SUPPORT FOR FAMILIES OF CHILDREN WITH DISABILITIES



The purpose of Support for Families is to ensure that families of children with any kind of disability or special health care need have the knowledge and support to make informed choices that enhance their children's development and well being. Through fostering partnership among families, professionals and the community our children can flourish.



From the Board President and Executive Director

Dear Friends,

About every five years, Support for Families takes a fresh look at our goals, and our progress towards reaching those goals, in a Strategic Plan. We listen to families, professionals, community partners, staff and board members. Together, we develop a plan that will guide our work for the next five years.

At the foundation of every Strategic Plan are our core beliefs. We believe that children with special needs can best grow and develop:

- When each family determines their own vision for their family;
- When families, professionals, and the community at large have access to culturally and linguistically responsive information and resources;
- When families have opportunities to network with other families;
- When families, professionals, and the community at large collaborate to build a coordinated, family-centered system of services;
- When families partner in decision-making at all levels.

Although we will always provide the information, education, and family-to-family support that has guided our activities since 1982, we recognize we also need to continue to focus on the big picture: working collaboratively with our partners to make San Francisco a place where all children belong, where every child and youth with special needs can learn, grow and thrive.

Watch for our new Strategic Plan, coming soon!
Sincerely,

Christopher Dehner President, Board of Directors

Juno Duenas Executive Director

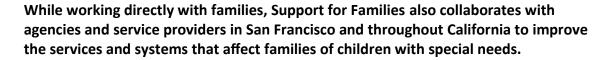
Support for Families Certifications

- San Francisco
 Population-Based

 Family Resource Center
 for Special Needs (First
 5 San Francisco;
 Department of Children,
 Youth and their
 Families; SF Human
 Service Agency).
- Community Parent
 Resource Center
 (CPRC), US Department
 of Education.
- Parent Training and Information Center (PTI) as part of the Northern California Region 4 Collaborative, US Department of Education.
- Family Empowerment Center on Disability,
 California Department of Education .
- Early Start Family
 Resource Center,
 California Department
 of Developmental
 Services.
- Family-to-Family Health Information Center,
 Family Voices of California.

Cover photo: Karen Baca

Services and Reach





SUPPORT FOR FAMILIES

Information • Education • Family-to-Family Support

Statewide Collaborations and Projects

- Family Voices of California (FVCA) is a Family to Family Health Information Center of the US Maternal Child Health Bureau. SFCD serves as the coordinating agency for this coalition of California parent centers working to improve policies and systems of care for children with special health care needs. FVCA is a member of a national Family Voices movement. SFCD coordinates FVCA's annual Health Summit and Legislative Day as well as its **Leadership Project** that trains family members in advocacy.
- Family Resource Centers
 Network of California
 (FRCNCA) is a statewide
 collaboration of centers
 providing peer support for
 families of children with special
 needs. SFCD also coordinates
 FRCNCA's Early Start Plus (ESP)
 (formerly Prevention Resource
 and Referral Services) to help
 family resource centers ensure
 the timely delivery of outreach,
 information, and referrals for
 "at risk" babies in the state.

Family Resource Center

- Phone Line and Drop-in Center staffed by Family Resource Specialists
- Resource Library and Information Packets
- Parent/Professional
 Workshops, Clinics and
 Trainings for Caregivers
 and Professionals
- Assistive Technology Lab
- Support Groups
- Volunteer Parent Mentors
- Newsletter, Website, Social Media
- Annual Information & Resource Conference
- Case Management
- Child care while families receive services
- Recreational and Social Events for Families

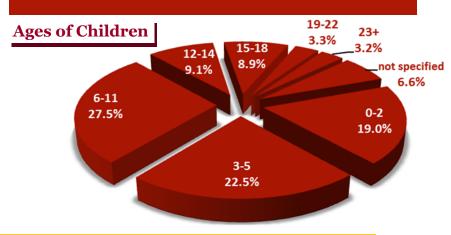
Local Collaborations and Projects

- SF Inclusion Networks is a professional development center working to advance the capacity of early care and education staff to create rich environments where children with and without disabilities learn and grow together.
- Special Needs Inclusion Project (SNIP) provides training and support to help after school programs create positive inclusive experiences for all children.
- Help Me Grow (formerly the High Risk Infant Interagency Council) brings together agencies for problem solving and systems improvement for children 0-5 with special needs.
- Mission Promise
 Neighborhood. Support for
 Families is a member of this
 collaboration based on the
 Harlem Children's Zone model.
 MPN is building a comprehensive,
 integrated framework of
 evidence-based services in San
 Francisco's Mission District aimed
 at student achievement and
 family economic security. SFCD is
 providing development
 screenings and links to early
 intervention services.

Our Families

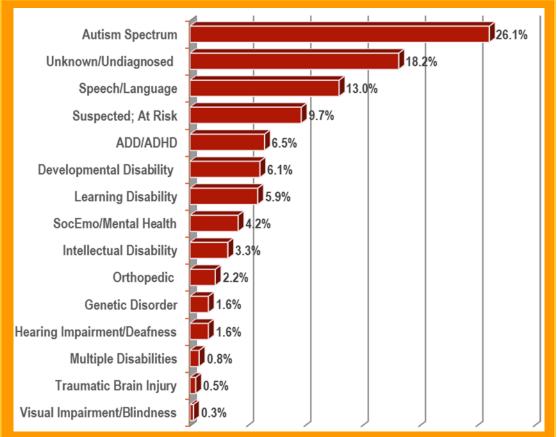


Children with special needs and their families come from all walks of life and all income levels. Because Support for Families has no eligibility requirements, we can respond to families of children with any kind of disability or special health care need — and even when families just have a concern. The data below is from the 1,423 (unduplicated) families who had consultations with a Family Resource Specialist and/or attended a Support for Families event in 2015.



Primary Special Needs of Children

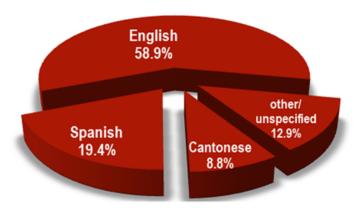
Based on 759 children whose families reported a primary need.



Families* tell us about the **impact** of Support for Families on their lives:

- 97.9% agreed or strongly agreed that the training increased their knowledge of their child's special needs.
- 95.7% reported that they felt more supported.
- 97.4% reported that they increased their knowledge of resources or services for their children.
- 94.7% learned strategies to advocate more effectively for their children.
- 95.8% reported that they increased their ability to communicate with professionals.

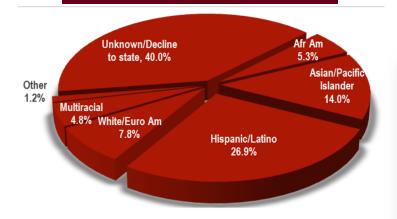
Primary Languages of Families







Ethnicities of Families





^{*} Survey responses from 190 family members who attended a workshop in 2014-2015. Respondents were primarily families living in low income neighborhoods and/or those who do not speak English as a primary language. Percentages are those who agreed or strongly agreed with the above statements.

Information

Families raising a child with disabilities and professionals working with families need to understand their child's special needs and learn about resources. Support for Families offers several ways to obtain this vital information.

The Support for Families **Phone Line** and **Drop-In Services** at the Family Resource Center offer families and professionals information, resources, referrals and guidance. Family Resource Specialists provide information in English, Spanish, Cantonese, and Mandarin. Families have access to a computer on site, where staff members are available to help them find online resources.

The Joan Cassel Memorial Library at the Family Resource Center has more than 4,500 resources that include books, periodicals, toys and media materials. Families and professionals can borrow materials free of charge. There is even an iPad and assistive technology lending library to enable children to try out assistive communication applications. The Library is open during drop-in hours at the Family Resource Center; the library catalog is also available online.

Resource Packets on specific topics such as Learning Disabilities, ADHD, behavior and autism provide another source of information; packets are available in three languages in print and online.

The quarterly **Newsletter**, available in **English**, **Spanish** and **Chinese** in both print and e-news editions, features articles relating to children and youth with disabilities and a pull-out guide with upcoming workshops, group meetings, and events.

The Support for Families **website** (www.supportforfamilies.org) provides

information on events at Support for Families and in the Bay Area, and links to resources from around the nation. A biweekly information digest includes community events, opportunities for input, news, and resources. And our

Facebook page (facebook.com/ supportfor-familiessf) offers a great way for families to stay current with our events and share information with others. ■



- In 2015 Family Resource Specialists and social workers provided individualized information and support to 1,028 families and 296 professionals (unduplicated numbers), making more than 3,382 phone, e-mail or inperson contacts.
- In 2015, family members and professionals checked out 208 books, toys or resource materials, including Assistive Technology loans from the Joan Cassel Memorial Library. Our Librarian responded to 573 requests for references or information during the year.
- More than 1,170 people subscribed to the print versions of our Newsletter in English, Spanish or Chinese; another 1,266 receive the e-mailed version.
- The Support for Families website was visited over 65,000 times in 2015, and 2,206 people like us on Facebook.

Education

Support for Families' many educational activities give families, and professionals who work with families, opportunities to develop skills, learn about resources, and communicate more effectively with one another.

Education activities at SFCD include parent-professional workshops, small group clinics, parent panels, and conferences.

Topics for workshops and trainings aim to meet the needs of families of children at different stages of life and focus on a wide range of concerns and questions. A few examples of 2015 topics: Should Your 'Other Child' Take on the Role of Caregiver, Conservator & Trustee?; Limited Conservatorships; Crossing the Bridge to Preschool Services; Social Security Overpayments; Oral Heath for Families of Children with Disabilities; Disaster Preparedness — and many more.

Weekly small-group clinics on the IEP and transition continued to offer more individualized help for families.

Clinics were presented in English, Spanish, and Cantonese, with simultaneous translation available for workshops. Free on-site childcare made it easier for families to attend.

- Support for Families provided 330 education events in 2015.
- Attendance at our educational events for parents and professionals totaled 4,048.
- The annual Information and Resource Conference held in March featured 22 workshops and 94 exhibitors. More than 448 parents and professionals attended.

The annual Information and Resource Conference was held in collaboration with SFUSD in March and offered a full day of educational activities. The 22 workshops, an assistive technology demonstration center, and exhibitors provided families and professionals with a wealth of information and opportunities to network with one another.

Stepping Stones, a 12-week evidence-based training in positive parenting, continued in 2015. Stepping Stones is part of the Triple P program and is

designed to address the challenges facing families of children with disabilities. Ten families completed the full program this past year.

Our Assistive/Augmentive Communication (AAC) project continued to teach families about ways iPads can assist children and youth with communication and learning. We also have expanded our "low-tech" approaches, including PODDs (Pragmatic Organization Dynamic Displays). We were excited to expand our innovative Communications Clubs for AAC users. In addition to the Club for young adults we began a group for young AAC users, ages 4 to 10. And watch for an expanded Tech Lab coming to the 7th floor in 2016!

Meanwhile, community education and outreach activities continued, with teams of parents and staff presenting to classes, organizations, and professional groups about disability issues and the experiences of families. ■



Family-to-Family Support

Family-to-family support is part of every service provided by Support for Families. Most of our direct service staff, all of our Parent Mentor volunteers, and the majority of members of our Board of Directors are, themselves, parents or family members of children with special needs.



Ketan Anjaria

Twenty-one different **Support groups** in 2015 offered peer support, information, and resources to parents, caretakers and siblings of children with disabilities. Groups included Autism Parent Support, Tube Feeding Support Group, a new sibling support group and other ongoing groups for Spanish speakers, Cantonese speakers, families of older children, a parent-toddler play group, cerebral palsy peer group and many others.

Volunteer Parent Mentors are parents of children with disabilities who complete extensive training and are matched with other parents to offer support and resources on an individualized basis. They also serve on speaking panels and attend outreach events.

Mental health services in 2015 included short-term counseling, case management and referral, available in English, Spanish, Cantonese, and Mandarin.

Family recreational and social events

provide relaxing, fun opportunities for families. Attendance at these events exceeded 1,000 children and families in 2015. Access to Adventure in Golden Gate Park provided introductions to a wide variety of recreation, sports, and cultural opportunities. The annual Halloween Party and Holiday Ice Skating Party at Yerba Buena Ice Rink remain as popular as ever. Movie Nights, and museum access days add to the yearround fun. Families enjoyed the "Little Lantern" ballet, thanks to a generous donor. A partnership with the Golden State Warriors provided a basketball clinic and a chance to see a game. And a special "Best Day Ever" found Spiderman helping our kids try out their very own custom-made superhero capes!

- There were 113 matches made through the Parent Mentor program with **English and Spanish**speaking Mentors. More than 100 active volunteer **Parent Mentor** volunteers provided individualized assistance and outreach.
- More than 290 other volunteers provided 2,451 service hours in support of programs and at events.
- 311 (unduplicated) family members attended one of the 21 Support Groups active in 2015.
- Total attendance at 13 Family Events exceeded 1,000.
- Childcare staff provided 805 hours of on-site care that allowed to participate in Support for Families activities.

Thank You!

Corporations Businesses & Groups

\$20,000

Pamakid Runners

\$10,000 - \$19,999

Perbacco Investors, LP San Francisco Giants Waste Solutions Group

\$5,000 - \$9,999

Miller Children's Hospital PhRMA Rady Children's Hospital

\$2,500 - \$4,999

Bryan Cave LLP

\$1,000 - \$2,499

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Adobe American Academy of Pediatrics (AAP) -California Brody, Walsh & Brody Developmental **Progressions** Edrington, Schirmer & Murphy LLP Goldman Sachs MB Jessee Inc. Milestones Pediatric **Therapies** Morgan Stanley Private Bank P.E.O. Sisterhood, Chapter OX/CA Valley Children's Hospital



Cheng Cheng Huang

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\$15,000+

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\$10,000 - \$14,999

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...to the many individuals, businesses, and organizations who supported our work in 2015.

\$250 - \$499

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We apologize for any omissions, errors or misspellings! Please contact us if there is an error so we can correct our records.

Continued on p.10

Jack Podell

Meghana Raorane

Paul Rauschelbach



David Fazio

Penny Finocchiaro

& Tracy Wheeler Brian & Julee Rauschhuber Shae Robinson & Pam Raymond Erik Reinertson Jim Riley Michelle Ritchie Curt & Jill Rodby Michael Scahill Henry Shih Rocio Smith Clint Soltau Marianne & Mike Sorani Steve Stachowski Craig Stoll Patricio Triveri Natalia Urrutia-Hernandez Gretchen Worthington Safie Yaghoubi Jeannine Yeomans

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Government Grants and Contracts:

Maternal and Child Health Bureau, U. S. Dept. of Health and **Human Services**

Office of Special **Education and** Rehabilitation, U.S. Dept. of Education

California Dept. of Developmental Services

California Dept. of Education

San Francisco First 5

San Francisco Dept. of Children, Youth, and Their Families

San Francisco Human Services Agency

Cheng Cheng Huang Kevin Wong

Our Special Thanks...

...to the Thoresen Foundation for a generous 2015-16 grant of \$125,000.

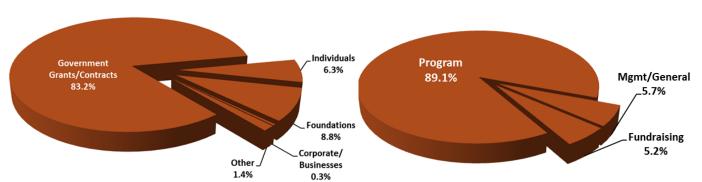
2015 Financial Summary



January 1—December 31, 2015

Expenses \$* 4,486,380.

January 1—December 31, 2015



*Includes revenue and expenses for both the Family Resource Center and for all special projects, convening groups, fiscal agent relationships and subcontracts.

Complete audited financial statements are available at the Support for Families office.





SUPPORT FOR FAMILIES OF CHILDREN WITH DISABILITIES

www.supportforfamilies.org info@supportforfamilies.org

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Family Resource Center Phone Line (415) 920-5040 FAX (415) 282-1226

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Vanessa Chen, Inclusion Coach
May-Ling Joa, Inclusion Coach
Ramya Krishna, Early
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Debbie Sarmento, FRCNCA Coordinator Rebecca Hawley, Early Start Project Coordinator

Help Me Grow

Nadia Thind, Director

Special Needs Inclusion Project (SNIP)

Alison Stewart, SNIP Manager Joy Okochi, Inclusion Support Specialist

*as of 8/1/16