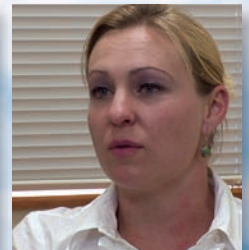
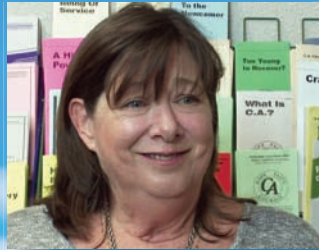


Stories of hope and recovery



**BUCKELEW PROGRAMS
2015-2016 ANNUAL REPORT**

BUCKELEW PROGRAMS *Serving the North Bay: Marin • Sonoma • Napa • Lake • Mendocino*

Housing, Employment and Mental Health Services for Transition Age Youth and Adults with Mental Illness
Family Support | Social Enterprises | Child, Adult and Family Counseling | Early Parenting Support | Older Adult Services
Suicide Prevention and Crisis Hotline | Child and Adult Trauma Services | Residential Detoxification Services

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Dear Friend,

The only constant in this world is change... and that is certainly true here at Buckelew Programs. To stay ahead of the curve in our constantly changing health care environment, we too must evolve as an organization.

A very exciting change for Buckelew Programs is the appointment of Tamara Player, MSW, as our new CEO, starting October 2016.

When former Executive Director Steve Eckert moved on in spring of 2016, our Board embarked upon a diligent search for a new leader. Tamara stood out for her knowledge and experience in administering behavioral healthcare operations and for her thoughtful, professional, warm and engaging manner. Please join us in welcoming her.

This past summer, Margaret Hallett announced her retirement as director of FSA Marin. For more than 30 years, Margaret served with unflagging commitment and enabled her staff to reach deeply into the community to provide help and healing to Marin's most vulnerable families.

Dr. James Mensing, JD, PhD, Senior Director at Buckelew Programs, will be overseeing the work of FSA going forward. James has over 25 years of experience working with children and families at the direct service, policy, and organizational management levels. Sarah Chapman, LMFT, will continue to lead FSA's counseling programs. Sarah has been a licensed Marriage and Family Therapist for 35 years, and a Clinical Supervisor with FSA for 14 years.

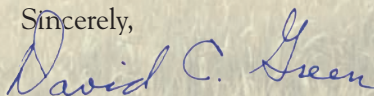
Change is also afoot at Helen Vine Recovery Center – in 2016, we secured a new home, less than a mile away from our current location. We anticipate that our new building will be ready for move-in by late spring 2017.

What has not changed, however, is our commitment to improving the lives of people facing behavioral health challenges here in the North Bay: Last year, Buckelew Programs provided mental health and addiction services to more than 10,000 individuals and families.

Several of the courageous people who changed their lives with the help of Buckelew Programs participated in our new video that premiered in June 2016 at the MarinScapes Gala, and we are featuring their stories of hope and recovery here.

Another constant in this changing world is our gratitude for supporters like you. We could not serve our community without your generous contributions. On behalf of those who are benefiting from your caring and generosity, we thank you for being our partners.

Sincerely,



David C. Green, Board Chair



David Green and Tamara Player

P.S. You can view our video "The Many Faces of Buckelew Programs: Stories of Hope and Recovery" on our website at www.buckelew.org. Many thanks to S. Kramer Herzog for donating filming and production.

Carrie's Story

HELEN VINE RECOVERY CENTER



Carrie's life looked perfect. She had a loving husband and two beautiful daughters. **"I was a PTA mom. But when I got home at night, I couldn't stop drinking. I was not a normal person when I drank."** After

the death of her mother, Carrie's alcoholism spiraled out of control. When she finally sought help at Helen Vine Recovery Center, it took several stays for Carrie to turn her life around. The staff at Helen Vine never gave up on Carrie: **"Everybody at Helen Vine has always been so kind. They will love you until you can love yourself."** Today, Carrie volunteers at Helen Vine to help others on their journey of recovery. **"I see people who have come through the door more than once, and I know that they can make it,"** Carrie says, **"it grounds me to help others."**

"Helen Vine Recovery Center isn't the last stop. It's the first." — Carrie

Bucklelew Programs' Helen Vine Recovery Center is a licensed 26-bed co-ed residential detoxification program in San Rafael that provides welcoming, recovery-oriented detox services to individuals with alcohol and drug addiction issues and co-occurring psychiatric problems. In 2016, we secured a new location for the facility and anticipate that the move will be completed in spring 2017.

Lives touched in 2015-2016

With the support of Helen Vine staff, **922** clients took their first steps towards sobriety.

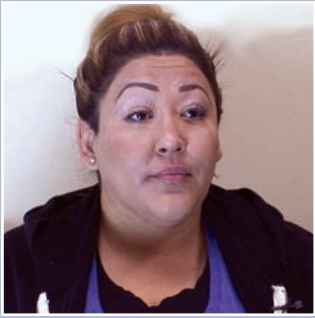
87% completed at least 3-5 days of detox, and everybody received referrals and assistance in accessing continued services.



342 people came to Helen Vine from local emergency rooms or law enforcement. They received actual recovery support instead of just sobering up in already overcrowded hospitals or jails.

Lilly's Story

FAMILY SERVICE AGENCY OF MARIN (COUNSELING SERVICES)



When Lilly gave birth to her son, she expected to be full of joy and happiness. Instead the young mother felt herself sliding deeper and deeper into anxiety and despair. **"I was**

extremely scared. I didn't know how to interact with my baby." After a referral to Family Service Agency, she was diagnosed with post-partum depression and entered into therapy. Lilly began to realize how growing up in a dysfunctional family had affected her, and she was determined not to repeat this pattern with her son. **"I beat the odds. With therapy and medication, I learned how to communicate with my child in healthy, mature way."**

"The support I've had at FSA completely changed my life. Now I am able to have a really close relationship with my child."

— Lilly

Family Service Agency of Marin provides affordable counseling to children, adults and families. Services include individual and group psychotherapy, AgeSong discussion groups for older adults, TeenScreen mental health screening, in-home bilingual, bicultural parenting support, and child forensic interviews and community education at Jeanette Prandi Children's Center.



Lives touched in 2015-2016

1,071 individuals and families received outpatient psychotherapy and support services.

844 youth at 7 Marin County middle and high schools were screened for suicidal thoughts and other mental health issues through TeenScreen.

AgeSong volunteers facilitated discussion groups for **79** older adults.

41 disadvantaged families, 94% of them Latino, received early parenting support through home visiting or groups.

Melanie's Story



Melanie came to FSA as a therapist intern in 2011. Many of her clients struggled with addiction and trauma, and quite often, suicidal thoughts. **"I wanted to do more to prevent suicide,"** she remembers. Mentored by Linda Allen,

SP&CC's longtime leader, Melanie moved into the director role when Linda retired at the end of 2015. **"I learned so much from Linda, and from our staff and volunteers. Some have been with SP&CC for more than 20 years. They are amazing, caring people. It takes a special person to be there for someone during their darkest hours, and to really listen."** Currently the hotline is staffed by 32 volunteers around the clock, with backup from 4 staff counselors. It is difficult work, but also very rewarding, says Melanie: **"I'm struck by the profound impact of lending an ear to people in crisis. By the end of a call, often you see a dramatic shift. Change can occur so quickly – in a matter of minutes, someone decides to live."**

SUICIDE PREVENTION & COMMUNITY COUNSELING

"Suicide is preventable. Know the signs, and don't be afraid to ask. You can save lives."

— Melanie Lopes, MFT,
Director of Suicide Prevention
& Community Counseling

Buckleleew Programs' Suicide Prevention & Community Counseling (SP&CC) 24-hour crisis hotline offers immediate and confidential support for people experiencing a suicidal crisis. Part of the North Bay Suicide Prevention Program, the hotline staff includes highly trained volunteers and currently serves Marin, Sonoma, Lake and Mendocino Counties. SP&CC also provides grief counseling and community education.



Hotline volunteers
answered **14,688**
calls from people in crisis.

80% of callers reported
lower suicidal intent by the
end of the call.

100% of grief
clients surveyed
reported that the
service helped
stabilize their life
at a difficult time.

96% of participants surveyed reported
that the community education training on
suicide prevention was good to excellent.

BUCKELEW SUPPORTED HOUSING

John's Story



After a family crisis, John fell into deep depression. He gave away his possessions and

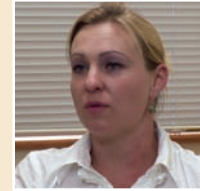
started living in his truck. Still, he dreamed of being reunited with his kids. Then an outreach worker referred John to Buckelew's Napa Supported Independent Living Program. **"I knew immediately that I had to do this for my kids,"** says John. He moved into a shared, subsidized apartment. A counselor worked with him on managing his depression, and on life skills such as paying bills. Soon, John got his own apartment. At last his children came to live with him. Today, John works as a Barista, a job he found through Buckelew Programs, and acts as a peer mentor for others struggling with mental health issues. **"I am eternally grateful for what Buckelew Programs has done for me and my family,"** he says.

"I no longer go to the hospital when I have a breakdown. I come to Casa René and recover faster." — Casa René client

Buckelew offers a range of housing and support for adults and young adults with mental illness in Marin, Sonoma and Napa Counties. Clients may live in 24-hour staffed group homes, in semi-independent, shared housing, or in their own apartments. Staff teach independent living skills and help clients improve their self-sufficiency and quality of life. For those experiencing a mental health crisis, Casa René offers support in a home-like setting.

EMPLOYMENT

Elise's Story



When Elise was referred to Buckelew's Janitorial

Training Program, she had experienced trauma, needed a job, and felt like her life was falling apart. **"The very first day I came into the training program, it was very comfortable,"** she recalls. Elise was so successful as a trainee that she was offered a job after she graduated and eventually was promoted to supervisor. Today, she is helping others who are facing mental health challenges get back into the workforce. **"I'm grateful to be a part of Buckelew now,"** she says, **"I can only wish that I could touch somebody's life like they did mine."**

Lives touched in 2015-2016

Because of our wrap-around services, over **90%** of **445** housing clients in Marin, Sonoma and Napa managed their mental health without needing to go to the hospital and maintained their community living.

193 people received short-term housing with intensive mental health services as an alternative to psychiatric hospitalization at Casa René.

More than **200** clients received employment services in Marin, Sonoma and Mendocino Counties.



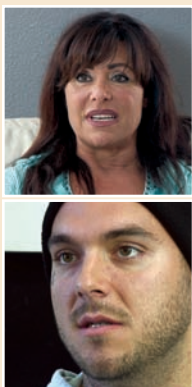
SERVICES & SOCIAL ENTERPRISES

“Going to work was a stable factor in my life, when everything else was in chaos.” — Elise

Bucklelew Employment Services partners with employers in Sonoma, Marin and Mendocino Counties to provide job placement, training and employment support to people with mental health and/or substance use issues. Staff matches clients with the jobs that fit their interest and helps develop their skills and confidence. Buckelew’s Social Enterprises provide paid job training at Blue Skies Janitorial Service and Blue Skies Clerical Service.

FAMILY SERVICE COORDINATION

Nino’s Story



When Nino started college eight years ago, “we knew something wasn’t right. We just didn’t know what it was,” said his

mom, Frauka. Nino had a mental breakdown - the beginning of a painful cycle of hospitalizations, rehab, and homelessness. Frauka was desperately seeking help for her son but didn’t know where to turn: **“That is when my dear friend suggested I call Buckelew Programs. That was probably the best call I made in my life.”** Buckelew’s Sonoma Family Service Coordination staff helped the family navigate the local mental health system, and found housing for Nino. Today, Nino is back in school, and pursuing his musical career and passion. **“I’m me again,”** he says with a big smile.

“I would have never thought that mental illness could affect me or my family.”
— Frauka, Nino’s Mom

Bucklelew’s Sonoma County Family Service Coordination (FSC) Team offers education, support and referral for families and friends of those living with mental illness. Services are free of charge and open to anyone in need. The FSC Team also participates in Homeless Outreach through the HOST Team collaborative in Santa Rosa.



The FSC Team provided individual and group support to over **900** individuals and families.

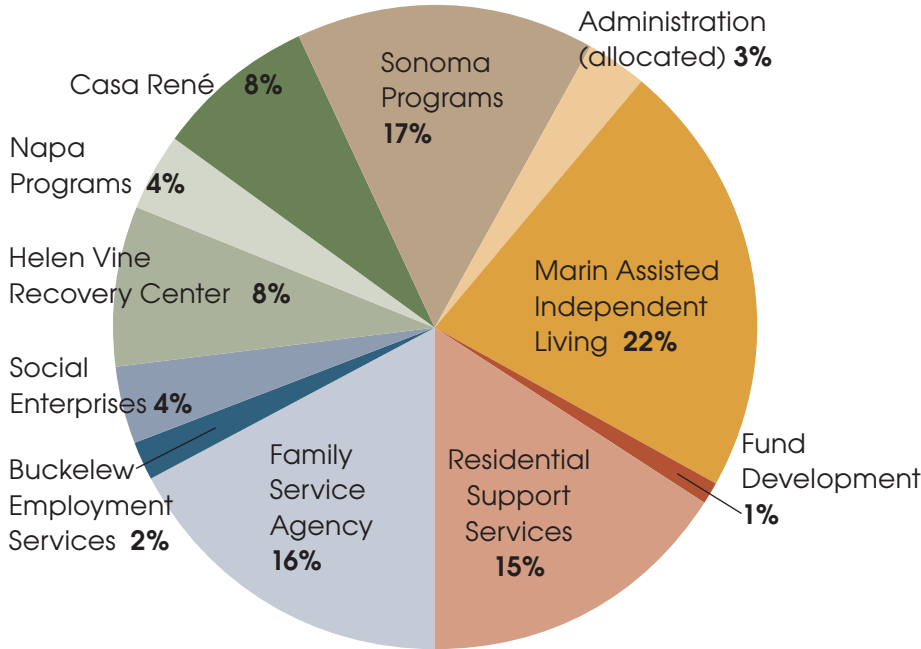
93% of families reported a better understanding of mental illness.

86% reported improved communication with their loved ones’ service providers.

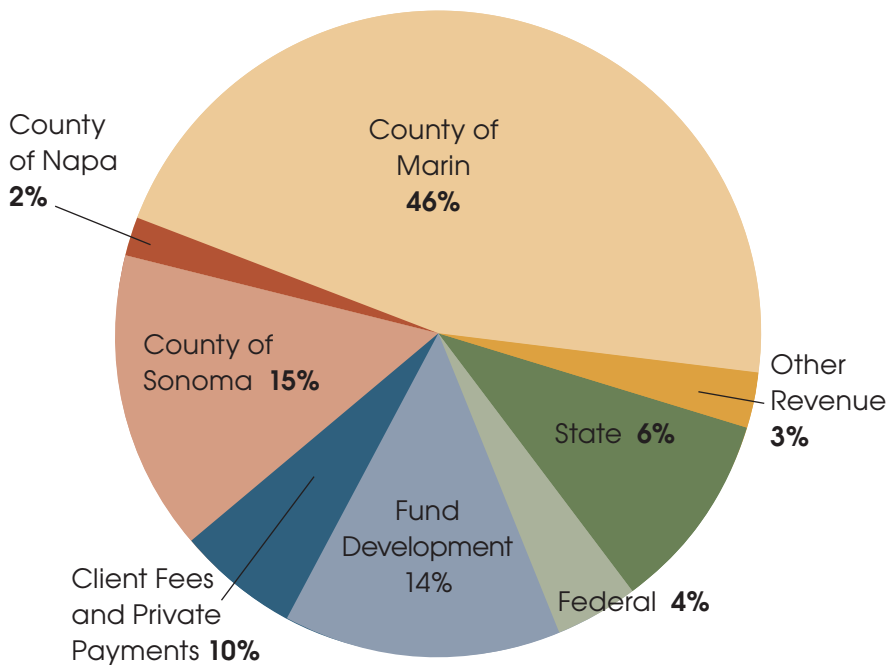
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Fiscal Year 2015-2016

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