

Fall 2018

## CONNECTIONS



You can help Sam, and others like him, by investing in Caminar's mission. Your donation helps to provide life-changing services to individuals and families as they move toward resilience, wellness, and independence.

Donate online at  
[www.caminar.org/donate](http://www.caminar.org/donate)

Or, contact Harriet Pecot  
at [hpecot@caminar.org](mailto:hpecot@caminar.org) or  
650.513.1509 to learn more,  
schedule a tour, or get involved.

*Art created by a participant in our Expressive Arts Program, which offers our clients the chance to engage in the therapeutic power of the arts to heal and change lives.*

## Back to School—and Back to Life—with Supported Education

Growing up with bipolar disorder, Sam faced **significant struggles in his home and school life**. Throughout his teenage years, he bounced between “out of home” placements, compounding his emotional trauma.

Sam's challenges continued through early adulthood until he connected with Caminar's services.

Recognizing that Sam was a bright and talented young man **in need of community and direction**, his case manager urged him to enroll in school and linked Sam with the experts in Caminar's Supported Education Program.

The program's Peer Counseling class at the College of San Mateo offered the perfect introduction to college life. **Sam flourished in the class and found the confidence to continue his education**. He then enrolled in the college's Electronic Music program, where he learned to produce songs and shared his music at college performances.

Since graduating, Sam has joined the workforce and moved into his own apartment.

While continuing to experience life's ups and downs, Sam works with his team at Caminar to manage his mental health condition, connect with community, and access the **quality care that enables him to overcome challenges and continue moving toward his goals**.

Thank you for the support you provide that allows Sam, and other vulnerable members of our community, the opportunity to live his best life.



Caminar's Supported Education Peer Counseling Graduating Class of 2018



Suzan Getchell-Wallace

## An Update From Our Board President

**We are so grateful for your compassion and support**, which helps vulnerable members of our community move toward greater resilience, wellness, and independence. Thank you!

We are a couple of months into our 2019 Fiscal Year, and I am delighted to share with you a few updates.

As shared in our last newsletter, as of July 1, **Karen Gianuario**, who has five years of experience as Chief Operating Officer at Caminar, was **appointed by the Board of Directors as Chief Executive Officer** while we manage the search for a permanent CEO.

The Board of Directors has chosen a highly regarded firm that specializes in nonprofit organizations and our Bay Area community to **search for Caminar’s next great leader**. We are excited to find the leader who will take Caminar to the next level of service to our communities.

We have **dedicated and highly skilled executives and direct service staff, and engaged and expert professionals and leaders serving on the Board of Directors**. We began this fiscal year with four new board members to make us even stronger.

We hope to see you at the **8th Annual In Concert with Caminar on October 27**. The planning committee is led by our wonderful and dedicated board members Linda Leao and Tze Pin Tai. We are building on the record-breaking success of the 2017 event and anticipate an outstanding evening at the SFJAZZ Center in San Francisco with **En Vogue as our headliner!** This year, we are shining a spotlight on the therapeutic power the arts play in the recovery of our clients—and how the arts promote wellness for all of us. Please see the back page of this newsletter for more information. **We hope you will join us!**

**We look forward to keeping you up-to-date on news at Caminar**. Please follow us on your favorite social media site for more frequent updates and contact our Development Department at 650.513.1509 or [development@caminar.org](mailto:development@caminar.org) with any questions. **Thank you for helping to make the life-changing work of Caminar possible.**

With great appreciation,

Suzan Getchell-Wallace  
President, Board of Directors

## Walk With Us: How To Get Involved

Caminar means “to walk forward (with purpose)” in Spanish. We invite you to walk beside us and get involved.



Make a difference and touch the lives of our most vulnerable neighbors with a financial contribution.



Meet specific client needs with an in-kind donation. This fall we are hosting donation drives for socks of all sizes, hygiene kits for male and female clients, and rain ponchos and umbrellas.



Adopt a Caminar program for the holidays and make the season brighter for people in need.



Give the gift of time and make a difference as a volunteer.



Attend an event. Join us for our 8th Annual In Concert with Caminar on October 27th!



Stay up-to-date with news:



[linkedin.com/company/caminar-inc](https://www.linkedin.com/company/caminar-inc)



[twitter.com/caminar](https://twitter.com/caminar)



[instagram.com/caminar/](https://www.instagram.com/caminar/)



[facebook.com/caminarformentalhealth/](https://www.facebook.com/caminarformentalhealth/)



Visit us at [www.caminar.org](http://www.caminar.org)

**For more information on ways to walk with us**, please contact Harriet Pecot at 650.513.1509 or [hpecot@caminar.org](mailto:hpecot@caminar.org).

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# Back to School with Caminar



## Promoting Student Wellness in Santa Clara County

Over the last few years, our Family & Children Services of Silicon Valley (FCS) division has enhanced its long-standing on-campus counseling and family support programs with education and consultation for school faculty and staff on trauma and wellness. Thanks to the generous investment of Kaiser Permanente Northern California Community Benefit Programs, the **Healing and Reduction of Trauma in Schools (HARTS) program** launched this fall at a new partner high school.



Family & Children Services  
of Silicon Valley  
a division of Caminar

### THE LGBTQ YOUTH SPACE

FCS's LGBTQ Youth Space program's expert staff members have become the **go-to resource for schools** seeking to create safe, inclusive environments that support the health and well-being of all students. We are thankful to our Youth Space donors for making possible these vital services!

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## Youth Services Now Offered in Solano County

To kick off the new school year on the right—and healthy—foot, our Healthy Partnerships division in Solano County is **pleased to announce new youth services**. For adolescents ages 13-17 who are struggling with substance abuse, addiction, anger management, and mental health concerns, we offer education and group processing in a safe, thoughtful, and compassionate environment. For information, please contact our Healthy Partnerships team at 707.355.4059.



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## Exploring the Therapeutic Power of the Arts

Clients in our Expressive Arts Program engage in the therapeutic power of the arts through weekly workshops at our Residential Treatment Houses. The program allows clients to gain access to additional ways to explore and express their thoughts and feelings through their art.





2600 S El Camino Real  
Suite 200  
San Mateo, CA 94403

# Please join us for our 8th Annual In Concert with Caminar!

Saturday,  
October 27, 2018

SFJAZZ Center  
San Francisco

This year, we are celebrating the therapeutic power of the expressive arts and highlighting clients as they move toward resilience, wellness, and independence—made possible by the generous support and compassion of our donors.

Register now at  
[www.caminar.org/events](http://www.caminar.org/events)

For questions or registration assistance, please call 650.513.1509.



Featuring  
*En Vogue*

In concert with  
Maikel Garcia  
and M Project

Special Host  
Ronnie Lott

*Thank You*

**Carole Middleton**

and



for being the principal sponsors  
of the 8th Annual  
In Concert with Caminar



*Together, we are supporting and empowering  
individuals and families to move toward  
resilience, wellness, and independence.*



Family & Children Services  
of Silicon Valley  
a division of Caminar



[www.caminar.org](http://www.caminar.org)