

# Sitike Counseling Center

## 2006-2007 Annual Report

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*A young boy or girl who is smoking marijuana at 13 is likely to earn less money as a young adult than peers who are not abusing the drug. An adolescent who smokes less marijuana than a friend does, but enjoys the experience more, is likelier to be addicted to the drug by age 21. These are findings from two recent studies (Rand Corporation) that looked at adult outcomes associated with marijuana abuse in adolescence.*

*Today it is commonplace to overlook marijuana use. To dismiss it as a less than harmful substance and actually a preferred substance to use rather than other illicit drugs such as methamphetamines, cocaine, and heroin. However, a drug is a drug and the potential for dependence and abuse is the same. In addition to the long-term brain functioning damage, marijuana also causes lung and respiratory damage when smoked.*

*There is also a trend today for adults to secure a medical marijuana card that gives the legal right to use marijuana in the privacy of their own home for determined medical conditions. Initially, medical marijuana was advocated for those suffering from terminal painful illness and for those suffering from AIDS or HIV. Marijuana is helpful in stimulating the appetite and of course reducing pain. However, over time marijuana is now being prescribed for headaches, backaches, strained muscles and a variety of non-life threatening ailments. It appears that marijuana is making its way into being a part of our everyday culture and perhaps some day as easy to purchase as any over-the-counter pain reliever.*

*Sitike Counseling Center advocates non-use of all mood and mind-altering substances and encourages everyone to seek ways of having fun and addressing stress and discomfort without the use of a mind-altering substance.*

*We encourage all  
to be  
above the influence!*

**Demographic Summary of All Clients**

Clients assessed ..... 745  
 Clients admitted ..... 728

Sex	Ethnicity	Residence
Male.....73%	African American..... 6%	Belmont.....1%
Female.....27%	American Indian.....1%	Brisbane .....1%
	Asian American.....1%	Burlingame .....2%
	Chinese.....2%	Colma.....1%
	Euro American.....37%	Daly City.....21%
	Filipino.....13%	Millbrae.....4%
	Hispanic.....38%	Pacifica .....4%
	Korean.....1%	Redwood City .....1%
	Samoan.....1%	San Bruno .....14%
		San Francisco.....6%
		San Mateo .....5%
		South San Francisco .....35%
		Other .....5%
Age		
18 - 25 .....28%		
26 - 36 .....33%		
37 - 47 .....28%		
48 - 58 .....9%		
59+ .....2%		

**Drugs of Choice**

Alcohol..... 22%  
 Marijuana..... 23%  
 Methamphetamine..... 40%  
 Cocaine ..... 11%  
 Heroin..... 4%

**Discover Recovery Program**

The Discover Recovery Program provides ongoing support groups that include education about the physical and psychological social effects of drug use. The goal of the program is to assist clients in staying clean and sober and to teach them healthy life management skills to support continued recovery and prevent relapse.

Clients assessed .....429                      Successful completion.....54%  
 Clients admitted .....414

Sex	Ethnicity	Residence
Male.....79%	African American.....7%	Belmont.....1%
Female.....21%	American Indian.....1%	Brisbane .....1%
	Asian American.....2%	Burlingame .....2%
	Chinese.....1%	Daly City.....18%
	Euro American.....42%	Millbrae.....4%
	Filipino.....15%	Pacifica .....5%
	Hispanic.....31%	San Bruno .....15%
	Samoan.....1%	San Francisco.....5%
		San Mateo .....6%
		South San Francisco .....37%
		Other .....6%
Age		
18 - 25 .....23%		
26 - 36 .....31%		
37 - 47 .....35%		
48 - 58 .....9%		
59 - 69 .....2%		



**Many thanks to our supporters:**

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**Thanks also to Sitike Counseling Center's staff:**

<i>Executive Director</i> .....	Rhonda Ceccato	<i>Counselors</i> .....	Deb Woods
<i>Administrator</i> .....	Joe Wagenhofer	.....	Carlos Contreras
<i>Outpatient Coordinator</i> .....	Clyde Childress	.....	Thelma Flores
<i>Women's Program Coordinator</i> .....	Susan Naify	.....	Jaime Hernandez
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