

CENTER NOTES

Moving Lives Forward
With Annual Report



Notes from the President

Ian Hunter, Ph.D.
President/CEO

Looking back on 2017, it was an extraordinary year of growth for our Center. Funding through the Mental Health Services Act along with Medi-Cal Expansion through the Affordable Care Act, Drug Medi-Cal, California Department of Corrections and Rehabilitation Division of Rehabilitation Programs translated to considerably more dollars to address the mental health needs of our most vulnerable citizens. Correspondingly, our Center added nine new programs, addressing the needs of children, the homeless, individuals with substance use issues and those who have been involved in the justice system.

There is much we do not know yet for what 2018 will bring. California will elect a new governor for the first time in eight years. Funding made available through the Affordable Care Act faces an uncertain future in the Federal Government.

All of that said, we are entering another year with the knowledge there will be a state budget surplus. The most recent information indicates state revenues have been run-

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A Look Back on 2017

A Year of Significant Growth and Expansion of Services New Programs to Serve our Community

CHILDREN'S SERVICES:

Bullying and School Violence Advocacy Program

The California Governor's Office of Emergency Services (CalOES) awarded the Center with a contract to provide services for those who are being bullied in schools. The services include a 24/7 hotline that offers counseling by phone, advocacy, resources and referrals for students, parents and educators. They are also focused on providing educational and informational presentations about bullying throughout the community. For more information about these services, call 844-256-0735.



Family Preservation Program

While the Center has been providing Family Preservation Services for 12 years, it was awarded with a new contract through the Department of Children and Family Services to offer a second team to provide services in an expanded area beyond the San Fernando Valley. Family Preservation is a strengths-based program that promotes both the safety and well-being of children and their families. It also strives to maintain permanency in the home for children identified through the Department of Children and Family Services and/or the Juvenile Probation Department. The program provides the critical services needed to enable the family to remain together in a safe and stable environment.

New Directions - Early Intervention and Diversion Program

In partnership with the Department of Probation and the Department of Mental Health, this program uses an evidence-based approach with mental

MovingLivesForward.org

Take a look at our newly designed web site!

Continued on Page 2

New Programs Continued From Page 1

health and cognitive behavior interventions for teenagers between 14 and 18 years of age who are first time offenders. The goals of this program are to improve the psycho-social functioning of the youth participant, decrease the number of violations leading to incarceration, and improve academic performance as measured by improved attendance, GPA and the number of credits obtained. The result will be a reduction in recidivism and improved educational performance, quality of life and family functioning for participating youth.

TRANSITION AGE YOUTH EMPLOYMENT SERVICES:

Supported Employment – Individual Placement and Support (SEIPS) Pilot Program for Transition Age Youth (TAY) Ages 18-25

The Department of Mental Health awarded the Center with a three year contract to provide employment services to the TAY population. The program embraces an evidence-based practice model for TAY who are also enrolled in a Full Service Partnership (FSP) program or are receiving Field Capable Clinical Services (FCCS), both programs that the Center also offers. The program serves people who are Seriously Emotionally Disturbed (SED) and/or Severe and Persistently Mentally Ill (SPMI) and assists them in obtaining and maintaining competitive employment. Employment services are integrated with a mental health treatment plan. Services include job placement, benefits linkage (such as social security), counseling and individualized support to maintain their employment.

RE-ENTRY AND SUBSTANCE USE PROGRAMS:

Client Engagement and Navigation Services (CENS)

Funded through Substance Abuse Prevention and Control (SAPC) through

the LA County Department of Public Health, CENS provides face-to-face services in the field to facilitate access to and completion of substance use disorder (SUD) treatment. Clients who are ready to accept SUD treatment are immediately linked to the appropriate treatment services.

Diversion 50

This is another pilot program that serves adults who are chronically homeless, suffer from a serious mental illness, and commit select misdemeanor and felony crimes. Enrollment in the program is an alternative to sentencing. Clients are referred to the Center through the Van Nuys and San Fernando Courts. A multi-disciplinary treatment team then provides services using a high tolerance, low demand "Housing First" model. This model is based on the belief that when basic needs (such as housing and food) are taken care of, clients are more likely to be successful in remaining housed and improving their quality of life. Intensive services are provided by clinicians, case managers, psychiatrists, substance abuse counselors and housing specialists.

Pitchess (Correctional Health Services)

The program is an in-custody substance abuse treatment program located at the Pitchess Detention Center. The program works directly with the Los Angeles County Drug Court Program in accepting referrals for the in-custody treatment program. The program provides both group and individual counseling, substance use/mental health assessment, plan development, case management services and crisis intervention. Progress is reported directly to the assigned court. The program is staffed with a multi-disciplinary treatment team and works closely with Correctional Health under Department of Health Services.

Stepping Stones Outpatient Substance Use Disorder Program

Funded through Drug Medi-Cal, Stepping Stones provides outpatient counseling services to participants with substance use disorders. The program's treatment team will provide any referrals necessary for medical or residential detoxification services. They also offer screening, assessment and treatment planning utilizing an integrated approach which begins at the first point of contact and addresses substance use as well as a person's level of need for an in-depth assessment. This integrated approach continues throughout treatment, measuring the participant's readiness for change, identifying client strengths or problem areas that may affect the process of treatment and recovery, and engaging the client in the development of a treatment plan.

SERVING THE HOMELESS:

E-6

Our Center was selected as one of two outreach teams in the San Fernando Valley tasked with combating homelessness. E-6 refers to a strategy developed through the County of Los Angeles Homeless Initiative to outreach the most chronically vulnerable individuals in our community. These individuals are classified with tri-morbid conditions – severe mental illness, substance use issues and chronic medical conditions. The goal of the program is to get these individuals off the streets and into permanent housing within 90 days. The Center has a multi-disciplinary outreach team comprised of a Lead Case Manager, Mental Health Counselor, and Certified Chemical Dependency Specialist. Our staff work in collaboration with other outreach teams, agencies, and other community partners.

Learn more about Center programs at MovingLivesForward.org

CEO Article Continued From Page 1

ning considerably above projections. While much of that will go into reserves and education, there is still a

considerable jump in revenues over the previous year. The final actual number won't be settled until next May, but both the governor and the legislature have started the year

knowing there will be a significant amount of new money to spend. They will likely have plans early in the year that identify their priorities. We will keep you apprised as we learn more.

Holidays 2017

The holidays are a difficult time for the clients we serve and their families. Not only do they struggle with mental health issues, but they also struggle financially. During the holidays, a time when most people celebrate, it can be particularly difficult for those with these challenges. Parents or caregivers cannot afford to have a tree, decorate their homes, have a special holiday meal, or even buy gifts. That is why our Center does everything we can each year to offer assistance.

Our goal each year is to provide a toy for each child we serve -- approximately 1,500 children at any given time. We are pleased to say that in 2017, thanks to our wonderful supporters, we exceeded our goal! We thank all of the individuals and companies in our community who made this holiday season exceptionally special for those we serve.

It is not just that the acts of kindness we witnessed brought hope and joy to parents and children we serve. In fact, the hope lives far beyond the holiday season. Our clinical staff at the programs see the impact first



Toys Toys Toys!

hand of these seemingly small gestures. Families become more engaged in their treatment and continue to receive services. They have a more positive outlook for the future.

Together, we are making our community a healthier place for everyone!

Thank you!



Julian Berzon

Julian Berzon is an exceptional 12 year old young man. For the second year in a row, he held his own toy drive. This year, he saved his allowance so that he could provide even more toys. More than 200 toys, thanks to Julian's hard work and dedication, were handed out to the children we serve!



**Jody Sherman
AAA TLC Health Care**



Bell Canyon Association



**Christy and Isabel, Key Club,
Northridge Academy High**

Thank you to all of our Holiday Supporters!

AAA T.L.C. Health Care, Inc.,
Albertson's - Northridge, Reseda
and Tujunga, Aurora World, Inc.,
Baby2Baby, Bell Canyon Association,
Nancy Berry, Julie & Julian Berzon,
ChiPs for Kids - West Valley California
Highway Patrol, California Retired
Teachers Association, Emily Chen,
Leslie DiMascio, Irene Duncan,
Marilyn Farbe, James Fitzgerald,

Danielle Galitz, Paula Grace-Watkins,
Nancy Gussin, Healthline Medical
Group, John Hisserich, Ian Hunter,
Marci Kass, Zita Kass, Theresa
Kjeldgaard, LDI Color Toolbox,
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Department - Spark of Love,
Maximus Protective Services,
Sheryl Morehouse-Smith, Motor4Toys,
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Northridge Academy High School,
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Campero, Tracey Pomerance-Poirier,
David Powell, Marie Reilly, Trevor
Richmond, Alexandra Roses, Charlie
Rubin, Elizabeth Salapong, Laurie
Stevens, Toys for Tots, Tracy Trinh,
Peter Weinberger, Blake &
Michelle Wells, Dennis Zine



**Captain Donald Graham
North Hollywood LAPD**



The Local Salon

Community Partners

We would like to acknowledge and thank our community partners! You make the lives of those we serve better!

Albertson's - Reseda, Northridge and Tujunga

Donates family meals during the holidays as well as groceries and supplies to our clients and to the food bank throughout the year. Albertson's is also an annual provider of toys during the holidays so that the children we serve can have a special holiday season.

Baby2Baby

Provides the children and families we serve with diapers, clothing, strollers and all the basic necessities that every child deserves.

Bagel Brigade

Donates bakery items for the Center's Cornerstone homeless program, which then provides meals every day to clients at the program.

Food 4 Less - Panorama City and Reseda

Provides food for the Center's food bank.

Food Forward

Provides fresh fruits and vegetables to the Center's food bank from backyard fruit trees, public orchards, farmers markets, and the downtown Los Angeles Wholesale Produce

Market that would otherwise go to waste.

LA Unified School District – five schools in the San Fernando Valley

Donates excess milk, juice, as well as breakfast and lunch items to the Center's food bank.

Sprouts Farmers Market - Burbank, Granada Hills, West Hills

Provides daily food donations to stock the Center's food bank, which supplements Center consumers' pantries, as many of them struggle to make ends meet.

Sprouts for several years has also selected our Center to be the beneficiary of their "Grab N Give" bags filled with pantry items during the holiday season.

Smart & Final – Encino

Provides food for the Center's food bank.

Target - West Hills

Provides snack food and other dried goods for the Center's food bank.

Whole Foods Sherman Oaks – West

Provides dry goods and fresh produce for the Center's food bank.

How Your Gifts Helped

An 11 year-old girl with one of our children's programs was incredibly sad this holiday season. Her father told her that he would not be able to give her any gifts for Christmas. He's doing everything he can to just keep a roof over his family's head and food on the table. When her clinician handed her beautifully wrapped toys, not just for her, but also for her siblings, she cried and was ecstatic.

A family struggling due to the mother's depression was excited and very thankful to receive a Simon game that they could all play together.

A middle school boy wished for a remote control car and got it! He was thrilled that his wish came true.

A 10 year-old client was stunned when he received a table soccer game. It will greatly help him bond with his older brother with whom he constantly argues.

A male teen client held on to a stuffed animal his clinician had picked for his little brother. He placed it on his shoulder near his cheek — all the while caressing it — and told his clinician how much he had wanted a stuffed animal. The clinician was heartened to see his gentle side appear. Both he and his brother then received a stuffed animal as a gift.

An older teen client new to services with the Center is dealing with serious fear and anxiety. He simply melted into a warm smile when asked about his favorite sport and then was handed a basketball as a gift.

Two More Ways You Can Help!

- Designate our Center as the beneficiary of your purchases through **Amazon Smile**. Go to: smile.amazon.com/ch/95-6194487
- Hold a drive during **May is Mental Health Month** to benefit our clients.

For more information, call 818-901-4830 or email info@sfvcmhc.org

Summary of Financial Information for Fiscal Year 7/1/16 - 6/30/17

<u>Revenue:</u>	<u>2017</u>	<u>Assets:</u>	<u>2017</u>
Operating Revenues		Cash and Equivalents	4,490,332
Government Contracts	38,445,255	Receivables:	
Program Service	167,462	Contracts and Grants	3,104,245
Fee for Service Collections	23,943	Accounts Receivable - Others	98,120
Other Support Revenues		Prepaid Expenses	181,682
Contributions, Gifts and Grants	9,879	Restricted Cash	1,325,396
Dept. of Housing and Urban Grants	156,634	Property and Equipment	3,060,826
Other Revenues	<u>145,507</u>	Other Assets	<u>234,683</u>
Total Revenues	<u>38,948,680</u>	Total Assets	<u>12,495,284</u>
Expenses		Liabilities and Net Assets	
Salaries and Benefits	28,101,595	Accounts Payable/Accrued	5,136,961
Operating Expenses	6,874,255	Long-Term Liabilities	1,742,680
Facilities	<u>4,418,584</u>	Total Liabilities	6,879,631
Total Expenses	<u>39,394,434</u>	Net Assets	<u>5,615,653</u>
 		Total Liabilities and Net Assets	<u>12,495,284</u>
Other Changes - Funding Settlements for prior years	<u>522,412</u>		
Excess of Revenue over Expenses	<u>76,658</u>		

Our Services

CHILD & ADOLESCENT

Child Abuse and Neglect Prevention, Intervention and Treatment (CAPIT) Program

Caring for Kids (CHAT - Child Abuse Treatment and Bullying & School Violence Advocacy)

Children's Field Capable Clinical Services (FCCS)

Children's Full Service Partnership (FSP)

New Directions - Early Intervention and Diversion Program

Family Preservation

Intensive FCCS

Juvenile Hall Program and Juvenile Camps

Multidisciplinary Assessment Team (MAT)

Multisystemic Therapy (MST)

Therapeutic Behavioral Services

Turning Point (Wraparound)

Youth Contact School-Based Services FCCS

Youth & Family Centers - Central Valley, East Valley and Family Links/North Valley

YOUNG ADULTS

CAPPS (Assessment and Prevention of Prodromol States)

Supported Employment – Individual Placement and Support (SEIPS)

Transition Age Youth FCCS

Transition Age Youth FSP

Transition Age Youth Outpatient

ADULT SERVICES

ADULT OUTPATIENT SERVICES

CalWORKs Mental Health Services

CalWORKs Domestic Violence

Center for Family Living FCCS

Client Engagement & Navigation Services (CENS)

Macdonald Carey East Valley Mental Health Center

COMMUNITY SUPPORT

Client Run Center

Hamlin FCCS

Valley Employment Services

Victory Wellness Center

HOMELESS SERVICES

Adult FSP

Cornerstone FCCS

DHS Interim Housing

E-6 (Street to Home)

PATH - MIT

RE-ENTRY & SUBSTANCE USE

Diversion 50

Milestones (AB 109)

Pitchess (Correctional Health Services)

Stepping Stones Outpatient Substance Use Disorder Program

OLDER ADULT SERVICES

Community Outreach Program for Everyone (COPE)

Homebound FCCS

Older Adult FSP

Thank You To Our Supporters!

99 Cents Only Stores, AAA T.L.C. Health Care, Inc., ACD Communications, Alfredo Aguilar, AKA Sorority SLO Chapter, Albertson's, Alpha Design & Print, Rhonda Anglin, John Arnstein, Art's Delicatessen, Aurora World, Inc., AutoAid Auto Repair & Collision Care, James Ayres, Baby2Baby, Nelia L. Banaria, David Bateshansky, Bay Alarm Company, Bell Canyon Association, Benchmark Education, Kim Beresford, Mitchell Bernstein, Nancy Berry, Julian Berzon, Julie Berzon, Rajan Bhattacharyya, Boeckmann Charitable Foundation, Phyllis Bogartz, Joseph Boxerman, Jack Brehm, Brent's Delicatessen, Rick Brush, Jack Bulko, Business Equipment Systems, C.P. Associates, Ltd., Jennifer Calderon, California Highway Patrol - West Valley - ChiPs for Kids, California Retired Teachers Association, Alberto Camacho, Camacho's Building Maintenance, Stevens Carey, Casa Vega, CASC Staff, Emily Chen, Coco's Family Restaurants, Rebecca Cummins, Jennifer Curren, Beverly Cutler Freed, Rosa Delvalle, Leslie DiMascio, Don Laughlin's Riverside Resort Hotel & Casino, Doris Dosser, Irene Duncan, Cara Echols, Phillip Eide, El Camino Pharmacy, Sahel Esa, Marilyn Fabre, Marilyn Fabre, Giovanna Federico, Sara Feldman, Martin Findling, James Fitzgerald, Eileen Flaxman, Food Forward, Phyllis Futoran, Danielle Galitz, Sandra Gerber, Edythe Gordon, Marielle Gottlieb, Paula Grace-Watkins, Greater San Fernando Valley Chamber of Commerce, Nancy Gussin, Phil & Geri Gutentag, Bernadette Haderlien, Lisa & Bob Hanzlik, Arthur Harris, Susan Harris, Jeffrey Haskett, Healthline Medical Group, Becky Hernandez, Hilton Universal City, Judith Hirshberg, John Hisserich, John Howard, HUB International Insurance, Ian and June Hunter, Sofia Ianovskaia, The Ice House, Robert Janovici, Marci Kass, Zita Kass, Kenny's Automotive, Diane Kimbro, Theresa Kjeldgaard, L.A. Regional Food Bank, LDI Color Toolbox, Le Chene French Cuisine, Joan Leibman, The Local Salon, Los Angeles Dodgers, Los Angeles Fire Department Spark of Love, Los Angeles Trial Lawyers' Charities, Lulu's Restaurant, Vijay Mandyam, Jan Maurizi, Maximus Protective Services, McCalla Company, Dixie McDonald, Miranda Mendoza, Mental Health America of Los Angeles, Joseph Miller, Sylvia Molesko, Sheryl Morehouse-Smith, Morongo Casino Resort & Spa, Motor4Toys, Frank Muñiz, NAMI SFV-SCV, Assemblymember Adrin Nazarian, Roseanna Neustaedter, North Hollywood Community LAPD, Northridge Academy High School, Northridge Woman's Club, Odyssey Restaurant, Peace Apostolic Church, June Perelson-Postar, Bernard Pollack, Pollo Campero, Tracey Pomerance-Poirier, David Powell, R.H. Mason Insurance Services, William Reich, Marie Reilly, Trevor Richmond, RLJ Entertainment, Serina Rosenkjar, Alexandra Roses, Bonnie Roth, Royal Staffing Services, Roy's Restaurant, Charlie Rubin, Danielle Rubin, Penelope Russell, Liz Salapong, Diana Sanchez, Jacqueline Scharf, Roman Shain, Adrienne Sheff, Shelter Partnership, Inc., Jody Sherman, P. Shinozaki, Jean Sinatra, Robert Sink, Philip Skarin, Joan Skeeter, Jonny Skinner, Skirball Cultural Center, Smart & Final Extra!, Smoke House Restaurant, Terry Sobo, Sprouts Farmers Market, Stone Tapert, Stonefire Grill, Sandy Struman, Sutton Associates, George Titizian, Martin Titizian, Toys for Tots, Charles Trilling, Tracy Trinh, Harry & Mary Jane Ufland, United Way, Inc., Van Nuys Airport, VICA - Valley Industry & Commerce Association, Dannikke Walkker, The Walking Shoe, Peter Weinberger, Blake and Michelle Wells, Cynthia Wexler, Anne Williams, Eleanor Wilson, Steve Wold, Karmen Yerumyan-Abulyan, Lynnanne Zager, Lissa Zanville, Dennis Zine

FUNDING SOURCES

Los Angeles County Department of Mental Health
Los Angeles County Department of Children and Family Services
California Governor's Office of Emergency Services
Los Angeles County Department of Health Services Alcohol & Drug Program
Los Angeles County Department of Health
Los Angeles Department of Health Services
State of California Health & Human Services Agency, Department of Rehabilitation
Department of Public Social Services
Los Angeles Homeless Services Authority

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2017 Saw the Retirement of Three Key Executives at the Center

Three key executives retired in 2017 from the Center — Director of Child & Adolescent Services Marielle Gottlieb, LCSW; Director of Adult Services; Adrienne Sheff, Psy.D., LMFT; and, Assistant Director of Community Based Children's Services Chitrita Bhattacharyya, LMFT.

Marielle worked for the Center for 19 years. She joined the staff in 1997 as Director of Children and Adolescent Services and remained in the position for her entire career at the Center. Under her leadership, she significantly expanded services for children of all ages.



Marielle Gottlieb



Adrienne Sheff

Adrienne worked for the Center for 20 years. She was hired in 1996 as the Director of Community Support Services. In 2002, she was promoted to the Director of Adult Services, where she oversaw all adult programs at the Center. In 2012, Older Adult Services also fell under her purview.

Chitrita Bhattacharyya worked for the Center for 22 years, starting in 1996 as the Assistant Program Manager for the Homebound (Older Adult) Program. She received a promotion in 2001 within this program. Two years later, she transferred to the Children's Services division of the Center, and received yet another promotion as Program Manager for the Turning Point (Wraparound) program. In 2006, she was promoted to Assistant Director of the Center's Community Based Child and Adolescent Services.



Chitrita Bhattacharyya

Positively Impact Someone's Life and Volunteer!



Volunteers make an enormous difference throughout our Center! Currently, we have volunteers at 23 of our programs — 11 children and 12 adult programs.

Volunteers offer personal undivided, non-judgmental attention to our clients. The impact on clients and relationships being built is extraordinary. They forge friendships and serve as tutors, mentors and role models, teach life skills groups and help with front office tasks. The result is a richer service experience to clients.

Volunteers come to our Center through a variety of sources — colleges, VolunteerMatch.com, Center staff or on their own initiative. Visit www.MovingLivesForward.org for more information on how you can help.

Thank you to all of our volunteers. We appreciate all you do.

Center Awarded 3 Year CARF Accreditation

The Commission on Accreditation of Rehabilitation Facilities (CARF) has accredited San Fernando Valley Community Mental Health Center, Inc. for a period of three years for its Employment Services programs. This is the sixth consecutive three-year accreditation for

the Center. CARF accreditation demonstrates a program's quality, transparency, and commitment to the satisfaction of the persons served.

An organization receiving a Three-Year Accreditation must put itself

through a rigorous peer review process and demonstrate to a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable, and accountable.



Congratulations to our Management Staff on the Rise!

Directors:

Leslie DiMascio, Ph.D., LMFT, Director of Adult Outpatient and Recovery Services

Michelle Wells, LCSW, Director of Child & Adolescent Services

Reggie Gallardo, Interim Director of Administrative Services

Assistant Directors:

Katie Phillips, Psy.D., LMFT, Assistant Director of Reentry & Substance Abuse Services

Jennifer Calderon, LMFT, Assistant Director of Transitional Youth and Family Support Services

Sheryl Morehouse-Smith, LMFT, Assistant Director of Child & Adolescent Outpatient Services

Nancy Gussin, LCSW, Assistant Director of Child & Adolescent Community-Based Services

Program Managers:

Cynthia Ito, LMFT, Program Manager, Family Links/North Valley Youth & Family Center and MAT

Ernesto Peraza, LMFT, Program Manager, Youth Contact FCCS

Ian Hunter, Ph.D., President/CEO

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LA City Councilman Paul Krekorian
Supervisor Sheila Kuehl
Congressman Brad Sherman
State Senator Henry Stern

PROGRAMS

ADULT FULL SERVICE PARTNERSHIP
CALWORKS DOMESTIC VIOLENCE
CALWORKS MENTAL HEALTH SERVICES
CAPIT
CAPPS
CENS
CENTER FOR FAMILY LIVING OUTPATIENT & FCCS
CARING FOR KIDS (CHAT AND BULLYING ADVOCACY)
CHILDREN'S FCCS
CHILDREN'S FULL SERVICE PARTNERSHIP
CLIENT RUN CENTER
CORNERSTONE FCCS
CORRECTIONAL HEALTH SERVICES (PITCHES)
DHS INTERIM HOUSING
DIVERSION 50
E-6
FAMILY PRESERVATION
HAMLIN FCCS
HOMEBOUND OLDER ADULT FCCS
INTENSIVE FCCS
JUVENILE JUSTICE PROGRAMS/CAMPS
MACDONALD CAREY EAST VALLEY MHC
MILESTONES (AB109)
MULTI-DISCIPLINARY ASSESSMENT TEAM
MULTI-SYSTEMIC THERAPY PROGRAM
NEW DIRECTIONS EARLY INTERVENTION & DIVERSION PROGRAM
OLDER ADULT COPE
OLDER ADULT FULL SERVICE PARTNERSHIP
PATH-MIT
SEIPS
STEPPING STONES
THERAPEUTIC BEHAVIORAL SERVICES
TRANSITION AGE YOUTH FSP & FCCS
TRANSITION AGE YOUTH OUTPATIENT
TURNING POINT (WRAPAROUND)
VALLEY EMPLOYMENT SERVICES
VICTORY WELLNESS CENTER
YOUTH AND FAMILY CENTERS - CENTRAL,
EAST & FAMILY LINKS/NORTH VALLEY
YOUTH CONTACT SCHOOL BASED SERVICES FCCS

Marci Kass, Editor and Layout Design

CENTER NOTES is published by the San Fernando Valley Community Mental Health Center, Inc., 16360 Roscoe Blvd., 2nd Floor, Van Nuys, CA 91406 www.MovingLivesForward.org

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TIME DATED MATERIAL



Lower Your Taxes and Help Those In Need

Do you expect to get hit hard under the new tax plan? Perhaps it is time to start thinking about what steps you can take to help lower your taxes this year. As you consider your annual tax planning, we hope you will consider making good use of the income tax charitable deduction. Your year-end gift can significantly reduce your income taxes while providing meaningful support to those less fortunate. Remember, the charitable gift you make now could reduce your taxes come April 15, 2019. The amount you save on your income taxes does depend on your tax bracket, so be sure to consult with your accountant or tax advisor.



While tax savings is a great benefit for a charitable donation, your gift can also touch many lives and make a significant impact in the work we do. Here are some of the ways your money can help: a donation of \$20 can provide a special holiday meal for a family of four; \$50 can offer 10 homeless individuals the basic necessities to stay warm; \$75 can provide toys for up to 12 children; \$100 can help an individual learn how to live independently; and \$125 can teach interviewing skills and provide employment training to an individual.

If you would like to donate gifts, the Center's clients can also use many items including: clothes, cosmetics, arts and crafts supplies, toys for children, gifts for adolescents, school supplies, gift cards, books and so much more.

Thank you for your ongoing support to the Center. Together, we are making our community a safer and healthier place for everyone.