

Providing affordable mental health care since 1973
CHAC
COMMUNITY HEALTH AWARENESS COUNCIL
50
Anniversary

CHAC
Community Health Awareness Council

Celebrating **50** *years*

WELCOME TO CHAC

ANNUAL REPORT 2022-23



WHAT'S INSIDE

The information provided here offers select highlights from 50 years of our organization and may not encompass all aspects. We apologize for any omissions.

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OUR MISSION

To improve lives and strengthen communities through access to comprehensive and culturally responsive mental health services in northern Santa Clara County.

OUR VISION

Our community embraces mental health and wellness as integral to a healthy, fulfilled life. People know where and how to access appropriate help because they understand the importance of seeking mental health services when needed. There is universal access to a continuum of mental health services that includes prevention and intervention. The result is an increasingly healthy, resilient, and understanding community.

50 Years of Changing Lives Together



Dear Supporters and Friends of CHAC,

As we reflect on the past 50 years and the hundreds of thousands of lives that CHAC has impacted, we bring you this “Book of Gratitude” to celebrate our journey and impact. We’ve come a long way since a group of parents and community leaders joined together in 1973 to address the growing use of alcohol and drugs by adolescents in our region. Their vision and commitment forged an organization that has grown and evolved over the decades to address the emerging needs of children and families. CHAC’s mental health counseling and prevention programs have built resiliency and helped alleviate the anxiety unique to each era.

The original partnership that led to the creation of CHAC included the governments of Mountain View, Los Altos, and Los Altos Hills and their respective school districts. We are proud to be longtime partners with these cities, as well as the Mountain View-Whisman School District, Los Altos School District, Mountain View-Los Altos High School District, and the Sunnyvale School District.

During the fiscal year 2022-23, CHAC provided mental health counseling and services to 12,026 children, teens, and adults of all socio-economic backgrounds in our local schools and in our clinic. An additional 6,453 people received support and essential supplies through our Family Resource Centers in Mountain View, Sunnyvale, and Cupertino.

Over the last five decades, CHAC has weathered many financial ups and downs. The pandemic took a fiscal toll on our small community organization with the additional cost of providing telehealth services, and attracting and retaining staff. Our Board and staff are currently evaluating the best organizational structure to continue to provide on-going, sustainable, affordable services in our community. We look forward to sharing our strategic direction in summer 2024.

As you flip through this Book of Gratitude, enjoy the stroll down memory lane and the impact we have had – Changing Lives Together Since 1973.

Warm regards,

A handwritten signature in black ink that reads "Kevin Duggan".

Kevin Duggan

Board Chair
CHAC

OUR CURRENT BOARD



Kevin Duggan
Board Chair



Leona Pearce
Vice Chair



Jessica Mancini
Board Secretary



George Tyson
Treasurer



Sandy Bergan
Community Representative



Elise Bergeron
Community Representative



Laura Blakely
MVWSD Representative



Chris Clark
Community Representative



Cecile Currier
Community Representative



Phil Faillace
Community Representative



Ellen Kamei
Mountain View City Representative



Sally Meadows
Los Altos City Representative



Tania O'Connell
Community Representative



IdaRose Sylvester
Community Representative



Steve Taglio
LASD Representative



Dennis Young
Community Representative

Past Board Lists

Joint Power Members

David Reeder, City of Los Altos, President
Susan Ware, MV School Dist., Vice President
Lynn Alvarado, MV-LA High School District
Ginger Beman, Los Altos School District
Bob Johnson, Town of Los Altos Hills
Mary Van Tamen, City of Mountain View
appointment pending Whisman School District

Community Members

Nora Buys
Alice Cochran
Esther Ellis

Advisory Members

Rory Kaplan, Vice President
Joan MacDonald
Polly Tyner

Board of Directors

(as of April 1990)

David Reeder, City of Los Altos, President
Susan Ware, MV School Dist., Vice President
Lynn Alvarado, MV-LA High School District
Ginger Beman, Los Altos School District
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Joan MacDonald
Polly Tyner

12,026

served in FY 2022-23



CHAC Original Building:
655 Castro St

FY 2022-23 HIGHLIGHTS



70

Latinx Program **clients** received **1,148 hours** of culturally attuned care for individuals, families, and groups in need



Dodie Alexander House Plaque

4,824

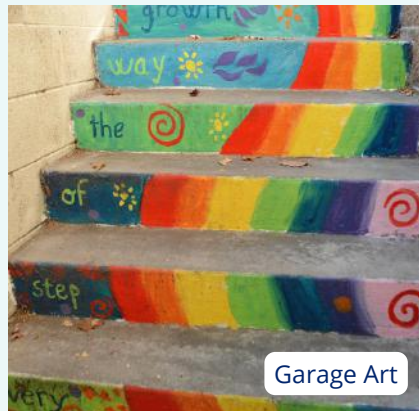
K-12 Students in **32** schools across 4 school districts received **27,033 hours** of counseling and social-emotional learning

4,335

hours of free parent/caregiver and teacher consultation in support of their child(ren) and students

65

future mental health practitioners educated with valuable didactic training and practicum experience



Garage Art

273

individuals of all ages benefitted from **4,176 hours** of professional emotional support via our in-house (in-person) clinic and tele-health programs



Joan MacDonald & Anne Ehresman

13

gained insight, empowerment and resilience through **over 140 hours** of psychological assessment and support



2023 - 2024 Interns + Staff

6,453

individuals and families built and maintained parent-child connections and received essential personal supplies such as diapers and baby formula during the pandemic (FRCs)

OUR IMPACT

FY 2022-23

32

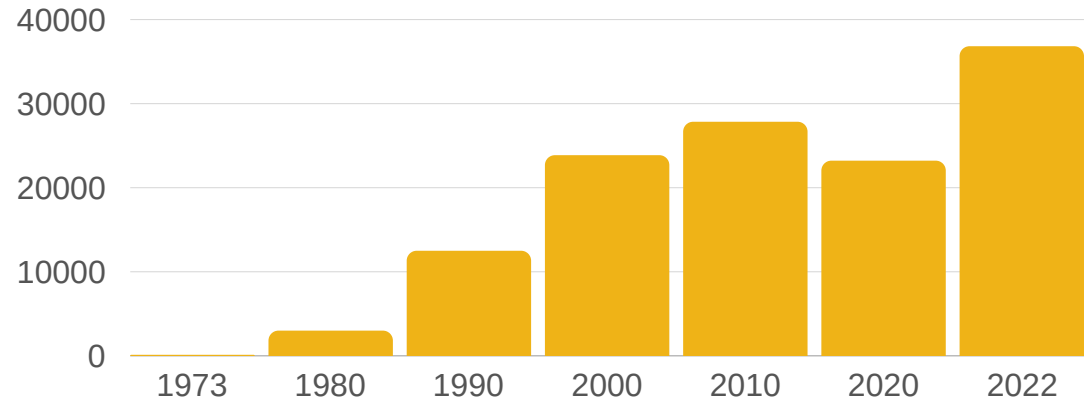
schools across **4 school districts**

36,832

hours of service

Hours of Service

Number of hours of service to the residents, students and families of Mountain View, Los Altos & Los Altos Hills.



Client Income Levels (Clinic Only)

Less than \$35,000
CHAC sliding scale **34%**

\$35,000 - \$65,000
CHAC sliding scale **18%**

Over \$65,000
CHAC sliding scale **14%**

Unspecified income
CHAC sliding scale
(assessed based on self reporting) **34%**



1973 CHAC's Beginnings

The story of **Community Health Awareness Council (originally known as Community Health Abuse Council)** aligns with the end of the Vietnam war and the start of the War on Drugs. In June 1971, President Richard Nixon declared **drug abuse to be "public enemy number one"** and **increased federal funding for drug-control agencies and drug-treatment efforts.**

CHAC **started after Dodie Alexander and her husband**, a physician who at the time was head of emergency services at El Camino Hospital, realized there was a **serious drug-abuse problem among children and teenagers.** Even **Alexander's children and their friends**, all of whom were considered "jocks" at Awalt High School in the early 1970s, had **experimented with drugs.** Alexander decided that if her children were trying drugs, the **problem was widespread, crossing all socioeconomic barriers.** (1990 LATC "CHAC Helps Children Cope with the World")

The **primary goal** of CHAC was **prevention and intervention in the area of drug and alcohol abuse.** CHAC recognized the **effect of individual and family stress** as one of the **basic factors** leading to drug and alcohol abuse. The staff were alert to clues which help in the recognition of potential drug and alcohol use (primary) and current users or experimenters (secondary). CHAC staff **intervenes and provides effective prevention alternatives** through **counseling and education programs before** these individuals experimentation with drugs and/or alcohol **leads to destructive behavior and domestic violence.**



Founder Dodie Alexander



Thank you

Founding Members

3 staff, 200 individuals
served in 1973



Our Programs & Services



Our **school programs** are dedicated to promoting the psychological and emotional well-being of students in **grades K-12**. Guided by prevention and early intervention, we utilize an '**integrated care**' model with **four school districts**, offering services to address social, emotional, and mental health issues impacting students' learning. Thanks to the generous support of our school districts, grants, and individual donors, these essential services are accessible to students and families **at no cost**.

School Based Programs

4,824 students served in FY 22-23

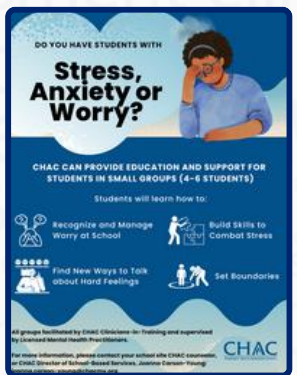
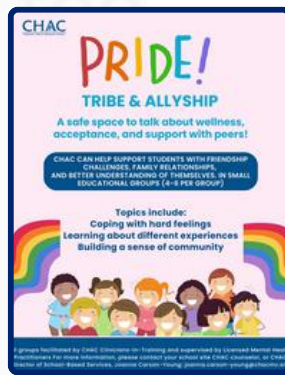
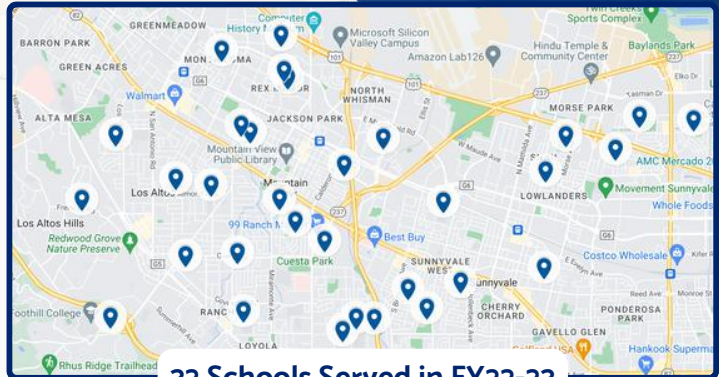
School-Based On-Site Counseling

Our school's on-site **counseling** services address social, emotional, and mental health issues impacting students' learning abilities. Using an 'integrated care' model, we support families, caregivers, and staff through consultation and training, creating a collaborative and empowering classroom for student success.

Additionally, we offer **psycho-educational groups** for skills building support, including those focusing on helping students manage anxiety, stress, and develop friendship skills in a peer-supported environment.

Crisis and Grief Counseling

Our counselors are poised and prepared to support school personnel, students & families in responding to local, site-based crises.



Our Programs & Services

School Based Programs

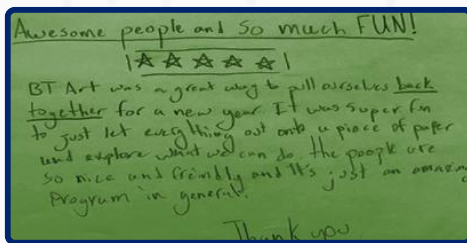
Social Emotional Learning

CHAC's Social Emotional Learning (SEL) program is a dynamic initiative focused on **cultivating essential skills** in students through engaging lessons and activities covering **emotions, coping skills, mindfulness, healthy defenses, control, kindness, and gratitude.**

Aligned with **CASEL's framework**, the program employs diverse teaching methods for the whole classroom such as STEAM projects, art activities, games, and kinesthetic exercises.

Tailored programs **target specific age groups and developmental levels**, providing middle school students with valuable social and coping skills, ensuring a **holistic approach to their emotional well-being.**

CHAC | arts BackTogether! program offers an evidence-informed curriculum delivered by CHAC's therapist team. This program focuses on building social and emotional skills through **prompt-driven exercises with art materials**, contributing to youth mental health prevention.



Our Programs & Services



At CHAC we believe that everyone deserves to be noticed, heard, and helped. We strive to be our **community's safety net for mental health services**, offering individual counseling and program services to all regardless of ability to pay.

Community Programs

Family Resource Centers (FRCs)

6,453 served by FRCs in FY 22-23

Established in 2006, CHAC's Family Resource Centers (FRCs) collaborate with FIRST 5 Santa Clara County and community partners to **offer crucial programs for parents and caregivers. Focused on children aged 0-5, our initiative emphasizes both physical and social-emotional development.**

We empower families with essential tools, recognizing the vital role of family and community engagement in building strong communities. At CHAC's FRCs, we are dedicated to nurturing not only the growth of young minds but also the bonds that form the foundation of strong and thriving communities.

In-House Services

356 clients served in FY 22-23

CHAC offered **multi-lingual, multi-cultural counseling services** for diverse demographics at our Mountain View clinic, which included an **assessment clinic** providing affordable and comprehensive psychological assessments conducted by graduate students specializing in neuro-psychological evaluations. These services were available on a **sliding scale of payment**. However, effective August 1, 2023, the CHAC Clinic went on hiatus.





drug information/education and referral

substance abuse prevention class

social emotional learning

proyecto

summer drug diversion groups
adult education group

suicide prevention

on campus group
spanish speaking women group

just for kids

crisis intervention

prevention plus

restorative justice

play therapy

alcohol awareness class

community consortium project
drug intake & evaluation

well within

assessment clinic

competency development services

lgbtqia2s+ groups

support groups

parents group

village wellness counseling - Group, Individual and Family

a place for girls
blossom project

kids in charge

Back Together!
second step

art therapy

village program

on-campus counseling

peer counselling
MVPD youth services unit

young mother's group

dad group

outlet

new outlooks

teen talk

family first
group amigos

gang prevention program

workshops for teachers, counselors, social workers, medics and law enforcement personnel

in-house counseling

healthy adolescence project

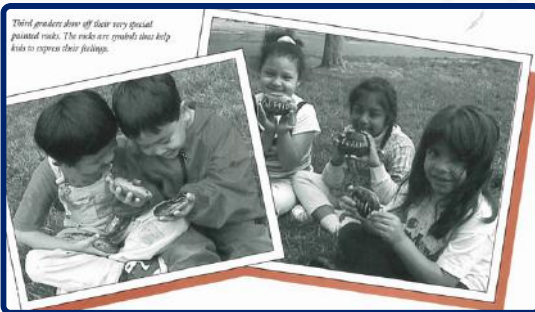
parent-teen discussion groups

Our Programs & Services

The information presented here highlights select aspects of our organization's programs and services over the past 50 years; however, it may not cover all facets. We apologize for any omissions.

Highlights Over The Years

Just For Kids



Second Step



Projecto Program



New Outlooks



Linda Miller Director

Our Programs & Services



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Highlights Over The Years

Family First



Left: Counselor Rasine Farber and her Family First kids show off their new visor caps.

SOS

CHAC's SOS Program has First Graduate

The Sober Opportunities for Students program (SOS) proudly announces its first graduate, Erica Roberts, who received her diploma from Shoreline High School principal Bill McClintock in January. The ceremony took place at CHAC, with Erica descending the back stairs in cap and gown with her father, counselors and peers waiting below. It was a special event for everyone in SOS. We applaud Erica's hard work and dedication to personal growth. She is now working full-time in the retail field and is attending Foothill College. Congratulations, Erica! SOS and



Erica Roberts

CHAC staff are honored to have shared your journey and to have learned from your honesty, intelligence and wisdom. The Sober Opportunities for Students (SOS) program, which moved to CHAC in October, is a drug and alcohol intervention and recovery program for adolescents. Funding for

Continued on page 3

Sunnyvale School District Expansion

CHAC is expanding to the Sunnyvale School District



Monique Kane, Executive Director for Community Health Awareness Council and Benjamin Picard, Ed.D., Superintendent for the Sunnyvale School District

cause stress within their families. These problems can include drug and alcohol abuse, physical psychological abuse, teen pregnancy and truancy, domestic violence, gang participation, custody conflicts, suicide prevention, economic difficulties and any other crisis situation that produce destructive behavior. The groups services provided in these schools will offer our highly successful services that are already provided in schools in Mountain View, Los Altos and Los Altos Hills.

CHAC will work in these schools to offer support to nearly 180 students. The staffing at each of these three schools will include two Marriage and Family Therapists, two School Counselors, two

Restorative Justive Program



Restorative justice: it takes a village
Problem solved avoid jail and from their lives around
By Jenna Olson
The idea here is to help people understand the underlying reasons for their behavior and to help them take responsibility for their actions. It's about repairing the harm done to the victim and the community, not just punishing the offender. Restorative justice is a process that allows people to take responsibility for their actions and to make amends to the people they have harmed. It's a process that is based on the idea of "it takes a village" to raise a child. Restorative justice is a process that is based on the idea of "it takes a village" to raise a child. Restorative justice is a process that is based on the idea of "it takes a village" to raise a child.



Outlet



Thank you
Community Health Awareness Council
for supporting LGBTQQ youth

Outlet is a youth support and empowerment program serving lesbian, gay, bisexual, transgender, queer, and questioning teens (LGBTQQ) in the Bay Area.

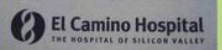
El Camino CHAC Mobile Office

THANKS TO EL CAMINO HOSPITAL FOR CHAC'S NEW MOBILE OFFICE

Thanks to the generosity of El Camino Hospital CHAC was able to purchase a Recreational Vehicle that has been refurbished into a mobile counseling office for students at Castro Elementary school in Mountain View. With the addition of the CHAC mobile, CHAC counselors have been able to see children who were previously placed on a waiting list because we did not have a second counseling room on the Castro campus.



Mobile health program made possible by El Camino Hospital



Whisman School, the Mountain View police and fire departments and the Mountain View Chamber of Commerce.

CHAC Buildings Over The Years



CHAC Original Building

CHAC's roots trace back to **655 Castro St**, where a **small team of 3**, including Alexander and Mary Moreci (Secretary) and a single counselor, provided vital services. From **serving 200 individuals in the first year**, their impact grew significantly, reaching over **2000 by the close of fiscal year 1978-79**. This modest beginning marked the start of CHAC's lasting commitment to community well-being.

Moving Day to 711 Church

In **1986**, a significant turning point occurred as our **previous offices were lost** during the demolition of Old Mountain View High School. **By February 1988**, a new home was secured, allowing for **expanded services** and a **27% increase in service hours**, made possible through the **generous contribution of a major donor and strong community support**.

1990s Miracle on 711 Church Street



After the move to 711 Church Street in 1988, CHAC transformed its new building into a nurturing hub for our mission. The space allowed us to **expand services, offering support groups for parents and young people recovering from drug abuse.** Children benefited from various therapeutic activities, including **play and art therapy**, and cooking as therapy. The building served as a meeting place for our board and staff, and we collaborated with other community agencies.

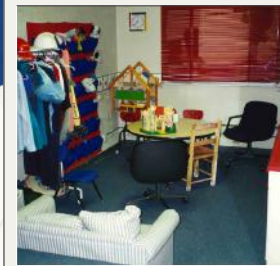
In 1990, we **hired our first clinical psychologist, Dr. Gary Lancaster**, thanks to the support of local police departments. Dr. Lancaster enriched our program, offering educational programs, supervising interns, and psychological testing.

Throughout the years, we celebrated milestones, including **paying off our mortgage in 1992 with community support.** Our facility saw improvements, with **volunteers painting in 1993** and a **refurbishment in 1996 by San Jose non-profit Design Response.** In 1998, we received new carpets and window treatments.

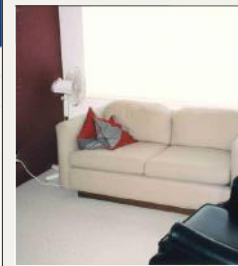
CHAC continued to operate and serve the community in this building until 2013.



Sand Therapy Room



Play Therapy Room



New Therapy Room



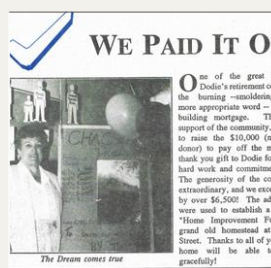
Counselor Judy McClure in Play Therapy Session



Peer Counselors using CHAC's space



M.V. Kiwanis Club Helping



Paid off Mortgage!



Lynn Davidson & husband Bob Painting



Judy & Cherlyn: window treatments



2013 Miracle on El Camino



Move to 590 W. El Camino

On Sept 20th, 2013, CHAC celebrated the grand opening of our current headquarters, generously donated through a trade agreement with the Malek Family of Los Altos. This crucial miracle enabled us to expand due to a **535% increase in clients from 2002 to 2012, necessitating more space.** The new facility includes additional counseling offices, a larger training room for interns, and a conference room.

Garage Mural Project

Started in 2014, this 7-year project turned a **dark garage into an inspiring space.** Conceived as a **team-building exercise for CHAC interns,** each annual group of 40-50 individuals painted **murals representing therapeutic intentions,** fostering teamwork and earning **gratitude from clients for the healing messages** on the walls.



Design for A Difference©

In 2018, CHAC's headquarters transformed with a **donated remodel,** resulting in a new **"Clinician Wellness Space"** for therapists' self-care and collaboration. Clients now enjoy a **warm reception area,** emphasizing their importance to us.



Our Past and Present Leaders

Dodie Alexander

For 17 years, Dodie Alexander dedicated herself to the role of **Founding Executive Director**. On June 5th, 1992, over 300 friends and families from the community came together to celebrate her retirement.



Changes in Leadership

Janet Goy assumed the role of Executive Director in 1992, followed by **Ann Clausen** in 1995, and then **Rod Carpenter** in 1998.

Monique Kane

In 2000, Monique began her tenure as ED which would last for 15 years! Monique began her journey with CHAC in 1986 as a therapist and subsequently held the position of Clinical Director. She played a pivotal role in witnessing and fostering the organization's growth.



Naomi Matsumoto



Paul Schutz

Naomi Nakano Matsumoto & Paul Schutz

Naomi assumed the role of CHAC's Executive Director in 2015, bringing in over a decade of nonprofit leadership expertise. Paul, CHAC's Director of Development, assumed the role of Interim Executive Director in 2016.

Marsha Deslauriers

In late 2016, Marsha assumed the role of ED at CHAC. Initially joining as the Director of Administration, overseeing human resources, finance, and facilities, Marsha dedicated over six years to leading the organization before retiring at the end of 2022.



Anne Ehresman

In 2023, Anne became CHAC's Interim Executive Director, bringing 25+ years of nonprofit leadership in community and youth development. Her aim is to steer CHAC towards a sustainable future during its 50th anniversary celebration.

Our Training Programs Over The Years



1984



1989



2022

2023

CHAC Training Programs

CHAC's training program has **grown remarkably**, evolving from **16 trainees in 1985 to 65 in 2022**, establishing itself as a unique agency in Santa Clara County.

Today, the CHAC internship experience comprises **two unique training programs**. The **Doctoral Psychology training**, includes an **American Psychological Association (APA)-accredited Internship Program and Doctoral Practicum**. The **Masters Counseling training program** welcomes **practicum students and Intern/Associate level trainees**, making CHAC a sought-after choice for MFT Trainees, Associates, and Doctoral-level Clinical Psychology interns and Practicum students.

- | | |
|--|---|
| <p>Counseling Interns</p> <ul style="list-style-type: none"> Hill Abbott Lynne Bonayre Heather Becker Suzie Bergquist Lisa Condry Suzie DeBrisio-Schiller Chloe Finney Arnell Gibson Diana Hamaue Jane Healy Dee Anne Haynie Lea Jakobowicz Kim Lindquist Chel Mas Annette McGarr Michelle Miller Gene O'Donnell Colleen Paul Nancy Pratt Elizabeth Revilla Marella Rummel Gabrielle Street Hinda Weber Eleanore Weinberg | <p>Counseling Interns</p> <ul style="list-style-type: none"> Jean-Frederic Aboudraham Deanna Barnett Ruth Berger Lisa Brannen Linda Cohen Claire Finney Patricia Frank Merilee Gibson Jan Hardy Dee Ann Haynie Lea Jakobowicz Rita Kaufman Cliff Mas Colette Meadows Napa Nic-Nadler Mary Olsen Sharon Pereira Sharon Quinn Elizabeth Rosenfield Edward Somy Hinda Weber Kim Williams Barbara Wyman |
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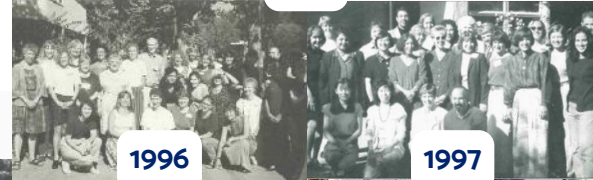


1995

- | | |
|--|--|
| <p>Post Graduate Interns</p> <ul style="list-style-type: none"> Judy Dineer Marilyn Romano Barbara Stern Alan White | <p>Post Graduate Interns</p> <ul style="list-style-type: none"> Teddy McDermott Lisa Montalvo Marilyn Rodman Mary White |
|--|--|

1993

1994



1996

1997



1998



1999



2003



2004



2014



2015

Interns at CHAC hail from **diverse Bay Area schools**, including San Jose State University, Santa Clara University, Palo Alto University, Pacific Graduate School of Psychology, and more.

Interns engage in impactful community work, spending at least two days weekly on school campuses. **Historically, CHAC provided support to youth, adults, couples, and families. Supervised by experienced staff**, interns gain new skills through **weekly didactic training and presentations.**

CHAC's **commitment to diversity** is evident in its **Bilingual Spanish Training program**, offering internship opportunities to enhance proficiency and clinical use of Spanish with supervision available.

Over the years, our program has thrived, providing a **comprehensive and enriching experience for students pursuing careers in counseling and psychology.**



Dr. Stewart Kirtz and doctoral intern Tess Amidan display the letter from the APA accrediting CHAC's internship program.



CHAC interns ready to face school year

Four-day training prepare interns

By Clyde Noel

Information came fast and furious last week for 25 new interns who attended a four-day orientation workshop sponsored by the Community Health Assessment Council. On completion of the workshop, the interns will be assigned to a school in Los Altos or Mountain View.

"You are highly important to the high school district," said Rich Fisher, superintendent of the Mountain View-Los Altos Union High School District. "The relationship between CHAC and the school district is unusual in other areas. We love having you involved."

Associate Director of Clinical Services Betty Mackey said a total of 58 interns are in the CHAC program this year, many back for their second year of counseling.

CHAC professionals provide training and supervision for the interns, who all have bachelor's degrees. Many also have master's degrees. They need 2,000 intern hours to be eligible for the California licensing exam.

Counselors put on at least two full days a week at their assigned schools. They will see about 20 students during the year and manage five to seven in-house cases. In-house cases are dealt with in the CHAC office.

Mackey said this year's interns are a diverse group and many speak additional languages, including Japanese, Spanish, French, German and Asian dialects.

"Knowing a different language is a wonderful attribute when working with parents," Mackey said. Workshops introduced the interns to programs such as art



At CHAC headquarters in downtown Mountain View, therapy supervisor Tracie Arnold (center) addresses local elementary school principals and new interns at Mountain View-Whisman Union School District Superintendent Dianne York (second from right) and Los Altos School District Superintendent Marge Gradist (right) listen.

and play therapy, psychological assessments, alcohol and drug, and gay, lesbian, bisexual and transgender services.

School principals explained what to expect the first two to four weeks on campus, and special requirements specific to schools such as Child Protective Services (CPS) reporting, confidentiality and special children's needs.

Betsy Arnold, Mary White and Mackey, CHAC clinical directors, moderated the elementary school session. They pointed out that CPS reporting could occur, and as the year progresses, the more information you have, the easier you can make a decision.

"You have to use balance on the campus. You need to get feedback from the children," Mackey said. "Remember you are a team with the teacher. They want to know you are with them."

White said many children seek alcohol and drug program and said most referrals come from the schools. "They are in the drug and addiction rings," she said, but the directors suggested teaching only above the shoulder and in the light.



Didactic Training on Art Therapy



"I feel really lucky to be part of the CHAC program; my community at CHAC, from my individual supervisor to my group supervision cohort, all the way up to Directors, tech support, and program specialists, makes me feel supported, taken care of, challenged, and respected. Professionalism and care set CHAC apart from other programs I've experienced - I've learned so much!"
-Ilona MFT Intern

50 Years of CHAC Events

The information presented here highlights select aspects of our organization's events and fundraisers over the past 50 years; however, it may not cover all facets. We apologize for any omissions.

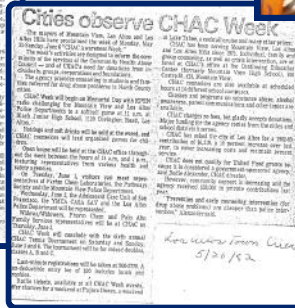
1977 - 1987

10 Years of CHAC Round-Robin Tennis Tournament



1970s + 1980s

CHAC Week + Softball Fundraiser



1983

Sweetheart Dance



CHAC holding annual lunch meeting Oct. 13

The Community Health Abuse Council (CHAC) will hold its annual luncheon noon - 1:30 p.m. Wednesday, Oct. 13 at Haightstorf Community Center in Mountain View.

Special guests will be Mayor Jane Reed of Los Altos, Mayor William Perkins of Los Altos Hills, a representative of Christ Episcopal Church of Los Altos, which recently gave CHAC \$1,000, President Peter Smith of Los Altos Kiwanis Club, and President Frank Gagliardi of

Valentine theme dance a fundraiser for CHAC

The Community Health Abuse Council (CHAC) will hold its first annual "Sweetheart Dance" 6-11 p.m. Sunday, Feb. 6 at the Bourbon Street Showroom in the Old Mill, Mountain View.

The evening will include an elegant buffet, prizes and dancing to the music of The Donny Hall Quintet. By establishing this type of grassroots support, CHAC hopes to continue providing an affordable, yet fun, service to

1990

Car Wash + Spaghetti Feed



1990

Red Ribbon Week

City paints town red
By Cristal Borlik

Before residents know it, the entire downtown area will be covered in red ribbons to prepare for the fifth annual "Red Ribbon Week" drug-free and public awareness campaign sponsored by the Californians for Drug-Free Youth and the Children's Health Awareness Council (CHAC).

Within the next few days volunteers will be hanging red ribbons and red banners throughout downtown and on city property, including police cars and fire trucks.

Volunteers will be gearing activities and informational lectures to elementary, secondary and high school students in Los Altos.

"The key is awareness," said Los Altos Police Crime Prevention Officer Norman Chaney. "Results from this (campaign) are hard to prove but we can see subtle signs of a change in attitude. Kids are actually talking to their parents about drugs now."

The "Red Ribbon" campaign started in 1985 after Federal Drug Enforcement Agent Enrique Camarena was kidnapped, tortured and beaten to death by drug traffickers in Mexico. Originators of the page decided to display red ribbons holding their insistence to drug use yellow ribbons were displayed during hostage crisis in Iran.



1990

CHAC Dinner & Dance

'Spring Fling' dinner dance to benefit CHAC's programs

ENJOY DINNER, a musical performance and an evening of dancing to a live band, Crescendo, at the second annual "Spring Fling" benefit for Community Health Awareness Council.

The event takes place from 6:30 a.m. to midnight on March 31 at the Palo Alto Elks Lodge, Palo Alto.

The fund-raising dinner is hosted by CHAC to support CHAC's counseling and educational programs for the youth in the community, and to help pay down the mortgage on CHAC's newly purchased building.

CHAC's new home, at 711 Church St., has allowed the agency to expand services to include support group meetings for parents and for young people in recovery phase from severe drug abuse. The new setting also makes possible a variety of therapeutic activities for children.

Since the move to the new building, in February, 1988, there has been a 27% increase in CHAC's service hours.

The agency has paid down the \$230,000 mortgage to \$60,000, thanks to community donations and a generous matching donor.

Tickets for the dance, at \$75 per couple, \$37.50 per single, \$20 tax-deductible, are available at the CHAC office, 711 Church St. Phone 946-2020 for information.




1996

Basketball Tournament



Sponsored by **Microsoft**

2,000!



FOR ONLY \$5, YOU CAN ADOPT A DUCK AND HELP OUR LOCAL YOUTH

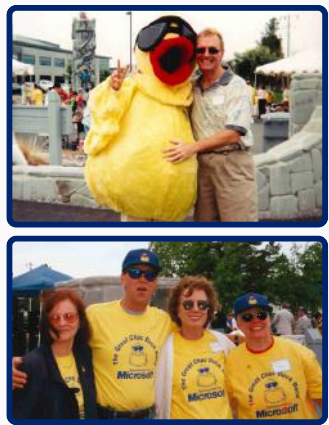
Race Day is Saturday, May 6th
10:30 a.m. - 2:00 p.m.

at Stevens Creek (end of La Avenida off Shoreline Blvd., Mountain View, California)

Prizes, Entertainment, Food and Fun for Everyone!
PUT A FEATHER IN YOUR CAP AND GET INVOLVED
Call the Community Health Awareness Council
(650) 962-2020 for details



2000 Great CHAC Duck Race



2004 & 2005 Taylor Eigsti Trio Benefit Concert



Wednesday
March 5

Grammy-Nominated Jazz Soloist
Taylor Eigsti
In Concert
A Benefit for
CHAC

Mountain View Center for the Performing Arts
SecondStage
500 Castro St., Mountain View, CA 94041

5:00 VIP Reception (includes premium seating & wine and appetizer reception with Taylor & Trio)
6:00 General Admission tickets
Show starts at 8pm

Event Income: 100% of gross proceeds
In Place of CHAC 100-4000
Go to www.chac.org for more information

Proceeds donated to CHAC, a 501(c)(3) nonprofit dedicated to creating healthy lives for youth & families.



2004 Back to the Future Art Mural: Iraq Concerns Expression



CHAC's duck race raises more than \$40,000

Town Crier Staff Report

The sight of 10,000 plastic duckies floating down Stevens Creek in Mountain View might sound funny, but the more than \$40,000 they helped raise for the Community Health Awareness Council (CHAC) left organizers feeling well, just ducky.

The first-time fund-raising event, sponsored by Microsoft and 250 other sponsors, provided an entertaining day for participants.

Families and individual supporters took part in encouraging the sea of brightly-colored ducks to swim downstream, as the first 15 to pass through the gates and down a metal tube were eligible. Every \$5 adopted duck battled rocks, tree limbs and headwinds in making its way to the finish line.

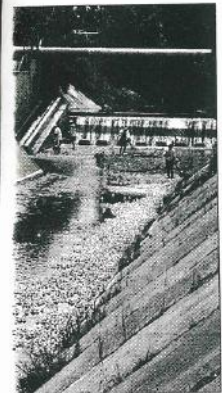
"We have something to quack about," said Los Altos Councilwoman Kris Casto, who also is president of the agency's board of directors. "A big thanks to our communities of Los Altos, Los Altos Hills and Mountain View for their support."

and individuals to support CHAC while enjoying a great day of activities."

In addition to the Great Duck Race, other events included a corporate duck race, climbing walls, face painters, balloon artists, food and music.

CHAC was founded in 1973 as a grass-roots effort to address the growing use of drugs and alcohol among adolescents. CHAC's programs include drug and alcohol abuse prevention and education, conflict resolution, school-based and after-school support for Latino children, parental education and support groups.

Last year CHAC provided more than 30,000 hours of youth programs and over 24,000 hours of individual, group and family counseling.



COURTESY OF JEAN NEWTON PUBLIC RELATIONS
The ducks floated down Stevens Creek the Community Health Awareness Council sponsoring the ducks cy raise \$40,000.

ARTSCENE Kids mull future, create mural

ART REACTING TO WAR, TERRORISM ON DISPLAY AT CITY HALL

By Haoyi C. Pham

Missing paint and 20 kids sounds like a recipe for a mess, but in five months they managed to produce a colorful patchwork mural of symbolic images, which is titled "Back to Our Future." The mural is 9 feet by 10 feet and is made of 2-by-2



Individual panels painted by Mountain View kids will be on display together in one room in city hall

individual wooden panels.

The children's concern about the war in Iraq sparked the idea for Charlotte Davis, a marriage and family therapist at the Community Health Awareness Council (CHAC), who led the project. CHAC is a local center that provides counseling and support services for troubled teens.

"Some of the kids had a scary dream about war going on in Iraq and the terrorist attacks and feared for their futures," said Davis. "I wanted to do this to give them hope."

After she secured funding for the project from Mountain View Family and Children, an agency based in San Jose, painting commenced in April.

Ranging from elementary to high school students, the young artists from Mountain View High School, Graham and Castro Middle Schools and other local schools, met every month with volunteers at CHAC to express their thoughts about the war in Iraq, terrorism and their concerns for the future.

"The project was open to any kid who wanted to participate," said Davis. "This project took lots of hours, but the kids don't want to stop coming."

While the work is almost complete, Davis is looking with a contractor to create a frame large enough to hold the wooden panels that make up the mural. Some of the common themes are gardens, animals, people, poems, and words and phrases such as "equality," "love," "an awareness," and "no racism."

Rehany Elise, 15, painted animals and the elements of earth, fire, water and air in her panel of the mural.

2005 Victory Dinner



2006 Tasting Around the World

TASTING 'ROUND THE WORLD
CHAC
Community Health Awareness Council

Date: Wednesday, June 28, 2006
Time: 5:30pm - 8:00pm
Tickets: \$35
Location: Mountain View City Hall
Rotunda/atrium

Come enjoy some wonderful food from around the world, raffle prizes, auction items and listen to the great sounds of the Cole Handie Trio.

For more information or tickets, please contact CHAC 800-866-2020 x17
www.chacnv.org

Tasting Round the World is sponsored by Friends of CHAC.

2009 Restaurant Fundraisers



PAUL SCHULTZ/SPECIAL TO THE TOWN CRIER
Community Health Awareness Council (CHAC) supporters thanked 49 of the non-profit organization's biggest donors during an April 6 Golden Circle of Friends dinner at Le Petit Bistro restaurant in Mountain View. CHAC delivers counseling services to students and parents in Los Altos, Los Altos Hills and Mountain View.

COMMUNITY BRIEFS

CHAC holds fundraiser at Boardwalk Restaurant
The Community Health Awareness Council, which sponsors programs that address a variety of emotional problems affecting children, teenagers and families, is teaming up with The Boardwalk Restaurant in Los Altos for an October fundraiser. Each Thursday in October, The Boardwalk will donate 10 percent of its sales to CHAC programs, which are experiencing a decrease in funding this year. The Boardwalk Restaurant is located at 4940 El Camino Real in Los Altos. For more information, visit www.theboardwalkrestaurant.com.

Library hosts presentation on insurance for seniors
Connie Cortes of the Silicon Valley Council on Aging - Health Insurance Counseling and Advocacy Program is scheduled to speak on "Current Health Insurance Issues and Answers" at a Senior Health Chat 1-2:30 p.m. Tuesday at the main library, 13 S. San Antonio Road. Senior Health Chats are scheduled the second Tuesday of each month. Admission is free and open to the public. For more information, call 657-2929.

Mountain View VOICE

TONIGHT: Los Altos restaurant helps out CHAC

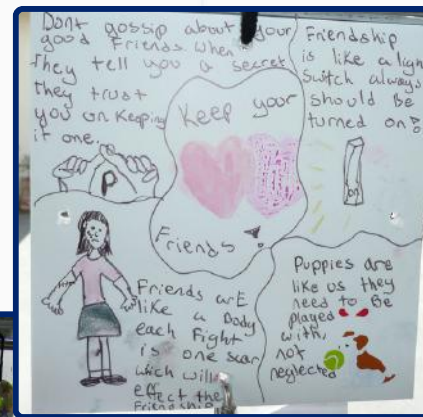
Tonight, diners at The Boardwalk Restaurant in Los Altos will not only get a bite to eat — they'll also be contributing 10 percent of their tab to the Community Health Awareness Council, or CHAC.

The Boardwalk benefit will be every lunch and dinner on Thursdays during the month of October, beginning on Oct. 8.

CHAC is based in Mountain View and serves Mountain View, Los Altos and Los Altos Hills, providing social resources to children and families in need. The organization has a presence at most local schools, offering services from bilingual counseling to drug and alcohol awareness to youth support groups.

The Boardwalk Restaurant is located at 4940 El Camino Real, Los Altos. For more information, visit www.theboardwalkrestaurant.com or www.chacnv.org.

Over the Years Friendship Campaign



Over the Years Mountain View Art & Wine Festival

We would like to thank the Chamber of Commerce Mountain View and everyone who volunteered or parked in our lots at this year's Mountain View Art & Wine Festival. With your help, CHAC was able



to raise over \$7,800 for our crucial work helping children in our communities. More than 110 of you contributed your time and effort this year in support of our mission to create healthy lives for children and families-Thank You! ■



2018 - 2019

Changing Lives Together - Breakfast

CHAC breakfast celebrates 45 years of behavioral health support

Cyberbullying among modern-day challenges for youth

Local "Changing Lives Together" breakfast

Local "Changing Lives Together" breakfast was held at the Mountain View Art & Wine Festival on March 22, 2019. The event was a success, with over 100 attendees and a total of \$7,800 raised for CHAC. The breakfast was held at the Mountain View Art & Wine Festival, which was a great opportunity for the community to come together and support CHAC's mission.

COMMISSION OPENINGS

Complete Streets Committee: 1 Seat: Advises the City Council on transportation solutions that include safe, efficient, comfortable and independent access and travel for pedestrians, bicyclists, transit users and vehicles. (Open to reappointment in March 2022)

Environmental Committee: 1 Seat: Advises the City Council on issues that affect the natural and built environment in the City and region. (Open to reappointment in March 2022)

Planning Committee: 1 Seat: Responsible for design review of commercial projects, environmental and public impact analyses, General Plan updates, and other projects as directed. (Open to reappointment in September 2020)

Applications must be submitted to the City of Los Altos via the online portal for an appointment. Deadline to submit applications: Friday, April 26, 2019

Interviews scheduled for: Tuesday, April 26, 2019

Submit applications to the City Clerk's Office at City Hall, located at 1100 San Antonio Road, Los Altos, CA. For more information, visit www.ci.losaltos.ca.us or call 650-947-2720.



2019 & 2023

Joan MacDonald Founding Board Member Birthday



Thank You for



Years of Support

Thank You to Our Donors



CHAC strives to meet the increasing demand for mental health services in our community. We are grateful to our philanthropic partners who support our mission. Every gift is appreciated, we work hard to put it to the best possible use.

Many thanks to the following individuals that provided support during our most recent fiscal year.

Contributions July 1, 2022 - June 30, 2023

We make every effort to make these donor lists as complete and accurate as possible. If you find an error, please accept our sincere apologies and contact us at annabel.koh@chacmv.org.

\$10,000 - \$20,000

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\$2,500 - \$4,999

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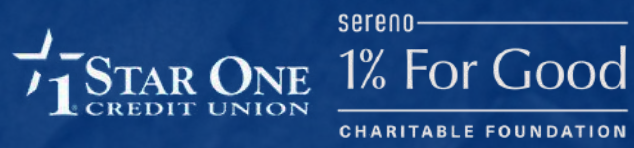
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CHAC services in the
Sunnyvale School District
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FY 2023-24

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COMMUNITY PILLAR THE KRAUSE FOUNDATION

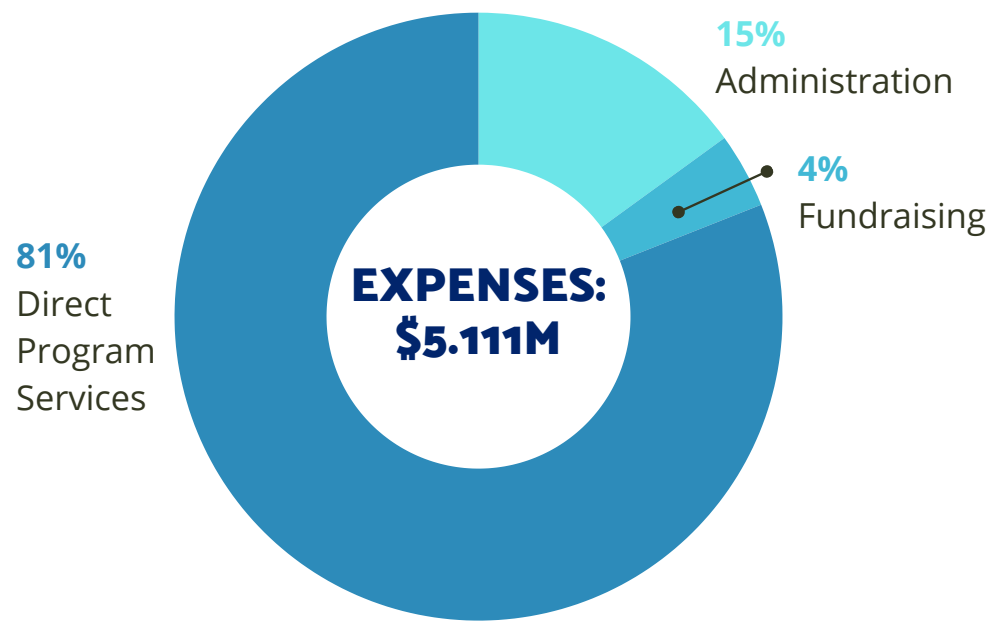
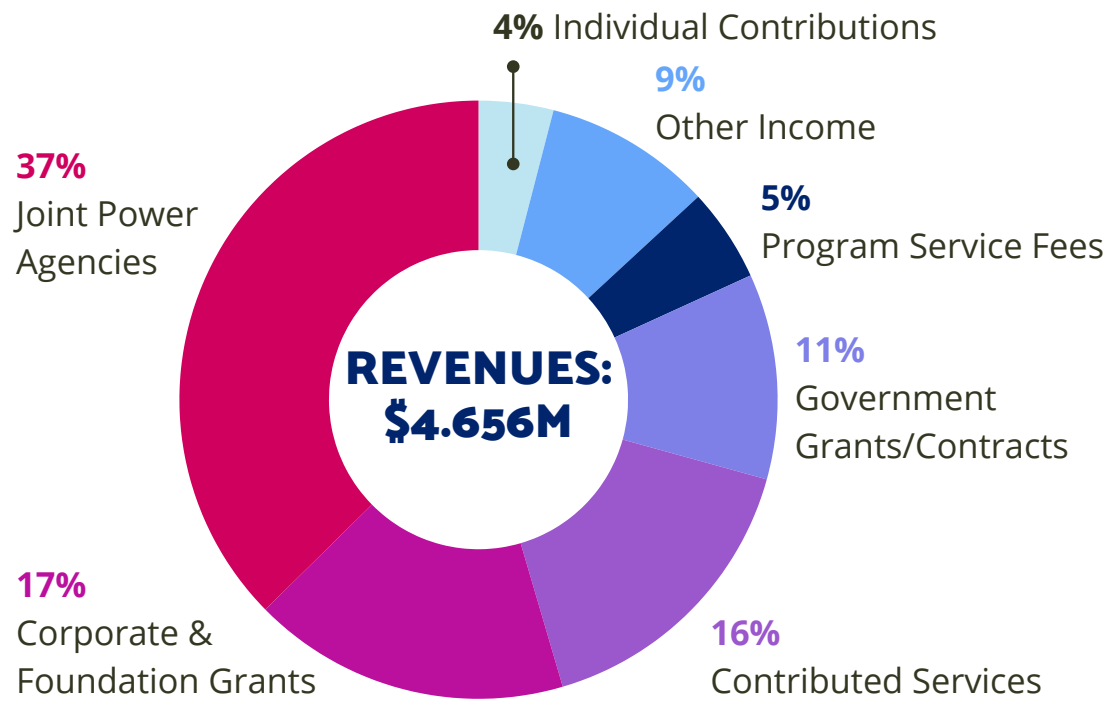


AUDITED FINANCIALS

Year Ended June 30, 2023



A [detailed financial statement](http://chacmv.org/financials) is available for viewing at chacmv.org/financials





THANK YOU!

To support the mental health needs of youth in our community, please visit chacmv.org/donate

chacmv.org

| Follow us on social media



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