

Family Paths

ANNUAL REPORT 2017

From the Executive Director

It has been a year filled with celebration and success as well as immense challenges and tragedies -- sometimes these were occurring simultaneously, and sometimes in quick succession. But we cannot do the work of child abuse prevention without noticing our strengths and accomplishments, and I am happy to take this time to reflect on some highlights from the past year.



Pride and Joy at the 45th Anniversary Celebration, Impact Hub, April 2017

our early days when child abuse was barely acknowledged, and the support that overwhelmed parents needed was impossible to find ([see p.3](#)). This was also the year that we officially became the full owners of the stately Grove building – our home in Oakland’s Uptown district—an amazing accomplishment in these days of rising rents and lost leases. Celebrating these two achievements was a highlight for us ([see p.8](#)) and we thank all of those who came out to party, dance, and be joyous.

I am pleased to report on the increase in our connections with our community partners, particularly our ongoing relationship with **Alameda County Fathers Corps** ([see p.6](#)) and our new leadership role with **Trauma Transformed**

This year marked the **45th anniversary of Family Paths’** founding as Parental Stress Service in 1972. We are particularly excited to reconnect with our founder, Carol Johnston Davis, and hear from her about

([see p.7](#)). Both efforts take us further along in our strategic plan goals to increase father engagement, and support a healthy work environment for our staff.

I am also proud of the success of our programs. We rolled out our **Abriendo Puertas/Opening Doors** Parent Education curriculum and had amazing results ([see p.7](#)). Additionally, our clinical programs worked with **1125 children and caregivers**, and our 24-Hour Parent Support & Resource Hotline received **over 4000 calls**.

We also responded to the fear and anxiety resulting from both the national policy changes impacting **immigrant families** ([see p.6](#)), and the regional spike in homelessness and displacement affecting those with a minimal safety net. We met these challenges by increasing case management, mental health and supportive services, and advocating for Federal and State policies that could protect the most vulnerable.

As always, the Family Paths staff rose to these challenges with care and commitment, striving to strengthen all families to weather these turbulent times.

Please read on to see more about the important work we do in partnership with the resilient families of Alameda County.



Barbra Silver, MFT
Executive Director



\$54,000

in pro-bono services provided by our programs 2016-2017

4,000+

calls received by our free & anonymous 24-Hour Parent Support & Resource Hotline

91%

of caregivers/parents were better able to handle the challenges of parenting

LOVE AND LET LIVE

“Inspiring...Soul-stirring...Uplifting...” were the comments overheard as attendees of the 6th Annual Women’s Leadership Luncheon exited the Lake Merritt Sailboat House on November 17.

The sunny afternoon was emceed for the second consecutive year by [Children’s Fairyland Executive Director, CJ Hirschfield](#). The opening featured a moving, musical invocation by local singer-songwriter, medicine woman and sound healer, [gina Breedlove](#). She offered her original song “The Healers” and reminded us of the power of our own voice, as both a metaphor to join community dialogue and be heard, as well as the benefits of conscious speech and singing to enrich our daily lives. Attendees were invited to hum along at one point, galvanizing the energy in the room and creating a warm community spirit.

With 2017 marking **Family Paths’ 45th Anniversary**, **Executive Director Barbra Silver** shared agency history and provided a modern context for the impact of current events compounding the challenges that our clients face daily, yet they remain courageous and resilient. Barbra also shared that we have recently reconnected with **Carol Johnston Davis, the founder of Parental Stress Service, the agency which became Family Paths**, who was able to be in attendance. Barbra presented Carol with the WLL Honorary Chairwoman Award. Carol spoke

about her experience as a graduate student and single mom in 1972 and the process that lead her to found a 24-hour parent support hotline. Carol went on to share an incredibly moving account of her industriousness that followed: securing 501(c)(3)



Carol Johnston Davis, Founder, receives WLL Honorary Chairwoman Award

(See Carol Johnston Davis sidebar and founder story [on familypaths.org](http://on.familypaths.org)).



Denise Bradley-Tyson, Keynote with Alanna Rayford, Development Chair

The afternoon was further enhanced in breadth and depth with a bold and timely Keynote Address entitled **“Love and Let Live”** by [Denise Bradley-Tyson](#). At the outset of her remarks, Denise noted

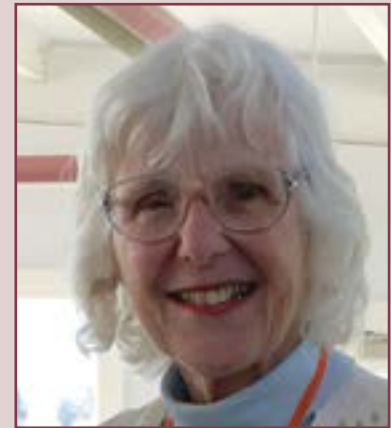
how she had been planning to speak to this theme for some time until the interim when the news of the Hollywood abuse scandal broke and the powerful #MeToo movement followed.

HEARTFELT THANKS TO OUR



Family Paths' 6th Annual Women's Leadership Luncheon

Carol Johnston Davis



Earlier this year, we were thrilled to reconnect with founder Carol Johnston Davis (Executive Director 1972-1977), and to find out more information about the beginnings of Parental Stress Service (PSS).

Carol knew, as an overwhelmed single mother, that parents needed a place to call when they were at their limit to reduce the risk of child abuse. On a shoe string budget, she started PSS as a volunteer-run 24-hour parent support hotline. The service quickly gained a following, and grew in reach throughout the County, receiving thousands of calls each year. Eventually, it became Family Paths, an agency offering a wide variety of programs to support parents and children.

We, and thousands of families across Alameda County, are indebted to Carol for her vision and tenacity to make this organization a reality, and honor her on our 45th anniversary.

Denise spoke with vulnerability, strength and grace about her time as a younger woman living abroad and her personal experience as a survivor of domestic violence. She recounted difficult anecdotes with inspiring outcomes, including the network of confidants and close friends who supported her at the time and have remained close since, many of whom attended the day's events. Denise reminded us of the enduring power of words to inspire and redeem, from Nina Simone to the biblical verse, "Love is patient, love is kind..." (1 Corinthians 13: 4-8). She spoke of meeting her second husband, their love story and gratitude for how transformation happens and love is possible.



Singer-songwriter and healer gina Breedlove

Family Paths extends our heartfelt thanks to Alanna Rayford, Carol Johnston Davis, CJ Hirschfield, Denise Bradley-Tyson, gina Breedlove, and all of our generous attendees, sponsors and in-kind donors including:

[Blue Heron Catering](#), [Boot and Shoe Service](#), [Brother & Sisters Flower Shop](#), [Brown Sugar Kitchen](#), [Curry Up Now](#), [Era Art Bar and Lounge](#), [Fairyland](#), [GlamSity Beauty Bar](#), [Hopscotch](#), [Jennifer Johns](#), [Kev Choice](#), [Lyft](#), [Manifesta Salon](#), [Minuteman Press](#), [Nice Design](#), [Ocho Organic Candy](#), [Penrose](#), [Reenie Raschke's Goddess Project](#), [Slainte Pub and Grub](#), [Torpedo Sushi](#), [Urban Stitch Boutique](#), [Yoshi's](#), and [Zoo Labs](#).

We can't wait to lunch with you again at WLL 2018! *We have already begun securing sponsors for our prestigious 2018 event. If you would like to partner with us or have suggestions for keynote speaker or venue, please contact Development Manager, Kimberly Cohn: 510 893-9230 X 262.*

W O N D E R F U L S P O N S O R S



REVENUE AND SUPPORT	2016-2017
Contract Revenue	\$5,129,493
Program Revenue	93,477
Grants Revenue	57,711
Donations and Fundraising	68,614
In-Kind Service Revenue	209,521
Building Income	61,071
Charitable Remainder Trust	79,482
TOTAL REVENUE	\$5,699,367
EXPENSES	
Salaries and Benefits	\$4,565,828
Operating Expenses	850,441
Building Operations	144,388
TOTAL ORDINARY EXPENSES	\$5,560,657
CHANGE IN NET ASSETS	\$138,710
Net Assets at Beginning of Year	2,561,425
NET ASSETS AT END OF PERIOD	\$2,700,136



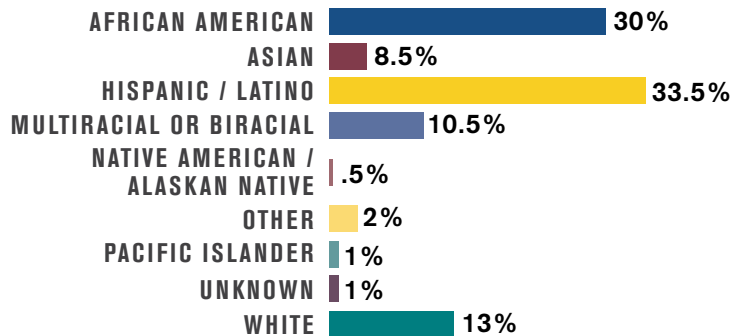
First Foundation grant presented by Kris Lynds (center) to Kimberly Cohn, Development Manager (L) and Barbra Silver, ED of Family Paths (R)



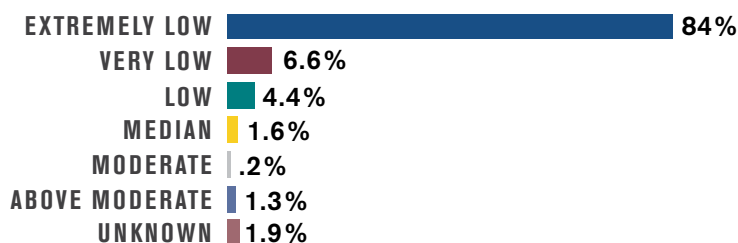
Dad and daughter from Abriendo Puertas class

WE SERVED A TOTAL OF 1125 UNDUPLICATED CLIENTS

CLIENT DEMOGRAPHICS



CLIENTS BY INCOME LEVEL *



*According to HUD table of income units.



Wells Fargo 2017 Community Spirit Award: Breshia Clifton, WFB, LaToya Bradford, FP Board, and Amy Wade, Development Associate

THANK YOU TO OUR DONORS!

July 1, 2016 – June 30, 2017

DIAMOND \$15,000 - \$50,000

The David & Lucile Packard Foundation
Drew & Jaimi Haydel

Walton Street Capital

GOLD \$5,000 - \$14,999

Bernard E. & Alba Witkin Charitable Foundation

Ruth Arnhold Endowment Fund via East Bay
Community Foundation

SILVER \$1,000 - \$4,999

Apple Inc.	Give Something Back via East Bay Community Foundation	Nike Inc.
The Bergen Chilcott Family Foundation	JR McConnell	Ocho Organic Candy
Bridge Bank	Kaiser Permanente	Ronald C. Wornick Jewish Day School
Donahue Fitzgerald LLP	Martha Winnacker	Schnitzer Steel Industries
East Bay Community Foundation	Melissa Zucker	Shannon Hackley
Elena Ortiz & Heidi Giordano	Michele Stillwell Parvensky & Ryan Tierney	Steven Mack
First Foundation Bank		Western Alliance Bank
		Willard Ogan

BRONZE \$500 - \$999

ABC Security Service, Inc.	Kristoffer Lynds	Samer Khouli
Christopher Palmer	Laurie Misra	Sasha Bainer
Cynthia & Michael Attiyeh	Lynette Dias	Sean Marx
Eliza Khuner & Harry Kao	The Mann Family Trust	Shonda Scott
Emily Loeb	Matt Kroger	Stephen & Sandra Janachowski
Freddie E. Barahona	Mike Meyer	Theodore Frey & Anne Spanier
Gensler	Patricia Myers Stull	Wells Fargo
Jim & Janet Van Huysse	Robert Zikle	

Friends of Family Paths \$250 - \$499

Anne Marie Gorman	Karin Alvarado	Robert & Patricia Raburn
Art Desuyo & John Finn	Kathryne Bernick	Sarah Winnacker Beaudin
Benjamin Harrison	LaToya Bradford	Scott Berrick
Christian Diggs	Lisa Valles	Scott Hawkins
Diana & Mitchell Shiver	Mark Ludwig & Susan Ann Campodonico	Scott Lorenz
E.S. & Catharine D. Moran	Matthew Kroger	Shay Black
Fischer Architecture	Mike Meyer	Solomon Ets-Hokin
Holly Faust & Janet E. Stone	Peter & Mary Brooks	Yvette Renteria
John & Mary Reaugh		

Government / Community Partnerships

GOVERNMENT	Alameda County Behavioral Health Care Social Services Agency	County of Alameda, District 2 Supervisor Richard Valle
	Alameda County Social Services Agency	Oakland Fund for Children and Youth
	Chabot-Las Positas Community College District	Oakland Head Start
	City of Fremont	Oakland Public Library: Brookfield, Cesar E. Chavez, Elmhurst, Golden Gate, Lakeview, Melrose, Montclair, and Piedmont branches
	City of San Leandro	San Leandro Public Library: Main branch
COMMUNITY	City of San Leandro Recreation and Human Services Department	Santa Clara County Office of Education
	Bernard E. & Alba Witkin Charitable Foundation	Stanislaus County
	David and Lucille Packard Foundation	Lane Partners
	East Bay Community Foundation – East Bay Gives	Ruth Arnhold Endowment Fund via East Bay Community Foundation
	First 5 Alameda County	Walton Street Capital
Kaiser Permanente		

GIFTS IN MEMORY OF

Dominador B. Quesada
Felicidad Quesada
Marcella Reeves
Norma Q. Pedrozo
Ricky Fernandez and Family

GIFTS IN HONOR OF

Ann Wickershom
Barbra Silver
Debbi Sack
Don Davis
Kimberly Cohn
Lorraine Allen
Lucy Strand
Madeleine Marcus
Marcella Reeves
Phyllis and Scott Lorenz

Special
Gifts

Interns & Volunteers

Anna Hirsch
Ashley Eslinger-Esquivel
Bari Johnson-Glass
Breshia & Lavern Clifton
Cesar Machaca
Christy Booth
Claudia Rodriguez
Dahlia Case
Daron True
Erica Pagels
Grace Kanyotu
Jemma Welsh
Katrina Mautner
Kim San Gabriel
Kiona Medina
Laurie Misra
Leesha Mony
Marie Corwin
Monica Venegas
Nicole Tait
Nora Privitera
Patsy Soto
Rachel Gordon
Rebecca Crump
Sara Khabiri
Shauna Bergh
Suzanne Comelo
Temeka Burnett
Teresa Miller
Tracy Phillips
Zelda Phillips

IN-KIND DONORS

ABC Security Services Inc.
Aveda
Bay Grape Wine Shop
Blue Heron Catering
Brown Sugar Kitchen
Charlie Hallowell Restaurants
Children's Fairyland
Chronicle Books
City Slicker Farms
Concannon Wines
Concept Forty Seven
The Cook & Her Farmer
Cosecha
Drake's Brewing Co.
Encuentro
Feel More Gallery
Gensler
Juhu Beach Club
Kosa Arts
Lane Partners
Luna Bar
Manifesta Salon
Minuteman Press
Nido Kitchen & Bar
Oakland A's
Organic Ocho Candy
Schmitz Ranch
Starbucks Coffee

PROGRAMS. PARTNERS.

Creating a Father-Friendly County

In September, Family Paths participated in the Alameda County Fatherhood Action Summit sponsored by Alameda County Fathers Corps, First 5 Alameda County, and the Alameda County Interagency Children's Policy Council. The Action Summit brought together leaders from public systems and community based organizations to discuss strategies to increase and improve services and identify needed policy shifts to better support Alameda County fathers.

This summit built on the work of the Fathers Corps report, *Voices of*



Fathers and the Providers Who Serve Them, and will serve as the foundation for the development of a coordinated approach to becoming a father-friendly county. Family Paths is excited to be invited to participate in the newly formed Interagency Fatherhood Workgroup and we look forward to expanding and enhancing our own services to support fathers, as well as supporting the efforts county-wide.

Learn more at <http://www.first5alameda.org>

Working with Immigrant Families

Family Paths has been working with immigrant youth and families for many years. However, this past year, we saw an increase in the intensity of that work as the needs in the community became more urgent with shifting immigration policies, and families and children feared the loss of their home, deportation of a parent, and family separation. For the first time, we worked with Latino parents as part of the Migrant Education Program through Santa Clara County Office of Education. Our parent education staff conducted workshops in Spanish on a variety of themes ranging from self-esteem and the importance of positive role models, to stress management and self-care, with the goal of giving parents tools to help their children do well in school. Although it was a particularly difficult time for these families, we received overwhelmingly positive feedback, with parents appreciating the support and opportunity to share their experiences.

Throughout the year, we also worked with first generation youth in our counseling programs who talked about living with a great deal of pressure, resulting in significant anxiety, fear, and depression. In addition, we provided support to unaccompanied minors, – young immigrants who came to the US without their parents, and who experienced significant trauma and hardship along the way. Through the use of a variety of therapeutic modalities, we offered everyone a safe place to connect, tell their story, and begin to heal.

[Learn more at www.iibayarea.org](http://www.iibayarea.org)

8
3
9

immigrants
served

FROM OUR CLIENT SURVEYS

80%

of caregivers/parents were connected to resources in the community.

84%

of adults are better able to manage stress.

87%

of youth have learned ways to calm down when they get upset.

PROGRESS.

Abriendo Puertas/Opening Doors



Mom sharing the science project she did with her child as part of the class

Abriendo Puertas/Opening Doors is the first evidence based parent education program designed by and for Latino families with children ages 0-5 years old. In 2016-2017, Family Paths became the first agency to roll out the program in Alameda County with funding from the Oakland Fund for Children and Youth, and the Bernard E. and Alba Witkin Charitable Foundation. Partnering with Oakland Head Start, we successfully completed three 10-week series in four locations. Interestingly, of the 57 parents who participated in the program, more than half were Asian immigrants. Although the curriculum was originally designed to support Latino families, with the help of translators it was extremely well received by the Asian parents. Based on their feedback, the curriculum not only proved to meet their parenting needs, but also built on the strengths of their native culture by: helping them to understand their children's educational rights; encouraging bi-

lingualism; raising awareness of academic trends; providing tools for helping their children succeed in school; understanding available resources in their immediate community; and ultimately providing a supportive safe space for networking and building community.

This first year of the Abriendo Puertas/Opening Doors program exceeded our expectations. The program exemplified diversity at its best: In our last class of the year, we had an African American Parent Education Instructor, teaching a Latino based curriculum to a class of predominately Asian immigrant parents who spoke little to no English. What a beautiful example of "opening the doors" of inclusivity, unity, and community.

[Learn more at www.ap-od.org](http://www.ap-od.org)

Board of Directors

Willard Ogan
PRESIDENT

Anne Dixon
VICE PRESIDENT

Yvette Renteria
SECRETARY

LaToya Bradford
TREASURER

Alanna Rayford
MEMBER

Lisa Valles
MEMBER

Lyman Hollins
MEMBER

Martha Winnacker
MEMBER

Wanda Thrower
MEMBER

SENIOR LEADERS

Barbra Silver, MFT
EXECUTIVE DIRECTOR

Misa Trotman, LCSW
CLINICAL DIRECTOR

Lyda Mata
CHIEF FINANCIAL OFFICER

Christopher Palmer
DIRECTOR OF TECHNOLOGY

Trauma Transformed – Creating a Healing Organization

Family Paths is honored to be part of a seven county regional initiative to change the way health and mental health systems understand, respond to, and heal trauma. The movement is led by Trauma Transformed, the only regional center in the Bay Area that promotes a trauma-informed system by providing trainings and policy guidance to professionals and organizations. This past year the entire FP staff participated in a half-day training that included an understanding of the psychobiology of stress, toxic stress, and trauma so we can learn new ways to connect with others and take care of ourselves. As we continue to prioritize being a Trauma Informed System (TIS), we are looking at strategies that use the understanding of trauma to inform our decision making and organizational priorities. This isn't just about the interventions in our clinical services, but also about how we see ourselves as people impacted by traumatic stress and understand how our organization is affected by this stress. We are proud to be part of the Regional CBO TIS Leadership Cohort to help forge new ground. And we are also pleased to have two of our senior clinicians, Kendra Dunlap and Elizabeth Robertson, participating in the Train-the-Trainer cohort, preparing them to lead TIS trainings both here and at other organizations. [Learn more at www.traumatransformed.org](http://www.traumatransformed.org)

“For me everything I learned in class was important, it helped me to feel more relaxed and not so stressful.”

– Adult Client

ANNUAL REPORT 2017



Special thanks to [Lane Partners](#) and [Walton St. Capital](#), champion sponsors of our 45th Anniversary bash, celebrating our dedicated staff, and board, resilient clients and generous community of supporters.



<< Drew Haydel, Lane Partners with FP board and staff

Mission Statement

Family Paths strengthens family relationships by providing mental health treatment and supportive services with respect, integrity, compassion, and hope.

Family Support Services

The Parent Support & Resource Hotline is staffed 24 hours a day by professional and volunteer counselors to assist parents and caregivers with over-the-phone counseling, crisis intervention, access to nearly 900 community resources from our vast database, and referrals to Family Paths' services.

For more information please call: 24-Hour Parent Support and Resource Hotline

1-800-829-3777



Parents' Press
Gold Award
Family Paths,
Inc.
Best Mental
Health Practice
in the Bay Area

OAKLAND OFFICE

1727 Martin Luther King Jr. Way
Suite 109
Oakland CA 94612
T 510-893-9230
F 510-893-2074

HAYWARD OFFICE

22320 Foothill Blvd,
Suite 400
Hayward CA 94541
T 510-893-9230
F 510-582-8460



Serving Alameda County Since 1972

Visit us at familypaths.org