

Sitike Counseling Center

2005-2006 Annual Report

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It is difficult for most of us to truly understand the true nature of addiction. Often people say— just stop using, learn to say no. However, such easy solutions are not often realistic.

When someone is sent to treatment there are often numerous areas of their life that are not working well. Perhaps they did not receive a high school diploma, have a low wage job, medical problems that have been unaddressed, housing problems and perhaps legal problems. Then again, not all people suffering from addiction and or substance abuse problems fit neatly into the categories described above. Some are well educated and have great paying jobs with nice homes and are productive members of their community. As a result they can at times be even more difficult to assist, since their accomplishments in life often feed their denial system.

Just stopping will not solve all of their problems. However, stopping is essential to being able to begin to recognize and develop solutions to these issues. To stop one needs support. That is what we are here for. We ask the tough questions and assist our clients in finding the answers.

Sitike Counseling Center has three separate and distinct programs, the Discover Recovery Program, Women's Day Treatment Program and the First Offender Drinking Driver Program.

The Discover Recovery Program provides comprehensive non-residential and relapse prevention services to adult men and women via group and individual counseling, case management and a range of ancillary services. Ancillary services include monitoring attendance of 12-Step meetings, HIV/AIDS, Hepatitis C, and TB education, referrals for job skills assessment and training, and referrals for housing and literacy assessment and training. Clients are required to attend between 2 or 3 sessions per week for a minimum of 12 weeks up to one year.

The Women's Day and Perinatal Treatment Program provides substance abuse counseling for adult non-parenting, parenting and pregnant women. In addition to education about addiction the program places a special focus on parenting. Ancillary services include monitoring attendance of 12-Step meetings, HIV/AIDS, Hepatitis C, and TB education, referrals for job skills assessment and training, and referrals for housing and literacy assessment and training. Clients are required to attend 4 hours per day, 3-5 days per week, for a period of 3 to 9 months. On-site therapeutic daycare and transportation to and from the agency is provided.

The First Offender Drinking Driver Program provides education and counseling for the first-time offenders of the Driving Under the Influence (DUI) laws. The goals of the program are to prevent continued driving while under the influence and to intervene in the progressive development of the disease of addiction. Clients meet weekly in group sessions and have individual counseling sessions on a regular basis.

Our services address specific areas associated with early recovery: education about and development of tools to deal with craving and other withdrawal symptoms, nutritional information as it relates to recovery, information and education regarding the disease of addiction and its progression and relapse prevention. Clients enrolled in our services learn about the physiological, psychological and spiritual aspects of addiction. On their journey to recovery, the client develops the psychological and emotional tools to maintain abstinence, and begin to address family, employment and financial issues.

Demographic Summary of All Clients

Clients assessed 662
 Clients admitted 636

Sex	Ethnicity	Residence
Male.....74%	African American.....6%	Belmont.....1%
Female.....26%	American Indian.....2%	Brisbane.....2%
	Asian American.....2%	Burlingame.....2%
	Chinese.....2%	Colma.....1%
	Euro American.....36%	Daly City.....19%
	Filipino.....9%	Millbrae.....4%
	Hawaiian.....4%	Pacifica.....3%
	Hispanic.....37%	Redwood City.....1%
	Korean.....1%	San Bruno.....13%
	Samoan.....1%	San Francisco.....7%
		San Mateo.....6%
		South San Francisco.....36%
		Other.....5%

Drugs of Choice

Alcohol.....26%
 Marijuana.....20%
 Methamphetamine.....37%
 Cocaine.....11%
 Heroin.....4%
 PCP.....2%

Discover Recovery Program

The Discover Recovery Program provides ongoing support groups that include education about the physical and psychological social effects of drug use. The goal of the program is to assist clients in staying clean and sober and to teach them healthy life management skills to support continued recovery and prevent relapse.

Clients assessed298 Successful completion.....57%
 Clients admitted278

Sex	Ethnicity	Residence
Male.....77%	African American.....7%	Belmont.....1%
Female.....23%	American Indian.....2%	Brisbane.....2%
	Asian American.....2%	Burlingame.....2%
	Chinese.....2%	Daly City.....20%
	Euro American.....41%	Millbrae.....3%
	Filipino.....8%	Pacifica.....2%
	Hawaiian.....2%	San Bruno.....13%
	Hispanic.....35%	San Francisco.....9%
	Samoan.....1%	San Mateo.....3%
		South San Francisco.....39%
		Other.....6%

Many thanks to our supporters:

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