

# 2018



## Annual Report

### Executive Director's Message

Tom Tamura



As the old saying goes, “time flies!” In what seems a blink of an eye, over a year has passed since I first joined the amazing group of people that contribute to the success of our agency. From our volunteers, who last year contributed nearly 5,500 hours of service across the agency, to our dedicated staff, who with them, have been willing to accept the challenges of the everchanging needs of our community, we continue to find strength in knowing that we are fulfilling our mission of keeping people alive and safe. The following is a highlight of some of our accomplishments:

Together, we continue to provide training and outreach to schools, service groups, resource fairs and a wide range of committees and action groups, all of which have helped to increase the total number of contacts to our call center by nearly 20%, all while continuing to provide the compassionate and professional response that our

callers deserve. Whether it be questions about resources in the community, crisis intervention support, or grief counseling, our team continues to be ready and able to address the concerns and needs of our community.

Our grief program continues to grow, with the number of clients in our support groups and individual counseling totaling around 140. We are also very proud, through our post-vention program, to have provided support to several schools in our county after they experienced the tragedy of losing one of their students to suicide or other traumatic events. When you hear in the news that there will be counselors on-site following a loss, it may very well be members of our team who are there. Finally, as we are committed in our efforts to serve a diverse group of people, we are excited, with a grant received from the John Muir Community Health Fund, to begin creating grief groups for Spanish speakers.

We have already created partnerships with other agencies in central and east county to begin implementation.

On the community programs side of the house, once again we led efforts for the Share the Spirit fundraising campaign, which celebrated its 25<sup>th</sup>-year anniversary. Enjoying the highest total of contributions ever, grants were distributed to 56 social profit agencies in Alameda and Contra Costa Counties, with 22 of these organizations being featured in local newspapers produced by

program sponsor The Bay Area News Group. In addition to this campaign, our team managed another successful year of Corporate Volunteer Week, which this year had 2,200 volunteers completing projects at more than 100 East Bay nonprofits, logging more than 700 volunteer hours, while completing 216 projects.

Last August, we were very pleased to reintroduce our annual Gala. With special thanks to chair Patty Owens who did a stellar job, we raised over \$75,000. This year's Gala promises to be enormous fun and will be held at the Boundary Oak country club in Walnut Creek. Please mark your calendars – Saturday evening, August 24<sup>th</sup>. We would love to see you there.

We are so proud to play such an important role in our community. We are eternally grateful to our supporters for their kindness and generosity, whether expressed through donations or kind words, and we are so fortunate to have you on our team. From our individual and corporate donors to our tireless allies at Leftovers Thrift Shop, we know that we couldn't do what we do without you. My heartfelt thanks to everyone for making my first year at the center a joyous one.

With *help* comes  
*hope.*

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Contra Costa Health Services-  
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*Our Mission*

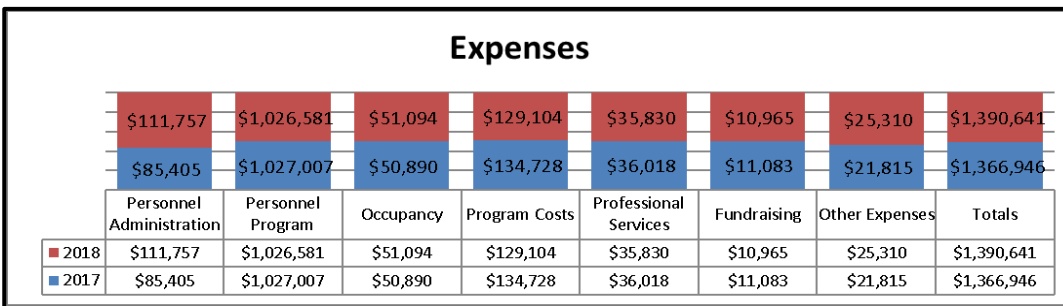
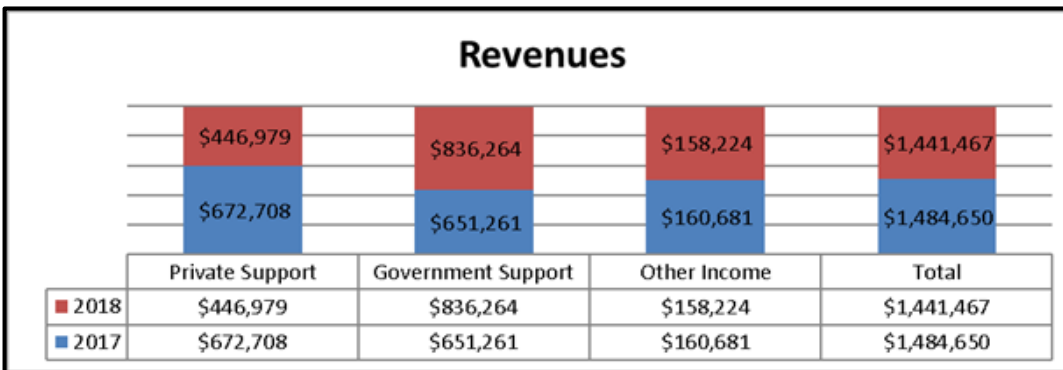
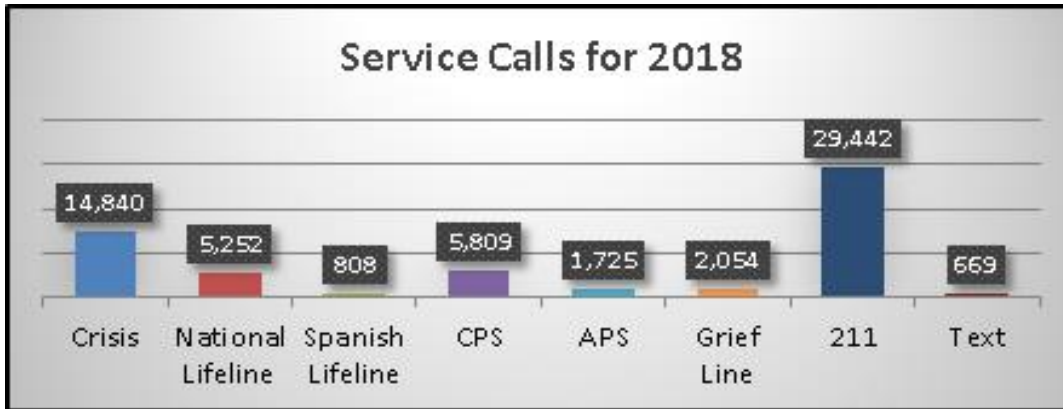
*We keep people alive and safe, help them through crises, and provide or connect them with culturally relevant resources in the community.*



P.O. Box 3364  
Walnut Creek, CA 94598

Office: 925.939.1916

Website: [www.crisis-center.org](http://www.crisis-center.org)



### Our Core Values

**Compassion:** We're driven by a desire to alleviate the emotional pain, distress, and needs of our clients.

**Integrity:** We respect and honor our clients and colleagues through trustworthy actions.

**Inclusion:** We affirm the value of differing perspectives and are committed to representation from—and service to—all members of our diverse community.

**Accessibility:** We believe that people in need should be able to get help 24-7.

**Collaboration:** We're committed to developing strong, lasting partnerships with community members to achieve common goals.

### Staff

- Scott Chavez**  
Crisis / 211 Specialist
- Eva Covarrubias**  
Crisis / 211 Specialist
- Brooks Elliott, MA**  
Crisis / 211 Specialist  
Grief Program Lead
- Lesley Garcia, LMFT**  
Director of Programs
- Ricardo Gonzalez**  
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- Blanca Gutiérrez-Costilla**  
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Director of Operations and  
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- Joanna Siefert, MSW**  
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- Tom Tamura MA, LMFT**  
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