From the Executive Director

It has been a year filled with celebration and success as well as immense challenges and tragedies -- sometimes these were occurring simultaneously, and sometimes in quick succession. But we cannot do the work of child abuse prevention without noticing our strengths and accomplishments, and I am happy to take this time to reflect on some highlights from the past year.

This year marked the 45th anniversary of Family Paths' founding as Parental Stress Service in 1972. We are particularly excited to reconnect with our founder, Carol Johnston Davis, and hear from her about our early days when child abuse was barely acknowledged, and the support that overwhelmed parents needed was impossible to find (see p.3). This was also the year that we officially became the full owners of the stately Grove building — our home in Oakland’s Uptown district—an amazing accomplishment in these days of rising rents and lost leases. Celebrating these two achievements was a highlight for us (see p.8) and we thank all of those who came out to party, dance, and be joyous.

I am pleased to report on the increase in our connections with our community partners, particularly our ongoing relationship with Alameda County Fathers Corps (see p.6) and our new leadership role with Trauma Transformed (see p.7). Both efforts take us further along in our strategic plan goals to increase father engagement, and support a healthy work environment for our staff.

I am also proud of the success of our programs. We rolled out our Abriendo Puertas/Opening Doors Parent Education curriculum and had amazing results (see p.7). Additionally, our clinical programs worked with 1125 children and caregivers, and our 24-Hour Parent Support & Resource Hotline received over 4000 calls.

We also responded to the fear and anxiety resulting from both the national policy changes impacting immigrant families (see p.6), and the regional spike in homelessness and displacement affecting those with a minimal safety net. We met these challenges by increasing case management, mental health and supportive services, and advocating for Federal and State policies that could protect the most vulnerable.

As always, the Family Paths staff rose to these challenges with care and commitment, striving to strengthen all families to weather these turbulent times.

Please read on to see more about the important work we do in partnership with the resilient families of Alameda County.

Barbra Silver, MFT
Executive Director
HEARTFELT THANKS TO OUR

Kaiser Permanente

BLUE HERON CATERING INC.

LANE PARTNERS

Bridge Bank

INSPIRED LUXE
Where Cultured Couture is Always in Fashion

"Inspiring...Soul-stirring...Uplifting..." were the comments overheard as attendees of the 6th Annual Women’s Leadership Luncheon exited the Lake Merritt Sailboat House on November 17.

The sunny afternoon was emceed for the second consecutive year by Children’s Fairyland Executive Director, CJ Hirschfield. The opening featured a moving, musical invocation by local singer-songwriter, medicine woman and sound healer, gina Breedlove. She offered her original song “The Healers” and reminded us of the power of our own voice, as both a metaphor to join community dialogue and be heard, as well as the benefits of conscious speech and singing to enrich our daily lives. Attendees were invited to hum along at one point, galvanizing the energy in the room and creating a warm community spirit.

With 2017 marking Family Paths’ 45th Anniversary, Executive Director Barbra Silver shared agency history and provided a modern context for the impact of current events compounding the challenges that our clients face daily, yet they remain courageous and resilient. Barbra also shared that we have recently reconnected with Carol Johnston Davis, the founder of Parental Stress Service, the agency which became Family Paths, who was able to be in attendance. Barbra presented Carol with the WLL Honorary Chairwoman Award. Carol spoke about her experience as a graduate student and single mom in 1972 and the process that lead her to found a 24-hour parent support hotline. Carol went on to share an incredibly moving account of her industriousness that followed: securing 501(c)(3) status for Parental Stress Service from the state in just 4 weeks; writing and receiving approval for a grant that was ultimately never funded because PSS couldn’t “prove the number of children who were spared from child abuse as a result” of their services; eventually finding an opportunity to work with the state Department of Mental Health, which endorsed their fledgling hotline and grassroots approach. Carol acknowledged her delight and “overwhelm” at seeing all that has come since. (See Carol Johnston Davis sidebar and founder story on familypaths.org).

The afternoon was further enhanced in breadth and depth with a bold and timely Keynote Address entitled “Love and Let Live” by Denise Bradley-Tyson. At the outset of her remarks, Denise noted how she had been planning to speak to this theme for some time until the interim when the news of the Hollywood abuse scandal broke and the powerful #MeToo movement followed.

Denise Bradley-Tyson, Keynote with Alanna Rayford, Development Chair

Carol Johnston Davis, Founder, receives WLL Honorary Chairwoman Award

LOVE AND LET LIVE
Family Paths’ 6th Annual Women’s Leadership Luncheon

Denise spoke with vulnerability, strength and grace about her time as a younger woman living abroad and her personal experience as a survivor of domestic violence. She recounted difficult anecdotes with inspiring outcomes, including the network of confidants and close friends who supported her at the time and have remained close since, many of whom attended the day’s events. Denise reminded us of the enduring power of words to inspire and redeem, from Nina Simone to the biblical verse, “Love is patient, love is kind…” (1 Corinthians 13: 4-8). She spoke of meeting her second husband, their love story and gratitude for how transformation happens and love is possible.

Family Paths extends our heartfelt thanks to Alanna Rayford, Carol Johnston Davis, CJ Hirschfield, Denise Bradley-Tyson, gina Breedlove, and all of our generous attendees, sponsors and in-kind donors including:


We can’t wait to lunch with you again at WLL 2018! We have already begun securing sponsors for our prestigious 2018 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.

Earlier this year, we were thrilled to reconnect with founder Carol Johnston Davis (Executive Director 1972-1977), and to find out more information about the beginnings of Parental Stress Service (PSS).

Carol knew, as an overwhelmed single mother, that parents needed a place to call when they were at their limit to reduce the risk of child abuse. On a shoe string budget, she started PSS as a volunteer-run 24-hour parent support hotline. The service quickly gained a following, and grew in reach throughout the County, receiving thousands of calls each year. Eventually, it became Family Paths, an agency offering a wide variety of programs to support parents and children.

We, and thousands of families across Alameda County, are indebted to Carol for her vision and tenacity to make this organization a reality, and honor her on our 45th anniversary.
### ANNUAL REPORT 2016-2017

#### Revenue and Support

<table>
<thead>
<tr>
<th>Source</th>
<th>2016-2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contract Revenue</td>
<td>$5,129,493</td>
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<tr>
<td>Program Revenue</td>
<td>93,477</td>
</tr>
<tr>
<td>Grants Revenue</td>
<td>57,711</td>
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<tr>
<td>Donations and Fundraising</td>
<td>68,614</td>
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<tr>
<td>In-Kind Service Revenue</td>
<td>209,521</td>
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<tr>
<td>Building Income</td>
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<tr>
<td>Charitable Remainder Trust</td>
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</table>

**Total Revenue** $5,699,367

#### Expenses

<table>
<thead>
<tr>
<th>Expense</th>
<th>2016-2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salaries and Benefits</td>
<td>$4,565,828</td>
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<tr>
<td>Operating Expenses</td>
<td>850,441</td>
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<tr>
<td>Building Operations</td>
<td>144,388</td>
</tr>
</tbody>
</table>

**Total Ordinary Expenses** $5,560,657

#### Change in Net Assets

<table>
<thead>
<tr>
<th>Description</th>
<th>2016-2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net Assets at Beginning of Year</td>
<td>2,561,425</td>
</tr>
</tbody>
</table>

**Change in Net Assets** $138,710

**Net Assets at End of Period** $2,700,136

#### Client Demographics

- **African American:** 30%
- **Asian:** 8.5%
- **Hispanic / Latino:** 33.5%
- **Multiracial or biracial:** 10.5%
- **Native American / Alaskan Native:** .5%
- **Other:** 1%
- **Pacific Islander:** .5%
- **Unknown:** 13%
- **White:** 8%

#### Clients by Income Level*

- **Extremely Low:** 84%
- **Very Low:** 6.6%
- **Low:** 4.4%
- **Median:** 1.6%
- **Moderate:** 1.6%
- **Above Moderate:** 1.3%
- **Unknown:** 1.9%

*According to HUD table of income units.

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**First Foundation grant presented by Kris Lynds (center) to Kimberly Cohn, Development Manager (L) and Barbra Silver, ED of Family Paths (R)**

**Dad and daughter from Abriendo Puertas class**

**Wells Fargo 2017 Community Spirit Award: Breshia Clifton, WFB, LaToya Bradford, FP Board, and Amy Wade, Development Associate**
THANK YOU TO OUR DONORS!
July 1, 2016 – June 30, 2017

### Gifts in Memory Of
- Dominador B. Quesada
- Felicidad Quesada
- Marcella Reeves
- Norma Q. Pedrozo
- Ricky Fernandez and Family

### Gifts in Honor Of
- Ann Wickershom
- Barbra Silver
- Debbi Sack
- Don Davis
- Kimberly Cohn

### DIAMOND $15,000 - $50,000
- The David & Lucile Packard Foundation
- Drew & Jaimi Haydel
- Walton Street Capital

### GOLD $5,000 - $14,999
- Bernard E. & Alba Witkin Charitable Foundation
- Ruth Arnhold Endowment Fund via East Bay Community Foundation

### SILVER $1,000 - $4,999
Apple Inc.
The Bergen Chilcott Foundation
Bridge Bank
Donahue Fitzgerald LLP
East Bay Community Foundation
Elena Ortiz & Heidi Giordano
First Foundation Bank
Give Something Back via East Bay Community Foundation
JR McConnell
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Melissa Zucker
Michele Stillwell Parvensky & Ryan Tierney
Nike Inc.
Ocho Organic Candy
Ronald C. Wornick Jewish Day School
Schnitzer Steel Industries
Shannon Hackley
Steven Mack
Western Alliance Bank
Willard Ogan

### BRONZE $500 - $999
- ABC Security Service, Inc.
- Christopher Palmer
- Cynthia & Michael Attiyeh
- Eliza Khuner & Harry Kao
- Emily Loeb
- Freddie E. Barahona
- Gensler
- Jim & Janet Van Huyssse

### Friends of Family Paths $250 - $499
- Anne Marie Gorman
- Art Desuyo & John Finn
- Benjamin Harrison
- Christian Diggs
- Diana & Mitchell Shiver
- E.S. & Catharine D. Moran
- Fischer Architecture
- Holly Faust & Janet E. Stone
- John & Mary Reaugh

### Government / Community Partnerships
- Alameda County Behavioral Health Care Social Services Agency
- Alameda County Social Services Agency
- Chabot-Las Positas Community College District
- City of Fremont
- City of San Leandro
- City of San Leandro Recreation and Human Services Department
- Bernard E. & Alba Witkin Charitable Foundation
- David and Lucile Packard Foundation
- East Bay Community Foundation – East Bay Gives
- First 5 Alameda County
- Kaiser Permanente
- County of Alameda, District 2 Supervisor Richard Valle
- Oakland Fund for Children and Youth
- Oakland Head Start
- Oakland Public Library: Brookfield, Cesar E. Chavez, Elmhurst, Golden Gate, Lakeview, Melrose, Montclair, and Piedmont branches
- San Leandro Public Library: Main branch
- Santa Clara County Office of Education
- Stanislaus County
- Lane Partners
- Ruth Arnhold Endowment Fund via East Bay Community Foundation
- Walton Street Capital

### Special Gifts
- Anna Hirsch
- Ashley Eslinger-Esquivel
- Bari Johnson-Glass
- Breshia & Lavern Clifton
- Cesar Machaca
- Christy Booth
- Claudia Rodriguez
- Dahlia Case
- Daron True
- Erica Pagels
- Grace Kanyotu
- Jemma Welsh
- Katrina Mautner
- Kim San Gabriel
- Kiona Medina
- Laurie Misra
- Leeesha Mong
- Marie Corwin
- Monica Venegas
- Nicole Tait
- Nora Privitera
- Patsy Soto
- Rachel Gordon
- Rebecca Crump
- Sara Khabiri
- Shauna Bergh
- Suzanne Comelo
- Temeka Burnett
- Teresa Miller
- Tracy Phillips
- Zelda Phillips

### IN-KIND DONORS
- ABC Security Services Inc.
- Aveda
- Bay Grape Wine Shop
- Blue Heron Catering
- Brown Sugar Kitchen
- Charlie Hallowell Restaurants
- Children’s Fairyland
- Chronicle Books
- City Slicker Farms
- Concannon Wines
- Concept Forty Seven
- The Cook & Her Farmer
- Cosecha
- Drake’s Brewing Co.
- Encuentro
- Feel More Gallery
- Gensler
- Juhu Beach Club
- Kosa Arts
- Lane Partners
- Luna Bar
- Manifesta Salon
- Minuteman Press
- Nido Kitchen & Bar
- Oakland A’s
- Organic Ocho Candy
- Schmitz Ranch
- Starbucks Coffee
Creating a Father-Friendly County

In September, Family Paths participated in the Alameda County Fatherhood Action Summit sponsored by Alameda County Fathers Corps, First 5 Alameda County, and the Alameda County Interagency Children’s Policy Council. The Action Summit brought together leaders from public systems and community-based organizations to discuss strategies to increase and improve services and identify needed policy shifts to better support Alameda County fathers.

This summit built on the work of the Fathers Corps report, Voices of Fathers and the Providers Who Serve Them, and will serve as the foundation for the development of a coordinated approach to becoming a father-friendly county. Family Paths is excited to be invited to participate in the newly formed Interagency Fatherhood Workgroup and we look forward to expanding and enhancing our own services to support fathers, as well as supporting the efforts county-wide.

Learn more at http://www.first5alameda.org

Working with Immigrant Families

Family Paths has been working with immigrant youth and families for many years. However, this past year, we saw an increase in the intensity of that work as the needs in the community became more urgent with shifting immigration policies, and families and children feared the loss of their home, deportation of a parent, and family separation. For the first time, we worked with Latino parents as part of the Migrant Education Program through Santa Clara County Office of Education. Our parent education staff conducted workshops in Spanish on a variety of themes ranging from self-esteem and the importance of positive role models, to stress management and self-care, with the goal of giving parents tools to help their children do well in school. Although it was a particularly difficult time for these families, we received overwhelmingly positive feedback, with parents appreciating the support and opportunity to share their experiences.

Throughout the year, we also worked with first generation youth in our counseling programs who talked about living with a great deal of pressure, resulting in significant anxiety, fear, and depression. In addition, we provided support to unaccompanied minors, – young immigrants who came to the US without their parents, and who experienced significant trauma and hardship along the way. Through the use of a variety of therapeutic modalities, we offered everyone a safe place to connect, tell their story, and begin to heal.

Learn more at www.iibayarea.org

FROM OUR CLIENT SURVEYS

80% of caregivers/parents were connected to resources in the community.

84% of adults are better able to manage stress.

87% of youth have learned ways to calm down when they get upset.
Abriendo Puertas/Opening Doors

Abriendo Puertas/Opening Doors is the first evidence based parent education program designed by and for Latino families with children ages 0-5 years old. In 2016-2017, Family Paths became the first agency to roll out the program in Alameda County with funding from the Oakland Fund for Children and Youth, and the Bernard E. and Alba Witkin Charitable Foundation. Partnering with Oakland Head Start, we successfully completed three 10-week series in four locations. Interestingly, of the 57 parents who participated in the program, more than half were Asian immigrants. Although the curriculum was originally designed to support Latino families, with the help of translators it was extremely well received by the Asian parents. Based on their feedback, the curriculum not only proved to meet their parenting needs, but also built on the strengths of their native culture by: helping them to understand their children’s educational rights; encouraging bilingualism; raising awareness of academic trends; providing tools for helping their children succeed in school; understanding available resources in their immediate community; and ultimately providing a supportive safe space for networking and building community.

This first year of the Abriendo Puertas/Opening Doors program exceeded our expectations. The program exemplified diversity at its best: In our last class of the year, we had an African American Parent Education Instructor, teaching a Latino based curriculum to a class of predominately Asian immigrant parents who spoke little to no English. What a beautiful example of “opening the doors” of inclusivity, unity, and community.

Learn more at www.ap-od.org

Trauma Transformed – Creating a Healing Organization

Family Paths is honored to be part of a seven county regional initiative to change the way health and mental health systems understand, respond to, and heal trauma. The movement is led by Trauma Transformed, the only regional center in the Bay Area that promotes a trauma-informed system by providing trainings and policy guidance to professionals and organizations. This past year the entire FP staff participated in a half-day training that included an understanding of the psychobiology of stress, toxic stress, and trauma so we can learn new ways to connect with others and take care of ourselves. As we continue to prioritize being a Trauma Informed System (TIS), we are looking at strategies that use the understanding of trauma to inform our decision making and organizational priorities. This isn’t just about the interventions in our clinical services, but also about how we see ourselves as people impacted by traumatic stress and understand how our organization is affected by this stress. We are proud to be part of the Regional CBO TIS Leadership Cohort to help forge new ground. And we are also pleased to have two of our senior clinicians, Kendra Dunlap and Elizabeth Robertson, participating in the Train-the-Trainer cohort, preparing them to lead TIS trainings both here and at other organizations. Learn more at www.traumatransformed.org

“For me everything I learned in class was important, it helped me to feel more relaxed and not so stressful.”

– Adult Client
Special thanks to Lane Partners and Walton St. Capital, champion sponsors of our 45th Anniversary bash, celebrating our dedicated staff, and board, resilient clients and generous community of supporters.

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 & Resource Hotline is staffed 24 hours a day by professional and volunteer counselors to assist parents and caregivers with over-the-phone counseling, crisis intervention, access to nearly 900 community resources from our vast database, and referrals to Family Paths’ services.

For more information please call: 24-Hour Parent Support and Resource Hotline
1-800-829-3777