An Update from Our Executive Director
Fall 2019

Since 1973, our communities, school districts, foundations, corporations and individuals around and beyond the Silicon Valley have supported CHAC’s mission to provide a range of mental health services in our schools, clinic, and community locations. In 2018, thanks to your support, we helped more than 15,000 youth and families in need:

- 1 in 6 students enrolled in Mountain View, Los Altos, Los Altos Hills and Sunnyvale school districts received individual or small group counseling services and are able to participate in preventive social-emotional learning programs.
- 10,000 families participated in CHAC Family Resource Center programs; and
- 780 clients received individual or family counseling in our clinic.

It was an exciting year for CHAC as we began several major projects to improve our organizational capacity, building infrastructure and clinical training programs to meet an ever-increasing demand for access to mental health services. Among the highlights are:

- Our Board, leadership and staff commenced a strategic planning process that is expected to conclude in September 2019 with a 5-year agency roadmap to the future;
- We upgraded our IT capacity and selected a much needed Electronic Health Record system that will “go live” in time for the 2018-2019 school year; and
- With the help of many of you, we launched our first annual “Changing Lives Together” breakfast to showcase CHAC and its impact on the community.

That said, our communities individuals, children and families have experienced increasing pressure and stress over the past year. Our clients struggle with depression, anxiety, physical symptoms, academic resistance, grief and loss, anger, self-harming behaviors, suicidal ideation, and family system issues such as divorce, parent illness, and problems with managing screen time. Families are strained by housing, food and/or immigration insecurity, substance abuse issues, grief or domestic violence among others. Those struggling with behavioral or emotional issues need our compassion, access to treatment and resources for support.

CHAC is striving to prepare its clinicians to address these pressing, complex needs in culturally sensitive ways with attention to both culture and language diversity. As you will see in this report, our future is deeply entwined with that of the communities we serve and in helping our clients achieve resilience for themselves and their families.

I look forward to sharing our progress with you and would welcome the opportunity to speak with you at any time.

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