

# FAMILY PATHS 2021

## ANNUAL REPORT



Building skills, knowledge, and a support system for Bay Area parents and children on their journey to a stronger family.

# FROM OUR EXECUTIVE DIRECTOR

Dear Friends of Family Paths,

We are always on a journey. Sometimes it is one of discovery, adventure, and growth. Typically, it involves unexpected twists and turns, and periodic disappointments. When a journey is long enough, it involves all of that and hopefully a healthy dose of laughter to balance out the tears. The past year has been an especially meaningful journey at Family Paths as we continued to find ways to engage and help parents and children find their own paths forward during a time of continued high stress and uncertainty. We witnessed the pain and grief that emerged as families began to comprehend the impact of the pandemic that we have all been living through. We also witnessed the resiliency of families when given the space to connect, be heard and feel understood.

In this report you will learn more about some of the programs and people that contribute to assist families on their journeys toward healing, self-sufficiency, and empowerment. The work we do is to “walk beside,” to acknowledge the challenges that sometimes feel too big to overcome and build on the strengths that everyone has within them.

The interesting part of a journey is that what comes next is typically unknown, but you do know where you started and hopefully, you can recognize how you arrived at your current location. As Family Paths moves into our 50th year, we are both looking back and looking forward. Please join me in this reflection as we appreciate those who help us do the work we do and reflect on the impact of our efforts.



**Barbra Silver**  
**Executive Director**  
**Family Paths**

## **2020-2021**

### **Board of Directors**

Lyman Hollins - President

Debbi Sack - Secretary

Katy Brown - Treasurer

Divya Agarwal, Evangeline Brown,  
Christine Cueto, Lucy Sheftel, Alice

Shumba, Dawn Sung, Martha

Winnacker, Melissa Zucker

# POSITIVE IMPACT BY THE NUMBERS

“Thank you, Family Paths, for all the tools you provide to have a better understanding and more knowledge about parenting.”  
~ Parent Education client

**497** unduplicated clients served

**100%** of youth have learned ways to calm down when they get upset.



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

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

**216** parents in our Parenting & Fatherhood classes

Over 50% of classes held in Spanish or with Cantonese translation provided

**554** participants in our clinical trainings



**3,951**

calls fielded by our free & anonymous 24-Hour Parenting Stress Helpline.

**1-800-829-3777**

# WALKING BESIDE PARENTS ON THEIR JOURNEY

Our [Parenting Stress Helpline](#) staff and volunteers support fathers, mothers and caregivers on their parenting journey 24 hours a day, 365 days a year. We appreciate and highlight three of our volunteers. Each of them has been instrumental in providing needed support to many callers with humility and grace, especially throughout the pandemic.

Rachel Harding, who's been with us for 1 year, just started a doctoral program and still makes time to volunteer on the Helpline every week.

Beth Hoch, celebrating 2 years on the Helpline, brings to bear as a volunteer her many years of experience serving families in her day job as well as her clinical experience as a therapist.

Johanna Abbinante, on the line for almost a year and a half, brings to her volunteer work her experience as a working mom of 3 young children and her fluency in Spanish. Somehow, she finds time to volunteer every week!

**Being a parent can be one of the most joyous and overwhelming things a person does in life. There is so much information out there shaming parents for what they should and shouldn't do. I want to be one person who offers a non-judgmental ear so that parents can feel heard and supported.**

~ Rachel



**I have always had a fondness for Family Paths since the days when it was called Parental Stress Services. I've always admired the staff and appreciated the agency's mission and values. As a parent of two grown children, I received help from other "help lines" when my children were little. I know how easy it is to become overwhelmed, not knowing what to do but wanting to make different choices than what you experienced as a child. I volunteer because I love the field of child development, parenting, and mental health and it helps my own mental health to feel useful to others.**

~ Beth



**I believe that the well-being of our society depends upon the wellbeing of our children, who depend upon the well-being of those who care for them. Volunteering on the Helpline allows me the opportunity to help support parents and families in a welcoming, caring environment.**

~ Johanna



# POSITIVE IMPACT ON CLIENTS

**I feel better like a weight is lifted off of my shoulders after we talk.**

**~ Helpline Caller**

**[My therapist] puts things in terms I can relate to and understand so I can relax and be a better parent. ~ Caregiver Client**

**A unique, healing and informative experience - powerful and deep without being intimidating - not an easy balance to create.**

**~ Finding Peace Within participant**

**Me gustan mucho los servicios trabajan muy bien me siento en confianza y muy agradecida por toda su ayuda para mi hija y para nosotras.**

**(I really like the services. They work very well. I feel confident and very grateful for all your help for my daughter and for us.)**

**~ Caregiver Client**

**I like being able to not feel alone about my feelings, having a space where I'm able to talk without being judged or feel like I'm sounding crazy. ~ Youth Client**

**I'm making a lot of progress on my goals and handling my stress.**

**~ Caregiver Client**

**[My therapist] is able to take any situation and create tools that can help in the moment and in the long run. ~ Adult Client**

**I learned so much. I have so many amazing tools under my belt and I am so excited to use them. [The instructor] is so knowledgeable and real. I would happily take another class.**

**~ Parenting Class participant**

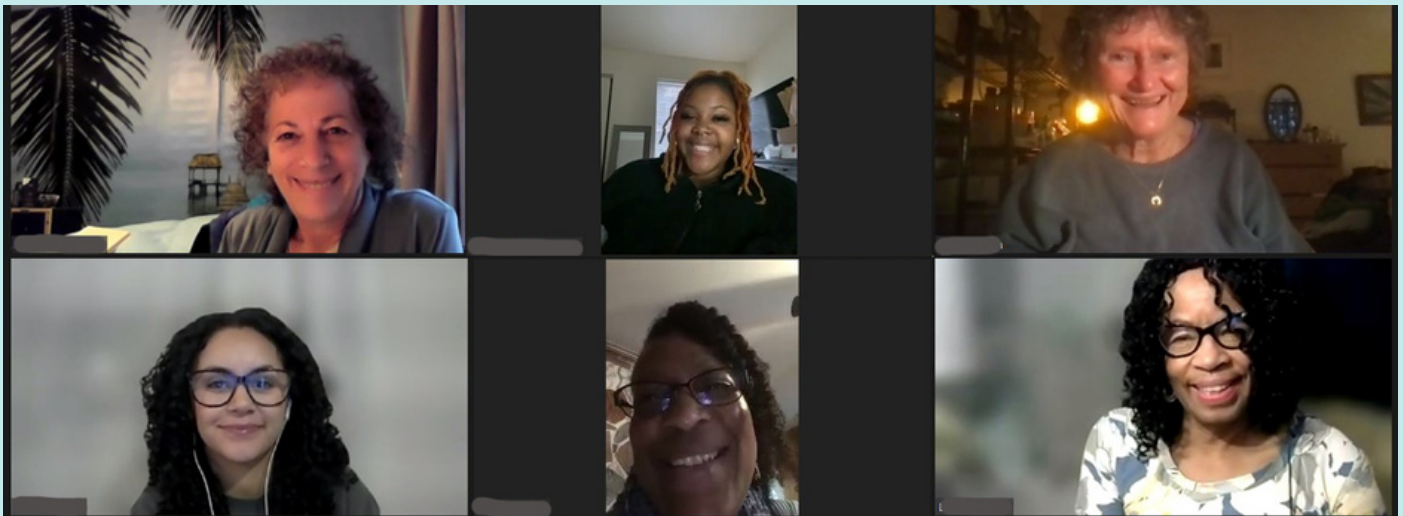


# THE ROAD TO SELF-SUFFICIENCY

We all know that the road to self-sufficiency is not an easy one to travel. Since 1999 Family Paths' BOOST Program (Building Opportunities for Outreach and Support and Treatment) has been meeting with CalWORKs welfare to work recipients to provide counseling, comprehensive case management, job readiness, and referral linkages to address barriers to employment.

One of our first clients, a single mother of 8, who Program Manager Lorraine Allen worked with to help her find housing and address all of her immediate needs, was told that she was a great mom, and that raising 8 kids on her own was not a small task. She began to cry and said, "No one has ever made me feel like I was doing anything right. You spoke to me kindly with a calming voice. I appreciate that." She also stated that the therapy we provided was going well and felt she had learned new parenting strategies and recognized coping skills she didn't know she had.

Well known at the Peralta Colleges, many transitional housing programs, several Alameda County school districts, and the faith-based community, our BOOST team is composed of Employment Specialist Nathali Beard, Peer Specialist Monetta Gilbert, therapists Sabrina Estell and Madeleine Marcus, and Program Manager Lorraine Allen, who all help our clients on their journey to self-sufficiency.



# THANK YOU TO OUR DONORS & PARTNERS!

## PARENT ADVISORY GROUP

Torrance Black ~ Monique Blodgett ~ Martha Candido ~ Priscilla Lau ~ Gwen Scott ~ Gustavo Sosa ~ Veronica Velasco ~ Sona Williams

## CLINICAL INTERNS

"Annie" Donghui Chen ~ Carly Corritore ~ Quetzal Francois ~ Fia Green ~ Catherine Metzger ~ Katia Mosley-Muñoz ~ Laura Rivera Rodriguez ~ Gita Schiff ~ Gabriela Zuloaga

## GOVERNMENT FUNDERS

Alameda County Behavioral Health Care ~ Alameda County District 2 Enhancing Vision 2026 Fund ~ Supervisor Richard Valle ~ Alameda County Social Services Agency (CAPIT & CBCAP) ~ Chabot-Las Positas Community College District ~ City of Fremont ~ Oakland Fund for Children and Youth

## COMMUNITY PARTNERS

Abriendo Puertas/Opening Doors National Institute ~ Alameda Alliance Health ~ Alameda County Fathers Corps ~ Community Child Care Council (4Cs) of Alameda County ~ Community Health for Asian Americans (CHAA) ~ Crisis Support Services of Alameda County ~ First 5 Alameda County ~ Greater Good Science Center ~ Jewish Family and Community Services East Bay ~ Lincoln Center ~ Oakland Head Start ~ Oakland Housing Authority ~ Oakland Public Library ~ St. Vincent Day School ~ Through the Looking Glass ~ YMCA East Bay

## HEARTFELT THANKS TO OUR VOLUNTEERS

Johanna Abbinante\* ~ Norman Boone ~ Kelly Brady\* ~ Yvelise Cabral\* ~ Calico Dant ~ Anne Dixon ~ David Fore\* ~ Lois Gray ~ Rachel Harding\* ~ Vanessa Hernandez\* ~ Beth Hoch\* ~ Ewa Maris\* ~ Giuliana Means ~ Natascha Rebien\* ~ Julia Stenzel

### DIAMOND \$15,000+

Children's Advocacy Centers of California - CALICO ~ Sierra Health Foundation

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

Anonymous ~ The Barrios Trust ~ Bernard E. & Alba Witkin Charitable Foundation ~ Bridge Bank ~ Drew & Jaimi Haydel ~ Ruth Arnhold Endowment Fund at the East Bay Community Foundation

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

Armanino Foundation ~ Birches Foundation, Inc. ~ Elizabeth Bremer ~ Anne Dixon ~ In n Out Burger Foundation ~ R. Jefferson Joseph ~ Emily Loeb\* ~ Ruby Tuesdae & Patrick Ely Fund ~ Lisa Valles ~ Martha Winnacker, JD ~ Resti Zaballos, Jr. ~ Melissa Zucker

### BRONZE \$500-\$999

Cynthia & Michael Attiyeh ~ Holly Babe Faust ~ Christine Cueto\* ~ Angela Dant\* ~ Heidi Giordano & Elena Ortiz ~ Cole Kinney ~ Marian Lorenz ~ Patricia Mann ~ The Mann Family Trust ~ Katia O'Sullivan ~ Diana Paque ~ Heidi Queen ~ Debbi & Shelly Sack ~ Salesforce.com, Inc. ~ Diana & Mitchell Shriver ~ Ralph Sklar ~ David Stein & CJ Hirschfield

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

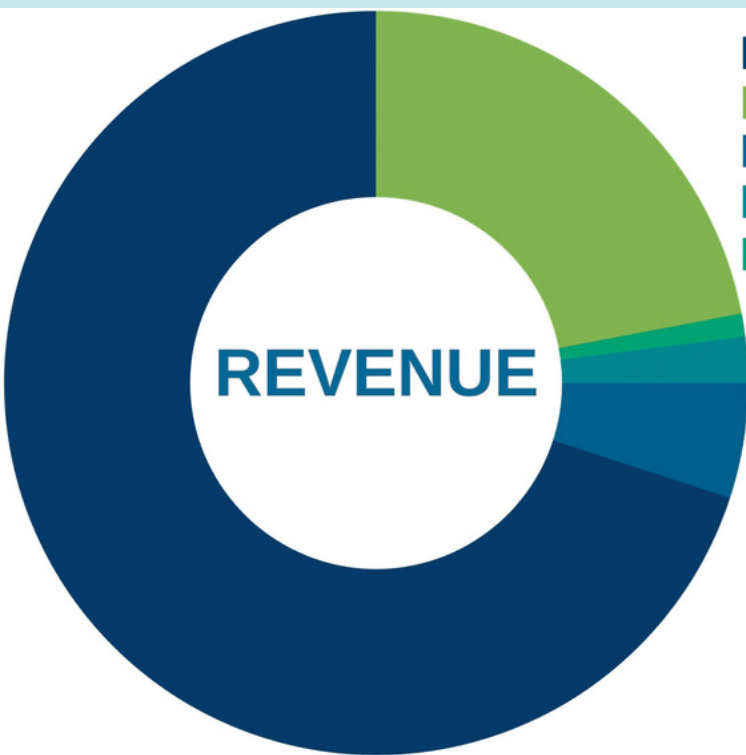
Divya Agarwal ~ Karin Alvarado ~ Zonia Banegas ~ Janet Beaty & Jack Long ~ Katy Brown ~ Alexis Claypool ~ Kimberly Cohn ~ Shane Ford ~ Dale Marie Golden ~ Highland Partners ~ Lyman Hollins ~ Molly Lorenz ~ Phyllis & Scott Lorenz\* ~ Mark Ludwig & Susan Ann Campodonico ~ Catharine & Everett Moran ~ Paula Jean Moore Snyder\* ~ Susan O'Brien ~ Shimmy Mob ~ Zelda Phillips w John & Mary Reaugh ~ Courtney Ruby ~ Kristi Schujter-Mance ~ Lan Shaw ~ Barbra Silver & Audrey Rosenberg ~ The Sung Chen Family

\*Donations received via donor's Facebook Fundraiser

\*Parenting Stress Helpline Volunteer

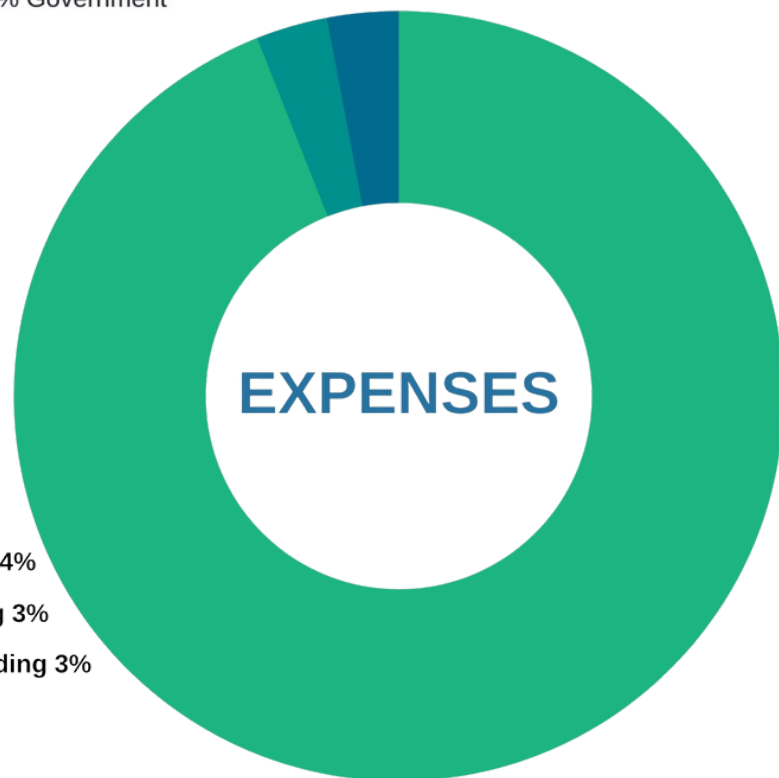


# 2020-2021 OVERVIEW



- Programs 70%\*
- Fundraising 22%
- Charitable Remainder Trust 5%
- Contributed Services 2%
- Admin/Building 1%

\*68% Government



- Programs 94%
- Fundraising 3%
- Admin/Building 3%

## REVENUE & SUPPORT

Contracts	\$ 3,551,655
Programs	\$ 71,920
Grants	\$ 1,080,600
Donations & Fundraising	\$ 48,847
In-Kind Services	\$ 125,373
Building	\$ 38,475
Charitable Remainder Trust	\$ 286,432
<b>TOTAL REVENUE</b>	<b>\$ 5,203,302</b>

## EXPENSES

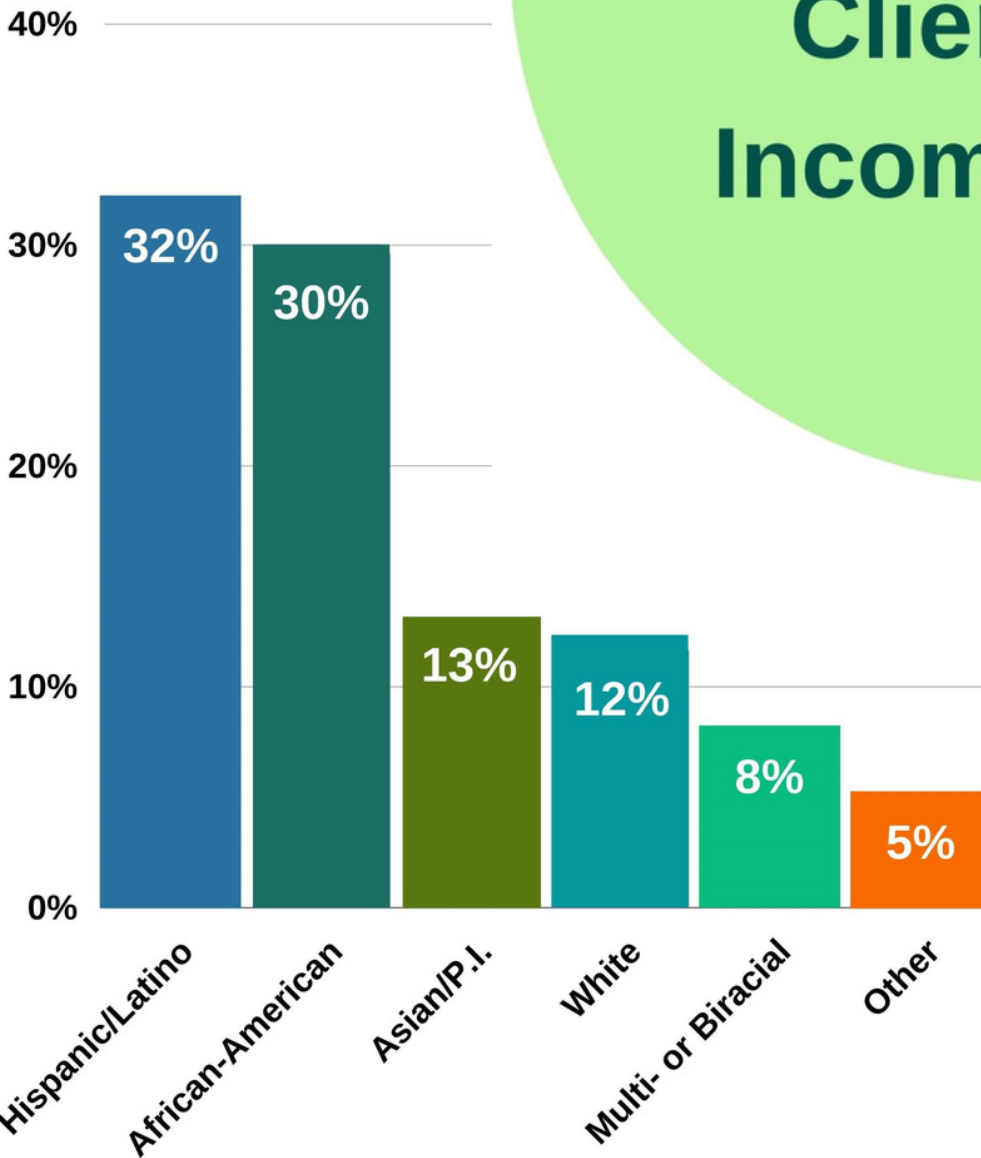
Salaries & Benefits	\$ 3,454,686
Operating Expenses	\$ 1,047,296
Building Operations	\$ 129,036
<b>TOTAL ORDINARY EXPENSES</b>	<b>\$ 4,631,018</b>
Change in Net Assets	\$ 572,284
Beginning of Year Net Assets	\$ 2,944,056
End of Year Net Assets	\$ 3,516,341



# WHO WE SERVE



- Extremely Low 78%
- Very Low 10%
- Low 6.5%
- Median .7%
- Moderate .7%
- Above Moderate 1.5%
- Unknown 2.6%



According to HUD table of income units



OAKLAND 41%

HAYWARD 15%

TRI-CITY 9%

SAN LEANDRO 6%

OTHER ALAMEDA COUNTY 17%

OUTSIDE ALAMEDA COUNTY 12%

FEMALES 67%

MALES 30%

NONBINARY 2%

TRANSGENDER .22%

GENDER NON-CONFORMING .22%

.66% Other/Unknown



CLIENTS AGE 0-7 10%

CLIENTS AGE 8-21 26%

CLIENTS AGE 22+ 64%

### CLIENTS BY PROGRAM

Families in Transition/  
Early Childhood  
Mental Health 114

Treatment, Intervention  
& Prevention Services 98

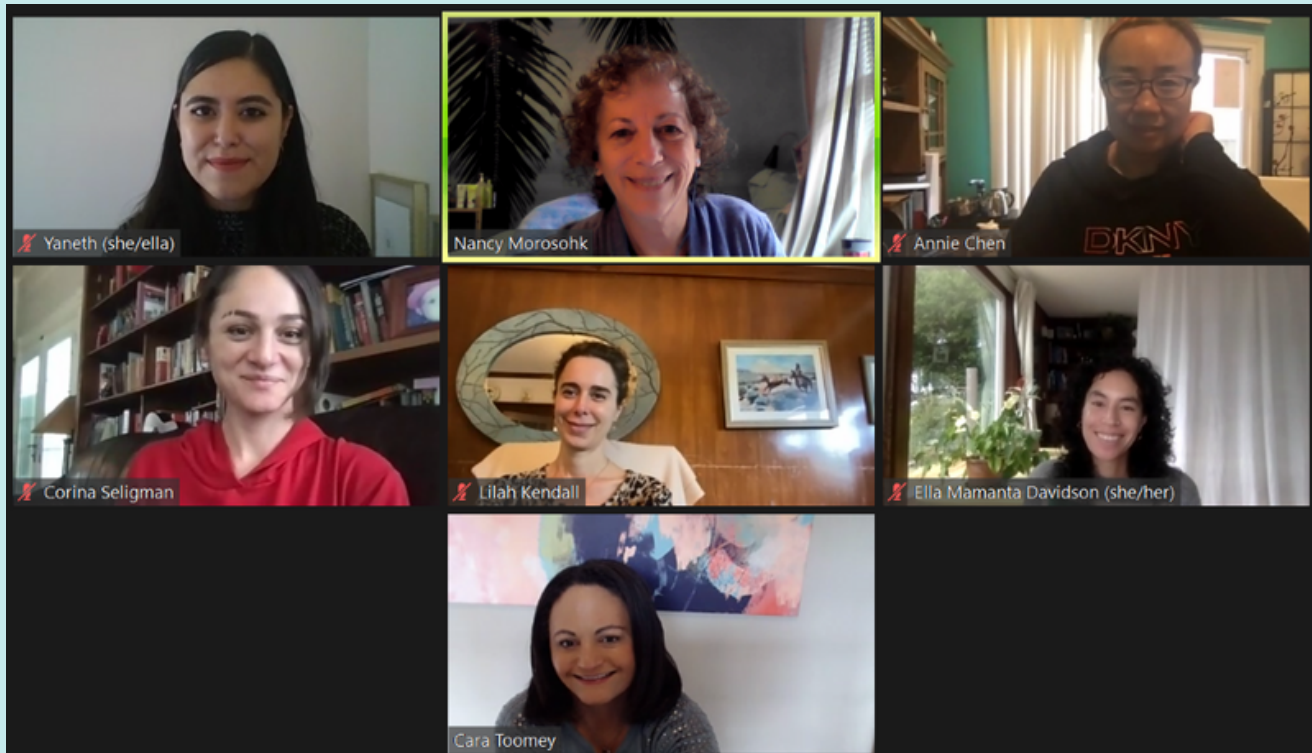
Parent Education 198

Head Start 44

CalWORKs 52



# A CLINICIAN'S CAREER PATH

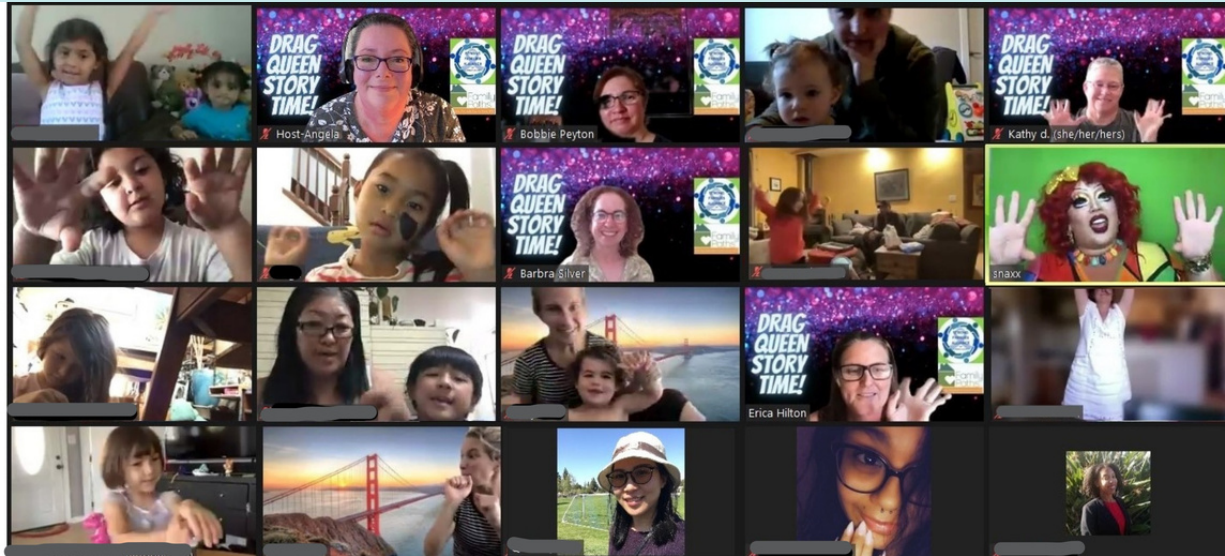


Nancy Morosohk, Manager of our Treatment, Intervention and Prevention Services (TIPS) program (pictured top row center), reflects on her 20 years at Family Paths and the many interns she has worked with: "Building this program has been a labor of love and I am so proud to have been a part of it. Over those years, 90 interns have been on their professional journey with us, some staying on just for the required year but many staying on for an additional year or two. With a goal of increasing a well-trained diverse work force, one third of those interns are people of color. Of these 90 interns, 20 were hired by Family Paths as clinicians, some have continued on as clinical supervisors, program managers and one is even our current Board President! Many others have stayed on as donors and friends to Family Paths. They have taken their own career paths, but their connection to their years training with us remains strong. It is my hope that one day we can have a reunion of former Family Paths interns. What an amazing gathering that would be!"

**Were you an intern at Family Paths? We would love to reconnect!  
Email [info@familypaths.org](mailto:info@familypaths.org).**

Pictured with Nancy are our 2020–2021 Clinical Interns: Yaneth Ulloa Tantiyavarong, "Annie" Donghui Chen, Corina Seligman, Lilah Kendall, Ella Mamanta Davidson and Cara Toomey.

# CONNECTING THE COMMUNITY



This year we offered two virtual Family Story Time events as lead agency of Strong Families Alliance of Alameda County. For Child Abuse Prevention Month in April, two local authors read their books to an enthusiastic audience on Zoom. Nancy Johnson James wrote and read *Brown: The Many Shades of Love*, and Dr. Khalid White read in English and Spanish from his book *Hermanita/Little Sister*. In September, we hosted local drag queen Snaxx, who joyfully lead the audience in songs and dance, and read 6 books about gender inclusivity, loving oneself and LGBTQ families. Lucky prize winners received Family Paths tote bags filled with signed books, additional new books by Oakland Public Library, activities, art supplies, healthy snacks and more. Both events were a great success and we look forward to hosting more in 2022. Follow us on Facebook, Instagram, Twitter and LinkedIn for event announcements.

Our virtual yoga classes were a hit in 2021! Other than the benefits of yoga as an exercise, the practice also helps manage stress. As a reaction to the pandemic and families still dealing with schooling from home, Family Paths offered 2 weekly virtual yoga services to 2 different Oakland Head Start centers between March and June. Misty Waters, a former Mental Health Consultant and one of our family yoga teachers, provided evening and morning classes. About 30 Head Start staff met a total of 10 times during the evening, and 7 families with their children participated from home during the morning class. We had such enthusiasm for the virtual yoga classes that Family Paths plans to continue the service in 2022!





# OUR 50-YEAR JOURNEY

WE TURN 50 NEXT YEAR! As many of you know, Family Paths was founded in 1972 by a single mother who found herself struggling and feeling isolated. When she started harming her toddler, she phoned a friend who listened without judgment until she felt heard and able to regulate herself. She knew that there had to be other parents out there with fewer resources who could use support at all hours - day or night - someone to walk with them on their parenting journey. She started Parental Stress Service, a volunteer-run 24-hour hotline, which has grown over the past 50 years into Family Paths, a multi-pronged mental health and family support agency.



We partnered with Alameda High School's Multimedia Design program and worked with a student designer named Giselle Morris to create a new logo (above) to commemorate our 50th anniversary. Alameda High art teacher, Andrea Szeto, helps her second-year multi-media art students find local companies to work with on design projects. We were so happy to be chosen and had a wonderful experience working with Giselle, helping her hone her skills, and supporting her path to a career in design.



I chose Family Paths to work with on this project because not only was this a great opportunity to learn, I was impressed by the work that Family Paths does. I think that it is an amazing organization and I wanted to contribute through a design to express their service and goals to people looking for support.

~ Giselle, 12th grade

# HOW TO SUPPORT OUR WORK

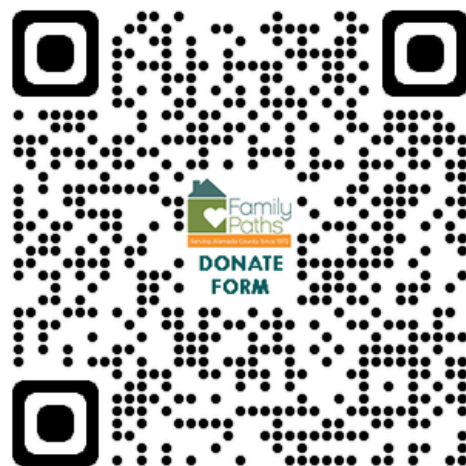


Shopping for the holidays? Name Family Paths as a beneficiary on **AMAZON SMILE** & **GIVING ASSISTANT** and a percentage of your purchases comes directly to us.



Have a car to donate?  
**DONATE FOR CHARITY**  
makes it easy!

Start a Facebook Fundraiser  
for Family Paths and we  
receive 100% of the donations!



#GivingTuesday is Nov 30! Use this code or **THIS LINK** & have your donation matched!