

# POSITIVE IMPACT BY THE NUMBERS

"BEFORE I CAME TO FAMILY PATHS, I WAS AT THE END OF MY ROPE. I WAS SO DEPRESSED I COULD BARELY GET OUT OF BED. I FELT SAD AND HOPELESS, BUT SINCE I'VE BEEN COMING TO FAMILY PATHS FOR THERAPY, I FEEL AS IF I AM GETTING MY LIFE BACK." ~ Adult Client

**965** UNDUPLICATED CLIENTS SERVED



**85%** of youth are better able to talk about their feelings & experiences.

**86%** of parents/caregivers are better able to handle the challenges of parenting.

**89%** of adults are better able to manage stress.

**5,950+**

CALLS FIELDIED BY OUR FREE & ANONYMOUS 24-HOUR PARENT SUPPORT & RESOURCE HOTLINE.

**1-800-829-3777**



50 FREE/LOW FEE PARENT YOGA CLASSES

**258** PARENTS IN OUR PARENTING CLASSES

Over 30% fathers enrolled!



## FOCUS ON FATHERS



On June 26, 2019, we welcomed fathers and father-figures to join Family Paths' Board, staff and members of the **Alameda County Fathers Corps** to celebrate the launch of our new father-specific programming- *Fatherhood & Co-parenting: Beyond Conflict*. Board President

and father of five, **Lyman Hollins** (pictured), gave an impassioned speech about the needs of fathers and all Alameda County families and how our innovative programs meet our clients where they are.

## THANK YOU TO OUR SPONSORS!



# Family Paths

2019 ANNUAL REPORT



"I am helping my child develop into the person they want to be, instead of what I want them to be."

~ Parent Education Graduate

## FROM OUR EXECUTIVE DIRECTOR

Dear Friends of Family Paths,

I am happy to share that we have ended another successful year of programming to strengthen families in Alameda County. With our ability to provide a full array of services from primary prevention via our free and anonymous Parent Support & Resource Hotline to longer term mental health treatment, we offer parents and families a variety of ways to get the help they need.

The feedback we receive from parents and children continues to verify that the services we provide make a difference. This might be by taking a free yoga class to reduce stress, attending our new Fatherhood & Co-parenting classes to reduce conflict, working with a Peer Specialist to remove barriers to employment, or meeting with individual therapists to reduce symptoms of trauma. Our variety of program options allows parents/caregivers to choose what can help them and their children the most to create a stronger family.

As the needs in our community continue to grow, I am proud of our high quality services and the excellent training we offer for staff and volunteers to meet these needs. We will continue to be here doing this important work, and I invite you to learn more about its impact.



Barbra Silver,  
Executive Director  
Family Paths

### BOARD OF DIRECTORS

Lyman Hollins ~ President

Melissa Zucker ~ Vice President

Lisa Valles ~ Treasurer

Evangeline Brown ~ Secretary

Christine Cueto

Deborah Sack

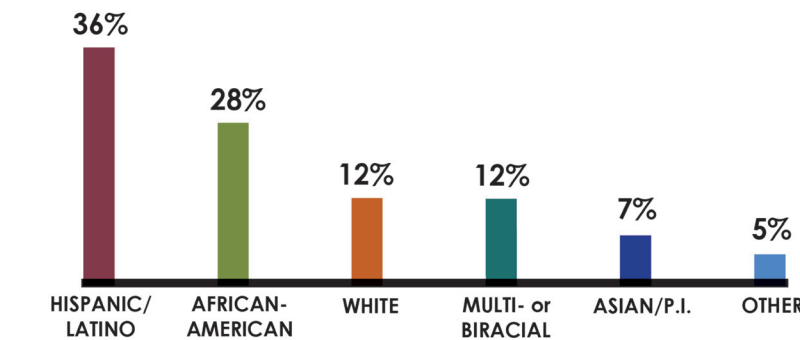
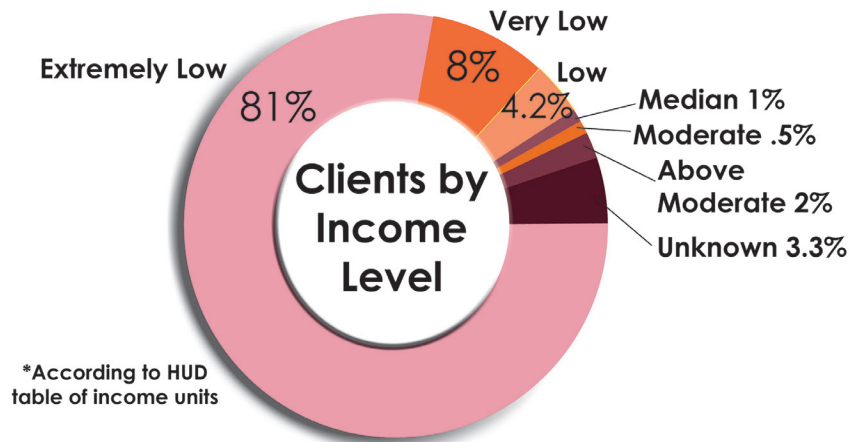
Alice Shumba

## DEEPENING RELATIONSHIPS & IMPACT

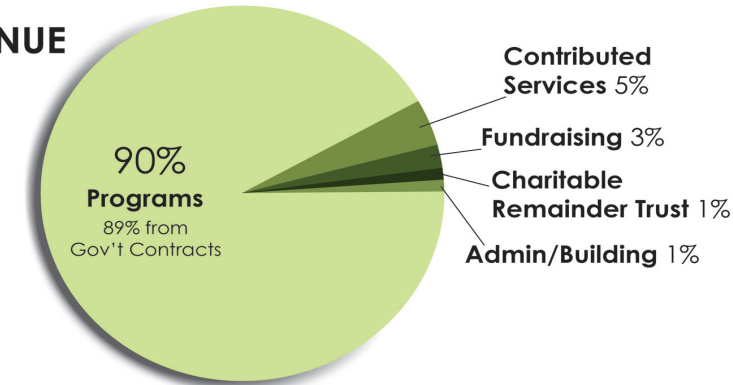


This fall, we were delighted to launch our **Communications and Marketing Committee (CMC)**, chaired by FP board member, **Christine Cueto** (left). Origins of this committee began in 2018 when we were invited to apply for, and were awarded, a grant from the **Harvard Business School Community Partners (HBSCP)**, via **Denise Bradley Tyson**, HBS alumna and our 2017 Women's Leadership Luncheon Keynote. Last year, we worked closely with our fantastic HBSCP team and have begun implementing a custom branding/marketing plan from their collective expertise to optimize outreach to Alameda Co. parents who could most benefit from our 24-Hour Parent Support & Resource Hotline and services. We are thrilled to welcome back three HBSCP alumni- **Julia Stenzel**, **Divya Agarwal** and **Norman Boone**, again lending their expertise to the new, 10-member CMC. With committee guidance, we are well positioned to leverage this grant to secure others while enacting novel approaches that increase awareness of Family Paths as the one-stop-shop for parenting support, assisting with everyday challenges of raising a child, as well as concrete, person-to-person connection in those moments of crisis.

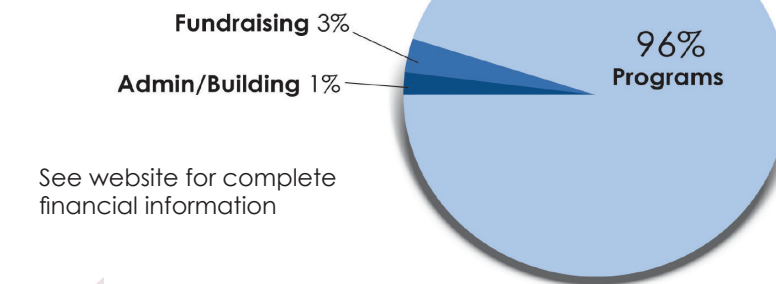
# 2018~2019 ANNUAL REPORT



## REVENUE



## EXPENSES



See website for complete financial information

## SHARING BEST PRACTICES

We are so proud of our robust training department, led by **Clinical Training Coordinator Kristin Michaels, MFT** (right, pictured with Admin Assistant Gaby Plaza).



Our trainings are developed to help mental health providers, social service professionals, and resource families obtain the latest information on topics relevant to recognizing resilience while also supporting vulnerable children, youth and families impacted by trauma. In conjunction with **Chabot-Las Positas Community College District** and **Alameda County Social Services Agency through Title IV-E Funding**, we provided trainings to staff from **77 other agencies** throughout Alameda County, including six departments within Alameda County Behavioral Health Care and three departments within Alameda County Public Health Care. That's up from 25 agencies served in FY 17-18. In FY 2018-19, we had **776 participants in 64 trainings with a total of 224 training hours**.

That's just one way we work toward our vision of a *safe home for every child*.

## THANK YOU TO OUR DONORS & PARTNERS!

### DIAMOND \$60,000-\$17,500

Harvard Business School Community Partners ♦ Greater Good Science Center ♦ The David & Lucille Packard Foundation ♦ Drew & Jaimi Haydel

### GOLD \$17,499-\$5,000

Bernard E. & Alba Witkin Charitable Foundation ♦ Ruth Arnhold Endowment Fund at the East Bay Community Foundation ♦ Alameda County District 2 Supervisor Richard Valle ♦ The PG&E Corporation Foundation

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

June & Julian Foss Foundation ♦ In-N-Out Burger Foundation ♦ Christian Zaballos ♦ Kaiser Permanente ♦ Lisa Valles ♦ Martha Winnacker ♦ Evangeline Brown ♦ Michael Brandt ♦ Mechanics Bank ♦ Elizabeth Bremer ♦ Donahue Fitzgerald LLP ♦ Bridge Bank ♦ Karen Scopazzi ♦ Melissa Zucker ♦ Mowat Mackie & Anderson LLP ♦ David Cole ♦ The Bergen Chilcott Family Foundation ♦ Eliza Khuner & Harry Kao

### BRONZE \$999-\$500

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### FRIENDS OF FAMILY PATHS \$499-\$250

Anne Cawood ♦ Barbra Silver & Audrey Rosenberg ♦ Cari Cohorn ♦ Carla Betts ♦ Carla & Michael Foster ♦ Courtney Ruby ♦ Donna Gianoulis ♦ Donna & Ed Kaplan ♦ Everett & Catherine Moran ♦ Holly Babe Faust ♦ Jill Silver ♦ Jim Appel ♦ John & Mary Reaugh ♦ Joseph Markert ♦ Joyce LaMar & Kenneth Evans ♦ Kelly Amato ♦ Kristi Schutjer & Al Mance ♦ Mark Ludwig ♦ Robert Raburn ♦ Wendy Leyden

### GOVERNMENT

Alameda County Behavioral Health Care Services ♦ Alameda County Social Services Agency ♦ Chabot-Las Positas Community College District ♦ City of Fremont ♦ Alameda County District 2 Supervisor Richard Valle ♦ Oakland Fund for Children and Youth ♦ Oakland Head Start

### GIFTS IN HONOR OF

Barbra Silver ♦ Don Cohn ♦ Dr. Michael Brandt ♦ Evan Anne Greene ♦ John Lopez ♦ Kim San Gabriel ♦ Kimberly Cohn ♦ Krista & David Raether ♦ Lorna Padilla Markus ♦ Lorraine Allen ♦ Lyman Hollins, Sr. ♦ Martha K. Winnacker ♦ Nancy Morosohk ♦ Richard Banegas ♦ Robert P. Nelson, Jr. ♦ Ryan Jordan ♦ Shay Black ♦ Shelly Sack

### COMMUNITY PARTNERS

Alameda County Fathers Corps ♦ Community Child Care Council (4Cs) of Alameda County ♦ Fremont Unified School District ♦ Greater Good Science Center ♦ Lincoln Children's Center - Kinship Support Program ♦ New Haven Unified School District ♦ Trauma Transformed

### GIFTS IN MEMORY OF

Aleena Schutjer-Mance ♦ Chester A. Brandt ♦ Dominador Quesada ♦ Dr. Joseph Sawaya ♦ Gary Olshansky ♦ John Lopez ♦ Karen Mason ♦ Karen Pico ♦ Maruca Solorzano de Valery ♦ Ruben Lucero ♦ Sandy Atkinson-Adams

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