



Dear Friend:

This year, CIP celebrates 40 years serving Marin's families, children, and adults, through our quality, affordable mental health services, outreach, and education. We are excited to invite you to join with us in marking this milestone by becoming a sponsor of a very special event, a community conference, *Raising Healthy Families: Building Connection, Compassion, and Community*.

Our theme for this year's conference will be how parents can help their children form healthy relationships with themselves and family members, peers, and the community. Sessions will include "The Illusion of Connection: Parenting in the Age of Technology," "Mindfulness in Parenting: How to Be Present with Our Children" and a panel on the topic of inclusivity, differences, and compassion.

This day long event for parents, educators, professionals, and other members of our community will be held at the Marin County Office of Education (MCOE) on March 3, 2018, and co-sponsored by the MCOE. The event format will be modeled on our two previous, very successful conferences, *New Treatments, New Hope: Update for Families and Professionals on Treating Depression, ADHD, and Substance Abuse* and *Raising Healthy Teens: Overcoming the Mental Health Challenges of the Transition to Adulthood*. Both events attracted capacity crowds and generated vital funding for community services.

A major feature of the conference will be a Resource Exhibition for attendees to browse throughout the day. Community Conference Sponsors at the \$10,000, \$5,000, and \$2,500 levels will receive exhibition space in which they can display literature, provide information, and receive recognition for their support of the event.

As a Community Conference Sponsor, your support will be recognized through a year long comprehensive multimedia publicity campaign: your company logo and profile will be shared on CIP's website and you will benefit from promotion through print and monthly online newsletters, press releases, and social media. We've included more details on our "Sponsor Benefits" as well as other materials about the conference.

All event proceeds will go directly to support CIP's safety-net programs. Through our sliding scale and pro bono services, CIP assures that disadvantaged families and individuals have access to the quality care they need to regain emotional stability and live full, productive lives.

Please feel free to contact me at (415) 459-5999 ext. 100 or email rjberenson@cipmarin.org with questions or comments. We've enclosed a "Sponsor Response Form" for your convenience in getting back to us. We look forward to hearing from you.

Sincerely,

Robin Joy Berenson, PhD, LMFT
Executive and Clinical Director



Community Institute for Psychotherapy
1330 Lincoln Avenue, Suite 201
San Rafael, CA 94901

**Raising Healthy Families:
Building Connection, Compassion, and Community**
CIP's Community Conference

Conference Details

CONTACT: Dr. Robin Joy Berenson, CIP, (415) 459-5999 ext. 100

CO-HOSTS: **Community Institute for Psychotherapy**, a tax-exempt, nonprofit organization providing quality, sliding scale mental health services, in partnership with the **Marin County Office of Education**.

AUDIENCE: *Raising Healthy Families: Connection, Compassion, and Community* is an all day conference for parents, educators, mental health professionals, and other members of our community. We anticipate an attendance of approximately 200. Spanish translation will be provided.

WHERE: Marin County Office of Education
1111 Las Gallinas Ave, San Rafael, CA 94903

WHEN: Saturday, March 3, 2018, 8:30 AM – 4:30 PM

PRICE: **Public Admission:** Suggested donation of \$75, \$50, \$25 or scholarship

Please note: It is our intention to make our Community Conference accessible to everyone. As a nonprofit, we depend on the generosity of our community to be able to provide vital services to our community. We ask that attendees select the level of tuition for the conference that matches their ability to contribute. All requests for scholarship will be granted.

Professional Admission:

Non Members: \$100 early registration up to 10 days prior to class, \$90 after

CIP Members: \$75 early registration up to 10 days prior to class, \$85 after

CEs: 6 CE's for LMFTs, LCSWs, and Psychologists

PURPOSE: The purpose of this conference is to educate community members and professionals about critical issues facing our community. In a world in which technology gives the illusion of connection, how can we help our children forge real, healthy relationships with themselves and with others? How can mindfulness techniques help parents and other adults be more present for the children in their lives? How do we teach our children to understand and accept differences and to create a more inclusive community? By bringing together Bay Area experts to speak to these and other questions, we seek to give attendees information and tools that will empower them to help raise children who are curious, compassionate, and resilient. We know that when we raise healthy families, we can make our community safer, healthier, and more inclusive.

SPONSOR

BENEFITS: Community Conference Sponsors will be recognized for their support through a year long comprehensive multimedia publicity campaign including company logo and profile on CIP's website and promotion through print and monthly online newsletters, press releases, and social media. In addition, a Resource Exhibition will be open for all attendees throughout the day. Community Conference Sponsors at the \$10,000, \$5,000, and \$2,500 levels will receive exhibition space in which they can display literature and provide information to conference

attendees, alongside Community Partners (other nonprofit and community organizations). Earliest commitments yield greatest benefits. (Please see “Sponsor Benefits” enclosed.)

PROCEEDS:

All conference proceeds will go directly to support CIP’s safety-net programs for disadvantaged families and individuals, providing them access to the quality care they need to regain emotional stability and live full, productive lives.

Raising Healthy Families: Building Connection, Compassion, and Community

CIP's Community Conference

Conference Sessions and Speakers

Keynote by Dr. Matt Willis

Matt Willis, MD, MPH, is the Public Health Officer for Marin County, California. Dr. Willis has drawn on experience as a primary care physician and an epidemiologist to promote health and well-being for all Marin County residents. Prior to his role as Health Officer, Willis served in the U.S. Public Health Service as a Clinic Director in the Indian Health Service, and as an Epidemic Intelligence Service Officer at the Centers for Disease Control and Prevention in Atlanta. He holds a BA in Medical Anthropology from Brown University, a Medical Degree from Temple University, and completed a Master's in Public Health and Internal Medicine residency at Harvard University. Marin's Public Health Officer since 2013, Dr. Willis is a champion for innovative and highly collaborative approaches to complex local public health challenges. He is a member of several state task forces dedicated to the opioid epidemic and has shared the RxSafe Marin model in state and national forums. He lives in Marin County with his wife and three children.

Panel Discussion: Building an Inclusive Community—How to Raise Children Who Are Compassionate about Difference

In a time when both national and local politics can be divisive, it is more important than ever for us to raise children who are compassionate and inclusive of others. In this panel discussion we invite four community experts to share up to date information about the impacts of social isolation and exclusion in our community as well as strategies for talking about difference and creating more inclusive communities, starting with our own families.

Moderator

Carrie Sterns has been active in social justice leadership programs since high school, and is passionate about the power young people have to change the world. She began her social justice journey as a participant in a Dismantling Oppression Youth Leadership Institute in her hometown of St. Louis, MO and went on to staff and direct the program for 4 years. Carrie received her undergraduate degree at Hampshire College, and an MA in Sexuality studies at San Francisco State University. Carrie's work has included providing marginalized LGBTQ youth access to health education and social services, facilitating behavioral intervention groups and violence prevention programming, and leading anti-oppression workshops across the country. Since 2014, Carrie has been the Jeremiah Fellowship Director at Bend the Arc: A Jewish Partnership for Justice. In this role, Carrie trains young adults in community organizing, advocacy, and social justice related to racial and economic equality in the United States.

Panel

Janna Barkin is the proud mother of a transgender son and a passionate transgender youth rights advocate. A long-time Marin County resident, she is well known and loved as a yoga teacher and childbirth educator, and also as a preschool teacher/director. Janna and her husband Gabriel raised their three children in Novato and now reside in Sausalito. She writes regularly for the Huffington Post and on her personal blog, *He's Always Been My Son*. Janna's new book, *He's Always Been My Son: A Mother's Story About Raising Her Transgender Son*, was published by Jessica Kingsley Publishers in August 2017. Janna's family has come a long way since their child, Amaya, first told them he was a boy and not a girl, and this captivating memoir charts the family's experiences of raising Amaya, from birth through to adulthood. With chapters written by Amaya's family and friends, Janna shares personal stories of the support and discoveries her family has encountered and provides a "care package" of advice for families facing similar issues, including a glossary of helpful terms and a list of hand-picked support sources. Written with warmth and humor, *He's Always Been My Son* reminds us to accept others for who they are.

Karen DeVaney, PsyD, is a licensed clinical psychologist specializing in child, adolescent, and adult psychotherapy and psychological assessment. She received her doctorate degree in clinical psychology from the Wright Institute. Dr. DeVaney has 13 years of experience providing psychotherapy, psychological testing, and consultation services for culturally diverse youth, adults, and families in private practice, community mental health, and school-based settings. For many years she taught and supervised within Ann Martin Center's clinical training program for pre and post-doctoral interns, providing broad-scope mental health services in East Bay communities. In recent years she coordinated Ann Martin Center's Psychological Assessment Program and Practicum Training

Program. In addition, she has served as Adjunct Faculty in the Wright Institute's Collaborative Assessment program. Dr. DeVaney has extensive experience providing therapy and assessment from a psychodynamic perspective for youth and adults. Professional interests include therapeutic assessment, mindfulness-based therapeutic approaches, and interplay between psychology and culture. Dr. DeVaney joined Community Institute for Psychotherapy as an Assistant Clinical Director in September 2017.

Pepe Gonzalez was born and raised in Point Reyes Station in rural West Marin County. After graduating from Dominican University of California in San Rafael with a degree in education and a multiple-subject teaching credential, he taught fifth grade in the dual Language Program at Venetia Valley K-8 School. After three years of teaching and earning a Master's Degree in Educational Leadership from Sonoma State University, Mr. Gonzalez was promoted to Vice-Principal, then Principal at Venetia Valley. In 2010 Mr. Gonzalez became the principal of Laurel Dell Elementary and the newly opened Short Elementary School. Pepe Gonzalez is the past president of the Dominican University of California Alumni Board, chair of the board of Ten Thousand Degrees, board member at the Marin San Francisco Food Bank, and an active member of the San Rafael community. Pepe resides in San Rafael where he enjoys hiking and biking with his wife and two boys.

Karen Kaplan has worked as professional in the field of special education for over 35 years. Currently she is the Executive Director at Wings Learning Center for children with autism spectrum disorders in San Mateo County. Previously, she served for six years as the acting Executive Director of the Oak Hill School and for 20 years as the founder and Executive Director of the Kaplan Foundation, a non-profit residential school for children with special needs in Sacramento. In addition, Karen has worked as a speech therapist, a special education teacher, author, college instructor, and consultant, as well as serving as a board member for centers for special needs and as a Special Needs Delegate to China and Cuba for People to People.

Mindfulness in Parenting: How to Be Present With Our Children

A Zen Master was once asked, "What is the point of practice?" And the Master replied, "to offer the appropriate response." As parents and caregivers, knowing and offering the "appropriate" response to our children can be so challenging. Explore how mindfulness practices can help parents and other caregivers respond to children with compassion, understanding, and love. Session will include short guided meditations, small group discussions, and practical ideas for applying these teachings at home.

Grace Fisher, LMFT, JD, M.Ed., has a private practice in San Anselmo working with individuals, families, and young adults. She has practiced Insight Meditation for over 14 years. She is a former lawyer who holds a Masters in Education from Stanford and a Masters in Counseling Psychology. At Spirit Rock, she was a member of the Teen Council for many years and co-led parenting and teen classes and she has also assisted on the young adult, family, and women's retreats. As a mother of a young girl, she is especially interested in holding and supporting parenthood as a spiritual path.

The Illusion of Connection: Parenting in the Age of Technology

As communications technology has evolved, the amount of time people spend online has increased dramatically. How is this change affecting the nature of parent-child relationships? What is the impact of compulsive Internet use in children and adults? How should parents respond to the ever present call of Internet use and what strategies can they use to teach and protect their children?

Mark Edwards, MS, LMFT, is a licensed marriage and family therapist in private practice in San Rafael offering psychotherapy for children, teens, adults, and families. In addition to clinical practice, Mark also teaches graduate level classes at Sonoma State University on the topic of "Developmental and Clinical issues with Children and Adolescents." He has worked as a school counselor and as a member of the clinical staff of several nonprofit agencies, including as Assistant Clinical Director at Community Institute for Psychotherapy.

**Raising Healthy Families:
Building Connection, Compassion, and Community**
CIP's Community Conference

Sponsor Benefits

Each year, CIP delivers quality, affordable mental health services to hundreds of vulnerable disadvantaged families, adults, and children, providing a critical safety-net in our community. By becoming a Community Conference Sponsor, you enable CIP to continue to bring healing, health, and hope of a brighter tomorrow to those most in need in our community.

All **Community Conference Sponsors** will be recognized during a year-long publicity campaign:

- ! Our Community Conference webpage with sponsor logos and profiles will be a direct link from CIP's home page.
- ! Regular Community Conference columns in our print and monthly online newsletters.
- ! Community Conference press releases to online, print, and social media.

Advocate \$10,000

- ! An eight-foot table in a prominent position at the day-long Resource Exhibition during the conference.
- ! Top listing and acknowledgment in all Community Conference publicity.
- ! A half-page article with photo in CIP's print and electronic newsletter.

Steward \$5,000

- ! An eight-foot table in a prominent position at the day-long Resource Exhibition during the conference.
- ! Prominent listing and acknowledgment in all Community Conference publicity.
- ! A quarter-page article with photo in CIP's print newsletter.

Partner \$2,500

- ! A six-foot table at the day-long Resource Exhibition during the conference.
- ! Listing and acknowledgment in all Community Conference publicity.
- ! A profile with photo in CIP's print newsletter.

Supporter \$1,000

- ! Listing and acknowledgment in most Community Conference publicity, including CIP's print newsletter.

Early commitments yield the greatest benefits. All funds are due December 1, 2017.

CIP is a 501(c)(3) organization and donations are tax-deductible (ID# 94-2499583).

Raising Healthy Families:
Building Connection, Compassion, and Community
CIP's Community Conference

Sponsor Response Form

To: Community Institute for Psychotherapy

Fax: (415) 459-5602

Email: admin@cipmarin.org

Please type or print clearly

Contact Name

Business/Company name as it should appear in all publicity materials

Mailing Address

Phone: _____ **E-mail:** _____

Sponsorship Level:

___ Advocate (\$10,000) ___ Steward (\$5,000) ___ Partner (\$2,500) ___ Supporter (\$1,000)

We appreciate your willingness to send your payment as soon as possible.

Early commitment yields the greatest benefits (see "Sponsor Benefits").

All funds are due December 1, 2017.

___ **Credit card: Card #** _____ **Exp. Date:** ___ **CID#:** ___

___ **Check made payable to "Community Institute for Psychotherapy."**
and sent to CIP, 1330 Lincoln Avenue, #201, San Rafael, CA 94901.

___ **Please send me an invoice.**

Thank you for supporting CIP and our work in the community!

Questions? Phone (415) 459-5999, ext. 101 or email admin@cipmarin.org.