

C.O.P.E.

Counseling Options and Parent Education



**Family
Support
Center**

**2021-2022
Impact Report**

**Cathy
Botello**



Reflections From Our Director

As our community continues to rebound from the challenges of social isolation, lockdowns, and mask mandates, I reflect on the strength and purpose that rose out of our circumstances.

C.O.P.E. is proud to report we kept our doors open and kept on-site hours for those most in need. We provided parent education online without interruption.

C.O.P.E.'s Positive Parenting Awareness Month (P.P.A.M.) efforts reached Sacramento and Governor Newsom's attention. Triple P was mentioned in the State Budget Revision as a suggested curriculum worthy of funding.

"And once the storm is over, you will not remember how you made it through, how you managed to survive. You will not even be sure, whether the storm is really over. But one thing when you come out of the storm; you won't be the same person who walked in. That is what this storm's all about." Haruki Murakami

Our mission

C.O.P.E.'s mission is to strengthen family relationships through counseling options and parent education programs.

Our history

C.O.P.E. Family Support Center opened its doors in 2010 and officially incorporated in September 2011 as a 501(c)3 corporation. Thanks to the generous support of Contra Costa County Mental Health Services and First 5 Contra Costa, and their recognition of the need for evidence-based parent support programs, we proudly offer Triple P Positive Parenting Programs, Youth Achievement Supports, Therapy and Counseling, Anger Management, and Father Involvement Workshops.

C.O.P.E created partnerships with local organizations to increase our capacity to support families. We support a Learning Community that includes Triple P Positive Parenting training for other agency's staff in five distinct levels of parent education courses.

We value the belief that all children should experience a relaxed, enjoyable, nurturing, and playful family time. That all parents should have non-judgmental support to grow in their ability to be nurturing, effective caregivers to children who may have extraordinary challenges.



C.O.P.E. staff and board members at a fundraising event.

We Listen. We Care. We Act.

C.O.P.E. Today

Parent Education

- Anger Management
- Case Management
- Supporting Father Involvement
- Triple P Parenting Classes
- Women's Support Group
- 52-Week Parenting Course

Served 1245 Parent Education Clients

Youth Services

- Truancy
- Counseling
- Life Mapping
- Mentoring
- Life Planning
- Coaching
- Youth Achievement Workshop
- Attendance

Served 128 Youth

Therapy/ Clinical Services

- Reunification
- Family
- Co-Parent Counseling
- Couples/Marital Counseling
- Parent Coaching
- Individual
- Child/Adolescent Play Therapy
- Grief Therapy
- Re-Entry Services for Recent Detainees
- Anger Management

Served 811 Clinical Clients



Triple P participant with her certificate upon completion of class.

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Counseling Options

Services Available

- Individual Psychotherapy
- Couples/Marital Counseling
- Co-Parent Counseling
- Parent Coaching
- Group Therapy
- Family Therapy
- Child/Adolescent/Play Therapy
- Re-entry Services for Recent Detainees
- Grief Therapy
- Individual/Group Anger Management
- Reunification Therapy

Impact

811 clinical clients received therapy sessions.

Increased Clinical Staff:

11 trainees, 5 associate, and 3 licensed clinicians.

Provided \$5,655 in scholarships.

We found that parents needed a more holistic approach to parenting and healing. We increased our clinical sessions by 25%.



Jackeline Galvan



Leslie Corbett

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Triple P

Positive Parenting Program

The Triple P Positive Parenting Program® has been demonstrated to prevent and treat behavioral, emotional, and developmental problems in children by enhancing the knowledge, skills, and confidence of parents. All of this is done through a strength-based and self-reflective approach that builds upon existing parenting strengths. The flexibility and scope of the system enables it to be offered in a variety of settings with a diverse range of practitioners and target populations.

C.O.P.E. Its practitioners are accredited in a wide array of curricula created by Matt Sanders, Professor of Clinical Psychology Triple P Positive Parenting Program®.



Impact

1245 clients and 163 Parent Education Classes in 40 East, 86 Central, and 31 West Contra Costa County.



Nain Villanueva de Lopez, our Parent Education Manager

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Youth Services

We offer counseling and workshops such as Youth Achievement Workshops, Parental Empowerment Workshops, and Bullying Prevention Education.

Impact

We provided support to over 128 youth with attendance challenges.

Truancy Services

We help reduce truancy rates in Contra Costa County through our programs that support parents, students, and teachers with youth achievement programs (YAW).

Our program includes:

- School Academic Review Board and Team (SARB/SART) Support meeting
- Weekly student mentoring check-ins
- Counseling, life mapping, game of life events and more
- Case management and linkages to services and resources to help youth focus on school attendance and grades
- Parent education coaching and classes
- Family therapy services



Quote from our Case Managers:

“The youth and their families with whom we interact each day appreciate the resources we connect them to and the personal attention we provide. Whether it is locating a local food pantry or identifying a source of funding for therapy services, we are committed to meeting the needs of every person we speak to.”

Photo of Ellen Crnkovich and Kayla Archimede, our Case Managers

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Teen or Adult Anger Management

This program is designed to help individuals recognize and manage anger. By gaining a better understanding of self, we learn to better control our anger so that it does not lead to violent outbursts or actions that are harmful to others. The purpose of the program is to develop the proper tools to help recognize and normalize anger and to gain a better understanding and control of self.

Individual sessions with a clinician teach adults or teens different ways to manage stress and improve emotional intelligence and communication. Minimum of 12 weeks to receive a certificate.

Anger Management Classes Help:

- Reduce violence toward others, (ex) reduce domestic violence, parental abuse, anxiety, and other physical effects.
- Teach emotional intelligence and self-regulation in anger and violence toward others.
- Teach self-care and help reduce stress and anxiety, improving mental health.



Quote from Sabrina Robertson:

“Anger in and of itself is not ‘wrong’ or ‘bad.’ It’s what we do with our anger that determines its trajectory and how it lands on ourselves as well as other people.”

Photo of Sabrina Robertson, a licensed clinical social worker, accredited Triple P practitioner, and anger management practitioner.

Impact

We provided Anger Management classes to 67 clients.

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Impact

We provided SFI classes to over ninety-four (94) fathers.

Supporting Father Involvement (SFI)

C.O.P.E. Family Support Center recognizes the importance of the father’s role in their child’s life. Based on research evidence that father involvement emerges in the context of a system of relationships, each group meeting will emphasize one of these central aspects of family life, including access and improving your relationship with children.

Joe Briseno, SFI Practitioner:

“Having a child changes people’s perception of themselves and their relationships that may need re-examination, reflection, and re-adjustment.”



Photos of Joe Briseno with SFI clients upon graduation of class.

Testimony from an SFI client:

“Being in a group with just men helped me to realize and understand that other fathers are going through what I’m going through...”

Impact Report Last Fiscal Year (2021-2022)

1,245 **Parent education clients** attended parent education workshops and seminars that are founded on the Triple P model: Positive Parenting Program.

811 **Clinical clients** received therapy that was personalized to their situation: individual, family, co-parent, play, etc.

2,056 **Total clients** were seen during our 2021-2022 fiscal year.

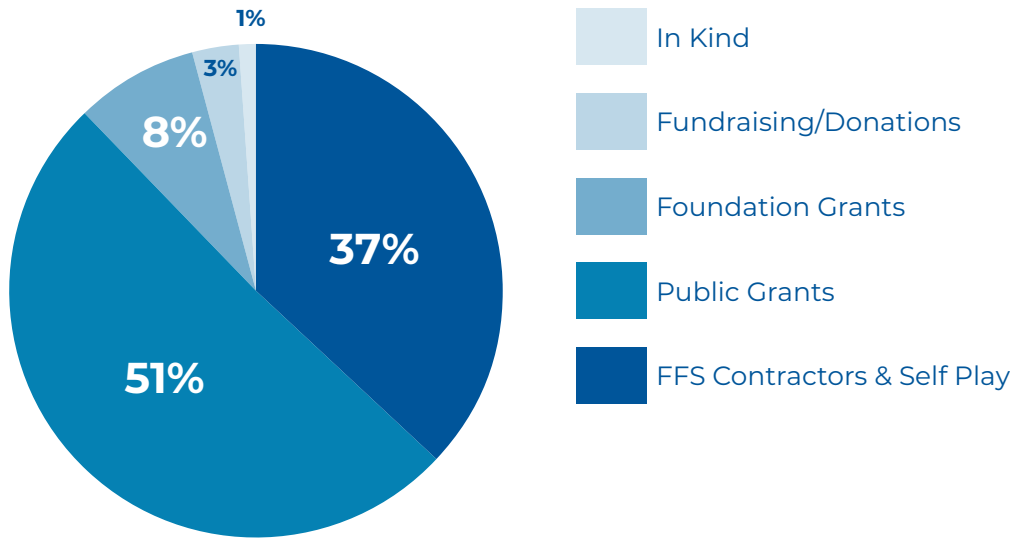
Over 3,560 **Clinical sessions**

\$5,655 **In scholarship awards** to meet the needs of the community that require our services.

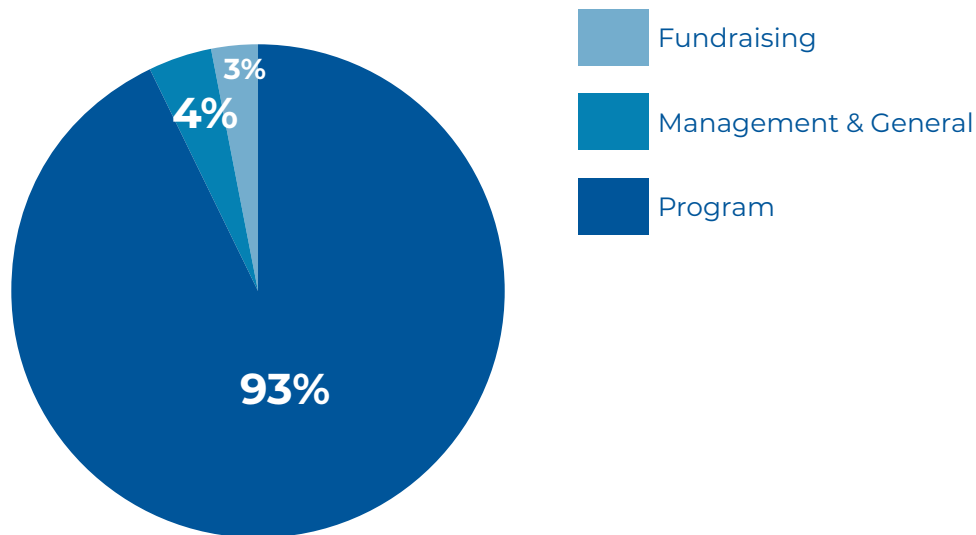
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Financials

FY 2021-2022 Revenue



FY 2021-2022 Annual Expenses



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Gratitude to our Foundations

Lesher Quest
Witkins Justice, Justice

Sponsors and Donors

Alina Mahdavi
Angel Reese
Ann Barrett
AT&T
Betina Schonberger
BNY Mellon
Bowling Fundraiser
Brenda Castollo
California Bank of Commerce
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Cap's Oak Street Bar & Grill
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Cory Tokuda
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Daphne Santos-Yamos
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Deborah Cano
Dorothy Powell
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F&M Bank
Fidelity Charitable
George & Janice Hausmann
Gianni's Italian Bistro
Givinga Foundation
Harry Arakkal
N. Paddock
Costco
Safeway
In N Out Burger
Rocco's Gift Basket
Skipolini's
Target
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Kenyaun Christie
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Laura Delahunt
Laura Lerio
Leslie Corbett
Linda Waring
Lindy Khan
Maria Sorayda
Marlon Brandle
Michelle Rogers
Michelle Villavicencio
Mike Hess Brewing Co.
Mikhaila Amora
Nancy Borjon
Natasha Paddock
Network for Good
Nicole Morris
PayPal
Patrick Barrett
Petal Henry
Rasheed Khan
Renate Giles
Robery Dodgion
Rowena Pinpin
Serena Breen
Sip & Paint Attendees
Sonia Arriola
Susan Rickett
Su Jin Jez
Tammy Grayson
Thomas Pearson
Tim Grayson
Todd Ihle
Veronica Walsh
Victoria Lucas
Walmart
Wilhelmina Verdote
William Klein



Board Chair, Natasha, and husband on paint night.



Natasha, Cathy, and Ross Valory

Client Testimonials

“ With my two sons I was having behavioral problems. They were fighting a lot every time I had them with me. They were not listening to my requests; they were ignoring me and the fights were happening all the time. They were fighting like two adults. The first week of Triple P class, we covered house rules. I went home and we had a family meeting. We all came up with house rules. We included being nice to each other, it was hard at the beginning, but it was working. The following 3 weeks we talked about bad behavior, and setting up limits, then the high-risk activity came along. That was the best part of the class, I was able to implement discipline when going to the supermarket. All I needed to do was communicate with them and they listened. Now they walk by my side, and we stay together, I continue reminding them how to take care of each other instead of hurting each other, love each other instead of fighting.”

We Listen. We Care. We Act.

Client Testimonials

"C.O.P.E. offers a Parent Education level for parents of children with special needs. A family of a three-year-old who was recently diagnosed with autism was referred through a partner network."

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Client Testimonials

“A father who was referred by Children and Family Services, was ordered in his case plan to take parenting classes. This client was referred by his social worker over a domestic violence incident with his co-parent and his daughter was present at the time. The father regretted what happened and his main concern was cursing in front of his young daughter. Motivated by the challenge to model the behavior he expects from his daughter, he made the commitment and allowed his daughter to be his accountability partner and over the last 8 weeks of the class he completely stopped cursing and has been able to eliminate the same inappropriate language from his daughter’s vocabulary as well. What went well was the participant really invested himself in learning about his own negative emotions and the role he has been playing in enabling his own emotional distress. Armed with that knowledge he felt empowered to regain his sense of confidence and emotional self-control. He was nicknamed “2.0” to acknowledge his progress to a new version of himself and to signify that he was not the man that originally started the class. Having this new designation and progress recognition seemed to propel him to go even further in his growth and quest to get better.”



CCC Superintendent Lynn Mackey, with Katie Gains, and C.O.P.E.

We Listen. We Care. We Act.

Our Community at Work:



Support C.O.P.E. Family Support Center by donating to our scholarship fund at www.copefamilysupport.org.

