

Almaden Valley Counseling Service

Working to promote emotional well-being

Annual Report



Celebrating 30 Years

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.

2009 Board of Directors

Brendan Coveney
President

Robin Root
Immediate Past President

Chris Nielsen
Vice President

Denise Adams
Treasurer

Members at Large:

Keri Landrum
Chand Trehan
Susan Monahan

Executive Director

Katy Carter, MA

Administrators

Pat Treadway and Julie Anderson

Almaden Valley Counseling Service

6529 Crown Blvd., Suite D

San Jose, CA 95120

Phone: 408.997.0200

Fax: 408.997.0711

Email Director: av@avcounseling.org

Email Administrators: staff@avcounseling.org

Website: www.avcounseling.org

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.. In 2000 we removed "youth" from our name to reflect this change. By 2010, the year of our 30th anniversary, we offered services to individuals of all ages, as well as families and couples well beyond the borders of the Almaden Valley

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.

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.

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 25 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



Message to the Community

Through the vision of both community organizations and community leaders, the Almaden Valley Youth Counseling Service (AVYCS) was created in 1980 to provide services to "troubled youth." As we celebrate our 30th year of operation, the agency has shown continued growth and expansion. The AVCS envisions a community where everyone has access to comprehensive and affordable mental health counseling services. This reflects our mission of providing service to all ages and all members of the family unit. Hence the name changes to Almaden Valley Counseling Service in 2000. The agency offers a full range of counseling services in our clinic, on school sites and at community outreach meetings.

Reflecting over the past 30 years we started with 4 interns and 2 schools Pioneer & Leland. By 1987 we increased the number of interns to 10, added Gunderson HS plus three middle schools serving over 300 students. Our interns also started teaching positive parenting classes. In 1990-2000 we expanded our services to include many zip code thought-out Santa Clara County. Our services increased to 7 schools with 12 interns and seeing over 400 students. AVCS took part in many community forms, with such varied topics as gang awareness & teenage violence, teenage parties, alcohol awareness, and youth parent seminars. Over the next 10 years we saw a large increase for our services both at the clinic and in our schools.

AVCS now serves the South San Jose communities as well as all areas of Santa Clara County. We, increased our staff to 29 interns supervised by 6 licensed supervisors. Our interns (therapists - mastered graduates) come from 7 local universities. We now provide counselors at 25 schools in 4 districts: San Jose Unified, Union, Campbell Union High and Franklin-McKinley. Our schools border Willow Glen, Cambrian, Campbell, Almaden Valley, Blossom Valley and Eastside. The children seen through our Counselor on Campus Program receive services at no cost to their families. We offer services in several languages.

Local programs that we have seen an increase need for our services include Dept of Social Service from several different Counties, Victim of Crime Program, Dept. of Family and Children Service, Family Court required STEP Positive Parenting Classes. In 2010, we expanded our class's to include Co-Parenting/Divorce classes, offering sessions quarterly in winter, spring, summer and fall in response to a need expressed by Santa Clara County Family Courts. We serve victims of domestic violence and substance abuse, as well as older adults in our geriatric program and clients at risk for suicide. We have offered educational classes for families to the community for over 20 years.

AVCS believes promoting Mental Health as part of a healthy lifestyle for children, youth, teens and families, will lead to stronger, safer, relationships and connections for neighborhoods and communities in San Jose. Education for parents regarding the dangers of alcohol, tobacco and substance abuse as well as unwanted pregnancies, gangs, illegal activities and other antisocial and alienating behaviors will enable them to instill in their children positive community values for maintaining mutual respect and equality. In 2010, we provided educational forums on topics such as these at Leland High School, Santee Elementary and Next Door Solutions.

AVCS is celebrating 30 wonderful years of service by expanding programs and services in an effort to reach out and help more of our neighbors and friends. We are dedicated to being here for people when they need us the most. Celebrate with us!



Katy Carter
Executive Director



Brendan Coveney
AVCS Board President

Agency Statistics

Caseload

- 390 People were seen in 2010
- 145 Average Caseload per month

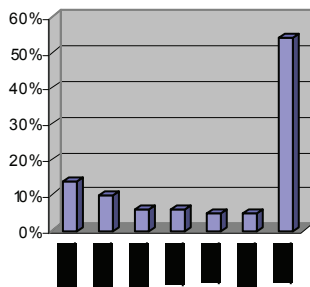
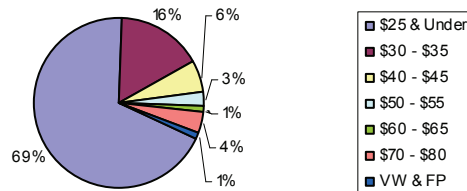
Clinical Hours—Total 4,084

- 636 Hours were Children
- 505 Hours were Adolescents (12-17)
- 288 Hours were Families
- 419 Hours were Couples
- 2,697 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, 69%, are at the lowest rates (\$25 & under); same as 2009. This is a direct reflection of the circumstances of the majority of our clients.

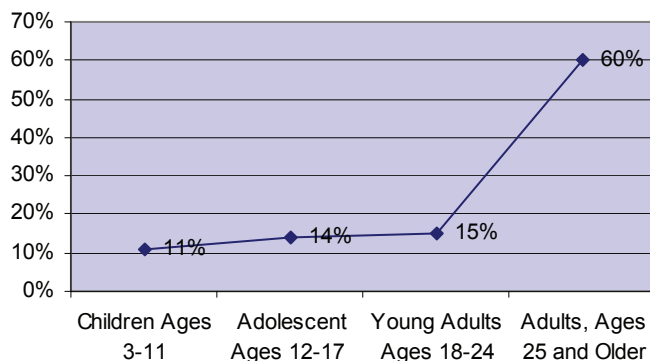
*VW & FP stand for Victim Witness and Family Preservation



Geographical Area Served

Our Community Zip code of 95120 continues to provide the most clients from a single zip code at 14%, however, we also provide services to over 42 other Zip Codes in the Santa Clara County region.

Client Ages



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

- Kaye Bishop, LMFT
- Kathy Diangson, LMFT
- Ann Martin, LMFT
- Polly Matsuoka, LMFT
- Cauletta Marriner, LMFT
- Valarie Waagen, LMFT

Counselors

- Robin Bates-Pualuan
- Charles Bauman
- Marina Benkhina
- Mary Stone Bowers
- Melanie Cauble
- Perry Collonge
- Rob Dudley
- Marilyn Graham
- *Tanya Gulevich
- Cindy Hoffman
- Monica Ippolito
- Chris Jones
- Jessica Longoria
- Rachel Kane-Cooley
- April Kihara
- *Deborah Kjar
- Heather McKenzie
- Geetha Narayanan
- Aubri Paxon
- Connie Picazo
- Marci Pick
- Lily Rahimi
- Dayna Reses
- Beverly Reyes
- Nancy Roberts-Knight
- *Kay-Ailsa Rowan
- Heidi Sheldon
- Minnie Shukla
- Tomilu Stuart
- Greg Sutton
- Grace Tang
- Wendy Taylor
- Debra Timberlake

* Passed both State Exams in 2010 and became Licensed Marriage & Family Therapists.

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 25 schools from 4 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.

- 25 counselors provided 252 hours per week.

Counseling Statistics for the 2009/2010 School Year

- 578 Students were seen
- 3,913 Individual visits provided
- Additional students were seen in group formats working on issues such as self-esteem, social skills, and conflict management. One district held groups that were part of the district-wide “KidStar” program for social skills learning.



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.

- 2009/2010 School Year**
- San Jose Unified School District**
 Schallenger
 Graystone
 Los Alamitos
 Allen
 Carson
 Reed
 Hacienda
 Galarza
 Booksin
 Simonds
 Williams
 Castillero M. S.
 Bret Harte M. S.
 Pioneer H.S.
 Leland H.S.
- Union School District**
 Guadalupe
 Alta Vista
 Noddin
 Lietz
 Oster
 Carlton
 Union M. S.
 Dartmouth M.S.
- Campbell School District**
 Leigh H. S.
- Franklin McKinley**
 Santee

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.

- 64 Parents participated in the above classes during 2010



Almaden Valley Counseling Service 2010 Financial Statement

Income

In-Office Counseling Fees	\$127,242.00
Auxiliary Fundraising	\$26,784.00
Counselor on Campus Contracts	\$154,500.00
Grants	\$1,900.00
Donations	\$24,050.00
Parenting Classes	\$7,262.00
Electronic Scrip Rebates	\$2,107.00
All Other	\$5,273.00

Total Income	\$349,118.00
---------------------	---------------------

Expenses

Salaries & Wages	\$176,747.00
Auxiliary Expenses	\$12,862.00
Rent	\$51,270.00
Supervising Consultants	\$69,945.00
Insurance	\$10,281.00
Payroll Taxes	\$13,522.00
Payroll Services	\$3,531.00
Parenting Class Supplies	\$1,786.00
Communications	\$6,770.00
Maintenance	\$9,771.00
Office Supplies & Equipment	\$10,266.00
Utilities	\$3,242.00
Marketing & Public Relations	\$4,265.00
All Other	\$4,875.00

Total Expenses	\$379,134.00
-----------------------	---------------------

Net Income	(-\$30,014.00)
-------------------	-----------------------

Cash & Investments	\$92,975.00
-------------------------------	--------------------

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 supporters put into each event that they organize. In 2010, they were responsible for our agency sponsored events: the Almaden Times Classic 10K & 2 Mile Run/Walk and the Breakfast with Santa. AVCS is fortunate to have many loyal supporters from the last 30 years. It takes all of the hours of hard work to make our events successful. We wish to acknowledge the following who took on the additional responsibility of being chairpersons for the aforementioned events: Carol Courville, Rocki Kramer, Mimi Qubain and Debbie Bishop. In 2010, we were honored to be adopted by a newly formed non-profit, Silicon Valley Cares, as a recipient of their 1st Annual Broomstick Ball. We wish to acknowledge Kelly Dippel and Mimi Qubain for their support

Thank you to our Supporters!

We acknowledge with gratitude the generosity of our donors who continued to support AVCS in 2009. 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 2010 Funders

IBM Employee Charitable Contributions
 PG&E Charitable Contributions
 Almaden Valley Women's Club
 AVCS Bridge Group
 GE Foundation
 San Jose Water Company
 City of San Jose
 Xilinx
 4D
 Adaptec
 Escript Subscribers
 Silicon Valley Cares
 The Hugh Stuart Charitable Trust

To Our Friends who Make a Difference

Rocki Kramer
 Steve & Eileen Kitrosser
 Ron & Bonnie Swenson
 Elena Agostino
 Chirs Nielsen
 James & Tish Allen
 The Mirassou Family
 Almaden Times Newspaper Group
 Retiring AVCS Board Members
 District 10 councilmember Nancy Pyle
 Julie Anderson

Almaden Valley Counseling Service

6529 Crown Blvd., Suite D
 San Jose, CA 95120
 Phone: 408.997.0200
 Fax: 408.997.0711

Email Director: av@avcounseling.org
 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