

# Sitike Counseling Center 2015-2016 Annual Report

306 Spruce Avenue, South San Francisco, CA 94080

Phone: (650) 589-9305

Fax: (650) 589-9330

Email: [info@sitike.org](mailto:info@sitike.org)

Website: [www.sitike.org](http://www.sitike.org)

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*“Faith is taking  
the first step even  
when you don't  
see the whole  
staircase.”*

*--- Martin Luther King, Jr.*

**Demographic Summary of All Clients**

Clients assessed..... 493

Sex	Ethnicity	Residence
Male ..... 74%	African American..... 3%	Brisbane..... 2%
Female..... 26%	Asian & Pacific Islander ..... 25%	Burlingame..... 3%
	Euro American ..... 21%	Colma ..... 1%
	Hispanic ..... 44%	Daly City ..... 26%
	Other..... 7%	Millbrae ..... 2%
		Pacifica..... 3%
		San Bruno..... 15%
		San Francisco ..... 10%
		San Mateo..... 3%
		South San Francisco ..... 28%
		Other..... 7%
Age	Drugs of Choice	
18 - 25 ..... 26%	Alcohol..... 76%	
26 - 36 ..... 37%	Marijuana ..... 7%	
37 - 47 ..... 21%	Methamphetamine..... 12%	
48 - 58 ..... 12%	Cocaine..... 3%	
59+ ..... 4%	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.*

**Outpatient Programs**

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 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.

This year Sitike has added services to treat clients referred for Anger Management and Domestic Violence treatment. The programs run four to twelve months and meet the requirements for court-ordered outpatient treatment.

Clients assessed..... 106

Successful completion..... 44%

Sex	Ethnicity	Residence
Male ..... 75%	African American..... 1%	Burlingame..... 4%
Female..... 25%	Asian & Pacific Islander ..... 27%	Daly City ..... 15%
	Euro American ..... 24%	Millbrae ..... 6%
	Hispanic ..... 45%	Pacifica..... 6%
	Other..... 3%	San Bruno..... 12%
		San Francisco ..... 6%
		San Mateo..... 3%
		South San Francisco ..... 39%
		Other..... 9%
Age		
18 - 25 ..... 24%		
26 - 36 ..... 29%		
37 - 47 ..... 26%		
48 - 58 ..... 16%		
59 - 69 ..... 5%		



