Board of Directors

December 2020
Board of Directors

Kathy Bello Shepherd, President
Sally Levy Albert, Vice President
Nicholas Fram, Treasurer
Jasmine Toy, Secretary
Sally Coghlans McDonald, Transition

Maria Jose (Coté) Auil
Jessica Berthold
Eileen Boussina
Katherine Chow
Rachelle Evans

Julia Griffiths
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Kathy Bello Shepherd  
Board President

Kathy joined the Board in December of 2016 as a way to give back to the special education community in a meaningful way.

Kathy has served in a variety of roles on the Board. She was chair of the Board Development Committee, Secretary and Vice President. She is currently serving as the President of the Board; she is an active member of the Transition, Inclusion and Belonging, and Governance Committees.

Prior to starting her private practice, she taught special education in public schools and witnessed first hand the need for the valuable support and resources provided by Support for Families. She is also a parent; her youngest daughter has a learning disability.

As a Board member, Kathy brings her knowledge and understanding of special education, her empathy and support for parents' important role in their child's education, and her ability to listen carefully, organize and connect people.

She enjoys the connection with the other amazing Board members and the fulfillment of volunteer work that is meaningful and important to families.

Residence: San Francisco, CA  
Occupation: Special Ed teacher  
Personal interests: Reading, sailing, puzzles, travel
Sally Levy Albert
Board Vice President

Sally joined the Board in July 2018 to give back to the community who helped her own family.

Sally is currently the Vice President on Governance and Chair of the Board Development Committee. As of 2021, Sally will be Secretary on the Governance Committee.

Sally’s young adult daughter is diagnosed with Autism, Cerebral Palsy and Seizure Disorder. SFCD was the first agency that provided help and support in the early years for her family (over 20 years ago) and still does today.

As a parent and as a professional, Sally brings her knowledge of the consumer’s need. Given her experience with school districts, regional centers, insurance companies, she has a perspective that contributes to the discussion. Her wisdom and organization helps her to fulfill her quest: to make things happen.

Sally’s favorite thing about being on the board is the camaraderie and relationships with the amazing board members. Putting items into action and seeing the results is a specific passion.
Nicholas Fram
Treasurer

Nick joined in 2018, drawn to the organization by its strong commitment to serve families of children with special needs who are facing some of life's hardest and most unexpected challenges.

He is an attorney and the committed parent of a son with developmental delays. He has served as secretary and is now treasurer at SFCD.

Nick enjoys serving the organization and its mission.

Residence: San Francisco, CA
Occupation: Attorney at Munger, Tolles & Olson, LLP
Jasmine Toy
Secretary

Jasmine joined the board in the fall of 2018, a few months after completing her undergraduate work. She is a sibling of a person with disabilities, and Support for Families has been an important fixture in her life since she was a child.

Jasmine serves as Board Secretary and Chair of the Inclusion & Belonging Committee. She is also part of the Transition, Governance, and Fundraising & Events Committees.

Having spent most of her life in San Francisco, Jasmine recognizes the power of representation and accountability at a leadership level. She sees board service as a way to advocate for multiple marginalized groups and build relationships with others in the disability community.

Jasmine has a background in design thinking, experience design, operations, and team building. She applies a lens of inclusion and belonging to the systems and policies impacted by the board, and is excited to identify new opportunities for the Support for Families team.

Residence: San Francisco, CA
Occupation: DesignOps, Salesforce
Personal interests: Photography, Fashion, Experience Design
Sally Coghlan McDonald
Transition

Sally served as a Board Member in the late 1990’s and as Board President from 2000-2002. She has been back on the Board since December 2019.

She is currently the Chair of the Transition Committee and serve on the Governance, Inclusion & Belonging and Fundraising & Events committees.

Support for Families supported her when her daughter Maggie was born in 1994 with multiple disabilities and complex medical issues.

Sally brings passion for the mission, institutional knowledge and history to the Board.

SFCD was her first foray into the nonprofit world and she has been active in that world for over 25 years. Coming back to where it all started feels like closing a circle.

Residence: San Francisco, CA
Occupation: Attorney
Personal interests: cooking, writing and travelling
Maria José (Coté) Auil

Coté joined the Board in 2020, inspired by the mission of Support for Families, having witnessed the challenges that this population faces in her own life.

Several members of her family have been affected by disabilities and neurological conditions. Coté’s experiences supporting her family sparked her interest in Neuroscience and healthcare research, and have led her to get involved in advocacy for disability rights in her home country, Chile, and in San Francisco where she currently resides.

She currently serves in SFCD’s Fundraising Committee and assists with creative tasks and outreach. She hopes to leverage her background and networks in healthcare, personal experiences, and motivation to push the organization forward.

She is grateful to be a part of this community and hopes to learn more from the veteran members of the Board.

Residence: San Francisco, CA
Occupation: Healthcare research & consulting
Personal interests: Dance, hiking, biking, music, travelling
Jessica Berthold

Jess joined the board in 2018, impressed by the mission and work of Support for Families. She wanted to both be a part of it and learn from it.

She has served on the Fundraising Committee and Transition Committee and often offers assistance with communications tasks.

She has a son with multiple disabilities and is passionate about using her background and experiences to advocate for acceptance and inclusion of people with disabilities as beneficial for everyone in our society.

She brings an understanding of internal and external communications; strong writing skills; and a particular understanding of the experience of families of children with autism. Through her job, she brings knowledge of and contacts in the nonprofit world, especially in the field of early childhood development.

She is proud to support the important work SFCD does and loves to spend time with her fellow board members.

Residence: Alameda, CA
Occupation: Communications Director, First 5 Association of California
Personal interests: Hiking, travelling, reading, politics
Eileen joined the Board in 2009 as a way to give back to the very same agency that served her and her family. In addition to serving on the board of SFCD, Eileen supports other families of children with disabilities as a parent mentor, helping them to navigate the complex world of special education. Eileen sits on multiple parent panels a year at UCSF Medical and Nursing schools, and at universities speaking to up-and-coming teachers and therapists.

Eileen has served as the chair of the Fundraising and Events committee, and is a longtime committee member of SFCD’s annual gala. Eileen’s husband, Nersi, was honored by SFCD with the 2017 Bill Lewandowski Award for his service to SFCD.

Eileen is also an active member of the Community Advisory Committee (CAC) for Special Education, whose purpose is to champion effective special education programs and services and advise the Board of Education on priorities in the Special Education Local Plan (SELPA).

Prior to having 3 children, 2 with special needs, Eileen practiced Entertainment and Civil litigation.

Eileen appreciates the birds eye view of all SFCD does, and enjoys the meaningful interactions she has with the Board, staff and families.

Residence: San Francisco, CA
Occupation: Attorney
Personal interests: Reading, Cooking and Floral Arranging
Katherine Chow

Katherine joined the Board in June 2019 and sits on the Fundraising Committee.

Her son, Grant, has Cerebral Palsy and a Feeding Tube amongst other developmental issues due to a hypoxic brain injury in an hospital accident. In her son’s first year, she leaned heavily on other parents who were further along with HIE. Katherine hopes she can return the favor and support other special needs families by serving on the Board.

She brings deep appreciation for those dedicating their lives to helping others and navigating the complexities of health care, having seen her mother as a social worker at San Francisco General, Alta Bates Oakland, and Laguna Honda for many years.

She is a team player that wants to give back to others. She is inspired by her Board members and learns a lot from them.

Residence: San Francisco, CA
Occupation: Director of R&D for Athleta/Gap
Personal interests: Cooking, Wine Country Trips, Hiking
Rachelle Evans

Rachelle joined in the summer of 2019, hoping to give back to the community. She is passionate about kids with disabilities and wanted to join the board to advocate for families in the community.

She currently serves in the BDC committee and Inclusion & Belonging Committee at SFCD.

Rachelle has served in the community as a social worker helping clients utilize resources such as Support For Families over the past years. She brings motivation to help families in the community who are in need of resources that the board provides and vast experience in education on children of color in the community with disabilities.

She enjoys working with people who all share the same passion for children and their families and collaborating with a team of people who thrive to serve this population.

Residence: Daly City, CA
Occupation: Medical social worker
Personal interests: Exercising, reading, cooking, and spending time with family.
Julia Griffiths

Julia joined the Board May 2019 because she wanted to be involved in the community and find ways to sustain and grown the positive impact Support for Families has for families. She strongly believes that balance and well-being for each family member benefits the entire family regardless of its circumstances.

She has served on the Finance, Transition and Inclusion & Belonging committees.

Her son has a neurologic condition that affects his mental and physical abilities. She appreciates how Support for Families strives to support the community of families of children with disabilities.

She brings a curiosity to learn and serve and enjoys working alongside dedicated people with different experiences but a common mission to serve the community.

Residence: San Francisco, CA
Occupation: Biotech healthcare
Personal interests: Reading, Cooking, Mindful Fitness
Rozena joined the board in summer of 2020. Although new to SFCD, she has been working in the field over 25 years.

As part of her occupation, she has had the opportunity to provide early intervention services in the Bay Area, Atlanta, and overseas in Germany. Rozena grew up in a family where her twin sister, mother, aunts and cousins all work or worked in the field supporting children and adults with disabilities and their families. Some of her own family members themselves have struggled with their own disabilities.

Her understanding of support, networking and advocacy is what brought her to SFCD and is what she brings to the board.

She currently serves on the Transition committee, as well as the Inclusion & Belonging committee, which is dear to her heart.

She sees her involvement with the Board as her responsibility to affect change. Not only is supporting individuals and their families a passion for Rozena, she states that it is her life, her joy and her purpose.
Tiffany Lin

Tiffany joined the Board in November 2018 because she wanted to take a more active role in the disabilities community. Being a woman working in tech and a mother of a differently-abled young daughter, she has been very drawn to Support for Families and is honored to serve and help further its altruistic and philanthropic mission.

She is currently a member of the Fundraising committee and also helps with ad hoc projects in technology.

She has a 5-year-old daughter with a rare chromosome mutation that results in significant intellectual and motor disabilities.

She brings to the Board a desire to give back and pay it forward. She enjoys working alongside a family of like-minded people who are passionate about building a village for families of children with disabilities.

Residence: Hillsborough, CA
Occupation: Software Product Development
Personal interests: Reading, Swimming, Yoga
Sam Sandhu

Sam joined the Board in February 2020. He currently serves on the Finance Committee and the Board Development Committee.

He has two close friends with older siblings living with Down Syndrome in their 20’s and 30’s. After spending time with their family and learning about their day-to-day needs, he felt drawn to volunteer with the disabled community. As a result, started volunteering in college with the ARC of the Capital Area and the Rosedale School in Austin, TX. After moving to SF, he wanted to start volunteering again and applied to the Board of SFCD.

Sam brings his finance and tech skills, as well as a positive attitude. He wants to continue volunteering throughout his adult life and hopes to learn from his first experience being a part of the strategic planning decisions that are made at the Board level.

Residence: San Francisco, CA
Occupation: Equity research at an asset manager
Personal interests: Tennis, golf, skiing, reading
Milly Wang

Milly joined in February 2020, inspired by her experiences after a rock-climbing accident that resulted in a trimalleolar ankle fracture. She could not walk unassisted for 3-4 months post-surgery and it was only with the help of her family that she was able to make it through. Her unfortunate injury opened her eyes to the challenges that families face and how valuable community support is.

She is touched and grateful for the love that parents have for their children, and wants to help families who are supporting their children with disabilities.

She has been involved with the Board Development and Finance Committees at SFCD.

She brings to the Board her finance, research, and writing skills. Milly loves the community at SFCD and and is honored to be a part of this organization.

Residence: San Francisco, CA
Occupation: MBA student, previously worked at a growth equity fund
Personal interests: Reading, hiking