

The cover features a white central area enclosed by a thick border. The top half of the border is olive green, and the bottom half is dark blue. A dark blue rectangular tab is positioned at the top center, and an olive green rectangular tab is at the bottom center. The text is centered within the white area.

# Annual Report

# 2008

Almaden Valley Counseling  
Service

*Working to promote emotional well-being*

**About AVCS**

Almaden Valley Counseling Service, Inc. is a California non-profit public benefit (IRS section 501 (c)(3)) corporation founded in 1980. We are governed by a volunteer Board of Directors serving three year terms. The executive officers of the board are the President, Vice President and Treasurer. The Director manages the daily operations of the organization. Counseling services are provided by intern counselors with a Master's degree in Counseling Psychology who are pursuing licensure as Marriage and Family Therapists.

**2008 Board of Directors**

Robin Root  
**President**

Jerri Kazmierczak  
**Immediate Past President**

Keri Landrum  
**Vice President**

Denise Adams  
**Treasurer**

**Members at Large:**

Kerstin Aiello  
Brendan Coveney  
Nancy Romer  
Chand Trehan  
Lara Windett  
Chris Nielsen  
Maureen Burnham  
Jayne Kwon, **Auxiliary President**

**Executive Director**

Outgoing Director, Karen E. Sumi, MFT  
Incoming Director, Katy Carter, MA

**Administrators**

Pat Treadway and Julie Anderson

**Almaden Valley Counseling Service**

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San Jose, CA 95120  
Phone: 408.997.0200  
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Email Director: [av@avcounseling.org](mailto:av@avcounseling.org)  
Email Administrators: [staff@avcounseling.org](mailto:staff@avcounseling.org)

**Website: [www.avcounseling.org](http://www.avcounseling.org)**

**Our History**

The tragic suicides of two teens from the Almaden Valley in 1980 spurred community leaders to found the Almaden Valley Youth Counseling Service with the mission of providing free counseling to children and adolescents. Over the years the scope and geographic reach of services expanded to meet area needs. By 2005, the year of our 25th anniversary, we offered services to individuals of all ages, as well as families and couples well beyond the borders of the Almaden Valley. In 2000 we removed "youth" from our name to reflect this change.

We offer a core of services that address the needs of our community at large. Whether clients are seen at our agency or on school campuses, in Parent Education classes or at a Community Forum, the strength of our agency continues to come from our commitment to provide for the health and well-being of families.

**Our Mission**

AVCS envisions a community where everyone has access to affordable mental health counseling. AVCS is a community based non-profit counseling agency committed to meeting the mental health concerns of all ages with an emphasis on youth. AVCS offers a full range of counseling services which support and promote personal growth, positive family relationships and emotional well being.

**Our Works***Counseling Services:*

We offer counseling to individuals of all ages, couples and families, and fees are based on a sliding scale.

*Counselor-On-Campus:*

On-Site counseling, crisis intervention, assessments and referrals to students at 18 schools.

*Parent Education:*

- Positive Parenting classes based on the Systematic Training for Effective Parenting (STEP) model. Classes are offered on a quarterly basis for parents of preschool, school age and teenage children.
- Cooperative Parenting and Divorce classes are for parents who are separated, divorced or in the process of divorcing. This course focuses on the parents' struggle to learn how to parent as a team when they are no longer a couple.

*Community Forums:*

We periodically present forums and provide guest speakers upon request, to address a variety of topics that pertain to parenting and family issues.



### Agency Statistics

#### Caseload

- 521 People were seen in 2008
- 125 Average Caseload per month

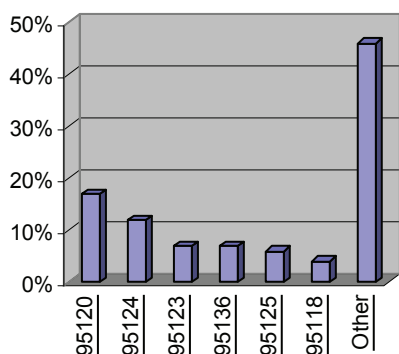
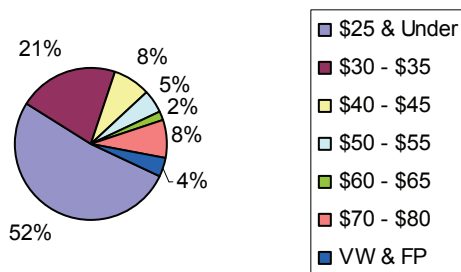
#### Clinical Hours—Total 3,958

- 422.5 Hours were Children
- 538.5 Hours were Adolescents (12-17)
- 298.5 Hours were Families
- 339.5 Hours were Couples
- 2,359 Hours were Individual Adults

#### Counseling Fees

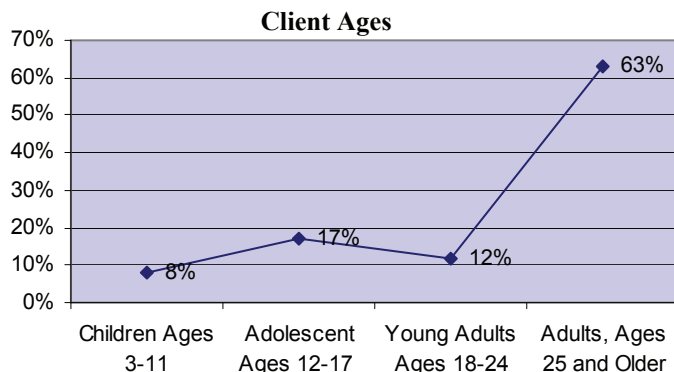
Our fee schedule is designed to provide services at an affordable rate for those on constrained incomes. The fees rise in proportion to the clients' income and ability to pay. As can be seen from the chart, the majority of fees, 73%, are at the lowest rates (\$15—\$35) available; in 2007 this was at 60%. This is a direct reflection of the circumstances of the majority of our clients.

\*VW & FP stand for Victim Witness and Family Preservation



#### Geographical Area Served

Our Community Zip code of 95120 continues to provide the most clients from a single zip code at 17%, however, we also provide services to over 40 other Zip Codes in the Santa Clara County region.



### Counselor Training Program

Licensing as a Marriage & Family Therapist in California requires a Master's degree in Counseling or Clinical Psychology, 3000 supervised clinical hours of experience, and passing two state exams. We provide counselor interns the opportunity to earn their required hours of experience in a supportive, community – based service environment. Licensed therapists provide individual and group supervision and additional trainings and workshops.

#### Consulting Supervising Therapists

- Andrea Ancha, Psy.D.
- Kaye Bishop, LMFT
- Eric Bohl, LMFT
- Marcia Clark, LMFT
- Bonnie Faber, LMFT
- Linda Galdieri, LMFT
- Alexis Horozan, LMFT
- Ann Martin, LMFT
- Polly Matsuoka, LMFT
- Alice Sklar, LMFT

#### Counselors

- Vanessa Avila-Pons
- Lisa Babcock
- Kate Bartenhagen
- Robin Bates
- Charles Bauman
- Maria Boklund
- Mary Stone Bowers
- Marilyn Graham
- Tanya Gulevich
- \*Ann Halkett
- \*Paul Hickey
- Cindy Hoffman
- \*Sandy Hull
- Chris Jones
- Rachel Kane-Cooley
- \*Kathy Kesten
- Eun Ah Kim
- Deb Kjar
- Marielena Malejan-Roussere
- Geetha Narayanan
- Michelle Nguyen
- Jonathan Ramsden
- Dayna Reses
- Kaye-Ailsa Rowan
- David Schulkin
- Allison Shotwell
- Amy Swenson
- Grace Tang
- Wendy Taylor
- Vicky Venter
- Matt Vrablik
- \*Raelene S. Weaver

\* Passed both State Exams in 2008 and became Licensed Marriage & Family Therapists.

**2007/2008 School Year****Elementary Schools**

Schallenger  
 Graystone  
 Simonds  
 Oster  
 Carlton  
 Guadalupe  
 Alta Vista  
 Lietz  
 Santee  
 Los Alamitos

**Middle Schools**

Dartmouth  
 Castellero  
 Union  
 John Muir

**High Schools**

Gunderson  
 Leigh  
 Leland  
 Pioneer

**Counselor on Campus Program**

Our Counselor on Campus (COC) program began in 1984 and was established to serve local schools in the Almaden Valley area. Since then, we have grown our program to include 18 schools from 3 different school districts. Schools contract annually with us to provide on-site counseling for one or two days per week. Our interns provide individual counseling, outreach and crisis intervention services as well as referrals to school and community resources.

**Counseling Statistics for the 2007/2008 School Year**

- 426 Students were seen
- 3,317 Individual visits provided
- 164 Group sessions were held

18 Interns provided 150 hours per week at 18 school campuses.



At a school, educators are involved in student's lives in more ways than just academics. Many situations arise in these children's lives that affect their ability to function academically and emotionally. Being able to offer additional support, students and their families are able to work through their difficult situations in a positive way and come out of it even stronger. Counseling services on campus helps educators to provide an all-around educational experience for students and helps them for life.

**Parent Education Program****Positive Parenting Classes**

One of our most successful programs within the agency has been the Systematic Training for Effective Parenting (STEP) classes. These classes are held for parents of preschool, school age and teenage children.

This 7-week course helps parents learn effective communication skills and how to have a positive, healthy relationship with their children. Participants have the opportunity to share their concerns while learning specific child-training ideas and skills which help them meet the challenges of raising children today.

**Cooperative Parenting and Divorce Classes**

Cooperative Parenting classes are for parents who are either divorced or in the process of divorcing. The class focuses on reducing parental conflict and addresses the factors that influence children's post-divorce adjustment. The goals of the program are to assist parents in shifting their roles from former spouses to co-parents; to educate them about the impact of parental conflict on their children's development and to teach parents anger management, communication and conflict-resolution skills.

This 8-week course helps participants to restructure their family while enhancing their lives and the lives of their children. The group format provides support and information for parents going through a difficult time.

- 76 Parents participated in the above classes during 2008



**Almaden Valley Counseling Service  
2008 Financial Statement**

**Income**

In-Office Counseling Fees	\$137,163.00
Auxiliary Fundraising	\$63,040.00
Counselor on Campus Contracts	\$78,250.00
Grants	\$13,400.00
Donations	\$37,190.00
Parenting Classes	\$8,652.00
Electronic Scrip Rebates	\$2,578.00
All Other	\$9,634.00

<b>Total Income</b>	<b>\$349,907.00</b>
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**Expenses**

Salaries & Wages	\$154,318.00
Auxiliary Expenses	\$33,693.00
Rent	\$50,580.00
Supervising Consultants	\$56,820.00
Insurance	\$14,624.00
Payroll Taxes	\$11,865.00
Payroll Services	\$3,351.00
Parenting Class Supplies	\$1,672.00
Communications	\$6,756.00
Maintenance	\$9,526.00
Office Supplies & Equipment	\$8,307.00
Utilities	\$3,546.00
Advertising & Public Relations	\$2,505.00
All Other	\$1,916.00

<b>Total Expenses</b>	<b>\$359,479.00</b>
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<b>Net Income</b>	<b>(-\$9,572.00)</b>
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<b>Cash &amp; Investments</b>	<b>\$117,378.00</b>
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### Fundraising Events

Fundraising is crucial to the financial health of the agency. Fees for services cover only about 50% of our expenses. To that end, we are grateful for the hard work and dedication that our Auxiliary members put into each event that they organize. In 2008, they were responsible for the Casino Night, the Almaden Times Classic 10K & 2 Mile Run/Walk and the Breakfast with Santa. Our Auxiliary has been the sole fundraising arm to the agency since it was formed in 1984 and it takes all of the members to make our events successful. We wish to acknowledge the following who took on the additional responsibility of being chairpersons for the aforementioned events: Athena Moreton, Jayne Kwon, Carol Courville, Rocki Kramer, Mimi Qubain and Debbie Bishop.

If you would be interested in joining the Almaden Valley Counseling Service Auxiliary and working on events throughout the year to help raise funds for the agency, please find the membership form on our website:

**[www.avcounseling.org](http://www.avcounseling.org)  
or call (408) 997-0200**

## Thank you to our Supporters!

We acknowledge with gratitude the generosity of our donors who continued to support AVCS in 2008. We are unable to list the countless volunteers and event sponsors in this given space and regret the possible omission of any individuals who so rightly deserve our thanks and praise.

### Our 2008 Funders

IBM Employee Charitable Contributions  
 Asset Services & Liquidators  
 United Way Designations  
 PG&E Charitable Contributions  
 AVCS Bridge Group  
 Almaden Valley Women's Club  
 GE Foundation  
 Rotary Club of San Jose  
 City of San Jose  
 Xilinx  
 4D  
 Escript Subscribers  
 Community Donors and Campaign Letter Supporters

### To Our Friends who Make a Difference

Rocki Kramer  
 Steve & Eileen Kitrosser  
 Ron & Bonnie Swenson  
 District 10 Councilmember Nancy Pyle  
 AVCS Auxiliary Members  
 123 Cheese Photography  
 The Mirassou Family  
 Bloomsters  
 Almaden Times Newspaper Group  
 Retiring AVCS Board Members

#### Almaden Valley Counseling Service

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#### Go to [www.avcounseling.org](http://www.avcounseling.org) to:

- Download class registration forms
- Learn about upcoming Fundraising Events
- Learn more about programs and services