

Sitike Counseling Center
2017-2018 Annual Report

306 Spruce Avenue, South San Francisco, CA 94080

Phone: (650) 589-9305

Fax: (650) 589-9330

Email: info@sitike.org

Website: www.sitike.org

*“If we are facing
in the right
direction, all we
have to do is keep
on walking.” -
Zen proverb*

Demographic Summary of All Clients

Clients assessed..... 441

Sex	Ethnicity	Residence
Male 77%	African American..... 3%	Brisbane..... 2%
Female..... 23%	Asian & Pacific Islander 27%	Burlingame..... 2%
	Euro American 28%	Daly City 26%
	Hispanic 31%	Millbrae 2%
	Other..... 11%	Pacifica..... 5%
		San Bruno..... 8%
		San Francisco 13%
		San Mateo..... 3%
		South San Francisco 29%
		Other..... 10%
Age	Drugs of Choice	
18 - 25 24%	Alcohol..... 82%	
26 - 36 43%	Marijuana 3%	
37 - 47 19%	Methamphetamine..... 12%	
48 - 58 10%	Cocaine..... 2%	
59+ 4%	Other..... 1%	

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.

Sitike also has specialized programs to serve 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..... 146

Successful completion..... 49%

Sex	Ethnicity	Residence
Male 79%	African American..... 4%	Burlingame 3%
Female..... 21%	Asian & Pacific Islander 23%	Daly City 23%
	Euro American 31%	Pacifica..... 7%
	Hispanic 37%	San Bruno..... 12%
	Other..... 5%	San Francisco 10%
		San Mateo..... 4%
		South San Francisco 26%
		Other..... 15%
Age		
18 - 25 23%		
26 - 36 36%		
37 - 47 23%		
48 - 58 13%		
59 - 69 5%		

