

# 2012 Spring Report

MAY 2012



Building communities with underserved women and children, free from homelessness and family violence.

## Stopping Homelessness Before it Starts

**C**an one-time assistance of \$2,000 or less can make the difference between homelessness and stability? Just ask the local residents who've been served at the

Mid-County Housing Resource Center (or "HRC").

Funded by federal stimulus monies, the HRC – led by Building Futures – is a collaboration

between four local service partners. Since its launch in 2009, the HRC has helped 760 households (1,692 people) in five jurisdictions (San Leandro, San Lorenzo, Alameda, Hayward and Castro Valley) avert homelessness or quickly become re-housed after losing their housing. The program has made a dramatic impact during the economic recession.

The federal funding (\$3M) that made the three-year program possible is coming to an end

this June. Building Futures is exploring several opportunities that may help keep the HRC's doors open with funding from new sources.

Not only has leading the HRC greatly expanded our reach and ability to help our neighbors in need, it has brought monies into our communities and helped local landlords. Most importantly of all, the HRC has changed the course of families' and individuals' lives for the better with a relatively small investment.



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*"Small successes—so important to these women and children who have suffered so much trauma—are seeds we are tending together; the seeds of a new life."*

—Courtney Hartman, PsyD candidate and Building Futures practicum trainee

## Jazz it Up!

**O**ur annual gala, Jazz it Up! on **Thursday, May 3, 2012**, at **The Vine Wine & Tapas Bar** in San Leandro was a successful evening of **fine wine and cool jazz** benefiting Building Futures with Women and Children. Fine wine was provided by **The Vine, Hannah Nicole Vineyards** and a number of **individual donors**. **UC Jazz Ensemble** performed live for our guests.

We are particularly grateful to our event sponsors: **Kaiser Permanente, Rotary Club of San Leandro, Michael & Nancy Pretto, Prudential California Realty, FH Dailey Chevrolet, Eden Township Healthcare District, 1st United Services Credit Union, Galvan & Associates, Goldfarb & Lipman, Pinnacle Vista Technology, and San Leandro Chiropractic Center**. We are especially grateful to our Community Partner **McDermott Costa**.

Photos: (top) Building Futures Board of Directors Kinkini Banerjee and Chair Sandra Schnieder with Karina Rivera, representing Supervisor Wilma Chan; guests enjoying good weather and fine wine; FH Dailey Chevrolet owner Steve and Jane Song; Mayor Stephen Cassidy and wife Amy (left) with Kaiser Permanente's Community & Government Relations Manager Ana Apodoca.



# Tending the Seeds of New Lives

From those who donate much-needed funds...to dinner cooks who provide our shelter residents with sustenance ...to steadfast business and foundation partners, the women and children Building Futures serves depend upon the gifts of many as they rebuild their lives. One of the ways our clients benefit from community support is through our practicum trainee program.

This year, three Doctorate in Psychology candidates are providing a rich layer of mental health services at our sites. Erica Williams (from Argosy University), Courtney Hartman and Cassidy Busch (of the California Institute for Integral Studies) have served Building Futures' clients since September. Under the supervision of Dr. Camille Moreno (pictured right), these unpaid staff members are receiving a challenging and fulfilling clinical experience to take with them as they pursue their professions and benefit the community.

"Although I work with homeless shelter clients for a brief time, I have seen that providing a place for these women to be seen and heard is of deep value," says Erica (pictured at left). Erica serves homeless women and children at the San Leandro and Midway Shelters. Courtney, (pictured middle left), who provides therapy and a domestic violence support



*"The practicum trainees are integral to our programs and the clinical services we provide. This year's group is especially impressive. They are committed to our clients and our agency's mission, and they are eager to create spaces where our clients can begin to heal."*

— Camille N. Moreno, Psy.D.

group at Sister Me Home, agrees. "Small successes—so important to women and children who have suffered so much trauma—are seeds we are tending together; the seeds of a new life," she says. All of the trainees' shelter clients have the option of continuing services offsite if they wish.

"I have a longer time to work with clients, because I am based at [transitional and permanent housing site] Bessie Coleman Court," says Cassidy (middle, right). She provides individual therapy at BCC, and is starting a child play therapy group there. "But I'm also working on phasing BCC residents into community-based counseling that will serve them for the long term."

All three express appreciation for Dr. Moreno's skill and support, saying she has provided insight into the population Building

Futures serves and brought myriad factors into focus. When asked the most valuable aspect of the experience, Cassidy says, "I am so impressed with the collaboration among Building Futures' staff. There is so much time and effort devoted to the clients; it definitely contributes to their success."

Our trainee program is one way Building Futures makes careful use of available resources to maximize the benefit to our clients. We are deeply grateful to Erica, Courtney, Cassidy and Camille for providing these life-changing services!



McDermott Costa President John Johnson and Building Futures Operations Manager Katie Hood

## Award Recognizes Cost Reductions

Building Futures and McDermott Costa Insurance were co-recipients of a recent CPR Improvement Award from the National Education Association for Controllable Premium (CPRNEA.org) for a 39% reduction in insurance costs over the last three years.

"As a non-profit we work hard to be good stewards of our donors' money," says Building Futures' Executive Director Liz Varela. "Every dollar saved in overhead is a dollar we can use for services that directly affect women and children."



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Building Futures is a registered 501(c)3 nonprofit organization. Our federal tax id is 94-3100741.