

Family Paths



From the Executive Director

This has been a rewarding year for Family Paths as we developed new community partnerships and launched and continued our innovative programs to strengthen families. Our focus, as always, is to provide culturally and linguistically appropriate trauma-informed practice to all the families we work with. To help achieve that goal we provided **164 hours** of specialized training to 772 staff and volunteers - both from Family Paths and 23 other community based organizations. Throughout the year, we worked with **over 1000 children and caregivers** in our various programs and received nearly **5000 calls** on our Parent Support Hotline.



Ribbon Cutting for our new Hayward offices at Plaza Center. ED Barbra Silver with Supervisor Richard Valle, Hayward Mayor Barbara Halliday and members of the Hayward Chamber of Commerce.

And with all that, we also moved to a wonderful new building in Hayward, deepened connections to local elected officials, and took on new opportunities to broaden the scope of our work.

I am proud to report that Family Paths is spearheading the roll out of the **Abriendo Puertas/Opening Doors Evidence Based Parent Education** program in Alameda

County (see p.6). With the partnership of the Oakland Fund for Children and Youth, Oakland Head Start, The Bernard E. & Alba Witkin Charitable Foundation, First 5 Alameda County, and the Oakland Public Education Fund, with funding provided by the David and Lucile Packard Foundation, we will be sharing this innovative program with parents, and training other providers throughout the region.

We are also creating new partnerships with the **Alameda County and Santa Clara County Offices of Education** to better coordinate our services to school age children and their parents, and we are working in alliance with the **Fathers Corps of the Alameda County Public Health Department** to increase our support of fathers in our programming (see p.7). I am also happy to report that our **Family Yoga Project** continues to be a huge success - reaching parents and children in libraries and creating opportunities for caregivers to manage stress, and little ones to develop fun new ways to calm and focus. The project received attention from the **California Library Association** and we were invited to present on movement in children's programming at their statewide conference (see p.7).

Appreciations to all of you who contribute to our efforts with all of these projects, helping us create moments of triumph and transformation for the families and children who come to us for support.

Barbra Silver, MFT
Executive Director

\$160,000

in pro-bono services
provided by our programs
2015-2016

5,000

calls received by our free
and anonymous 24-Hour
Parent Support Hotline

93%

of adults in our programs
said they were doing better
at handling daily life

NURTURING THE SOUL

Family Paths' 5th Annual Women's Leadership Luncheon

Family Paths' 5th Annual Women's Leadership Luncheon was held on a stunning autumn day at Oakland's Lake Merritt Sailboat House. The sold-out crowd of 125 attendees and honored guests contributed generously to help us reach our net goal of \$20,000 in critical unrestricted funds for Family Paths!

This year we were honored to partner with **CJ Hirschfield, Executive Director of Children's Fairyland Oakland** as our emcee, and **Tanya Holland**, chef/owner of West Oakland's acclaimed **Brown Sugar Kitchen (BSK)** as our keynote speaker. Additionally, as a champion sponsor of the event, Tanya secured donations of auction items from many of the east bay's best woman-owned restaurants and also coordinated the menu with Blue Heron Catering, who expertly executed BSK recipes for the exquisite down-home lunch. (See more about Blue Heron's contributions on the back page.)

Several elected officials gave their time and support including **State Assembly member, the Honorable Tony Thurmond**, the Honorable Oakland City Councilmember **Abel Guillen** (Dist. 2); BART Director, the Honorable **Robert Rayburn** (Dist. 4) and Oakland's Former 2-term City Auditor, the Honorable **Courtney Ruby**.

Assembly member Thurmond offered inspiring opening remarks for the luncheon's second consecutive year in Oakland. Assembly member Thurmond spoke to the opportunities afforded by economic prosperity in today's Oakland and the value in supporting diverse community resources, from mental

health service organizations like Family Paths, to gathering hubs like Brown Sugar Kitchen; each unique in their offerings and both integral to the overall health of the east bay community.

Assembly member Thurmond then presented Tanya with an official proclamation celebrating her various contributions to this community as a restaurateur, food equity and social justice advocate, and business leader.



The Honorable Tony Thurmond presents Proclamation to Tanya Holland.



Development Mgr. Kimberly Cohn (center) with event co-sponsors, Drew and Jaimi Haydel of Lane Partners.

Tanya's keynote, "**Nurturing the Soul of Oakland**," spoke of her family ties to the south and memories of her parents' dinner parties as inspiration for her destination eatery and community space, Brown Sugar Kitchen. BSK has been featured widely in all major food publications and TV networks. A local restaurateur of

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OF OAKLAND



Emcee CJ Hirschfield, Executive Director of Children's Fairyland, was a delight at the mic!

international acclaim, chef Tanya has been recognized in national media including the New York Times and Sunset Magazine, and internationally on Kazakhstan television, where she traveled as Culinary Diplomat for the US State Department in 2015.

In her dynamic keynote, Tanya spoke with humor, poignancy and humility to the paradox of her many accomplishments and accolades amidst issues of sexism, racism and barriers to equity, which she called the "good, the bad and the ugly." She expressed appreciation for organizations like Family Paths that provide access to mental health and supportive services while reducing stigma for those in need, noting that anyone can benefit from some additional support at one time or another.

Family Paths extends our heartfelt thanks to CJ Hirschfield, Tanya Holland and all of our generous attendees, sponsors and in-kind donors: Kaiser Permanente, Lane Partners, First Foundation, Bridge Bank, Donahue Fitzgerald, Blue Heron Catering, LUNA, OCHO Candy, Chronicle Books, City Slicker Farms, ABC Security, Schmitz Ranch, Children's Fairyland, and Brown Sugar Kitchen.

We can't wait to lunch with you again at WLL 2017! *We have already begun securing sponsors for our prestigious 2017 event. If you would like to partner with us or have suggestions for keynote speaker or venue, please contact Development Manager, Kimberly Cohn: 510 893-9230 X 262.*

VIP afterparty



Following the luncheon program at the Sailboat House, a lively VIP book signing with Tanya Holland took place on the deck overlooking a shimmering Lake Merritt. Willard Ogan, Family Paths' Board President, made a welcoming toast to kick-off the after party, inviting all VIP ticket holders, sponsors and their guests to enjoy additional BSK treats and specialty drinks provided by Blue Heron Catering. In his remarks, President Ogan spoke about his dedication and support of Family Paths, including reaching out and giving back to the east bay community. We are so grateful to him and the rest of our amazing volunteer board members – all of whom were in attendance for this special event – for their leadership on behalf of the children and families we serve!

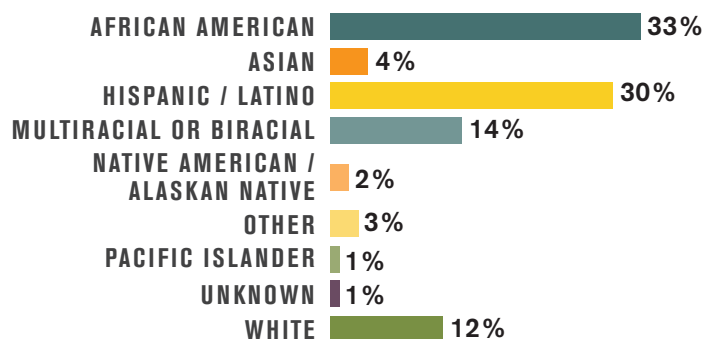
W O N D E R F U L S P O N S O R S



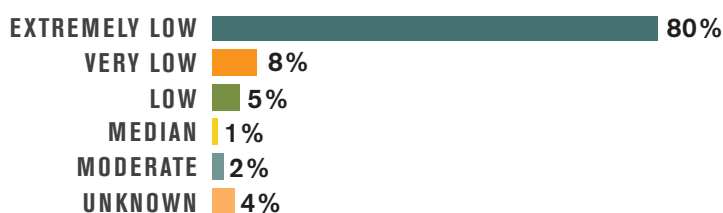
REVENUE AND SUPPORT	2015-2016
Contract Revenue	\$5,060,146
Program Revenue	46,675
Grants Revenue	71,900
Donations and Fundraising	50,260
In-Kind Service Revenue	160,698
Building Income	59,895
Charitable Remainder Trust	(7,017)
TOTAL REVENUE	\$5,442,557
EXPENSES	
Salaries and Benefits	\$4,303,804
Operating Expenses	957,631
Building Operations	127,780
TOTAL ORDINARY EXPENSES	\$5,389,215
CHANGE IN NET ASSETS	\$53,341
Net Assets at Beginning of Year	2,508,084
NET ASSETS AT END OF PERIOD	\$2,561,425

WE SERVED A TOTAL OF 1068 UNDUPLICATED CLIENTS

CLIENT DEMOGRAPHICS



CLIENTS BY INCOME LEVEL *



*According to HUD table of income units.



Family Yoga Project participants.



Family Yoga Project participant at Elmhurst Branch, Oakland Public Library.



Parent Education Class Graduates, Fremont.

THANK YOU TO OUR DONORS!

July 2015 – June 2016

DIAMOND \$15,000 - \$30,000

Bernard E. & Alba Witkin Charitable Foundation

Kaiser Permanente Northern California Community Benefit Programs

GOLD \$5,000 - \$14,999

Children's Support League of the East Bay

Despeaux Good Works Fund via East Bay

Community Foundation

East Bay Gives via East Bay Community Foundation

Ruth Arnhold Endowment Fund via East Bay

Community Foundation

Yoga Dana Foundation

SILVER \$1,000 - \$4,999

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First 5 Alameda County

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Martha Winnacker

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Friends of Family Paths \$250 - \$499

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Bernard E. & Alba Witkin Charitable Foundation

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The Yoga Dana Foundation

Vincent Academy

Thank you to our Interns and Volunteers

Alyia Freeman

Anabel Garcia

Bari Johnson-Glass

Bhavani Bindiganavile

Cesar Machaca

Christy Booth

Dahlia Case

Darren Gonzalez

Davis Gerrard

Dorrell Moncrease

Elena Fleury

Erica Pagels

Jasmine Villanueva

John Lewin

Kailey Kowolics

Katherine Schoolland

Katie Perez

Kim San Gabriel

Laurie Misra

Margarita Rodriguez

Marie Corwin

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ABC Security Service, Inc.

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LEADERSHIP • PAR

Abriendo Puertas/Opening Doors



Family Paths is honored to be the first agency in Alameda County to be certified providers of Abriendo Puertas/Opening Doors (AP/OD). AP/OD is a comprehensive evidence based 10-session parenting education program for Latino and non-Latino families. The curriculum consists of topics that range from early childhood development to school readiness. The goal of the curriculum is to equip parents/caregivers with the knowledge, tools, and confidence to support their children's success and to be effective advocates on behalf of their children.

Family Paths' Family Support Program Manager Julianne Rositas and Parent Educator, Debora Roca were the first certified facilitators of AP/OD in Alameda County as well as certified trainers for other facilitators. With a 3-year grant from OFCY, we are offering classes for parents in Oakland Head Start sites.

As a result of our AP/OD leadership, First 5 Alameda County and the Oakland Starting Smart and Strong Initiative reached out to us to provide a 3-day training on AP/OD to other partner agencies throughout the county in early 2017. This project will be made possible by the sponsorship of the Oakland Public Education Fund, with funding provided by the David and Lucile Packard Foundation, as well as funding by First 5 Alameda County. With additional support from the Packard Foundation, we are able to extend the training to include a 12-month learning community project, facilitated by Juli and Debora, to support providers in utilizing and implementing the principles of AP/OD so that their programs can be successful. We are thrilled to be at the helm of rolling out this exciting and innovative curriculum! *Learn more at <http://ap-od.org/home>*

FROM OUR CLIENT SURVEYS

88%

of caregivers/parents said they have seen an improvement in their child's behavior

"It's been life changing for me."

– Adult Client

81%

of youth said they are doing better in school

Oakland Starting Smart and Strong Initiative

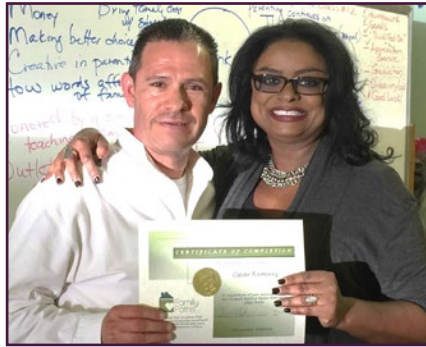
Family Paths is proud to be part of the *Oakland Starting Smart and Strong Initiative*, an active collaborative of nonprofits and local government agencies working to improve early care and education in Oakland. This is a ten-year effort focused on creating universal access to high-quality early learning with the goal that every Oakland child starts kindergarten ready to learn, grow, and thrive.

Learn more at
<http://www.oaklandsmartandstrong.oaklandfund.org/>

Engaging Dads through Fathers Corps

For the past two years, Family Paths' staff members have participated in the Alameda County Fathers Corps — a county-wide team of male service providers trained to help strengthen families by fostering constructive engagement of fathers in the care and upbringing of their children.

In the training series, participants are learning about the impact that a father has on his child and are given tools that fathers can use to better understand their children's temperament, personality, and how to best respond to them. They are also learning how to heal and repair broken relationships due to divorce, estrangement,



Parent Education Class graduate with Parent Educator Chantal Myllymaki.

or incarceration. The goal is to learn how to support fathers in moving through their own multi-generational traumas and pain so that they can create a new and healthy relationship with their child--perhaps in a very different way than they themselves experienced.

Family Paths has made it a priority to be involved in the Fathers Corps mission by embracing the 'Father Friendly Principles' and making sure that we, as an agency, are being responsible and sensitive providers who

are keeping fathers in mind in the work that we do.

Learn more at <http://www.first5alameda.org/alameda-county-fathers-corps>

Family Yoga Project presents at the California Library Association Conference

Family Paths was honored to present our Family Yoga Project at the California Library Association conference on Friday, November 3 in Sacramento. The theme of the panel was how to incorporate play and movement into library programs. Through our collaborations with several branches of the Oakland Public libraries, our bilingual yoga teacher, Misty Finney, received the invitation to demonstrate the healing qualities of yoga when working with children and parents.

We are currently seeking sponsors to expand our yoga program. If you're interested in supporting our growing program to include more

libraries and older age groups via corporate, individual or anonymous sponsorship, please contact Kimberly Cohn, Development Manager, 510 893-9230 X 262.

Learn more: <http://familypaths.org/what-we-do/yoga-for-parentsfamilies>



Rachelle Lopez, Youth Services Librarian, Ontario City Library, with Misty Finney, one of our yoga teachers.

“Estas clases me ayudaron a dar le mas cariño a mis hijos y entenderlos mejor.”

“These classes helped me give more affection to my children and understand them better.”

Special thanks to Debbie Pfisterer, CEO and caterer extraordinaire of Blue Heron Catering of Oakland and The Cannery Café in Hayward, for your champion partnership with Family Paths throughout the year! Your core values, personal touch and excellent catering services have elevated our special events to a whole new level. Thank you, Debbie, Chef Jeff and everyone at BHC for your generous support!

www.blueheroncatering.com



Parents' Press Gold Award

Family Paths, Inc.

Best Mental Health Practice in the Bay Area

OAKLAND OFFICE

1727 Martin Luther
King Jr. Way, Suite 109
Oakland CA 94612
T 510-893-9230
F 510-893-2074

HAYWARD OFFICE

22320 Foothill Blvd, Suite 400
Hayward CA 94541
T 510-893-9230
F 510-582-8460

familypaths.org

Mission Statement

Family Paths strengthens family relationships by providing mental health treatment and supportive services with respect, integrity, compassion and hope.

Family Support Services

The Parent Support Hotline is staffed 24 hours every day by professional and volunteer counselors to assist parents and caregivers with over-the-phone counseling, crisis intervention, assistance in finding community resources, and referrals to Family Paths' services.

For more information please call:

24-Hour Parent Support Hotline and Foster Parent Advice Line

1-800-829-3777

Looking ahead...2017 marks our

45th Anniversary

Stay tuned for your invitation to
celebrate with us!



45th Anniversary • 1972 - 2017