

A decorative graphic consisting of a horizontal orange line on the left that ends in a solid orange circle. To the right of this line are three overlapping orange circles of increasing size, with a solid orange circle at their center. The text is positioned to the left of these circles.

Annual  
**ReP**ort  
**2015 - 2016**

**CHAC**

# ● CHAC's Board Chair





Dear CHAC Friends and Supporters,

I am so fortunate to be associated with an organization that makes such a positive impact on our community. Although we all benefit from everyone having access to mental health services, CHAC's successes can be attributed to its caring and amazing staff and clinicians that facilitate the counseling and prevention programs in our schools and cities. It is rewarding to hear about CHAC's clients as they become productive and healthy members of our society.

I am looking forward to continuing our support of CHAC's mission in our community. The CHAC Board of Directors will be updating our strategic plan this year to ensure that we are 21st century thought leaders along with verifying that our programs are effective and financially sound.

Warm Regards,

Sandy Bergan

Chair, Board of Directors 2015-2016



# Our Philosophy



We believe in the value of each individual, the importance of family and the necessity of community.

## Our Partnership

CHAC began as a grass roots movement in 1973 by parents and community leaders to address the growing problem of adolescent substance abuse and the cities and schools. Through a Joint Power Agreement, CHAC continues to meet the growing needs of the cities and school districts. We are proud to be an extension of, and partners with, the communities of Mountain View, Los Altos, Los Altos Hills and the school districts of Los Altos, Mountain View-Whisman and Mountain View-Los Altos High School.



## Our Mission

CHAC exists to provide alternatives to self-destructive behavior and to help create healthy lives for the children and families of Mountain View, Los Altos, Los Altos Hills, Sunnyvale, and surrounding communities.



**EMPATHY**



**HEALTHY FAMILIES**



**HEALTHY LIFESTYLES**



**AVAILABILITY OF SERVICES**



**DIVERSITY**



**COLLABORATION**



**PROFESSIONALISM**



**FISCAL RESPONSIBILITY**



**Our Core Values**

# Community Programs

## Well Within

Well Within is an intensive outpatient program for teens, young adults and their families affected by substance use and abuse. Using established therapeutic approaches clients discover healthy alternatives to drug and alcohol use, positively impacting their family and community as well as their own lives.

## Family Resource Center

CHAC Family Resource Centers strengthen families through purposeful education and broad awareness of community resources. With the support of First 5 Santa Clara, CHAC programs stress competent parenting and leadership, parent-child interaction, early learning fundamentals, positive parenting practices and father involvement.





## Latinx

CHAC's Latinx Program offers culturally competent services that address the social and emotional needs of the Latinx community. The program provides comprehensive psycho-therapeutic services to children, youth, adults and families as well as leadership training, support groups, educational classes and assessments.

## CDS

CDS provides individual and/or family counseling for early juvenile offenders in North County who have misdemeanor citations and qualify for diversion services defined by Juvenile Probation. CDS served 80 clients in 2015-16.

**At the FRCs, we bring families out of isolation. It's the sense of community building that we have built that helps parents and youth know about CHAC clinical services and other resources so they may connect in and out of centers.**

**~ Maddie Pasqua,  
Program Manager, FRC**

“ I learned that  
what is happening at home  
is not my fault. ”

From a 3rd grader response  
when asked what she learned  
in her group today.

~3rd grader,  
MVWSD

**Tween Talk Elementary** for 5th grade is an engaging and collaborative group program that creates activities that help to manage emotions in healthy ways, demonstrate effective problem solving skills, develop greater self-awareness, increase empathy skills and provide students with the support to practice valuable social skills.

**Tween Talk Middle** provides a crucial platform for the transition from elementary to middle school and provides a safe space and time to externalize anxieties about going to middle school, to normalize the fear of change and to dispel myths about middle school.

All school-based programs are provided by trained CHAC clinicians at no cost to the student or their families.

## Group Psycho-Education Programs

**Just for Kids groups** build self-awareness, self-confidence, empathy, and teaches healthy coping skills to 3rd graders. Students engage in interactive activities to practice social emotional skills.

In **2015-2016**  
CHAC  
served:

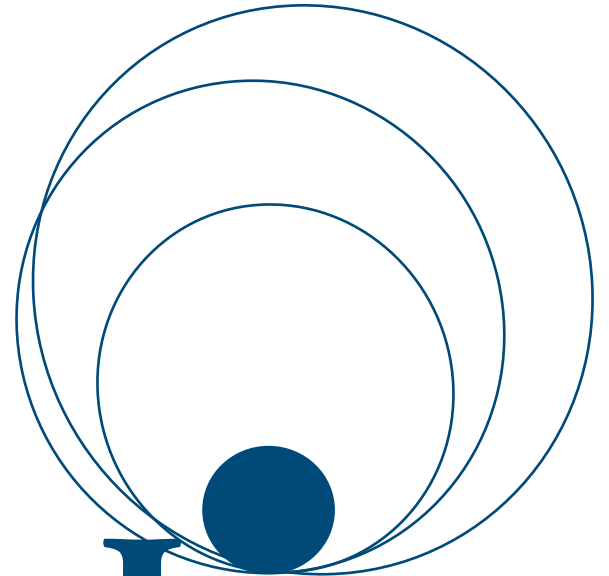
- Students in 4 school districts
- 34 schools in Mountain View, Los Altos, Los Altos Hills and Sunnyvale
- 3,090 students in School-based Programs
- 1,200 students in group programs (Just for Kids and Tween Talk)



**Village Wellness** is a site-based program that offers individual and group services to students on campus who benefit from counseling for social skills, behavior issues, conflict resolution, anger management, adjustment issues, grief and loss, trauma and anxiety.

“ My daughter is a student at Mountain View High School and has benefited from the support of amazing CHAC counselors there for the last two years. I am so thankful that CHAC provides this such needed service and I’m very happy to support it.”

~ Mother, MVHS Student



# Changing Lives

## School-Based Programs

**Prevention Plus** is CHAC’s school-based on site counseling services which address social, emotional and mental health issues affecting students’ well - being. Family counseling, staff consultation and training services enhance student support and success in the classroom. In times of crisis, CHAC clinicians are poised to support school personnel in responding to local, site based or family crises.



CHAC has advanced the training of hundreds of clinicians in our 44 year history. CHAC is proud to receive accreditation from the American Psychological Association (APA) for our acclaimed and highly respected training program for mental health clinicians.

# CHAC Clinicians

## at a Glance

CHAC's impressively qualified postgraduate therapists offer a range of skills, talents and experience. Our 74 talented clinicians provide counseling in our schools and in our offices.

Here's a snapshot of who we are:

- 56 individuals are in training for Masters in Family Therapy (MFT), a 3year graduate program, which requires 3000 hours face-to-face counseling and training
- 18 clinicians are in a 5-6 year Ph.D, PsyD. program
- 100% of CHAC Ph.D. clinicians are in the later part of their program
- 23% of our clinicians have at least one additional advanced graduate degree, including MPH, MFA, J.D.(Law), M.D. (Medical), Journalism and Computer Science advanced degrees
- 10 years is what most CHAC clinicians have in prior experience in another field, including: counseling, education, project management, law (attorneys), real estate, design, research and the armed forces
- 23% of CHAC clinicians are published in their field of expertise
- 66% of our CHAC therapists receive their education from Santa Clara University, the PGSP-Stanford Psy.D. Consortium or Palo Alto University's MFT program
- 39 years is the average age of CHAC clinicians

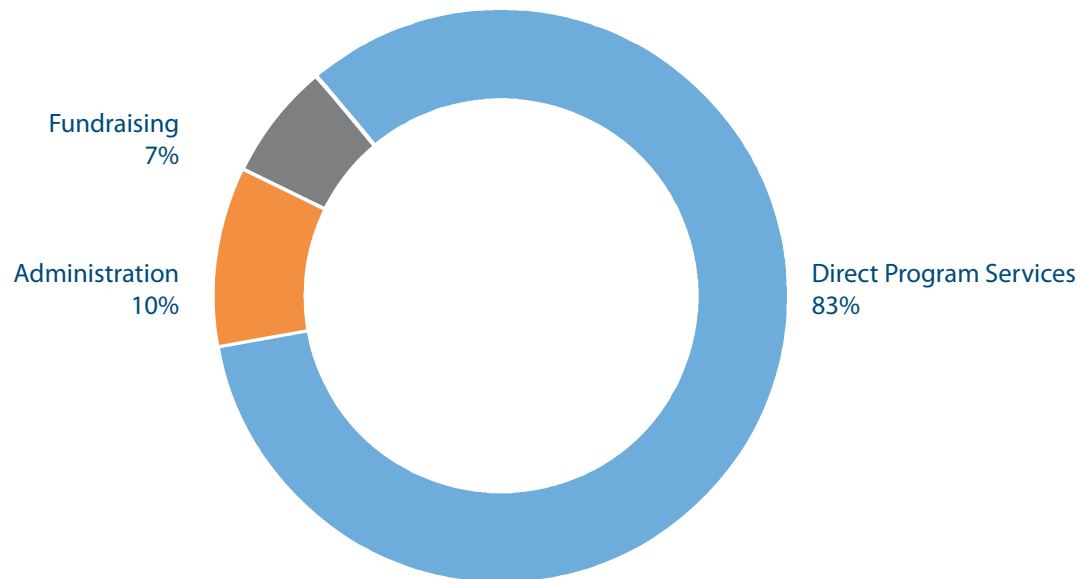
CHAC post-graduate therapists are clinically supervised by our staff of 14 licensed MFT's and Ph.D.'s who present a wide range of clinical expertise and therapeutic styles.

# CHAC Revenues & Expenses

July 1, 2015 - June 30, 2016



**Support FY 2015/2016 - \$3,071,423**



**Expenditure FY 2015/2016 - \$3,075,094**

# CHAC & Donors & Supporters

CHAC is deeply grateful to the many individuals, civic and faith organizations, hospital and community foundations, city and local governments, school districts and corporations who supported our mission in 2015 -2016. CHAC values each and every contribution and we work hard to assure that every dollar is put to the best possible use.

CHAC appreciates and treasures ALL our donors; we regret that due to space limitations we are not able to acknowledge gifts less than \$150 at this time.

**\$100,000 or  
more**

**El Camino Healthcare District**

**\$20,000-100,000  
Organizations**

Kaiser Permanente  
Leo M. Shortino Family Foundation  
Leslie Family Foundation  
Palo Alto Medical Foundation  
Sobrato Family Foundation  
The Yellow Chair Foundation

**Individuals**

Jean and Lucian Taylor

## **\$2500-4999**

### **Organizations**

Michael and Ina Korek Foundation Trust  
Mountain View Rotary Club

### **Individuals**

Robert and Mona Armistead  
Sandra Bergan  
Kim and Susan Graham  
Gita and Prabandham Gopal  
Bill and Danielle James  
Rory and Dan Kaplan  
Jeffrey Mayer and Elizabeth Tacy Witter  
Terri Rose  
George and Leanne Stanley  
Marie and Cary Young

## **\$10,000-19,999**

### **Organizations**

Los Altos Town Crier Holiday Fund  
Mountain View Voice Holiday Fund  
The Daniel Rosenblatt Foundation  
Ross Stores Foundation

### **Individuals**

Ruth Sherer

## **\$5000-9999**

### **Organizations**

Dudley-Vehmeyer-Brown Memorial  
Foundation  
Foothills Congregational Church UCC  
Highfield Foundation  
Kiwanis Club of Los Altos  
Kiwanis Club of Mountain View  
Los Altos Community Foundation  
Los Altos Rotary Endowment Fund  
Sidney Stern Memorial Trust

### **Individuals**

William and Janice Anderson  
Gay and Bill Krause  
Dan Tellep

## **\$1000-2499**

### **Organizations**

California Water Service Company  
Christ Episcopal Church of Los Altos  
Danish Furniture Center

### **Individuals**

Robert and Lois Adams  
Anonymous  
Bruce Barsi and Suzanne DeLaCruz  
David and Anne Bernstein  
John and Julie Brown  
David and Patricia Bubenik  
George and Susan Crow  
Geoffrey Dolan and Nicolette Zarday  
Kevin Dolan and Monica Pereira  
William and Virginia Dolan  
Phil and Sheila Faillace  
Dianne Gershuny  
Nan and Charles Geschke  
Sam and Janet Harding  
Dotty and Terry Hayes  
Bill Heinz and Monique Kane  
Vagn and Hilda Jensen  
Donna and William Krepick  
Peter and Sue LaTourrette  
Joan MacDonald  
Julie McKellar

## **\$500-999**

### **Organizations**

Covenant Presbyterian Church  
Quota International of Mountain View/  
Los Altos

### **Individuals**

Betsy Carpenter  
Richard and Susan Cohen  
Judy Crates  
John and Gail Dilley  
Christopher Dolan  
Judy Hannemann  
Roy and Janet Hayter  
Taly Katz  
Venkatram Kuditipudi and Padma Rao  
Paige Muret  
Stephen Nelson  
Paul and Liz Nyberg  
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Margie Rauch  
Guadalupe Romo  
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Sally Ryan  
Lynda Sanders  
James and Andrea Sandstrom  
Clint and Judy Steele  
Wesley Tanaka  
Marjorie Taylor

Jean and Barbara Mordo  
Judy Moss  
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Vicki and Terry Oldberg  
Thomas and Carol Platner  
Leonard Radzilowski  
Mary and Tom Rees  
Carol and Keateing Rhoads  
Susan and Bryan Sweeley  
George and Stephanie Tyson  
Sankar and Mita Venkatraman

## **\$150-499** Organizations

BarbHunt Solutions  
Italian Catholic Federation Branch #186

## **Individuals**

William and Marian Abbott  
Wyatt and Alisanne Allen  
Dan and Leslie Armistead  
Kathy Asmussen-Howard  
Susan August  
Amy and Kern Beare  
Ginger and John Beman  
Morton and Constance Besen  
Peter and Ann Bjorklund  
Carolyn Boak  
Ed Perry and Laurie Bonilla  
Andrew and Karen Border  
Dolores Chasuk  
Chris and Mary Dateo  
Arthur and Eugenie Deex  
Ralph and Lorraine Del Prete  
Marsha and Rick Deslauriers  
Kevin and Robin Duggan  
Dick and Faith Duhring  
Norman and Rosine Ferber  
Larry and Carol Fisher  
Jean and Steve Fraguglia  
Nicholas and Rebecca Galiotto  
Martin Gorfinkel and Wren Clark  
Sharon Greenstein  
Caroline Gupta  
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Claudia Loo  
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Dennis and Jan Switick  
Brandy Vanderheiden  
Joel and Roberta Varney  
Frank and Marian Verlot  
Josette Villasenor  
Dianne and David Willwerth

## **Joint Powers Agreement Partners**

City of Los Altos  
Town of Los Altos Hills  
City of Mountain View  
Los Altos Elementary School District  
Mountain View - Los Altos Union High School District  
Mountain View - Whisman Elementary School District

## **Other Partnering Agencies**

City of Sunnyvale  
Sunnyvale School District

## **In Kind Support**

Mayra Alcantar  
Bruce Barsi  
Barbara Hunt  
BookBuyers  
Costco  
Fred and Cathy Crook  
De Martini Orchard  
Juventino Garnica  
Hobee's Restaurants  
Danielle and Bill James  
Kaiser Permanente  
Joan MacDonald  
Milk Pail Market  
Peet's Coffee  
Safeway - California Street  
Safeway - Miramonte Avenue  
Safeway - San Antonio Avenue  
Safeway - Shoreline  
Sprouts  
Stuart Rental Company  
Mary and Larry White  
Elizabeth Wilson  
Ed Wong

**CHAC has made every effort possible to assure that this list is complete and accurate. If there is any error, please accept our sincere apologies.**



**CHAC**

Annual Report

**2015 - 2016**

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All art work courtesy of CHAC interns