education, we are deeply committed to advancing knowledge and building capacity among caregivers, professionals, and future clinicians. Through a wide range of accessible, expert-led events and programs, The Help Group serves as a trusted resource for families and practitioners alike—sharing evidence-based strategies, emerging research, and practical tools that improve lives. We also serve as a training site for the next generation of professionals, offering graduate and postgraduate students meaningful, real-world learning experiences across our programs.

We believe in investing in adult learning because well-informed caregivers, educators, and clinicians are better equipped to make a lasting difference. We recognize that access to knowledge must also be equitable, which is why The Help Group prioritizes low-cost or no-cost event programming, offers continuing education credits, and curates content that is both practical and evidence-based. By opening our doors to students, scholars, and collaborators, The Help Group is not only training future leaders—we're building a dynamic pipeline of knowledge exchange that elevates our practice and ensures our programs remain grounded in evidence, relevance, and innovation.



## Impact by the numbers



2,394

Provided training and educational support to 2,394 Parents and Professionals



13

13 graduate and postgraduate students received year-long hands-on training through The Help Group's clinical programs—gaining real-world experience while contributing to the care and support of neurodiverse youth.

## A Source of Thought Leadership and Lifelong Learning

In a region as diverse and expansive as Los Angeles—where access to consistent, high-quality professional development can vary widely—creating opportunities for trusted, accessible learning is essential. Our annual **Help Group Summit** brings together leading voices from across the country to share the latest in clinical innovation, educational best practices, and neurodiversity-informed and affirming, evidence-based programming. In addition, our **Mental Health Matters** series, webcast conversations with Help Group and local experts, provide year-round opportunities for learning, and events like our annual **Special Needs Resource Fair** offer connection and community engagement. We also offer ongoing parent support groups that provide safe spaces for shared understanding, coping strategies, and empowerment.

# Cultivating Knowledge Through University Collaboration

## Developing the Next Generation of Professionals

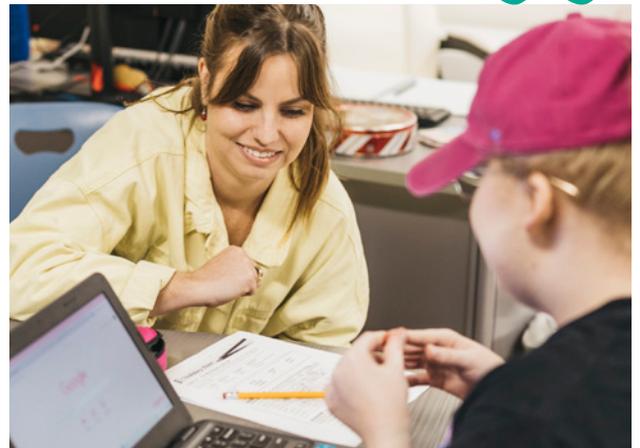
As part of our commitment to innovation and impact, The Help Group partners with top California universities to train the next generation of clinicians in neurodiversity-informed care. Our interdisciplinary model provides hands-on learning experiences that prepare graduate and post-graduate students in Psychology, Occupational Therapy, Speech and Language, and Social Work—while directly enriching the services we offer to children, teens, and families.

This year, students from institutions including Alliant International University, Stanford, California Lutheran, Azusa Pacific, Pepperdine, USC's Chan Division of Occupational Science, and the USC Suzanne Dworak-Peck School of Social Work completed supervised clinical placements across our programs. Through The Help Group-USC Occupational Science Initiative, our PLAN Assessment Center, and across our programs these trainees contributed to meaningful services—from school-based therapy to affordable assessments for underserved families—reflecting our investment in a skilled, compassionate future workforce.



*"Training at The Help Group's PLAN Assessment Center has been incredibly meaningful—helping families understand their child's needs and supporting their full potential. I chose to stay on as a post-doctoral scholar because of the team's strong commitment to neurodiversity-affirming, strengths-based care."*

**— Natalie Tierney, Doctoral Intern, Village Glen**



## Building Evidence Through University-Led Research

The Help Group is also proud to contribute to the research driving best practices. This year, we completed a research partnership with Dr. Michael Solis of UC Riverside on Project READ-ASD: Reading Enhancements for Students with Autism Spectrum Disorders (ASD). Conducted in our classrooms, this randomized controlled study assessed the impact of a reading comprehension intervention tailored for students with ASD. The study provided immediate benefits to students needing literacy support and the results will help expand the evidence base around targeted academic interventions.

We are also excited to share that The Help Group is actively collaborating with the Kasari Lab, led by Dr. Connie Kasari, a leading researcher at UCLA's Center for Autism Research and Treatment (CART). Conducted through The Help Group-UCLA Autism Alliance, this partnership supports cutting-edge research studies focused on enhancing social communication, joint attention, and other key areas of development in children with autism. These studies also offer families access to free early intervention through research participation.

# The Help Group Summit: Advancing Understanding Across the Lifespan

Established in 1997, The Help Group Summit has grown into one of the most respected multidisciplinary conferences focused on neurodivergence and social-emotional well-being across the lifespan. The Summit reflects The Help Group's unwavering commitment to bringing together clinicians, caregivers, educators and researchers to share the latest advances in understanding and supporting children, teens, and adults with autism, ADHD, learning differences, and mental health challenges.



The 2024 Summit "Imagining Possibilities" welcomed hundreds of participants and featured over 20 leading experts from across the country in neurodivergence, education, psychology, and mental health. Highlights included a keynote on Cultivating Resilience in Neurodivergent Youth and Young Adults and presentations on emerging clinical interventions and real-world tools for both families and professionals. The event fostered meaningful dialogue, cross-disciplinary collaboration, and a sense of collective purpose in creating more supportive environments at home, in schools, and in the workplace.

## Save the Date

We're already looking ahead to the next gathering of thought leaders, changemakers, and caregivers. Save the Date for Help Group Summit 2025, "Transformative Journeys" taking place November 14, 2025, in Los Angeles. For updates and information, visit [thehelpgroupsummit.org](http://thehelpgroupsummit.org).

THE HELP GROUP PRESENTS  
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## Ask the Expert

# The Youth Mental Health Crisis: What is Behind It and What Can We Do?

By Laurie Stephens, PhD, Sr. Director of Autism & Clinical Services

The Help Group has long provided mental health services to children, teens, and families. In recent years, the severity of challenges facing youth—depression, anxiety, eating disorders, and suicidality—has risen dramatically, surfacing earlier and with greater intensity.



## Sobering statistics:

- In 2025, 19% of U.S. adolescents (ages 12–19) screened positive for depression—an all-time high.
- Suicide is the 2nd leading cause of death for ages 10–14 and the 3rd for ages 15–24.
- 42% of high school students report persistent sadness or hopelessness, a 50% increase in 10 years.
- Rates are even higher among Black, Latino, autistic, and LGBTQIA+ youth.

This is more than increased awareness—the American Academy of Pediatrics and the U.S. Surgeon General have declared a national emergency.

## Why now?

The crisis reflects a “perfect storm” of influences: social media and cyberbullying; intense academic pressures; climate, economic, and political uncertainty; trauma and family disruption; stigma and lack of resources; and cultural shifts that erode community supports.

## Neurodivergent youth at higher risk

Autistic adolescents are up to four times more likely to experience depression or anxiety. Traditional services often miss the mark by overlooking communication, sensory, and behavioral differences. Neurodiversity-affirming, trauma-informed, and culturally-responsive care is essential.

## How we can respond

The Help Group offers holistic, school- and community-based supports that integrate social-emotional learning, counseling tailored to neurodivergent youth, family engagement, and transition services that build resilience and connection. Parents can help by:

- Listening without judgment
- Modeling healthy coping
- Normalizing therapy
- Setting tech boundaries
- Promoting authenticity over comparison

## A call to action

Youth mental health is at a crisis point and deeply tied to equity and inclusion. We must prioritize mental health, celebrate diversity, and expand access to compassionate, evidence-based care so every young person is supported for who they are.

# Transform Lives Through Action

## Getting involved with The Help Group

The Help Group meets people where they are, with care and programs tailored to real needs across every life stage. When you engage with our mission, through your time, voice, or platform, you help reimagine what's possible.

Through a donation, you can fuel a lifetime of possibility, from the earliest years to adulthood. Gifts are statements of belief in a more equitable world, in futures not limited by diagnosis, and in systems that include rather than exclude.

As demand for our schools and services grows, philanthropy is not just helpful, it's essential. With your support, we can meet the moment with resilience, excellence, and heart.



## Make a Donation



### Give Today

Make a secure one-time or recurring gift. Every contribution provides direct support for our schools, programs, and services that uplift lives. [thehelpgroup.org/donatenow](https://thehelpgroup.org/donatenow)

Checks can be mailed to 13130 Burbank Blvd., Sherman Oaks, CA 91401



### Give Tomorrow

By including The Help Group in your will, trust, or estate plans, you ensure that our mission endures—supporting inclusive, expert-led care for generations to come. A legacy gift is a profound way to invest in a more just and compassionate future.



### Volunteer

Your time and talents can change lives. By volunteering at The Help Group, you'll be making a direct impact on the children and families we support every day. Whether it's mentoring a student, supporting a major event, or lending your skills to a special project, volunteering helps drive our organization forward.



### Corporate Support

We always welcome mission aligned businesses, foundations, and civic groups as collaborators in creating transformative change. Corporate support fuels our innovative programs—creating measurable outcomes for individuals across the lifespan.



### Event Sponsorship

Sponsoring The Help Group's events is more than an investment in visibility—it's a commitment to advancing opportunities for our community. Be a force for good by sponsoring our flagship events like Summit, our Holiday Carnival, and our Special Needs Resource Fair.

# About The Help Group

Founded in 1941, The Help Group (THG) is a Los Angeles-based consortium of nonprofits that has supported individuals and families across the lifespan for more than 80 years. We serve both neurodivergent and neurotypical children, teens, and adults with autism, learning differences, ADHD, developmental delays, behavioral challenges, and emotional struggles.

Our mission is to help individuals and families build resilience, create hope, and unlock their limitless potential. Guided by expertise and a deep respect for every person's journey, we have developed a connected network of programs that meet people where they are—academically, emotionally, socially, and developmentally—providing compassionate, personalized support.

Today, THG is recognized as one of the nation's most comprehensive organizations dedicated to education, mental health, and developmental services. Our work spans six key areas:

- **Specialized Schools**
- **Therapy and Support Services**
- **Vocational Training and Employment Services**
- **Arts and Recreation Programs**
- **Residential Programs**
- **Knowledge Exchange and Professional/Parent Education**

Through this whole-person model of care, we foster growth, belonging, and meaningful, independent lives.

## Follow Us

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## Upcoming Events



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