CHAC’s Board Chair
Dear CHAC Friends and Supporters,

I am so fortunate to be associated with an organization that makes such a positive impact on our community. Although we all benefit from everyone having access to mental health services, CHAC’s successes can be attributed to its caring and amazing staff and clinicians that facilitate the counseling and prevention programs in our schools and cities. It is rewarding to hear about CHAC’s clients as they become productive and healthy members of our society.

I am looking forward to continuing our support of CHAC’s mission in our community. The CHAC Board of Directors will be updating our strategic plan this year to ensure that we are 21st century thought leaders along with verifying that our programs are effective and financially sound.

Warm Regards,

Sandy Bergan
Chair, Board of Directors 2015-2016
Our Partnership

CHAC began as a grass roots movement in 1973 by parents and community leaders to address the growing problem of adolescent substance abuse and the cities and schools. Through a Joint Power Agreement, CHAC continues to meet the growing needs of the cities and school districts. We are proud to be an extension of, and partners with, the communities of Mountain View, Los Altos, Los Altos Hills and the school districts of Los Altos, Mountain View-Whisman and Mountain View-Los Altos High School.

Our Mission

CHAC exists to provide alternatives to self-destructive behavior and to help create healthy lives for the children and families of Mountain View, Los Altos, Los Altos Hills, Sunnyvale, and surrounding communities.

Our Philosophy

We believe in the value of each individual, the importance of family and the necessity of community.
Our Core Values

- Empathy
- Healthy Families
- Healthy Lifestyles
- Availability of Services
- Diversity
- Collaboration
- Professionalism
- Fiscal Responsibility
Well Within is an intensive outpatient program for teens, young adults and their families affected by substance use and abuse. Using established therapeutic approaches clients discover healthy alternatives to drug and alcohol use, positively impacting their family and community as well as their own lives.

Family Resource Center

CHAC Family Resource Centers strengthen families through purposeful education and broad awareness of community resources. With the support of First 5 Santa Clara, CHAC programs stress competent parenting and leadership, parent-child interaction, early learning fundamentals, positive parenting practices and father involvement.
CHAC’s Latinx Program offers culturally competent services that address the social and emotional needs of the Latinx community. The program provides comprehensive psychotherapeutic services to children, youth, adults and families as well as leadership training, support groups, educational classes and assessments.

**Latinx**

CDS provides individual and/or family counseling for early juvenile offenders in North County who have misdemeanor citations and qualify for diversion services defined by Juvenile Probation. CDS served 80 clients in 2015-16.

**CDS**

“At the FRCs, we bring families out of isolation. It’s the sense of community building that we have built that helps parents and youth know about CHAC clinical services and other resources so they may connect in and out of centers.”

~ Maddie Pasqua, Program Manager, FRC
I learned that what is happening at home is not my fault.

From a 3rd grader response when asked what she learned in her group today.

~3rd grader, MVWSD

Tween Talk Elementary for 5th grade is an engaging and collaborative group program that creates activities that help to manage emotions in healthy ways, demonstrate effective problem solving skills, develop greater self-awareness, increase empathy skills and provide students with the support to practice valuable social skills.

Tween Talk Middle provides a crucial platform for the transition from elementary to middle school and provides a safe space and time to externalize anxieties about going to middle school, to normalize the fear of change and to dispel myths about middle school.

All school-based programs are provided by trained CHAC clinicians at no cost to the student or their families.

Group Psycho-Education Programs

Just for Kids groups build self-awareness, self-confidence, empathy, and teaches healthy coping skills to 3rd graders. Students engage in interactive activities to practice social emotional skills.

In 2015-2016

Students in 4 school districts
34 schools in Mountain View, Los Altos, Los Altos Hills and Sunnyvale
3,090 students in School-based Programs
1,200 students in group programs
(Just for Kids and Tween Talk)

served:
Changing Lives

Prevention Plus is CHAC's school-based on site counseling services which address social, emotional and mental health issues affecting students' well-being. Family counseling, staff consultation and training services enhance student support and success in the classroom. In times of crisis, CHAC clinicians are poised to support school personnel in responding to local, site based or family crises.

Village Wellness is a site-based program that offers individual and group services to students on campus who benefit from counseling for social skills, behavior issues, conflict resolution, anger management, adjustment issues, grief and loss, trauma and anxiety.

"My daughter is a student at Mountain View High School and has benefited from the support of amazing CHAC counselors there for the last two years. I am so thankful that CHAC provides this such needed service and I'm very happy to support it."

~ Mother, MVHS Student
CHAC has advanced the training of hundreds of clinicians in our 44 year history. CHAC is proud to receive accreditation from the American Psychological Association (APA) for our acclaimed and highly respected training program for mental health clinicians.
CHAC’s impressively qualified postgraduate therapists offer a range of skills, talents and experience. Our 74 talented clinicians provide counseling in our schools and in our offices. Here’s a snapshot of who we are:

- 56 individuals are in training for Masters in Family Therapy (MFT), a 3-year graduate program, which requires 3000 hours face-to-face counseling and training
- 18 clinicians are in a 5-6 year Ph.D., PsyD. program
- 100% of CHAC Ph.D. clinicians are in the later part of their program
- 23% of our clinicians have at least one additional advanced graduate degree, including MPH, MFA, J.D. (Law), M.D. (Medical), Journalism and Computer Science advanced degrees
- 10 years is what most CHAC clinicians have in prior experience in another field, including: counseling, education, project management, law (attorneys), real estate, design, research and the armed forces
- 23% of CHAC clinicians are published in their field of expertise
- 66% of our CHAC therapists receive their education from Santa Clara University, the PGSP-Stanford Psy.D. Consortium or Palo Alto University’s MFT program
- 39 years is the average age of CHAC clinicians

CHAC post-graduate therapists are clinically supervised by our staff of 14 licensed MFT’s and Ph.D.’s who present a wide range of clinical expertise and therapeutic styles.
CHAC Revenues & Expenses

July 1, 2015 - June 30, 2016

Support FY 2015/2016 - $3,071,423

Expenditure FY 2015/2016 - $3,075,094
CHAC is deeply grateful to the many individuals, civic and faith organizations, hospital and community foundations, city and local governments, school districts and corporations who supported our mission in 2015-2016. CHAC values each and every contribution and we work hard to assure that every dollar is put to the best possible use.

CHAC appreciates and treasures ALL our donors; we regret that due to space limitations we are not able to acknowledge gifts less than $150 at this time.

$100,000 or more

El Camino Healthcare District

$20,000-100,000

Organizations

Kaiser Permanente
Leo M. Shortino Family Foundation
Leslie Family Foundation
Palo Alto Medical Foundation
Sobrato Family Foundation
The Yellow Chair Foundation

Individuals

Jean and Lucian Taylor
$10,000-19,999
Organizations
Los Altos Town Crier Holiday Fund
Mountain View Voice Holiday Fund
The Daniel Rosenblatt Foundation
Ross Stores Foundation

Individuals
Ruth Sherer

$5000-9999
Organizations
Dudley-Vehmeyer-Brown Memorial Foundation
Foothills Congregational Church UCC
Highfield Foundation
Kiwanis Club of Los Altos
Kiwanis Club of Mountain View
Los Altos Community Foundation
Los Altos Rotary Endowment Fund
Sidney Stern Memorial Trust

Individuals
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Gay and Bill Krause
Dan Tellep

$1000-2499
Organizations
California Water Service Company
Christ Episcopal Church of Los Altos
Danish Furniture Center

Individuals
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Anonymous
Bruce Barsi and Suzanne DeLaCruz
David and Anne Bernstein
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Kevin Dolan and Monica Pereira
William and Virginia Dolan
Phil and Sheila Faillace
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Dotty and Terry Hayes
Bill Heinz and Monique Kane
Vagn and Hilda Jensen
Donna and William Krepick
Peter and Sue LaTourrette
Joan MacDonald
Julie McKellar

$2500-4999
Organizations
Michael and Ina Korek Foundation Trust
Mountain View Rotary Club

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Rory and Dan Kaplan
Jeffrey Mayer and Elizabeth Tacy Witter
Terri Rose
George and Leanne Stanley
Marie and Cary Young

$500-999
Organizations
Covenant Presbyterian Church
Quota International of Mountain View/Los Altos

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Christopher Dolan
Judy Hannemann
Roy and Janet Hayter
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Venkatram Kuditipudi and Padma Rao
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Leonard Radzilowski
Mary and Tom Rees
Carol and Keating Rhoads
Susan and Bryan Sweeley
George and Stephanie Tyson
Sankar and Mita Venkatraman
$150-499

Organizations
BarbHunt Solutions
Italian Catholic Federation Branch #186

Individuals
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Brandy Vanderheiden
Joel and Roberta Varney
Frank and Marian Verlot
Josette Villasenor
Dianne and David Willwerth

Joint Powers Agreement Partners
City of Los Altos
Town of Los Altos Hills
City of Mountain View
Los Altos Elementary School District
Mountain View - Los Altos Union High School District
Mountain View - Whisman Elementary School District

In Kind Support
Mayra Alcantar
Bruce Barsi
Barbara Hunt
BookBuyers
Costco
Fred and Cathy Crook
De Martini Orchard
Juventino Garnica
Hobee’s Restaurants
Danielle and Bill James
Kaiser Permanente
Joan MacDonald
Milk Pail Market
Peet’s Coffee
Safeway - California Street
Safeway - Miramonte Avenue
Safeway - San Antonio Avenue
Safeway - Shoreline
Sprouts
Stuart Rental Company
Mary and Larry White
Elizabeth Wilson
Ed Wong

Other Partnering Agencies
City of Sunnyvale
Sunnyvale School District

CHAC has made every effort possible to assure that this list is complete and accurate. If there is any error, please accept our sincere apologies.
CHAC

Annual Report

2015 - 2016

www.chacmv.org

All art work courtesy of CHAC interns