

# Sitike Counseling Center 2011-2012 Annual Report

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*“To handle yourself,  
use your head;  
to handle others,  
use your heart”*

– Eleanor Roosevelt



**Demographic Summary of All Clients**

Clients assessed .....498

Sex	Ethnicity	Residence
Male.....64%	African American..... 9%	Brisbane .....2%
Female.....36%	Asian & Pacific Islander ..... 29%	Burlingame .....2%
	Euro American.....33%	Colma.....1%
	Hispanic.....24%	Daly City.....18%
	Other .....5%	Millbrae.....4%
		Pacifica .....3%
		San Bruno .....12%
		San Francisco.....8%
		San Mateo .....7%
		South San Francisco .....36%
		Other .....7%
Age		
18 - 25 .....22%		
26 - 36 .....34%		
37 - 47 .....22%		
48 - 58 .....18%		
59+ .....4%		

**Drugs of Choice**

Alcohol.....74%
Marijuana.....8%
Methamphetamine .....12%
Cocaine.....2%
Heroin .....1%

**Discover Recovery Program**

The Discover Recovery Program is a three- to twelve-month outpatient program for adult men and women. Clients attend two to four times per week based on their individual need. The program utilizes the evidence-based work of Lisa M. Najavits, PhD, a Professor of Psychiatry and the author of Seeking Safety. The curriculum links recovery from substance abuse with recovery from mental and emotional challenges.

The program combines informational lectures on addiction and related health issues, psycho education group process, workbook exercises and individual counseling to provide comprehensive treatment. Clients are assessed for additional occupational, housing, literacy and health care needs and are linked to appropriate services.

Clients assessed .....141

Successful completion.....53%

Sex	Ethnicity	Residence
Male.....74%	African American..... 11%	Brisbane .....1%
Female.....26%	Asian & Pacific Islander ..... 24%	Burlingame .....1%
	Euro American.....42%	Daly City.....21%
	Hispanic.....20%	Millbrae.....5%
	Other .....3%	Pacifica .....3%
		San Bruno .....12%
		San Francisco.....7%
		San Mateo .....9%
		South San Francisco .....33%
		Other .....8%
Age		
18 - 25 .....10%		
26 - 36 .....35%		
37 - 47 .....32%		
48 - 58 .....22%		
59 - 69 .....1%		



