

HIGHLIGHTS FOR FRIENDS OF FAMILY & CHILDREN SERVICES

Strengthening individuals.
Strengthening families.
Strengthening communities.

FAMILY & CHILDREN SERVICES GOES BACK TO SCHOOL



When Ernie was referred by his second grade teacher to the FAST (Families and Schools Together) Program run by Family & Children Services at his school, he was not doing well academically and he was frequently disruptive in class. His teacher believed that if Ernie's family participated in FAST's multifamily program, it would help his academic performance.

The FAST coordinator invited Ernie's parents to an informational meeting to learn more about the program. Only his mother was able to attend. She explained that her husband was working two jobs, which not only would prevent him from participating in FAST but left him uninvolved in their children's school activities more generally.

FAST's mission is to enhance family communication and overall functioning, increase parental involvement in school, and build family social support networks. The participation of the whole family is a significant contributor to achieving these positive outcomes for children and families, so the FAST team decided to contact Ernie's father anyway.

After talking with the FAST program coordinator, his father understood how important it was for him to participate and allowed the FAST team to write a letter to his employer, asking if his

work schedule could be rearranged on the days of FAST meetings. His employer agreed.

The family joined other families in attending the FAST weekly meetings. At each meeting the FAST team would coordinate structured interactions between parents and their children, parents and other parents, and parents and the school staff. Families also would spend at least 15 minutes in uninterrupted time together, which children in FAST consistently rate as their favorite part.

Five weeks into the eight-week program, the FAST team was seeing positive changes within Ernie's family: communication had increased, his parents were more active in Ernie's academics, and Ernie's attendance, academic performance, and classroom behavior were greatly improved.

(continued on page 5)



Board member Tasneem Ismailji, Jim Welsh, and Jeanette Emenheiser from Pathways (Michigan) at a July program development retreat.

LETTER FROM THE PRESIDENT & CEO

Dear Friends of Family & Children Services,

In August, the Journal of the American Medical Association reported on the impact overseas military service is having within the homes of those deployed. According to their research, which focused on the families of soldiers enlisted in the U.S. Army, rates of child maltreatment increase when the soldiers are away on combat-related deployments.

This should not be surprising. Living with prolonged stress has a profound impact, especially if individuals feel isolated, are reluctant to ask for help, or are without respite. The rates of child maltreatment, neglect, and abuse are highly worrying for all of us who care about children and their safety. The effects on the family as a whole are alarming.

The study's authors concluded that enhanced support services may be needed for families during these periods of increased stress. While the military does provide services for families, they are stretched to meet the growing and very complex needs of so many. Families of men and women deployed through the National Guard are especially in need of support because they are not on bases where they are surrounded by others in similar situations. I believe that with the complement of community resources behind them and the caring support of the community, these families can get the assistance they need to have safer homes and improved emotional health. Family & Children Services is committed to working with partners to develop ways to meet the needs of local families.

This is a community that cares about its members. We are grateful to our donors and volunteers, who invest resources and time in us because of the support services individuals and families in need find at Family & Children Services.

We are seeking ways to do more – by increasing our services for students, forming new collaborations where our expertise can fill a gap, and investing in the emotional health and safety of families in our community. Thank you for engaging in this work with us.

In partnership,

James J. Welsh, MSW
President & CEO

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



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NEWS & VIEWS

POSITIVE SOLUTIONS WORKS TO REDUCE VIOLENCE IN EAST PALO ALTO

In June, Positive Solutions brought its family violence prevention and intervention services into the East Palo Alto community. A 52-week domestic violence offender group for men meets weekly at City Hall. The men are learning to build positive relationships with their partners and children, understand their beliefs and behaviors, and take responsibility for their actions. We are excited to bring this group into the community and hope to offer more prevention services.

NEW SERVICES TO REDUCE INVOLVEMENT OF THE MENTALLY ILL IN THE CRIMINAL JUSTICE SYSTEM

This fall, we launch new services in partnership with the County of Santa Clara Mental Health Treatment Court and Department of Mental Health. Through a MIOCR (Mentally Ill Offender Crime Reduction) grant, we will provide mental health care, substance abuse treatment, medication monitoring, and case management at the courthouse for adults with mental illness who are involved in the criminal justice system. The goal is to reduce the criminal justice involvement of individuals with a dual diagnosis of mental illness and addiction to drugs or alcohol.

WELCOME TO THE BOARD OF DIRECTORS

We are delighted to introduce two new members of our Board of Directors. **Teresa LaFromboise, Ph.D.**, is Associate Professor of Education and Chair of Native American Studies at Stanford University. Teresa will add her expertise to the Board's Program Committee.

Sharon Nelson-Barber, Ed.D., Director, Culture and Language in Education Research at WestEd, has most recently served on the agency's Advisory Board, following two terms on the Board of Directors. We are very pleased to welcome Sharon back to the Board beginning in January.

JOIN F&CS AT BLOOMINGDALE'S ON OCTOBER 25

The Shopping Benefit is coming!

We are excited to announce that we will be participating in Bloomingdale's Shopping Benefit this year! This is a wonderful shopping day that creates a tremendous benefit for the nonprofit services in our community.



We will be mailing invitations with complimentary tickets (\$10 value) to our donors and friends a few weeks before the event. Then, simply **bring our complimentary coupon** and invitation with you to Bloomingdale's Stanford or San Francisco stores on October 25, and Family & Children Services will receive a \$5 donation through Bloomingdale's! It will be a fun day to shop with entertainment and special events throughout the day.

In addition to being a \$5 donation to support our services, this coupon also entitles you to **15% savings** on almost every purchase throughout the day. If you are receiving this newsletter in the mail, you will receive a complimentary invitation. **To request a ticket**, please call Maryanne or Jennifer at 650-326-6576 or send an email with your mailing address to info@fcservices.org. Tickets will also be sold at the store for \$10; proceeds from these ticket sales will be split amongst 14 Bay Area nonprofit agencies.

So, please **mark your calendar** and plan to stop by Bloomingdale's on October 25!

We thank Bloomingdale's for this ongoing investment in our community!

SAN JOSE SHARKS SUPPORT KIDS' MENTAL HEALTH

Sharkie paid a visit to our San Jose office in June to present a check to support young children's mental health and safety. Through its support of the Early Childhood Services program, the San Jose Sharks Foundation helps to make possible mental health care for 250 children per year, as well as training for childcare staff members and parents.

Sharkie poses with Tony Khing and Charlie Faas (far left and far right) from the Sharks Foundation and Jim Welsh and Julie Daul, Director of Program Services, (center) from F&CS.



F&CS IN THE COMMUNITY:



Families gathered information at resource tables throughout the day.

IMPROVING FAMILY RELATIONSHIPS FOR CHILDREN & ADULTS WHO ARE DEAF OR HARD OF HEARING AND THEIR FAMILIES

Family & Children Services is the one of the few providers of mental health services for children and adults who are Deaf or Hard of Hearing in Santa Clara County. We have provided specialized services for more than 20 years.

In addition to counseling individuals and families in English, Spanish, and American Sign Language, the agency is very involved in working with students who are Deaf or Hard of Hearing (HOH). In partnership with Santa Clara County Social Services and the Child Abuse Council of Santa Clara County, counselors run support and self-esteem groups at magnet schools for children and youth who are Deaf or HOH, and present workshops for parents on parenting techniques, stress management, and communication issues. Through home visits, counselors

F&CS CELEBRATES NATIONAL FAMILY WEEK WITH FINANCIAL LITERACY EVENT

Ways to Work Family Loan Program Offers Workshop

National Family Week is annually celebrated nationwide the week of Thanksgiving. This year Family & Children Services is marking the occasion with outreach and educational activities to boost families' self-sufficiency and financial literacy.

These activities are made possible through a mini-grant the agency received through the Alliance for Children and Families with funding from the Annie E. Casey Foundation. We were the only agency in California to receive a grant this year, and we're excited to lead the celebration here in our community.

"The theme of National Family Week is 'Connections Count.' Families are most successful when they have networks of support and knowledge of community resources. We are glad to foster these connections through

also identify potential cases of abuse, make referrals to other services, and provide personalized support for children and their families.

On May 19, more than 150 children and parents came to Oster School in San Jose for the third annual family day presented by the agency's Deaf & Hard of Hearing Program in collaboration with Deaf Counseling, Advocacy, and Referral Agency (DCARA) and the Oster School Deaf/HOH Program. While parents attended workshops on accessible technology and shared their experiences with other parents, the children participated in crafts, games, and activities. Then, everyone came together for a barbeque and entertainment.

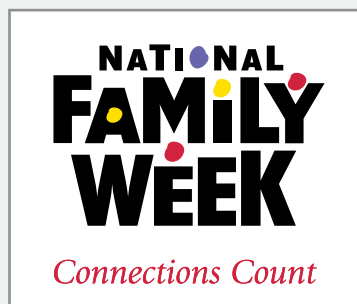
Local businesses, foundations, and individuals contributed to the day's success. Thank you for your support!

Cal Skate	Children's Discovery Museum
Color of Language	Cookies by Design
CompassPoint	CTAP
D&J Hobby and Crafts Store	Dawn Sign Press
Dr. Ishida	Evette Ybarra
Fun Pins Work	Happy Hollow
Harris Communication	Hobee's Restaurant
IHOP	Island Grill
Jan Jensen	Jump Sky High
Laser Quest	Le Boulanger
Malibu Grand Prix	Mr. Patches the Clown
Noah's Bagels	Safeway
SaveMart	See's Candies
Hollywood Video	Starbucks Coffee
Walmart	

a National Family Week community education event featuring presentations on financial literacy topics and a resource fair," said Jim Dale, program director of the Santa Clara County Ways to Work Family Loan Program. More details about the event, which will be free to the public, will be available later this fall.

Year-round, the Ways to Work Family Loan Program reaches out to families in Santa Clara County to provide low-interest loans for vehicle purchases and repairs. Participating families also receive tips for budgeting, reading their credit reports, and saving.

Learn more about the Ways to Work Family Loan Program on our web site at www.fcscservices.org or by calling 408-374-9220. As November nears, we will post details about our National Family Week celebration online.



F&CS GOES BACK TO SCHOOL *(continued from page 1)*

"FAST helped our family to spend more quality time together on a regular basis. It also connected us with a group of parents. We all encourage and advise each other now. Being at school for meetings and getting to know more about how the school works made me more comfortable talking with my son's teacher and the staff and asking questions," said Ernie's mother.

F&CS On Campus

In addition to the FAST Program, Family & Children Services has staff on-site at a variety of schools, where our mental health services either expand services available for students or fill a core need. We have collaborated with public and private schools to serve students and families for about 20 years.

Last year, 1,701 students and 315 parents received counseling services from our therapists on K-12 school campuses. Of the students, 81% reported improvement; 86% of parents reported that the services helped them.

The U.S. Surgeon General's 1999 report on mental health identified schools as one of the major venues for the potential recognition of mental disorders in children and adolescents. According to the Center for Health and Health Care in Schools (CHHCS) at The George Washington University School of Public Health and Health Services, only 16% of all children receive any mental health services. Of those receiving care, 70-80% receive that care in a school setting.

"Being on campus is a powerful and effective way to provide mental health care to students. Therapists are able to observe and treat a child in an environment where the child spends a large percentage of his or her time," said Maritza Henry, LMFT, supervisor for the school-based clinicians. "Since children and youth are already at school, mental health care is available where they are, rather than a bus or car ride away. It is another way schools promote students' success and safety."

By observing a child's social, emotional, behavioral, and academic functioning in context, therapists gain insights that help them assist children with depression, low self-esteem, Attention Deficit/Hyperactivity Disorder, mood instability, and emotional disturbance. They help children develop social skills and provide a safe place to talk about family issues, such as divorce, violence, and substance abuse. Therapists also help to modify children's behavior to promote better classroom success.

We are currently on-site at 13 schools. In some cases, a therapist is available a few hours a day once a week. In others, a therapist is a full-time member of the classroom staff, as we are in therapeutic day programs. Others' time falls somewhere in between. The flexibility of our approach allows us to tailor our services to the specific needs of the school, in a partnership to produce the best outcomes for students.

"Through these services we often reach children and youth who would not otherwise have sought or received counseling. Early intervention can make a tremendous difference in students' lives by helping them through a difficult time, addressing behavior that impedes academic progress, and identifying early signs of serious illness," said Julie Daul, Director of Program Services. "We're very glad to be part of the solution for students."

WOULD YOU LIKE TO HELP KIDS LIKE ERNIE?

Here are some ways to help:

- **Donations:** Individual donations help to fund our services for students, as well as the purchase of therapy supplies. You can choose to designate your gift to our school-based services.
- **Referrals:** Do you know a school that needs family support or mental health services? Let us know by calling Maritza at 650-326-6576 or sending an email to info@fcscservices.org.



Investors in Family & Children Services make possible the level of care our clients receive. For example, in our counseling program, we serve many children and adults who do not have insurance or are underinsured. Donations allow us to provide counseling sessions and psychiatric assessments for these clients on a sliding fee scale and means we turn no one away for lack of funds to pay.

SPOTLIGHT ON... DLA PIPER

Responsibly operating a business requires seeking expert legal counsel on a variety of issues. For nonprofit agencies, law firms of the highest caliber often provide these services as part of their pro bono program.

Family & Children Services would like to take the opportunity to recognize DLA Piper, the firm that lends its high quality professional services to support our mission. In addition to providing year-round legal advice, the firm has a representative, Andrew Zeif, on our Board of Directors. This summer, the Silicon Valley office supported our program services by hosting a staff program development retreat.

Thank you for your partnership!

YOU CAN HELP!

Here are a few ways to invest in our work. For more, please visit our web site (www.fcservices.org) or contact our Development Office at 650-326-6576.

VOLUNTEER WITH US AT THE VALLE MONTE LEAGUE FASHION SHOW!

This November, Valle Monte League will present its 40th Annual Christmas Tree Elegance event in San Jose. The volunteers of Valle Monte League present this event to raise funds for mental health services in the South Bay, including those provided by Family & Children Services. It is an amazing series of events (please see the back page for more information) and you can be part of it by volunteering with us as fashion show dressers! Women interested in volunteering with us on **November 28** are invited to call Maryanne or Jennifer at 650-326-6576. (We regret we can only accept female volunteers.)

FALL GIVING

The time is near for our annual fall campaign! Please watch your mail for an easy way to support our work. Of course, you do not need to wait until the envelope arrives in your mail. For your convenience, we have included a donation envelope in this newsletter and offer a secure means to give online through our web site (www.fcservices.org). You may also contribute through your workplace campaign.

GROW OUR ENDOWMENT FUND AND CREATE A LASTING LEGACY

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.fcservices.org) in the Legal section. Interest we earn on the Endowment Fund provides valuable funds for our services.

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 receives 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!

HOLIDAY OPPORTUNITIES

We will again offer our growing Making Holidays Bright program this holiday season. Giving options include purchasing gifts for a family, making a wish come true for a child, adult, or family, or donating gifts for youth in our Independent Living Program. Individuals, families, or companies may participate. For more information, please contact our Development Office at 650-326-6576 or watch our web site for details in October.

Thank you!

DONOR APPRECIATION

Family & Children Services extends appreciation and thanks to the generous donors whose support makes it possible for our clients to grow stronger, safer, and more self-sufficient. We are proud to acknowledge the individuals, foundations, and corporations who invested in our community between May 16, 2007 and July 31, 2007 at the \$1,000 level and above or through memorial, honorarium, and in-kind gifts. 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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PENINSULA BALL COMMITTEE PRESENTS SUCCESSFUL 47TH ANNUAL BALL

Family & Children Services would like to extend its heartfelt appreciation to the Peninsula Ball Committee, the forty debutantes, the families, and the many guests who made the 47th Annual Ball a success. The proceeds from the Ball will ensure mental health care for clients on the Peninsula who are uninsured or underinsured. It is community investment like that of the Peninsula Ball that improves the health and safety of our homes, workplaces, and neighborhoods.

We would like to congratulate the Ball's co-chairs, Nicole Patton and Beth Martin, and send our very best wishes to the debutantes as they enter the post-high school stages of their lives.

UNITED WAY SILICON VALLEY NEWS



United Way Silicon Valley

Our longtime donors know that Family & Children Services has been a member agency of United Way Silicon Valley for many, many years. We are delighted to announce that our partnership continues. Our counseling services program has received a three-year grant to partner with the United Way Silicon Valley to increase access to counseling services.

Increasing access to health services is one component of the United Way Silicon Valley's new Community Impact strategy. The strategy is designed to advance self-sufficiency and stability for all in Santa Clara County. We look forward to working with the United Way Silicon Valley and the other agency partners to make a significant impact in the lives of children, youth, adults, and families.

P.S. In February, we announced the launch of the United Way Silicon Valley's 2-1-1 hotline. Callers can receive referrals to community services in more than 140 languages! The free hotline is open 24 hours per day, 7 days per week.

DON'T MISS "THE JEWELS OF CHRISTMAS"!

Valle Monte League, which has donated more than \$7,500,000 to mental health services in the South Bay, including incredibly generous investments in the work of Family & Children Services, will present its 40th Christmas Tree Elegance event this November.

Over four days, more than 5,000 guests will attend eight events, including fashion shows and a Children's Party. The week ends on November 30th with a gala Grand Ball featuring live and silent auctions, and dancing to the music of the Joe Sharino Band.

Christmas Tree Elegance will be held November 27-30 at the Hilton/DoubleTree Hotel in San Jose. For information or to request an invitation, please contact 408-278-8001 or visit www.vallemonteleague.org.

JOIN US OCTOBER 25TH AT BLOOMINGDALE'S! (See page 3 for details.)



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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.



**FAMILY &
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