Get a glimpse of our history with a timeline of CHS through the decades (pg. 3)

Take a walk down memory lane in a Q+A with CHS Executive Directors past and present (pg. 5)

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News

Celebrating 50 Years
WAYS TO GIVE

CHS is a tax-exempt 501(c)(3) organization. We are thankful for the many ways our community supports our work. Here are some different ways you can support us:

TIME  Become a volunteer
TALENT  Share one of your talents
TREASURE  Provide monetary support

DONATE ONLINE
Make a secure donation online with a one-time, monthly or annual campaign gift:

centerforhumanservices.org/donate

MAKE A GIFT BY MAIL
Checks, payable to Center for Human Services, can be mailed to:

Center for Human Services
2000 W. Briggsmore Ave., Ste. I
Modesto, CA 95350
A Letter from Board President Elect

I am honored to have been a Board Member at Center for Human Services for the last ten of our 50 years of serving our community by changing lives, building futures and helping families. When I reflect about how Center for Human Services (CHS) has been able to accomplish this milestone, a significant event for any business, and especially so for a nonprofit organization, two key attributes clearly present themselves: our commitment to our core values and our commitment to maintaining a strong financial position.

At CHS, these core values - Integrity, Results, Partnerships, Innovation, Responsiveness, and Respect - are not simply platitudes on dusty motivational posters; rather, they are real life attributes exercised every day throughout the entire organization from top to bottom. As a result, the strong, healthy culture at CHS makes a meaningful difference in our ability to deliver results out “where the rubber meets the road”.

Being a Commercial Banker by profession, I can attest that our staff within CHS’ financial team is top notch - these folks know what they are doing, period. They are as strong as many of the much larger for-profit companies I work with. Their fine work is supported by our robust Finance Committee of our Board of Directors, with CPAs and other financial professionals at the helm.

We have come a long way in our first 50 years, and CHS is now ready to fully address the needs of our homeless youth and young adults through the creation of the Youth Navigation Center. CHS has the passion and the technical expertise to effectively address the community needs and end youth homelessness in Stanislaus County.

Our Services During COVID-19

We’re still here for you.

We are committed to providing mission critical services to our clients. As the situation evolves, we will continue to provide updates. Through it all we will lead with our vision and mission to build a safe and thriving Stanislaus County by changing lives, building futures and helping families.

Most in-person services have been moved to a phone or video format. We are still here for our community needs and continuously evolving our services to fit the needs of our clients and the community.

For general information please call our Main Office at (209) 526-1476 or visit our website at centerforhumanservices.org.

- Community Counseling Clinic and Substance Use Treatment: (209) 526-1440
- 24-hour Crisis Line: (209) 526-5544
- Hutton House - Homeless Youth Shelter: (209) 526-1623
- Homeless Youth Outreach and Navigation Services: (209) 526-3809
- Ceres Partnership: (209) 541-0101
- Newman Family Resource Center: (209) 862-0295
- Oakdale Family Resource and Counseling Center: (209) 847-0420
- Patterson Family Resource Center: (209) 690-3100
CHS Through the Decades

We Opened Our Doors
CHS began in 1970 as Head Rest, a drop-in center for youth, by a group of dedicated community leaders who were concerned about the growing problem of drug abuse among young people in Stanislaus County.

1970

By Our 10 Year Anniversary...
Head Rest had a budget of over 2 million dollars and 55 employees. We added several new programs including Emancipation House, a place for youth under 18 leaving the Juvenile Justice system; Tough Love, a parent education and support group program; and Hutton House homeless and runaway shelter for youth 13 - 17 years old.

1980

We Started Student Counseling Services
The Ombudsman program, a precursor to the Student Assistance Program, started in area schools and Police Departments. The Juvenile Diversion program also began and provided an alternative to incarceration and probation for first time youth offenders.

1973

We changed our name...
In 1984 Head Rest became Center for Human Services (CHS), as we know it today and the agency moved to an office complex behind McHenry Village in Modesto. We also renamed our Outreach Counseling program to the Student Assistance Program (SAP).

1984
1st Edible Extravaganza
We celebrated the 10th Anniversary of Hutton House and held the first annual Edible Extravaganza, a fundraiser focusing on area restaurants. To this day, it is our longest running fundraiser.

A Decade of Growth
In 2001, Pathways was created as a transitional independent living program for youth ages 18 - 21. We opened the Patterson Family Resource Center and Oakdale Family Resource and Counseling Center. Ceres Partnership became an official CHS program and mental health services expanded to our satellite offices.

By Our 20th Anniversary...
Many programs were created or expanded in the 1990s and the budget quadrupled by the end of the decade. Friday Night Live for high schools promoted drug/alcohol free lifestyles and First Step, a collaboration with Sierra Vista Child and Family Services, treated substance use among pregnant women.

Looking Ahead
We are creating a youth shelter that offers comprehensive supportive services under one roof. CHS is at the forefront of anticipating the needs of our community and proactively implementing services to address them.

Serving Over 18,000 Individuals Annually
At the start of the decade, Cindy Duenas became the 9th Executive Director, a new logo was created, and a new mission and vision was created. In 2015, CHS moved to our current home at 2000 W. Briggsmore Ave., made possible in part through a capital campaign that raised over 1 million dollars.
Q+A with CHS Executive Directors

Walk with us down memory lane for a glimpse of our organization’s history with one of Head Rest’s first executive directors (ED), Gary Morse, and our current ED, Cindy Duenas.

How and why did you first get involved with Head Rest/CHS?

**GARY:** In January of 1971 I hitchhiked into Modesto to visit my brother’s family with my dog, a backpack and about $200 in the bank. At the suggestion of my sister-in-law, who was a CHS volunteer, I began visiting the original Head Rest house, and soon began leading staff encounter groups. I had a master’s degree in physiology (which helped with the pharmacology piece), a teaching credential, and a certificate in group leadership skills. I think those qualifications went a long way in securing the first Executive Director job.

**CINDY:** I first engaged with CHS as an Edible Extravaganza volunteer in the 1990s. I was then approached by Ken Davis, Program Director of Community Mental Health Services, to provide clinical services once a week as a contractor. Eventually, Ken encouraged me to apply for a school-based manager position and I was hired in August 1997. Shortly after joining the team, the school-based program director left the agency and I was promoted to this position and the rest is history!

What was the organization’s mission when you started and how has it evolved?

**GARY:** I’m not sure that we actually had a mission statement, other than trying to provide safe harbor to the kids and adults that were overdosing with regularity. It was clear our leadership wanted a law enforcement alternative to incarceration. There were no accurate records at the time beyond hotline phone calls and office visits, but I suspect that the we were hosting 2-3 people per night for monitoring and sleeping.

**CINDY:** In 1997, our mission was to “educate children, adolescents and families by designing and implementing prevention, intervention, and treatment programs that enhance well-being and promote the development of healthy lifestyles.” It’s reassuring to see that we have not strayed far from our roots as we are still one of the largest youth-serving nonprofits in Stanislaus County. We have now broadened our focus to strengthening and supporting youth and families.
What was/is your favorite part about being Executive Director?

**GARY:** It was seeing how we were actually changing the community, in terms of the attitudes toward drug use and abuse and towards building stronger families and school support systems. We trained dozens of social workers, police, probation officers, teachers and school counselors. It was a rare opportunity to build an alternative organization that promoted new structures, ideas, concepts and training opportunities that kept our staff engaged, enthused and emotionally balanced.

**CINDY:** I get to work with the most amazing group of people. I love the culture and the staff at CHS. It’s rewarding to watch our staff make a difference in the lives of our community’s most vulnerable individuals. We have an excellent culture of learning and caring, not only for those we serve, but for our staff and their families. It’s a really special place and I’m so grateful that after all these years, I still love my job and look forward to coming to work.

How do you feel CHS still embodies the original heart of Head Rest?

**GARY:** I can tell by the pictures and program descriptions that somehow, the heart and soul of Head Rest lives on. Only the name has changed. The concept is much broader, but the mission remains the same: service fueled by love and compassion.

**CINDY:** We have stayed true to our roots and continue to address the needs of youth in our community. 50 years later, we are the largest youth-serving nonprofit in Stanislaus County. In 2021, we will be opening a Youth Navigation Center, a service hub for youth 13 to 24 years old who are in crisis, unstably housed, and/or experiencing homelessness. The Head Rest founders had a heart for young people that continues to beat to this day.

How do you want the community to remember CHS?

**GARY:** As a rag-tag, untrained, canned-food-collecting amalgamation of dedicated people, who seized the opportunity to build a much needed and respected community force. To have lasted this long, and to have grown this much, is truly unique!

**CINDY:** It’s my hope we are around for another 50 years and that we are remembered for the stories of lives changed in Stanislaus County—that’s really what matters. I love hearing the stories of how we have made a difference in the lives of those we serve—stories of how they were helped at Hutton House, or how they now have 10 years sobriety because of the treatment services they received, or how they are now graduating from college and career-focused when they were once homeless.
We are temporarily closed for in-person services, but we’re still here for you.

Counseling services, referrals and general assistance are still available M-F from 8am to 5pm, by phone or video.

Call (209) 526-1476 or visit centerforhumanservices.org for more information.

24-HOUR CRISIS LINE: (209) 526-5544