

ANNUAL REPORT 2016-17



CHAC

COMMUNITY HEALTH AWARENESS COUNCIL

CHAC

Strengthening
youth and families
through counseling,
education, and
support since 1973



Sandy Bergan

LETTER FROM BOARD CHAIR

We live in a stressful society with many uncertainties which often manifests in anxiety, depression, anger and confusion.

This past year, CHAC welcomed new executive and supervisory staff who are dedicated and passionate about the work CHAC does in our community. It has been wonderful to watch CHAC continue to develop new programs and processes to better serve the children, families and individuals in our community. We are truly blessed to have an organization in our community that cares for everyone — independent of their income or citizenship status. Not only does CHAC offer help for individuals — CHAC also offers preventative and awareness programs in our schools and in our community to increase the resilience of our children.

Please join me in supporting CHAC — increasing mental health support for the people in our community not only increases their quality of life, but increases the quality of life for everyone in our community.

Sandy Bergan

Chair, Board of Directors 2016-17

LETTER FROM EXECUTIVE DIRECTOR

Thank you so much for your support in helping CHAC to provide mental health and support services to families, children, adolescents and adults in our communities. For 44 years CHAC has been an important emotional safety net for so many in our schools and community. As I reflect on the impact of our work with youth and adults in our communities, it is our staff of compassionate and highly skilled professionals that help our clients to move forward from lives of abuse, trauma, depression and anxiety to become healthier, engaged members of our community.

Last year we offered services to nearly 5000 students in our K -12 schools, over 1000 members of our communities in our in-house clinic, and our outstanding Family Resource Center provided services to nearly 12,000 children and adults.

We are grateful for the support of our government, foundation and individual donors who join us in our commitment to provide services for everyone regardless of ability to pay. As a donor, you are creating comfort and hopeful futures for so many in our community whose access to counseling services would otherwise be out of reach without your support. On behalf of the staff, our professional psychologists and therapists and our clients, a heartfelt thanks to you — our generous and loyal donors — for your ongoing support.

Marsha Deslauriers, MBA

Executive Director



Marsha Deslauriers

2016-17 ACCOMPLISHMENTS AND GOALS

CHAC PROGRAM HIGHLIGHTS

CHAC creates positive movement in people's lives; on the following pages you will see highlights of services and programs through which CHAC has touched so many lives.

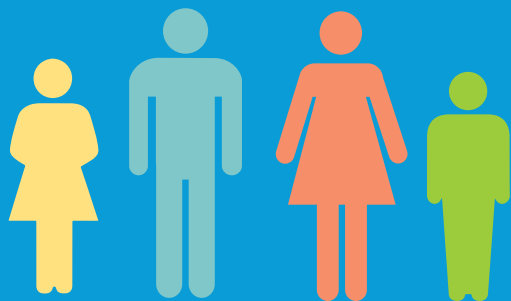
In 2016-2017, CHAC

- Expanded Latina/o/x program to reduce anxieties and suffering related to citizenship status and housing insecurity;
- Piloted new social emotional curricula in the classroom that strongly supports early prevention of more complex issues;
- Enhanced clinical services offered in 11 languages;
- Expanded clinical training and program orientation with increased focus on crisis intervention;
- Transitioned new leadership to bring strong fiscal and organizational management to CHAC.

GOALS FOR 2017-2018:

- **Implement** IT infrastructure, including Electronic Health Records system to enable coordination with hospitals and other providers;
- **Create** awareness in the community through CHAC Chats and e-Newsletter;
- **Develop** advanced career opportunities for intern staff;
- **Enhance** therapist training for cultural sensitivity;
- **Partner** with local design team to enhance client therapy rooms by Summer 2018.

CHAC BY THE NUMBERS 2016-17



17,693

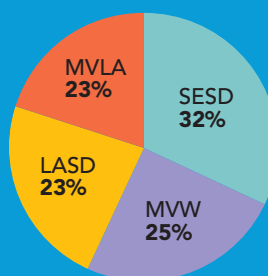
CLIENTS SERVED

CLIENTS BY PROGRAM

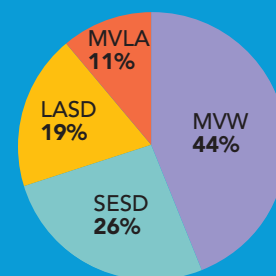
School-based Counseling	3,470
Social Emotional Learning	1,220
Well Within (substance abuse)	128
In-house Counseling	940
CDS (first-time offender intervention)	123
Family Resource Center	11,812



BY SCHOOL DISTRICT



District Population



CHAC School Clients

A critical component of CHAC's work is an "integrated care" model of working with four school districts to support the psychological and emotional well-being of students grades K-12. School programs are provided free of charge to students and their families.

CHAC's school-based programs include:

Prevention Plus

CHAC's school-based on-site counseling services address social, emotional and mental health issues affecting students' ability to learn. Family counseling and staff consultation and training services enhance student support and success in the classroom.

Social Emotional Learning

CHAC offers a variety of program that provide elementary and middle school students with valuable social and coping skills. The groups provide "safe spaces" for dealing with timely and sensitive issues in small group settings. Opt-in participation for 8-week programs; parental permission required.

Just for Kids: Just for Kids is a psychoeducational program for 3rd graders designed to build self-awareness, self-confidence, empathy, and teach healthy coping skills. Students complete a variety of interactive activities and art activities to practice social emotional skills they learn in the group. This school-based group program runs over the course of 8-weeks during lunchtime at 23 participating elementary schools in the Los Altos, Mountain View and Sunnyvale School Districts.

Tween Talk Elementary

An engaging and collaborative group program that equips 5th grade students with social and emotional coping skills. Group activities focus on how to manage emotions in healthy ways, develop effective problem-solving skills, develop greater self-awareness, increase empathy skills and provide students with support to practice valuable social skills.

Tween Talk Middle

An engaging and interactive group that teaches middle school (6-8th grade) students social and emotional coping skills. Tween Talk 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.





Village Wellness

Village Wellness exemplifies CHAC's school-based support for parents, teachers and students. CHAC's Village Wellness program, supporting Castro, Mistral and Landels schools, provides individual and group counseling to students. In addition, Village Wellness programs include: *Second Step Violence Prevention Program* and *Kinder Social Skills Groups* to all kindergartners; *Just for Kids* and *Tween Talk* social emotional learning groups; conflict resolution groups for the entire campus; classroom interventions when necessary; parent support, teacher support, and collaboration with other agencies to provide needed services to students and families.

Village Wellness is an award-winning program providing on-site support by licensed therapists to teachers, staff and students at high need schools. Support is provided in group activities - for students, teachers and parents — as well as individual consultations and referrals.

Crisis and Grief Counseling

CHAC counselors are poised to support school personnel in responding to local, site based or family crises at any time.

“CHAC therapists have been making a real difference helping children and families in our schools for many years. The therapists are trained and prepared to deal with difficult issues, supporting the entire system — teachers, students and families. The District appreciates such a collaborative working partnership with CHAC.”

Carmen Diaz Ghysels
Chief Human Relations Officer
Mountain View Whisman
School District

CHAC is an important part of our community's safety net for mental health services, offering individual counseling and program services to all.

In House Counseling

CHAC provides multi-lingual, multi-cultural counseling for children, teens, adults, couples and families at our clinic in Mountain View. Counseling is provided on a sliding scale of payment.

Family Resource Center

CHAC's Family Resource Center (FRC) collaborates with FIRST 5 Santa Clara County and other community partners to offer programs that help parents and other caregivers understand the importance of physical and social emotional development during the first years of life and early school years, along with the family and community engagement needed to build strong social networks.

FRC classes, events and individual consultations foster ways of building and maintaining a healthy connection between parent and child and increasing resilience in the family. Family Resource Center staff also trains a dedicated group of volunteers — many who have started as participants - who continue to carry out our vision to encourage further community involvement.

In 2016-17, CHAC Family Resource Centers:

- Served over 11,000 individuals in Santa Clara County;
- Offered services in English, Spanish, Mandarin, and Japanese;
- Implemented programs to include multi-generational impact and involvement among families;
- Managed a volunteer corps of over 40 people.

Multi-Cultural Programs

CHAC is proud of the support that we provide to the multi-cultural population in Santa Clara County. CHAC therapists are native speakers in more than 11 languages.

CHAC is proud to offer a robust in-house Latinx program with services in Spanish:

- Individual and group counseling
- Crisis Intervention
- Nutrition and housing support
- Legal and Immigration assistance
- Financial counseling
- Support groups and parenting classes for the Latinx community

Competency Development Program

CHAC's Competency Development Services (CDS) program works in collaboration with other non-profit agencies and the Santa Clara County Probation Department. CDS provides individual and/or family counseling, or short-term Individual Psychoeducation, for teens living in Santa Clara County who receive citations by police officers.



Assessment Clinic

CHAC's Assessment Clinic provides affordably priced comprehensive psychological assessments using best practice assessment models and evidence-based testing measures. After completing testing with one of CHAC's assessment clinicians, clients will be provided with extensive and specialized feedback. All of CHAC's assessments are completed by graduate students in Ph.D. or Psy.D. programs. Fees for assessments are on a sliding scale basis in an effort to make services accessible to all members of the community. The Assessment Clinic at CHAC is equipped to provide full assessment batteries for children, aged five and older, as well as for adolescents and adults. The clinic provides evaluations for a range of concerns.

LGBTQQi

CHAC provides support and counseling services for Lesbian, Gay, Bisexual, Transgender, Queer and Questioning/interested adolescents and teens. Meetings are held at CHAC offices in conjunction with our agency partner, *Outlet*.

Well Within

Well Within is an outpatient, addiction-prevention program for teens and young adults affected by substance misuse/abuse and for their families. Well Within defines health through a biopsychosocial lens and uses the therapeutic modalities of mindfulness-based psychotherapy, family systems therapy as well as relapse prevention.

“Our CHAC therapist was a source of strength and calm for my daughter throughout high school. The therapist’s kind and professional manner was critical in helping my daughter through some very challenging times. Knowing that my daughter was supported by this therapist and in good hands gave me tremendous peace of mind. I would recommend this CHAC therapist unequivocally.”

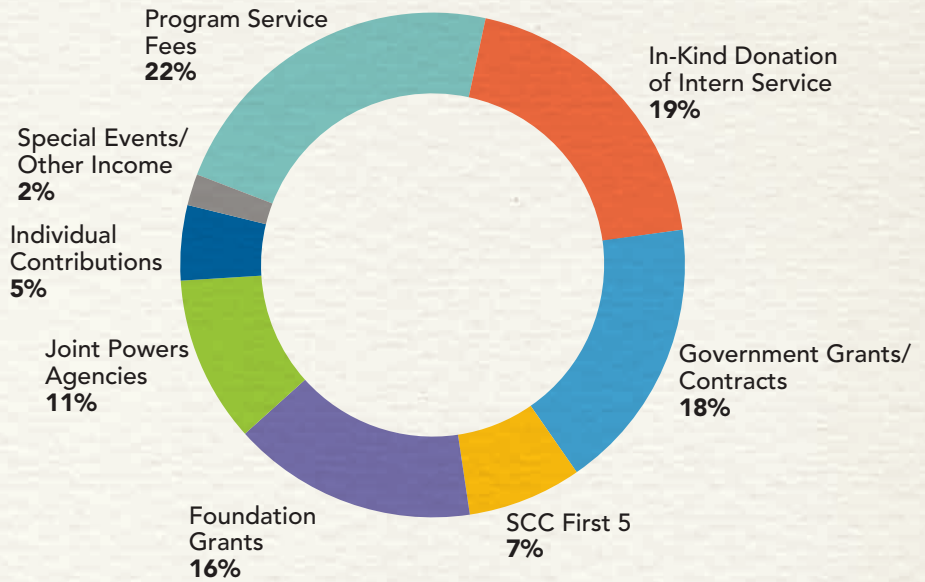
Parent

REVENUES: \$2,974,010

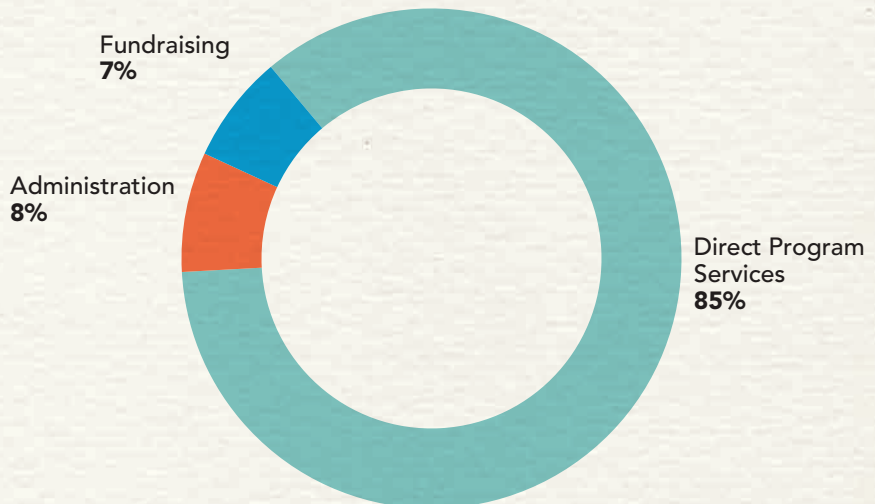


“Having a mental health agency as a resource to the community is so important and vital. We are so fortunate that CHAC is available to everyone in our city. CHAC is the emotional safety net for everyone — and everyone will need support at some point in their life.”

Honorable Ken Rosenberg, Mayor of Mountain View



EXPENSES: \$2,992,229



DONORS

CHAC is deeply grateful to the many individuals, civic and faith organizations, hospital, community and family foundations, city and local governments, and school districts that supported our mission in 2016 -2017. CHAC is very appreciative of every contribution; we strive to assure that every dollar is put to the best use possible.

\$150,000+

El Camino Healthcare District

\$25,000 - 100,000

FIRST 5 Santa Clara County
Kaiser Permanente
Leo M Shortino Family Foundation
Palo Alto Medical Foundation
Sobrato Family Foundation
Jean and Lucian Taylor

\$10,000 - 24,999

Los Altos Town Crier Holiday Fund
Mountain View Voice Holiday Fund
Ross Stores Foundation
Ruth Sherer
Yellow Chair Foundation

\$5,000 - 9,999

Janice and William Anderson
Sandy Bergan
Dudley-Vehmeyer-Brown Memorial
Foundation
Foothills Congregational Church UCC
Highfield Foundation
Kiwanis Club of Mountain View
Gay and Bill Krause
Los Altos Community Foundation
Los Altos Rotary Endowment Fund

\$1,000 - 4,999

Lois and Bob Adams
Anonymous
Mona and Robert Armistead
Suzanne DeLaCruz and Bruce Barsi

Anne and David Bernstein
Trish and David Bubenik
California Water Service Company
Christ Episcopal Church of Los Altos
Susan and George Crow
Danish Furniture Company
Nicolette Zarday and Geoffrey Dolan
Sheila and Phil Faillace
Reba and Robert Fournier
Dianne Gershuny
Nan and Charles Geschke
Sue and Kim Graham
Janet and Sam Harding
Dotty and Terry Hayes
Danielle and Bill James
Hilda and Vagn Jensen
Kiwanis Club of Los Altos
Monique Kane
Rory and Dan Kaplan
Michael and Ina Korek Foundation Trust
Donna and William Krepick
Sue and Peter La Tourrette
Joan MacDonald
Michelle Manning-Weill
Mountain View Rotary Club
Tom Moran
Judy Moss
Margaret Nettles, Ph.D.
Vicki and Terry Oldberg
Leonard Radzilowski
Margie Rauch
Carol and Keateing Rhoads
Terri Rose
RSF Social Finance
Marsha Scott
Anthony Siress
St. Stephens Green
Leanne and George Stanley
Wesley Tanaka
Colleen Tate
Dan Tellep
Stephanie and George Tyson

\$500-999

Covenant Presbyterian Church
Susan and Richard Cohen
Marsha and Rick Deslauriers
Gail and John Dilley
Monica Pereira and Kevin Dolan
Judy Hannemann
Janet and Roy Hayter
Monique Kane and Bill Heinz
Virginia and John Kavanaugh
Margaret Abe-Koga and Yotto Koga
Barbara and Jean Mordo
Paige Muret
Stephen Nelson
Liz and Paul Nyberg
Jason and Leona Pearce
Tim Petersen
Jose Chirino and Guadalupe Romo
Sally Ryan
Lynda Sanders
Andrea and James Sandstrom
Paul Schutz
Valerie and Steve Taglio
Marjorie Taylor
Quota Club international of Mountain
View /Los Altos
Mita and Sankar Venkatraman
Anna Weldon

Up to \$499

Marian and William Abbott
Patricia Allan
Alisanne and Wyatt Allen
Leslie and Dan Armistead
Kathy Asmussen-Howard
Diana and David Aston
Susan August
Ann and Peter Bjorklund
Cheryl Bohley
Patty and Mark Bowers
Margaret and Peter Brooks
Amy and Kern Beare
Ginger and John Beman
Carolyn Boak
Serge Bonte
Bright Funds Foundation
Carole and Donald Cameron
June Casey
Dolores Chasuk
Alice and James Cochran
Betsy Collard
Devon and Ken Conley
Beverly Cooke
Brigit Coons
Hilda and Michael Crady
Judith Crates
Tim and Clara Daniels

Thank You

Melanie Dorson
 Claudia Hevel and Stanley Doty
 Katherine Dreyfuss
 Robin and Kevin Duggan
 Faith and Dick Duhring
 Shanda Neumeier and Chris Eagle
 Esther and David Ellis
 Emelina and Reynaldo Febre
 Carol and Larry Fisher
 Jean and Steve Fraguglia
 Rebecca and Nicholas Galiotto
 Ann and Michael Galli
 Melanie Gasmen
 Phyllis and Henry Gauthier
 Patricia Moore and Guy Geffroy
 Carole and Paul Goldstein
 Joan and Thomas Gregory
 Jane and Gordon Haddow
 Roma Hammel
 Maria and Toyo Harnoto
 Margot and Michael Harrigan
 Bridget and Pei-Lin Harrison-Hsiung
 Elsa and Raymond Heald
 Sheryl Heckmann
 Patricia and Gary Hedden
 John Heltzel
 Frederick and Leelane Hines
 Sheila Hodgkinson
 Stacy and Robert Hoffman
 Cathy and Steve Hope
 Hortonworks
 Marilyn Krieger and Scott Hughes
 Sam Johnson
 Hiroji Kariya
 Twana and Bruce Karney
 Mike Kasperzak
 Erin Panttaja and Joseph Kaye
 Mary and Lester Kaye
 Maureen Kelly
 Christy and Pete Kirkpatrick
 Carita Klevickis
 Michael Koops
 Kathy Krueger
 Elizabeth and Barton Lane
 Betty Latta
 Penny and Roy Lave
 Sandra Lee
 Pam and Christopher Lehner
 Kathleen Lera
 Patricia Levinson
 Deveda and Ernest Littauer
 Ann and George Limbach
 Karen Eustis and William Mason
 Sue MacMillan
 Marilyn McKinney
 Susan and Neal Mielke
 MOMS Club of Sunnyvale
 Diane and Thomas Mooney
 Robert Moran
 Debra Motta
 Ann and Warren Nelson
 Kathleen Nahman

***“I am so proud of CHAC.
 For 40+ years, CHAC’s staff
 and counseling interns
 have created programs
 that help students do well
 in school and become
 contributing members of
 our communities. CHAC
 addresses the original
 concerns of substance
 abuse as well as domestic
 violence issues, anti-bullying,
 anger management, social
 emotional issues along with
 new challenges.***

***CHAC is a cost-effective
 source for community
 support. We ALL benefit from
 more harmony in classrooms,
 playgrounds, neighborhoods
 and homes. CHAC is a
 beneficiary in my trust. The
 need for CHAC won’t end.”***

***Joan MacDonald
 Board Member and long-time donor***

Anita and Leslie Nichols
 Oak Avenue Elementary PTA
 Linda and Julian Palmor
 Laurie Bonilla and Ed Perry
 Teresa Peters
 Gail Prager
 Joan and Robert Rabin
 Judith Fan and Robert Reay
 Jane and John Reed
 Patricia and Robert Reed
 Phyllis Reed
 Mary and Tom Rees
 Kavita Aiyar and Bernard Ries
 Oscar Rodriguez
 Judith Rosado
 Patti and Phil Rose
 Nicole and Ethan Rublee
 Elizabeth Sain
 Denise and Lee Salin
 Denise Sacks and Saran Saund
 Jere Schaefer
 Elizabeth Dutton and Daniel Shader
 Xia Sheng
 Marge and Jim Shively
 Lisa and Will Skinner-Talbot
 Catherine and Fred Smith
 Lenelle and David Smith
 Mira Geffner and Paul Southworth
 Lester and Mary Jo Spring
 Edmund Stedman
 Nancy Steensma

Laura Stefanski
 Robert Stutz
 Vicki and Larry Sullivan
 Jan and Dennis Switick
 Nomi and Fritz Trapnell
 Richard Tretten
 Pamela and James Vanderheiden
 Roberta and Joel Varney
 Marian and Frank Verlot
 Josette Villasenor
 Catherine Vonnegut
 Ninad Wagle
 William Warren
 Patricia and Edward White
 Nancy and Randall Wilde
 Tim Williams
 Dianne and David Willwerth
 Liz and Walt Wilson
 David Wing
 Delia Ybarra
 Lucy and Dan Zemanek
 Kathryn Zoglin

In Kind Donors

Avas Markets
 Chef Chu’s
 Tony Coslovich
 Demartini’s Orchard
 Milk Pail Market
 Safeway El Camino
 Safeway Los Altos
 Safeway Miramonte
 Safeway Shoreline
 Sprouts
 Stuart Rentals, Mountain View
 Ania Zemlerub

Joint Powers Agreement Partners

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

Other Partnering Agencies

Sunnyvale Elementary School District

CHAC has made every effort possible to assure that this list is complete and accurate. Please accept our sincere apologies and regrets for any errors or omissions.

BOARD OF DIRECTORS

CHAC is grateful for the support of our community representatives that serve on the Board of Directors.

2016 – 2017 CHAC Board of Directors

Sandy Bergan - Chair
Kathy Krueger - Vice Chair
Margaret Abe-Koga - Secretary
Carol Rhoads - Finance Committee Chair
Judy Crates Ed.D. - Community Representative
Bill James - Community Representative
Michelle Manning-Weill - Community Representative
Vicki Oldberg - Community Representative
Anna Weldon - Community Representative

Joint Powers Representatives

Bill Lambert: Mountain View-Whisman School District Representative
Carmen Chysels: Mountain View-Whisman School District Representative
Jean Mordo: City of Los Altos Representative
John Harpootlian: Town of Los Altos Hills Representative
Margaret Abe-Koga: City of Mountain View Representative
Phil Faillace: MV-LA Union High School District Representative
Vladimir Ivanovic: Los Altos School District Representative

CHAC STAFF 2016-17

Executive Director

Marsha Deslauriers, MBA

Administrative Staff

Noelle Beegle, MBA - Director of Administration and Finance
Margot Harrigan - Director of Development and Marketing

Clinical Services

Margaret Nettles, Ph.D. - Interim Associate Director of Clinical Services
Ella Schechtman-Cory, Ph.D. - Assistant Associate Director of Psychology, Assessments and Training
Carol Mellberg, MA, LMFT, ATR-BC - Associate Director School-based Services
Radha Jagannathan, MA, LMFT - Associate Director of In-House Community-based Programs

Clinical Supervisors

Rashmi Chidanand, Ph.D.
Jana Emerson, MA, LMFT
Rosine Ferber, Ph.D., LMFT, ATR-BC
Ann Hawkins, MA, LMFT
Rebecca Jedel, Ph.D.
Elisabet Revilla, Ph.D.

Program Directors

Shannon Fitzpatrick, MA, LMFT, IMF - Just for Kids, Tween Talk
Veronica Foster, MA, LMFT - Well Within
Maddi Pascua, MA, ATR - Family Resource Center
Diana Ritter, MA, LMFT - Competency Development Services

Staff

Jamela Ahmed
Loren Barragan
Mayra Barragan
Amrita Bassi
Liz Carter
Nancy Doan
Melissa Gomez
Carols Jalpa
Nazanin Khatami
Hyuna Lee
Debby Liang
Penny Mahood
Ana Moreno
Patricia Mendoza
Joy Nicolas
Camila Rodriguez
Maria Guadalupe Romo
Terri Rose, MA
Greg Ross
Jennifer Royer
Kelsey Sawamura
Jeanette Santana
Dani Villalobos
Lin Xu
Viess Zandieh



CHAC

Community Health Awareness Council

590 W. El Camino Real
Mountain View, CA 94040
650-965-2020

www.chacmv.org