

Sitike Counseling Center 2013-2014 Annual Report

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Our mission is to provide community-based counseling and education in a safe and healing environment that embraces the cultural and emotional needs of every client, and to help people find hope, resiliency, and life-affirming change.

Demographic Summary of All Clients

Clients assessed..... 432

Sex	Ethnicity	Residence
Male 65%	African American..... 4%	Brisbane..... 1%
Female..... 35%	Asian & Pacific Islander 30%	Burlingame 2%
	Euro American 24%	Colma 1%
	Hispanic 32%	Daly City 19%
	Other..... 10%	Millbrae 3%
		Pacifica..... 2%
	Drugs of Choice	San Bruno..... 13%
18 - 25 26%	Alcohol..... 72%	San Francisco 7%
26 - 36 39%	Marijuana 12%	San Mateo..... 5%
37 - 47 20%	Methamphetamine..... 12%	South San Francisco 35%
48 - 58 12%	Cocaine..... 2%	Other..... 12%
59+ 3%	Other..... 2%	

We value an environment that is:

- ❖ *respectful, empathic, compassionate, dignified and collaborative in its interactions with clients and staff.*
- ❖ *appreciative of people’s uniqueness, strength, flexibility, and willingness to learn, grow and change.*
- ❖ *honest, inclusive and that honors respectful feedback and allows for people to question themselves in order to better serve clients and assist one another in their professional growth.*
- ❖ *a learning environment in nature, understanding that people make mistakes. We value the taking of responsibility and the process of growth that comes from this.*

Discover Recovery Outpatient 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..... 98

Successful completion..... 55%

Sex	Ethnicity	Residence
Male 76%	African American..... 8%	Brisbane..... 2%
Female..... 24%	Asian & Pacific Islander 29%	Burlingame 2%
	Euro American 35%	Daly City 18%
	Hispanic 17%	Millbrae 4%
	Other..... 11%	Pacifica..... 3%
		San Bruno..... 10%
18 - 25 17%		San Francisco 4%
26 - 36 34%		San Mateo..... 8%
37 - 47 19%		South San Francisco 38%
48 - 58 26%		Other..... 11%
59 - 69 4%		

Many thanks to our supporters:

**Canteen Vending Company
City of South San Francisco, CDBG
County of San Mateo
eScrip
First National Bank of California
Good and Fowler, L.L.P.
Liberty Bank**

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Faust & Olga Silvestri
Jason Steuerwalt
Cyndy Sweet
Debbie Upland
Marlene Veach
Stephanie Wolf
Jo Zemke

Sitike Counseling Center's staff:

Executive Director Joe Wagenhofer
Administrator Charles Tyson
Clinical Director..... Kathy Glaser
Outpatient Manager..... Curtis Ota
Women's Program Manager Susan Naify
Office Manager Cyndy Sweet
Child Care Specialist..... Teresa Bovee
Child Care Aid Chrissy Patterson
Administrative Assistants Alicia Navarro
..... Alexa Najarro
..... Xavier Zamudio

Counselors Jan Bordeaux
..... Denise Johnson
..... Betty Fabiani
..... Edwina Hyson-Webb
..... Lance Jamison
..... Adela Stagnaro

*Special Thanks to Rhonda Ceccato who retired in April, 2014
after Twenty Years of Inspiration and Leadership, and during her tenure
provided services to over 15,000 clients as our Executive Director.*

Sitike Board of Directors

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