2745 clients and family members served

23,332 hours of clinical service provided
LETTER FROM MARY

It is a privilege to be writing to you as Side by Side approaches its 125th year of serving children and youth! We are looking forward to what 2020 will bring, and are also enormously proud of the work we’ve done this past year. We look to the youth that we serve and the communities that we are rooted in for our inspiration.

In Marin,

• Responding to increasing community need, the Irene M. Hunt School expanded from serving 40 K-12 students to 48 as of January 2019 and – with the closure of a local school – planned for an additional expansion to serving 64 students in time for the new academic year in August 2019.

• We made the difficult decision to close the ReStart residential and afterschool substance use treatment program. Despite the perceived need in Marin and surrounding counties, referrals did not reach sustainable levels to keep the program open. With help from a generous funder, we are reassessing community needs to inform future programming.

In Sonoma, our Community Counseling and YouThrive programs developed a more collaborative approach to meeting needs of school-age youth, and are now providing a coordinated approach from early intervention to individual therapy.

And, in Alameda County – in line with California's Continuum of Care Reform – Side by Side transitioned our only remaining group home to be a transitional housing option for youth aging out of the foster care system.

A key challenge for agencies like Side by Side is to reflect the ever-changing needs of children and youth in our community. Persistent trauma from family violence and the social injustices of poverty, homelessness, as well as the impact from environmental crises like fires and evacuation and shifting child welfare policies mean that our agency must remain fluid and responsive. We can’t fix the world, but we can, and do, change lives.

For almost 125 years, our community’s support has made so much possible. Your belief in what we do is truly transformative. Thank you for walking with us and with our youth – yesterday, today, and – hopefully! – long into the future.

With gratitude,

Mary Denton, CEO

The mission of Side by Side is to walk with youth impacted by adversity toward a future with connection and meaning.
A PORTRAIT OF SIDE BY SIDE
WHO WE ARE AND WHO WE SERVE

CLIENTS BY GEOGRAPHY

- Marin County: 29%
- Alameda County: 23%
- Sonoma County: 40%
- Napa County: 3%
- Other: 4%

CLIENTS BY AGE

- 5 to 9: 9%
- 10 to 13: 19%
- 14 to 17: 31%
- 18 to 21: 34%
- 22 to 26: 7%

CLIENTS AND STAFF BY ETHNICITY

- Clients:
  - Asian/Pacific Islander: 12%
  - Black/African American: 1%
  - Caucasian/White: 22%
  - Latino: 55%
  - Native American: 3%
  - Other non-white: 1%

- Staff:
  - Asian/Pacific Islander: 8%
  - Black/African American: 18%
  - Caucasian/White: 44%
  - Latino: 5%
  - Native American: 24%
  - Other non-white: 1%

DIRECT CARE STAFF

- 40 Clinicians & Case Managers
- 27 Youth Specialists & Advocates
- 8 Youth Counselors
- 9 Teachers & Behaviorists
- 17 Aides & Teaching Assistants

Clients who are Medi-Cal eligible: 87%
A Community Counseling Story

Counseling has helped me with my anger, it’s gone down!

- Diana, Community Counseling client

Meetings Our Youth Right Where They Are

Studies are showing an alarming trend among youth: a rise in anxiety, depression, and serious psychological distress, including a sharp increase in major depression and suicidal thoughts and attempts.

But families and schools often don’t have the resources to address this growing challenge. “A school might have two counselors on staff, but 80-90 kids who need services,” explained Larry Woodland, Side by Side’s Regional Director, North Bay. And when youth are referred to outside services, they often never get there, either due to cost or transportation issues.

Our school-based counseling program partners with school districts to bridge that gap by bringing individualized counseling to our youth where they can easily access the services at school. “By bringing services directly in the schools and partnering with MediCal, we’re overcoming the two largest barriers facing young people,” said Denisse Mendoza, Program Manager for Community Counseling in North Bay.

Roseland Elementary principal Michelle Leisen reports a huge number of 13 year old Latina girls who are cutting, and depression and anxiety are at an all-time high. Even with two counselors on staff, the school was unable to address these challenges in a meaningful way. “Side by Side’s program has been a game-changer for us,” she said. “We are seeing a difference, and our students self-refer to the counselors. That’s a testament to the quality of the Side by Side counseling team, and to the tangible benefits our youth experience.”

Side by Side’s Community Counseling services are individualized and offered throughout Marin, Sonoma, Napa, and Alameda Counties. Informed by a holistic understanding of the young person’s history and strengths, our program supports the development of coping skills and strategies to help the young person function more effectively, attain stability, and develop a sense of personal agency.

Side by Side offers a range of school-based services to K-12 students in Sonoma, Napa and Marin public schools that include individual counseling, medication evaluation/support (at our Santa Rosa office), and IEP counseling support. Outside of school, our organization also offers individual, family, and group counseling as well as medication evaluation/support to youth and their family members in the communities we serve.

1,233 Young people and family members served this year

Average Length of Care:
6 months
Tailor-made – Both for the Youth and the Schools

Just as each individual is unique, so is each school setting. Some schools face burgeoning populations of new immigrants while others struggle with gangs. YouThrive starts with an evidence-based curriculum that is then customizable for each school, allowing schools the maximum amount of support in addressing challenges with their student body. In some schools, YouThrive staff reached beyond the standard group sessions to conduct teacher workshops on classroom de-escalation strategies and parent workshops on teen culture issues and social media.

Sometimes the strategies aren’t isolated to one school and lead to program growth. A persistent gang problem at San Rafael High School prompted the pre-emptive work YouThrive now does at Davidson Middle School. In addition to working with the kids in group, there are collaborative meetings with students, teachers, administrators, law enforcement officers, and other community partners to build consistent student support. And YouThrive stays in touch with a lot of kids after they graduate to make sure they’re getting the support they need. A greater emphasis on addressing gang involvement has also come into play in Healdsburg where similar issues surfaced this past year.

In Petaluma, we’ve added a curriculum component to overcome the stigma of mental health services and help more students in crisis. What started as a 2018-19 pilot in one high school is now used in four schools this year. “Mental health is real and we can’t ignore it,” said one participating student. “It affected my relationship with my entire family and how I carried myself. One thing I want others to know is that it is okay to share your story, to ask for help. It is okay not to be perfect.”

Looking ahead, YouThrive staff is collaborating with Side by Side’s Community Counseling program to develop services that address the challenges and obstacles experienced by youth and their families when they are new immigrants.

YouThrive’s early intervention program prevents the escalation of juvenile delinquency and other behaviors into crime, gang involvement, and violence while assisting young people increase their commitment to their education, personal development and community. Currently embedded in middle and high schools in San Rafael, Petaluma and Healdsburg, the program offers 10-week group sessions during the fall and spring semesters.

The groups address anger management, life skills, gang prevention, and restorative justice, as well as higher education. Individual counseling and mentoring is paired with regular monitoring of grades, school attendance, and disciplinary actions. When school behavior, grades and attendance improve, students earn daylong (beach, theme park, or ballgame) and multi-day excursions (like rafting and wilderness camping).

A YouThrive Story

“...

In my middle school, I would be always getting suspended and in trouble with the teachers. I had five F’s, and a whole bunch of D’s. I didn’t think I was ever going to change my ways to, like, do the right thing. YouThrive really got me out of trouble. I started focusing more on school. And then I graduated with a 3.2. I want to inspire people to do the right thing.

- Angel, YouThrive client
TAY Space is a community center in downtown San Rafael for youth ages 16-25 who struggle with acute mental and/or emotional disorders. A multi-disciplinary team works with up to 24 clients to provide individualized treatment plans and case management; links to resources for housing, education, and employment services; and coordinated individual therapy and psychiatric services. TAY Space manages an apartment for up to three qualifying clients in need of transitional housing.

TAY Space also functions as a center for any other Marin County youth in need of a safe place and a community of other transitional age youth. On a drop-in basis, TAY Space offers job coaching, substance abuse recovery services, workshops on stress reduction and mindfulness, money management, and independent living skills. Help accessing resources related to education, housing, and employment is available as well. Twice a week the center also serves as a food distribution point for hungry youth and stocks an emergency closet stocked with toiletries, diapers, sanitary supplies, and basic clothing.

**A Small Bulwark Against Youth Homelessness in Marin**

Many of the young people who frequent TAY Space struggle with housing challenges. As documented by Marin County’s recent homeless count, having a place to call home remains a troubling issue for transition age youth. Scarce available housing, the extremely high Bay Area rental rates, and mental health issues create a perfect storm that leads to a higher likelihood of youth homelessness.

In order to combat this issue on a small scale, TAY Space manages an apartment unit in San Rafael that provides transitional housing for up to three qualifying clients. When a bed becomes available, Program Director Laura Taylor identifies youth that have the greatest housing needs and that can live safely and independently in a shared living space. Youth must also either be working or in school and consistently meeting with their case manager.

Each youth pays a nominal “rent” to Side by Side — a monthly amount that is in trust until the day the client moves out. The accumulated savings provides that much needed deposit or first and last month’s rent that can be an insurmountable challenge to independence. Charging rent also teaches budgeting and life management skills and makes our young clients accountable for their apartment.

As one youth said, “this is the first time I’ve had my own room and didn’t have to worry about who was going to steal my belongings or sneak into my room uninvited.”

But, there are only three beds available. And unfortunately Marin County lacks dedicated shelters for transition-aged youth, forcing young people to either take refuge in an adult shelter (which many youth find frightening) or find shelter on the streets. That scarcity — and the need for an advocate for Marin’s youth — is what led Taylor to be invited to join the Marin County Homeless Policy Committee. Hopefully, her strong voice will help increase housing options for homeless Marin youth.

---

TAY Space has been a consistently welcoming environment for me, whether it be in groups, with my psychiatrist, with my case worker, or in simply conversing with other clients. They have been remarkably helpful towards moving me forward in life, and I know they’ll continue to do so in the future, as well.

- Luke, TAY Space client
Data-Driven Outcomes

At the Hunt School, we recognize how important it is to track each student’s progress toward their personalized goals, but traditional goal tracking systems weren’t sufficient. So we developed our own.

Our proprietary program meticulously tracks 12 to 20 academic and behavioral areas across nine periods each day for each student. There are four categories that students develop skills in: Safety, Community, Respect, and Responsibility. Data is entered daily, creating detailed monthly reports that help staff and students track progress. The system is so highly developed that any behavior can be tracked down to a specific period in the day. “This helps us set very specific goals for our students,” explained Kevin Abaya, Assistant Director of the Hunt School Behavioral Program. “Maybe a student is doing well with a specific behavior in most classes but is having trouble in a particular class. We can write a goal for that and track it.”

Data collection is one of the foundations of the behavioral program, but its resounding success lies in combining the data collection system with a focus on student participation. When a student reaches the target percentage in one of their behavioral goals for a certain number of weeks, they fill out an application explaining why they feel they should graduate to the next level. Having students participate in their progression through the category levels teaches them to better advocate for themselves, in addition to developing greater self-awareness.

The focus on student participation has helped one parent’s son tremendously. “I love getting the reports. Behavior is assessed throughout the day not only in the classroom, but during recess, breaks, etc. And because the expectations are very clear, my son knows what the consequence will be for certain behaviors, so he is starting to self-regulate.”

“It’s empowering for the youth to participate in their progress toward new behaviors,” said Abaya, “and this helps them to maintain their new behaviors once they transition back to the public school setting.”

The Irene M. Hunt School in San Anselmo is a day school for up to 64 students in grades K through 12 with social, emotional, and behavioral challenges that cannot be met in the public school system. The school features small class sizes (3:1 student to staff ratio) separated for elementary, middle school, and high school and offers a therapeutic environment where students develop the capability to regulate their behavior, maintain focus and resilience, and form healthy, trusting relationships.

The academic curriculum is supplemented with a wide range of enrichment activities and a school-wide positive behavior program. In addition, students receive personalized mental health treatment and other specialized services according to their individualized education plans. Behaviorists on the Hunt staff provide evidence-based behavior measurements which result in data-enriched feedback about student progress. Group and Family Therapy services further support the students and families and help promote earlier and more successful graduations.

A Hunt School Story

“I felt different from other people. [And] it was very hard for my mom to deal with me. I just wanted to make myself feel less of a monster or a beast and more like a person. Irene Hunt gave me a chance, a second chance, instead of just giving up on me.”

- Alu, Irene M. Hunt School student
Our Space provides the much-needed safe space where East Bay LGBTQ youth can express their authentic selves and feel seen, accepted, and celebrated. As the only LGBTQ provider in South Alameda County, Our Space receives referrals for disconnected LGBTQ youth in the foster system that are at high risk of further isolation and possible homelessness because of their sexual orientation, gender identity, or gender expression.

The program also offers LGBTQ peer support groups in schools, community-based mental health and case management, intergenerational community building activities, paid youth leadership opportunities, as well as a community center with drop-in hours, a gender affirming clothing closet, and food pantry.

Our Space also offers specialized support services for adult caregivers and families, as well as trainings for staff from schools, clinics, and other service providers working with LGBTQ youth. The workshops for professionals deepen their understanding of LGBTQ youth challenges and increase their effectiveness in addressing those issues.

A Our Space Story

“Before receiving services at Side by Side I was put through several months of gay conversion and was struggling with home insecurity. The folks at Our Space taught me how to love myself again. They taught me of self-worth and of the amazing person I was destined to become. I was able to meet other queer people, talk about my feelings, and learn about the extensive LGBTQ history that I was denied outside the space. They helped me through so many milestones like my first solo art show in San Francisco. I’m glad to say that my Side by Side family has my back no matter what.”

- Matthew, Our Space client
Side by Side as Landlord

Transitioning from foster care to adulthood is a high-wire act for young people with histories of trauma, abandonment, and frequently, abuse. Providing the safety net for making that transition requires resources, constant vigilance, patience, and acceptance -- and it’s even more challenging when the youth are still minors with even less experience navigating a complicated world.

In 2016, Side by Side purchased a fourplex in Hayward to house minor dependent foster youth. The fourplex provides three apartments and beds for seven youth, as well as a one-bedroom unit occupied by a supervisor.

Owning the complex provides greater financial stability in the soaring Bay Area housing market and allows Real Alternatives to spend more on the critical wraparound services that help ensure our young people are ready to take the next step toward independent living.

Owning the property also provides an important opportunity to work through some of our youths’ more challenging behavior. Motivated by difficult childhoods, youth occasionally act out in destructive ways that, in a rental, can result in eviction and leave us scrambling for new housing. Owning the property gives us the chance to provide the youth with consistency that helps address the issues that led to the behavior. Real Alternatives case managers work to resolve issues and increase the likelihood of positive behaviors in the future that will benefit our youth throughout their lifetime.

Real Alternatives offers a continuum of transitional housing opportunities throughout Alameda County to current and former foster youth and/or those on probation ages 16 to 24. Notably, Real Alternatives is the only program within the county that serves 16 and 17 year olds. A total of 66 beds are available in a range of living accommodations including a group home and one to three-bedroom apartments.

For all participants, the program provides a safe environment for youth to take responsibility for their lives in as many areas as possible and develop goals for the future, all while having a safety net. Supported by our staff, youth learn to budget and pay bills, shop for groceries and cook, live with a roommate, pursue an education, and find and maintain employment.

All Real Alternatives clients have access to mental health services and are also supported in building and/or repairing relationships, learning new coping skills and managing any mental health symptoms. Crisis intervention and emergency support is available 24 hours per day, 7 days a week.

A Real Alternatives Story

“\nI was really trying to find stable housing and a stable connection with someone who I could, like, build my new life with. To have somebody that actually sees that you’re trying and they’re just like, okay, let me make a path for you. Let me help you. It’s rare, it’s genuinely, honestly rare.

- Kiera, Real Alternatives client
**EXPENSES BY TYPE** (% and 000’s)

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**EXPENSES BY SERVICE AREA** (% and 000’s)

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<td>Youth Justice</td>
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<tr>
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**REVENUE BY TYPE** (%)

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**FINANCIAL POSITION** (000’s)

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**REVENUE BY SERVICE AREA** (% and 000’s)

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<tr>
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<td>LGBTQ Support</td>
<td>3.4%</td>
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<td>Substance Abuse Recovery</td>
<td>4.9%</td>
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<tr>
<td>Youth Justice</td>
<td>2.8%</td>
<td>$278.4</td>
</tr>
<tr>
<td>Transitional Housing</td>
<td>27.7%</td>
<td>$2,800.9</td>
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</table>
THANK YOU FOR JOINING SIDE BY SIDE ON OUR JOURNEY.

The following generous supporters gave Side by Side cash gifts between July 1, 2018 and June 30, 2019. Each and every gift, no matter the size, enables us to walk with the Bay Area’s young people impacted by adversity on their unique paths and provide the safe space most of them have missed in their lives. Thank you.

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Ramsay Brown
Mr. & Mrs. Tom Cadden

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We don’t choose the family or the circumstances we are born into. Who would we become if we have to face the tremendous challenges that Side by Side’s young people wrestle with? Side by Side isn’t just valuable services for these kids. It’s a community of caring people who understand without judgment.”

Nicole Henneuse, Side by Side donor
“TAY Space is unique. I remember my first visit – I was so impressed with the work of this creative and compassionate staff. Not only do they personalize their services for each client, they also support clients’ family members in navigating this stressful and challenging time. Laura and her team have truly created a very welcoming and comforting atmosphere.”

– Dale Satke, Side by Side board member

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Cynthia Clark
Alice Cogliandro **
Monique & Josh Corren
Talia Delatorre Reimer
Carolyn DeTierra
Steve Falk
Susana & Greg Fremault
Joe Garvey
Robert Gollan *
Marshall Graves
Ms. Sherri Hendrickson **
Kenna Hoef
Henry Hopkins *
Ms. Kristina Keller
Mary Kennedy
Patricia Klein
Nelson Knuth
Anne-Li Knutu *
Philip Leddel
Dash Lindzell
Local Independent Charities of America **
Mr. & Mrs. William Loeffler

Mr. & Mrs. Richard K. Robbins
Nora J. McCallie
Carole & Bruce MacPhail
Nora J. McCallie
Mr. & Mrs. Richard K. Robbins
John B. Robinson
Robert & Shirley Sanderson
Mary Tash
Cathy Tucker
Charles Walters

Theresa Reyes *

LEGACY GIVING SOCIETY
Side by Side’s Legacy Society honors those individuals who have thoughtfully included our agency in their estate plans. By designating a legacy gift to Side by Side, the services and programs that they support will continue to touch the lives of our clients for years to come.

Anonymous (3)
Kathryn L. Black & Todd Sparks
Virginia Bertelsen
Sue Clark
David M. Hellman
Diana & Jeffrey Hill
Elizabeth Johnson
Russ & Kathy Ketro
Carole & Bruce MacPhail
Nora J. McCallie
Mr. & Mrs. Richard K. Robbins
John B. Robinson
Robert & Shirley Sanderson
Mary Tash
Cathy Tucker
Charles Walters

GUILD MEMBERS
The Guilds of Side by Side formed the backbone of support for our agency for decades. From community fundraisers to the Grape Festival to birthday treats for the Irene M. Hunt School, the Guilds have been integral to our organization. We are honored to recognize the members of the Terra Linda and Glenwood Guilds below for their advocacy and commitment to the young people that we serve.

GLENWOOD GUILD
Gill Keirle, President
Linda Christensen
Margaret Erickson
Ruth Falkenberg
Carole MacPhail
Barbara Metzger
Sue Moore
Anne Nelson
Bea Newhall
Joy Phoenis
Maggie Polan
Terrie Reyes
Jan Smith

TERRA LINDA GUILD
Kathie Swart, President
Joyce Anderson
Kathy Barrass

* Donors to Side by Side for 10-19 years  ** Donors to Side by Side for 20 years or more
“I’ve known the Hunt School since it was MAC (Marin Academic Center). I’ve taken desserts to school for their monthly celebrations and bought birthday gifts for the kids’ parties. The school and its faculty truly care and they work hard side by side with the students producing some amazing positive results. They give these kids a brighter future and a chance to succeed in the world.”

— Jennifer L. Gotti,
former Side by Side board member
WAYS TO GIVE SidebySideYouth.org/ways-to-give

Monthly Giving Switch to sustained monthly giving via credit card to provide Side by Side with regular support we can count on.

Legacy Giving Leave a lasting legacy by designating a future gift through your estate plan.

Company Match Increase the value of your gift by taking advantage of your workplace’s matching gift program.

Stock Gifts of appreciated securities can be an easy way of making your charitable dollars go further.

Vehicle Donations Have an old car taking up space in your driveway or a need to free up your boat slip? Donate it to Side by Side!

EScrip Raise money for Side by Side each time you shop at United Markets, Woodlands Market, Oliver’s or other local grocery stores!

Give In Kind Contributions of donated goods and services help stretch our program budgets that much further.

Online Donations You can make a gift securely online at SidebySideYouth.org anytime, day or night.
Come Celebrate Our 125TH Anniversary Alongside Us This Year

MARIN VALENTINE’S BALL
February 8, 2020
This elegant black tie-optional event at Marin Civic Center raises funds for Side by Side, North Bay Children’s Center and the Godmother’s of St. Vincent.

¡SALUD, SONOMA YOUTH!
March 12, 2020
A festive affair of craft cocktails and paella at Griffo Distillery in Petaluma that benefits our Sonoma County programs.

26TH ANNUAL GLENWOOD GUILD BINGO NIGHT
March 28, 2020
A fun night of BINGO at the Marin Yacht Club with one of Side by Side’s longstanding guilds.

SHINDIG
May 14, 2020
Held at the Starline Social Club in Oakland, this event supports our East Bay programs.

26TH ANNUAL BANK OF MARIN GOLF TOURNAMENT
June 22, 2020
June wouldn’t be the same without this signature tourney at the exclusive Meadow Club in Fairfax!

REACH FOR THE STARS GALA
September 19, 2020
Watch for more information about our biggest fundraiser and best party of the year!

To purchase tickets, become a sponsor, or for more information about any of these events, visit SidebySideYouth.org/events