

# HIGHLIGHTS FOR FRIENDS OF FAMILY & CHILDREN SERVICES

Strengthening individuals.  
Strengthening families.  
Strengthening communities.



## SUPPORTING ADULTS IN RECOVERY TOWARD SELF-SUFFICIENCY AND HOPE



### SUBSTANCE ABUSE SERVICES

At any point in time, about 200 adults are in outpatient treatment in Family & Children Services' Substance Abuse Services program. The agency has served adult clients through a contract

and partnership with the Santa Clara County Department of Alcohol and Drug Services (SCCDADS) for more than 20 years. Nearly 700 adults received outpatient treatment last year. Of those who completed treatment, 90% reported continued abstinence or reduced substance use, and either job-readiness or employment.

"Because our clinicians are mental health professionals with deep understandings of and training in addiction and recovery, they are able to assist clients when mental health issues arise. This allows clients to address these issues, which could be a barrier to their recovery, as part of their treatment sessions," said Howard Lagoze, Director of Medi-Cal Mental Health & Substance Abuse Services.

Recent advances in the science of addiction have corrected many historical misconceptions. Researchers

now view addiction as a chronic, relapse-prone brain disorder, with biological, psychological, and social origins. This means that addiction is similar to other chronic medical conditions, such as diabetes and hypertension, which require significant changes in patterns of thought and behavior as part of their long-term management.

Substance Abuse Services strives to include such "cutting-edge" advances in addiction treatment in its program. For the past year it has been part of a SCCDADS pilot study that involves gathering regular and systematic client feedback on progress in treatment and their feelings about the usefulness of the treatment experience. The aim is to increase client engagement in treatment, and clinician understanding of what is and isn't working for each client. The ultimate goal is better outcomes in reduced periods of time.

*continued on page 6*

## LETTER FROM THE PRESIDENT & CEO

Dear Friends of Family & Children Services,

In this newsletter, we would like to show you how a community of support makes it possible for us to help children, teens, and adults in our neighborhoods, schools, and society to grow stronger, safer, and more self-sufficient.



One example of support is the Fourth Annual Circle of Support Breakfast. This volunteer-driven event increases awareness of our work, expands the agency's network of supporters, and provides an educational forum on emotional health.

We also highlight business and community partnerships that expand our capacity to serve clients. "F&CS in the Community," a new feature, shines the spotlight on our partnership with the City of Sunnyvale.

We do not often devote space to tell you about our staff. I would like to make an exception to acknowledge four psychiatrists who consult with the agency. They are a clear example of the importance of community support. By taking time from their busy practices to work at greatly reduced rates a few hours each week, they bring care to children and adults who otherwise would not be able to access it.

**Dr. Nasrin Bashiri:** Dr. Bashiri has worked with the agency's child and adolescent clients for more than five years. She has often gone to schools and childcare centers to evaluate children on-site. As of the end of May, Dr. Bashiri will work full-time with the San Mateo County Health Department. While we will miss her, we are glad these high-need children and youth will receive the benefit of Dr. Bashiri's care.

**Dr. Christopher Capelle:** For more than 15 years, Dr. Capelle has collaborated with therapists at the Palo Alto office to serve adult clients. These clients do not have insurance and would not be able to pay the high cost of private practice fees, which can be several hundred dollars for an initial consultation. Proof of Dr. Capelle's commitment is that he has not increased the rate he charges the agency over the years.

**Dr. Thuy Le:** Dr. Le has worked with the agency for 21 years. She started her career as a case manager and soon discovered a love of child and adolescent psychiatry. In addition to her client work, she hosts four weekly call-in radio shows in Vietnamese that are broadcast in California, the wider U.S., Australia, and Europe. On these shows she provides advice on social skills, parenting, relationships, and mental health.

**Dr. Viet Le:** Dr. Le has been with the agency for two years. He began his career as an engineer, but found himself pulled to study psychiatry. He says that working with the agency allows him to work with a highly diverse client population and to be part of a team of engaged staff. From personal experience, Dr. Le knows what it is like for a family member to have mental illness and this inspires his work.

Together, individuals, organizations, foundations, and businesses make it possible for Family & Children Services to bring needed services to those in need every day. Thank you.

In partnership,

James J. Welsh, MSW  
President & CEO

P.S. As our regular readers will have noticed, we have changed our newsletter format. We hope you like it. Let us know what you think: [info@fcservices.org](mailto:info@fcservices.org).

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



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## NEWS & VIEWS

### INTRODUCING . . .

We are delighted to introduce four new members of our Board of Directors. Each brings a set of valuable skills and expertise, as well as community commitment.

Neil Cavezza, of Wind River, has a solid and extensive background in product

management, technology development, and international market introduction. Neil plans to lend his expertise to support the agency's marketing efforts.

Francesca Eastman is a trustee of the David B. and Edward C. Goodstein Foundation and Art in Action, and a member of the boards of the San Mateo Community Colleges Foundation and Peninsula Volunteers.

John Eichhorn, Vice President of Finance at PayCycle, brings a wealth of fundraising experience in addition to his professional work in finance. His board experience includes more than seven years on the United Way Silicon Valley Board of Trustees.

James Ochsner is chief operations officer of Pentech Financial Services, Inc. Jim serves on the Low Income Home Improvement Loan Committee by appointment of the City Council of Redwood City and has been active in the United Way and efforts to support small businesses.

### REALTORS SUPPORT MENTAL HEALTH SERVICES

The Silicon Valley Association of Realtors (SILVAR) Charitable Foundation has awarded \$2,500 to support mental health services offered by Family & Children Services. This is the agency's first grant from SILVAR's foundation. We are excited to be part of the foundation's efforts to create more productive and enriched communities.



F&CS Board Member Francesca Eastman  
with Jon Ninneman, Head of School at  
Keys School

## BUSINESSES PARTNER TO RAISE FUNDS

*"We have been grateful this year to collaborate with new community partners who help us raise funds for the critical work we do. Kepler's, Whole Foods Markets, Hotel Valencia, Draeger's, and See's Candies have joined in our mission to help those in need. Hats off to our community-minded business friends!"*

- Christine Curry, Chair of the Board of Directors.

On April 19, the agency was the beneficiary of a fashion show at **Hotel Valencia's Vbar**. A full-house of guests gathered to view spring fashions from **Santana Row** shops Pink Stripes, Penelope Boutique, and Ted Baker. We were glad for the opportunity to share information about our services with this new audience!

In April, the agency became a Community Partner of **Kepler's Books & Magazines**. The agency now receives a donation from Kepler's when customers give the agency's name at the register. This is an ongoing relationship, so please remember to mention Family & Children Services whenever you shop.

Nickels can truly add up! Through the Nickels for Nonprofits programs at **Whole Foods Market, Campbell** and **Whole Foods Market, Palo Alto**, the agency received \$1,375. That means shoppers donated 27,500 nickels! We applaud both stores for providing their customers with this simple way to support nonprofits, and thank their customers for dedicating their nickels to help our clients.

Thanks to a donation from **See's Candies**, guests at the Circle of Support Breakfast took home a sweet sign of appreciation for their attendance. Prior to the breakfast, shoppers at **Draeger's Markets** learned about the event through the donated advertising space on their grocery bags. This was an exciting opportunity to increase community awareness of the agency.

## F&CS IN THE COMMUNITY:

### COLUMBIA NEIGHBORHOOD CENTER

Central to Family & Children Services' model of care is the commitment to bringing services into the community. Our partnership with the Columbia Neighborhood Center in north Sunnyvale, for example, places one of our bilingual therapists on-site at the center to provide mental health care for up to 15 hours per month.

Funded by the City of Sunnyvale's Housing Division, the Family & Children Services' therapist works as part of a team to provide a range of services to the students at Columbia Middle School, as well as children, adults, and families who live in the neighborhood.

We are glad to have been part of this collaborative project to improve the health, safety, and self-sufficiency of kids and families in Sunnyvale for more than three years!

## DR. RIERA SHARES INSIGHTS ON CHILDREN AND TEENAGERS AT 4TH ANNUAL CIRCLE OF SUPPORT BREAKFAST

On May 10, the Circle of Support Breakfast Committee presented its Fourth Annual Breakfast. The educational seminar featured bestselling author and parenting expert Dr. Mike Riera. The ballroom at the Crowne Plaza Cabaña Hotel in Palo Alto was abloom with the colors of spring and filled with guests eager to learn about "The Hidden Logic of Children and Teenagers."

The morning began with a tribute to **Lawrence Schwab**, a member of Family & Children Services' Advisory Board and partner in the Palo Alto firm Bialson, Bergen and Schwab. Larry was selected by the Circle of Support Committee to be this year's honoree in recognition of his more than 20 years of dedicated and extensive service to the nonprofit community.

"Charities are my hobbies," Larry said in his remarks. "I like to serve on non-profit boards like Family & Children Services. This organization, and those like it, change the lives of the people they serve every day."

**Dr. Riera**, author of several books, including *Staying Connected with Your Teenager*, spoke about the role of parents in their children's lives, how to keep communication and relationships strong, and ways adults can positively influence children and youth.

"Dr. Riera's great empathy for and understanding of children and youth showed throughout his remarks. I am glad that so many parents, grandparents, therapists, educators, and concerned adults had the opportunity to learn from him today," said Event Chair Carrie Drake.

Kepler's Books & Magazines was on hand to sell Dr. Riera's books and did a brisk business. Kepler's provided further support to the event by donating a percentage of the day's sales to support the work of Family & Children Services.

"I would like to commend the Circle of Support Committee," said Jim Welsh, President & CEO. "By presenting such a high quality program, they have furthered the agency's mission today. Dr. Riera's advice and observations will strengthen families and increase support for children and youth in our community."

Planning will soon be underway for 2008. For information on ways to be involved in the event, please contact Maryanne McGlothlin at 650-326-6576 x 5423 or [info@fcservices.org](mailto:info@fcservices.org). View event photos online in the News & Events section at [www.fcservices.org](http://www.fcservices.org).

## CIRCLE OF SUPPORT BREAKFAST 2007



Lani Dorff, Family & Children Services (center) with Pat Townsend (right) and Florence Barker of Valle Monte League



Pat Gregory, Carrie Drake, Jean Limbach, Meaux Costello, and Barbara Glynn



Dr. Mike Riera, Honoree Larry Schwab, F&CS President & CEO Jim Welsh



Family & Children Services Board Chair Christine Curry with event committee member Stephanie Hewitt

## CIRCLE OF FRIENDS GATHERS

On February 15, **Barbara Glynn** and **Pat Gregory** hosted a Circle of Friends luncheon at the Circus Club in Atherton. The sun was shining here, but heavy snows had hit the East Coast, making it impossible for Claire Gaudiani, the luncheon speaker, to fly in from New York City! Thanks to spectacular and quick maneuvers on both coasts, Claire appeared via video-conference for 60 guests.

Dr. Gaudiani, a professor at The George H. Heyman, Jr. Center for Philanthropy and Fundraising at New York University's School of Continuing and Professional Studies, is the author of *The Greater Good: How Philanthropy Drives the American Economy and Can Save Capitalism*. Claire spoke about the role of American women in philanthropy and community service, a tradition that dates back to the first settlers and continues to play a critical role in our community today.

Guests included Susan Ford Dorsey, Venetta Rohal, Jacque Jarve, and Margie Madding, as well as current and former members of the Circle of Support Breakfast Committee.

### THANK YOU TO THE EVENT'S GENEROUS UNDERWRITERS

JP Morgan Chase  
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Draeger's Markets  
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See's Candies  
Suzy Somer, Always RSVP

**Supporting Adults in Recovery  
Toward Self-Sufficiency and  
Hope** (cont. from page 1)

“Our clients come to us with multiple personal and environmental challenges that complicate treatment and recovery. These can include such factors as traumatic histories of abuse and domestic violence, criminal justice system involvement, and dysfunctional family dynamics. The incredible rewards of this work come from participating in and witnessing the dramatic turnarounds in individual and family functioning that come with a client’s commitment to a life without alcohol and other drugs,” said Charley Laufersweiler, Program Director of Substance Abuse Services.

**SPOTLIGHT: GROUP SUPPORT  
LEADS TO PERSONAL GROWTH**

Marlene, 25, came to Substance Abuse Services after the court had ordered her into treatment. Until she completed treatment and other court-ordered obligations, she would not be considered for reunification with her daughters, who had been placed in foster care.

Recovery brought challenges in several areas of Marlene’s life. Gradually, through participation in all-women group treatment, she found hope. Encouragement helped her to see that disappointment was not inevitable, and this motivated her to stay on track. A sponsor and new friends, from both inside and outside of the treatment program, formed a network of positive, healthy support that helped her get through each day.



“It’s not an excuse, but I’ve had a lot of bad things happen to me since I was very young. I used for a long time for so many reasons, and I couldn’t see a life without drugs. Working with my counselor and women in the group, being heard and understood, has cleared some of my fears away. Now I can focus on reunifying with my children and seeing our futures in a positive light,” she said.

**COMMUNITY  
GENEROSITY  
BENEFITS CLIENTS**

This spring our clients felt very special and cared for due to an outpouring of generosity from so many members of our community.

**VALENTINES FOR CLIENTS**

In February, the **Circle of Support Committee** assembled 24 gift bags for Valentine’s Day gifts for clients the agency serves at the Willow Clinic in Menlo Park. The clinic, which is part of the San Mateo County Health Department, provides care to individuals living with AIDS and HIV. The



Carrie Drake, Stephanie Hewitt, and Carrie Walker finish up Valentine’s Day baskets for agency clients

committee donated lovely surprises for the bags, including toiletries, granola bars, energy bars, chocolates, and lotions.

**SPRING BASKETS FOR  
CHILDREN & MOMS**



Easter Baskets assembled by the Peninsula Ball debutantes for clients

Just before Easter, our Palo Alto office was a sea of colorful baskets as the **Peninsula Ball Committee** delivered 105 baskets assembled by this year’s debutantes. The beautiful baskets were overflowing with gifts. The children’s baskets had toys, crayons, stuffed animals, and other fun items, while the ones for mothers included lotions, hair products, and pampering supplies. Clients received the baskets with huge smiles all week. The debutantes’ June ball will be the 47th annual Peninsula Ball.

**HOUSEHOLD ESSENTIALS**

The Human Resources Department at **BEA Systems** was so moved by the living situation of a family for whom they collected gifts in December that they held a spring grocery drive. The result was two carloads of donated goods. The family was truly overwhelmed to receive so many needed items.

“We can really use all of this. I will be less worried about our grocery bill for a few months,” said the mom. “Thank you.”

**TOILETRY DRIVE SHOWS CLIENTS  
THAT PEOPLE CARE**

The **Catholic Community at Stanford** held a spring toiletry drive to help our lower-income clients and families on the Peninsula. They collected several bags filled with travel-sized toiletries, packages of socks, and hair care products. Gift cards were also donated, which can be given to clients when they are in great need of a hand.

We are grateful for this outpouring of care!

**DONOR APPRECIATION**

Family & Children Services extends appreciation and thanks to the generous donors whose support makes it possible for our clients to grow stronger, safe, and more self-sufficient. We are proud to acknowledge the individuals, foundations, and corporations who invested in our community between January 16, 2007 and May 15, 2007 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 being part of our work.

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Honoring Robert Roskoph  
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Honoring Alice Nuzzo  
Ms. Annette Bialson

**Gifts In Memory**

Remembering Thomas Clyne  
Mr. and Mrs. Michael Curry

**YOU CAN HELP!**

Family & Children Services is seeking to grow its pool of investors. Every individual, foundation, company, or organization that makes a donation to our work is part of making a tremendous impact on the lives of 8,000 children, teens, and adults each year, as well as their families, friends, workplaces, and communities.

Here are a few ways to invest. For more, please visit our web site or contact our Development Office at 650-326-6576.

**1) Gifts By Mail**

We have campaigns each fall and spring, but your gifts are welcome any time of the year! Your gift by check or credit card is critical to ensuring our clients receive the care they need. Gifts may be mailed to our Palo Alto office (375 Cambridge Avenue, Palo Alto, CA 94306) or call us to request a donation envelope.

**2) Online**

We partner with Network for Good to provide convenient and secure online giving for our donors. To give, you can follow the link from our web site, or go directly to [www.networkforgood.org](http://www.networkforgood.org) and enter our name or tax identification number (94-1167408).

**3) Endowment**

Making a gift to the Family & Children Services’ Endowment Fund is a double-win for donors. Depending on the type of gift made, Endowment gifts can afford tax deductions, reductions in probate costs, or lower estate taxes. In addition, donors have the satisfaction of making a significant investment in a cause to which they are committed. Please contact us for information, or view our Endowment Policy on our web site ([www.fcscservices.org](http://www.fcscservices.org)) in the Legal section.

**4) Shop at Kepler’s**

We are excited to be a Community Partner of Kepler’s Books & Magazines in Menlo Park. As a partner, Family & Children Services will receive a donation from Kepler’s based on purchases made by friends of the agency. To participate, just mention Family & Children Services when making a purchase. This is an ongoing offer, so please remember every time you shop. Thank you!

**5) Wish List**

You can fulfill a need for children’s therapy supplies, client workshop supplies, or technology, or a special request from a young client. Please visit our web site ([www.fcscservices.org](http://www.fcscservices.org)) to view our wish list, or contact our Development Department with your ideas: [info@fcscservices.org](mailto:info@fcscservices.org), 650-326-6576.

Coming soon: Scholarships for mental health clients. Watch for information on how to make mental health care available to clients in need!



# SHOP AT KEPLER'S & SUPPORT FAMILY & CHILDREN SERVICES

We are excited to announce a new partnership with Kepler's Books & Magazines in Menlo Park. Kepler's has almost as long of a history in the community as Family & Children Services!

As a Community Partner of Kepler's, the agency will receive a donation whenever a customer making a purchase at Kepler's mentions Family & Children Services. All you have to do is say that you are a supporter of the agency when at the register.

This is an ongoing opportunity, so please remember to say "Family & Children Services" every time you shop at Kepler's. Thank you for supporting both Family & Children Services and one of our local independent booksellers!



**Kepler's Books & Magazines**  
1010 El Camino Real, Menlo Park  
650-324-4321  
[www.keplers.com](http://www.keplers.com)



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## FAMILY & CHILDREN SERVICES

**Family & Children Services** annually provides health and human services to approximately 8,000 children, teens, and adults in San Mateo and Santa Clara counties. Through our range of services, we build strong, safe, and self-sufficient individuals, families, and communities. Please visit our web site to learn more: [www.fcservices.org](http://www.fcservices.org).



[www.fcservices.org](http://www.fcservices.org)

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