



2020-2021

IMPACT REPORT



Contents

Letter from the CEO 2

Who We Are / Our Programs 4

Financials FY 2020–2021 6

Recovery 8

Counseling 10

Service Navigation12

Suicide Prevention14

Supported Housing 16

The Peer Movement..... 18

Community Partners 20

Management Team / Board 22

Life has changed. Together,
we continue to transform lives.

Dear Friends:

According to a survey conducted by the National Council of Behavioral Health of nearly 900 behavioral health organizations, almost 48 percent of respondents reported in April 2020 that they had to or planned to lay off or furlough employees due to COVID-19.

At Buckelew Programs, not a single employee lost hours or their position due to the pandemic. In our 50-year history, Buckelew has certainly faced adversity before and each time, we have met our challenges head-on and persevered with confidence and determination. Although we can stand behind the fact that no client was denied services during this past year, the toll on our employees in the field, and on all of our essential workers, continues to be immense.

As the demand for mental health services continues

to surge, our experienced program leaders report that they have never seen so many people in crisis. Words cannot capture the pride and gratitude I have for our staff, as they demonstrate support for one another, our clients and the communities we serve. This work would not have been possible without the participation of community partners and generosity of Buckelew supporters. We are deeply grateful.

Our organization remains strong, for indeed, we are what we teach. When individuals or families who are experiencing mental health issues or addiction come to Buckelew, they describe their lives as having been derailed. We provide them with the tools and foundation to manage their illness. To rise to the challenge of what has consumed them; overcoming stigma and changing direction in order to thrive.

We teach resilience and staying the course. With your support, it's what we've done as an organization for the past 50 years and will continue to do. And as we

navigate our own recovery of sorts, we are practicing and giving much grace. Again, we want to thank you for the support you have shown us during this very difficult time. Together, we will continue to transform lives today, tomorrow and beyond.

With appreciation,



Chris Kughn, LMFT
**CHIEF EXECUTIVE
OFFICER**



Who We Are

Since 1970, Buckelew Programs has been dedicated to empowering individuals in shaping healthy, strong, purposeful lives. The care we provide is vital to those experiencing mental illness and/or substance use challenges. Our wide range of services for adults and children in the North Bay includes Counseling, Recovery, Service Navigation, Suicide Prevention and Supported Housing. We are there for our clients with transformative life-changing care.

Our Mission

Buckelew Programs' mission is to promote recovery, resilience and hope by providing behavioral health and support services that enhance quality of life.

Our Programs

Marin, Sonoma and Napa counties

- Residential Support Services
- Marin Assisted Independent Living
- Casa Rene Crisis Residential Program
- Buckelew Employment Services
- Sonoma County Independent Living
- Transitional Age Youth Program
- Forensic Assertive Community Treatment
- Family Service Coordination
- Collaborative Treatment and Recovery
- Napa Supported Living Program
- Homeless Mentally Ill Outreach and Assessment
- Homeless Encampment Assessment and Resource Team
- Maternidad y Esperanza Program
- Elizabeth Morgan Brown One Mind ASPIRe Clinic

The Helen Vine Recovery Center


- Substance Use Withdrawal Management
- Residential Substance Use Disorder Treatment
- The Marin Recovery Homes Program

Counseling Services

- Individual, Youth and Family Counseling

Suicide Prevention

- Marin, Sonoma, Lake and Mendocino counties
- 24/7 Crisis Hotline, Grief Support
- Outreach and Education

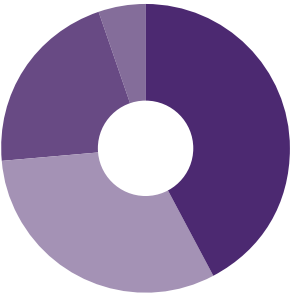
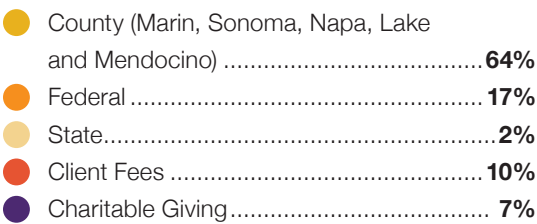
A large, stylized orange quotation mark graphic, consisting of two thick, curved lines forming the opening of a quote.A background image for the testimonial section showing a sunset over rolling green hills. The sun is low on the horizon, casting a warm orange glow across the sky and the landscape. The hills are covered in green grass and some trees are visible in the distance.

Our family is very grateful that David is in a physically and emotionally supportive home where he has found peace and feels secure. Since connecting with Buckelew, he's experienced a longer period of stability than he's had with any other program.

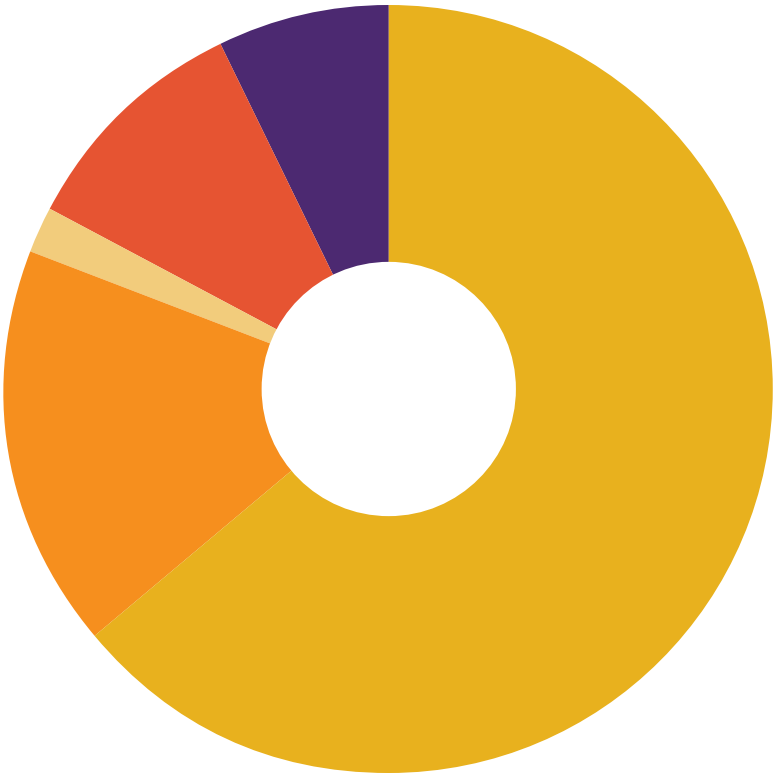
CLIENT FAMILY MEMBER

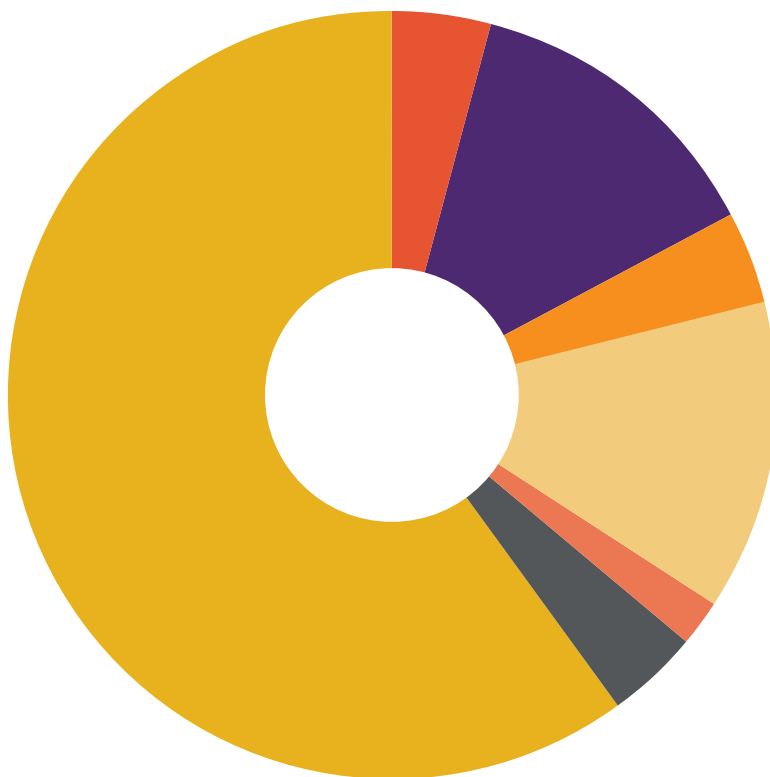
Financials FY 2020–2021

Revenue TOTAL = \$14,838,561



Charitable Giving by Source





Expenses TOTAL = \$14,467,343

Supported Housing	60%	
Fundraising	4%	
Administration	13%	
Counseling	4%	
Recovery—Substance Use Treatment.....	13%	
Service Navigation	2%	
Suicide Prevention	4%	

We depend on the generous support from individuals, foundations and corporations to meet the full fiscal obligation of our programming and to continue delivering high-quality services to people living with mental health and substance use challenges.



An early experience with addiction results in a lifelong passion and determination to practice law.

Meet Greg

Like many adolescents in high school, Greg B. discovered a fondness for alcohol. But what was different for Greg was the fact that he always drank to excess. Every opportunity; every time.

By the age of 21, Greg had racked up three DUIs and ten or so misdemeanors, all alcohol-related. In and out of the courtroom, a young defendant with no understanding of the law, Greg developed a keen interest in the court system. Amidst a background of serious mistakes and devastating consequences, a desire was born that would be his North Star for many challenging years to come.

To read Greg's story, visit bucklew.org/greg



I know many others who got their start at Helen Vine and have far exceeded expectations and are now contributing members of society. I pay back what I have gotten here by paying it forward, and have a lifelong debt and ceaseless gratitude for what I have received.

HELEN VINE RECOVERY CENTER ALUMNI

Helen Vine Recovery Center

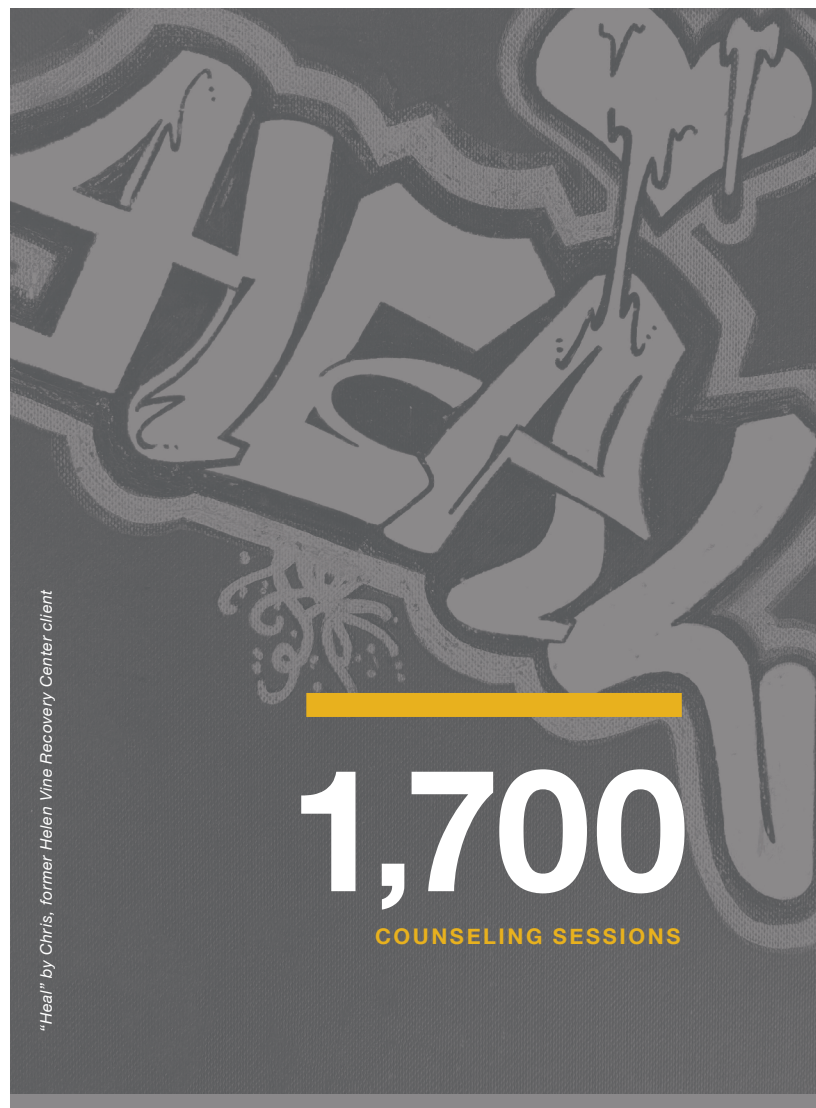
Our mission is to promote the health, safety and sobriety of individuals challenged with problems associated with alcohol and or drug intoxication.

Since opening in 1999, the Helen Vine Recovery Center (HVRC) has helped more than **22,000 individuals** overcome addiction, heal emotional trauma and develop the tools they need to transform their lives. Clients at HVRC become part of a large, supportive community of staff, peers and alumni who are dedicated to making their time in treatment, as well as outside of treatment, successful.

HVRC is a licensed non-medical, co-ed residential withdrawal management and substance use treatment program in Marin County that provides 24/7 recovery-oriented services to individuals with alcohol and drug addiction as well as co-occurring psychiatric diagnoses.

Bucklelew Programs' offers individualized, group and family therapy, including comprehensive trauma treatment for children and adults. Our extensive counseling programs are designed to meet the specific needs of each person in every stage of life, regardless of age or circumstances. Sessions are available in office, in the home or virtual.

Our **Maternidad y Esperanza Program** offers bilingual behavioral health and support services, integrated with their healthcare, to low-income, underserved Latina moms who are experiencing postpartum depression and/or trauma, as well as for their children, aged 0–3.



“Heal” by Chris, former Helen Vine Recovery Center client

1,700
COUNSELING SESSIONS

Meet Josh

When Josh first connected with Buckelew's program at age 18, he was isolated at home while experiencing mental health challenges. His mother connected him with Buckelew to support his desire to become more independent and receive case management. Reading at a college level since the first grade, Josh grew up enjoying all types of books and developed a talent for writing. His love of the written word was "always a constant" in his life and helped sustain him during turbulent times.

To read Josh's story, visit buckelew.org/josh



100%

of families who connected with Buckelew Programs for assistance in Service Navigation agreed that they gained a sense of increased hope and empowerment for their family member's well-being.

Buckelew Programs' **Family Service Coordination (FSC) Team** strives to provide education, connection to local resources and support to family members and caregivers of adults and youth (0–18) experiencing a wide range of developmental difficulties.

The role of parent or caregiver and advocating for a young or adult child experiencing behavioral health issues can be frustrating, overwhelming and bring about feelings of isolation. A loved one's untreated or undiagnosed mental illness and/or substance use can also bring chaos to a family, often rupturing relationships. And while recovery is possible, friends or allies needing help don't always know where to turn. The FSC Team believes that if resources are accessed early, the individual and family will experience greater long-term outcomes. Access to resources fosters successful development and positive family relationships. Outreach and education address the stigma that is a barrier for many.





Meet Scott

Scott was in his mid-twenties and doing what a lot of young men at that age do. Playing his guitar, going to the gym, driving around town and enjoying spending time with his girlfriend. No one knows exactly what happened, but a public argument at a restaurant with the girl he was seeing was the triggering event that derailed his life.

The event would soon have a ripple effect — impacting his entire family and ultimately leading to Scott's 'first break' — an episode of psychosis that resulted in hospitalization.

To read Scott's story, visit buckelew.org/scott



1,000 calls/month
300,000 interventions over
50 continuous years

Meet Marie

Marie is a valuable member of Buckelew Programs' Suicide Prevention Hotline volunteer corp. Like all who are sanctioned to 'work the phones,' Marie had to successfully complete the 40-hour training program. Only those who prove they can effectively apply what they've learned through training are permitted to 'graduate' and work Hotline shifts.

To read Marie's story, visit buckelew.org/marie

Buckelew Programs' nationally accredited **Suicide Prevention Hotline** has operated continuously for more than 50 years, with the first call documented on May 10, 1971. Founded by then Marin County's Coroner Investigator Keith Craig, what was originally the Marin Suicide Prevention Center and Grief Counseling Program has grown from 50 calls per month to a staggering 1,000. Over five decades, the 24/7 hotline staff and volunteers have provided intervention to more than 300,000 people experiencing a mental health crisis. The free resource offers help for anyone experiencing any level of need.

The hybrid (in-person and online) 40-hour volunteer training program is offered multiple times throughout the year and is always accepting new applicants. Also, the virtual peer-to-peer SOS (Survivors of Suicide) program is available to anyone who has been affected by the suicide of a loved one, co-worker or community member.



Many people have the misconception that the Hotline is only for those who are desperate and suicidal. In reality, there is no level of insignificant stress. The Hotline counselors are ready and waiting to support anyone with anything they may be struggling with — before they reach the point of despair.

SUICIDE PREVENTION HOTLINE
OUTREACH COORDINATOR

“This program provides real homes for our clients,” said Emily (Case Manager / Buckelew Programs).

“This is their home, their family. Many clients have never experienced a warm, stable and supportive environment, like we provide. They are accepted and cared for here. It’s love and hope that we provide.”

Everyone needs safe, decent, stable housing. For some of the most vulnerable individuals — people with mental illness and substance use disorders — a stable, supportive home is fundamental to recovery.

Buckelew’s **Supported Housing** programs offer a highly effective solution that combines affordable housing with a range of intensive coordinated, evidence-based services. Our individualized care and case management ensures that our clients remain in stable health and avoid crises that frequently lead to hospitalizations or incarceration.

94%

of Supported Housing clients
avoided hospitalization for a
psychiatric crisis as a result of
Buckelew’s services.



Meet Julie

Growing up in Marin, Julie was aware at a young age of the contrast between what she describes as her 'affluent' community and her own homelife. Her mom struggled to find stable housing, and Julie cycled through four foster homes before they could be reunited. Her feelings of being different continued at school, as she could 'count on one hand' the other girls of color in her grade.

To read Julie's story, visit buckelew.org/julie



Drawing by Sophie, Buckelew Programs client

The Peer Movement — Reducing Stigma and Reducing the Gap in Mental Health Care

The role of peers in the mental health field is often understated and not fully understood, yet the value they bring to the clients and their families is undeniable. Emily is a case manager (II) for Buckelew Programs' **Marin Assisted Independent Living Housing Program**. She started her career at the agency as a peer mentor and in her role today, she still brings the rare element of lived experience to the clients she serves.

Meet Emily

“When you are first diagnosed with a severe mental illness,” she says, “the message you receive is that you are not capable of taking care of yourself; your voice is essentially taken away. No one tells you that recovery is possible. Our job as peers is to demonstrate that recovery is possible. We are there to inspire and provide unconditional positive regard and hope.”

To read Emily's story, visit

buckelew.org/peer-movement

ossible



Community Partners and Supporters

Through the generous support of donors, foundations, corporations and community partners, Buckelew Programs is able to provide the vital services that help individuals and families in our community transform their lives.

We are grateful for this support.



Buckelew Staff Members

AmazonSmile! Foundation
American Endowment
Bank of America Charitable
Foundation, Inc.
Bank of Marin
Bauer Associates, Inc.
Bella Vista Foundation
The Blackbaud Giving Fund
The California Endowment
Chevron
Community Foundation
Sonoma County
County of Marin and Marin
Behavioral Health
County of Napa and Napa
County Health and
Human Service Agency
County of Sonoma and
Sonoma County

Department of Health
Services
Devincenzi Concrete
Construction
Didi Hirsch Foundation
DocuSign
Elizabeth E. Bettelheim
Family Foundation
Enterprise Holdings
Foundation
Equius Partners, Inc.
Facebook
The Feibusch Foundation
Fidelity Charitable
Floyd Construction
Fred Craves Family
Foundation
Hawkins Interiors
Heffernan Group Foundation
Hennessy Advisors, Inc.

Hobson/Lucas Family
Foundation
Jewish Community
Federation
Julia L. Grant Fund for Basic
Human Needs
The Joseph and Vera Long
Foundation
Kaiser Permanente
Keegan and Coppin
Company, Inc.
Level Access, Washington
D.C.
Lindskog Foundation
Lisa's Hair Design
Marianne and Albert Figen
Foundation
Marin Community
Foundation

MarinHealth
Mechanics Bank
Mill Valley Middle School
PTSA
Morgan Stanley
Mt. Tam Quilt Guild
National Philanthropic
Negley Flinn Charitable
Foundation
NextGen Climate America
Norman Charles
Construction, Inc.
North Bay Lighting and
Electrical Supply
One Mind
Philanthropy By Design
Providence, Sonoma
County
Redwood Credit Union
Renaissance Charitable

St. Sebastian's Young
Ladies Institute #116
Schwab Charitable
Sonoma Vintners
Foundation
Spietel Properties, LLC
Staglin Family Vineyard
Sutton Suzuki Architects
Team Ghilotti Inc.
Vanguard Charitable
Vibrant Emotional Health
W. Bradley Electric Inc.
Wells Fargo

Buckelew Programs Senior Management Team FY 2021-2022

Chris Kughn, LMFT

Chief Executive Officer

Teresa Bowman

Director of Substance Use
Services

Carolyn DeTierra, LMFT

Regional Director of
Behavioral Health,
Sonoma and Napa
Counties

Keith Edwards

Chief Financial and
Administrative Officer

Pat Gallagher

Chief Philanthropy Officer

Nori Keppel

Director of Human
Resources

Connie Mann, LMFT

Regional Director of
Behavioral Health,
Marin County and Suicide
Prevention Hotline

Alex Tolkach

Director of Operations and
Administration

Lilian Uwuseba, PhD, MSPH, MAP, CHES

Director of
Quality and Compliance

Board of Directors

Doug Brown, Board Chair

Judy Kramer, Vice Chair

Rowan Smith, Treasurer

Melissa Delaney, Secretary

Nancy Belza

Mary Bihr

Dr. Diana Demetrulias

Leslie Dixon

Warren Dodge

Gracie Francisco

Richard Jensen

Scott MacLise

Jack Scott

Karen Wilson

“

As we continue to navigate a challenging period that is straining the mental health and well-being of so many Marin residents, having mental health and addiction services available is essential. Buckelew Programs continues to build a continuum of services so no resident of our community feels like they need to struggle alone.

MARIN COMMUNITY FOUNDATION





NOVATO | 415.457.6964

Central Office
201 Alameda del Prado
Suite 103
Novato, CA 94949

NAPA | 707.253.2528

1100 Lincoln Avenue
Suite 102
Napa, CA 94558

SANTA ROSA | 707.571.5581

2300 Northpoint Parkway
Santa Rosa, CA 95407

SAN RAFAEL | 415.492.0818

Helen Vine Recovery Center
291 Smith Ranch Road
San Rafael, CA 94903

Buckelew.org



Buckelew.Programs



@BuckelewProgram



Buckelew-programs-inc



buckelewprograms



Volunteer

Our **Suicide Prevention Program** offers prospective volunteers a free, 40-hour Hotline Telephone counseling training program to individuals 18 years of age and older via remote and in-person learning in Novato.

To apply, visit **buckelew.org/hotlinevolunteer**
For questions or more information, please email **hotline@buckelew.org** or call 415.720.1167