



Respect

尊重

Esperanza

احترام

محبت

Integrity

Integridad

اخلاق

Compasión

同情

Compassion

Respeto

希望

اميد

正直

Hope

FAMILY PATHS

ANNUAL REPORT 2020

FROM OUR EXECUTIVE DIRECTOR

Dear Friends of Family Paths,

In these extraordinary times, when our community has been overwhelmed with the Covid-19 pandemic, impacts of ongoing systemic racism, and raging wildfires, Family Paths' workforce has continued to support our mission: to strengthen family relationships through mental health and supportive services with respect, integrity, compassion and hope. More than ever, children and families have needed a safe space to be heard, connect and heal.

As an organization providing essential mental health services to those most vulnerable, I am proud of the work we have done to adapt to the new landscape. We not only continued our programs, but innovated to meet the needs of stressed parents and children who were isolated at home. By the end of March, our mental health sessions and parent education classes all became accessible through online platforms, and our 24/7 Parenting Stress Helpline continued to train volunteers and answer calls from increasingly stressed caregivers. We truly did not miss a beat.

I am also excited about our new role as the lead of the Strong Families Alliance of Alameda County - connecting a coalition of child abuse prevention providers and promoting child abuse awareness and coordinated access throughout Alameda County. If you are not already, please follow SFA-AC on social media platforms to help promote this vital information.

I invite you to read further and dive deeper to learn more about the impact of our essential work and those who make it possible.



Barbra Silver
Executive Director
Family Paths



POSITIVE IMPACT BY THE NUMBERS

A mother's feedback says it best:
***"WE TRULY FEEL SO HELD AND
EMPOWERED TO BECOME THE
BEST PARENTS AND FAMILY."***

682 UNDUPLICATED CLIENTS SERVED



96% of parents/caregivers feel supported by their child's therapist.

90% of youth feel more supported by their parents/caregivers.

92% of parents/caregivers have a better understanding of effective parenting strategies.

150 PARENTS IN OUR PARENTING & FATHERHOOD CLASSES

Over 50% fathers enrolled!

659 PARTICIPANTS IN OUR TRAININGS



4,579

CALLS FIELD BY OUR FREE & ANONYMOUS 24-HOUR PARENTING STRESS HELPLINE.

1-800-829-3777

POSITIVE IMPACT ON CLIENTS

Parents are calling our Helpline with increased stress due to the pandemic. For example a mother, with a trauma history described being in an almost constant triggered state, not sleeping well, more prone to yelling at her kids, feeling guilty, and frustrated. The Parent Support Counselor offered interventions and validation of her struggles. The mom went from being completely overwhelmed at the beginning of the call to being more grounded and positive by the end saying "I feel a lot better just talking to you."

Family Paths has provided so much support during Shelter in Place. We have had sessions over the phone as well as video conference on a weekly basis and support as needed in difficult times.
~ Caregiver Client

This class has opened my eyes and world because I'm still learning how to be a father and learning who I am as a single father.
~ Fatherhood Series Participant

My therapist is a very helpful person and understands me very well.
~ Youth Client

Ayuda con la pandemia porque paso por mucho estrés y depresión estando tanto tiempo en casa y poder hablar con alguien me ayuda mucho!

It helps with the pandemic because I go through a lot of stress and depression being so long at home and being able to talk to someone helps me a lot!
~ Adult Client

PARENTING STRESS HELPLINE

After 47 years of providing live parenting counseling and connecting caregivers to resources and referrals, Family Paths' HOTLINE became the Parenting Stress HELPLINE in March.

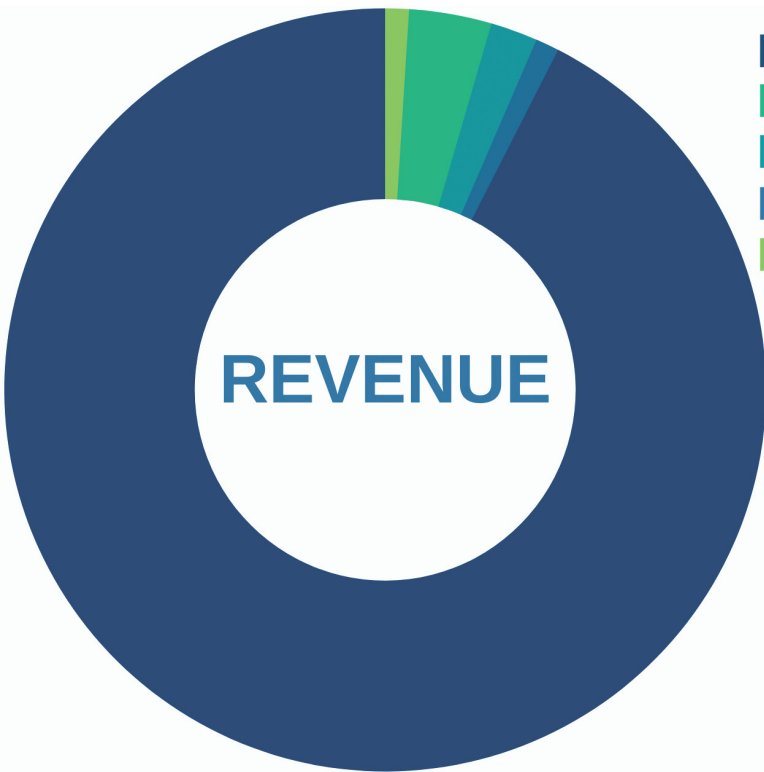
Due to COVID-19, the Helpline, which offers 24/7 support and regular call backs, needed to evolve and set about to get caregiver input. In April, the first Parent Advisory Group (PAG) met via Zoom. This group of caregivers consists of current and former clients of Family Paths, as well as community members. The PAG meets monthly and started out brainstorming how the Helpline could help people during COVID.



A recent caller shared that she felt frustrated and sad about being inside their small apartment all day with two small children. During that call, she was able to get a referral to a therapist who worked with her on safe ways to be outside and ideas for structure in their play, and as part of our parent education class, we delivered toys to her house for her children.

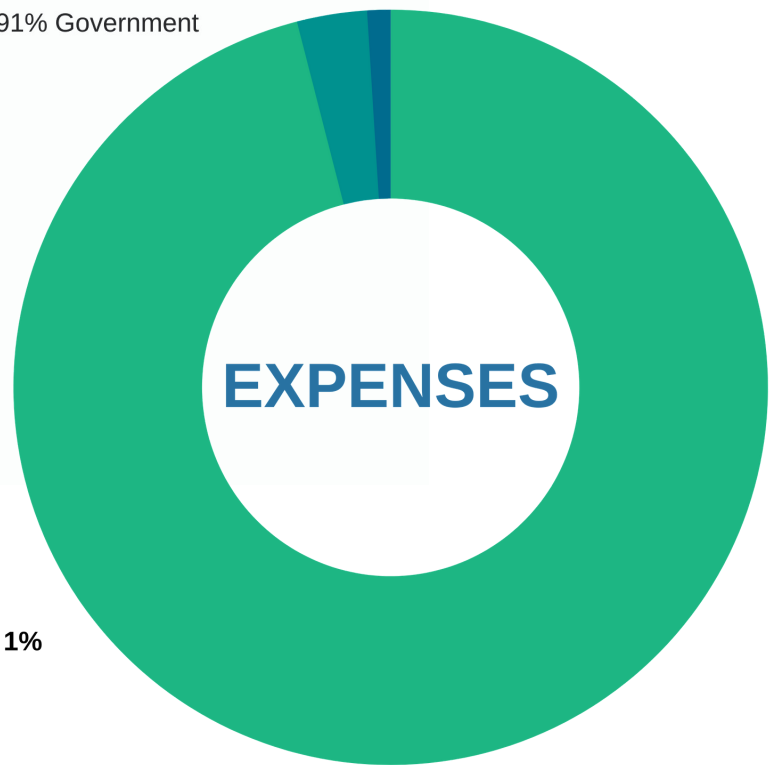
One grandparent in the PAG stated that she couldn't call the helpline even if she wanted to, with home schooling her grandchildren and being busy all day. "The time that I need to talk," she said, "is when they go to bed. I'd like to schedule someone to call me at 9pm, every night, so that I can vent and talk to an adult." The idea of a [call back form](#) on our website where people can request when to get a phone call was born. Family Paths provides therapeutic, parent education and support services for all Alameda families via the toll-free, anonymous phone line 1-800-829-3777.

2019-2020 OVERVIEW



- Programs 92.5%*
- Contributed Services 3.5%
- Fundraising 2%
- Admin/Building 1%
- Charitable Remainder Trust 1%

*91% Government



- Programs 96%
- Fundraising 3%
- Admin/Building 1%

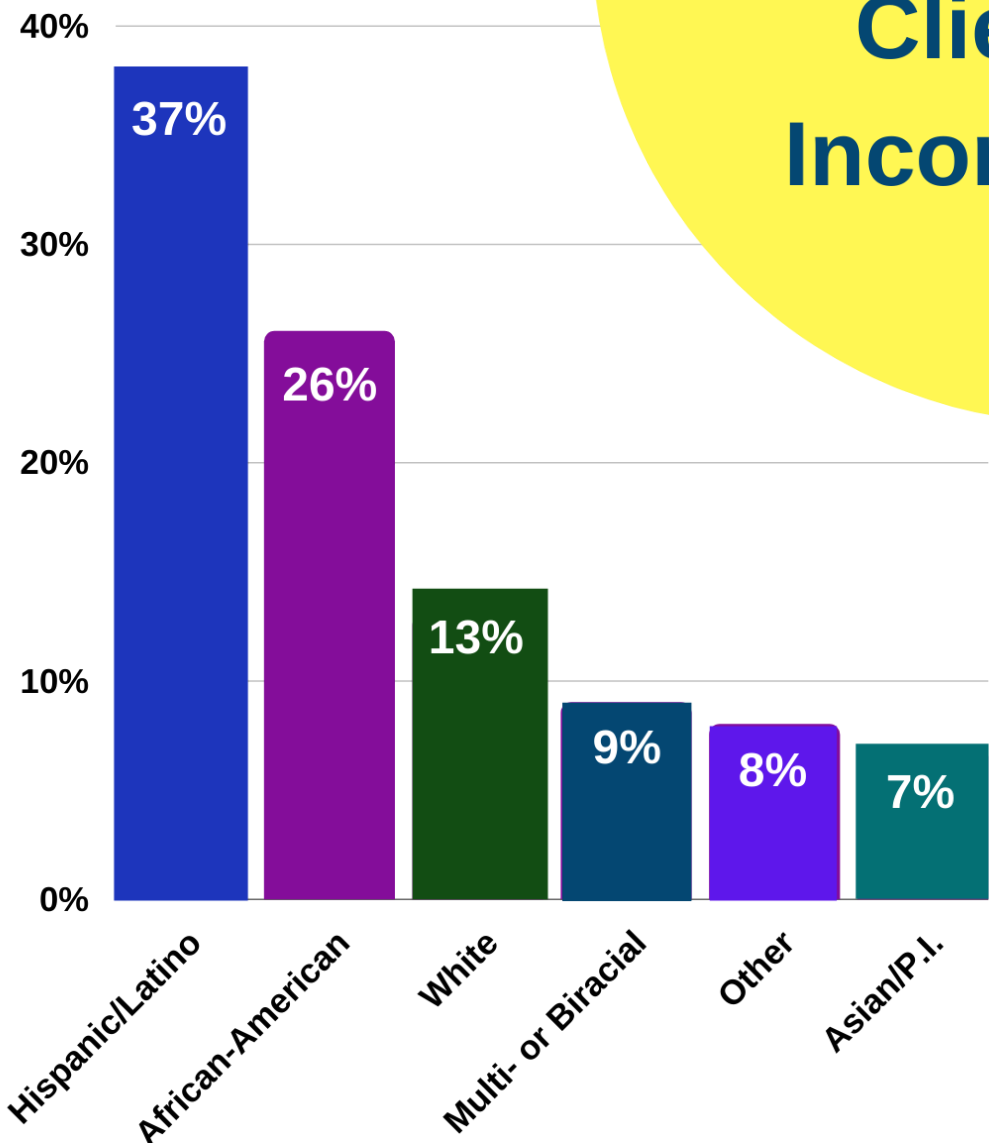
REVENUE & SUPPORT

Contracts	\$4,473,462
Programs	\$ 72,419
Grants	\$ 45,000
Donations & Fundraising	\$ 53,991
In-Kind Services	\$ 156,959
Building	\$ 59,485
Charitable Remainder Trust	\$ 68,042
TOTAL REVENUE	\$4,929,358

EXPENSES

Salaries & Benefits	\$3,870,662
Operating Expenses	\$ 1,029,080
Building Operations	\$ 100,266
TOTAL ORDINARY EXPENSES	\$5,000,008
Change in Net Assets	\$ (70,650)
Beginning of Year Net Assets	\$ 3,013,706
End of Year Net Assets	\$2,943,056

WHO WE SERVE



- Extremely Low 78%
- Very Low 9%
- Low 4%
- Median .3%
- Moderate .2%
- Above Moderate 1.5%
- Unknown 7%



OAKLAND 47%

HAYWARD 19%

TRI-CITY 11%

SAN LEANDRO 6%

OTHER ALAMEDA COUNTY 14%

OUTSIDE ALAMEDA COUNTY 3%

FEMALES 62%

MALES 36%

NONBINARY .84%

GENDER NON-CONFORMING .17%



CLIENTS AGE 0-7 15%

CLIENTS AGE 8-21 33%

CLIENTS AGE 21+ 52%

CLIENTS BY PROGRAM

Families in Transition/
Early Childhood
Mental Health 215

Treatment, Intervention
& Prevention Services 103

Parent Education 150

Head Start 87

CalWORKs 66



THANK YOU TO OUR DONORS & PARTNERS!

DIAMOND \$15,000+

Trio Foundation

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

Bernard E. & Alba Witkin Charitable Foundation ~ Drew & Jaimi Haydel ~ Ruth Arnhold Endowment Fund at the East Bay Community Foundation

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

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BRONZE \$500-\$999

Angela Dant ~ Anne Dixon ~ Cynthia & Michael Attiyeh ~ Debbi & Shelly Sack ~ Diana Paque ~ Diana & Mitch Shiver ~ Elizabeth Bremer ~ Julia & Chris Stenzel ~ Kimberly Cohn ~ Laura Milner ~ Lyman Hollins ~ Patricia Mann - The Mann Family Trust ~ Phyllis Filkin Lorenz ~ Ralph Sklar ~ Sandra Janachowski

FRIENDS OF FAMILY PATHS \$250-\$499

Alice Shumba ~ Ann Graybeal ~ Arnold Mammarella ~ Barbra Silver & Audrey Rosenberg ~ David Stein & CJ Hirschfield ~ Ellen Auriti ~ Emily Loeb, Ph.D. ~ Everett & Catherine Moran ~ Hyacinth Ahuruonye, CPA ~ Janina Fisher ~ John & Mary Reaugh ~ Katherine Whitley ~ Kristi Schutjer & Al Mance ~ Mark Ludwig & Susan Ann Campodonico ~ Renie Bartolini ~ Shannon Hackley ~ Tessa Baldwin ~ Vincenza Baldino ~ Wendy Leyden

GIFTS IN MEMORY OF

Breonna Taylor ~ Jeffrey L. Lazarus, Ph.D. ~ Dr. Joseph Sawaya ~ Karen Pico ~ Marcella Reeves ~ William L. "Bill" Call

GIFTS IN HONOR OF

Aleena Schutjer-Mance ~ Barbra Silver ~ CJ Hirschfield ~ Claudia Hein ~ Courtney Ruby ~ Dale Marie Golden ~ Debbi Sack ~ Kimberly Cohn ~ Margaux Kraemer ~ Martha Winnacker ~ Meridith Baldwin ~ Norman Glass ~ Shay Black

GOVERNMENT FUNDERS & COMMUNITY PARTNERS



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



Alameda County Fathers Corps ~ Community Child Care Council (4Cs) of Alameda County ~ First 5 Alameda County ~ Greater Good Science Center ~ Lincoln ~ New Haven Unified School District ~ Trauma Transformed ~ YMCA East Bay

HEARTFELT THANKS TO OUR INTERNS & VOLUNTEERS

INTERNS

Annie Chen	Denique Boxhill	Gabriela Zuloaga
Catherine Metzger	Erica Hudson	Gita Schiff
Cory Murray	Fia Green	Kim San Gabriel

VOLUNTEERS

Adriana Favila	Kelly Brady
Alisha Ahmed	Kim Sevick
Angela Dant	Lynne Fingerman
Beth Hoch	Megan Samsel
Holly Exposito	Natascha Rebien
Irlanda Macias	Shannon Young
Johanna Abbinante	Vanessa Hernandez
Karla Wood	Walter McGee
	Zoleka Boissiere

T

Bay Area Discovery Museum

H

Black Smith Cellars

A

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N

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East Bay Paint Center

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Ghirardelli Chocolate Company

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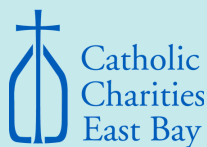
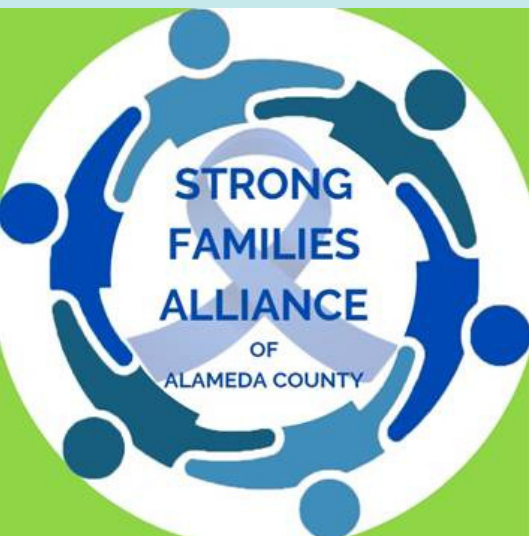
STRONG FAMILIES ALLIANCE

After being awarded the Community-Based Child Abuse Prevention grant from Alameda County Social Services Agency in January 2020, Family Paths formed a coalition of 13 child abuse prevention providers called Strong Families Alliance of Alameda County.

The Alliance helps connect parents and caregivers with the service providers in their communities who can support them in their parenting struggles,

provide them with tools and resources to reduce their stress, and to strengthen family relationships in order to prevent child abuse. This Alliance and the support they provide – from mental health services to workshops and classes to tangible support for housing and food – are more important than ever now that children are at greater risk of child abuse from being sheltered in place during the pandemic.

Learn more about SFA on our [website](#) and @strongfamiliesalliance on Facebook and Instagram, and keep an eye out for a brand new county website featuring SFA launching soon.



WOMEN'S LEADERSHIP HAPPY HOUR



Family Paths usually holds an annual luncheon, but this year we hosted an exciting, virtual fundraiser that highlighted women leadership and advocacy during these unique times. Hosted by Board President Lyman Hollins, our audience met our featured speakers and guests via Zoom with our Keynote Dale Marie Golden giving an impassioned talk that is available for viewing on [Family Paths' YouTube channel](#). Our presenters included Family Support Program Manager Juli Rositas, who shared how our Parent Education programming innovated to meet the needs of our clients during the pandemic. In addition, Courtney Ruby, City Auditor of Oakland, presented the Honorary Chairwoman Award to CJ Hirschfield. We recognized CJ's contributions in support of Family Paths since 2016 as WLL emcee during her tenure as Executive Director of Children's Fairyland and her extensive community service via Oakland Rotary, non-profit boards and volunteer work.

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