

Spring 2006



# HIGHLIGHTS FOR FRIENDS OF FAMILY & CHILDREN SERVICES

Strengthening individuals.  
Strengthening families.  
Strengthening communities.



FAMILY &  
CHILDREN SERVICES

# LETTER FROM THE PRESIDENT

## Dear Friends of Family & Children Services,

Family & Children Services is now in its sixth decade of service. Our Silicon Valley community has been transformed over that period of time, yet the essential element remains: our community is strong, safe, and self-sufficient when the individuals and families who live and work here are strong, safe, and self-sufficient.



When I step back and look at our community of clients, donors, staff, and partners, I see that we are a community of tremendous hope. Our clients do the very hard work of realizing their goals, our volunteers give of themselves and their time, our staff members dedicate their knowledge and talents, and our donors choose to invest in Family & Children Services, because we all believe in our mission and see what each step toward its realization means for the individuals and families who make up our neighborhoods and communities.

In this issue, you will see some beautiful examples of how communities are helping communities to grow stronger. We spotlight the BEA Foundation for its commitment to young children in our area. We celebrate local employees who volunteer with the agency and who share their holidays with clients. I have found that when individuals and groups connect with Family & Children Services, they connect on a new level with each other, thereby strengthening their own homes, social networks, and workplaces.

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**Our mission is to build strong, safe, and self-sufficient individuals, families, and communities.**



On a last note, our clients speak about the stress in their lives a good deal – as do so many of us! The pace and the daily pressures of life create strain, regardless of income level or cultural situation. This is why we are so glad the Circle of Support Committee has secured Dr. Robert M. Sapolsky, an expert on stress and stress reduction, as the Circle of Support Breakfast speaker. I look forward to seeing you there on May 3rd.

Sincerely,

A handwritten signature in dark ink that reads "Jeanne C. Labozetta". The signature is written in a cursive, flowing style.

Jeanne C. Labozetta, LMFT, MBA – President & CEO

*I am excited to tell you that the Sobrato Foundation has awarded us a challenge grant. Please see Page 5 for details, and thank you in advance for your support!*

# CIRCLE OF SUPPORT BREAKFAST

Members of the Circle of Support  
Breakfast Committee

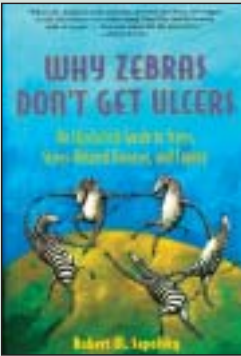


**Save the Date!**

## THE 3RD ANNUAL CIRCLE OF SUPPORT BREAKFAST

*Wednesday, May 3, 2006*

*Crowne Plaza Cabaña Hotel, Palo Alto*



**Featuring:**

**DR. ROBERT M. SAPOLSKY**

MacArthur "Genius" Fellow and Professor at  
Stanford University, speaking on –

*Why Zebras Don't Get Ulcers: Stress, Disease and Coping*

**Honoring:**

**CYNTHIA FRY GUNN**

Event and table sponsorships are available.

Tickets \$60; Tables of 10, \$600

Invitations will be mailed in April.

For information, call **650-326-6576** or email [info@fcservices.org](mailto:info@fcservices.org).

Event proceeds benefit Family & Children Services.

Dr. Sapolsky's book will be available for sale and signing.

# FAMILY LOAN PROGRAM OPENS UP OPPORTUNITIES FOR YOUNG FAMILY



When Mario and Stacia came to the Ways to Work Family Loan Program, they were struggling to meet the high costs of raising a family in Santa Clara County. Stacia had one more year of classes to complete her training as a legal assistant. Mario stayed home with their one-year old during the day and worked nights doing maintenance.

Because their old car had broken down beyond repair, Stacia commuted to campus with a friend and Mario took the bus to work. Bus services to and from his night shift were limited and the neighborhood was risky. When a friend told them about Family & Children Services' Ways to Work Family Loan Program, they called right away, did the intake over the phone, and were invited to come in for an appointment.

The Ways to Work Family Loan Program (FLP) aims to promote

the self-sufficiency of families in Santa Clara County. Low-interest loans for purchasing used vehicles or financing car repairs make it easier for families to get to school, work, medical appointments, and grocery stores. The financial counseling component gives them tools and knowledge for making financial decisions.

"We learned so much about our finances just at that first meeting. I had never looked at my credit report until then," Stacia said.

Their application went to the loan review committee, and soon, the couple learned they had been approved for a \$4,000 loan at 4% interest to purchase a used car. The Heritage Bank of Commerce, Family & Children Services' banking partner for the Ways to Work FLP, would service the loan.

The program staff reviewed the loan agreement with them, explaining the terminology and the requirements. They also answered questions about banking

and budgeting. Then, the staff introduced Mario and Stacia to car-buying reference tools, like Kelley Blue Book, explained what to look for and ask when used car shopping, and discussed with them what kind of car would fit their needs, be fuel-efficient, and have a long life.

“Our goal is for families to succeed,” says Christina Madden, MBA, the program director. “We want our clients to get the skills and knowledge they need to be self-sufficient. If money is tight one month, for example, we counsel them on how to handle their pile of bills and to make arrangements with the creditors.”

For Mario and Stacia, the car has opened up new opportunities. Because he was no longer limited by the bus routes, Mario found a job paying twice the salary, with a good training program. Now that Stacia is beginning her career, they plan to pay down the loan principal. Soon they intend to begin saving for their daughter’s education.

If you know someone who may qualify for a loan or would like to receive more information, call **(408) 374-9220 x 204.**

- **Welcome!** We are pleased to welcome **Alice Nuzzo** to our Board of Directors. Alice is a realtor with Coldwell Banker Previews and co-founder of Seville Properties. Family & Children Services also has a new Chief Financial Officer, **Bruce Heldman, MBA**, of Heldman Consulting.
- **Challenge Grant from the Sobrato Foundation:** We are excited and honored to announce that we have received a challenge grant award from the **Sobrato Foundation**. All cash donations from new or lapsed donors will be matched dollar for dollar! You may use the enclosed remit envelope or contact the Development Department at 650-326-6576.
- **Expansion of school-based services:** In February, we began providing clinical counseling on-site at **Sequoia High School** in Redwood City. We are pleased to bring what we have learned from our programs at Los Altos High School and Foothill Continuation High School, and to serve the mental health needs of more students.
- **Taproot Foundation:** We extend our appreciation to the Taproot Foundation for a service grant to create a Family & Children Services brochure. A talented team of professionals donated their time to the project. We are excited to have the brochure for resource fairs and events. Thank you to Alice Chan, Judy DeMocker, Kathy O’Leary, Chris Renouard, Mister Thorne, and Yuko Takahashi.

# DONOR APPRECIATION

Family & Children Services extends our appreciation and thanks to the generous donors whose support makes it possible for our clients to reach their goals. We are proud to acknowledge the individuals, foundations, and corporations who invested in our community between June 1, 2005 and January 31, 2006 at the \$1,000 level or above. We regret the omission or incorrect listing of any names, and thank all of our donors, providing gifts of all sizes, for their belief in us.

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## IN HONOR

Gift in honor of Karen  
McMichael by Mr. and Mrs.  
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(\$5,000-\$9,999)

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## SPOTLIGHT ON OUR PARTNERS



Visit BEA Systems' web site, and it is immediately apparent that this is a corporation that takes its commitment to the community to heart. They proudly feature pages of photos and descriptions of how, all around the world, wherever they work, the company and its employees are contributing through service and donations.

A corporation whose products focus on building a strong software infrastructure, BEA Systems has focused its giving on creating solid foundations. The BEA Foundation provides grants to organizations and programs that encourage early intellectual development of pre-school age children. In 2003, the BEA Foundation awarded its first grant to Family & Children Services' for our Early Childhood Services Program.

The goal of the Early Childhood Services (ECS) Program is to identify and treat children who are at risk for emotional or behavioral problems that may prevent school readiness and future success. Early intervention allows counselors, teachers, and parents to address children's emotional challenges before they become obstacles to a

child's long-term ability to learn, thrive, and succeed.

The program is currently located in 137 childcare sites in Santa Clara County. In September, the Early Childhood Services program received national recognition with the Robert Rice Innovative Program Award from the Alliance for Children & Families.

"The BEA Foundation has provided three years of consistent funding for one of our core programs. Their investment in our youngest clients makes them a valuable partner," said Lani Dorff, Director of Development & Marketing at Family & Children Services.

This holiday season, BEA's employees took their involvement with the agency and our clients to a new level by requesting to adopt a family. Paired with a single mother of four, who was completing a job training program and getting her life on track, employees in the Foundation and the Human Resources Departments had a ball picking out educational toys and books, clothing, and household items. The most exciting gift of all: each child received a long dreamed of bicycle.

"I didn't know people did things like this," said the mother. "Complete strangers wanted to help me and my kids. We really do live in a community where people look out for each other. What a gift for my kids to know that."

Family & Children Services applauds BEA Systems, the BEA Foundation, and BEA employees for being examples of community partnership in action.

# INSPIRATION & APPRECIATION

*The theme of this year's National Volunteer Week is "Inspire by Example." The individuals and groups who devote time, talent, and energy to further Family & Children Services' mission certainly inspire us!*

## OUR VOLUNTEERS IN ACTION



Two corporate teams volunteered at our San Jose office during the **United Way Silicon Valley's Week of Caring**. Hardworking volunteers from **Agilent Technologies** and **IBM** beautified our offices, inside and out, for our clients and staff.



Over the holidays, employees at **Novellus**, **BEA Systems**, **Mirage Systems**, **Banana Republic**, as well as the **Hudd family** and **Carolyn Kelso** (and friends), shared their abundant holiday spirit by donating gifts to families, the youth in the Independent Living Program, and preschool children in Early Childhood Services.

**Valle Monte League** hosted its 38<sup>th</sup> successful Christmas Tree Elegance event in December. **The Circle of Support** and **Peninsula Ball** committees are at work on their upcoming spring events. We treasure the dedication and generosity of spirit of these women, and thank them for raising such needed funds for Family & Children Services.



Lynette Mandal, Christine Curry, Tasneem Ismailji - Members of the Board of Directors

Our programs, including the Independent Living Program and Ways to Work Family Loan Program, benefit from the mentoring, workshop presenting, and outreach efforts of compassionate volunteers.

To round out our thanks, we acknowledge the year-round commitment of our **Board of Directors** and **Advisory Board**, who give of themselves to strengthen our agency and the community.

## WAYS TO HELP

At Family & Children Services, we know that when individuals are strong, families are stronger, and when families are strong, individuals are stronger. Strong, healthy communities are the result of strong, safe, and self-sufficient individuals and families.

*“When we cast our bread upon the waters, we can presume that someone downstream whose face we will never know will benefit from our action, as we who are downstream from another will profit from that grantor’s gift.”*

– Maya Angelou



### YOU CAN HELP US IN OUR MISSION

#### • Volunteer

Contact us to learn about current opportunities, such as assisting with our marketing or photography, and training to be an advocate for victims of domestic violence. Like to shop for cars? You could help a family in our Ways to Work Family Loan Program shop for a used car.

#### • Donations

We accept donations by check or credit card, and offer secure online giving through our web site. Call us to arrange donations of stock or real estate and to learn about our Endowment Fund: 650-326-6576.

#### • Wish List

Our programs are seeking a portable TV, a VCR, and a DVD player. We also would like a digital camera and color scanner. If you have something to share, such as in-kind printing, please give us a call!

For more information, call **650-326-6576**, or email [info@fcservices.org](mailto:info@fcservices.org). We look forward to hearing from you!

*“Getting involved by helping those who are in need in our communities and in our world is vital to creating the peace and harmony in which we all wish to live. Family & Children Services is an organization that is essential to our community.”*

– Dennis and Stacey Barsema

# OUR PROGRAMS & SERVICES

## About Family & Children Services

Family & Children Services serves 8,000 children, teens, and adults each year. Our core services include mental health and psychiatric care, life skills preparation, substance abuse treatment, domestic violence intervention, family counseling, and family-centered financial literacy and loan services. We have served the Silicon Valley community for more than sixty years.

### Our programs are:

**Accessible** – We believe in making access to care as easy as possible. We bring our multilingual services to more than 100 schools, workplaces, childcare centers, and community locations throughout Silicon Valley. Community investment in our services enables us to set fees on a sliding scale, so no one is turned away for lack of funds.

**Comprehensive & Integrated** – Every person has unique needs. Our wide array of services enables us to offer customized treatment, so clients and their families can get help with multiple issues and realize their potential.

**Innovative & Leading-Edge** – Our integrated approach of prevention, intervention, and treatment gets to the root of problems. We work with domestic violence offenders to break the cycle of violence. We counsel

young children, so their traumas do not grow with them.

**Targeted** – We respond to underserved needs among Silicon Valley's highly diverse communities by providing culturally appropriate and sensitive health and human services. For example, we are the only provider of mental health services to the Deaf and Hard of Hearing community in Santa Clara County.

For additional information on our specific services, please visit [www.fcservices.org](http://www.fcservices.org) or give us a call: 650-326-6576 or 408-292-9353.

- Counseling Services
- Deaf and Hard of Hearing Services
- Early Childhood Services
- Employee Assistance Program
- Families & Schools Together (FAST)
- Gay/Lesbian Services
- HIV/AIDS Counseling
- Independent Living Program - for youth exiting foster care
- Positive Solutions - violence prevention, intervention, and treatment
- Psychiatric Services
- School-based Mental Health Services
- Seriously Mentally Ill Services
- South East Asian Program
- Speakers Bureau & Professional Training
- Substance Abuse Services
- Ways to Work Family Loan Program



Family & Children Services publishes a newsletter three times per year. To **update your mailing address** or request removal from the mailing list, please email [info@fcservices.org](mailto:info@fcservices.org), or mail your mailing label to our Palo Alto office, Attn. Newsletter.

Next issue: Summer 2006

# HELPING KEEP CHILDREN SAFE

**April is designated as Child Abuse Prevention Month. Every day is about child abuse prevention at Family & Children Services.**

## **What is abuse?**

Abuse includes physical, emotional, and sexual harm, as well as neglect. Emotional abuse, which may take the form of constant criticism, threats, rejection, or withholding love, is almost always present when children are experiencing other forms of abuse or neglect.

## **How serious is the problem locally?**

Between 1998 and 2003, 5.3 cases of child abuse and neglect per 1,000 children were substantiated in San Mateo County. During these same years, the rate in Santa Clara County was 6.1 cases. (Child Welfare Services Reports for California, 2003)

While these rates are lower than the state average, one case of abuse to a child is too many.

## **What is Family & Children Services doing about it?**

Through prevention, intervention, and treatment, we strive to keep children safe and to help build healthy homes and communities for them. Our efforts include:

- **Counseling** – We counsel victims of abuse. To stop the cycle of violence, we also treat those who have been physically, emotionally, or sexually abusive.

- **DEAF Program** – Our Dealing Effectively with Abuse in Families Program works with families with members who are Deaf or Hard of Hearing to prevent abuse and to provide counseling and treatment in abusive situations.
- **Early Childhood Services** – In addition to identifying potential cases of abuse or neglect, our therapists work with parents and childcare teachers to create safe, nurturing environments for children.
- **Parent Education** – Courses teach parents to take responsibility for their actions, manage their anger, and understand child development and stages. Young parents in our Independent Living Program receive training and support to help them manage their new stresses and responsibilities.
- **School-Based Services** – We provide counseling on school sites and watch for potential cases of abuse and neglect. FAST (Family and Schools Together), our school-based program for families, strengthens the family unit, improves communication, and builds a support network for parents.

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**FAMILY &  
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