



CHILD
& FAMILY
CENTER

ANNUAL REPORT 2021



resilience

an ability to recover from or adjust easily to misfortune or change

In the behavioral health field we talk a lot about resilience. How resilient we are, how to build resilience and what happens when we lack resilience. We know that individuals and communities with a high level of resilience weather adversity and trauma more favorably. Those systems and individuals who lack resilience are sometimes described as brittle meaning they lack the ability to flex or accommodate without damage resulting in hopelessness, a sense of powerlessness and despair.



These past few years have tested our resilience and made us stronger and more purposeful in our mission. The ability to accept the reality of a situation and bounce back from difficult life events takes compassion, a strong community and individuals with commitment. This past year our clinical team learned ways to take care of themselves while showing compassion in taking care of those who need our help and teaching them effective ways to cope with their problems. Our community joined together to support us during a time we needed it most. Our dear friend and board chair Cheri Fleming, who passed away too soon, displayed strong leadership and commitment to our mission.

With the support of our communities, board of directors, donors and staff we have bent but not broken as we faced a multitude of challenges and adversity and continued to deliver on our mission. We are resilient so we can be there for those who depend on us and we are inspired and humbled by their resiliency.

A handwritten signature in blue ink that reads "Joan Aschoff, Psy.D." The signature is fluid and cursive.

Joan Aschoff, PsyD
CEO

OUR MISSION

*Changing Lives
Healing Relationships
Helping People Thrive*

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commitment

Resilient people have deep and meaningful relationships with others and causes that they passionately care about.

Cheri Fleming

Child & Family Center lost a dear friend and longtime supporter, Cheri Fleming, in November, 2020. She personified Commitment and we were blessed that she devoted her time and energy to our mission for many years.

Governing Board Chair 2019-2020

Director, 2014-2020

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Director 1998-2014

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Taste of the Town Chair 2001, 2002

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COMPASSION

ability to maintain your physical, emotional and mental well-being while responding compassionately to the suffering of others

Resilience and Compassion in a time of crisis.

"I go to them, so they don't have to come to us."

Field Based Therapist

The clients in our In-Home Intensive Services Program are some of the most severe. They are severely challenged with issues such as loneliness, they lack people skills and find it difficult to make friends. The pandemic magnified those symptoms for many. They found it too difficult to receive treatment via Zoom or phone and were unable to come to the office for therapy. So we go to them.

As a dedicated field based therapist, I knew I had to keep mentally and physically resilient and healthy to best serve these families, even though I knew I was possibly risking exposure to COVID. I decided to eat healthier, get more exercise and even engaged in the agency's Fitbit Challenge. I knew I needed to stay healthy to help those in need.

My work with a client impacts the entire family, and encourages them to do well.

Jennifer has always faced serious mental health issues such as mania, depression and severe anxiety. Her father lost three jobs during the COVID crisis. He wasn't educated on how to work online, lacked computer skills and didn't understand how to use Zoom. The family realized they had to work together in order to survive. Jennifer's mother and brother contributed by landing a job. Even Jennifer found work in the community in spite of her challenges. She knew she had to try for herself and her family. It was difficult...but She Did It!

"COVID created a perfect storm of stress, anxiety, and trauma, exacerbating a preexisting crisis in children's mental health. Many young people experienced social isolation and disconnection; some endured economic dislocation and the illness or loss of loved ones. There have been notable increases in anxiety, depression, and mental health-related emergency room visits.

Little Hoover Commission Report, COVID-19 and Children's Mental Health: Addressing the Impact, August 2021



impact

1929 Individuals Served

115,878 Treatment Hours

Mental Health Services

Age		Gender		Ethnicity	
0-5	11%	Male	42%	Hispanic	51%
6-12	27%	Female	58%	White	28%
13-18	39%			African American	8%
19+	23%			Asian	2%
				American Indian	.5%
				Pacific Islander	.5%
				N/A	10%

Diagnoses	
Anxiety / Stress Disorders	32%
Behavioral / Emotional Disorders	26%
Mood Disorder	41%
Other	2%

Alcohol & Drug Treatment

Age		Gender		Ethnicity	
13-18	16%	Male	51%	Hispanic	21%
19+	84%	Female	49%	White	10%
				African American	3%
				N/A	66%

Domestic Violence Services

Age		Gender		Ethnicity	
0-5	.5%	Male	5%	Hispanic	36%
13-18	.5%	Female	95%	White	16%
19+	84%			African American	9%
N/A	15%			Asian	7
				American Indian	2
				N/A	120

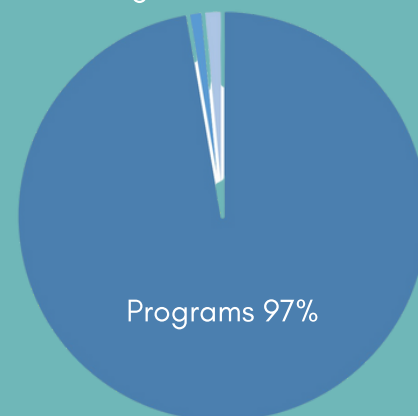
Bed Nights 1039 Hotline Calls 1515

financial overview

Revenue

\$ 13,164,841

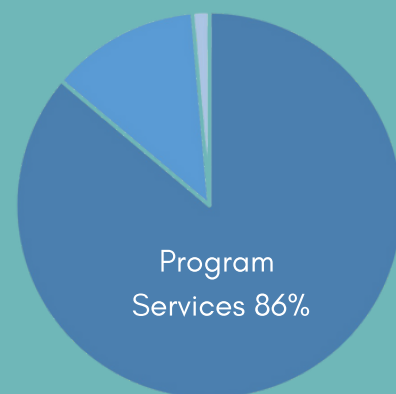
Fundraising 1% Other 2%



Expenses

\$13,065,780

Support Services 12.5% Fundraising 1.5%



community



In the summer of 2020, we created our Hearts for Heroes campaign. The community's response was overwhelming as they stepped up to support during the pandemic. Our Hearts for Heroes commemorative tile wall in the lobby of the Center is a testament to the caring hearts of our community.



support

Thank you to our supporters for helping to make all of our amazing achievements possible this year. The donor list below reflects cash gifts received between July 1, 2020- June 30, 2021. If we have inadvertently omitted your name, please accept our apologies and contact the Agency.

\$200,000

The G.A. Foster Legacy Foundation

\$93,813

Sierra Health Foundation

\$25,000

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\$5,000 - \$9,999

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\$500 - \$999

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\$200- \$499

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