



Jim reflects that he “**came to Project Ninety as a guy without much hope and no sense of purpose; Project Ninety filled those voids.**”

Jim’s hope started refilling immediately upon connecting with Project Ninety, a division of Caminar. This is what he seeks to offer each person who finds their way to Project Ninety’s treatment programs.

Your donation provides life-changing services to individuals and families as they move toward resilience, wellness, and recovery.

Thank You!

**Donate online at
www.caminar.org/donate**

Or, contact our Development Department
at development@caminar.org
or 650.513.1509.

From Resistance to Hope and Wellness

Meet Jim Buckner, Executive Director of the Project Ninety division of Caminar.

Today, Jim sits in his office with an extensive and very personal understanding of the programs offered, the success possible, and the lives changed by Project Ninety. Eighteen years ago, he was newly released from jail, scared, and court-mandated to seek addiction treatment from Project Ninety.

Jim’s growing up was tumultuous. He attended 17 schools from kindergarten to high school. His mom and stepdad divorced when he was 12, adding to the instability. Jim’s biological father, an unapologetic drinker and drug user, reentered Jim’s life in high school. His dad gave him easy access to alcohol and drugs, and partying became their way of spending time together. Jim was on a dangerous path, especially after receiving a DUI at age 19.

At 21, Jim had a good job and was trying to do his best by his wife and his young daughter. But to keep up with the increasing demands on his life, he turned to methamphetamines.

For seven years, his addiction grew. He began to think less of himself, which caused him to spiral more. Homeless, divorced, disconnected from those dearest to him, and beset by legal issues, Jim’s addiction was destroying him. But when a judge ordered he seek treatment, he was resistant and angry; **he felt his addiction wasn’t hurting anyone but himself.**

In December 2000, a counselor from Project Ninety picked Jim up from jail and brought him to the program to start the intake process. **He was terrified, but willing to try.**

Finally, he found groups that went beyond the jargon of recovery to the realities of daily life. Simple things, such as if you hurt someone, you apologize. This approach resonated with Jim. As did seeing people celebrate hours, days, and years of recovery. **He began to believe that he could change, too.**

After 45 days in the program, **Jim was determined to stay in recovery, complete probation, and keep connected with Project Ninety beyond treatment.** He became a volunteer and quickly proved an asset to the organization. Jim was hired as an employee and rose through the ranks, eventually becoming chief operating officer in 2017 and executive director in June of 2018.

continued on page 2



An Update from Our CEO

Dear friends,

As we head into fall, a season of change, I am happy to share with you exciting news of progress and change here at Caminar.

This month, together with members of our Board, our executive team, and an outside expert, we are launching a thorough strategic planning process. Through this initiative, we will

conduct an assessment of the need for comprehensive mental health, substance use, job training, and supportive services in our community and chart a path forward. As you likely are aware, the Bay Area and communities nationwide are seeing a growing epidemic of substance use and mental health disorders among young adults. I imagine us responding to this pressing need by focusing on root causes, understanding the contributing factors, and intervening early to reduce suffering and prevent more serious problems in adulthood. I look forward to updating you as this planning unfolds and as we develop additional capability and services to further establish Caminar as a leader in improving the mental health and well-being of our community.

Meanwhile, our dedicated team of professionals offers life-changing mental health care and support that is driven by both compassion and science. Through the understanding of root causes, and the generosity of donors like you, Caminar transforms the lives of 20,000 youth and adults each year with prevention, treatment, and recovery services.

I'm delighted to highlight just a few recent ways you are helping us make a difference in the lives of the most vulnerable members of our community:

- Adults experiencing a mental health crisis have a new alternative to hospitalization. We opened Santa Clara County's first overnight respite home. Run by trained peers with lived experience of mental health challenges, Blackbird House seeks to prevent unnecessary hospitalizations by helping clients stabilize and regain wellness.
- People with serious mental health conditions in Butte County soon will be moving into our brand-new permanent supportive housing complex. This complex is helping to meet the great need for safe, affordable housing.
- In Solano County, we are working to ensure the most vulnerable individuals and families access housing resources and collecting essential data to inform regional planning about the homelessness crisis.
- Our Expressive Arts Program in San Mateo County continues to offer our clients a valuable and creative outlet for their emotions. Please read more on the next page.

I hope to see you at our 9th Annual In Concert with Caminar gala on Saturday, October 19. Under the leadership of co-chairs Linda Leao and Carole Middleton, we are planning a fabulous evening of live music at SFJAZZ with delectable food catered by Taste. Please join us! Tickets and more information are available at www.caminar.org/events.

Thank you for your ongoing support. Should you have any questions about the work you help make possible, we look forward to hearing from you.

With heartfelt gratitude,

Mark Cloutier, MPP, MPH
Chief Executive Officer



In Memoriam

This summer, a treasured member of our Caminar family passed away. Barbara Ellis Jones, who was a dedicated member of our Board of Directors and Circle of Support Committee, cared deeply about ensuring people who were underserved had access to quality behavioral health care, educational opportunities, and help to heal from gender-based violence. Caminar, our Family & Children Services of Silicon Valley division, and the community at large are the better for Barbara's brilliance and generosity. She is missed greatly.

We extend our heartfelt thanks to all the friends and family who honored Barbara's legacy with a donation.

From Resistance to Hope

continued from page 1

Jim credits his wife, Colleen, as a tremendous part of his success. **Jim's commitment to recovery, combined with Colleen's support and his commitment to—and love for—her, motivates him to continue his success story and make success possible for others.**

Expressing Emotions Words Cannot Capture

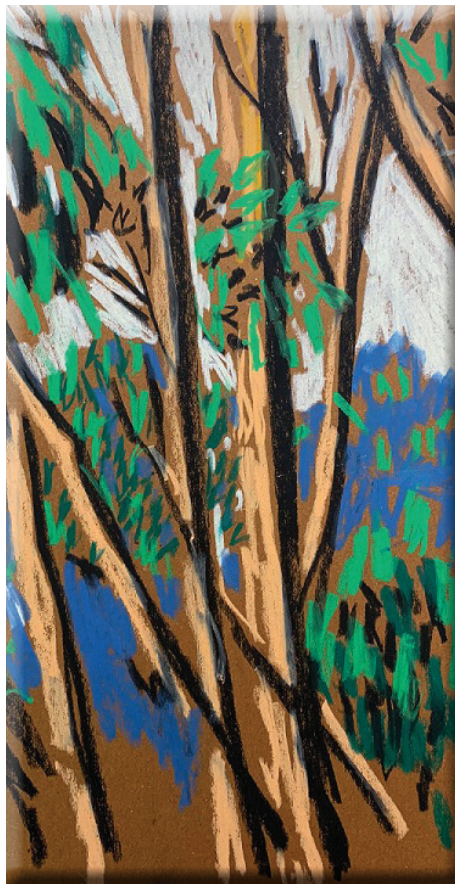
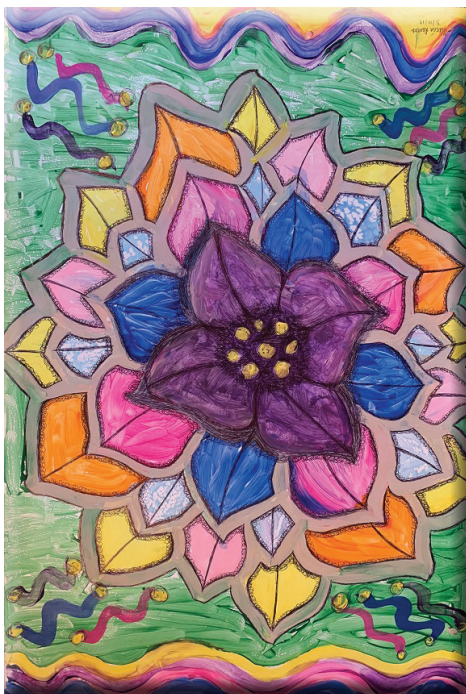
Over the last year, Caminar's Expressive Arts Program has reached more than 100 San Mateo County residents in recovery from serious mental health conditions.

The program began in earnest five years ago, under the guidance of teaching artist and world-renowned photographer Michael Collopy. Today, clients explore photography, drawing, painting, music, and more forms of creative expression. Along with Michael Collopy, musician Maikel Garcia is an integral part of our program. Maikel promotes emotional, mental, and social well-being through music.

Our Expressive Arts participants tell us that learning and practicing art helps them to feel less anxious and to feel calmer and more hopeful. Through the creative process and the resulting artwork, participants express emotions that words cannot fully capture—or are too painful to utter aloud.

Please enjoy some of the recent art created by our participants, which is made possible by the generosity of donors like you.

Special thanks to Mills-Peninsula Medical Center for supporting this program and to our clients for sharing their artwork.



9th Annual

In Concert with Caminar

Join us for an evening of fabulous live music at SFJAZZ with delectable food catered by Taste.

Saturday, October 19, 2019

5:30 - 9:30 pm

SFJAZZ Center
San Francisco

Information and tickets:
www.caminar.org/events
650.513.1509

Featuring

singer, songwriter, and protégé
of the legendary Quincy Jones



SHELÉA

Event proceeds benefit Caminar's life-changing mental health care, which is driven by compassion and science. Through our understanding of root causes and the generosity of our donors, we transform the lives of 20,000 youth and adults in the Bay Area each year with prevention, treatment, and recovery services.

“Caminar saved me. I came out of the haze at last.”

– A grateful client who came to Caminar with a debilitating mental health condition



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

If you wish to be removed from our mailing list, please email us at development@caminar.org or call us at 650.513.1509.