



# Healthier Lives Stronger Communities

2018-2019 ANNUAL REPORT

# Bucklew Programs

Bucklew Programs helps people with behavioral health challenges lead healthier, more independent lives, strengthening families and communities in the process. Our wide range of services for adults and children in the North Bay includes supported housing and employment for people living with mental illness, outpatient counseling, substance use treatment, outreach, education, and suicide prevention.

## PROGRAMS

*Marin, Sonoma, Napa, Lake, Mendocino*

Residential Support Services  
Marin Assisted Independent Living  
Casa Rene Crisis Residential Program  
Bucklew Employment Services  
Sonoma County Independent Living  
Transition Age Youth Program  
Forensic Assertive Community Treatment  
Family Service Coordination  
Collaborative Treatment and Recovery  
Napa Supported Living Program  
Homeless Mentally Ill Outreach and Assessment

### **THE HELEN VINE RECOVERY CENTER**

- Withdrawal Management
- Residential Substance Use Services

### **COUNSELING SERVICES**

- Individual and Family Counseling
- Healthy Families Marin

### **SUICIDE PREVENTION**

- Crisis Hotline
- Outreach and Education

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Dear Friend:

Since I joined Bucklew Programs in May of 2019, I have been in awe of our community—clients, families, staff, donors and partners, all working together for recovery, resilience and hope. Because of our strong partnerships, exciting things are happening as we gear up for 2020:

We are expanding our Healthy Families program with a generous grant from the Bella Vista Foundation; our Family Service Coordination program is thriving because of funding from the Sonoma County Vintners and the Petaluma Healthcare District; and we are launching new homeless outreach and suicide prevention programs in Marin and Sonoma in partnership with our local behavioral health departments.

Because we are committed to addressing the needs of people with behavioral health challenges from a whole-person-care perspective, we are investing in technology that will help us meet the highest standards of excellence in caring for our clients:

In 2020, the implementation of a single, unified Electronic Health Record will create a more seamless experience for our clients, and provide us with critical data that will not only determine the cost of care, but help identify where we are achieving quality outcomes and where we need to improve. This system is essential to our ability to sustain services in a “high value” based performance system alongside larger health organizations.

We have received two transformational gifts to move this seminal project along and are targeting a “go live” date in January 2020.

Thank you for being our partners and ambassadors for healthier lives, stronger communities. We couldn’t do this without you.

With appreciation,



Chris Kughn, LMFT, Chief Executive Officer

## Housing & Employment

“ Buckelew has allowed me to function in the world, to have a job and be independent. Thank you for allowing me to be me. ”

Marin housing client

At Buckelew Programs, we believe that people with mental illness can and do recover. A safe, stable home and meaningful activity are keys to recovery. From 24-hour-staffed enriched board and care homes and residential crisis treatment, to supported housing and employment, Buckelew Programs helps clients at risk of homelessness and hospitalization live healthier, more productive lives. In April 2019, our Employment Services moved to a new location in Novato, allowing more collaboration with other Buckelew programs such as outpatient counseling and housing to further support our mission and dedication to working from the whole person perspective.

### RECOVERY SUCCESS STORY

“Mike” suffered his first psychiatric break after graduating from college. To cope with his symptoms he began using drugs and alcohol, which led to a series of hospitalizations. After several years of substance use, homelessness, and unmanaged mental illness, Mike’s problems culminated in a series of arrests. He was estranged from his family; his only friends were fellow homeless persons who also used drugs and alcohol. Mike was finally connected to our Marin Independent Living Program in 2017. He began to experience the benefits of proper medication management, connections to outpatient substance use services, and building a healthier peer support network. He was able to obtain his driver’s license, and work part time at a local coffee shop. Finally this year he received a section 8 voucher and just moved out and into his own place. Congratulations, Mike!

### BUCKELEW’S COMMUNITY IMPACT

**606** clients served in our housing programs in Marin, Sonoma, Napa

**94%** did not require psychiatric hospitalization because of the support provided

**62** Marin clients in supported employment

“ Buckelew Programs is one of the few things in my life that I can count on. Their support could literally be described as “a life saver.” ”

Napa housing client

# Prevention & Outreach



Buckelew's Suicide Prevention Program is made possible through funding from Marin, Sonoma, Lake and Mendocino County Behavioral Health Departments, the Mental Health Services Act (Proposition 63), and the support from generous donors and foundations.

From suicide prevention to homeless outreach, Buckelew Programs is a resource to address the mental health needs of our North Bay communities.

Buckelew's Suicide Prevention Program offers help for people in crisis, through our 24/7 hotline, as well as outreach and education. Since August 2018, our outreach specialist has reached over 1,000 individuals at 40 events throughout Marin and Sonoma counties. Our suicide prevention training at Tamalpais High School in Mill Valley alone reached over 350 students and faculty. Trainings have been conducted for diverse groups including schools, social service organizations, primary care or pediatric clinics, youth advocacy groups, faith groups and more. We have been invited to speak at gun protection advocacy groups, including a community event hosted by Congressmen Jared Huffman and Mike Thompson in May 2019.

Two new programs in Sonoma and Marin are beginning outreach to homeless adults with behavioral health issues who have not been connected with services before. In addition, our Sonoma Family Service Coordinator provided training on mental health issues and community resources for 105 staff at the Sonoma County Libraries.

### BUCKELEW SUICIDE PREVENTION PHONE NUMBERS:

North Bay Suicide Prevention Hotline.....**1(855) 587-6373**  
(Sonoma, Lake, Mendocino)

Marin Suicide Prevention Hotline .....**(415) 499-1100**

Marin Grief Counseling Line.....**(415) 499-1195**

“ I volunteer with suicide prevention because I hope to one day be the counselor I wish my loved one had in his moment of need. I hope to be that person for someone! ”

Hotline volunteer

## BUCKELEW'S COMMUNITY IMPACT

### SUICIDE PREVENTION EDUCATION

**8K** suicide prevention materials disseminated

**96%** of respondents indicated they feel prepared to recognize when a friend/loved one may be suicidal

**94%** of respondents indicated they feel prepared to help a friend/loved one who may be suicidal

### HOMELESS OUTREACH

**14** clients housed in Sonoma utilizing the new coordinated entry system which identifies the most vulnerable residents

**Over 2200 lbs** of food distributed from the Sonoma food pantry to at risk clients.

### HOTLINE

**16,700** calls answered by hotline team

**16** new volunteers, with three 10-week volunteer training sessions

## Counseling & Family Support

“  
I can do more things  
without so much fear and  
obsessive rituals and I  
have more independence  
from my husband.  
”

Counseling Services client

At Buckelew Programs, we tailor our treatment and support services to the unique needs of each individual and encourage the active collaboration of loved ones and other supporters. In Sonoma, our Family Service Coordinator (FSC) helps families with resources and education to assist their loved ones living with mental illness. In Marin, Buckelew Counseling Services provides individual, group and family therapy, including comprehensive trauma treatment for children and adults, and in-home family support. We meet the mental health needs of Marin’s low-income, underserved Latino families through Spanish language outpatient psychotherapy services available for monolingual clients or parents of bilingual children.

### RECOVERY SUCCESS STORY

“Liam” was referred to Buckelew Counseling Services because of panic attacks and emotional distress, to which he would respond with self-harm. He had recently married his partner of many years, “Kyle,” and Liam’s anxiety was negatively impacting their relationship. After several months of therapy, Liam not only experienced a near cessation of his panic attacks, he also reported less self-injury. His marriage has improved dramatically. He received a promotion at work and has overcome his fear of public speaking. Liam has begun to understand that bad days come and go and are not indicative of the overall quality of his life, but rather normal ups and downs that he now has the skills to tolerate.

### BUCKELEW’S COMMUNITY IMPACT

#### SONOMA

**98%** of service providers attending FSC training report increased understanding of family perspective on mental illness and its impact

**614** families served

**1499** family contacts

**over 100** met with professionals at Sonoma Resource Clinic

#### MARIN

**192** received psychotherapy

**129** Latina clients and family members received in-home and group support

**100%** moms in post partum depression group improved their depression scores

## Treatment & Recovery

“  
**Helen Vine is DA  
BOMB! I can't help but  
feel strong love for each  
and every one: staff,  
volunteers, clients.**

”  
**Helen Vine client**

At Buckelew Programs, we help our clients address both mental health and substance use issues at the same time in a safe, supportive environment. Helen Vine Recovery Center (HVRC) offers withdrawal management and residential substance use treatment coupled with support for co-occurring mental health disorders.

### RECOVERY SUCCESS STORY

“Bob” began using alcohol, nicotine and marijuana at age 12. His use quickly escalated to methamphetamine. In and out of juvenile hall and jail, while struggling to support himself and his younger brother, Bob was unable to sustain sobriety. When he first came to Helen Vine Recovery Center, he left just hours later, stating “This is not for me.” But at Helen Vine, we don't give up on anyone. Bob returned and completed his detox, then was assessed and accepted to our Residential Treatment Program. Bob truly engaged in his recovery. He graduated after 120 days of treatment and now lives in and manages a Sober Living Environment House. He returns to Helen Vine as a volunteer to help his peers and facilitate the Alumni meeting. His greatest joy is having reconnected with his teenage daughter.

### BUCKELEW'S COMMUNITY IMPACT

**859** clients served at Helen Vine

**45** residential clients completed the 45-90 day program

“  
I worked the program to the best of my ability. I listened, asked, helped and went hard for my recovery. I built a new, very strong foundation, new friends and a core group of peers. I would never be where I am today if I didn't come to Helen Vine and get the help I needed.

”  
**Helen Vine client**

## Art & Healing

### ART THAT CHANGES LIVES – MARINSCAPES REIMAGINED 2019

In June 2019, the 31st annual exhibition and sale of Marin County landscape art at the historic Escalle Winery in Larkspur raised over \$250,000 to support people with mental health and addiction challenges. The beloved fundraiser returned this year with a new perspective: “The Invented Landscape,” a unique installation from guest curators Donna Seager and Suzanne Gray of Mill Valley’s renowned Seager/Gray Gallery. Guests celebrated community, art and healing at the four-day event, including the opening night gala with fine dining, a spirited live auction and moving client testimonial.

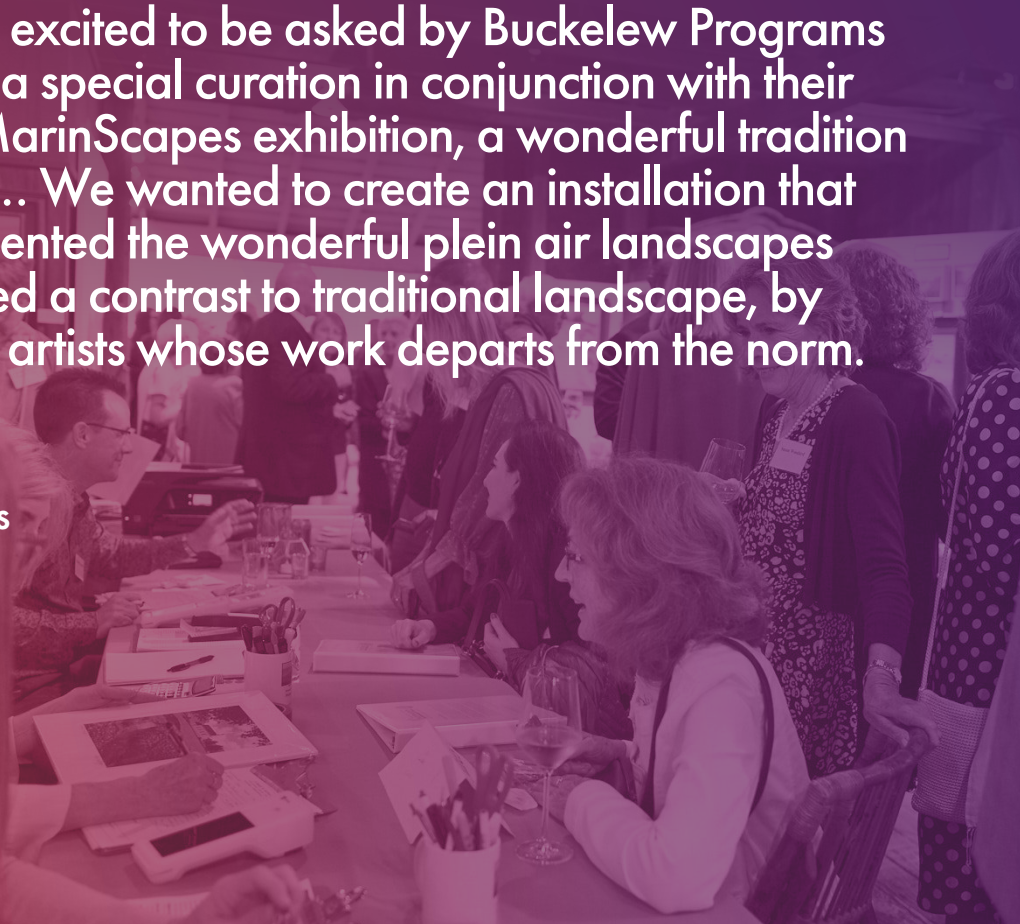


“

We were excited to be asked by Buckelew Programs to create a special curation in conjunction with their annual MarinScapes exhibition, a wonderful tradition in Marin... We wanted to create an installation that complemented the wonderful plein air landscapes but offered a contrast to traditional landscape, by choosing artists whose work departs from the norm.

”

The gallerists



Coming soon:  
PostSecret



### BUCKELEW PROGRAMS PARTNERS WITH POSTSECRET TO REDUCE STIGMA AND PREVENT SUICIDE

PostSecret is a public art project, launched by former crisis line counselor Frank Warren. Frank created a project to test the idea that when people anonymously share a burden, they feel better; shame and isolation are reduced, belonging ensues. He did this by offering postcards, blank on one side and his home address on the other. Frank invited people to mail him their secrets, and they did. Since 2005, PostSecret has attracted 1.5 million followers on Facebook, with a new batch of postcard secrets released every Sunday. Frank Warren has delivered a TED talk, presented at SXSW and has over 1 million actual postcards from anonymous senders.

PostSecret is coming to Santa Rosa on Thursday, November 7th because of a partnership between Frank Warren and Buckelew Programs, supported by Sonoma Country Day School, St. Joseph Health, Relevant Wealth, Kaiser Permanente, Aurora Hospital, and Sonoma County Office of Education. Join us for an evening of art, storytelling and community engagement to support stigma reduction, suicide prevention and mental health.

Tickets at [Bucklew.org](http://Bucklew.org).





We're all connected.



## A SHOUT-OUT TO OUR WONDERFUL VOLUNTEERS

Bucklew Programs works with volunteers in a myriad of ways that enhance Healthier Lives and Stronger Communities. Dozens of supporters staff the Suicide Prevention Hotline, volunteer annually at MarinScapes and, in 2019, PostSecret in Santa Rosa. We couldn't deliver our high-quality events and services without them!

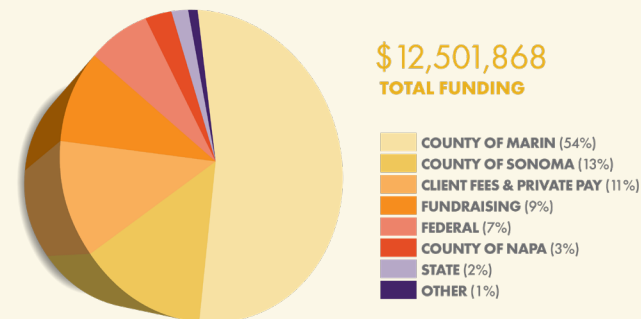
In 2017 we found ourselves in need of a new donor communications database. It was a big project; that's when we met David, a web architect and database wizard.

## DAVID'S STORY

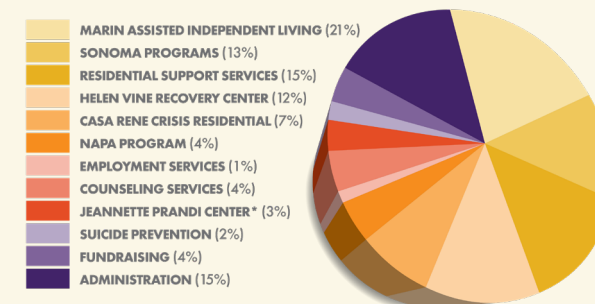
When David's daughter was a sophomore at Tamalpais High School, she was suffering from generalized anxiety, social pressure and distorted thinking that led to suicidal ideations and gestures. This was a difficult time for David's family. During that time, David's daughter received support from a variety of agencies and public services. She got better! One day David was discussing his idea to give back to the community in a way that would "make a difference in a more meaningful way." His friend suggested volunteering with Buckelew Programs as way to stay connected to behavioral health and suicide prevention. David reached out, offering his professional pro-bono help. Buckelew Programs said yes! One new database and one new website later (launching in November 2019), we are on our way to high-functioning, easy-to-use technology. Thanks so much to Third Arm (David's company) for supporting this essential growth at Buckelew Programs.

## Financials (Unaudited)

### REVENUE BY FUNDING SOURCE | FY19



### EXPENSES BY CATEGORY | FY19



\*Transferred to another organization in October 2018

## Thank you to our generous donors, sponsors and foundation supporters

*Contributions received  
July 1, 2018 – June 30, 2019*

**\$250,000**

Anonymous

**\$50,000**

Bella Vista Foundation

**\$25,000 - \$49,999**

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The California Endowment  
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### **Sonoma County**

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### **Napa County**

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