

# Sitike Counseling Center 2012-2013 Annual Report

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*The meaning of life is to  
find your Gift.*

*The purpose of life is to  
Give it Away.*

**Demographic Summary of All Clients**

Clients assessed ..... 471

Sex	Ethnicity	Residence
Male.....69%	African American.....6%	Brisbane .....2%
Female.....31%	Asian & Pacific Islander .....24%	Burlingame .....3%
	Euro American.....33%	Colma .....1%
	Hispanic.....31%	Daly City.....21%
	Other .....6%	Millbrae.....3%
		Pacifica .....4%
		San Bruno .....13%
		San Francisco.....7%
		San Mateo .....5%
		South San Francisco .....35%
		Other .....6%

**Drugs of Choice**

Alcohol.....76%
Marijuana.....8%
Methamphetamine .....11%
Cocaine.....2%
Heroin .....1%

**Discover Recovery Program**

The Discover Recovery Program is a three- to twelve-month outpatient program for adult men and women. Clients attend two to four times per week based on their individual need. The program utilizes the evidence-based work of Lisa M. Najavits, PhD, a Professor of Psychiatry and the author of Seeking Safety. The curriculum links recovery from substance abuse with recovery from mental and emotional challenges and providing guidance for both.

The program combines informational lectures on addiction and mental and physical health-related issues, psycho education group process, workbook exercises and individual counseling to provide comprehensive treatment. Clients are assessed for additional occupational, housing, literacy and health care needs and are linked to appropriate services.

Clients assessed .....124

Successful completion.....58%

Sex	Ethnicity	Residence
Male.....79%	African American.....5%	Brisbane .....2%
Female.....21%	Asian & Pacific Islander .....25%	Burlingame .....3%
	Euro American.....40%	Daly City.....21%
	Hispanic.....22%	Millbrae.....1%
	Other .....8%	Pacifica .....6%
		San Bruno .....10%
		San Francisco.....11%
		San Mateo .....7%
		South San Francisco .....34%
		Other .....5%



