

CENTER LINE

Newsletter

A publication of Center for Human Services

MARCH 2017



Resilience
Issue



**Center for
Human Services**

changing lives building futures helping families

A nonprofit serving Stanislaus County since 1970



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Newsletter

► www.centerforhumanservices.org

Center Line is published by Center for Human Services' Development and Communications Department as part of an ongoing effort to inform and educate the public.

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Center for Human Services (CHS) is a nonprofit agency serving youth and families since 1970. Our mission is to change lives and build futures through programs that strengthen and support youth and families. We provide proven prevention, education, treatment, counseling and shelter services in Stanislaus County.

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- **ONLINE:** Visit centerforhumanservices.org/newsletter to read the online version of Center Line and to learn more about us.

WAYS TO GIVE . . .

We are thankful for the many ways our community supports our work. Here are some different ways you can support the work we do:



Time Become a volunteer in one of our many programs by **lending a helping hand** to our staff, sitting on a fundraising committee or joining one of our active Boards.



Treasure Provide monetary support by **giving** through the Annual Fund, sponsoring or attending a special event like Edible Extravaganza, donating in-kind goods or supplies or by making a planned gift.



Talent Offer to share one of your talents and **create teachable moments** with the people we serve and our employees.

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BUILDING *Resilience*

BY **Steve Collins**, Behavioral Health Manager
Center for Human Services



Resiliency. What comes to mind when you hear this word? Many of us look to the definition that states that resiliency is “being able to withstand or recover quickly from difficult conditions”. Many of our most innovative minds have endured failure after failure only to be remembered as legends in their respective careers. Michael Jordan was cut from his high school basketball team, Oprah Winfrey was fired as a news anchor because she “wasn’t fit for television”, and Walt Disney was fired from a newspaper for “lacking imagination” and “having no original ideas”. Yet all of these people displayed resilience and a drive to succeed.

My mind is drawn to a quote by Sylvester Stallone in the movie “Rocky Balboa”. Rocky and his son are having a discussion about the challenges that each of us face in life. Rocky’s words of wisdom still resonate with me as a reminder, *“It ain’t about how hard you can hit. It’s about how hard you can get hit and keep moving forward. How much you can take and keep moving forward. That’s how winning is done!”* In a word, resiliency.

Since being resilient is so important to life, you may be asking yourself how to build your resilience. The answer is simple. It’s the same way you get to Carnegie Hall. You practice. **Resiliency does not come naturally, but rather is a learned skill set.** Each individual must decide to intentionally cultivate the conditions to become resilient. It is important to note that resiliency is not static. How resilient you are today may not be how resilient you are tomorrow.

Research suggests there are many ways to build resiliency. *Among them are being goal oriented, practicing good self care, developing a strong social support network, and developing problem solving skills.*

Center for Human Services believes that people have the capacity to change and grow. Part of growth is building up one’s resiliency, building up that ability to withstand and bounce back from hardship. **What will you do today to become more resilient?**

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HEADLINES

Heroes of CHS

IN THE SPOTLIGHT



Last year, we hosted our first ever Superhero Fun Run in partnership with the Dusty Bottoms Trail Runners, a local running group. As we celebrate the completion of our **2nd Annual Superhero event**, we felt like it was time to shine some light on a few of our sponsors.

First of all, **CHS couldn't do this fundraising event without the help of the Dusty Bottoms Trail Runners.** This running group came to us a few years ago with a desire to give back to their community. We feel so privileged to have been chosen as their charity of choice. Not only do they help raise critical funds for our shelters, Hutton House and Pathways, through the Superhero Fun Run, but they also solicit donations of funds and goods throughout the entire year.

This run would not be the family friendly event we want it to be without some amazing community members. For the past two years, **Mascots in Action has shown up for CHS in a big way.** It was last year that Mascots in Action showed us what a fantastically fun event this could be for kids and their families. Once the run was over, their mascots joined our kids and families in an hour of dancing and music. The fun and positive energy was electric and we hope they continue to join us every year.

For most nonprofits, generosity of community is critical to their survival. This generosity comes in many forms. The gifts of money, goods, time and services are among the gifts we can't live without and for which we are so thankful.

And might we suggest, next time you are in need of food, drinks, entertainment, home improvement, and more, look to see what businesses are supporting your local nonprofits.

They deserve our support too.



LEARN MORE

Dusty Bottoms Trail Runners
www.dustybottomstrailrunners.com

Mascots in Action
www.facebook.com/mascotsinaction



Girls in the Juvenile Justice System

For juveniles on probation, a culture of understanding is key to recovery. Juvenile girls in the justice system are a population that sometimes goes overlooked.

CHS works with this population through the **Gender Responsive Alternatives to Detention (GRAD) program** that is part of the Stanislaus County Probation Office's Girls Juvenile Justice Initiative.

The GRAD program offers an alternative to detention for girls 13-18 who are on formal probation and have experienced some sort of trauma.

Rather than sending these girls to Juvenile Hall and risking re-traumatizing them, the GRAD

program connects them to community resources and classes that will help them heal and learn from their mistakes.

"These girls are still learning and sometimes act on impulse," Renee Flora, CHS Girl's Advocate in the GRAD program said, "alternatives to detention offer understanding of where that impulse comes from."

Renee meets with the girls regularly. During these sessions they check in and set short and long term goals for the time they are on probation and beyond.

They are each required to attend a tour of Hutton House, Josie's Place and



The SPOT as well as attend The REAL Project, Without Permission and Eating Disorder/Body Image groups. After those requirements, the girls can choose from many other programs to attend including job search classes, counseling sessions, parenting classes and a variety of other programs.

To learn more about services we provide youth in our community visit: www.centerforhumanservices.org/youth-services



Defeating Addiction

The path to recovery from addiction is a path of strength and resilience.

Here are some letters from past adolescent clients of our drug and alcohol treatment program saying goodbye to their drug of choice.

For more information visit www.centerforhumanservices.org/drug-alcohol-treatment

Goodbye to my drug of choice... I've been with you from the age of 12. You have caused me to steal, lie and break laws. If I wouldn't have touched you, I wouldn't have been here on probation for five years. You made me quit going to school; because of you I lost all my trust from my family! **Goodbye drug of choice, you are not good for me.** I HATE YOU!

Goodbye my drug of choice... I ain't going to let you keep holding me down in my future to get my diploma. You cause me to lose my family and especially my mind. I don't appreciate how you were supposed to make me feel good but instead you made me have a droopy mind. **I will never say "hello" again, cause this is the last "goodbye".** Thanks for getting me into no where, but now I am standing solid with my cute, non glassy eyes, looking up to the sky.

Goodbye my drug of choice... you made me lose the trust of my future and make bad decisions. Now that you are gone, I can focus on what is best for me and my future. In my future, I plan to be an Ultra Sound Technician. Now that you are no longer in my life, I am going to be graduating from high school in a month and going to a 2 year college. My future has brightened to what I want to become.



What We Do

Center for Human Services (CHS) was established as a local 501(c)(3) nonprofit in 1970 to serve youth and families. Currently, CHS serves tens of thousands of children, individuals and families annually in Stanislaus County through **several 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)

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)

Family Resource Centers

"One-stop shops" providing services and support to families

Ceres Partnership

Oakdale Family Resource and Counseling Center

Patterson Family Resource Center

Newman Family Resource Center

Youth and School Based Services

Friday Night Live - youth development/ leadership training program

Alcohol and Other Drugs - prevention, intervention & education programs

Community Youth Connection - youth run, adult supported community service project operated by Hutton House

Counseling Services - youth, individual and family sessions

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

Graduation Coach Program - comprehensive student engagement program targeting 7th and 8th graders at risk of dropping out (A partnership with United Way)

Shelter Services

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

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

Projects and Initiatives

Father Involvement Learning Network - a collaborative network to engage and serve fathers at risk of mental health problems in our community

Cultiva La Salud - cultivating health in the communities of Ceres, Keyes and Turlock

Love Modesto/Love Our Schools - a partnership with our neighborhood school, Garrison Elementary, to improve educational outcomes and raise morale

On My Shoulders - a support group for non-custodial parents, primarily fathers, teaching skills, tools and strategies for more effective parenting (A partnership with Stanislaus County Department of Child Support Services)

Workforce Development - assisting welfare recipients to obtain or prepare for employment (A partnership with Stanislaus County Alliance Worknet and Community Services Agency)



FEBRUARY 2, 2017

We had a SUPER time at the 2nd annual Superhero Fun Run presented by Dusty Bottoms Trail Runners and benefiting our shelters: Hutton House and Pathways. **Thank you to all the families and runners that participated, you are all heroes for kids!**



DECEMBER 6, 2016



On December 6, 2016 **Amazon.com drove a semi-truck into CHS' parking lot filled with items** to help CHS continue to meet the basic needs of the youth and families we serve. THEN, Santa gave toys to about 60 CHS kids. **The donation from Amazon (valued at \$15,000) was a beautiful gift for CHS and all we serve in Stanislaus County.**



SEPTEMBER 1, 2016

This year was the 30th anniversary of Edible Extravaganza, our biggest fundraiser. To celebrate the anniversary, we threw it back to the 80s! We had a great night with our amazing vendors and generous community members.



DECEMBER 3, 2016



Our friends at iHeart Media Modesto organized the Great Valley Toy Drive this year to collect toys for the families served by CHS! We are so grateful to iHeart Media for organizing such a wonderful event and to our community members for generously donating toys.

NOVEMBER 17, 2016

For the third year in a row, Modesto Subaru selected CHS as their local charity for the Subaru Share the Love Event! New this year, we collected signatures on a wrapped car, making stops all over the County and Subaru donated an additional \$2500. We are so grateful for their generosity.





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PARTNER AGENCY

Center for Human Services acknowledges the support of our funding partners who underwrite, in part, the quality services provided to children and families. Partners include but are not limited to: Stanislaus County Board of Supervisors, Behavioral Health & Recovery Services, Children and Families Commission, Community Services Agency, Probation, United Way, various school districts, foundations, Federal and State agencies. We are grateful to all of our funders for fostering the health and well-being of our communities through their support of Center for Human Services' shelter, prevention, intervention, treatment & counseling services.



IT STARTS WITH YOU

We're in the business of **inspiring hope**
and we need your help.

Support our Annual Campaign. Make your gift today.

Visit www.centerforhumanservices.org/giving