



COMMUNITY NOTES

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

In 2018, CIP created our *Raising Healthy Families* series in response to the troubling signs we had observed among the Marin youth we worked with: a dramatic increase in depression, anxiety, self-harm, and other serious conditions.

We recognized the need to provide Marin parents and other community members with the best practical information to support children and teens' healthy development. The expert presenters in this series have repeatedly stressed the critical role parents can play in helping their children safely navigate the difficult territory of adolescence today. Our goal is to provide them the tools to do so.

Since then, professional and public concern—even alarm—has continued to rise about the mental wellbeing of our youth nationwide. In the article, "It's Life or Death': The Mental Health Crisis Among U.S. Teens," the *New York Times* noted, "In December [2021], in a rare public advisory, the U.S. surgeon general warned of a 'devastating' mental health crisis among adolescents."

We look forward to our upcoming *Raising Healthy Families Community Education Series*, now in its seventh year, to be held on four evenings in March 2023. This year's topics will again address some of the most urgent challenges confronting families today. Please read more in this issue of *Community Notes*.

The right help at the right time can make the difference of a lifetime. . . .

January 1, 2023

Dear Friends:

The events of recent years and today's continuing uncertainty have had a devastating impact on the mental health and wellbeing of our community.

We see the signs everywhere: parents seeking help for their families; troubled students unable to focus and learn; adults battling depression, isolation, and addiction.

When problems arise, timely access to care is critical to keep symptoms from worsening, escalating, becoming entrenched.

For more than 40 years, we at CIP have made our affordable care available to those most in need. As a result, homes are safer, children more confident and able to learn, and individuals able to build more productive, satisfying lives.

*Never has the need for our comprehensive services been greater—
or our need for your support more urgent.*

Donations from the community make it possible for CIP to offer our services on a sliding scale, below cost, to assure that no one is turned away for lack of ability to pay.

We know that the right care at the right time can make all the difference. With your help today, CIP will remain a critical resource in our community making that difference.

Thank you for your consideration.

Sincerely,

Robin Joy Berenson, PhD, LMFT
Executive and Clinical Director

P.S. To donate, please use the enclosed envelope or go to cipmarin.org/support-cip/

PROFESSIONAL DEVELOPMENT SERIES 2022-2023

For the complete listing of our 2022-2023 Professional Development, more information on the topics, learning objectives, and presenter bios, or to register for an event, please visit our Professional Development page at www.cipmarin.org or call (415) 459-5999 x101.

SEMINARS FOR PROFESSIONALS

All seminars are held at Embassy Suites, San Rafael

6 CEs for LMFTs & LCSWs and 6 CEs for Psychologists

CIP Member Rate: \$100 early registration up to 10 days prior to seminar, \$120 after

Non-member Rate: \$130 early registration up to 10 days prior to seminar, \$150 after



THE DYNAMICS OF PERSONALITY DEVELOPMENT:

FREUD, KLEIN, AND BION UNPLUGGED

Presented by Jennifer Kunst, PhD

Saturday, February 4, 2023 | 9:00 am – 4:00 pm



THE CHALLENGE OF EXTRAVERSION:

STAYING ENGAGED WITH THE OTHER

Presented by John Beebe, PhD

Saturday, April 29, 2023 | 9:00 am – 4:00 pm

CLASS

Held in-person at the San Rafael Community Center

4 CEs for LMFTs & LCSWs and 4 CEs for Psychologists

CIP Member Rate: \$75 early registration up to 10 days prior to class, \$90 after

Non-member Rate: \$100 early registration up to 10 days prior to class, \$115 after



THE LIVELY LANGUAGE OF THE DREAMING MIND

Meredith Sabini, PhD

Friday, April 28, 2023 | 1:00 pm – 5:00 pm

Community Institute for Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Institute for Psychotherapy maintains responsibility for these programs and their contents.

Accommodations will be made wherever possible for those with disabilities. Please let us know of any disabilities upon registration to ensure proper accommodations are put in place prior to workshop/training.

Cancellations must be received in writing 10 business days prior to the seminar or class for a refund minus a \$25 cancellation fee.

Membership brings benefits! To learn more and become a member, visit www.cipmarin.org.

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Vanessa Morrison, LMFT

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Kristi Hudson, LMFT

“CIP is...a wonderfully special training institute where learning takes place almost every minute of every day. . . . It is a true learning center.”

—Sarah Cirese, PhD,
former Assistant
Clinical Director

CLINICAL STAFF

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PROGRAM UPDATE: SCHOOL-BASED SERVICES

Making the Difference of a Lifetime

As part of our ongoing mission, our programs focus on providing maximum access to care for vulnerable populations, especially young families and school-age children. Among CIP's largest and most important programs is our School-Based Services, Supporting Our Youth Schools Project and Wisdom Warriors therapy groups.

The purpose of these highly successful and popular programs is to address public school students' mental health needs through a continuum of care offering prevention, early intervention, and treatment to enable students can overcome problems, stay in school, and enjoy healthy social development. Emphasis is given to the development of personal strengths and inner resources, including resilience, and healthy coping and decision-making skills.

Inaugurated in 1991, the Schools Project was created to provide one-on-one counseling and group therapy to struggling students at risk of school failure due to urgent emotional distress.

In 2011, school personnel at collaborating schools requested a program that would help students experiencing problems with making friends, avoiding risk, managing stress and anger, understanding boundaries, and similar problems. In response, we created Wisdom Warriors therapy groups.

Significantly, the programs serve to identify those youth experiencing more acute distress, in need of more intensive services. In 2021-2022, more than 48% of Wisdom Warriors students were referred for therapy outside the school program while others suffered with extreme suicide ideation. Several were hospitalized. In addition, approximately 30% of students' families receive referrals to such community resources as medical care, substance abuse treatment, legal and financial aid, child care, and safe housing.

Two Stories

Note: The names and circumstances in these vignettes have been altered, but the problems are representative and outcomes very real.

The Schools Project

Susan, 13, was referred to CIP's Schools Project after her parents divorced and her father remarried and moved abroad. She had become increasingly withdrawn and her school work was often unfinished.

In counseling, Susan's CIP intern-therapist encouraged her to talk about her father and her memories of him, something that she was not comfortable doing at home. Together they planned how she might begin an email correspondence with him.

She encouraged Susan to understand that just as he had made a new start, so she could find new interests and goals. The intern-therapist also met with Susan's mother to share with her the ways she could support Susan in overcoming her unhappiness at being separated from her father.

Susan began to open up more at home and to participate more in the classroom, including joining the year book committee.

Wisdom Warriors

Clara was chosen for the six-session Wisdom Warriors group because the school counselors noticed she was having a hard time making friends. She walked through the halls with her head down, wearing the same gray sweatshirt every day.

Wisdom Warriors enabled Clara to interact with a small group of her peers who were also struggling with loneliness and family losses. She values the group for giving her a chance to "come out of her shell" and "talk about tough stuff." In particular, the brief mindfulness meditation used in the group allows her to "quiet my mind for a few minutes." Clara talked

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SUPPORT CIP!

AmazonSmile is a simple way to support CIP every time you shop, at no cost to you.

When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection, and convenient shopping experiences as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to support work in the community.

Visit
smile.amazon.com
to learn more!



SPONSOR SPOTLIGHT:

**“A DEEP COMMITMENT
TO OUR COMMUNITY”**



CIP gratefully acknowledges First Federal Savings and Loan of San Rafael for their generous sponsorship of our 2023 *Raising Healthy Families* community education series at the Partner level.

“We believe that customers are best served when decisions are made at the local level by people who understand the area’s unique needs and values,” states First Federal President and

CEO Paul Simmons. “Quality service and a deep commitment to our community have been guiding principles since we were established in 1963. With the highest level of safety, stability, and service in mind, we have a deep appreciation of the trust that our customers put in us.

Our mission:

“First Federal is committed to being a superior community financial institution, offering real estate financing and deposit services at fair and competitive rates, while adhering to the highest standards of business ethics, safety, and excellence in service.

“We do banking on a first-name basis with a knowledgeable and friendly staff who understand our customers’ financial needs. From this perspective, responsible decision making on the local level, while carefully evaluating the risks, is what defines our standard business practice.”

CIP thanks First Federal Savings and Loan of San Rafael for their sponsorship and ongoing support of CIP and our work in the community.

**THANK YOU TO OUR
GENEROUS 2023 SPONSORS!**

Your sponsorships enable CIP to continue to bring healing, health, and hope of a brighter tomorrow to those most in need in our community.

PARTNER LEVEL



SUPPORTER LEVEL



All *Raising Health Families* proceeds go directly to fund CIP’s vital safety-net programs for Marin families, children, and adults.

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



2023 RAISING HEALTHY FAMILIES COMMUNITY EDUCATION SERIES

Co-hosted by the Marin County Office of Education
and Community Institute for Psychotherapy



THE OTHER IMPORTANT CONVERSATION: HOW TO TALK WITH KIDS ABOUT ONLINE PORNOGRAPHY

Presented by Mark Edwards, LMFT

When: Wednesday, March 1, 2023, 6 pm – 8 pm

As children negotiate their constantly connected lives, parents are faced with the general concern of online safety and, more specifically, the issue of unfettered access to online pornography. This presentation will outline the psychological factors involved in our attraction to pornography with an outline of the development of problematic pornography use in children and teens. Attendees will be given tools and suggestions to address the issue of online pornography, both for parents whose younger children have not yet accessed online pornography, and those who are concerned about their older children's current use.

Mark Edwards, LMFT, is a psychotherapist, trainer, teacher, and consultant. He has maintained a private practice in San Rafael since 2000 and works with a broad client group of children, adolescents, and adults. He has been a member of adjunct faculty of the Masters Program in Counseling at Sonoma State University for more than 10 years.



TALKING TO CHILDREN AND ADOLESCENTS ABOUT SUICIDE, SELF-HARM, AND OTHER RISK BEHAVIORS

Presented by Dana Meeks, PhD

When: Wednesday, March 8, 2023, 6 pm – 8 pm

While violence, suicidality, and mental health struggles in general continue to increase significantly in our society, our children and teens are exposed to a vast amount of content and influence on social media and the internet. This talk will provide attendees with advice on how, when, and what to say to children and teens about suicide, self-harm, and other risk behaviors.

Dana Meeks, PsyD, is the Manager of Clinical and Psychological Services at Alta Bates Medical Center; the Clinical Director of a private group practice in Oakland that focuses on providing mental health services to underserved community members; and is hired by attorneys as a jury consultant.



THE BOY CRISIS: WHY OUR SONS ARE STRUGGLING—AND WHAT WE CAN DO ABOUT IT

Presented by Warren Farrell, PhD

When: Wednesday, March 15, 2023, 6 pm – 8 pm

Why are boys falling behind girls in every academic subject in all 53 of the largest developed nations? Why are their IQs dropping and sperm counts declining by 60%? Why are boys committing suicide at five times the rate of girls?

This talk will provide parents with information on how to create family dinner nights that don't become family dinner nightmares; why dad involvement enhances children's well-being in more than fifty ways; and how to transform the seven major differences between dad- and mom-style parenting into checks-and-balance parenting, and much more.

Dr. Warren Farrell has been chosen by the Financial Times of London as one of the world's top 100 thought leaders. His books include The New York Times best-seller, Why Men Are the Way They Are, plus the international best-seller, The Myth of Male Power. His most recent is The Boy Crisis co-authored with John Gray.



"ACING PARENT-TEEN PARTNERSHIP" FIVE SKILLS FROM RELATIONSHIP SCIENCE TO OPTIMIZE ADOLESCENT DEVELOPMENT

Presented by Amanda Mason, PsyD

When: Thursday, March 23, 2023, 6 pm – 8 pm

In this presentation, Dr. Mason will clarify how parents can use recent research to support the development of healthy socio-emotional skills in their teens. Attendees will learn how five key relational concepts foster optimized socio-emotional and executive functioning. Key concepts target parent-teen communication, promote secure attachment, and benefit the parent-teen relationship by harnessing positive outcomes in predictable and healthy experiences of discord.

Understanding how to move skillfully through tough times with teens, offers parents confidence as it grows trust and workability in the parent-teen relationship.

Amanda Mason, PsyD, is a licensed clinical psychologist in private practice in Marin County, and an Assistant Clinical Director at CIP. She specializes in Relationship Therapy and works with her patients to optimize important transitions into partnership (co-habitation and marriage), family-building, parenting, and affair recovery.

A Heartfelt Thank You to Our Donors

January-November 2022

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

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Anonymous
Kenneth Perlmutter
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*CIP is . . .
Helping individuals,
Healing families,
Strengthening
our community*

YOUR DONATIONS MAKE OUR WORK POSSIBLE:

\$100 provides 2 therapy sessions to support an individual just released from incarceration working to reestablish a self-sufficient, productive life.

\$250 provides 5 hours of counseling and referral to resources in the community for a young mother experiencing postpartum depression.

\$500 pays for 10 hours of counseling and referrals for a recently laid-off family wage-earner, clean and sober 9 years, struggling to maintain sobriety.

\$1,000 provides assessment and weekly counseling for 4 students at imminent risk of school failure, suffering from depression and engaging in self-harm.

\$2,500 provides one 6-week program of Wisdom Warriors Therapy Groups for 6 to 8 at-risk middle school students to learn skills in healthy coping and decision-making to avoid substance abuse and other negative behaviors.

\$5,000 provides counseling for 3 families seeking to end domestic conflict and establish safe, nurturing homes to promote children's healthy development and school-readiness.

PROGRAM UPDATE: SCHOOL-BASED SERVICES

(continued from page 3)

of one particular exercise that let her connect to the "wisdom beyond her thoughts." This experience made her realize that she is strong in ways she hadn't known, changing her perspective about herself and life.

Last week, Clara walked into group with her head held high, wearing a bright purple dress. Her group members commented on how she wasn't wearing her gray sweatshirt. "I feel different today," she said and smiled at the counselors. "I am stronger than I thought."



ALLENSBY CHARITY FUND SUPPORTS YOUNG FAMILIES

In November 2022, the San Rafael Elks Lodge and the trustees of the Allensby Charity Fund announced year-end distributions to 23 separate Marin nonprofit agencies. CIP is very proud to have been among them, receiving \$2,000 in support of our Single Parent Families Program.

Since its inauguration in 1991, this CIP program has positively changed the lives of hundreds of young adults and their dependent children through affordable, quality mental health services. Because of Allensby Charity Trust's support, young parents will receive the help they need to overcome problems affecting their lives and their children's healthy development. They will be able to regain emotional wellbeing and develop the skills to nurture and care for their families. Parents and children will be better prepared to build healthier, happier lives now and in the years to come.

In 2022, the Allensby Charity Trust Fund celebrated its 37th year of charitable giving. While usually scheduled for distribution at the annual January reception, this year the Trust's distributions were "accelerated again due to the continuing needs of these agencies serving our community in this challenging environment."

The Trust originated from a grant donated and established by Floyd Allensby, a long-time Elk member and philanthropist. This year's distribution brings the Fund's cumulative grants to over \$1,000,000 as they continue to support one of Elks principle tenets, CHARITY.

The CIP Board of Directors gratefully thanks the Elks Allensby Charity Trust for their generous and ongoing support of our Support of our Single Parent Families outreach program.

CIP Board of Directors

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UNION BANK SUPPORTS CIP SCHOOL-BASED SERVICES

The Board of Directors of CIP gratefully acknowledges a generous grant of \$10,000 from the Union Bank Foundation in support of our School-based Services, which comprise Supporting Our Youth Schools Project counseling and Wisdom Warriors therapy groups. Together these programs each year serve approximately 135 low-income Marin public school students in need of mental health and other supportive services. (For more about these programs, please see page 3 of this newsletter.)

A long-time supporter of CIP, Union Bank has been dedicated to serving the financial needs of its customers and building sustainable communities for more than 150 years. Through the Union Bank Foundation, the bank provides grants, does community outreach, and collaborates with company partners to provide Union Bank employees with rewarding volunteer opportunities. The foundation's grants are focused on such strategic areas as community economic development, affordable housing, education, the environment, and health and human services.

Contributed income from corporate, foundation, and individual donations makes it possible for CIP to provide essential mental health services to those who otherwise could not receive the care they need. Whether on a sliding scale for services at our clinical offices or our pro bono work in the public schools and nonprofit and county organizations, such funding allows us to serve hundreds of vulnerable families, children, and adults each year.

In 2021 CIP served more than 625 families, children, and adults, 78% of whom had monthly household incomes under \$2,400. Over 52% of clients received income-based sliding scale services; 25% of clients received services pro bono; and 23% of clients through Medi-Cal/ Partnership Health/ Beacon. 36 % were ages 5-17; 49% 18-55; and 15 % 56 and over. In all, CIP delivered over 7,800 service hours.

Donations:

CIP is looking for laptops for our interns. If you have any laptops that you are no longer using or are preparing to replace, please donate them to CIP. All donations are fully tax-deductible.

Contact admin@cipmarin.org or call (415) 459-5999 ext. 101 to coordinate a laptop donation.



COMMUNITY INSTITUTE FOR PSYCHOTHERAPY
 1330 LINCOLN AVENUE, SUITE 201
 SAN RAFAEL, CA 94901-2141
 (415) 459-5999

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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



**2023 RAISING HEALTHY FAMILIES
 COMMUNITY EDUCATION SERIES**

Co-hosted by CIP and the
 Marin County Office of Education

Join us for this informative educational series as we examine critical issues facing today's families.

All events are free, but pre-registration is required.

Visit www.cipmarin.org to register, enter our Raffle, or make a tax-deductible donation.

All *Raising Healthy Families* proceeds go directly to support CIP's vital safety-net programs. Your donation at the highest level is greatly appreciated.

For more information on each presentation and presenter, turn to page 5.

All events held at the San Rafael Community Center,
 618 B St., San Rafael

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 (415) 459-5999 #101.