

# CELEBRATING 50 YEARS

22  
23

The Pacific Center for Human Growth is proud to serve the Bay Area through fifty years of mental health services and support



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# Message From Our Executive Director

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**We're still here, we're still queer,  
and we're 50!**

2023 marked the 50th anniversary of the Pacific Center. This was a momentous occasion for us. As the nation's third oldest LGBTQIA+ community center, and the oldest in the Bay Area, throughout the past 50 years, Pacific Center has enriched the lives of thousands of Bay Area LGBTQIA+ folx, delivering help and hope as a reliable resource for compassionate care, a safe space for nourishing relationships, and a proud partner in progress toward liberation and wellness.

Ours is a story of determination and vision, courage and creativity, radical inclusivity and deep attunement to the needs of our community members through the changes and challenges of the past 50 years. From the early days of the LGBTQIA+ rights movement to the heartbreak of the AIDS crisis to the cultural shift that legalized same-sex marriage, Pacific Center has been a fierce advocate and a stable safety net for our community.

And now, we build toward a future of liberation; today, from our new home in downtown Berkeley, Pacific Center provides a wide array of critical services, including sliding scale mental health counseling services for low income community members, free or donation-based peer support groups, HIV+ support and care, training workshops, and programs for LGBTQIA+ youth and seniors.

As always, Pacific Center would not be what it is without you. Thank you for being part of the legacy

Warmly,  
*-Lazara*



**Pacific Center  
wouldn't be  
what it is  
without you.  
Thank you for  
being part of  
the legacy.**

# Who We Are:

The Pacific Center employs ten staff members, who coordinate with clinicians, supervisors, facilitators and trainers to provide services to our community.



## Programs

Distinct, culturally competent, trauma informed programming is the backbone of Pacific Center



## Service Hours

Service hours are the time our team has spent in direct service with our clients



## Clients

The people we serve are the most important part Pacific Center. Clients are why we do what we do!

## Six Unique Programs

These six programs include our psychotherapy services (individual, family, and small group), Living Fully with HIV Program, Older Adult Programs, Youth Programs, the Peer Support Group Program (with over 20 active peer groups), and our Training Program, all of which serve our community.

## 3800+ service hours

Our team worked tirelessly to provide direct services to clients in each of our programs. This totaled to over 3800 service hours!

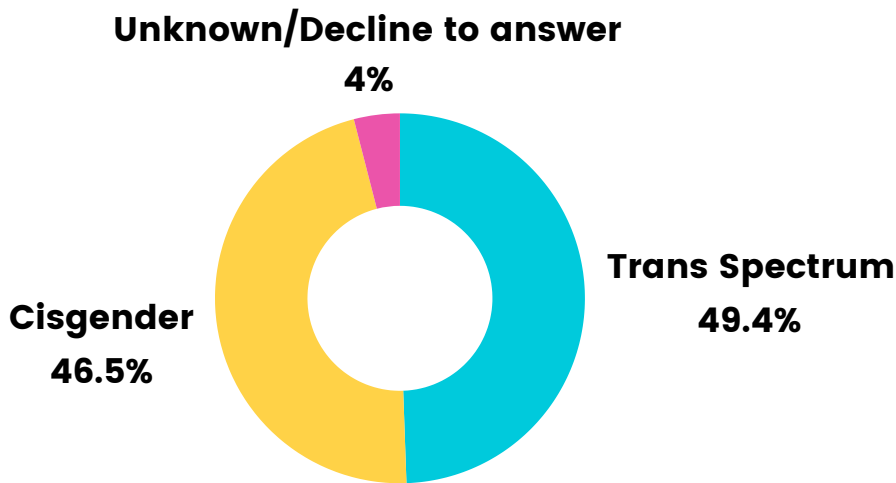
## 4987 total community members

We engaged with a total of 4987 clients across our programs provided workshops, training, and offered resources and referrals during outreach events!

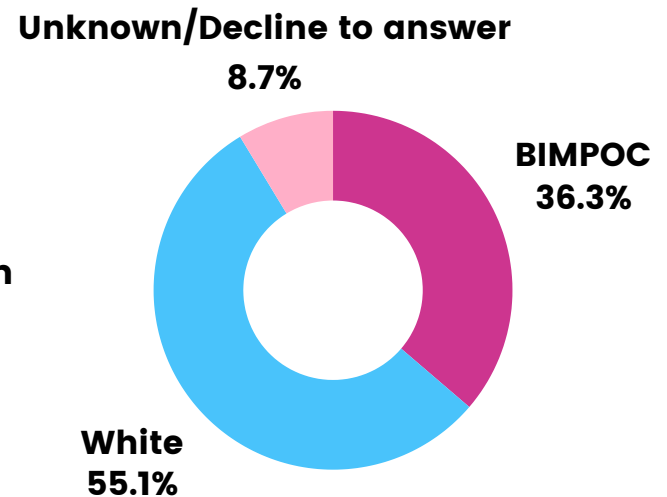
# Who we serve:

Our community reflects our commitment to serve groups within the LGBTQIA+ community who find themselves at multiple intersections of race, gender, and class that make them vulnerable.

## Gender:



## Race:



While mental health services for LGBTQIA+ populations continue to be limited, Pacific Center continues to offer critical support to this community:

- **49%** of our clients identify as being somewhere on the trans spectrum\*
- **36%** of our clients are BIMPOC
- **100%** of our clients are LGBTQIA+ or LGBTQIA+ allies & families

\*For the purposes of this report, trans spectrum is defined as possessing a gender identity that differs from the sex someone was assigned at birth

“ Thank you for everything you do to enhance the lives of trans people across the country. Your groups have changed my life for the better. ”

– Peer Group Member

**50 MORE  
YEARS!**

# Community Programs

Our community programs make Pacific Center services accessible to community members. Through city, county, and state support, we are able to provide trainings for schools and organizations, run over twenty LGBTQIA+ support groups, and connect community members to vital, life-saving services. Now that we are open in our new location in downtown Berkeley, we will continue to ensure access to mental health services for the LGBTQIA+ community.



## 760 Group Meetings

Across our 4 different community programs, we had 760 group meetings where participants accessed relevant support from trained facilitators. We offered over 20 active peer support groups.



## 80+ Referrals

Across these programs, our facilitators provided clients with over 80 referrals to both internal and external services and conducted over 30 individual mentoring sessions with program participants.



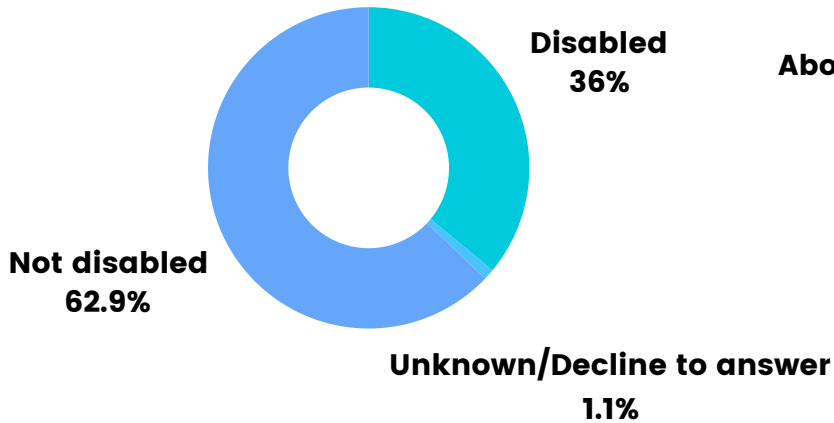
## 10 Trans Groups

As transphobia continues to ravage the country, Pacific Center doubled down on our trans affirming resources and offered 10 unique groups for trans identified participants, their partners, and their parents or caregivers.

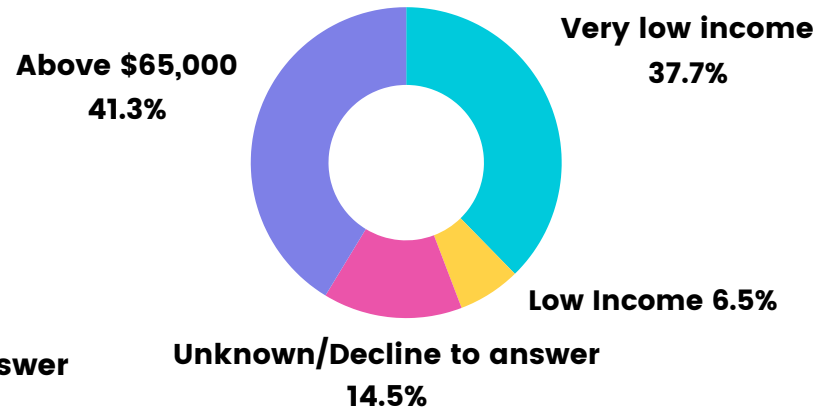
# Peer Group Support:

Providing support for the most vulnerable

## Ability:



## Income:



Providing mental health access to those who may be most vulnerable is how the Pacific Center began. Trained peer facilitators provide FREE support for our community through weekly, bi-weekly, or monthly support groups.

- **27%** of our peer group members identify as being disabled and/or neurodivergent
- **44%** of our peer group members identify as very low income or low income.

\*Income levels are determined using income limit guidelines established by Alameda County for FY 2024.



I was in an emotional whirlpool, going round and round, somewhat lost as to who or what I was. This group has been amazing. People sharing their situations, their thoughts and accepting what I have to say, asking me questions. I feel like a new, happier, more confident and settled person. Maybe for the first time in my life.

– Peer Group Member



# Highlights

Pacific Center is committed to a thoughtful and flexible approach to serving our community. Here are some highlights of how that intention was carried out in FY 22-23.

## Increase in Reach

Pacific Center increased its service reach by **42.5%** from FY 21-22 to 22-23.

- Pacific Center attended over 50 events in 22-23, where we offered the community resources and referrals,
- Pacific Center increased the number of youth served in 22-23.
- In 22-23, total trainings for clinicians, community workers, and organizations increased by 54%

## Trans Support

Our support for participants who identify under the trans umbrella increases year to year.

- Our Meta and Phallo Surgery Support Group is one of only two such groups operating in the country
- Trans Tween and Parents/Caregivers of GNC Youth provide pivotal services at a time when LGBTQ+ youth are four times more likely to attempt self-harm

## Commitment to DEIB

Pacific Center has a commitment to ongoing increases in diversity at all levels.

- Staff diversity increased to over 50% Black/ Brown/ Latine representation in 22-23.
- Pacific Center offers scholarships to all BIPOC-identified intern clinicians.
- Cultural humility trainings offered increased by 92%, and we are committed to hiring QTBIPOC-identified trainers for training delivery.

“The support group has been a lifesaver for me – literally and figuratively. The group provides community that I would not have otherwise had, and has led to friendships and helped me accept myself for who I am. Through this group, I feel more confident being myself.”



**50 MORE  
YEARS!**

# Looking Forward to 50 More Years!

During our 50th year we have bolstered our service delivery, increasing the size of our service community, and building community engagement. This has all been with the intention of working toward another 50 years (and more) of serving our community. Until our services are no longer needed, we intend to offer them. Here are some of our goals and commitments as we enter into our next 50 years.



## 01. Expansion of Services for Youth, Trans and Gender Non-Conforming Folx

At Pacific Center, we are committed to serving folx who have not historically had access to services. Our commitment is also to do this in an affirming manner.



## 02. Expansion of Older Adult Services

In 2024, we are hiring new facilitators and case managers and launching new programs for our older adult community including PEARLS (Program to Encourage Active and Rewarding Lives). We recognize the added support our queer elders need to transition into their next phase of life.



## 03. Being An Employer of Choice For the Communities We Serve

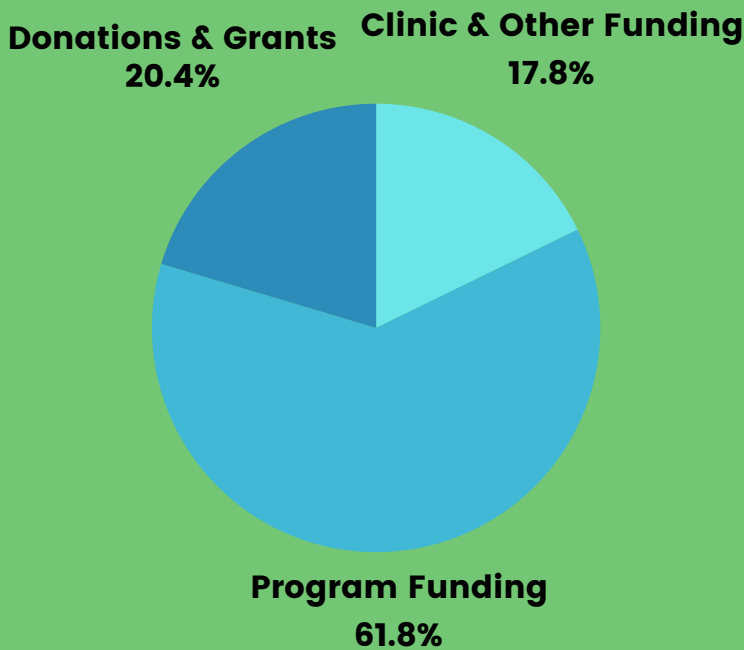
We know that to best enact our mission, live our values, and serve our community, it is vital that Pacific Center is staffed by community members. We will work to be seen as an organization that makes an impact and attracts (and retains) the workers who embody the mantra 'nothing about us without us.'



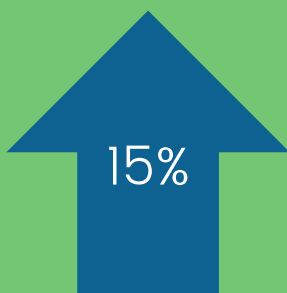
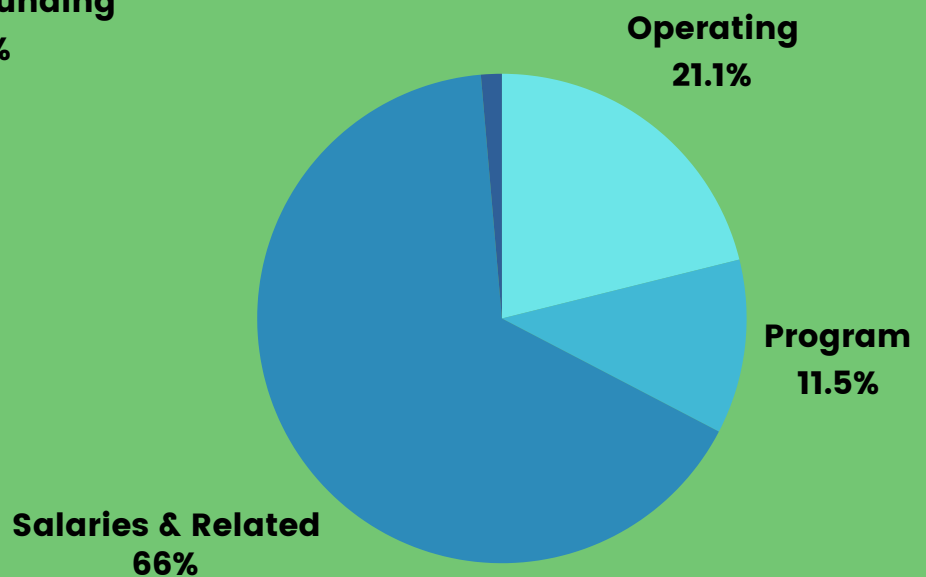
# Budget Breakdown

In FY 22-23, Pacific Center increased our budget size by 15% over the previous fiscal year. Funds were allocated to delivery of services, related increases in staffing, and expenses for our move.

## Funding



## Expenses



**Budget Increase  
Over Previous Year**



# Major Funders

Thank you to our major funders! Without them we could not provide the services we provide. We are grateful for the support they offer to Pacific center, and our community.

## Our Funders



**Behavioral Health  
Department**  
Alameda County Health



**HORIZONS**  
our LGBTQ foundation



**KAISER  
PERMANENTE®**



Mental Health Services  
Oversight & Accountability Commission

# Thank You to Our Donors!

## **Unicorns (\$10K-\$50K)**

The Tiphane Fund at East Bay Community Foundation  
Kaiser Permanente: Kaiser Foundation  
St. Paul Lutheran Church  
Horizons Foundation  
St. Paul Lutheran Church  
Gay Chemists Support Fund

## **Angels (\$9k-\$5k)**

Ally Coalition  
The Sisters of Perpetual Indulgence  
Berkeley Rotary Endowment  
Estate of Karl G. Anderson: Malory Hathcox  
Lauren Sondel

## **Protectors (\$8k-\$1k)**

Bethany Blackwell and Kerrian McDermott  
Dictionary.com  
Leslie Ewing  
East Bay Heritage Quilters  
Chris Schumacher  
Eleftherios Aslanoglou  
Liza and Bobby Lutzker  
Maura C. Shannon and Maria M. Sutter JT Ten  
Centerlink  
Sarah Hensley  
Kelly E Ehm  
Frey Vineyards  
Pink Spots  
East Bay Frontrunners & Walkers  
Mr. Mopp's  
Richard Stores  
Children's Hospital & Research Center Oakland  
Christopher Stemborowski

## **Champions (\$900-\$500)**

Emery Unified School District  
Eric Hsu and James Chambers of Horizons Foundation  
Jennifer Dent  
Mark Salimbene  
Erik Bigglestone  
Daphne Livoni  
Steve Toby  
Craig Hotti  
John Dynis  
Nadesan Permaul  
Larry Wolfson  
Thomas Marshall  
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Steven Crane  
Exu Anton Mates  
Shelly Meredith  
Billie Vale  
Soulful Pet Photography  
Stanley Hotel  
Juan Barajas

## **Champions (\$900-\$500)**

Alana Crary  
Henry J Van Der Voort III  
Nadesan Permaul  
Brooklyn J McPolin  
East Bay Stonewall Democratic Club  
Planned Parenthood  
Mental Health Association Alameda County  
Phillip Gerrard

## **Friends (up to \$499)**

Berkeley Student Cooperative  
Recognition to The A&P Lesbian Fund of Horizons Foundation  
Orange Theory Fitness  
Karen C Scharff  
Sharon Knight  
Jan Herzog  
Myisha Haynes  
Rosa Kelekian  
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Tomas Jonasson  
R. William Lautner Jr  
Jock Olney  
Sarah Smith & Ariella Eisen  
David Owens-Hill

....and many more generous donors!\*

\*Many individuals donate across a variety of platforms and some amounts may not reflect total contributions. All Pacific Center Board of Directors make a financial donation of a meaningful amount and in line with their circumstances.



As governments throughout the world target the LGBTQIA+ community, it is imperative that we provide high-quality, accessible mental health supports for our community.

**TEXT  
“ANNUALREPORT” TO  
53-555 TO DONATE  
TO PACIFIC CENTER  
NOW!**

Or go to:

<https://givebutter.com/annualreport>

**We thank you for your continued support in our efforts  
to provide mental health services to our community**

**CLICK HERE TO JOIN OUR MAILING LIST**

## Contact

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FOR HUMAN GROWTH