SUPPORT FOR FAMILIES OF CHILDREN WITH DISABILITIES

2016

Annual Report



The purpose of Support for Families is to ensure that families of children with any kind of disability or special health care need, and the providers who serve them, have the knowledge and support to make informed choices that enhance children's development and well-being. We promote partnership with families, professionals and the community at large, because it is through partnership that we create a community where our children can flourish.





Dear Friends,

Support for Families completed a new 5-year Strategic Plan in 2016, a process that enables us to hear from our stakeholders, revisit our vision and mission, and make plans for the future.

We were especially gratified to hear from families and professionals about their experiences with Support for Families. Here are just a few representative excerpts from the comments they made in focus groups, interviews and surveys:

Families said...

- "I felt supported and I was able to take the reins of raising my child."
- SFCD taught me how to be an advocate and teach my son to be an advocate."
- "It's given me strength to help support/ defend others."
- "SFCD like a big family to me, we can solve all the problems together."
- "It's a refuge! The experience is beautiful. We leave with our heart full."

Professionals said...

- SFCD does not lament **but figures out a way** to make things happen."
- Good at identifying potential barriers and resolving them before they become bigger issues."
- Good at identifying those that need services-not just at serving those who walk in the door."
- SFCD is the 'Go To Place''

Another important part of our Strategic Planning process was the development of a Theory of Change, which is a graphic representation of the problems we seek to address and our approach to solving those problems.

The entire Strategic Planning process helped renew our energy and our commitment to creating a community where *all* children can flourish!

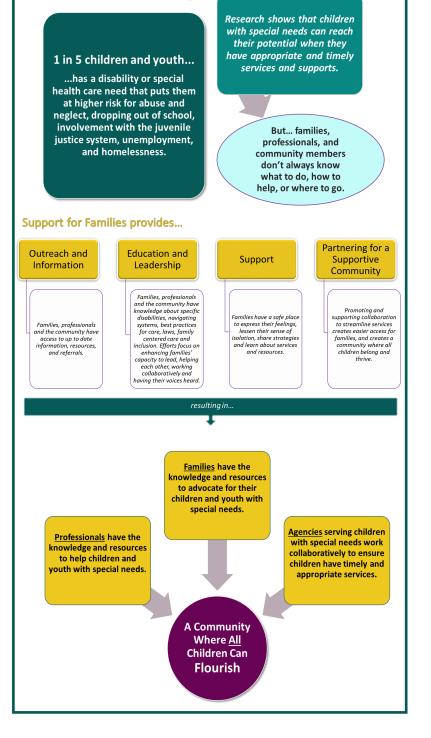
Sincerely,

Goʻli Mahdavi President, Board of Directors

Juno Duenas Executive Director

Cover photo: Cheng Cheng Huang

Support for Families of Children with Disabilities Theory of Change



Services and Reach

While working directly with families, Support for Families also collaborates with agencies and service providers in San Francisco and throughout California to improve the services and systems that affect families of children with special needs.



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

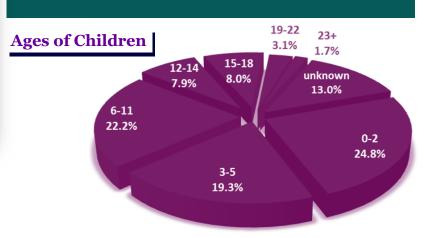
Local Collaborations and Projects

- 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 **1,908 (unduplicated) parents and caregivers** who had consultations with a Family Resource Specialist and/or attended a Support for Families workshop or event in 2016.



Primary Special Needs of Children

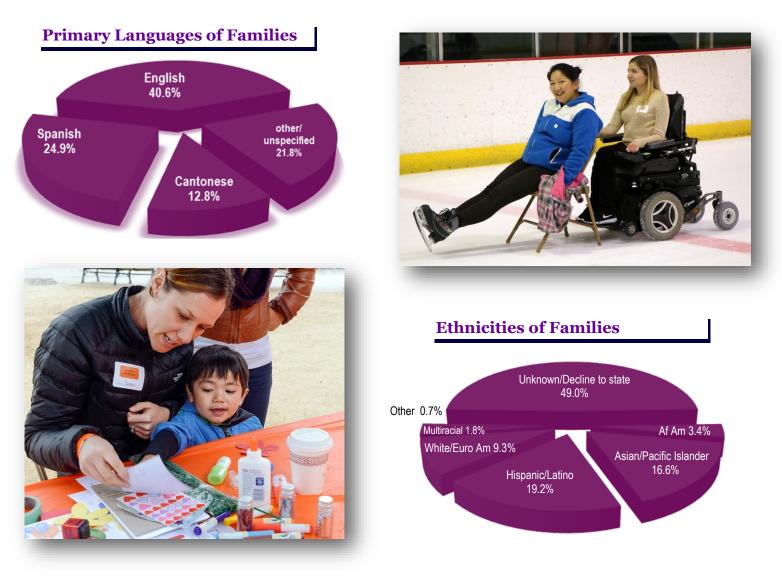
Based on 675 children whose families reported a primary need.

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Autism Spectrum							28.	.6%
No I.D.E.A. Disability							27.0%	
Speech or Language Impairment			10	.5%				
ADD/ADHD		7.1						
Suspected/At Risk		5.8%	-					
Developmental Delay		5.8%						
Other Health Impairment	4.0	<u>%</u>						
Intellectual Disability	1.9%							
Emotional/Behavior	1.8							
Specific Learning Disability	1.6%							
Orthopedic Impairment	1.6%							
Deaf-Hearing Impairment	1.5							
Genetic Disorders	0.9%	,						
Multiple Disabilities	0.7%							
Traumatic Brain Injury	0.4%							
Mental Health	0.4%							
Visual Impairment/Blindness	0.3%		J	/	,	ļ		

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

- 91% agreed or strongly agreed that the Support for Families services they received increased their knowledge of their child's special needs.
- 91% reported that they felt less isolated, less stressed, and/or better prepared to solve problems.
- 87% reported that they increased their knowledge of resources or services for their children.
- 86% reported that they increased their ability to communicate with professionals.
- 95% felt better prepared to advocate for their children.

* Interview responses from 29 family members who received individual consultations. Interviews were conducted by volunteers. 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/ supportforfamiliessf) offers a great way for families to stay current with our events and share information with others. ■



- In 2016 Family Resource Specialists, trained volunteer Parent Mentors and social workers provided individualized information and support to 1,099 families (unduplicated numbers).
- In 2016, family members and professionals checked out 136 books, toys or resource materials, including Assistive Technology loans from the Joan Cassel Memorial Library. Our Librarian responded to 422 requests for references or information during the year.
- More than 1,104 people subscribed to the print versions of our Newsletter in English, Spanish or Chinese; another 1,140 receive the e-mailed version.
- The Support for Families website was visited over 59,000 times in 2016, and 2,506 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 2016 topics: The ABLE Act and Planning for Your Loved One's Future; Top 10 Mistakes for Parents to Avoid in the IEP Process; Music Therapy: Using Music to Enrich the Lives of Individuals with Special Needs; Addressing Aggressive and Self-Injurious Behaviors in Individuals; Social Security 10 :- and many more. Meanwhile, 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

- Support for Families provided 312 education events in 2016 with a total attendance of 3,387 parents, youths, and professionals.
- The annual Information and Resource Conference held in March featured 22 workshops and 94 exhibitors. More than 448 parents and professionals attended.

easier for families to attend. The annual **Information and Resource Conference** was held in collaboration with SFUSD in March and offered a full day of educational activities. The 29 workshops, an assistive technology demonstration center, and exhibitors provided families and professionals with a wealth of information and opportunities to network with one another.

The Triple P – Positive Parenting Program [®] is a 12-week evidence-



based parenting and family support system designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential. Ten families completed the full program this past year.

Our Assistive/Augmentive Communication (AAC) project continued to teach families about ways technology can assist children and youth with communication and learning. We opened a **new, expanded Tech Lab** on the 7th floor that provides youth and families a way to try out low- and high-tech devices and adaptations. And our innovative Communications Clubs for AAC users continue to offer a way for children, youth, and young adults to practice their communications skills while they enjoy socializing with each other.

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.



Support groups offer peer support, information, and resources to parents, caretakers and siblings of children with disabilities. Fourteen different groups in 2016 included Autism Parent Support in Sapnish and English, an Asian-Pacific Islander group, Transition Age Parenting Support Group, a sibling support group and other ongoing groups in English, Spanish and Cantonese.

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

Mental health services in 2016 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 eleven events in 2016 exceeded 775 children and families. 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. A partnership with the Golden State Warriors provided a basketball clinic and a chance to see a game. And a new Sunday Matinee event at the Roxie theater gave families a special day out in the community. ■

- There were 118 matches made through the Parent
 Mentor program with
 English and Spanishspeaking Mentors. More
 than 100 active volunteer
 Parent Mentor
 volunteers provided
 individualized assistance
 and outreach.
- More than 260 other volunteers provided
 2,149 service hours in support of programs and at events.
- 333 (unduplicated) family members attended one of SFCD's Support Groups in 2016.
- Total attendance at 11
 Family Events exceeded
 775.
- Childcare staff provided 805 hours of on-site care that allowed parents to participate in Support for Families activities.

Thank You!

Corporations Businesses & Groups

\$15,000

Pamakid Runners

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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.

...to the many individuals, businesses, and organizations who supported our work in 2016.

Audrey Carlson **Emily Charnes** Laurel Condro Drs. Lucy & William Crain Nanette De Lara & Jim McCormick Jeff Byrne & Bruce Deming Paul deRoulhac Jennifer & Marc Crayton Judith & Howard Fish Monica Flannigan Andy & Shelley Forrest Juliann Fuentes Anne-Marie Gatti & John Lawrence Jane Gent & Joanne Farrell Stephen Gentile James Hargarten Mary Edna Harrell & **Bonnie Kates** Lindsay & Peter Joost Laurel Kloomok & Ned Smith Herb Lopez-Aguado Albert Lou & Carrie Shi Joe Lowry Peter Mansfield Leon Metz Kathryn Murakami-**McCaskey** Nancy & Charles Murphy Bhamini & Divyesh Patel Michael Pearce Paul Rauschelbach & Tracy Wheeler Larry & Deborah Reback Brianna Reves Steve Sandkohl Catherine & Bob Sarlatte John Seemann & **Robert Hines** Carrie Smith & Emre

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Continued on p.10

Donors, continued from page 9



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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.



Photos:

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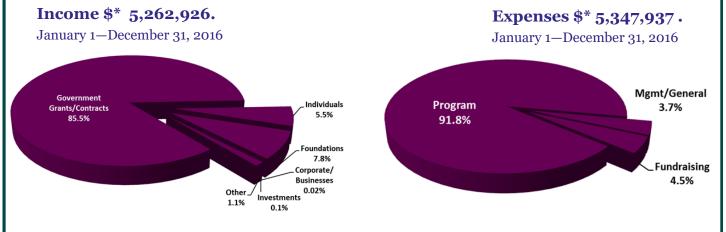
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Government Grants and Contracts:

- 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

2016 Preliminary Financial Summary



*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

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