

# Child & Family Center

## Annual Report 2014/15

## **Leadership Working Together**



Joan Aschoff, PsyD President/ Chief Executive Officer

#### Dear Friends, Supporters, and Partners,

Fiscal year 2014/15 was a year of new beginnings and partnerships. I am delighted to be a part of that new beginning for Child & Family Center and honored by the board's confidence in appointing me as CEO of this wonderful organization.

I am fortunate to have a senior leadership team comprised of dedicated and talented professionals who share a passion for our mission. Together we have identified areas of opportunity and made necessary changes to ensure that Child & Family Center is strong and able to deliver quality services to the people we

As we are all aware, there is so much suffering and need in our communities and no single organization can meet all the need. However, working together we can address such issues as the continued rise in homelessness, the tragic impact to families of domestic violence, and the heartbreaking fate of foster children with nowhere to call home.

It has been a privilege to create and strengthen our partnerships in an attempt to better serve our clients and meet the needs of our community. Over this past year, we have successfully worked closely with Bridge to Home, the SCV Domestic Violence Center, College of The Canyons, Samuel Dixon Health Center, Northeast Valley Health Corporation, the City of Santa Clarita, and the Sheriff's Department to name a few.

I want to thank all of you, our donors and partners, for your support of Child & Family Center. Together we are making a difference in the lives of those in need.

Sincerely,





William Cooper Chair, Board of Directors

Fiscal year 2014/15 set the stage for new leadership and new direction for the Child and Family Center. Joan Aschoff was named as the CEO of the Center at the beginning of the year. Joan then examined all of the workings of the Center and determined a strategy by creating an executive team that would implement that strategy and direction. This enabled the Center to provide more and faster services to all of our clients, especially those most in need of personal and family support at a critical time in their lives.

#### **GOVERNING BOARD**

Executive Committee
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Jenny Ketchepaw Chair, Foundation Board

It was my pleasure to serve as the Chair of the Child and Family Center Foundation. Our board is made up of committed individuals from our community that have a passion for helping to serve children and familes in Santa Clarita.

During the 2014/15 year, we saw a heightened commitment from our board that resulted in an incredibly successful year which included highlights such as Guardians of Hope and Taste of the Town.



Lois Bauccio
President/Executive Director
C&FC Foundation

Collaboration and partnering are at the heart of all the work done at both Child & Family Center and our great Foundation. Partner agencies, nonprofit organizations, businesses, philanthropic foundations, donors, volunteers and community members come together to comprise the fabric of partnerships that ensure the success of the Child & Family mission. We thank each of them for their committed support and dedication to the children and the families in our care.

#### FOUNDATION BOARD

Executive Committee
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Chris Blazey, Treasurer
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# Mental Health Facts CHILDREN & TEENS

#### Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.



20% of youth ages 13-18 live a with mental health condition



11% of youth have a mood disorder



10% of youth have a behavior or conduct disorder



8% of youth have an anxiety disorder

#### **Impact**

# \*\*\*\*\*\*\*\*\*

50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.



 $10\,\mathrm{yrs}$ 

The average delay between onset of symptoms and intervention is 8-10 years.

50%



Approximately 50% of students age 14 and older with a mental illness drop out of high school.

70%



70% of youth in state and local juvenile justice systems have a mental illness.

### Suicide



2nd

Suicide is the 2nd leading cause of death in youth ages 10 - 24.



90%

90% of those who died by suicide had an underlying mental illness.

# Early Childhood Mental Health

2500 children ages birth to five in the Santa Clarita Valley were impacted



# Early Chidhood Mental Health Consultation

Therapists with expertise in early childhood mental health collaborate with parents and teachers valley-wide to enable them to develop individualized strategies known to be effective in raising well-adjusted, socially competent children. The goal is to increase the skills and confidence of early childhood care providers & families in nurturing the emotional and behavioral health of all students so that they are ready for kindergarten.

They provide support and training for preschool teachers, childcare providers and families coping with children's social-emotional and behavioral issues. In addition, parent education is offered to enhance parenting skills and provide continuity of care from preschool to home. Referrals are given to appropriate early intervention services such as medical, speech and language therapy, school districts and Regional Center.

# Bright Beginnings Therapeutic Preschool

Ten children graduated on to kindergarten from our Bright Beginnings Therapeutic Preschool.

The program offers a unique educational experience for children who are unable to remain in community preschool programs due to behavioral and/or social-emotional challenges.

The preschool program is an intensive model that integrates education and mental health in order to better prepare children to be successful in kindergarten. Our model is a five day a week, half-day LA Universal Preschool (LAUP) program where children receive pre-academic instruction based on California Preschool Standards.

Our in-class therapeutic support utilizes evidence-based practices. The preschool team includes two teachers, a teacher assistant, and a full time in-class therapist. Families participate in weekly parenting classes, family therapy sessions, and school-related events.

216

Preschool teachers who benefitted from special training on dealing with children exhibiting challenging behaviors.

40

Number of mental health consultations in classrooms, resulting in positive results for teachers and children

113

Parents who attended parenting classes specially designed for children ages birth - five.

# School-Based Services

# Partnering with local school districts

329 chidlren were seen for symptoms including emotional disturbance, substance use, disruptive behaviors, abuse, neglect and trauma



Often the stigma associated with seeking mental health services prevents many children from getting the help they need. Parents may not want to admit the problem, or don't have transportation to an office setting. Mindful of that, the Center partners with local school districts to provide mental health services to children.

The population served is school-age children exhibiting mental health or behavioral symptoms that are causing significant impairment to the children's development or overall ability to function in the home, school or community. The program provides an opportunity to utilize office space at the school, resulting in a more cost-effective delivery of services.

Eighteen schools at the elementary, middle and high school level participate. Services are provided on school campuses; family sessions can also be held at the school or in the community.

In addition, a grant from Kaiser Permanente provided funding to run groups for at-risk children ages 6 to 18.

The groups focused on prevention and early intervention, dealing with issues of grief, loss, social skills, bullying and self-esteem. Groups were held on elementary, middle, and high school campuses.



## **Community Collaboratives**



#### Interagency Committee

Child & Family Center is the founder and host agency in a Santa Clarita Inter Agency collaborative that includes many organizations that work with children and youth who are facing severe issues and barriers to relevant care in the Santa Clarita Valley. Members meet monthly to collaborate in the effort to provide affordable and appropriate services for families referred to the committee, and to make alternative services more available.

#### Participating agencies include:

Action Family Counseling California Children's Services California Psychcare Child & Family Center City of Santa Clarita College of the Canyons Domestic Violence Center of S.C. Henry Mayo Newhall Memorial Hospital LA County Depart. of Child and Family Svcs. LA County Department of Mental Health LA County Department of Probation LA North Valley Regional Center SCV Mental Health Center **SCV School Districts** SCV SELPA SCV Sheriff's Department



#### Painted Turtle

The Center provides a mental health consultant for the Painted Turtle, a camp devoted to helping medically fragile children. The consultant's role helps the camp administration manage crises, provides ideas on how to intervene with children facing medical and emotional challenges and gives support to camp counselors and medical staff through group and individual sessions.

In addition to working closely with the Painted Turtle, the Center maintains partnerships with SCV Domestic Violence Center, Single Mothers Outreach and other organizations.



#### SCV Non-Profit Leaders Network

Child & Family Center is a founding member of the Non Profit Leaders Network in Santa Clarita. The group meets monthly and brings together the valley's more than 200 local nonprofit organizations to collaborate and to discuss topics including fundraising and development, budgeting for nonprofits and board relations.

#### **Business Associations**

Child & Family Center is a member of both the SCV Chamber of Commerce and the Valley Industry Association of Santa Clarita. Both organizations represent business interest in the valley, providing an opportunity to collaborate on a broad range of community issues.

# Addressing the needs of Transitional Age Youth (TAY) (16-25)

Using drugs or alcohol to cope

7% of the Homeless Population are 18-25

Suicide is the second leading cause of death for ages 10-24



#### Drug & Alcohol Use

The Center's Alternatives program is a prevention/early intervention, treatment and recovery program provided in an outpatient setting at the Center. The focus is on co-occurring disorders, where the client has an underlying mental health issue in addition to drug or alcohol use. The staff is trained to treat both mental health trauma and substance abuse issues.

The team is also co-located at Probation Camps Munz and Mendenhall providing therapy and substance abuse treatment groups, using a 10-week curriculum developed specifically for incarcerated youth.

In addition, the team participated in community workshops conducted by the Sheriff's Department, the City of Santa Clarita and other provider organizations.

#### Helping Homeless Youth

Many of the clients served at the Center are "transitional age youth" ages 16-25, many of whom are homeless, are "couch surfing" staying short-term with various friends or have aged out of the foster care system.

Recognizing the growing problem, Child & Family Center partnered with Bridge to Home Homeless Shelter and hosted the community's first Homeless Services Summit in March. Representatives from 40 agencies helped identify the service needs of individuals and families experiencing homelessness in the Santa Clarita Valley and the need to create an integrated approach to helping Santa Clarita's homeless residents and assisting them to transition out of homelessness

The key goals identified were further expansion of services that will provide comprehensive care, including: medical help, mental health assistance, job resources and placement, case management and access to affordable housing.



#### **Crisis Intervention**

Sheriff deputies, school personnel, parents and clergy members all collaborate with our Crisis Team when a child is exhibiting dangerous behaviors that threaten themselves or others. Children or adolescents under age 18 who have exhibited high risk behaviors such as suicidal thoughts or homicidal ideation, are seen immediately by specially trained crisis team members. The team is also prepared to help anyone in the community in crisis and no one is turned away. The goal of the intervention is to reduce the risk of harm and to help the individual return to the level of functioning that existed prior to the onset of the crisis. After the intervention, clients are transitioned to outpatient therapy.

In addition, members of the team are on site for college aged students at College of the Canyons.

### Joe

Joe began having suicidal thoughts at age 14, as a result of coping with his parents' frequent domestic disputes, breaking up with his girlfriend and thinking he was fat. He lived his life in extremes: exercising excessively or binge eating.

At 17, he was not eating, had difficulty sleeping, and was irritable and isolated. He had thoughts of hurting others, slitting his parents' throats or choking students at school.

His thoughts had become so severe that he was hospitalized by the Center's crisis team.

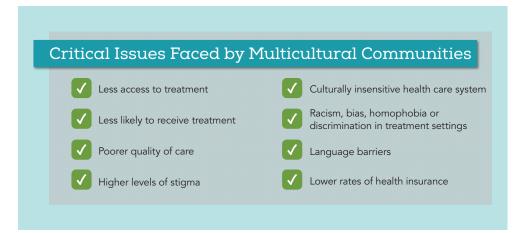
Upon his release, the team focused on safety planning with his parents. Once the crisis was addressed, he was transferred to outpatient services. His therapist helped the family learn to communicate more effectively, and encouraged them to spend more time together. Joe began to feel comfortable in his therapy sessions, expressing to his mother how he felt a lack of affection from her and its impact on him.

His therapist used his passion for film production, utilizing movies as a learning technique, as well as journaling and poetry. He kept a log of triggers, so he would be more aware of his thoughts, feelings and behaviors.

Things began to improve. He started to set goals, and actually ran in the Los Angeles marathon. He began to eat in public, something that he had difficulty with in the past. Recently, he was accepted to college where he will study film production and drama. Blessed with a knack for stand-up comedy, he has taken his life experience, including the therapy, and turned it into a comedy routine that he performs at local comedy clubs.



# Collaborating to improve access to mental health services for low income families



#### **UCLA Telehealth Project**

Child & Family Center is participating in a three-year research study by UCLA on the use of videoconferencing technology to deliver behavioral health services to pediatric patients in community primary care settings.

The study is in response to statistics that show most children, especially in low income areas, do not receive behavioral health services and access is often severely limited. In addition, there is often a lack of communication and coordination between primary care and mental health providers.

Northeast Valley Health Corporation was selected as the primary care location in Santa Clarita. The project will allow for clients being seen on site at NEVHC to converse with the center's psychiatrists via web cameras. This will allow for more timely access to services and potentially integrate mental health services into primary care.



Researchers will examine whether using this telehealth technology can be an effective, efficient and family-centered way to provide these services to children in low-income communities.



#### Northeast Valley Health Corp and Sam Dixon Health Center

To simplify access to mental health services, Child & Family Center provides therapists on site at both Northeast Valley Health Corporation primary care facilities and Sam Dixon Health Center. Referrals are provided by doctors and nurse practitioners.

Child & Family Center therapists work with an interdisciplinary treatment team to provide appropriate coordinated care services such as psychiatry, medical care, housing, rehabilitation & drug/alcohol services and social activity groups.

# When I came here I thought that I was alone and no one would understand me. I had no hope

# One in four women will experience domestic violence during her lifetime

### Helping to Break the Cycle

I felt disappointed, used and abused because of the trauma I went through, and I had no self-esteem.

But with the help of the group my life started to change

Today I am able to understand what violence is – yelling, threats, hitting. Now that I understand I can teach my daughters what domestic violence is so they will not become victims.

It has helped me a lot in taking responsibilities and being a better mother to my children. During the time I was here I felt understood, not judged and was able to identify with the other women in the group.

I have learned to make wiser decisions to live a healthier life with my children, without any type of abuse.

I learned to set limits, to request the same respect I give, and above all to value myself as a person. I am so thankful to this program for the progress in the journey of my life in helping me to recognize, share, and heal something horrible that happened to me many years ago.

#### Georgina

### My Goal Collage



#### **Domestic Violence Groups**

The program served women or men who were living in or had formerly lived in an abusive relationship work through issues related to domestic violence. Services were free to the community and included weekly groups, individual counseling and case management. Therapists and case managers also work closely with the SCV Domestic Violence Center.

#### **Non-Violent Parenting**

A key component of the program was the Non-Violent Parenting classes, which taught participants how domestic violence affects children, how to help them heal and skills needed for positive parenting.

#### **Psychoeducational Domestic Violence Groups**

The groups focused on defining domestic violence, the cycle of violence, the power and control wheel, why women stay, healthy relationships, boundaries, creating a safety plan.

#### Life Skills Group

Participants learned communication skills, how to improve self esteem, anger management skills, goal setting, money and time management.

# Over 10,000 veterans currently reside in the Santa Clarita Valley

Every day their families face the challenges that come with a parent's deployment.

Child & Family Center proudly partners with Habitat for Humanity and its SCV Habitat for Heroes project. The 24-acre parcel located directly across from the Center provides housing for returning veterans. A total of 87 homes are planned.

Specially trained therapists provide FOCUS (Families OverComing Under Stress) training to the military children and their families.

Families are directly impacted by a parent's military service, especially if the parent returns with significant levels of combat operational stress

A parent might return home and encounter deployment reminders in their daily life, leading to changes in their mood and behavior. These changes can be upsetting to children and spouses, and affect parenting and marital relationships.

FOCUS helps families understand how reactions to deployment reminders can influence relationships and teaches skills to deal with them.

Parents and children—from preschoolers to teens—learn to use tools that will aid in their everyday interactions and help them become a more complete and functional family.



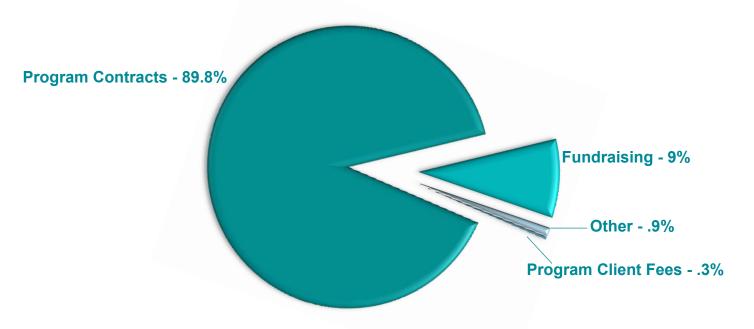


### **Financial Overview**

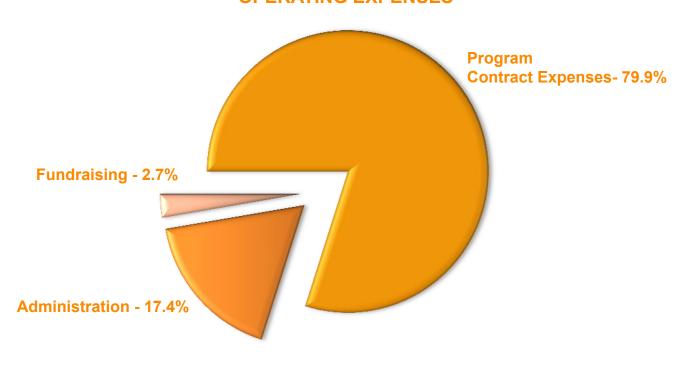
## Child & Family Center & Foundation

July 1, 2014 - June 30, 2015

#### **REVENUE & SUPPORT**

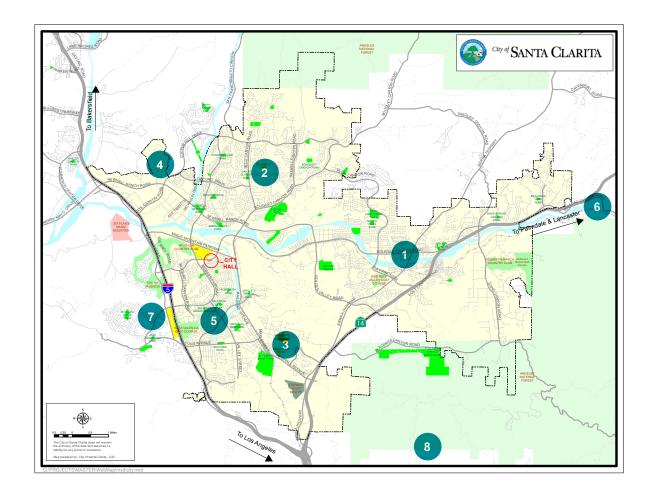


#### **OPERATING EXPENSES**



## **Distribution of Clients**

# 1,620 individuals received services



### Geographic

Map Location	# of Clients	Percentage	
#1 Canyon Country	529	33%	
#2 Saugus	273	17%	
#3 Newhall	266	16%	
#4 Castaic	108	7%	
#5 Valencia	73	5%	
#6 Antelope Valley	121	7%	
#7 Stevenson Ranch	31	2%	
#8 San Fernando	167	10%	
#9 Other	52	3%	







# Garnering Support from the Community



The G.A. Foster Legacy Foundation awarded a \$500,000 grant to fund a variety of programs focusing on early intervention and prevention.



Fifty six children received a bike for Christmas, thanks to the generosity of Chiquita Canyon and their employees



The Center received a \$5,000 grant to prevent child abuse from the In-N-Out Burger Foundation



Thousands attended Kid Expo, the annual trade show for kids sponsored by Providence Holy Cross.



The Center received a grant of \$16,610 from Ronald McDonald House Charities, to purchase therapeutic toys and equipment.





Over 2,000 attended the 2015 food extravaganza which raised \$184,000!



Title sponsors

Bank of Santa Clarita an

Whitening Lightning



Co-Chairs
Laina McFerren &
Ginger LeVang



A drawing for a two-week Hawaiian cruise donated by Princess Cruises raised \$10.000.



Classic Designs Jewelry hosted the Diamond Drop, where one lucky person won a one-carat diamond.



Guardians of Hope is a distinguished group of individuals, businesses, and civic leaders who have made an annual contribution of \$1,000 or more.

Funding for mental health services are often subjected to budget cuts, limitations, regulations and changes in eligibility. That leaves those who are struggling with significant behavioral problems in school, potential violence in the home, depression, withdrawal, the aftermath of abuse, anxiety, confusion and many other issues without the means to have those issues addressed.

Our clients and their therapists have been immensely grateful to the Guardians of Hope, which allows critically needed services to continue, enabling many local youth and adults reach their full potential for becoming responsible members of the community.

#### **GOLDEN GUARDIANS**

Gifts between \$10,000 to \$24,999

Harold & Jacqulyn Petersen
Founding Honorary Chairs
Petersen International Underwriters

#### SILVER GUARDIANS

Gifts between \$5,000 to \$9,999

Chad & Christina Conwell William & Valerie Cooper

Don & Cheri Fleming
Transamerica Financial Advisors

#### **RUBY GUARDIANS**

Gifts between \$2,500 to \$4,999

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Steve & Julie Sturgeon
Wolf Creek Restaurant & Brewing Co.
Steve & Doris Marie Zimmer

#### **EMERALD GUARDIANS**

Gifts between \$1,000 to \$2,499

Anonymous

In Memory of Dylan Best
Joey & Joan Aschoff
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In Memory of Albert Bettencourt Sr.
Chris Blazey
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Jeff & Kiki Hacker
Darren & Sarah Hernandez
John & Debbie Heys
Ric & Irene Johnson
Kaiser Permanente
Frank & Charlotte Kleeman
Nick & Elise Lentini
Mark & Ginger LeVang
Donald & Naomi Morshead
Newhall Rotary Community Foundation

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The Travel Bug
Larry & Judy Veale
Silvia Weeks
Bruce & Aida Weinstein
Marc Winger & Eileen Mann
Scott & Vanessa Wilk
Loren & Michelle Witkin
Apo & Janet Yessayan
Zonta Club of SCV

### **Donor Honor Roll**

We are deeply grateful for the support of all of our donors. The donor list below reflects cash gifts received between
July 1, 2014 - June 30, 2015. If we have inadvertently omitted your name, please accept our apologies and contact the Foundation office.

#### \$500.000

The G.A. Foster Legacy Foundation

#### \$20,000 - \$25,000

Harold & Jacqulyn Petersen
Petersen International Underwriters

#### \$10.000-\$19.999

Bank of Santa Clarita
Disney Worldwide Outreach
Kaiser Permanente
Ronald McDonald House Charities
Whitening Lightning

#### \$5,000-\$9,999

Balfour Beatty Construction
Chad & Christina Conwell
City of Santa Clarita
Dancing With Our Stars
Gerard Cosmetics
Habitat for Humanity
In-N-Out Burger Foundation
Paul A Hughes Foundation
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#### \$2500-\$4999

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#### \$1,000-\$2499

Agilent Technologies Foundation **Applied Behavior Consultants** Joey & Joan Aschoff Michael & Melina Berger Blackbottoms Cycle Wear Lois Bauccio Chris Blazey **Brookfield Residential** Joyce Carson & Doron Schleifer Steve & Rose Chegwin Children's Hospital Los Angeles Chiquita Canyon Landfill Citadel Environmental City of Santa Clarita Public Library Ric & Sandy Clark Steve & Mary Ann Colf Dance Studio 84 Robert & Debbie DiPrimio Fun & Fit Gymnastics Galpin Santa Clarita Roger & Carol Gelsinger Geotechnologies, Inc. Gilbertson Orthodontics

Roger & Carol Gelsinger
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SCV School Districts K-12
Jack & Diane Stewart
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#### Honoring our Special Donors

Philanthropist of the Year
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Volunteers of the Year
Ginger LeVang & Laina McFerren
Women's Auxiliary Helping Hands Award
Karla Edwards
Young Leadership President's Award
Neil Fitzgerald

#### \$100-\$499

AAACamps LP Academy Swim Club Action Family Counseling Aesthetic Dental & Specialty Center Nancy Albrecht **Autism Behavior Intervention** Back To Health Chiropractic Germaine & Nicole Bacon Bank of America United Way Campaign Phil & Dale Baron Jamie Batie **Baywood Dental Group** Gary & Nelly Bertz Boy Scouts of America Camp Jak Canyon Dental Group Canvon Theatre Guild Care 1st Health Plan Castaic Lake Water Agency Castaic - SCV Little League CFC Women's Auxiliary Charles & Linda Chadbourne Children's Burn Foundation Children's Orchard Tami Cicerello Creative Years Preschool **CPR** in Control Jim & Karen Degnan Ana DeGuzman-Silva Delphi Academy of Los Angeles Karla Edwards Ekata Training Center, Inc. Family Day Care Assoc. Robert Fischer Rick Fung & Betty Rabin-Fung Game Force Gold Medal Martial Arts Kathleen Greulich Gymboree Gwen Halstead Joria Harris Jim & Julia Hicken Hot Yoga Health & Wellness Center Ice Station Valencia Jump 5150

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Valley Trails Summer Camp

Debbie Walker

Wallers' GymJam Academy

Wells Fargo Bank

We Rock the Spectrum

West Coast Music Academy

Working With Autism, Inc.

World Wide Cultural Exchange

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Dylan Best

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Dee Dee Germond
Melvin Morgan

Albert Bettencourt Sr.

Jane Bettencourt Soto & Richard Soto

Terry Bullock

Lois Bauccio

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#### Gifts in Honor Of

Steve Milovich
Sucherman Consulting Group, Inc.
Anne Sweeney
Steve & Tammy Milovich
Ben Sherwood
Steve & Tammy Milovich

### Gifts In Kind

25 Score

Child & Family Center received \$260,000 in in-kind gifts, which included services or items provided for fundraising events. In addition, we received \$98,000 in donations that were distributed to our clients in need. Special thanks to all of our in-kind donors. Those contributing \$250 or more in value are listed below.

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The Child & Family Center helps build a healthy Santa Clarita Valley by providing mental health, behavioral and education services to children, adults and families.

Child & Family Center

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(661) 259-9439 www.childfamilycenter.org