



Annual Report

2007

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.

2007 Board of Directors

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Administrators

Pat Treadway and Julie Anderson

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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 19 schools.

Parent Education:

Positive Parenting classes based on the Systematic Training for Effective Parenting (STEP) model. Classes are offered 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.



Message to the Community

“To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.”

– Henri Bergson

Change. It is everywhere in our lives – constant, inevitable and necessary – yet so often difficult for us as we learn to adjust to new ways of being in the world. Change involves both the introduction of what is new and different, and letting go of what is familiar and comfortable. In each instance there is gain and loss, and a need to acknowledge the joy and pain that accompany this process.

During 2007 the agency transitioned to a new era under a new Director. Existing policies and programs were evaluated and some new initiatives emerged impacting the agency’s processes, our team, and our community. Some key developments included:

- A highly acclaimed Community Forum was held - in concert with our City Councilwoman Nancy Pyle and Leland High School – called “How to Talk to Teens about Driving.”
- Our relationship with Xilinx, a local high-tech firm, has continued. Xilinx has supported our Counselors on Campus program at multiple schools for several years now.
- Monthly trainings were held for the interns on topics including Play Therapy with Children, Grief and Loss, Couples Therapy, Working with Parents of Difficult Adolescents, Eating Disorders, Substance Abuse and Addiction, among others.
- The Geriatric Advisory Program was phased out after experiencing a drop in participation.

Much of the effort during 2007 involved a review of how the Agency does business, its policies, services, financial strategies and staff. With the understandings gleaned from this analysis, we enter 2008 ready to work on the implementation of our new goals and programs. Some high points of the plan forward include:

- New parenting classes including a ground-breaking class called “Cooperative Parenting for Divorce”
- An exciting new fundraiser – “Casino Night”
- Substantial focus on building our internal community – monthly meetings with all staff as well as monthly supervisor meetings
- Developing new funding streams to maintain financial viability
- Preparation of a comprehensive “Policies and Procedures Manual”
- New client intake procedures
- The hiring of a clinical consultant to enhance our professional services
- New supervisors joining the team
- Development of a brand new website
- Introduction of new groups – “Social Skills for Children,” “Support Groups for Divorced and Single Parents”

As we move into a bright future, the staff and leadership of the Agency seek to embrace change, visualizing a better world and directly participating in its creation.

Karen E. Sumi, MFT
Executive Director

Agency Statistics

Caseload

- 499 People were seen in 2007
- 126 Average Caseload per month

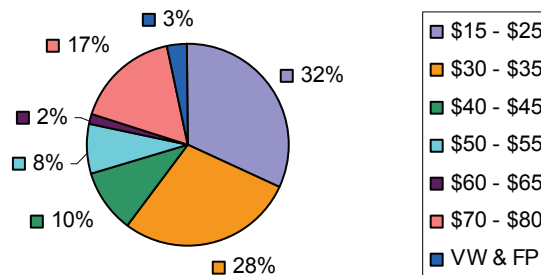
Clinical Hours—Total 4,114

- 592 Hours were Children
- 497 Hours were Adolescents (12-17)
- 313 Hours were Families
- 322 Hours were Couples
- 2,390 Hours were Individual Adults

Counseling Fees

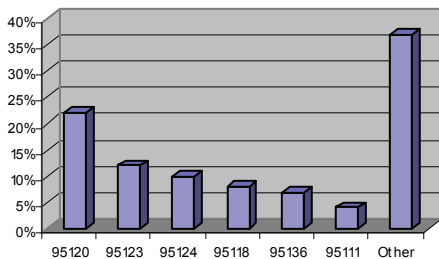
Our fee schedule is designed to provide services at an affordable rate for those on constrained incomes. The fees rise in proportion to the clients' income and ability to pay. As can be seen from the chart, the majority of fees (60%) are at the lowest rates (\$15—\$35) available, reflecting the circumstances 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 for a single zip code at 20%, however, we continued to provide services to over 40 other zip codes in the Santa Clara County region.



One Hundred and Forty Six

- Interns have participated in our intern training program
- 2 years is the minimum it takes to complete an internship
- Most interns need 3-5 years to accumulate the 3,000 hours of counseling experience they need to take their state licensing exams
- The majority of our interns complete their entire internship at our agency
- 8 Interns became agency supervisors
- 1 Intern became the Clinical Assistant to the Executive Director
- 2 Interns became Executive Directors

Almaden Valley Counseling Service's internship program is highly respected throughout area clinical psychology programs, therefore making these positions highly sought after and turnover low. Our reputation is one of excellence.

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
- Ann Martin, LMFT
- Alice Sklar, LMFT

Counselors

- Vanessa Avila-Pons
- Lisa Babcock
- Anna Bandic
- Charles Bauman
- Maria Boklund
- Dave Chicoine
- Carol Gibbons
- Ann Halkett
- Paul Hickey
- Cindy Hoffman
- Sandy Hull
- *Mindy Johnson
- Chris Jones
- Rachel Kane-Cooley
- Kathy Kesten
- Eun Ah Kim
- Deb Kjar
- Marialena Malejan-Roussere
- Geetha Narayanan
- Michelle Nguyen
- *Barbara Nichols
- Jonathan Ramsden
- David Schulkin
- Allison Shotwell
- Kristin Snowden
- Amy Swenson
- *Vicki Swenson
- Vicky Venter
- *Valerie Waagen
- Raelene S. Weaver
- Sam Wolfe
- Ruth Yau

* Passed both State Exams in 2007 and became Licensed Marriage & Family Therapists.

2006/2007 School Year**Elementary Schools**

Williams
Schallenger
Graystone
Simonds
Oster
Carlton
Guadalupe
Noddin
Alta Vista
Lietz
Santee

Middle Schools

Dartmouth
Castillero
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 19 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 2006/2007 School Year

- 402 Students were seen
- 3,413 Individual visits provided

17 Interns provided 148 hours per week at 19 school campuses.

“As a school we 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 us provide an all-around education experience for our students and helps them for life.”

Cydney Eschelmann
Assistant Principal of Integration, Motivation and Assessment
Castillero Middle School

Parent Education Program

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 pre-school, 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.

- 65 Parents attended in 2007

Ten Thousand clients

have been seen at the agency over the past 27 years for almost 68,000 clinical hours

- 619 Parents have participated in our Parent Education Program
- 8,300 students have received services through our COC Program for almost 36,000 visits

The dedication of our Staff, Board, Auxiliary and supporters has kept Almaden Valley Counseling Service a viable AND valuable agency for Santa Clara County. Over the years we have refined our programs and responded to the needs of our community at large. Our interns receive the highest quality of supervision and the experience of counseling a wide variety of clients which is the best preparation for them for their state licensing exams.

Community Forum

In October of 2007, AVCS, along with our District 10 Councilmember Nancy Pyle and Leland High School, facilitated a community forum titled, “How to Keep Your Children Safe—Talking to Teens about Driving.”

As is often the case, the impetus to present this forum was the death of 4 community members who were killed by a 19 year old driver. The panel of speakers included representatives from the San Jose Police Department, the District Attorney’s Office, Allstate Insurance as well as insight provided by AVCS’s Executive Director Karen Sumi into parenting strategies and how to implement and enforce a teen driving contract.

Parents and students alike attended and the evening was filled with valuable information, questions and answers.

**Almaden Valley Counseling Service
2007 Financial Statement**

Income	
In-Office Counseling Fees	\$153,000.00
Auxiliary Fundraising	\$50,000.00
Counselor on Campus Contracts	\$72,000.00
Professional Training	\$1,100.00
Grants	\$7,200.00
Donations	\$13,427.00
Parenting Classes	\$7,300.00
Electronic Scrip Rebates	\$4,200.00
All Other	\$7,100.00
	\$7,100.00
Total Income	\$315,327.00
Expenses	
Salaries & Wages	\$188,000.00
Rent	\$50,000.00
Supervising Consultants	\$53,100.00
Insurance	\$23,600.00
Payroll Taxes	\$12,680.00
Payroll Services	\$3,400.00
Parenting Class Supplies	\$1,900.00
Communications	\$7,500.00
Maintenance	\$7,600.00
Office Supplies & Equipment	\$5,400.00
Utilities	\$4,300.00
Advertising & Public Relations	\$2,600.00
All Other	\$3,200.00
	\$3,200.00
Total Expenses	\$363,280.00
Net Income	(-\$47,953.00)
Cash & Investments	\$183,137.00

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 2007, they were responsible for the Home Tour, 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: Christine Perry, Laurie Greer, Carol Courville, Rocki Kramer, Mimi Qubain and Debbie Bishop.

In addition, our Board of Directors initiated a Campaign Letter Drive during the summer of 2007 with the hopes of raising additional funds as well as the profile of the agency and the services we provide to the community.

Thank you to our Supporters!

We acknowledge with gratitude the generosity of our donors who continued to support AVCS in 2007. 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 2007 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
 Target Foundation
 Air Systems Foundation
 City of San Jose
 Xilinx
 4D
 Escript Subscribers
 Community Donors and Campaign Letter Supporters

To Our Friends who Make a Difference

Rocki Kramer
 District 10 Councilmember Nancy Pyle
 AVCS Auxiliary Members
 123 Cheese Photography
 The Mirassou Family
 Bloomsters
 Almaden Times Newspaper Group
 Retiring AVCS Board Members

AVCS Remembers Joyce Palmer

It was with great sadness that we said goodbye to this wonderful, compassionate and devoted member of our agency. Joyce began, as many do at AVCS, as an intern in the early 1980's. She went on to have a thriving private practice as well as to become a beloved clinical supervisor to many of our past and present interns.

We were deeply thankful to her family for generously requesting that memorial donations be made to AVCS on her behalf. We would like to thank her family and the many friends, colleagues and even clients who gave in her memory.



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 Email Administrators: staff@avcounseling.org

Go to www.avcounseling.org to:

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