

2012 Annual Report



**Family Service Agency
OF MARIN**

A Lifeline for Marin Families

a division of Buckelew Programs

2012 Annual Report



Margaret R. Hallett

Things change, whether it's people, places or organizations. And we at FSA have been navigating a lot of change, especially since the economic challenges of 2008. But through it all, we have remained steadfast in our mission and commitment to high quality, effective mental health and addiction treatment services.

2012 brought more change and is a watershed in FSA's history. In March, following an intensive two-year planning process guided by our FSA Board, we merged with Buckelew Programs. This respected and longstanding organization provides a full range of housing and employment services in Marin, Sonoma, and Napa Counties aimed at adults and young adults who have serious mental illness. Together we have created one of the leading behavioral health organizations in the North Bay and are well positioned to provide critical services in an era of healthcare reform. Our comprehensive continuum of services spans the whole age spectrum from pregnancy through childhood to adolescence, adulthood and older adulthood.

With the departure of Buckelew's CEO in April, I have been serving as an Interim Co-Executive Director, along with longtime Buckelew senior executive Bob Brown. With guidance from the Buckelew Board, we are moving the organization forward during the transition to a new Executive Director next year.

There have been a lot of changes, except where it matters most: who we are and who we serve remains the same. We still provide critical mental health and addiction treatment services for people without the resources to access help.

And how we support those services hasn't changed. While we share administrative functions with Buckelew Programs, we do not receive any direct support for client services. A major source of financial support still comes from those of you who contribute directly to FSA.

We can't do this important work without you!

Our annual report presents a snapshot of all we've accomplished for the more than 4,800 children, adults and families we served last fiscal year.

On the surface, the numbers look pretty dry, but consider them in terms of the stories they tell. To say that someone has improved in one area of overall functioning means that fourteen-year-old *Maria* is no longer cutting herself or considering suicide; *Heather* is no longer feeling out of control with her children, *Henry* has been clean and sober for more than a year. Every statistic is a collection of stories about healing and hope, about individuals and families making fresh starts and thriving.

We are honored to do the work we do, and honored to be partnered with you in providing these critical services that make such a profound difference in people's lives and the community as a whole.

Thank you!

Margaret R. Hallett

Director, FSA

Interim Co-Executive Director, Buckelew Programs



Lifelines

Last November, FSA held its Lifeline event at 142 Throckmorton Theater in Mill Valley, featuring writer Anne Lamott. Other speakers included three FSA clients who all deeply moved the audience with their stories of strength, hope and courage. We are very grateful for Lifeline's sponsors:

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And we are grateful for all those who participated in this moving and successful evening.

Children and Families

Child and Family Therapy (CFT):

Whether it's home visiting Parent Aide services for at-risk pregnant and new mothers, highly effective Parent Child Interaction Therapy, or specialized counseling for clients who have suffered trauma, CFT provides multi-tiered services that address the critical influence a child's early life has on his or her health and well-being. Last fiscal year, we served 559 parents and children and provided culturally competent and bilingual services for low-income clients throughout the county. 80% of Latina mothers in our Canal Maternal



Depression group decreased their level of depression; 98% of our child clients stabilized or improved in overall functioning, and 93% stabilized or improved in their ability to handle conflict. The numbers reflect children who will do better in school, make healthier friendships and grow up to be happier, productive adults.

Services for Adults and Youth (SAY): The majority of adults and young people served by the SAY program struggle with depression, anxiety, marriage and family crises, high-risk adolescent behavior, and live with economic challenges (58% earn less than \$20,000 per year). Through effective therapy, 97% improved in positive sense of self, reduced use of substances and improved relationship skills and coping with stress; 95% of parents improved in at least one area of parenting skills. These families now have opportunities for happier lives with substantially reduced risk for child abuse, teen addiction and trauma-related mental health problems.

Teens and Young Adults

TeenScreen, an evidence-based, self-administered, computerized questionnaire, has been used successfully by FSA for four years to identify high school students who are at risk for depression, suicidal thoughts, addiction, PTSD and a number of other challenges. This year, 646 sophomores were screened from five public high schools in Marin County (Drake, Redwood, Tamalpais, San Rafael, and Terra Linda High Schools) and one private school in San Francisco. As a result, 177 students who were identified as "at risk" (including 20 with suicidal thoughts) received critical follow-up services to provide them with a vital safety net.

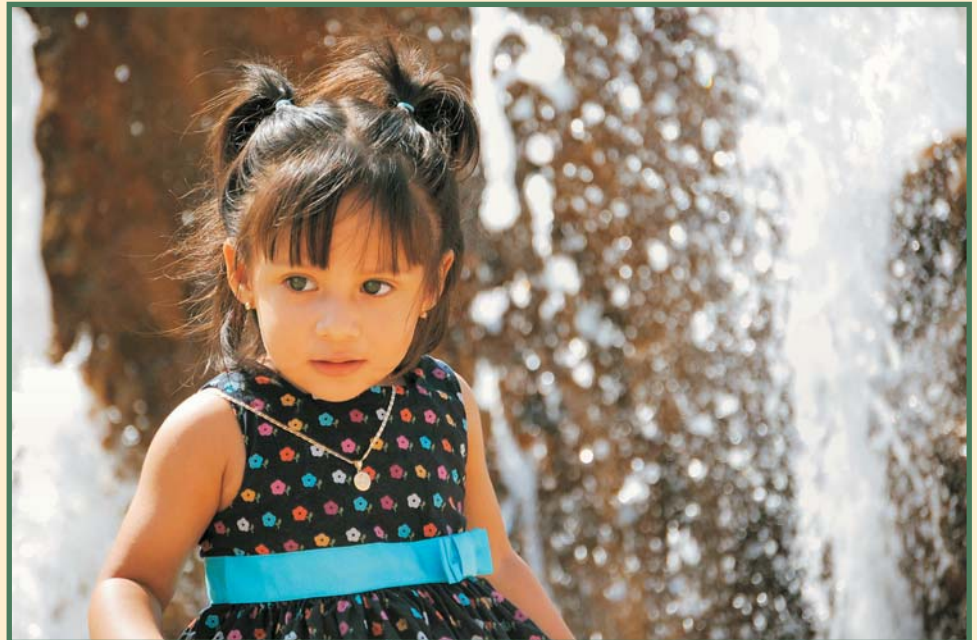
Adults and Couples

Services for Addiction Recovery (SAR): FSA provides affordable services for adults and families facing not only drug and alcohol abuse, but non-chemical addictions, such as gambling and eating disorders. This year we increased our outreach to provide services to 207 clients, a 36% increase over the previous year. When Marin Services for Women was forced to close their doors in 2011, FSA worked closely with their staff to ensure that women in treatment continued to access services. The SAR program provided a combination of individual and group therapy, utilizing Seeking Safety, an evidence-based group treatment program that addresses the impact of trauma on addiction. FSA also completed two successful programs targeting teen and adults in collaboration with the Canal Alliance. 71% of SAR clients experienced improvement as a result of treatment.

Addiction is caused by many factors, but lack of resources contributes to the stress that makes recovery and sobriety even more challenging. 65% of SAR clients had annual incomes of \$20,000 or less.

Parenting Apart, Education and Support for Co-Parenting after Separation or Divorce:

This highly effective six-session course teaches recently divorced or separated parents the skills they need to manage their family's changes and promote the healthy development of their children. The curriculum is based on factors that research has shown to be related to positive outcomes for children. Participants learn about their child's experience, develop healthy communication skills with their co-parent and learn how to minimize the stress endemic in this kind of family change.



Suicide Prevention and Crisis Counseling

(SP&CC): In July 2011, SP&CC celebrated the 40th anniversary of Marin's only 24/7 Suicide Prevention Hotline. At the same time, FSA's North Bay Suicide Prevention Project successfully completed its first year. This initiative will expand Marin's Hotline to serve the five additional North Bay counties of Sonoma, Napa, Lake, Mendocino and Solano. During the year, our dedicated, caring staff of 53 hotline volunteer counselors (including 19 newly trained), responded to 12,923 calls from more than 2,000 people, an increase of 17% over the previous year. Counselor-based outcome surveys reported 87% of the callers' primary negative emotion expressed in the call (anxiety, fear, depression, loneliness, hopelessness, anger) was reduced in intensity as a result of talking to a hotline counselor, and 26 people survived a life-threatening situation.

Southern Marin Services (SMS): FSA's multi-cultural southern Marin program is now in its sixth year of operation. To address some of the obstacles of people getting to the Sausalito office, SMS "meets the individual where they are," going into homes and neighborhood sites, as well as providing office-based individual psychotherapy, family and group therapy, couples counseling, case management services, and psychiatry services. With a culturally diverse and highly effective staff, along with community collaborations with local schools and agencies, including the Phoenix Project, SMS continues to build important roots in the Southern Marin community. 76% of SMS adult clients improved or stabilized in their overall functioning. 95% of those receiving home visiting services from our Parent-Aide Program improved or stabilized in their parenting/care-giving abilities. 96% of students participating in the school-based program showed improved emotional functioning, coping skills, peer and family relationships and decreased high risk behavior. Behind these numbers are children who can focus in school, parents who feel less overwhelmed, and families who can provide one another the stable support that will carry them through the challenges they face.

Psychiatric Services: A total of 91 adults and young adults received medication evaluation and follow-up from FSA's psychiatrist this year. Due to limited resources, FSA was forced to restrict psychiatric services to those served by FSA's Southern Marin Services and Transitional Age Youth (TAY) Programs. The TAY program reaches young adults between 16 to 25 years of age who have serious mental illness and co-occurring substance use disorders.

AgeSong: This unique and valued program continued to provide discussion groups and support for men and women age 65 and older who wished to explore life's "third act." Experienced volunteer leaders helped navigate such topics as important connections, loss and change, end of life issues, truth, and wisdom. During the year, seventeen trained volunteer facilitators were available to co-lead groups, which had a total of 70 participants. A new dedicated website (agesong.us) was launched to better promote the program.

Thank you to our Generous Donors

July 1, 2011 - June 30, 2012

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We are deeply grateful for the commitment and dedication of volunteers who make an important difference in people's lives by serving as Parent Partner mentors, Suicide Prevention & Community Counseling Hotline counselors, and Advisory Committee members.

We also want to thank the staff and volunteers of The Family Store thrift shop in Mill Valley run by the Family Service League, and One More Time thrift shop in San Rafael benefiting Suicide Prevention & Community Counseling, for their tremendous contribution of time and resources that so greatly benefit FSA clients.



Financial Statement June 2012

Revenue

Donations	\$ 344,815
Grant & Foundation Revenue	\$ 312,963
Government Contracts and Fees	\$1,152,730
Client Fees	\$ 145,606
Thrift Shop, Special Events and Other Revenue	\$ 173,772
Total Revenue	\$ 2,129,886

Expenses

Personnel Costs	\$ 1,413,726
General Operating Costs	\$ 697,511
Special Events and other Expenses	\$ 37,903
Total Expenses	\$ 2,149,140
Revenue Over (Under) Expenses	(\$ 19,254)
Depreciation Expense	(\$4,021)
Total Agency Revenue Over (Under) expenses	(\$23,275)

Assets

Cash Accounts	\$ 1,108,977
Accounts Receivable	\$ 338,599
Furniture and Equipment (Net)	\$ 14,128
Other Assets	\$ 60,516
Total Assets	\$ 1,522,220

Liabilities

Liabilities	\$ 90,388
Deferred Revenue	\$ 250,821
Total Liabilities	\$ 341,209
Fund Balance	\$ 1,204,286
Total Revenue Over (Under) Expenditures	(\$23,275)
Total Liabilities and Net Assets	\$ 1,522,220



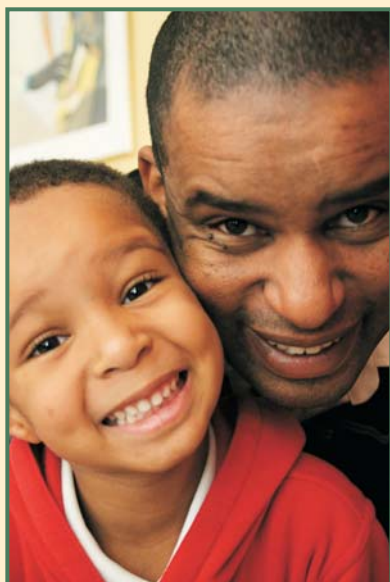


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