



COMMUNITY NOTES

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

CIP is a community organization on so many levels.

There's our volunteer community who so generously give of their time and expertise.

This includes the mental health professionals

who make up our licensed clinical staff: Our clinical supervisors, whose names are listed on page 3, who mentor our intern-therapists and assure quality client care, and our expert clinical trainers. This also includes our Board of Directors, community leaders advocating for mental health and working on behalf of CIP.

Our professional network of referring agencies, public and private, as well as other health professionals, work with us to consistently and collaboratively provide the services needed by families and individuals, especially those with the least access to care. The value of this collaborative community to all of us living and working in Marin is enormous, creating safer school environments, productive workplaces, and vibrant neighborhoods, lightening the burden on public resources, social services, courts and hospitals.

Also essential to our work is our community of supporters: The individuals, small businesses, corporations and foundations that support our sliding scale and pro bono services so that we can serve families and individuals regardless of their ability to pay. We reach out to this community through multiple avenues: The annual Marin Human Race, our **I ♥ Healthy Families, Healthy Marin** online auction, our ongoing Business and Community Partnership program, and our very special *Community Cares!* program.

We thank each and every one of our volunteers, referral and collaborating partners, and our many supporters whose participation makes our work possible.

“A COMMUNITY THAT CARES!”

What does it take to make sure there are quality, accessible services available to enable troubled families to end conflict, struggling students to focus and learn, and adults to overcome challenges and enjoy productive, fulfilling lives? The answer: “A community that cares!”

CIP's *Community Cares!* campaign provides the vital funding that goes directly to make our most important safety-net services possible. Launched in August 2014, CIP's *Community Cares!* campaign quickly attracted the support of corporate and business leaders eager to join the effort as founding sponsors of this important initiative: **Bank of Marin; First Federal Savings & Loan of San Rafael; Union Bank; Wilson Markle Stuckey Hardesty & Bott, LLP; and Wordsworth.**

Our *Community Cares!* sponsors know that every dollar they contribute goes directly to address the problems that keep students from achieving their full potential and adults from being the parents, coworkers and neighbors they so want to be. Through sliding scale and pro bono services, CIP offers the prevention and early intervention that can make the difference of a lifetime.

We are actively seeking sponsors for our *2015 Community Cares!* campaign. CIP is pleased to recognize the generosity of our sponsors through a comprehensive marketing and publicity campaign. CIP's Board of Directors looks forward to hosting a “Thank you for Caring!” event for *2015 Community Cares!* sponsors in November, with wine and hors d'oeuvres, providing the chance for sponsors to meet and mingle with great company. See page 5 for more information about our sponsors and how to become a *Community Cares!* sponsor.



CIP Clinical Core Staff and Interns.

CIP PROGRAMS: HOLDING THE SAFETY-NET

CIP was founded in 1977 to provide access to quality, affordable care for those who otherwise could not obtain the services they need. In 2014, CIP delivered more than 8,500 hours of mental health services to more than 700 families, children and adults, 57% of whom had monthly household incomes under \$1,200, and 24% of whom had household incomes between \$1,200 and \$3,300. Of all clients, 92% did not have Medi-Cal.

ON-SITE PROGRAMS

Our on-site programs are offered on a sliding scale six days a week, 13 hours a day at our downtown San Rafael office. These programs represent approximately 66% of CIP service hours delivered each year.

- **Individual and Family Therapy:** Comprehensive services to resolve problems and restore emotional well being for improved quality of life.
- **Adult Therapy Groups:** Self-exploration and interpersonal learning to enhance communication skills and the ability to set and achieve personal goals.
- **Couples Therapy Program:** Support to enhance and deepen relationships, improve communication, and end repetitive conflicts.
- **Eating Disorders Therapy Program:** Comprehensive, effective treatment for individuals struggling with food issues, disordered eating, and/or body image.
- **Psychological Testing:** To enhance the quality and effectiveness of adult individual therapy.
- **Supervised Visitation:** Opportunity for children to spend quality time in a safe atmosphere with a parent who is required to be supervised.
- **Support for Single Parents and their Children:** Counseling to improve home environments, strengthen child-parent bond, and maximize children's school readiness and healthy long-term development.
- **Support for Survivors of Childhood Abuse:** Healing from trauma and help to overcome intimacy issues, substance abuse, and other problems.

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
Paula Sitelman, PsyD

DIRECTOR OF THE CBT AND DBT GROUP THERAPY PROGRAM
Robert Reiser, PhD

DIRECTOR OF COUPLES THERAPY PROGRAM
Pat Shelton, PhD, LMFT
Marianne Stefancic, LMFT

DIRECTOR OF CANAL ALLIANCE YOUTH COUNSELING PROGRAM
Lori Rifkin, PhD

DIRECTOR OF EATING DISORDERS PROGRAM & EMBODY POWER PROGRAM
Lois Friedlander, PhD

DIRECTOR OF SCHOOLS PROJECT
Shira Marin, PhD, LMFT

DIRECTOR OF WISDOM WARRIORS PROGRAM
Shira Marin, PhD, LMFT

DIRECTOR OF SENIOR ACCESS PROGRAM
Jen Tripathy, LMFT

DIRECTOR OF SUBSTANCE ABUSE OUTREACH PROGRAMS
Belinda Ryland, LMFT

SUPERVISION OF PSYCHOLOGICAL TESTING PROGRAM
Barbara Nova, PhD

(continued on page 5)

*CIP is . . .
Healing individuals
Helping families
Strengthening our community*

CIP CLIENT STATISTICS 2014

Gender		Residence	
Male	44%	Central Marin	62%
Female	56%	North Marin	16%
		South Marin	15%
Age		West Marin	6%
5-18 years	30%	Sonoma County	3%
19-25 years	6%	San Francisco	2%
26-55 years	48%	East Bay	2%
56+ years	16%		
		Work Status	
Marital Status		Unemployed	18%
Never married	63%	Employed part time	19%
Divorced	16%	Student	25%
Now married	14%	Employed full time	29%
Separated	3%	Not in job market	9%
Domestic Partner	3%		
Widowed	1%		

CLINICAL STAFF (CON'T)

Clinical Supervisors

Lonnie Barbach, LMFT
Martin Block, PhD
Eileen Brown, LMFT
Jennifer Cari, LMFT
Laura Foster Collins, LMFT
Jane Cunningham, LMFT
Ralph Daniel, PhD
Cara DeVries, LMFT
Dannean Farris, LCSW
Sue Fleckles, PhD
Ann Gordon, PhD
Hollie Hannan, PhD, LMFT
Meghan Harris, PsyD
Elisabeth Hathaway, PhD
Raja A. Hornstein, PsyD
Mark Jensen, PsyD
Laurie Kaplan, PhD
Margot H. Kirschner, PsyD
Yvonne Klitsner, LMFT
Jennifer Loyer, LMFT
Shira Marin, PhD, LMFT
Shana Millstein, PhD
Robert Nemerovski, PsyD
Anka Paine, PsyD
Jonathan Pofsky, LMFT
Ghazaleh Rafati, PhD
Diane Ray, LMFT
Jane Reingold, LMFT
Eric Reitz, PhD
Jeana Reynolds, LMFT
Jennifer Rice, PhD
Joan Robinson, LCSW
Carolina Rosales-Wyman, LCSW
Frederick G. Rozendal, PhD
Catherine Sancimino, PhD
Katharina Sandizell, MA, LMFT
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
Maysie Tift, LMFT
Karen Weinberger, LCSW

Intern-Therapists

Lorretta J. Abbott, MS, MFTI
Nalini Calamur
Catherine Greene
Lena Grintsaig
Chris Guthrey, MA
Ruth Horton, MA
Kristi Hudson, MA, MFTI
Robert Johnson
Aimie Jory-Hile
Jen Joseph
Caroline Keystone, MA
Lucy Klein
Larissa Laska-Ruebusch, MA
Arley Lindberg, MSWI
JoAnne MacTaggart, MA
Katarzyna "Kasia" Kanska, MA
Samantha Russell
Blanca Sanchez
Nadia Thalji, MA
Michelle Zody, MA

CIP OFF-SITE PROGRAMS MEETING COMMUNITY NEED

For more than 38 years, CIP has responded to the emerging needs of Marin residents and the organizations who serve them. Our off-site programs are provided on a pro bono basis and represent approximately 34% of CIP service hours.

NEW IN 2014-2015

The following programs were launched in September 2014, the start of the CIP internship training year, at the request of our collaborative partners:

California Reentry Program at San Quentin provides one-on-one counseling for prisoners preparing for release to assist them in making a successful transition into the community.

RotaCare Program offers counseling and referrals for uninsured and underinsured adults seeking care through the weekly RotaCare clinic in San Rafael.

School-based Resiliency Education and Family Support, a pilot program serving students at Coleman Elementary and Davidson Middle schools to increase children and families' protective factors, reduce risk factors, and support caregivers in creating nurturing home environments.

SUCCESSFUL ONGOING PROGRAMS

The Schools Project last year provided 2,400 hours of one-on-one and group counseling in Marin public schools, serving approximately 100 low-income elementary, middle- and high-school students to help them overcome emotional problems, avoid substance abuse and succeed in school.

Wisdom Warriors School-based Groups for at-risk middle-school students provide important skill building to foster resilience, emotional well being, and interpersonal skills to prevent bullying, isolation, and self-destructive behaviors.

Canal Alliance Afterschool Youth Counseling Program for students striving for high school graduation and college entry.

CIP has enjoyed longstanding collaborations with Marin organizations to provide counseling to clients at their facilities, thereby reducing overhead, duplication of service, and logistical problems for vulnerable individuals.

Helen Vine Detox Center program for clients in the first days of sobriety.

Angela's Story

A 13 year-old middle-school student, Angela came to Marin to live with her grandmother after losing her mother to suicide. At school, she kept to herself, not interacting with other students; her grades were poor. Referred to the Schools Project, Angela began to communicate her feelings to her CIP intern-therapist through art and stories, and a trusting relationship developed between them.

By the end of the school year, the young student had learned to express her grief, feelings of abandonment, and the difficulties growing up without her mother. She could count on that weekly therapy session. It was a safe retreat from the chaotic world of middle school.

A Heartfelt Thank You to Our Donors: January 2014 - January 2015

We gratefully acknowledge the generous support of our donors and grantors. You make our work in the community possible! Because of you, CIP is here helping families, healing individuals, and strengthening our community. Thank you!

Individual Donors

Circle of Inspiration

Nancy Bertelsen
Elizabeth Case
Colleen J. Ralphs Trust
Mark J. Rice
Lynn Roy
Cordie & George Traber

Circle of Friends

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Lonnie Barbach
Helen & Alan Bonapart
Alexandra Botwin
Alan & Elyse Boyar
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Delia Brinton
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Life Support M Inc
Paula J. Machado
Maureen Machanich
Martin & Ruth Malkin
Gilda Meyers, LMFT

Circle of Friends(cont.)

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Esther Wanning
Marilyn Weyant
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Business and Community Partnership Program

Alain Pinel Realtors
Hennessy Advisors
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Grants

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Online Auction Donors

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Jordan Vineyard & Winery
J's Petting Zoo
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Knick
La Note & Café Clem
Landmark Theatre
Lark Theatre, Larkspur
Laurel Inn
Life and Body Network
Chiropractic
Lindsay Wildlife Museum
Lodge at Tiburon & Tiburon
Tavern
Los Palmares
Marin Brewing Company

Online Auction Donors (cont.)

Marin Center
Marin Shakespeare Company
Shira Marin, PhD, LMFT
Marin Symphony Association
Marin Theatre Company
Marsha & Floyd Heckman
Milvali Salon
Mountain Play
Moylan's
Mulberry Street Pizzeria
Napa Valley Bike Tours
Nothing Bundt Cakes
ODC Dance/The Center for
Dance in the West
Orcutt Chiropractic
Pacific Repertory Theatre
Gerald & Maxine Parrick
Paws-atively Pet Photos
Peacock Gap Range Café &
Clubhouse
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Piatti's
Piazza D'Angelo
Point Reyes Outdoors
Bob Puett
Radiant Embodiment
Ragged Sailor
Redwood Chiropractic
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Roadside BBQ
Ross Valley Players
Andrea Sakellarion
Diana Sanabria
San Francisco Opera
San Francisco Segway Tours-
Electric Tour Company
San Francisco Symphony
San Francisco Zoo
Saylor's Restaurant and Bar
Sen Spa
SF JAZZ
SkinSpirit
Sonoma Raceway/Infineon
Raceway
Sonoma TrainTown
Sorella Caffè
Synergy Holistic Mobile Spa
Terra Mia Ceramics
The Club at McInnis Park
The Lingerie Shoppe
The Melting Pot
Toast
Touchstone Climbing and Fitness
Tub-Tim-Thai Restaurant
UC Berkeley Art Museum and
Pacific Film Archive
Vichy Springs Resort
Whole Foods
Whole Person Running Coach
Wildcare
Mara Williams, ANP
Wordsworth
Yerba Buena Center for the Arts
Ron Young

2015 COMMUNITY CARES! CAMPAIGN

Each year, CIP provides comprehensive, quality mental health services to families, adults and children, providing a critical safety net. But we cannot do it alone. By becoming a 2015 *Community Cares!* sponsor, you will bring healing, health and hope of a brighter tomorrow to those in need in our community.

As a 2015 *Community Cares!* sponsor, your support will be recognized through a year-long comprehensive publicity campaign, including your company logo and write-up on CIP's website, and in print and monthly online newsletters, as well as press releases, and social media. We will also host a "Thank you for Caring!" event for our 2015 *Community Cares!* sponsors in November with wine and hors d'oeuvres where you can meet the other sponsors and mingle with great company.

Sponsorships start at \$1,000. For more information about how to become a 2015 *Community Cares!* sponsor, visit www.cipmarin.org.

Thank you to our 2014 *Community Cares!* Sponsors:

- Bank of Marin
- First Federal Savings & Loan of San Rafael
- Union Bank
- Wilson, Markle Stuckey Hardesty & Bott, LLP
- Wordsworth

CIP BOARD OF DIRECTORS

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Guide Dogs for the Blind

Trista Akers, Senior Relationship
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SPONSOR SPOTLIGHT:

UNION BANK

"Proud to Support the
Community"



Union Bank has been dedicated to serving the financial needs of its customers and building thriving communities for 150 years.

Through the Union Bank Foundation, the bank invests in the communities it serves through grants, community outreach, and volunteer hours to local nonprofit organizations. Our investments focus on community economic development, affordable housing, education, the environment, and health and human services.

The bank has supported many of Marin County's nonprofit organizations and civic groups that impact our communities through initiatives such as education, social services, and affordable housing.

"Union Bank is proud to support the Community Institute for Psychotherapy to help make a difference in people's lives in our communities," said Dan Rheiner, managing director and regional manager for the greater Marin region. "We are pleased to sponsor *Community Cares!* and support the work that the dedicated team is providing in our communities every day."

Learn more at www.unionbank.com.

SPONSOR SPOTLIGHT: BANK OF MARIN

At Bank
of Marin
we strive
to build



partnerships with our customers and the communities we serve based on respect and commitment. Known for our dedicated local team of bankers who provide quick turn-around, flexibility, and ongoing guidance for our customers' financial needs, we work hard to surpass expectations. We call this 'legendary service.'

We're also passionate about supporting local communities, helping those in need, and partnering with non-profits, schools, and civic organizations. We're proud to contribute to hundreds of non-profits and volunteer over 10,000 hours a year.

Bank of Marin has been a strong supporter of Community Institute for Psychotherapy for many years. We are delighted to help CIP assure that all in need have access to quality mental health services.

Learn more at <https://www.bankofmarin.com/>.



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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

SUPPORT CIP IN THE 2015 MARIN HUMAN RACE!



Each year, thousands of people of all ages and abilities join the Marin Human Race to raise money for nonprofits. Whether you like to run or walk, engage in fun activities, or simply want to cheer on CIP interns, staff, and supporters from the sidelines, we hope you'll show your support for CIP on Saturday, May 9, 2015, in the 33rd Annual Marin Human Race.

Join the Fun!

Sponsor Team CIP by making a tax deductible donation of \$10, \$20, \$50, \$100, or whatever you can. Every donation counts! Your gift will go directly to provide needed services for families, children, and adults here in Marin. Visit the CIP Human Race donation page at <http://www.marinhumanrace.org/goto/CIP>

Sign up to be one of the Team walking or running the easy 5k course.

Visit <http://www.marinhumanrace.org/about/run-walk-information/>

PROFESSIONAL DEVELOPMENT PROGRAM

SPRING SCHEDULE

Seminar for Professionals

EVIDENCE-BASED PSYCHOTHERAPY FOR MOOD DISORDERS

Robert Reiser, PhD
 Saturday, March 21, 2015
 9 am – 4 pm

Community Networking Session:
 4 – 4:30 pm

Class

MULTIPLE DIMENSIONS IN A CHILD CASE: FROM BIRTH TRAUMA TO RECOVERY

Tessa Marie Capitolo, LMFT
 Saturday, March 7, 2015
 9 am – 1 pm

Community Networking Session:
 1 – 1:30 pm

For more information or to register, please visit our Professional Development page at www.cipmarin.org or call (415) 459-5999 x101.