

Summer 2019

CONNECTIONS

“ I am learning how to manage when I am overwhelmed. And believing that I am capable of doing certain things I did not know I was able to do. ”

– Karina

Jobs Plus Helps Karina Reach for Her Goals

With the help of Caminar Jobs Plus, Karina has found gainful employment, self-esteem, and confidence to continue her education and fulfill her dreams.

Before Caminar, Karina—a 19-year-old student at the College of San Mateo—was very shy and struggled with independence. Going out by herself caused anxiety. Yet, she desired to move forward with her life.

When Karina began thinking about how to navigate entering the workforce, she learned about Jobs Plus, our accredited supported employment program.

Karina worked with her job coach to determine the type of work she'd like to

do. She realized that working in a small, family-owned retail environment would suit her well. With the guidance and encouragement of her coach, Karina learned and practiced skills for interviewing and working in retail. She began to believe in herself.

Today, Karina works at Reach & Teach, an independent book, toy, and fair trade store on 25th Avenue in San Mateo, where she has been for almost a year. Reach & Teach Co-Founders, Derrick Kikuchi and Craig Wiesner, are grateful to have Karina working with them. They describe Karina as “wonderfully dependable,” thorough, and thoughtful; she has become an integral part of their small team.



Craig Wiesner, Karina, and Derrick Kikuchi in front of Reach & Teach in San Mateo.

Your investment in Caminar’s mission helps Karina and so many others. Your donation provides life-changing services to individuals and families as they move toward resilience, wellness, and independence.

Donate online at
www.caminar.org/donate

Or, contact our Development Department at development@caminar.org or 650.513.1509 to learn more, schedule a tour, or get involved.

Karina’s position at Reach & Teach has taught her to manage her time, work with different people, and socialize with greater confidence. She also has strengthened positive coping skills.

Continuing to work at Reach & Teach and earning a degree in psychology are Karina’s goals. She is grateful to her Jobs Plus team for helping her to achieve something she was previously so afraid to do. And, we are all delighted to see Karina thriving in work, school, and life.

Special thanks to the corporations and foundations that support Jobs Plus through their philanthropy. Our fiscal year 2018-2019 funding partners include the Genentech Foundation, the Safeway Foundation, and the Wells Fargo Foundation. Thank you for empowering people to overcome barriers to employment and thrive as employees and coworkers.

We offer Jobs Plus in San Mateo, San Francisco, Santa Clara, Solano, and Butte counties. For information, please call 650.372.4080.



Mark Cloutier, Caminar CEO, with featured speaker David Sheff at the Circle of Support Luncheon

An Update from Our CEO

Dear friends,

I am almost five months into my time at Caminar, and I find myself so inspired by our work, our clients, and the generous commitment you—our friends and supporters—make in advancing our mission.

Thank you for welcoming me. And, **thank you for partnering with us** as we meet our clients

in their most vulnerable times and support them to move toward greater resilience, wellness, and independence.

In April, we welcomed a full house of friends at our **16th Annual Circle of Support Luncheon**. I would like to extend our gratitude to our dedicated event committee members, generous underwriters, and table hosts, and to all who joined us for this special day.

We were honored to welcome David Sheff, bestselling author and advocate, as the luncheon's featured speaker. David's heartbreaking and inspiring story captivated us. And we have heard from guests that his candid and empathetic advice for families on the same path was deeply appreciated.

We also were moved by remarks from Marian Chapin, a local mother of a son who copes with co-occurring mental health and substance abuse issues. Marian described the drama of their ongoing journey and the support she and her son have found since becoming part of the Caminar family five years ago. **This is the transformative work and level of support that our donors make possible.**

I spoke to our society's epidemic wave of behavioral health disorders among adolescents. **Addressing this epidemic is at the heart of our strategic planning.** We know that intervening early in the lives of our children before they develop severe addiction and mental health symptoms is essential. Here in the Bay Area, where we have a deep commitment to philanthropy, world-class research institutions, a drive for innovation, and renowned experts, we have the best chance to make a difference. **Now is the time to commit to better prevention efforts, improved access to treatment, and bold solutions to clear danger from children's horizons.**

Thank you for your compassion and generosity. It is **because of you that our most vulnerable neighbors have comprehensive support on the path to improved health and well-being.**

We are always delighted to hear from you with any questions about Caminar or ways to get more involved. Please reach out to me or our Development Department at 650.513.1509 or development@caminar.org.

With appreciation,

Mark Cloutier, MPP, MPH
Chief Executive Officer

An Epidemic Wave of Adolescent Behavioral Health Disorders



1 in 8

California teens reported a major depressive episode in 2014–2015, up from 1 in 11 in 2011–2012.



2/3

of these teens

did not

receive treatment.¹



1 in 9

California high school girls attempted suicide in 2015.¹



3 in 4 teens

in the juvenile justice system have been the victim of traumatic events.²

¹ California Health Care Foundation
² National Child Traumatic Stress Network

Circle of Support Luncheon Spotlight

A sold-out audience joined us for our 16th Annual Circle of Support Luncheon, held at the beautiful Sharon Heights Golf & Country Club on April 26. Together, we explored a family's journey with addiction and heard from experts in the field and from the front lines.

We celebrate and acknowledge the leadership of our presenting sponsors, **Carole Middleton** and **El Camino Hospital**; event chair, **Rod Sockolov**; event committee members; and all of our underwriters and table hosts.

Representatives from our family counseling and addiction recovery programs also were on hand to speak with guests about the challenges clients face and how our evidence-based programs build on clients' strengths and empower their journeys toward wellness and resilience.

The innovative **Supportive Transitional Empowerment Program (STEP)**, for example, brings relapse counseling and support to clients inside Santa Clara County's jails. Upon release, our counselors and peer mentors work in partnership with clients to bridge access to appropriate substance use services, health care, housing options, employment, and family reunification services.

A client recently said, "**STEP welcomed me with open arms and genuinely showed that they care about me and my sobriety.**"

Thank you.



- 1 Marian Chapin; Mark Cloutier, Caminar CEO; Lisa Conover, Caminar Board Member and Event Committee Member; and Rod Sockolov, Caminar Board Member and Event Chair
- 2 Carole Middleton, Caminar Board Member, and Garnet Batinovich
- 3 Rosel Barowsky, long-time Circle of Support supporter, with family friend and featured speaker, David Sheff
- 4 Members of Valle Monte League: Linda Conover, Aimee Walsh, Corinne Raffanti, Brenda Chizanskos, and Dr. Diane Strachowski
- 5 Terri Bullock, Shel Milligan, and Lynn Wendell
- 6 Jo-Ann and Rod Sockolov

Photo credit: Michael Collopy

Please save the date

9th Annual In Concert with Caminar

Featuring singer, songwriter,
producer, and actress

Sheléa



With a voice that stirs the soul and hands that effortlessly glide over the keys, Sheléa represents a return to true artistry that has garnered much attention and adoration from legends throughout the music industry. Her sultry sound is an exciting oasis in an age of autotune. Blending traditional pop, jazz, R&B and soul, Sheléa brings a contemporary edge to classics and a classic touch to contemporary pop standards.

Saturday, October 19, 2019

SFJAZZ Center, San Francisco

For more information, please visit
www.caminar.org/events

For underwriting opportunities,
please contact us at
development@caminar.org
or 650.513.1509.

“Caminar is the first program where my son won’t ‘age out,’ which is especially important because he will struggle with his mental health and addiction challenges all of his life.”

– Marian Chapin, mother of a Caminar client



Together, we are supporting and empowering individuals and families to move toward resilience, wellness, and independence.

Our divisions



Family & Children Services
of Silicon Valley



www.caminar.org