

Early Warning Signs Key to Psychosis Prevention Treatment

Parents of adolescents who note psychological warning signs in their children can get help that may delay or mitigate the eventual onset of psychosis, manic depression or schizophrenia. Approximately 35% of young people 12-35 who exhibit these warning signs will, in fact, develop severe mental illness within 2 ½ years.

The good news is that, thanks to the new Prevention and Recovery in Early Psychosis (PREP) treatment program offered by Family Service Agency and University of California at San Francisco, those 35% may today have a

Call PREP at

415-476-7278

You CAN find help

better chance of preventing a psychotic episode than any generation before them. This is due to new advances in the understanding of brain plasticity and newly developed therapies that have proven effective and make early intervention and prevention possible.

Parents who notice worrisome changes in thoughts and feelings in their teenage or young adult children can contact PREP. Such changes can include the following behaviors, feelings and thoughts:

- Persistent unusual thoughts
- Suspiciousness
- Odd Behavior
- Distorted or changed

perception in sights and sounds

- Ideas of special identity or abilities.

These changes may also include:

- Reduced concentration
- Sleep disturbance
- Irritability
- Reduced energy
- Trouble with work or school,

especially if they were doing well previously

- Withdrawal from family, friends
- Depressed mood
- Anxiety

This preventive program being conducted by three leading local organizations – the University of California at San Francisco, Family Service Agency, and the Mental Health Association of San Francisco – employs assessment tools and treatment protocols recently developed by clinical researchers

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Dr. Patricia Areán

Dr. Areán Receives Geriatric Psychiatry Award in Diversity

Congratulations to Dr. Patricia A. Areán who was chosen as the winner of the 2009 American Association for Geriatric Psychiatry Award in Diversity. This award was presented at the AAGP annual meeting on March 5th in Honolulu, Hawaii.

Patricia Areán is Associate Professor in Psychiatry and is a licensed Clinical Psychologist at UCSF's Langley Porter Psychiatric Institute. She has been actively involved in teaching, research and service, particularly to underserved populations.

A long-time FSA board member, she has extensive experience in developing community partnerships and disseminating innovations into routine practice.

Dr. Areán is the principal investigator

on a three-year National Institute on Mental Health (NIMH) RISP grant studying the best service deliveries to ethnic populations. This study works with FSA's Asian elderly community and other culturally appropriate programs. The program delivers on both service delivery and research purposes.

Her research focus is on the recognition and treatment of mental disorders in older adults and minority populations, particularly in recognition and treatment of depression that is identified in non-mental health settings.

Dr. Areán has published several articles on the recognition and treatment of late life depression and anxiety, as well as

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A WORD FROM OUR CEO

FSA moves treatment from the University to the Street

It is very easy to become disheartened about mental illness. Often it seems as if nothing really works.

However, that is changing, and FSA is on the cutting edge of the change.

Over the past 15 years, many new treatments have been developed (not just drugs but also psycho-social treatments) that have been proven to stabilize and remit serious mental illness.

The problem is that these treatments rarely make it out of the university into the real world. The U.S. Institute of Medicine estimates that it takes an average of 19 years from the time when a treatment is shown to work and when it comes to be used in common practice.

In the past, for FSA's low-income and homeless clients, the wait has been decades longer.

Over the past four years, FSA has been moving to take these "evidence-based" treatments out of the university setting and onto the street.

To accomplish this, we have established the Felton Institute to train our staff and other therapists and psychiatrists in the most effective, rigorous treatment approaches.

At this point, we are a national leader in pioneering effective treatment for people who are seriously mentally ill.



Robert Bennett, CEO

- Our work has been recognized by the National Institute of Mental Health, which awarded us a five-year \$2.5 million grant to create a center to develop more effective depression treatments for the elderly.
- We have a joint project with UCSF that is pioneering early diagnosis and treatment of schizophrenia in teenagers and young adults.
- In 2006, we were awarded \$1.5

million in Mental Health Services Act funds to establish three intensive treatment teams to work with 150 of San Francisco's most difficult to serve individuals.

- Our Senior Services Division provides the most extensive array of mental health and support services for the elderly in San Francisco. Every year, we serve over 700 elders working in English, Spanish, Russian, Cantonese, Mandarin, Burmese, and Japanese.
- In November, 2008, we were selected in an international competition to receive the Gap Founder's Award in recognition of our pioneering work in treating mental illness.

FSA is bringing these services directly from the university to the streets. We offer a continuum of services that aims to provide treatment, housing, employment, and recovery for San Francisco's neediest individuals.

We have become a place where individuals from all over the nation are coming to learn how to replicate our services.

Robert Bennett, CEO

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Book your business or recreation travel in North America and receive flight and hotel discounts! Select Family Service Agency as your agency of choice and we'll receive a 5% donation too!

2. Visit us on YouTube . . .



<http://www.youtube.com/user/fsasf1889>

View these YouTube videos about clients who have benefitted tremendously from our services. They are touching tributes guaranteed to warm your heart. While you are there, you can make a donation to us via this new Google program for non-profits.

3. Donate used goods to . . .



623 Valencia Street San Francisco, CA 94110 (415) 861-4910

Drop off used household goods to Community Thrift and designate FSA as the beneficiary, a percentage of the sale will come to us.

FSA's Charitable ID Code #183.

(The donation door is on Sycamore Alley, on the building's south side, parallel to 18th Street. Donation hours: 10 a.m. to 5 p.m. daily. Pickup is available (for furniture or more than 20 boxes or bags) in San Francisco only.

4. Donate over the phone . . .



To donate by phone, please call 415-474-7310 x465

It's easy to call in a donation. If no one answers, leave a message. Greg McCombs, our development director, will be right with you to take a gift over the phone.

5. Donate via mail . . .



Mail To: Family Service Agency, 1010 Gough St., S F, CA 94109



Here's my gift to Family Service Agency

Donation Amount \$ _____

Name _____

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Home Phone _____ Work Phone: _____ E-mail _____

Please charge my credit card: Circle One: Visa, MasterCard, AmEx

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My check, payable to Family Service Agency of San Francisco, is enclosed.

Family Service Agency of San Francisco

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Bay Area Training Collaborative Holds Conference on Bringing Evidence Based Practice to the Field

The Bay Area Training Collaborative (BATC) hosted an all-day conference on November 14th, entitled *Between the Rock and the Hard Place of Evidence-Based Practice: Exploring Solutions for Implementing Evidence-Based Services for Children, Youth, and Families*.

The purpose of the conference was to: understand the distinction between Evidence-Based Practice (EBP) and Practice-Based Evidence (PBE) models; understand the forces and creative tensions shaping the current discourse on EBP and PBE model, and to learn from experts and each other about the best ways to meet the challenges of implementing EBP and PBE models.

Bob Bennett, CEO of Family Service Agency, served on a panel and Melissa Moore, Head of FSA's Felton Institute, who helped BATC organize the event, served as moderator for the plenary session. Patricia Benne, CEO of Resource Development Associates, facilitated the sessions.

"This event helped me to realize the profound forward thinking Bob Bennett has had in initiating the Felton Institute and instituting CIRCE," explained Melissa Moore. "I now clearly see how well-positioned we are as an Agency to implement evidence-based practice - which is no longer something any mental health agency can hesitate about, but we



At the BATC Conference pictured from left are Susan Quigley, Huckleberry Youth Programs, Becky Pizer, Wright Institute; and Bob Bennett, FSA.

all must accomplish the task in order to fulfill our contracts - FSA is sitting quite well in that mix!"

Other speakers and panelists at the day-long conference were: Bill Carter, California Institute of Mental Health (CIMH); Peter Greenwood, Assoc. for the Advancement of Evidence-based Practice; Todd Sosna (CIMH); Jim Walt, Client Directed Outcome Informed Practice; David Channer, Clinical Dir. of A Better Way, Inc.; Eileen Gambriell,

Professor, Univ. of Calif. Berkeley; Lisa Hilley, Dir. of Research & Training at Alternative Family Service; Becky Pizer, Dir. of Field Placement at the Wright Institute; Susan Quigley, Assoc. Dir. of Marin Services at Huckleberry House; Shani Robins, Institute of Transpersonal Psychology; and Robert Smith, COO of Rebekah Children's Services.

BATC partners include: A Better Way, Inc.; Alternative Family Service,

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Early Warning Signs Key to Psychosis Prevention Treatment

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at UCSF. Early intervention may be able to delay, or perhaps even prevent, the onset of psychotic symptoms among at-risk youth and young adults. It may lessen the disease's severity, and reduce its negative psychosocial consequences, thus

improving outcomes while decreasing the social and economic costs of psychosis.

PREP provides comprehensive, integrated, community-based outreach, early assessment, and appropriate treatment for San Francisco youngsters whose developing psychosis might

otherwise go unrecognized or misdiagnosed for substantial periods of time. Clinical evidence suggests that PREP will substantially improve outcomes for young people with psychotic illnesses, including schizophrenia and bipolar disorder.

Dr. Areán Receives American Geriatric Psychiatry Award in Diversity

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methods for recruiting and retaining older, minority elderly into longitudinal research. She has been funded by several agencies, including SAMHSA, NIMH, NIA, and the Hartford Foundation.

She was a psychotherapy expert for the IMPACT study, a multi-site trial

of stepped care for depression in older primary care patients, and for the PRISMe study, an 11-site study of the integration of mental health care for the treatment of depression, anxiety and alcohol abuse in older minority medical patients.

She is currently funded by SAMHSA to study a mental health consultation

model for treating depression and agitation in older adults living in residential facilities. She is also funded by NIMH to study the efficacy of Problem Solving Therapy and Supportive Therapy in treating depression in older adults with mild cognitive impairments.

FSA Client Offers a Look at Change and Struggle

By James Wagner, Senior Full Service Wellness Program

Senior Full Service Wellness [SFSW] is a program at FSA that works with those over 60 with a mental health disorders and who have a history of being not very connected to the social service system. The SFSW program is a two-year-old program funded by the Mental Health Service Act [MHSA].

Part of the idea of the program is to have to a low client-to-staff ratio in order to provide some much needed case management services to our seniors and not to be overloaded with huge case loads.

Staff have a case load that ranges from 10/13 clients to 1 staff, and we have found this a very effective way for staff to have enough time to work with our clients.

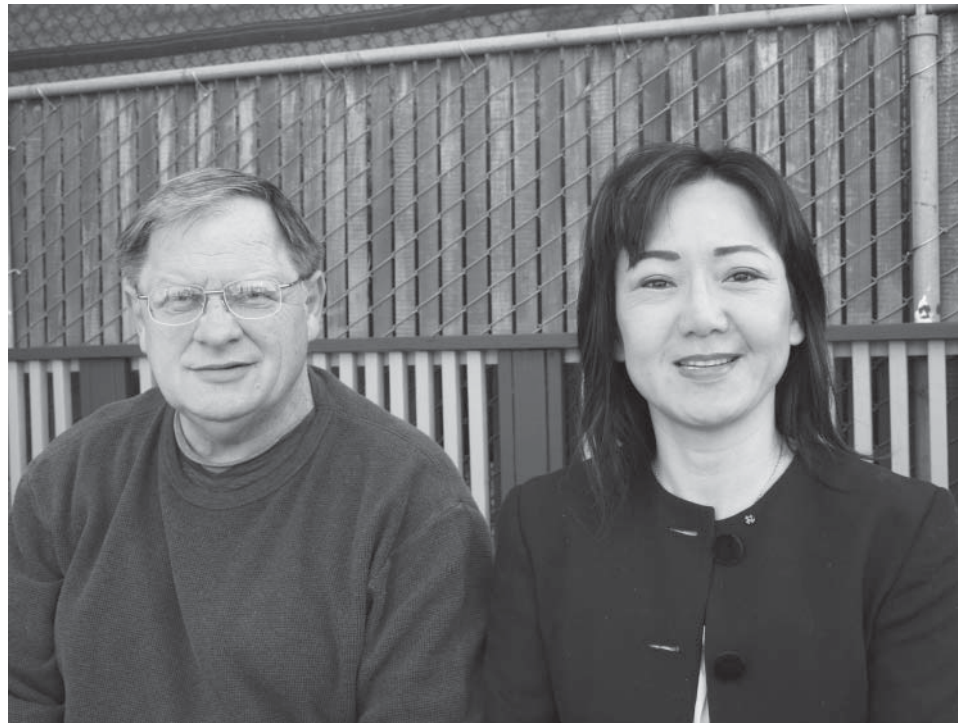
In our two years, we have seen quite a transformation in a number of our seniors. The following is an interview with John Lavering, a client who has made great progress since we started working with him two years ago.

Tell me your name, age, where you currently live, etc.

I am 62 yrs old. I live in the Excelsior district. I live in a Baker Place co-op with 5 men. Masami Endo is my case manager there. I am fortunate to live there because it is better than hotel life. Hotel life is not clean like Baker Places. Living with other men is interesting because we have to learn to get along. I have a private bath and a backyard. I have lived in the co-op since June 2008. I see my co-op case manager once a week for one-on-one case management. I like it there.

Can you tell me where you born? About your upbringing? Mom, Dad, siblings, etc? What stands out to you about your childhood?

I was born in the city of San Mateo in 1946. I had a really good time with parents. They owned a variety store. They were very nice people. Both parents have passed away. I have an older brother and a younger sister. I get along with siblings fine. We have



John Lavering with FSA Clinical Case Worker Mishel Michael of the Senior Full Service Wellness Program, at Family Service Agency of San Francisco.

problems but they are family problems. What I remember most about my upbringing is the variety store. I started working there young – about age 12 years old. The store allowed me to have a family life that was very close. I was always interested in what my mother and father did. I made \$1.75 an hour. I also enjoyed the boy scouts. My scout master lived down the street. We went to Big Sur and the Sierras. I had a good time in the boy scouts. I was a healthy person in the 7th and 8th grade.

What about your adult life? Did you marry? Have children? Employment?

I got married at 17. I have two children: Kimberly and John. I was 18 and 21 when my children were born. I was self employed. My father set me up in the retail business. I sold novelty items in carnivals, fairs, flea markets, etc. All new merchandise. I was totally independent. I only worked on the weekends. During the week I was a quality control inspector for a sheet metal welding company that made parts for the Vietnam War. I stayed married for 7 yrs. I got divorced. It just didn't

work out.

I had a good time until I became mentally ill in 1972.

When did you first know that you had some issues with mental health? How did you know? What was your reaction? Your family's response?

I was a student at UC Berkeley in 1972. Studying fine art and psychology. I went to the hospital because I was hallucinating and not sleeping. This was occurring for a few weeks. I was 26 yrs old. I was also paranoid. Once at the hospital they put me in a ward for a 72 hr. hold. I tried to leave but they came and got me. I thought I had a sleeping problem and I didn't know I was schizophrenic until 1979. I was defiant! I didn't understand at all how to be. I was a paranoid. I didn't really comprehend the mental health diagnosis. My family understood because it explained some of my behavior. My kids lived with their mother with the Federal Government paying child support. I would visit my children every two weeks for years. I

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Felton Opens Lecture Series to Public

The Felton Institute for Excellence in Clinical Training has begun to offer luncheon lectures, open to the public, as a means of bringing best practices to the field and to the interested public.

The next lecture in the series will feature Martha Shumway, PhD, speaking on *Measuring Mental Health Outcomes That Matter* on Tuesday, May 12, from noon to 1 p.m. It is increasingly clear that client-centeredness is an integral aspect of quality health and mental health care and that the processes and outcomes of treatments should be evaluated from the client's perspective.

The May 12th talk will use outcome data from the Family Service Agency of San Francisco and other community mental health programs to illustrate challenges in measuring client-centered mental health outcomes and strategies for meeting those challenges.

Anyone interested in attending is asked to bring their own lunch and join us at 1255 Post Street, Suite 504.

Previous presentations in this series featured Dr. Joyce P. Chu talking about special considerations in treating *Late-Life Depression* with ethnic minority populations. Depression manifests itself differently in late life and in ethnic minorities, and clinicians must tailor their treatment approaches to effectively treat depression with these clients. The presentation focused special attention on Chinese elderly.

Medication Management in Early Psychosis: Finding the Middle Ground was presented by Dr. Demian Rose on March 24th, focusing on the role of medication treatment as part of an overall plan of care for people with chronic psychosis, focusing on common over- and under-prescribing practices. Dr. Rose studied biology as an undergraduate at the University of Michigan and completed an M.D. and a Ph.D. at the University of Illinois, where his thesis work focused on molecules involved in motor neuron targeting. His interest in neuroscience and the philosophy of science, combined with the excitement and reward of working in a clinical setting, led him to pursue Psychiatry residency training at UCSF.

He joined the faculty of UCSF in 2006, where he has been active in clinical, administrative, and teaching roles. Currently, he is a Medical Director of the UCSF Prodrome Assessment

Research and Treatment Program, which focuses on identification, prevention, and early intervention in chronic psychotic disorders.

Named for Kitty Felton, FSA's pioneering founding director, the Felton Institute stands for excellence in clinical training. The center provides comprehensive clinical training in evidence-based treatments to address the most complex mental-health issues facing America today.

Untreated and under-treated mental illness is strongly correlated to a myriad other social problems, including homelessness, high medical-care costs, drug abuse and addiction, and poverty. But research demonstrates that – if met with the best and most appropriate treatments – even severe mental illness can become a manageable condition for most people, opening the way to recovery.

The Felton Institute serves as FSA's central resource in the implementation of evidence-based practices in every element

of our service delivery, to maximize client recovery. Drawing on the nation's best teachers and clinicians, in many cases FSA classes are taught by the very professors and clinicians who developed the original treatment methods.

Continuing Education Units are available.

In addition, the Felton Institute hosts several research projects in coordination with UCSF and other organizations including Prodromal Treatment of Schizophrenia, NIMH Research in Mental Health Services to Ethnic Populations and electronic charting development for use at Mental Health Agencies.

The Felton Institute is located 1255 Post Street, Suite 605, San Francisco, CA 94109. To keep up to date on public presentations as they are scheduled please visit the Felton institute website at www.feltoninstitute.org or call the Felton Institute at 474-7310.

FSA Honors 200 Volunteers

On December 12th, the Senior Division held their annual Senior Volunteer Holiday Party at the Unitarian Universalist Church on Franklin St. About 140 volunteers and their guests attended. These volunteers work for the Foster Grandparent, Senior Companion, Ombudsman, and Senior Peer Counseling programs.

The event featured a full luncheon buffet, with Administrative Staff and FSA Board Members serving the party goers. Everyone thoroughly enjoyed

being accompanied by Jerome Clay on the piano.

For many years the party has been sponsored by the McKesson Foundation. However, the foundation dissolved this year and was unable to sponsor the event. Family Service Agency, decided it was important to celebrate all the hardwork and dedicated service that our volunteers have provided for our clients and for our community over the past year, and sponsored the event with general donations.



The Senior Volunteer Luncheon was held December 12, 2008 at the Unitarian Church over 200 people attended to be served a holiday luncheon by our staff.

FSA Board Adds New Members, Changes President

Eric Severson took the reins of the Family Service Agency Board of Directors at their March 31st meeting, following in the footsteps of Immediate Past President Amalia Freedman. Eric explained that he first became a board member six years ago because he wanted to use the multitude of professional skills that he developed from his experience at Gap, Inc., where he's currently VP of Human Resources, Gap Outlet Stores and in his previous workplace, Macy's.

"Growing up, my family was very engaged with their community and frequently donated their time to various Boards and Social Services agencies. My grandmother was President of the Board for Planned Parenthood in New York throughout the 1960's and 1970's. My mother worked at Planned Parenthood, March of Dimes, Health Systems Agency of PA, and was on a Hospital Board. It is important to carry out this family legacy," he said.

Eric feels that his Work-to-Board experience is also a good example of the virtuous cycle. Because he's been so well trained and has refined his professional skills, he can donate his time to the FSA Board, in return becoming a well-rounded person. "Goodwill creates a better community and thus, a better leader," he said.

Six years ago all Board and Staff who attended the Board meetings fit in the Maybeck Room at 1010 Gough. Since then, they've outgrown that space and now meet at the Presidio Golf Club.

"Those were turbulent times," Eric noted, "Board members were faced with multiple challenges, including budget deficits, internal communication issues, and a whole host of other conflicts."

Because of the commitment of board and staff members who stayed with FSA, the organization has fostered an environment that promotes candid and trusting relationships. "Management of Board matters improved markedly, the bylaws were updated with a critical and intentional eye, finances were tightened, and FSA began its journey towards becoming the healthy place that it is today," he said.

Eric identified hiring Bob Bennett as the CEO as another positive turning point. "Bob's fresh perspective brought many new changes, and the FSA Board responded positively. FSA is in such a great position to face the obstacles coming our way due to Bob's fearless and visionary management style," he said.



Eric Severson, FSA Board President

"Now, in a recession that has generated more economic stress than the U.S. has seen in a long time, FSA is both financially stable and looking towards future success. Despite the current crisis, FSA is dramatically healthier than 6 years ago," Eric noted.

Also indicative of the health of the agency is the work that has been done by Past President Amalia Freedman. In the last year she has spearheaded an Ad Hoc Volunteer Committee, that has begun work on setting up and refurbishing the volunteer corps at the agency; an Advocacy Campaign, made up of board and staff, this group is actively bringing the story of FSA to the community through meeting with city, state, and county representatives; and she has been instrumental in moving the agency toward the new internet world through her advocacy of electronic fundraising and social networking.

Also at recent meetings, three new community leaders have joined the FSA Board. They are:

Dale M. Butler, now retired from his work with the Service Employees International Union Local 1021, developed

a passion for labor struggles as a teenager while doing various summer jobs where he quickly learned that some workers don't get a fair shake.

For over 20 years, Dale has been a Field Team Supervisor for SEIU Local 1021 – responsible for over 70 private-sector shops that are represented by the union. Dale retired at the end of December 2007 after an extremely long career in labor organizing and social justice causes. It's a track record that has put him at the frontlines of many progressive battles. He joined the board in November 2008 and we are happy to have him.

Samuel Manning was Chief Financial Officer for Watershed Pollution Control Technology & Services Inc. of San Jose where for more than 22 years he has served as CFO, treasurer, fiscal manager and budget analysts. He has been responsible for a wide range of programs involving business and fiscal affairs within the community and the California community college system, and has been heavily involved in the administration and presentation of fiscal and business issues to community groups and individuals. He holds a B.S. degree in business administration and accounting from the SUNY system.

Samuel is active professionally in state and federal business organizations. He serves as treasurer for Oakland's Children Hospital Sickle Cell Advisory Council and a former board member of the Asian Community for Mental Health in Oakland. He is also a member of the Board of Visitación Valley Community Development Corporation serving as Board treasurer in San Francisco, and serving as CFO of Girls Scouts of the Central Coast.

Jason Jeung is an investment advisor at Merrill Lynch where he has worked for the past 12 years. He manages high net worth client assets using institutional funds, equities, fixed income, commodities and investment banking products for individuals, estates and trustees of investment funds. He received his BA in Business Economics from the University of California, Santa Barbara in 1992. He also has a keen perspective of the needs of youth, serving as a committee member of Young Life (a non-profit organization working with youth in San Francisco), and was the High School Varsity Basketball Coach at Valley Christian High School in Dublin, CA.

FSA Client Offers a Look at Change and Struggle

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wasn't able to be the type of parent I wanted to be at the time. I would have liked to have done much more, but I was ill and there was nothing I could do about it.

What have been some of the biggest challenges for you as adult and addressing your mental health needs?

The illness is the challenge. The hallucinatory illness causes me to talk to imaginary people and see things. It absorbed a lot of my time. I would go to the library and write letters that tried to solve my problem. This answered for my time but was not effective way to address my mental illness. At the time I thought all my letter writing was helping my mental illness, but now I see it was not. I had many hospital visits. Many 72-hour holds. Lots of erratic behavior. I was in a revolving door of hospital and community life, then back to the hospital when I became unstable. Nothing else could be done at the time for my erratic behavior. I was very mentally ill. My Mom/Dad helped me a lot but I was still unstable.

What was happening in your life before you became a client in the Older Adult Full Service Partnership (FSP at Family Service Agency)?

A local Reverend helped me and gave me guidance. He was a swell person to me. From 2001 to 2007 I lived in a hotel room in SF. Mostly alone, but sometimes with my daughter. However, I was not treating my mental health. I wrote a paper about how to eradicate insects! I eliminated insects from my room. This was a challenging period of my life. I was very much on my own.

Do you think this program has helped you? Why? What hasn't been helpful?

The FSP program has changed my life drastically. Mischel Michael is my case manager/therapist and Debby Reaghard is my Nurse Practitioner. The therapy with Mischel and Debby is helpful. They are both astute. They

have helped me start to communicate my feelings. Mischel has set me up with City College. I take my medicine every day. My FSP case manager looks after me. I would not want to let down Mischel or Debby. They are honest and care about me. And the good news is no hospitalizations since 2006. I have no complaints at all about being in the FSP, that is for sure!

What else do you need in your life to achieve more stability? What do you need less of?

I would like to meet a girl. That would be nice to have some companionship. Father Jim invites me to lunch every Sunday and has me be part of his family. I am pretty stable now, and stability is new to me. I don't

About The Senior Full Service Wellness Program

The Senior Full Service Wellness Program serves some of San Francisco's most seriously disturbed older adults, providing comprehensive and integrated treatment services, including mental health and substance abuse treatment, physical health care, housing assistance, and vocational and educational support.

The Family Service Agency program is a collaborative partnership with Curry Senior Center, Community Awareness and Treatment Services, Goodwill Industries, the Over 60 Project at UCSF, and the Tom Waddell Health Center.

No fees are charged to participants.

drink alcohol anymore. I am very fortunate which makes me happy. I am better off coming to the FSP than I was before I was at FSA. Since I meet Mischel, Debby, and Mansami I have improved tremendously.

What do feel are some of the biggest challenges for older adults with mental health needs?

The challenges that are presented to me as an older adult with mental health challenges are lack of meaningful activities. I would like a small job and other meaningful tasks. It is very dangerous to be a older and mentally ill. I could easily become a write-off. My case manager makes sure I am not written off. I could be put a home and locked away. It is very scary! The FSP doesn't let me fall down!

What are your goals for the future?

I am currently absorbed in the present, but I do hope to go to City College. Going to City College is now a possibility and it wasn't before. I have an AA degree, but would like more education. I am interested in environmental studies. My FSP staff suggested City College. Wouldn't have thought of that on my own.

What would say to someone who says people who have mental health/substance abuse challenges cannot recover?

I believe people who have substance abuse/mental health challenges can get better! There are resources like the FSP program that can help. Baker Places has helped me too. I would say that those people who say you can't recover are wrong. I would not agree with that.

BATC Holds EBP Conference in San Jose

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Bay Area Youth Centers, Community Solutions, Edgewood Center for Children and Families, Family Paths, Fred Finch Youth Center, Fremont Youth and Family Services, Gardner Family Care Corp., Huckleberry Youth Programs,

Juma Ventures, Lincoln Child Center, Momentum for Mental health, Rebekah Children's Services, Seneca Center, and STARS, Inc.

Also in attendance were city and county staffer from Mental Health departments.

Family Developmental Center holds Parent Graduation

Family Developmental Center held its Developmental Education for Parents Program (DEPP) workshop on Saturday, February 21, 2009, followed by graduation ceremonies for all those who completed the courses.

A total of 37 parents graduated after attending 12 hours of training in various topics such as Brain Development, Health and Nutrition, Safety and Emergency Preparedness, Special Needs, School Readiness, Music/Literacy, Manipulatives as well as a fairly new topic requested by parents, Discipline.

The children also had a busy day spending their time with teachers doing activities and then were re-united with their parents to join the celebration.

Parents received graduation certificates and feasted on great food while introducing the art projects and other creations they made in the manipulatives workshop to their children.

Family Developmental Center offers a developmental childcare and school-readiness program for infants and toddlers (2 weeks to 3 years, 8 months) and their families. FDC provides a nurturing, developmentally challenging, and inclusive environment for very young children of low income, at-risk families, including those involving violence, abuse, teen parents, the involvement of Child Protective Services, or the criminal justice system. Infants from CPS referrals and teen parents in CalSafe are a priority.

FDC also offers a mainstreaming model for medically fragile and developmentally delayed infants and toddlers. Blending clinical and educational components, the program provides assessment, Individual Education Plans, and a play-based curriculum. Additionally, FDC offers family support, parent education, speech therapy, occupational and physical therapy, psychological therapy for children and families, and an on-site Nurse. All of FDC's teaching staff hold early Childhood Education credentials.

Among the programs FDC maintains are: the Child Care Food Program, the Golden Gate Regional Primary Therapeutic Day Program, the Molera Medically Fragile Infant/Toddler

Program, the Sanguinetti Special-Needs Therapy Program, and the State Department of Education General Child Development Program.

Services are provided at no charge or on a sliding scale.

The Developmental Education Program for Parents (DEPP) operates on-site within the Family Developmental Center, annually providing low-income, at-risk parents with stipended, educational workshops that address basic childhood development issues, including the relationship between early parenting practice and children's cognitive, social, and behavioral capacities to learn.

DEPP revolves around an annual schedule of workshops (in two cycles) of culturally competent trainers in key child-development topics, including

Brain Development; Nutrition, Health and Safety; Special Needs; and School Readiness/Music. The workshops are taught in English and Spanish.

Working with parents in a familiar and culturally-sensitive environment, DEPP helps low-income, at-risk parents to begin to perceive themselves as their children's valuable and successful "first teachers," aware of the long-lasting effects of early social interaction and environment on children's overall development. DEPP's lending Library provides parents access to books and videos (Spanish/English), to facilitate and reinforce workshop curriculum.

Parents received personalized case management services to help address case-specific issues and establish facilitated links to additional services.



JUNIOR OFFICERS - San Francisco Police Officer Frances Terry (Youth Services Division.) distributed Jr. Officer stickers and enjoyed talking with children in our outdoor play yard while their parents completed the DEPP workshop. The students and parents then joined together for the graduation ceremony.

FSA Stays Prepared for Emergencies

Family Service employees stayed prepared for emergency situations with a CPR training class in February and a Fire Drill in March.

The fire drill was to prepare the staff for an emergency and ensure that all clients and staff in the building can exit safely and remain accounted for. The March 10th exercise vacated everyone from the five floors of our Gough Street building and safely accounted for everyone in the park across the street. Our completed time was 9 minutes and 40 seconds.

In February, 11 employees who work with clients and those who had not been previously certified, took the Red Cross CPR course taught by Nicki Goodwin. The course was held at our Post Street offices.



CPR TRAINING - In February, Cardio-Pulmonary Resuscitation classes we taught by Nicki Goodwin of the Red Cross to help new employees get their certification.



SAFETY TEAM MEMBERS: FSA Staff prepare to take on emergency roles, on each floor, in case of a disaster. Pictured are (top row, from left) Michio Kusama, Director, Community Integration Services, Senior Division; Vickie Castro, Human Resources Director; Ursula Brady, Program Assistant, Comprehensive Adult Recovery and Engagement Program; Charisse Lloyd, Program Manager, Tenderlion Family Program; Ted Snyderman, Program Director of the Adult Care Management Program; Michelle Fregoso, Human Resources Assistant; (bottom row, from left) James Wagner, Program Director, Senior Full Service Wellness Program; Gidalia Rothman, Activities Therapist, Older Adult Day Support Center; Doretta Randon, Security Guard, Front Desk; and Pamela Cheung, Administrative Assistant, Tenderlion Family Program.

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Inside our Family Album



Family Service Agency of San Francisco
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San Francisco, CA 94109-7697

Family Album

THE COMMUNITY NEWSLETTER FROM FAMILY SERVICE AGENCY OF SAN FRANCISCO

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