

Sitike Counseling Center 2014-2015 Annual Report

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*“When we give
cheerfully and
accept gratefully,
everyone is
blessed.”*

— *Maya Angelou*

Demographic Summary of All Clients

Clients assessed..... 434

Sex	Ethnicity	Residence
Male 69%	African American..... 7%	Brisbane..... 1%
Female..... 31%	Asian & Pacific Islander 26%	Burlingame..... 1%
	Euro American 28%	Colma 1%
	Hispanic 32%	Daly City 25%
	Other..... 7%	Millbrae 4%
		Pacifica..... 1%
		San Bruno..... 13%
		San Francisco 6%
		San Mateo..... 8%
		South San Francisco 37%
		Other..... 3%
Age	Drugs of Choice	
18 - 25 17%	Alcohol..... 75%	
26 - 36 39%	Marijuana 4%	
37 - 47 24%	Methamphetamine..... 17%	
48 - 58 16%	Cocaine..... 3%	
59+ 4%	Other..... 1%	

We value an environment that is:

- ❖ *respectful, empathic, compassionate, dignified and collaborative in its interactions with clients and staff.*
- ❖ *appreciative of people’s uniqueness, strength, flexibility, and willingness to learn, grow and change.*
- ❖ *honest, inclusive and that honors respectful feedback and allows for people to question themselves in order to better serve clients and assist one another in their professional growth.*
- ❖ *a learning environment in nature, understanding that people make mistakes. We value the taking of responsibility and the process of growth that comes from this.*

Discover Recovery Outpatient 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 and providing guidance for both.

The program combines informational lectures on addiction and mental and physical health-related 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..... 114

Successful completion..... 65%

Sex	Ethnicity	Residence
Male 70%	African American..... 5%	Burlingame 2%
Female..... 30%	Asian & Pacific Islander 28%	Daly City 24%
	Euro American 32%	Millbrae 4%
	Hispanic 26%	Pacifica..... 2%
	Other..... 9%	San Bruno..... 11%
		San Francisco 8%
		San Mateo..... 8%
		South San Francisco 32%
		Other..... 9%
Age		
18 - 25 16%		
26 - 36 42%		
37 - 47 21%		
48 - 58 19%		
59 - 69 2%		

Women's Intensive Day Treatment Program

The Women's Intensive Day Treatment Program is a gender-specific structured, three-phase program with individualized, comprehensive, and intensive services. Women attend three to five days per week, four hours per day, for a minimum of three months to a maximum of one year. Transportation to and from the facility and on-site therapeutic day care for the attendees' children (age five and under) are provided, along with one hot nutritionally balanced meal. The program utilizes the evidence-based work of Dr. Stephanie Covington, a clinician, author, organizational consultant, and lecturer who is recognized for her pioneering work in the area of women's trauma and other issues.

The program includes group and individual therapy; case management; 12-step meeting attendance monitoring; women's health education; parenting & child development education; relapse prevention; vocational rehabilitation; anger management; reading, writing, and math classes and General Education Diploma (GED) preparedness.

Clients assessed.....41

Successful completion..... 67%

Sex	Ethnicity	Residence
Female..... 100%	African American..... 13%	Daly City..... 23%
	Asian & Pacific Islander..... 15%	Millbrae..... 3%
Age	Euro American..... 38%	Redwood City..... 8%
18 - 25..... 11%	Hispanic..... 21%	San Bruno..... 8%
26 - 36..... 42%	Other..... 13%	San Mateo..... 26%
37 - 47..... 28%		South San Francisco..... 21%
48 - 58..... 19%		Other..... 11%

Our Vision:

- ❖ *diversity, compassion, healing, and growth are encouraged, valued, and celebrated;*
- ❖ *the devastating effects of substance abuse, mental illness, and violence are diminished;*
- ❖ *relationships, families, and children thrive.*

First Offender Drinking Driver Program

The First Offender Drinking Driver Program provides education and counseling over the course of 3, 6 or 9 months. 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 admitted.....279

Sex	Ethnicity	Residence
Male..... 80%	African American..... 7%	Brisbane..... 2%
Female..... 20%	Asian & Pacific Islander..... 26%	Colma..... 1%
Age	Euro American..... 23%	Daly City..... 26%
18 - 25..... 19%	Hispanic..... 37%	Millbrae..... 4%
26 - 36..... 38%	Other..... 7%	Pacifica..... 1%
37 - 47..... 23%		San Bruno..... 10%
48 - 58..... 15%		San Francisco..... 5%
59+..... 5%		San Mateo..... 5%
		South San Francisco..... 41%
		Other..... 5%

Many thanks to our supporters:

**Matthew Burns
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County of San Mateo
First National Bank of Northern California
Sam French
Barbara Irli
Liberty Bank
Lexann Massoni
Matagrano
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South San Francisco Scavenger
Jason Steuerwalt
Cyndy Sweet
Tangram Insurance
Town of Colma
Debbie Upland
Marlene Veach
Jo Zemke**

Sitike Counseling Center's staff:

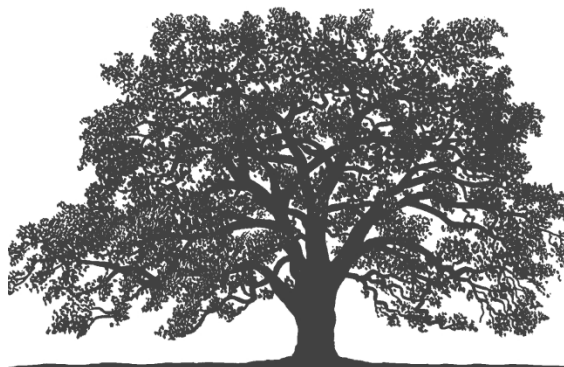
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Women's Program ManagerSusan Naify
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 Alexa Najarro
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Si-ti-ke *n.* a group of non-blood kin who are present in a time of crisis.