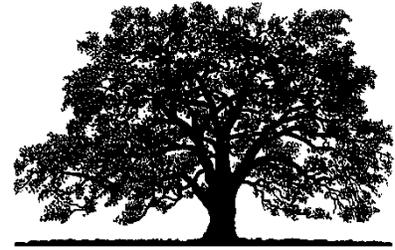


# Sitike Counseling Center



December 2016

Dear Friend of Sitike:

Nobody can describe the impact of Sitike Counseling Center's services better than our clients:

*"As I entered Sitike Counseling facility I was warmly greeted by the front desk and graciously asked to wait for my counselor. After sitting through with the counselor and having a thousand questions answered, (he) gave me a chance to redeem myself. There is hope he said. He made me realize that humans make mistakes, but one should learn from those experiences and move forward. From the calm and warm greetings of the front desk, to my counselor's abundance of knowledge and kindness, I saw the light that I had not seen before. I realized that even though I am different from the groups of people who attend, I too can learn from the experience. Humbled and grateful I have become stronger, so perhaps soon one day when I open my own practice, I too can pass the knowledge to others. There are good people in the world, who do good things. Then there is Sitike staff offering more."*

*"While growing up I was extremely shy with low self-esteem and at the age of 26 I was introduced to cocaine, alcohol and methamphetamines. In a very short time, substance abuse was my next addiction. Drugs and alcohol allowed me to escape from my true feelings and me. For the next 15 or so years, these drugs got the best of me time and time again. I entered the doors of treatment programs 3 separate times only to relapse over and over again. Valued relationships went sour, fulfilling jobs lost, and yet I continued to turn to drugs and isolation for comfort. The relationships and friendships I developed during those years were destructive, abusive and unhealthy. Due to my drug use, my parental rights were suspended. I came to Sitike Counseling Center seeking recovery and have received that and so much more. I am so grateful for the treatment I have received here. I have learned so much about myself, which is key to what I was lacking for so many years. My children will be coming home soon and I am both thankful and grateful."*

These words, along with letters from countless clients over the years, tell Sitike Counseling Center's story one client at a time. Each is a profoundly moving testament to Sitike Counseling Center's work over the past 27 years. Each provides a compelling reason why your ongoing support is more vital than ever. Additional success stories are enclosed for your review.

Our programs improve the quality of life for our clients, many of whom are disadvantaged. Ninety percent of our clients are categorized as low-income. Many are at risk young adults and families, physically challenged, homeless, post-incarcerated, with co-occurring disorders.

More people require our services today than ever before. At the same time, financial support has not increased to meet the community's growing needs. Nonprofit organizations like Sitike Counseling Center are struggling to serve more people with fewer dollars.

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**Si-ti-ke** n. [apache] a group of non-blood kin who are present in a time of crisis

All San Mateo County residents are directly or indirectly affected by the negative impact of alcohol and other drug abuse. The harmful effects are seen daily in our child welfare system, our hospital emergency rooms, our jails and criminal justice system, our homeless population, and schools. Treating substance abuse, domestic violence and co-occurring disorders has a positive effect on the community at large by reducing lost work days, promoting better work performance, reducing drug dealing, spousal abuse, emergency room visits and paramedic responses, thus reducing the burden on City and Emergency Room services.

Our Annual Appeal gives friends of Sitike Counseling Center the opportunity to make an investment in the work of our organization. It gives people an opportunity to say, "I believe in the work of Sitike Counseling Center and I want to make sure that these programs and services are in place for the next person who desires the counseling, education, and support needed to achieve and maintain a clean and sober lifestyle." Your support of Sitike Counseling Center Annual Appeal ensures our organization will be here to serve those in need. Last year, donations from generous people like you, helped us to provide services to over 500 clients. More than \$.95 of every dollar you contribute goes directly to our programs.

The future is a challenging one -- but the staff of Sitike Counseling Center, with our commitment to the highest standards of client services, stands ready to meet those challenges head on. Your help will be greatly appreciated. Donations are tax deductible and can be made online at: <http://sitike.org/donate.html>

Thank you for joining us in support of our Sitike Counseling Center Annual Appeal and for your ongoing commitment to providing critically needed substance abuse counseling for the people of our community. Together, we will continue to make a difference.

With hope,

*Anil Awasti*  
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