

Perseverance



CHILD
& FAMILY
CENTER

ANNUAL REPORT 2022



FROM OUR CEO

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While I can't take credit for the good works during the fiscal year 2021-2022 since I was hired in November 2022, I can talk about what an incredible organization I now am privileged to lead.

From the talented and dedicated staff who work to support the children and families we serve every day, to the committed and devoted board members who support our mission, help with fundraising, and support the good governance of the organization, to our amazing community partners – I have come to learn how beloved Child & Family Center is in our community and how needed our programs and services are.

The theme of Child & Family Center during the FY 21-22 was Perseverance. Child & Family Center leadership, board members and staff, stayed committed to the mission of the agency, and not only persevered, but grew stronger, as our community continued to rely on us to care for the children and families who needed critical support, care and services. That perseverance has led us to a new and revived energy, commitment and desire to grow and expand.

We are so grateful to our incredible donors, volunteers, board members and staff, who support us, and we look forward to an even more amazing year!

Nikki Buckstead



*Nikki Buckstead was hired in November 2022 to replace retiring Joan Aschoff, seen here with CFC founder Liz Seipel.
(pictured left to right)*

Changing Lives



"The problem isn't that change is difficult, it's that we think it's impossible."

"I was always the bad child, getting into trouble. My battle with addiction began when I was in high school. It started with alcohol, then cocaine and then I started using meth. My life had spiraled out of control. I ended up homeless, sleeping in my car and staying at friends' houses. I knew that in order for me to get my life back, I had to fix myself. I needed to remember who I was before the drinking and the drugs."

"My counselor at Child & Family Center gave me a chance. She trusted me, understood me from the beginning and she didn't judge me. She pushed me and motivated me and encouraged me to fight and understand my feelings, my cravings, my anger, my sadness and helped me start fighting. She taught me how to love myself again.

"I am no longer the "bad child", I am the fighter, and I am the survivor that beat my addiction."

Debbie

Medication for Addiction Treatment



Our Drug & Alcohol Treatment Program began offering medication assisted treatment for clients in the program who were receiving outpatient and intensive outpatient treatment in April 2022.

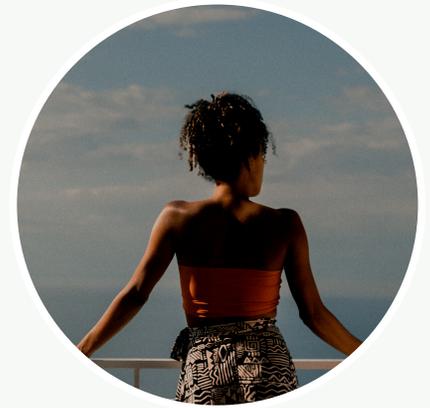
The use of medications, in combination with counseling and behavioral therapies, provides a “whole-patient” approach to the treatment of substance use disorders.

Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, the treatment can help sustain recovery.

The treatment is primarily used for addiction to opioids such as heroin and prescription pain relievers that contain opiates. The prescribed medication operates to normalize brain chemistry, block the euphoric effects of alcohol and opioids, relieve physiological cravings, and normalize body functions without the negative and euphoric effects of the substance used.

The ultimate goal is full recovery, including the ability to live a self-directed life. This treatment approach has been shown to improve survival, increase retention in treatment, decrease illicit opiate use and other criminal activity among people with substance use disorders, and increase the ability to gain and maintain employment

Healing Relationships



I was a victim. Now I am a survivor!

My first marriage was dysfunctional and I was physically abused. I found the courage to leave and go to a domestic violence shelter. I took a lot of classes and learned a lot about myself.

I remarried, but I found myself in another abusive relationship. My husband was emotionally and psychologically abusive. He broke me down spiritually. I thought about suicide. I thought my life didn't matter. Until that little voice inside my head said "You can't leave your children to this guy". You have to fight. You've got to want to live."

I reached out to Child & Family Center's Domestic Violence program, and they helped me flee to an emergency shelter. It was there that I was surrounded by people who believed in me. I learned to say NO, I'm not going back and this time I learned, and I listened.

My counselors in the DV program taught me that I have the power to say this is not how my story is going to end.

Elsa

Helping People Thrive



I came to Child & Family Center to get help for my infant son Danny. He couldn't soothe himself and barely slept. His pediatrician diagnosed him with "Failure to Thrive, a medical condition when an infant does not develop at a healthy rate.

Jessica, our therapist, was specially trained in Early Childhood therapy. She taught me how to give Danny infant massages. This was so helpful for him because it helped him to be more calm. We played together and she taught me how he was communicating through non-verbal cues.

We came every week for two years. Jessica helped us in play therapy and Danny used the toys to express himself. He became much more social and engaged. Our bond became much stronger. We finally completed our therapy and I am so grateful for the help I received.

Arlene



ChildParent Psychotherapy

In May 2022, our Early Childhood Program began Child Parent Psychotherapy, which helps young children ages birth to five, and their families recover and heal after stressful and traumatic events.

Young children (even babies) are very sensitive to stress in their environments. They are not immune to these experiences, but they can recover with the support of parents and other caregivers.

Very stressful or scary experiences can teach young children unspoken lessons that can then affect their development and their behavior. For example, if someone a child loves has gone away, they may worry that others may also leave them. If children have gone through painful or serious medical procedures or if they have seen or experienced violence, they may have a heightened sense of danger. This sense of danger may cause the child to respond in different ways when triggered.

Stressful experiences can also affect young children because these experiences can affect the mood and functioning of the grown-ups around them. Young children learn from watching adults around them. When a caregiver is under significant stress, they might become irritable, impatient, or withdrawn. Young children often blame themselves for their parents' moods and behavior.

During therapy sessions, the therapist uses toys because young children show feelings and thoughts through play. While at play, the child is more comfortable talking about difficult experiences.

Results show improvements in the child's mood, improvement in problem behaviors and reduction in trauma symptoms. Parents also benefit with improved mood, less stress and a better relationship with their child.

Mental Health Services

1,295 Served

Age		Gender		Ethnicity	
0-5	10%	Male	42%	Hispanic	52%
6-12	31%	Female	57%	White	25%
13-18	41%	Trans	1%	African American	8%
19+	18%			Asian	3%
				American Indian	1%
				Native Hawaiian	1%
				N/A	10%

Diagnoses	
Anxiety / Stress Disorders	38%
Behavioral / Emotional Disorders	13%
Mood Disorder	28%
Other	7%

Family Preservation

263 Served

Short-term services primarily in the family's home to assist families in crisis while keeping children safe.

Drug & Alcohol Treatment

133 Served

Age		Gender		Ethnicity	
0-5	1%	Male	48%	Hispanic	39%
13-18	9%	Female	50%	White	23%
19+	90%	N/A	2%	African American	5%
				Asian	2%
				N/A	31%

Domestic Violence Services

376 Served

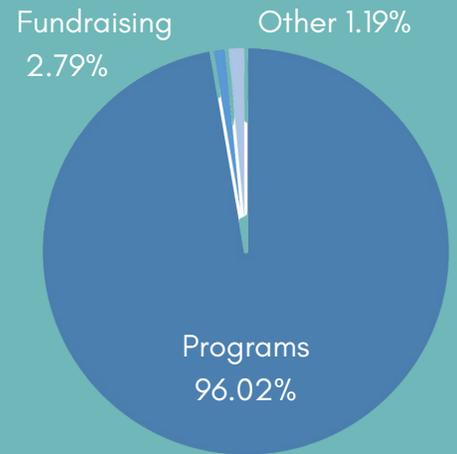
Age		Gender		Ethnicity	
0-5	12%	Male	6%	Hispanic	34%
13-18	1%	Female	93%	White	22%
19+	87%			African American	10%
				Asian	3%
				American Indian	.5%
				Hawaii/Islander	.5%
				N/A	29%

571 Bed Nights in the Emergency Shelter
 358 Clients in Outreach Supportive Services
 1,825 Hotline Calls

financial overview

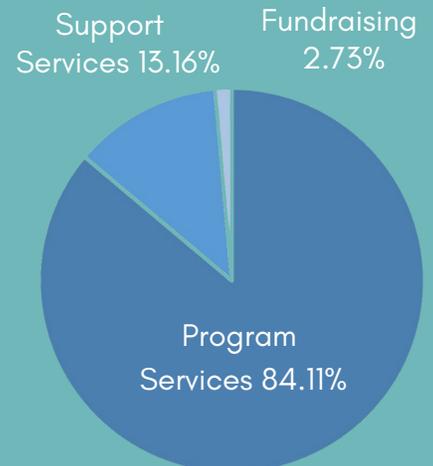
Revenue

\$ 13,978,001



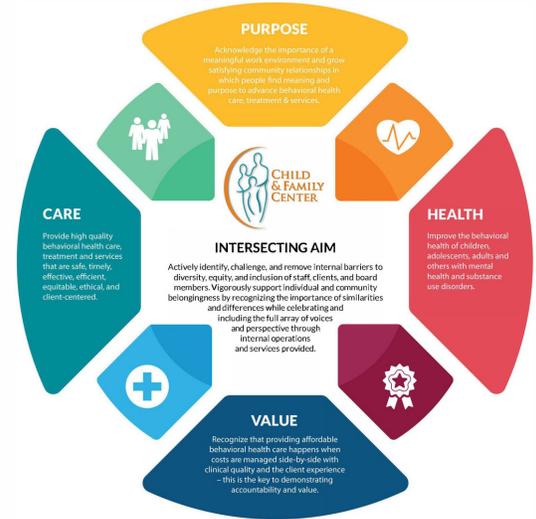
Expenses

\$13,431,897



Quality Assurance

By truly partnering with clients and families – not only involving them in decisions about their care, but also gaining the benefit of their help and insights to better plan and deliver care – clients can achieve better outcomes and C&FC can improve care for all clients and families by achieving the **Quadruple Aim – Purpose, Value, Care, Health**



PURPOSE

Human resources management is a major factor contributing to C&FC's ability to provide safe, quality behavioral health care, treatment, and services. The quality and experience of the workforce, in large part, determined the quality of the care provided. As an asset, C&FC ensured that staff qualifications were verified, new staff oriented, and other training provided when a need was identified. Our HR Department provided oversight of the assessment of staff competence and performance.

VALUE

The leadership at C&FC recognizes that providing affordable behavioral health care happens when costs are managed side-by-side with clinical quality and the client experience – this is the key to demonstrating accountability and value. The Board and Senior Leadership team worked together the past fiscal year to manage financial relationships and vigilantly monitor for fraud, waste, and abuse.

The efforts in FY2122 focused on smarter spending, continuing to build reserves, evaluating fundraising strategies, and expanding medication services. Different aspects of the business were evaluated, including workflows and processes, accounting and financial policies, and workforce (e.g., turnover).

CARE / HEALTH

Child & Family Center strived to provide high quality behavioral care, treatment and services that are safe, timely, effective, efficient, equitable, ethical, and client-centered. Programs and services aim to improve the behavioral health of children, adolescents, adults and others with mental health and substance use disorders.

C&FC worked independently and in partnership with other agencies and organizations to improve the health of the community. Leaders at the program or service level create a culture that enables the organization to fulfill its mission.

Agency leaders support staff and instill in them a sense of ownership of their work processes. Work may be delegated to qualified staff, but the leaders are responsible for the care, treatment, or services provided in their areas.

Clinical Services focused on continuing excellent practices and improving processes in:

- Accessibility
- Timely access to care to improve services and outcomes.
- Improved quality of care and clinical outcomes
- Better Collaboration with Community Partners + Integrated Services

Support

Thank you to our supporters for helping to make all of our amazing achievements possible this year. The donor list below reflects cash gifts received between July 1, 2021- June 30, 2022. If we have inadvertently omitted your name, please accept our apologies and contact the Agency.

\$250,000

Everychild Foundation
The G.A. Foster Legacy Foundation

\$50,000 - \$100,000

S. Mark Taper Foundation
Sierra Health Foundation

\$20,000 - 50,000

California Community Foundation
Steve Y. Kim Foundation
Ralph M. Parsons Foundation
Petersen Intl Underwriters

\$10,000 - 19,999

Arnold & Judy Fishman
Kaiser Permanente
Fanny and Svante Knistrom Foundation
Women's Foundation of California

\$5,000 - \$9,999

Antelope Valley Chevrolet
Kathryn Barger, L.A. County
Supervisor 5th District
City of Santa Clarita
Michael & Mary DeLorenzo
Heffernan Foundation
Michael and Kristine Huber
In-N-Out Burger Foundation
LADWP Employees Association
Mission Valley Bank
Steven and Julie Sturgeon

\$2500 - \$4999

Boston Scientific
Burrtec Waste Industries, Inc.
William and Valerie Cooper
Staci Daniels-Sommers
Hacker Law Group
Ellen Ring Jacobson
Mark Johnson
Pinnacle Estate Properties
John and Judy Malý
Steven and Tammy Milovich
Owen, Patterson & Owen
Richard and Sarah Phillips
Aida Weinstein
Woodward Charitable Trust
Steven and Doris Marie Zimmer

\$1000 - \$2499

Accurate Trailer Hitch & Welding
Joan and Joey Aschoff
Michael and Melina Berger
Louie Cabrera
Coordinated Sign Systems
Chiquita Canyon Landfill
Christ Lutheran Church
City of Hope
Jessica Coleman
Stephen and Mary Colf
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Charlotte Kleeman
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Sierra Canyon School
Tony Silbert
Soroptimist Intl of Greater SCV
Stifel
The Reape Rickett Law Firm
Valencia Acura
Scott and Vanessa Wilk
Williams Homes
Marc Winger and Eileen Mann
Wolf Creek Restaurant
David and Teresa Wong
Zonta Club of the SCV

\$500 - \$999

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Michael Bailey
Marcelo Bedy
Benevity
Debbie Buffham
Scott and Glenda Burdett
Tracey Carpentier
Mark Cooper
Megan Cunico
Patrick Daems
Heather DeAngelis
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Dina Gonzalez
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Kim Grass
Hi Desert Ladies 500 Club
Victoria Jensen

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Thomas and Colleen Lee
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Karen Nutaitis
Jamie Olinn
Bertrand R. Paras
Opal Roknipour
Glen Rozich
Cynthia Schaefer
Philip Solomon
Victoria Sreden
Larry Veale
Scott Wilk Jr.

\$250- \$499

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 Blackbaud Giving Fund
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 Marla Brown
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 Scott Schauer
 Tom Schultz
 SCV Sheriff's
 , Foundation
 Beth Stein
 Matthew Stone
 Mike Thomas
 Leslie Tripp
 Monica Tripp
 Denise Weissberger
 Kirk A. Whisman

In Kind Donations \$250+

49er Saloon
 A-1 Party Balloons
 Aida Weinstein
 Alicia Rodriguez
 Allbright Painting
 Anheuser Busch Wholesale
 Antelope Valley Chevrolet
 Fred Arnold
 Joan & Joey Aschoff
 Assistance League
 Bakertilly, LLP
 Be Real Management & Marketing
 Janice Bloom
 Susie Bohamed
 Brewery Draconum
 Burrtec Waste Industries, Inc.
 Lola Caruso
 Tami Cicerello
 City of Santa Clarita Special Districts
 Clarice's Cake & Candy Supplies
 Classic Designs Jewelry
 COC - Culinary Art School
 Dana Colin
 Terri Conrad
 Crazy Hot Chicken
 Sarah Downing
 D.W. Cookie Company
 Teri Koonse Edhardt
 Egg Plantation
 Flappers Comedy Club
 Girl Scouts Troop 546
 Julia Hall
 Halper Fine Arts
 Debbie Helmuth
 Guillermo Herrejon
 Michael & Kris Huber
 Hyatt Regency Valencia
 Jersey Mike's Subs
 Jill's Cake Creations
 Jennifer Kelly
 KHTS AM 1220 Hometown Station
 Caryn King
 Jean La Corte
 Marc LaCorte
 LA Sheriffs Department
 Santa Clarita Courthouse
 Laco Taco
 Larsen's Steakhouse
 Mark B. LeVang
 Charito Litwak
 Jennifer Morrison
 L.A. County Pitchess Detention
 Marstons Restaurant

Steve McNeal
 Me Gusta Gourmet Tamales
 M Entertainment
 Lissien Mercado
 Kathy Mesa
 Mike Metcalf
 Lisa Moser
 Mystic Hills Vineyard
 Nothing Bundt Cakes
 Olive Terrace Bar & Grill
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 Janine Rayburn
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 Santa Clarita Elks Lodge
 Santa Clarita Magazine
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 Santa Clarita Sheriffs Station
 Santa Clarita Studios
 SCV Water
 SCVTV
 Stephanie Sewell
 Tarana Sherzada
 Slater's 50/50
 Collette Sobray
 Soroptimist International of Valencia
 Starbucks
 Stori Cam
 Telco Brewery
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 Juan Torres
 Universal Studios Hollywood
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 Kathryn Van Duzee
 Curt Waite
 Kathy Watterson
 Wolf Creek Restaurant
 Wolf Creek Restaurant
 Denise Young
 Xalisco's Bar



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