

# **Buckelew Programs**

Founded in 1970, Buckelew Programs helps nearly 10,000 people each year with mental health, addiction, and related behavioral health challenges lead healthier, more independent lives, strengthening families and communities in the process. We believe in treating people, not conditions, so we tailor treatment and support services to the unique needs of each individual. We also encourage the active collaboration of loved ones and other supporters. Buckelew Programs provides a wide range of services for both adults and children in Marin, Sonoma, Napa, Mendocino, and Lake Counties, including supported housing and job training, outpatient psychotherapy, residential detox, and a regional suicide prevention program.

#### **Programs**

Residential Support Services
Marin Assisted Independent Living
Casa Rene Crisis Residential Program
Buckelew Employment Services
Sonoma County Independent Living
Transition Age Youth Program
Forensic Assertive Community Treatment
Family Service Coordination
Collaborative Treatment and Recovery
Napa Supported Living Program

#### The Helen Vine Recovery Center

Withdrawal Management
Residential Substance Use Services

#### **Counseling Services**

Child, Adult and Family Counseling Pregnancy and Early Parenting Support Childhood Trauma Prevention and Treatment

#### **Suicide Prevention**

Crisis Hotline
Outreach and Education
Grief Support

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#### Dear Friend:

What a year! In April, our community joined together for the grand opening of our new Helen Vine Recovery Center facility in San Rafael (see pictures on p. 6). After many years of planning and advocacy, and with critical support from our community and government partners, we now have a beautiful, welcoming space that allows us to better meet our clients' needs and make them feel safe and valued. It's amazing what we can accomplish when we all work together as a community!

In June, we celebrated 30 years of Art that Changes Lives at MarinScapes – another very special way to gather our community (see pictures on p. 7). We are so grateful to our wonderful circle of artists, art lovers, donors, sponsors and volunteers. Stay tuned for MarinScapes Reimagined in 2019!

There were dark times, too. In October 2017, an unprecedented firestorm swept through the North Bay, destroying over 6,000 homes and claiming 44 lives. The resilience and kindness our community has shown in the aftermath of this traumatic event have been truly inspiring. We were honored to be able to provide support, through our 24-hour crisis hotline, making sure our clients in Sonoma and Napa were safe, and a free weekly support group open to anyone affected by the fires.

As the health care system prepares for changes in funding and value based purchasing, we are partnering with the counties on system transformation and improvement to ensure that our communities' needs are addressed and that our programs are not only sustainable, but achieve positive, measurable outcomes for the clients we serve. We must be flexible and adapt to changing needs and funding priorities. Over the past year, that meant we had to let go of some services, restructure others – and also add new ones. We're excited to be a key partner in Sonoma County's newly designed Collaborative Treatment and Recovery Team (CTRT) which will provide resources and case management to individuals with behavioral health needs that have not been previously met by existing programs.

Finally, you may have noticed our "new look". Through a thoughtful process working with the Taproot Foundation's pro bono creative team, and with input from staff, board, clients, donors and community partners, we have developed a logo and tagline that represents our focus today: multiple paths to wellness, streamlining access to care healthier lives, stronger communities.

Thank you for being our partner! We couldn't do this without you. With gratitude,

Tamara Player, MSW

Jamara Player

Chief Executive Officer



## Housing, Health and Community

"Not only has surfing helped reduce some of our clients' symptoms, but the residents relate to each other differently; they have this thing in common as a group. It has given them a challenge to master while being fun and increasing self-esteem. They talk about how tired they are, but can't wait to get out again."

JOHN COLEMAN, RSS STAFF

### Buckelew's **Community Impact:**

588

Clients served in our housing programs in Marin, Sonoma, Napa Did not require psychiatric hospitalization because of the support provided

91%

86%

Improved their independent living

# Helping people with serious mental illness:

At Buckelew Programs, we believe that people with mental illness can and do recover. Every day, our staff provides encouragement, education and tools to help clients lead healthier, more independent lives. In Marin, Napa and Sonoma, Buckelew offers a range of supported living options, from 24-hour staffed enriched board and care homes to shared housing and individual apartments with case management, as well as short term residential crisis treatment. We believe in treating people, not conditions, so we tailor services to the unique needs of each individual, in a manner that promotes selfsufficiency and recovery, engaging the mind, body, and spirit.

#### Catch a Wave

Recreation is essential to recovery. Playing, working, learning new skills; it all came together at Stinson Beach this summer for a group of clients and staff from our Residential Support Services (RSS) Program. Through the initiative of staff member (and avid surfer) John Coleman, and the generous support of Proof Lab Surf Shop in Mill Valley, a group of 6-12 clients is now regularly heading to the beach to take surf lessons. The value of riding the waves? Surfing is accredited with positive outcomes for anxiety, depression, PTSD and insomnia. It requires focus, balance and strength – being fully present in the moment. We found that some of the most enthusiastic participants in this activity were folks who experience intrusive symptoms and usually tend to isolate in their rooms. Side benefits of time at the beach? Healthy appetite, group conversations and patience. Wait, paddle, ride, repeat.

## Cultivating **Partnerships**

# New skills, new friends

At Buckelew Employment Services (BES) we partner with local businesses and the Department of Rehabilitation to offer paid training experiences and job placement in a workplace of the client's choice. Our job coaches then help our clients stay on track and be successful.

### A Recipe for Success:

Meet Rochelle Edwards, owner of Taste Kitchen and Table in Fairfax. After connecting with BES staff at our September 2017 Recovery Event that Taste was supporting, Rochelle hired Leif, a Buckelew trainee and taught him the skills of a baker. When we last visited Leif; he was layering dough for croissants. Tasty!

## Today's Special—Resilience & Hope:

After years of battling addiction and homelessness, Henry, who had never held a job for more than a week, began his journey with BES. His goal was to get off government assistance and become self sufficient. Henry started in our janitorial training program, then was hired as a dishwasher. It wasn't an easy road, and Henry faced some setbacks. But with support from his BES Employment Specialist, today he works fulltime at a local Deli - and loves it!

"Leif really helps us out. He's jumping in wherever he's needed."

> ROCHELLE EDWARDS. OWNER, TASTE KITCHEN

"The best part about working at Taste is progressing through all the steps of learning a task. And suddenly, I'll be just as good as everybody

LEIF, BUCKELEW TRAINEE

### Buckelew's **Community Impact:**

**78%** increased their

income

received employment support services

## Prevention and Outreach

# It takes a village to stop suicide

Buckelew's **Community Impact:** 

16K calls answered by

hotline staff

13

new volunteers joined the team

#### **Buckelew Suicide Prevention Phone Numbers:**

North Bay Suicide Prevention Hotline......1-855-587-6373

Marin Suicide 

Counseling Hotline ......1-415-499-1195

## **Breaking the silence:**

them with resources.

Buckelew's Suicide Prevention Hotline offers understanding and

hope for people in crisis, 24/7. Callers from Marin, Sonoma, Lake and

Mendocino Counties get help from trained volunteers who connect

This year, with support from our community partners, and through the generosity of Marin County film maker Kiki Goshay, Buckelew Programs facilitated two screenings of Kiki's documentary "Not Alone". This powerful film features teens who share their struggles with depression and suicidal thoughts – and ultimately, their paths to recovery and wellness. Our January screening in Mill Valley was supported by the Marin County Office of Education, the Marin County Sheriff's Department, and Kaiser San Rafael. Local comedian and teen advocate, Michael Pritchard, moderated a lively community discussion after the screening. Our Santa Rosa screening in September (Suicide Prevention Month) was made possible with support from the Sonoma County Office of Education and St. Joseph Health. We were honored to have Kali, one of the students interviewed in the film, join us in conversation with Kiki and our CEO, Tamara Player. Special thanks to California Hope Project, Sonoma County Indian Health Project, and the Latino Service Providers Youth Peer Advocates, for tabling at



# Healing Trauma, **Strengthening Communities**

Buckelew Programs meets the individual needs of each client, empowering them to lead healthier, more independent lives, and strengthening families and communities in the process.

In Sonoma, our Family Service Coordinator (FSC) helps families with resources and education to assist their loved ones living with mental illness. After the devastating North Bay fires in October 2017, our FSC started a free support group open to anyone affected.

In Marin, Buckelew Counseling Services (BCS) provides individual, group and family therapy, including comprehensive trauma treatment for children and adults, and in-home family support. We meet the mental health needs of Marin's lowincome, underserved Latino families through Spanish language outpatient psychotherapy services available for monolingual clients or parents of bi-lingual children.

#### **Holiday Magic:**

During the busiest holiday shopping time of year, one caring donor (we'll call him Dr. P) reached out to Buckelew to help manifest his dream of making the holidays special for the kids in our Healthy Families program by throwing a party and buying gifts for them. Misleidys Mendoza, our parent aide at Healthy Families Marin provides home visits to at-risk Latino families. and maternal depression support groups in partnership with Marin Community Clinics. Most of Misleidys' clients are monolingual Spanish speaking, single mothers with inadequate or extremely unstable housing, already suffering from PTSD and depression at the time the pregnancy was conceived. All have histories of trauma either in their country of origin. at the time of their entry into the U.S., or from abusive relationships with previous or current domestic partners.

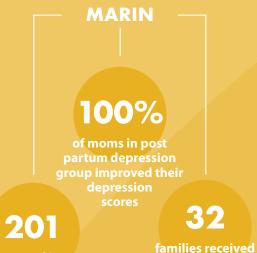
On a brisk day in December, Buckelew staff and clients from Healthy Families gathered to share a communal holiday meal, clients bringing tamales and traditional favorites; Buckelew, (courtesy of Dr. P) contributing north pole sweets and all the trimmings. After lunch, bilingual Santa arrived, (the partner of one of our counseling staff) to pass out gifts, a second gift to each child to be opened on Christmas morning. Moms received presents too!

## Counseling and Family Support:

"This day and that donor are truly kind of abundance that many of us take for granted. It's an honor to be here."

**VOLUNTEER ELF** 

## Buckelew's **Community Impact:**



SONOMA

85%

served in

counseling

of caregivers reported a sense of relief and decreased burden

100%

in home and group

support

of families report increased sense of hope and empowerment

of families accessed

new resources for their loved ones

## Recovery and New Beginnings

"I feel happy and strong in my recovery. I am looking forward to my future for the first time in a long time."

**BUCKELEW CLIENT** 

## Buckelew's **Community Impact:**

946

clients served at Helen **Vine Recovery Center** 

staff trained in cooccurring disorders best practices through grant from St. Joseph Health

completed the new 45-90 day program

44

20

individuals attending new co-occurring disorders support groups in Santa **Rosa and Guerneville** 

# **Rising Above**

At Buckelew Programs, we help our clients address both mental health and substance use issues at the same time in a safe, supportive environment.

Our Helen Vine Recovery Center offers withdrawal management and residential substance use treatment coupled with support for cooccurring mental health disorders. On April 12th, 2018, community partners, local government officials, Helen Vine alumni, staff and donors gathered for the much anticipated ribbon cutting that marked the opening of the new Helen Vine facility.

Helen Vine staff works closely with other Buckelew Programs such as Casa Rene, and the RSS program. Helen Vine also collaborates with Marin Probation Department, the Marin County Sheriff's Office, Marin Treatment Center, Marin City Wellness, Ritter Clinic, Center Point, Marin General Hospital, and Novato Community Hospital.

#### Never give up:

Before his opioid addiction spiraled out of control and landed him in prison, Bob was a successful attorney. When he came to Helen Vine after his last relapse, he did not speak to anyone for the first six days. On day seven, he finally opened up to staff, sharing that he hasn't been sober in 20 years and does not believe he can be helped. Our staff believes differently – and never gives up on anyone. To his own surprise, Bob completed 90 days of residential treatment at Helen Vine. He graduated the program with a sponsor, safe and stable housing, employment as a paralegal - and over 100 days clean for the first time in over 20 years!







**MarinScapes Reimagined:** 

## **30 Years of Art That Changes Lives**

In 2018 MarinScapes celebrated its 30th anniversary! Three decades of art changing lives for our clients, patrons and partners.

#### **Annual Gala Fundraiser**

As has become our custom, we kicked it off with a gala dinner in the pasture at the historic Escalle winery in Larkspur, followed by three days of landscape art exhibition and sale. As every year, we were moved and humbled by the generous and passionate contributions from each and every one who supported this unique fundraising event – artists, patrons, sponsors, volunteers.

**Tradition That** Has Impact



10K PEOPLE BENEFITED

### **Looking Ahead**

In the year ahead, we are reimagining MarinScapes, building on our core vision to expand to new vistas, and embrace new partnerships.

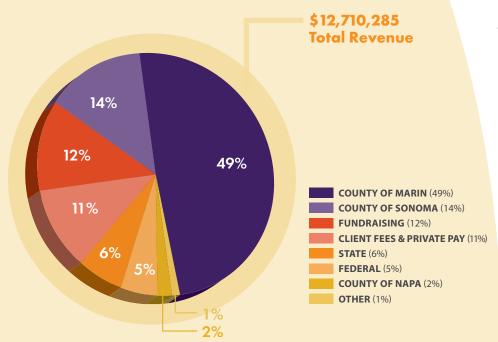
Pay close attention to the new face(s) of MarinScapes and to upcoming events in Sonoma and Napa counties; each event an expression of Buckelew's commitment to inclusive, valuable engagement with partners and peers in our community that care deeply about parity and access to high quality behavioral health services for Northern California.

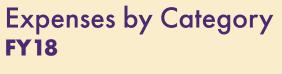
To see the video created by First Person for MarinScapes 30th anniversary, please visit the Buckelew.org home page. 30 years of history in two minutes.

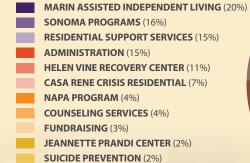
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## **Financials** UNAUDITED

### Revenue by Funding Source **FY18**

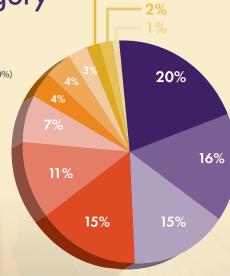






**EMPLOYMENT SERVICES (1%)** 

8 Buckelew Programs



## Thank you to our generous donors, sponsors and foundation supporters

Contributions received July 1, 2017 – June 30, 2018

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Marin County Sheriff's Office

Marin General Hospital

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Benefit Program

St. Joseph Health Community Partnership Fund Tamalpais Pacific

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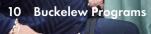
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