



COMMUNITY NOTES

Community Institute for Psychotherapy ♦ San Rafael, California ♦ Vol. 23, Number 1

January 2014

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Great things can happen when people come together for a worthy cause, especially when the occasion is as delicious and nourishing as our **Loving**

Spoonfuls: Marin's Appetizer, Soup and Dessert Challenge!

We invite you to bring along family and friends to enjoy the fun at our fourth annual benefit event on Saturday, January 25, from 12 to 3 p.m. at the Mill Valley Community Center. Here's your chance to taste and compare a wonderful array of culinary creations, specially prepared by some of Marin's finest chefs. Sweet or savory, there is someone for everyone!

For many, the best part of the day is choosing their favorites and casting their votes for the People's Choice awards, and then seeing whether they match those selected by our Expert Judges. Other features of the afternoon include a raffle and silent auction. These are just some of the reasons why this event attracts more attendance each year! Read more about our challenges and judges, and how to buy tickets, elsewhere in this newsletter.

Of course the true purpose behind our Loving Spoonfuls is to generate vital support for our many programs, including those serving at-risk youth. Every dollar raised through this unique benefit goes directly to fund our work healing families, helping individuals, and strengthening our community for all. A worthy cause, indeed.

Please join us for this very special, heartwarming afternoon!

January 2014

Your gift can make the difference . . .

Dear Friend,

We are excited to share with you the many accomplishments* made possible through the support of community members like you. This past year, because of that support, CIP has been here to help hundreds of families, couples, children and adults experiencing psychological and emotional distress to overcome problems, recover emotional stability, and live full, healthy lives.

Since 1977, CIP's low-to-no cost mental health services have enabled thousands in Marin to receive timely, affordable, high-quality care, fostering school success, safe homes, clean and sober lifestyles, and bright futures.

As funding cuts continue to eliminate other vital lifelines, CIP delivers critical safety-net services in a highly cost-effective manner, leveraging substantial support from community members and staff. With your help, CIP can continue to provide a compassionate, cost-effective lifeline for our neighbors in need. Your gift can truly make the difference of a lifetime.

With gratitude for your consideration and partnership,

Scott Muldavin, President
CIP Board of Directors

P.S. For donations of \$100 or more, you'll receive two free tickets to our 2014 Loving Spoonfuls: Marin's Soup, Appetizer & Dessert Challenge, Saturday, January 25, 2014.

* Please turn to page 3.



STAFF UPDATE

A VERY SPECIAL CELEBRATION OF COMMUNITY



Graduating interns, left to right: Katie Mersereau, MA; Kristin Mersereau Isaacson, MA; Elyse Boyar, MA; Alan Camardo, MA; Tammie Grant, MA; Lesley Van Voorhees, MSW; Daniela Koromzay, MA; Vanessa Morrison; Reynold Fujikawa, MA; Deb Nelson, MA; and Lisa Plopa. (Not pictured: Jacob Kaminker, PhD; Duncan Riach, MA; and Eva Tuschman.)

Executive and Clinical Director **Dr. Robin Berenson** spoke briefly of the energy and talent contributed by this exceptional group. Core Staff and Group Supervisors **Paula Sitelman, PsyD**, and **Mark Edwards, LMFT**, acknowledged each graduate. The occasion was made especially festive by the beautiful musical performances of interns **Cary Ann Rosko**, **Vanessa Morrison**, and **Samantha Russell**, who each sang a song during interludes between speakers.

Each year, CIP's clinical internships offer rigorous training and supervision for 22 to 24 qualified graduate students in psychology, social work, and counseling. As a community-based organization, CIP provides interns-in-training with unique opportunity to work with a diverse population and a wide range of issues

We salute all our graduates and wish them much success and fulfillment in their careers in the years ahead!



Vanessa Morrison.



Samantha Russell.

On a gentle September evening, the CIP community came together to welcome incoming intern-therapists and new supervisors, and bid farewell to our 2013 intern graduates. With 15 members, this was the largest graduating class in CIP history!

Speaking on behalf of the Board of Directors, who host this annual event, **President Scott Muldavin** offered words of welcome and appreciation for the excellent care and service CIP's clinical staff provides to the families and individuals of the Marin community.

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS
Christine Donohue, LMFT
Mark Edwards, MS, LMFT
Paula Sitelman, PsyD

DIRECTOR OF PRE-DOCTORAL AND POST-DOCTORAL PROGRAM
Paula Sitelman, PsyD

COORDINATOR, CIP PROFESSIONAL DEVELOPMENT SERIES
Mark Edwards, MS, LMFT

COORDINATOR, INTERN TRAINING PROGRAM
Christine Donohue, LMFT

COORDINATOR, TRAINING FOR SUPERVISORS
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Lois Friedlander, PhD

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Jean Hayes, PhD, LMFT

DIRECTOR OF SUBSTANCE ABUSE OUTREACH PROGRAMS
Belinda Ryland, LMFT

SUPERVISION OF PSYCHOLOGICAL TESTING PROGRAM
Barbara Nova, PhD

(continued on page 3)

CIP WISH LIST

- Comfortable chairs for therapy.
- PCs that are no more than 1-2 years old for intern-therapist office.

CLINICAL STAFF (CON'T)

Clinical Supervisors

Barbara Adamich, LCSW
Bill Arigi, LMFT
Barbara Berman, PsyD
Martin Block, PhD
Heather Burns, LCSW
Jennifer Cari, LMFT
Gail Caulfield, LMFT
Laura Foster Collins, LMFT
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Diane Harnish, PhD
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Yvonne Klitsner, LMFT
Shira Marin, LMFT
Robin Mayer, MS, LMFT
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Leah Seidler, LCSW
Joshua Simmons, PsyD
Paula Sitelman, PsyD
Gregory Smith, LMFT
Joan Sommer, PhD
Mary Spilsbury, MA, LMFT
Steve Sulmeyer, JD, PhD
Priscilla Taylor, PhD, LMFT
Susan Theobald, LCSW
Jessica Reid Tsukahara, RN, LMFT
Karen Weinberger, LCSW

Intern-Therapists

Loretta J. Abbott, MA
Alison Campbell, MA
Hayley Dawson
Catherine Greene
Chris Guthrey, MA
Robert Johnson
Aimie Jory-Hile
Jen Joseph
Katarzyna Kanska, MA
Caroline Keystone
Lucy Klein
Arley Lindberg, MA
JoAnne MacTaggart, MA
Jamie McLaren, MA
Eric Monkhouse, MA
Michael Newmark, MA
Cameron Osborne
Julie Patiño
Cary Ann Rosko
Samantha Russell
Nadia Thalji, MA

PROVIDING FOR THE NEEDS OF OUR COMMUNITY

The health and well-being of any community depends on its ability to provide for the many needs of its constituents. CIP is proud to play a key role in the continuum of care for our vibrant community. Through our sliding scale services and our longstanding partnerships with other service providers, we maintain a vital safety-net for Marin's most vulnerable.

From our founding in 1977, CIP has worked to assure access to timely, quality mental health services for families, children and adults in need, regardless of income. Our work has never been more important than it is today.

Last year, CIP delivered to the Marin community . . .

- Over 8,000 hours of mental health services to more than 750 families, children and adults, 63% of whom had monthly household incomes under \$1,200, and 32% incomes between \$1,200 and \$3,500; more than 95% did not have Medi-Cal.
- More than 1,660 hours of counseling through our Schools Project, serving approximately 100 low-income elementary, middle- and high-school students to help them overcome emotional problems and succeed in school.
- Early intervention through our new Healthy Teen Therapy Groups for at-risk middle-school students to foster resilience, emotional stability, and social skills.
- More than 1,400 hours of counseling for clients of the Ritter Center, Helen Vine Detox Center, Canal Alliance, and Senior Access, delivered onsite at their facilities to assure greatest access to needed care.

We continued our outstanding training and professional development, providing . . .

- Approximately 360 hours of special training and more than 2,900 hours of individual and group supervision for 24 intern-therapists by more than 100 licensed mental health professionals who volunteered their time and expertise, an in-kind donation of more than \$350,000.
- Three day-long seminars and seven classes by leading clinicians through our successful Professional Development Program for Bay Area professionals, thus assuring an informed and committed professional community.

CIP operated with outstanding cost efficiency:

- Fully 84% of the agency's \$605,000 budget goes toward direct services, while administrative costs are 12%, and fund raising expenses just 4%.
- More than one-third (37%) of CIP programs are provided on a pro bono basis to vulnerable populations through our collaborating partners; all other services are available on a sliding scale.

A Heartfelt Thank You to Our Donors *November 2012 – October 2013*



Individual Donors

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LOVING SPOONFULS
Marin's Soup and Dessert Challenge

SILENT AUCTION PREVIEW

Our fabulous Silent Auction and Raffle are back! Here are just a few of the great items awaiting your bid at the Fourth Annual Loving Spoonfuls!

- Lake Tahoe Stay in 5-bedroom home near Squaw Valley
- VIP Tour and Tastings for 4 at Cline Cellars
- Clarence the Bear and Book from Susan's Store Room
- Guest Passes to the Asian Art Museum
- A day of Sailing on San Francisco Bay with picnic lunch for 4
- Two seats on a Tour of Muir Woods and Wine Country
- One-night Stay at the Tiburon Lodge
- Two admission passes for up to 5 to the Bay Area Discovery Museum

... plus dozens of additional excursions, gifts, and getaways!

CIP BOARD OF DIRECTORS

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LOVING SPOONFULS

Marin's Soup and Dessert Challenge

SPONSOR SPOTLIGHT:

FIRST FEDERAL SAVINGS AND LOAN OF SAN RAFAEL: WORKING WITHIN THE COMMUNITY

For more than a decade, First Federal Savings and Loan of San Rafael has been a stalwart supporter of CIP's low-fee mental health services for children, families, and adults, and is also a four-time sponsor of our Loving Spoonfuls fundraising event. Like CIP, First Federal Savings places a strong emphasis on providing quality service to the community.

"For over 50 years, First Federal Savings has served the Bay Area," states its **President and CEO Paul Simmons**. "We believe that clients and customers are best served when decisions are made at the local level by people who understand the area's unique needs and values."



First Federal Savings is an active and generous supporter of many grassroots organizations. "Working within our local communities is of paramount importance and we are extremely proud of the philanthropic contributions we have made and our involvement with Bay Area groups and organizations. We believe in the values of CIP and are proud to support their programs."

CIP is honored to have the support of First Federal Savings and Loan of San Rafael. Thank you!

2014 LOVING SPOONFULS SPONSORS: WHY WE SUPPORT CIP!

- "CIP provides invaluable services to our lower-income population in Marin County. Bank of Marin has long admired and supported the work they do." — *Janet Hayward, Market Manager, VP, Bank of Marin*
- "BioMarin is proud to sponsor CIP's important work in the community to support those in need of vital mental health counseling. CIP's services make Marin a better place for everyone by helping those in need lead more productive lives." — *Debra Charlesworth, Director, Corporate Communications, BioMarin Pharmaceutical, Inc.*
- "CIP strengthens the safety net for Marin residents by providing desperately needed, affordable counseling, psychotherapy and education to help hard-pressed Marin families and individuals cope. Marin General Hospital is proud to support their mission." — *Jamie Maites, Director of Communications, Marin General Hospital*
- "Pacific Union is proud and honored to sponsor CIP again this year. The great mental health work generated by this caring group and their 'extended family' reaches far beyond the individual and into the community at large." — *Brent Thomson, Senior Vice President, Pacific Union and Christie's International Real Estate*

MEET THE CHALLENGERS!

We are delighted to announce that these top Marin restaurants will be taking up the 2014 Loving Spoonfuls Marin's Appetizer, Soup, and Dessert Challenge. Each one will enter two or three dishes, vying to win the People's Choice and Expert Judges' Awards.

A Piece of Cake & Confections ~
Returning Challenger!

Bayside Marin ~
Returning Challenger!

The Cooking School at Cavallo
Point ~ *New!*

Fenix ~ *New!*

Il Davide Restaurant ~
2012 Winner!

L'Appart Resto ~ *2012 Winner!*

Odalisque Cafe ~ *New!*

Peacock Gap Range Cafe
& Clubhouse ~ *New!*

Marin Joe's ~ *2013 Winner!*

Sol Food ~ *Returning Challenger!*

Tiburon Tavern ~ *2013 Winner!*

The Tavern at Lark Creek ~
2012 & 2013 Winner!

The Club at McGinnis Park ~
New!

Tomatina ~ *New!*

Vin Antico ~
2011 & 2012 Winner!

Whipper Snapper ~
2013 Winner!



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WHO WE ARE

Community Institute for Psychotherapy (CIP) is a nonprofit, tax exempt center founded in 1977 to provide high-quality, low-cost counseling and psychological services to individuals and families who don't have the resources to pay full fees for professional help. CIP offers a full range of services designed to meet a variety of needs.

We at CIP believe that through psychotherapy, training, education, and prevention, we have a vital role to play in personal and global change. We believe the healing of the individual and the healing of the planet are inseparable.

Our work is accomplished in cooperation and coordination with a wide variety of public and private agencies and individuals throughout Marin County.

Visit us at www.cipmarin.org

LOVING SPOONFULS Marin's Soup and Dessert Challenge

Saturday, January 25, 2014
12:00 noon to 3:00 p.m.

Mill Valley Community Center
180 Camino Alto, Mill Valley, CA

Tickets \$25 in advance, \$30 at the door. Kids under 12 free!
Buy tickets online at www.cipmarin.org
or by calling (415) 459-5999 x 101.

Savor and Sample, then Cast Your Votes!

Then watch the fun as our culinary experts
announce their choices for the Judges' Awards!
Thank you to our 2014 judges!

Tyson Greenwood (Head Chef, Apple)
Anna Haight (Marin IJ Bread & Butter Columnist)
Leslie Harlib (Food Critic & Author)

THANK YOU TO OUR 2014 SPONSORS!

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All proceeds from the event benefit CIP's ongoing work in the community!