Strengthening families through our network of Family Resource Centers (pg. 2)

How the 5 Protective Factors shape our work to build healthier families and communities (pg. 3)

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CENTER LINE

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.

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.

Contact Us
2000 W. Briggsmore Ave., Suite I
Modesto, CA 95350
(209) 526-1476

www.centerforhumanservices.org

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FRCs are a means to connect families and individuals to tools and resources that help them practice and learn the five protective factors. The most important benefit of the FRCs is that they are located in communities in which families reside. The services, which may vary by location, include:

- Individual and group counseling
- Parenting classes
- WIC and Child Health Exams
- Activities for children and families
- Assistance in finding help with housing, employment, food and other basic needs

For more information, visit:

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Families are referred to FRCs through outreach at local schools, Women, Infants, and Children (WIC) offices, other CHS programs, our main office or by partner agencies.

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Strengthening Families

Protective Factors are the foundation of the Strengthening Families Approach, a national initiative and framework to build family strengths by promoting healthy development and well-being.

The five protective factors are parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need and social and emotional competence of children. Research shows that when these Protective Factors are present in a family, the likelihood of child abuse and neglect diminishes.

All of these protective factors were present in my family growing up; we just didn’t call them by name. I grew up in a poor family, but I did not know it because we always had food and a place to live; my concrete needs were being met. Our social connections were strong because of our church community, extended family and neighbors. My family was involved in activities even if all we could contribute was our time. In my work here at CHS, I am passionate about coordinating projects and developing programs that strengthen families in Stanislaus County.

I believe the protective factors are key for all parents, regardless of their skill level, age, race or income level. There are families who have all of their basic needs met and live in safe neighborhoods, but lack protective factors. It does not matter where you live, the protective factors strengthen all families in all communities.

Ultimately, stronger families make healthier and safer communities.

By JENNIFER RANGETHE MANAGER OF SPECIAL PROJECTS, CENTER FOR HUMAN SERVICES

FAMILY RESOURCE CENTERS

Center for Human Services operates Family Resource Centers (FRCs) in Ceres, Patterson, Newman and Oakdale as part of our mission to strengthen and support families.

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How the **5 Protective Factors** shape our programs

**SOCIAL CONNECTIONS**

We connect people to their natural systems of support.

It is important for parents to have social connections outside of their family. These social connections develop and reinforce community norms around child-rearing, provide assistance in times of need and are a resource for parenting information.

To aid families in building these types of networks, the FRCs organize Parent Cafés. Parent Cafés are free, monthly dinners, with childcare included, for families. These cafés are a series of guided conversations to develop community wisdom, build parent voices and facilitate action to improve children’s lives.

Attendees make new friends, share ideas, learn about community resources, set family goals and discover techniques to achieve them. Parents learn from each other; they listen, share experiences and reflect on their own parenting style. Friendships among the parents flourish in a non-judgmental and safe environment.

**CHRISTINA’S STORY**

When the Ramirez family moved to Modesto, Christina (mom) felt depressed and frustrated with the family’s new circumstances. She attended a Parent Café through her children’s new school. Within a few months of making friends and finding community, it was clear Christina was taking better care of herself and appeared happier. The whole family dynamic shifted to a positive outlook.

94% of parents who attended a Parent Café agreed that they are more willing to ask for help when they need it.

“The support that I’ve received has helped me to strengthen my family and be a better mom, wife and friend. I feel supported and I know my family will be okay, with what I have learned.”

— **NOEMI, A MOM OF FOUR AND CHS CLIENT**
Families are made of 
strengths, not weaknesses.

Parental resilience is the ability 
to be flexible, cope with, and 
bounce back from a variety of 
challenges. It is about creatively 
solving problems, building trusting 
relationships, maintaining a positive 
attitude and seeking help when 
necessary.

Mental health counseling is a 
method for people to find their 
inherent strength to cope with their 
personal struggles. CHS provides 
counseling services to children 
(ages 5-21) and their families at 
various school sites and Family 
Resource Centers throughout 
Stanislaus County.

We also conduct one-on-one and 
group sessions for individuals, 
couples and families at our 
community clinic in Modesto. We 
offer assessment and treatment for 
mental health disorders such 
as depression, anxiety, ADHD, 
behavioral disorders and more.

MOSES PACHECO, a behavioral 
health clinician at CHS, says that 
he loves that counseling is a means 
to connect with clients, encourage 
them to feel their emotions and to 
help translate that into a positive 
light to improve their lives.

MARIA, a single mom, explains that 
the counseling she received at CHS 
taught her accountability for her 
actions and words, and helped her 
set goals.

In the past six months, we have seen over 1200 individuals 
seeking mental health counseling throughout our agency.

We support families and children 
through growth and development.

Our Healthy Birth Outcomes (HBO) program 
encourages positive pregnancies and parenting by 
teaching prenatal health, baby development and 
milestones while establishing a support network for 
women who are pregnant or have a child younger 
than one-year-old. After participating in HBO, 90% 
of mothers report they had a positive parenting 
change.

HBO provides information about the stages of child 
development to help parents learn how to have a 
healthy full-term pregnancy and to raise a healthy 
baby.

Many of our FRCs also host an annual Community 
Baby Shower complete with games, a raffle, food 
and gifts, because having a baby is a cause for 
celebration! There is even a New Dad Boot Camp for 
dads-to-be to learn practical parenting tools while 
the baby shower is taking place.

We are proud to report of the 
moms who participated in the HBO 
program, 88% had babies born 
full-term.
We provide a caring environment where people are treated with compassion and respect.

Providing concrete support is about ensuring basic needs are met, such as food, clothing, shelter, and connecting families to services like counseling in times of crisis.

Jaymes was in need of shelter after running away from home. His mom took him to Hutton House thinking he was less likely to run away there. She was right; Jaymes says Hutton House gave him a stable place to stay as well as a caring staff he felt comfortable with. He is now part of the Community Youth Connection, a youth-run, adult-supported community service and leadership project.

Hutton House is a state-licensed temporary shelter program in Modesto for runaway, homeless and youth in crisis who are ages 13-17. Services for families dealing with adolescent-parent challenges are also available at Hutton House.

We provide no-cost services 24-hours a day to meet the immediate needs of runaway and homeless youth, and conduct crisis intervention and family sessions to prevent them from running away. Hutton House also offers drop-in services to youth including showers, clothing, hot meals and laundry facilities.

In the last year, Hutton House provided 1,095 meals, 730 loads of laundry and 365 nights of shelter.

**CONCRETE SUPPORT IN TIMES OF NEED**

**SOCIAL/EMOTIONAL COMPETENCE**

Positive change occurs when people develop new skills, cope more effectively and build better relationships.

Children need opportunities to practice their social skills and communicate their feelings. We teach children the ability to interact positively with others, to self-regulate and to effectively communicate their emotions.

Our Student Assistance Program (SAP) provides short-term education, prevention and intervention services to students K-12 to build life, social and coping skills. This program includes one-on-one individual sessions, group sessions, conflict mediations, classroom presentations, teacher trainings, community referrals and parent contacts.

The goal of SAP is to provide students the support they need and an opportunity to learn life skills so they may achieve greater success in school and life. A student may be seen for up to 8 sessions, per situation. A provider will make the appropriate referrals, when additional support is needed.

The most prevalent reasons for contact are anger management, academics, anxiety, family and relationship issues.

CHS employs Student Assistance Specialists in over 77 schools throughout Stanislaus County.

75% of students struggling with anxiety and/or anger reported feeling they are better able to handle their challenges after sessions with a Student Assistance Specialist.
PHOTO HIGHLIGHTS

JULY 8 women graduated from the First Step program for pregnant or parenting mothers struggling with substance use.

MAY We celebrated Mental Health Awareness month with an “I care because . . .” campaign, with a focus on ending the stigma around mental health issues.

MAY Subaru of Modesto presented us with a check for $60,860 from their Share the Love event.

MARCH The 4th Annual Superhero 10K/5K Fun Run was filled with real life CHS Superheroes. Such an outstanding show of community support!

WAYS TO GIVE

Center for Human Services is a tax-exempt 501(c)(3) organization that provides quality prevention, education, counseling and shelter services for youth and families. We are thankful for the many ways our community supports our work. Here are some different ways you can support CHS:

TIME Become a volunteer

TALENT Share one of your talents

TREASURE Provide monetary support

Get in touch:

For more information, please contact our Development Department at (209) 526-1476 or chsdev@centerforhumanservices.org.

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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, First 5 Stanislaus, Community Services Agency, Probation, 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.