

Celebrating 45 years



**Center for
Human Services**

changing lives building futures helping families

Message to the Community

For the past 45 years, Center for Human Services (CHS) has been the resource that youth and families have turned to for help. **Building futures and changing lives is what we do.** We are a local nonprofit, providing quality treatment for mental health and addiction issues, offering shelter and educational services for youth and connecting families and people in need to resources in our community every day.

This year, we celebrate our 45th anniversary with some really exciting news. As you know, our community has grown and changed over the last 45 years and so has CHS. As you'll see in this publication, we've outgrown our current space. The good news is that, after decades of leasing space in the back of McHenry Village, we've found our new home at 2000 W. Briggsmore Avenue, Modesto.

I'm honored to invite you to review this publication celebrating our 45th anniversary. In these pages we pay tribute to our past, highlight our impact, and look enthusiastically to our future by announcing the FRAMING OUR FUTURE campaign.

The goal of the FRAMING OUR FUTURE campaign is \$1 million. The support of the community is crucial to make this a success. I'm pleased to announce that we've already raised over \$700,000! I hope you'll consider helping us the rest of the way. A successful campaign will secure funds to support the construction of the inside of our new building, while allowing CHS to use more of our yearly fundraising and operating budget in service to our community.

I invite you to learn more about the work we are doing and, if you are so inclined, to show how much you care. **Please give generously.** Know that your gift will help those amongst our greater community who have little in their lives, but the courage to ask for support.



Sincerely,

Cindy Duenas

Cindy Duenas

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Our History

In the beginning . . .

In 1970, when Richard Nixon was president, the voting age was lowered to 18, the average yearly income was \$9,400 and gas was only 36 cents a gallon, Head Rest opened its doors. **Head Rest started as a drop-in center for youth struggling with drug and alcohol use in Stanislaus County.** It employed only 1 paid staff member and 9 dedicated volunteers.



Pictured above are original ombudsman staff: Linda Bissel, Lynn DuBois, Chad Glang, Mary Grisham, Stan Cunningham (1973).

Things get official . . .

In 1971 Head Rest registered as a nonprofit organization and through state funding, community support, and a strong desire to help our community, Head Rest continued to add programs and staff. They also shifted their focus from programs reacting to issues in our community to a broader, educational approach aimed not only at young drug users, but the whole family.

By our 10th anniversary in 1980, Head Rest had a 2 million dollar budget and 55 employees. They continued to add programs focused on youth and families. And, in 1984, Head Rest became Center for Human Services, as we know it today.



“When the path to finding your way through life’s challenges develops obstacles and your personal resources are insufficient, connecting with a nurturing passionate, professionally trained professional can be a lifesaver. **CHS has consistently been that lifesaver** in Stanislaus County for nearly half a century.”

– DR. PHIL TROMPETTER,
*Psychologist, past Board Member,
Capital Campaign Cabinet Member*

PROGRAMS *at a glance*

Today, Center for Human Services employs over 200 individuals. These dedicated staff work in every community throughout Stanislaus County. In the past 5 years alone, we have added 34% more staff and increased revenue by 36%. **We are serving tens of thousands of children, individuals and families** annually throughout our community through six core program areas.



Mental Health Services

Community Counseling - no or low cost counseling services

Support Groups - depression and anger management support groups

Parent Mentor Program - providing support services to parents

LMFT & LCSW Training Site - in association with local universities

LIFE Path - treatment, support and connections for youth and young adults experiencing early symptoms of psychosis (A partnership with Sierra Vista Child & Family Services)

Shelter Services

Hutton House - temporary shelter for 13-17 year old youth in crisis

Pathways - transitional living, life skills and employment support for 18-21 year olds experiencing homelessness

School Based Services

Counseling Services - for youth, individuals and families

Student Assistance Program - social/emotional education, prevention and intervention for students K-12

Nurtured Heart - evidence based curriculum intended to transform the cultures of schools and build emotional resiliency in students

Graduation Coach Program - comprehensive K-12 student engagement intervention program (a partnership with United Way of Stanislaus County)

Family Resource Centers

Ceres Partnership for Healthy Children

Oakdale Family Resource and Counseling Center

Patterson Family Resource Center

Newman Family Resource Center

Youth Services

Friday Night Live - youth development/ leadership training program

Alcohol and Other Drug Abuse - prevention, intervention and education programs

Harvesting Futures - youth leadership and entrepreneurship training

Substance Abuse Treatment

Substance Abuse Treatment - teen and adult drug and alcohol treatment

First Step - outpatient treatment for pregnant and parenting women with children 5 years of age and younger (A partnership with Sierra Vista Child & Family Services)

Our Stories

“The counseling I received in the last year has changed my life.” – STEVEN

FOCUS ON **Steven & Community Counseling:**

I have been living with depression and it's been a long road. The counseling I received helped me look at things in a new way. I learned things I didn't know about myself, and my life has been changed forever. I hope to make a full recovery some day. I now look forward to the future and to helping others. Here's to finding a cure for the stigma of mental illness.

Thank you,
Steven



“Pathways is a real home and safe . . .
I'm incredibly grateful.” – SANDRA



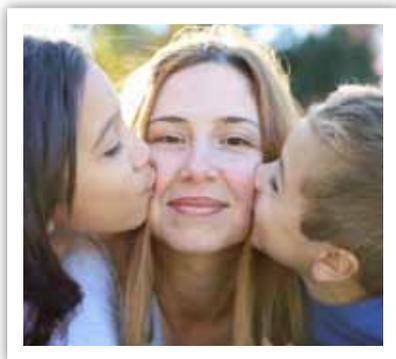
FOCUS ON **Sandra & Pathways program:**

In 2015, Sandra will graduate Pathways, the transitional living program for youth from 18-21 years of age that has been her home for two years. After losing her mother to cancer at age 10, and living in the care of an abusive stepmother and increasingly distant father, Sandra was kicked out in her senior year of high school. She eventually found Pathways, CHS' transitional living program for homeless young adults. Sandra shared, “Pathways is a real home and it's safe. The counseling for my anxiety and anger, and the life skills I learned are invaluable. I was able to work, finish high school, participate in athletics, and then start college. I've got more growing to do, but I know my next steps. I'm incredibly grateful.”

“CHS Staff made me feel welcome . . . like family.” – LYDIA

FOCUS ON **Lydia & Family Resource Centers:**

Lydia found the CHS - Family Resource Center during the winter holiday season. Just divorced, with no place to live and no food, she felt blessed by the kindness of the staff. They arranged for counseling for her son, classes to prepare the children for school, resources for day care, and delivered presents for her two children for Christmas. Now, at 27, Lydia has a job and a home for her family. Despite being abandoned by her mother, and abused by her husband, she has been able to find her strength.



WHY WE MATTER to Stanislaus County

Stanislaus County is at the heart of the Central Valley. Our heritage is the riches of the soil. **We're about home, our families, and business.** We enjoy nature, fine and cultural arts, and the delights of our culinary talents. Together, we take care of our community's youth and families in need.



We are proud to employ over 200 people working in every community

Center for Human Services (CHS) has served **500,000 individuals during the past 45 years** in Stanislaus County.

While the general economy has improved, there are conditions to address and overcome. Since 2007, the poverty level has risen 36.8%. Approximately one in five residents live with an income less than \$15,510. About 30% of those over 25 haven't graduated from school. And, an estimated 30% of our children live in poverty, with 4,030 receiving child welfare services (Census Bureau Data).

We believe Stanislaus County will only be as strong as its most vulnerable families. Center for Human Services is an anchor in the youth and family services arena.

An investment in our mission yields a strengthened community through more engaged individuals – ones that are ready to enter the work force, start a business, care for their family, pay taxes and give back to others.

Person by person, CHS staff are working to strengthen individuals and families.

Every day we *change lives and build futures* through programs that strengthen and support youth and families.

23,000+  children, individuals and families **were served last year.**

63% OPTIMISM INCREASE 

At the beginning of counseling only 8.7% of our clients were optimistic about the future. After 6 months it was 72%.

10,000+ PEOPLE received support and services through our **Family Resource Centers** in Ceres, Newman, Patterson and Oakdale.

87.5% OF YOUTH living at **Pathways**, transitional housing for homeless young adults, secured employment.

Our New Home

Our community has grown and changed over the last 45 years and so has CHS. We've outgrown the space in our current building but, more importantly, this lack of space limits our ability to offer critically needed services to everyone who comes through our doors.

In October 2014, we purchased a new home in Modesto. In 2015, our main office will move to 2000 W. Briggsmore Avenue, the *former location of the city's beloved Roller King.*

After nearly three decades leasing at our current location in the back of McHenry Village, the dream of owning our own building and a permanent home for CHS and the community has become a reality.

Our new home offers one-third more space and can provide 33% more services.

This new location is conveniently located near the 99 freeway and on bus routes which gives both our clients and staff better access to services and work.

The building has been vacant for many years and requires extensive remodeling of the interior to accommodate the needs of our CHS family and the youth and families we serve. This framing process will turn our new building into an efficient home for our community's needs for decades to come.

“We’ve dreamt of owning our own building for years. Now, in order to accommodate our growth and the need for services, *that dream has become a reality.*”

– CINDY DUENAS, *Executive Director, Center for Human Services*



Quick Facts

ADDRESS: 2000 W. Briggsmore Avenue,
Modesto, CA 95350

SIZE: 18,648 sq ft.

BUILD-OUT COST: \$1 million

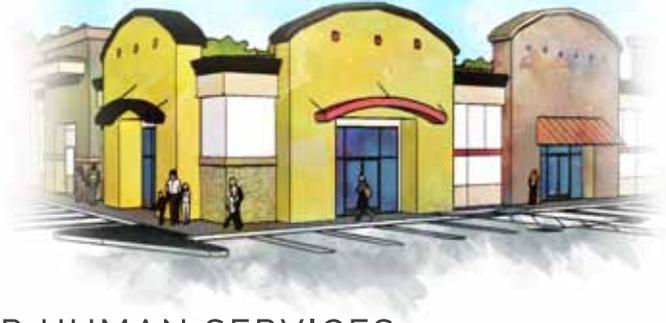
BUILDING COST: \$1.4 million

ESTIMATED MOVE-IN: Summer 2015

FEATURES:

- **10 counseling rooms** – 30% increase in our ability to offer counseling services to the community and an additional 7,500 hours of counseling annually.
- **9 conference and meeting rooms** – 67% increase in our ability to host drug and alcohol treatment groups, counseling group sessions, and more.
- **Increased access to services** which will now be located near public transportation and the freeway.
- **Increased visibility** which should also increase access for people who didn't know our services were available.

Framing *OUR* Future



CAMPAIGN for CENTER FOR HUMAN SERVICES

CHS purchased a new home! Join our campaign to raise \$1 million dollars for Center for Human Services (CHS).
Your gift will support the build-out of the interior space of our new building.

WE INVITE YOU TO SHOW HOW MUCH YOU CARE. *Please give generously.*

Donor Recognition Plan

There are three forms of permanent donor recognition available throughout the campaign.

NAMED GIFT OPPORTUNITIES

Donors of \$7,500 or more will be entitled to permanent donor recognition and may have the opportunity to name an office, hallway, conference room, department or other functional area within the new CHS

home with the donor's name or one of their choosing. Donors at this level are also entitled to an engraved star on our CHS Wall of Stars.

CHS WALL OF STARS

Donors who contribute \$3,000 - \$5,000 will be entitled to have a metal star engraved with the donor's name or one of their choosing. Stars will be displayed prominently in our reception areas.

CHS GIVING TREE

A crafted piece of wall art in the shape of a tree will come to life in our Administration Reception area, featuring metal leaves in three colors that can be engraved with the donor's name or one of their choosing.

- Bronze Leaves \$300+
- Silver Leaves \$600+
- Gold Leaves \$900+
- Tree Branches \$1,200+

YES, I (we) want to contribute to "FRAMING OUR FUTURE", a Campaign for Center for Human Services!

DONOR INFORMATION

Donor(s) _____

Organization _____

Address _____

City _____ State _____ Zip _____

Bus. () _____ Cell () _____

Res. () _____ Fax () _____

Email _____

I (we) have enclosed a gift of \$ _____

I (we) wish to pledge this amount \$ _____

To be paid over: 1 2 3 year(s)

I'm interested in a naming opportunity:

Room, Hallway, etc. Wall of Stars Giving Tree

METHOD OF PAYMENT

I (we) plan to make my (our) contribution in the form of:

Check (Payable to Center for Human Services)

Charge (Visa or MasterCard)

Cardholder's Name _____

Card No. _____

Exp. Date _____ Sec. Code _____

Signature _____

Please bill me: monthly yearly

COMPLETE AND RETURN TO

Center for Human Services

Fund Development Department
1700 McHenry Village Way, Suite 11
Modesto, CA 95350

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www.centerforhumanservices.org/capitalcampaign