

New Futures

Newsletter of the Children's Health Council

We Are Shocked

braveness



We Are SAD

"Peaceful Thoughts from Classroom 9" - Students from Classroom 9 of the Esther B. Clark (EBC) School created this masterpiece days after the September 11 terrorist attacks in New York and Washington, D.C. You can still find the flag in the front lobby of the CHC.

To all those who have lost somebody,

Big or small, we're with you. We're all connected to love.

kindness

freedom

crowd

Inside this issue:	
Auxiliary Corner.....	pg 3
How to talk with your child after a crisis.....	pg 4
What works and how do we know?.....	pg 5
Bequests: A special way to give hope to children and families for years to come.....	pg 7
FEATURE SECTION: How well do you know the CHC?.....	pgs 4-5

To make a measurable difference in the lives of children who face developmental and behavioral challenges by providing interdisciplinary educational, assessment and treatment services and professional training.

From the Executive Director



The tragic events of September 11th left us all with a feeling of grief and uncertainty about the future. On behalf of the Board of Directors and the staff of the Children's Health Council (CHC), I wish to extend my condolences to those in the Bay Area who lost a loved one or a colleague.

Children have their own way of reacting to these acts of terrorism and the threats that are still current. Some have a million questions about what they see and hear on TV. Others don't want to talk about it at all. In either case, children are very much aware of what happened. Even if this tragedy didn't affect your family directly, it is important to let them know that they are loved and safe. The students of classroom 9 at the Esther B. Clark School expressed their sadness, hope and pride in their writings and in a painting of the Stars and Stripes (see front page). Titled *Peaceful Thoughts*, it now has a prominent place in the lobby of our building.

I am sure you noticed the new format of our newsletter *New Futures*. Like everyone else in Silicon Valley and beyond, we had to take a close look at our cost factors. As a non-profit organization, we owe it to you - individuals, foundations and corporations - to manage our resources prudently. *New Futures* is distributed to over 8,000 homes and offices to provide you with news about our programs and services and give you access to the wide array of resources we offer children, families and professionals. The costs for this new format will be at least 30% less compared to previous issues, without giving up the quality that you know us for.

To find out how well you actually know the CHC, we included a little test and some interesting facts on pages 4-5. Most likely, you will be surprised to learn we are offering a wider variety of services and programs than you may have expected.

We realize that the recent events have directed your attention to national and international issues and the economic downturn has many of us concerned about our jobs and businesses. Nevertheless, the number of children and families who come to the CHC to seek help continues to grow, stretching our resources to the limit. We hope you, our loyal friends, will find a way to stretch your resources too during the CHC Annual Fund Appeal this Fall to help us meet these local needs.

Should you have any questions about your child's development or behavior, please contact us at (650) 688-3625. For more information about funding opportunities at the CHC, please call (650) 326-0643.

I hope you'll enjoy this issue of *New Futures*.

Sincerely,

Christopher Harris
Executive Director

Bruce Fielding, Jr.

CHC Board President, 2001 - 2002



Bruce Fielding has served on the CHC Board for six years, most recently as Treasurer. He is the former Vice President and Chief Financial Officer of Mobitel, Inc. (1997-2000) and Presidio Systems, Inc. (1995-1997).

Mr. Fielding is an active community volunteer involved with the Mountain View-Los Altos High School Foundation and is a board member of the Los Altos American Little League.

He is a semi-professional chef and enjoys bicycling and gardening.

Thank you to 2000 - 2001 Board!



A warm "thank you" to the 2000-2001 Board of Directors (left to right): Jeff Pickard, Harvey Cohen, M.D., Robert Peterson, William Floyd, Jr., Board President Marilyn Pratt, Board Treasurer Bruce Fielding, Jr., Jacque Jarve, Auxiliary Co-President Marcia Coy, Elizabeth Shen, Betsy Matteson, Barbara Silverman, Patrick McGaraghan, Anne Dauer, Auxiliary Co-President Connie West, Christopher Harris, James Gibbons.

Not present at time of photo: John Buoymaster, Susan Hyatt, Teresa Kurfess, Bettina McAdoo, Board Secretary Thomas Friel, Kathy Schlein, Laurence Spitters, 42nd Summer Symphony Committee Chair Ellen Leanse

CHC FOUNDER
Esther B. Clark (1900 - 1990)

BOARD OF DIRECTORS (2001-2002)

Bruce G. Fielding, Jr.
President

Anne O. Dauer
Secretary

William S. Floyd, Jr.
Treasurer

John Buoymaster
Harvey Cohen, M.D.

Thomas J. Friel
Mark Gates, Jr.

James F. Gibbons
Christopher Harris

Susan M. Hyatt
Jacque Jarve

Teresa W. Kurfess
Bettina McAdoo, M.D.

Patrick J. McGaraghan
Robert Peterson

Jeff Pickard
Marilyn Pratt

Kathy Schlein
Catherine Shaw

Elizabeth Shen
Barbara Silverman

Kimberly Young

Ellen Leanse
Kimberly Young
Co-Chairs, Summer Symphony Committee

Marcia Coy
Connie West
CHC Auxiliary Co-Presidents

EXECUTIVE DIRECTOR
Christopher Harris

CLINICAL DIRECTOR
Leon Wanerman, M.D.

ESTHER B. CLARK SCHOOL DIRECTOR
Lucia D'Souza

EDUCATIONAL SERVICES DIRECTOR
Karen Grites

RESEARCH DIRECTOR
Lynne Huffman, M.D.

MARKETING & DEVELOPMENT DIRECTOR
Mary Suloway

NEW FUTURES EDITOR
Isabel Chou
ichou@chconline.org

Please send your comments to:
New Futures
The Children's Health Council
650 Clark Way
Palo Alto, CA 94304

News in Brief

The **42nd Annual Summer Symphony** was held on **Sunday, July 15, 2001**, at the Frost Amphitheater of Stanford University. Conductor **Michael Krajewski** and the **San Jose Symphony** led the crowd of over 5,000 in a sing-a-long of "Summertime Medley", "Na Na Medley" and the well-recognized song "The Lion Sleeps Tonight." During intermission, guest speaker **Kathy Berry**, mother of a former CHC client, took the stage in a heartfelt testimony of her daughter's experiences while at the CHC. The speech was followed by the EBC School Choir's moving rendition of Jackie DeShannon's 1969 hit "Put a Little Love In Your Heart." Emcee **Kate Kelly** of KPIX Channel 5 News introduced the legendary **Burt Bacharach**, who then performed nearly an hour of his greatest compositions, including "Raindrops Keep Falling on My Head", "That's What Friends Are For" and "Do You Know the Way to San Jose." The benefit concert raised over \$440,000 for the agency.

To kick off the new Continuing Education Program for health professionals, the CHC presented "**Ethical and Legal Issues – In the Delivery of Mental Health Services**" on **Friday, July 20, 2001**, to psychologists, social workers, therapists and psychiatrists. The four-hour course was presented by the Associate Professor and Chair of Psychology at Santa Clara University, **Dr. Thomas G. Plante**. Course objectives included a review of ethical principals, a discussion on common ethical dilemmas and possible resolutions and familiarizing participants of the legal requirements of mental health professionals. The CHC has scheduled several more continuing education opportunities into 2002. For more information, please call (650) 326-0643.

The **2nd Annual Returning to School Symposium** was held at the CHC on **Friday, October 5, 2001**. Presented in conjunction with Lucile Salter Packard Children's Hospital, the symposium focused on helping children return to their regular school environment after surviving a life-threatening illness, severe medical trauma or a chronic condition. Ninety-three educators, mental health and health care professionals from around the San Francisco Bay Area attended this one-day workshop, which featured keynote speakers **Dr. Barbara Sourkes** of Lucile Salter Packard Children's Hospital and **Dr. Mark Ylvisaker** of the College of Saint Rose in Albany, New York.

Upcoming CHC Staff Speaking Engagements:

10.22.2001 - **Rebecca Fineman** will be speaking in Foster City to preschool teachers about when to refer and how to utilize CHC services for families in need.

11.15.2001 - **Stacey Alexander** will be speaking to participants of the Collaborative Intern Program at San Jose State University about classroom behavior management.

The Auxiliary Corner

Thank You, CHC Auxiliary!

For nearly every success the CHC has experienced since its founding, a tremendous "thank you" is owed to the CHC Auxiliary. With over two hundred members and many dedicated years of service, the Auxiliary has proved to be an essential part of the CHC. Auxiliary co-chairs **Marcia Coy** and **Connie West** oversee a wide variety of fundraising efforts for the CHC:

- **The Bargain Box**, located at 341 California Street in Palo Alto, is a resale store managed and staffed mostly by Auxiliary volunteers.
- **The Birthday Club**, staffed entirely by Auxiliary volunteers, sends out over 1,500 birthday cards a year to its members. (See article on right for more details.)
- The Auxiliary also hosts the **Carnaval Holiday Ball**, a 30-year annual tradition of dinner, dance and auction.
- **The Annual Domino Tournament** attracts avid domino players from throughout the state.

The generous support of each Auxiliary member and their priceless volunteer efforts help us maintain the high level of quality services offered at the CHC and allow us to provide financial assistance for services to children and families in need.

- by *Gaja Worthington*,

Marketing and Development Associate

Birthday Club rolling out new card designs

For over 40 years, CHC Auxiliary volunteers have been sending personalized *handwritten* birthday greetings to members of the CHC Auxiliary Birthday Club. Last year alone, the Birthday Club raised over \$20,000. Says long-time Birthday Club volunteer **Lucy Leonard**, "We get lots of nice notes from families that recognize our handwriting, thanking us for putting in all of our hours."

This year, new cards were created by designer **Liz Adams** to replace the older, smaller cards. Sign up now and the new cards will be sent to your special someone.

The enrollment process is very simple. (1) Fill out the envelope enclosed in this newsletter or download an enrollment form from the CHC website. (2) Send completed envelope or form with \$5 minimum donation to: The Birthday Club, 650 Clark Way, Palo Alto, CA 94304. (3) A volunteer will send your special someone a birthday card a few days before their birthday, and a confirmation and renewal reminder will be sent to you.

For more information regarding the Birthday Club, please call (650) 617-3816 or visit www.chconline.org.



On Friday, September 21st, Manager and Executive Board Member of the Bargain Box **Gail Drewes**, threw a "thank you" picnic for the Bargain Box volunteers. At the Drewes' family home (designed by brother of CHC founder Esther B. Clark), Bargain Box volunteers celebrated years of hard work and memories on a beautiful afternoon in the Stanford foothills. CHC staff members **Mary Suloway** and **Gaja Worthington** presented the volunteers with new CHC logo aprons.

Save the Date!



Carnaval

March 16, 2002

Trader Vic's at Dinah's Garden Hotel

Due to the layout of pages 4 and 5 of
this issue of *New Futures*,
please refer to PDF file on website:
"How Well Do You Know the CHC?"

Moving Forward with 43rd Summer Symphony



Co-chairs (left to right) Ellen Leanse and Kim Young will be heading the 43rd Summer Symphony Committee.

The winter holidays are approaching but the Summer Symphony Committee has already been meeting and planning the 43rd Summer Symphony. The benefit concert is scheduled to be held on Sunday, July 21, 2002. This year the 30-person committee is led by co-chairs **Ellen Leanse** (returning chair) and **Kim Young**. "The pressing question is who will be the featured performer," explained Leanse. "When looking for a performer we have to keep in mind that Summer Symphony is a tradition for many families and that attendees range in age from 2 to 82!"

The 42nd Summer Symphony raised \$440,000 for services and programs at the CHC. Next year the committee hopes to bring in even more. Young stated, "We are confident that the local community will help us meet our aggressive goals and be there on July 21 to enjoy an afternoon that makes a difference!"

- by Linda Plount,
Events Manager

The Resource Center at the CHC

A valuable community resource for families - filled with books, videos, tapes and articles on children's behavioral health issues. Topics include: learning differences, parenting, autism, ADHD, etc. Open to the public. For more information, please call (650) 617-3845.

Hours: M 2 pm - 5 pm
T, Th 10 am - 5 pm
W 10 am - 6 pm
F 10 am - 2 pm
(Hours subject to change)

That's what friends are for.

Thanks to all of our major sponsors making the 42nd Annual Summer Symphony the best one yet.



Adaptec, Inc., Agilent Technologies, Alza Corporation, Angel Investors, L.P., Applied Biosystems, Bear, Stearns & Co., Inc., Brobeck, Phleger & Harrison LLP, Broadview International, Central Printing Group, City National Bank, Color Copy Printing, Cornish & Carey Commercial, Garden Court Hotel, Good Earth Teas, Santa Cruz, CA, Gray Cary Ware & Freidenrich LLP, Greater Bay Bancorp, Guidant Corporation, The Gymboree Corporation, Kleiner, Perkins, Caufield & Byers, KOIT, KPIX Channel 5, Left Bank Restaurant, Lindamood-Bell Learning Processes, McCutchen, Doyle, Brown & Enerson LLP, Media Image Group, Media Networks Inc., Neiman Marcus, NetJets, Pinkerton Securities, PIP Printing of Palo Alto, Red Herring, Silicon Valley Bank, Sunset Magazine, Three Arch Partners, Tiffany & Co., Wells Fargo

The key to helping kids
is in your hands



The Children's Health Council provides the highest quality behavioral health, special education and developmental services for children from birth through young adulthood.

To learn more about this unique Bay Area resource for children and families, call 650-326-5530 or visit us at www.chconline.org.



Parent Education Classes

Fall Classes still available!
Winter Quarter registration starts soon!

For more information, please call (650) 688-3608
or visit www.chconline.org.



CHC Contributors

The following represents gifts and pledges made to the Children's Health Council between September 1, 2001 - October 23, 2001.



\$25,000 and above

The David & Lucile Packard Foundation
Silver Giving Foundation
Susan Ford

\$10,000 - \$24,999

Jim and Kit Shaw
Arnold and Barbara Silverman
Isaac and Maddy Stein

\$1,000 - \$999

Avery-Fuller-Welch Children's Foundation
Cynthia and Bill Floyd
Joel and Susan Hyatt
John Moragne and Kim Young
Mr. and Mrs. Robert C. Peterson

\$500 - \$999

Art and Anne Dauer
Mr. Ken Dawson and Ms. Chia Wu
Mr. Bob Eyermann and Mrs. Helen Kasik Eyermann
Mrs. Wende Hutton
Laidlaw Transit, Inc.
Mr. Philip Manela
Mayfield Fund
Joe and Randee Seiger

\$100 - \$499

Mr. and Mrs. Louis Allen
ALZA Corporation
Mr. Robert E. Beckett
Mr. and Ms. W. Martin Bloomer
Ms. Barbara F. Borthwick
Ms. Linda J. Carlson
Dr. and Mrs. Dean T. Clark
Mr. and Mrs. David Colker
Mr. and Mrs. Robert W. Earle
Mr. John Graton and Ms. Linda V. Hill
Mr. Ken Guzik
Mr. and Mrs. James Hannay
Mr. and Mrs. Brad Koenig
Ambassador and Mrs. William Lane, Jr.
Ms. Amy Laughlin
Lloyd and Ellen Leanse
Mr. and Mrs. Daniel E. Lenoski
Ms. Cindy Lindley
Mr. Edward Martin
Mr. and Mrs. Jeffrey Mason
Mr. and Mrs. Ronald L. Matusich
Ms. Julie McHenry
Mr. Thomas J. McNaughton and Ms. Martha A. McKee
Menlo Health Alliance
Mr. and Mrs. Frederick W. Mielke, Jr.
Mr. and Mrs. Marc and Michelle Miller
Bernice and Rudolf Moos
Mr. Michael J. Nilsson
Mrs. Mildred S. Nilsson
Ms. Nancy M. Peterson
Mr. and Mrs. Gerald S. Rau
Mrs. Isla Roantree
Ms. Donna Sheridan
Mr. and Mrs. Makoto Takekawa
Mr. David Tsiang
Mr. Ko Yamamoto

Up to \$99

Ms. Maxine O. Anderson
Dr. Lawrence Aronson
Mr. Stephen C. Beck and Ms. Jane H. Baxter
Mr. and Mrs. Myles R. Berg
Mrs. Helen F. Boyle
Mr. and Mrs. Ross D. Bright
Ms. Ann Butterfield and Ms. Linda A. Inman
Mr. and Mrs. Mike Carmody
Mr. Charles B. Goldenberg and Ms. Pamela C. Polos
Ms. Edith Goldenberg
Mr. and Mrs. Dallas C. Gould
Ms. Gwen E. Hagen
Ms. Jane L. Hansen
Mr. and Mrs. George Harrison
Mr. and Mrs. Carl B. Hauser
Mr. Peter Higa and Mrs. Vicki Amon-Higa
Mr. and Mrs. Michael S. Hildreth
Mr. and Mrs. Neville A. Holt
Ms. Dickie Hovsepian
Mr. and Mrs. J. Richard Huynen
Mr. Earl Jackson
Mr. and Mrs. Thomas F. Lehmkuhl
Mr. and Mrs. Lorin Letendre
Ms. Eroeda Luck
Mr. Ragavan Manian
Mr. and Mrs. Arthur C. Mathews
Ms. Mavis K. O'Donoghue
Mr. Farhad Pakravan
Palm Court Homeowners Association
Mr. and Mrs. Bruce Pasternack
Mr. Vinod Peris
Ms. Dorothy C. Phillips
Ms. Helen Pierce
Ms. Gertrude Sarraile
Schoolpop, Inc.
Mr. and Mrs. Jim Shepard
Mr. Shannon Lynch and Ms. Cindy Sidaris
Ms. Ruth Soforenko
Target
Ms. Lillian G. Tiernan
Mr. Philip C. Tuttle
Mr. and Mrs. James R. Urquhart
Mr. and Mrs. Robert W. Walker
Mr. and Mrs. Glenn A. Weaver
Ms. Michele Westberg
Mr. and Mrs. John A. Wilson
Ms. Rivka Yerushalmi
Mr. and Mrs. Sheldon Zatkun

IN KIND DONATIONS

Ms. Annie Jenney Darrow
IBM Corporation
SGI
Wal-Mart

MEMORIALS

Edith Gray
Annmarie Herrera
Evelyn Magginiti
Nancy Manela
Helen Mathis
Yvonne Raffel
Alex Rasmussen
Joe Ryan
Bev Taaje

TRIBUTES

Bill and Barbara Alhouse, 50th Wedding Anniversary
Isaac and Maddy Stein

Bequests: a special way to give hope to children and families for years to come

You would like to make a meaningful donation to the Children's Health Council but:

- your capital is locked in the real estate you own;
- you need your savings to provide you with additional monthly income
- you don't want to limit your current lifestyle.

It may be easier than you think to do good and still do well. Simply name the CHC in your will. Your bequest would be a wonderful gift to future generations of children with complex behavioral and developmental challenges. A bequest to the CHC can be made in a variety of ways: a specific dollar amount, a percentage of your estate or a specific asset. While it ensures that assets you need are available to you during life, it still allows you to make a significant charitable gift after your death. And your estate gains from it too! A bequest to the CHC is exempt from Federal Estate Tax and California Inheritance Tax and the tax savings can be substantial.

Unless specified otherwise, bequests are added to our endowment to provide income in perpetuity. (See inset for suggested language.)

Suggested language for unrestricted bequests:

If you have already included the CHC in your will or established a charitable remainder trust, please let us know so that we may thank you and wel-

"The Children's Health Council in Palo Alto, California, is to receive _____ (% of estate, a specific dollar amount, or asset). This bequest is unrestricted, and the Board of Directors may use and expend the same for the benefit of the Children's Health Council in any manner it deems appropriate."

*Please note: the preceding clause is suggested as an example only. Always consult your attorney for proper legal advice.

come you to the *New Futures Society*. The *Society* consists of thoughtful friends of the CHC who have indicated their long-term commitment to this organization by including the CHC in their estate plans. Members of the *New Futures Society* are entitled to special benefits, including acknowledgement in CHC publications and invitations to our annual *Exchange* dinner, special events and educational presentations.

For further information about naming the CHC as the beneficiary of your estate, please contact Mary Suloway, Director of Marketing and Development at (650) 617-3820 or email msuloway@chconline.org.

- by *Loes de Boer*,
Annual Fund and Stewardship Manager

* Care has been taken to provide an accurate listing of donors and gifts received from September 1, 2001 - October 23, 2001. Please accept our apologies for any error or omission and contact the Development Office for corrections, (650) 326-0643.

Special Thanks

- ★ For the fourth consecutive year, the David & Lucile Packard Foundation continues its support of the Outcomes Measurement and Research Initiative with a grant in the amount of \$363,109.
- ★ The IBM Corporation and IBM employee Michael Wheatley made a substantial contribution of equipment and volunteer time to the new CHC computer lab.

Visit us online at www.chconline.org!

Calendar of Events

November - February

November

November 8, 2001

Short Talks: How Families Cope with and Communicate about Public Tragedies

Join us for this talk by CHC Clinical Director **Leon Wanerman, M.D.**

RSVP is required. For more information, please call (650) 617-3818.

November 12, 2001

Parent Education - Winter Quarter

Class registration begins.

Call (650) 688-3608,

email parented@chconline.org,

or visit www.chconline.org

for current class schedule.

January

January 14, 2002

Parent Education - Winter Quarter

Classes begin.

February

February 9, 2002

Domino Tournament

A benefit sponsored by the CHC Auxiliary.

For more information, please call

(650) 617-3816.

The following events are in the works with dates to be announced soon:

ADHD in Children: Diagnostic Issues & Multimodal Treatment

For more information, please call (650)

326-0346.

The Emotional Well-being of Pre-teens in School

A symposium co-sponsored by CHC and

the **Lucile Packard Foundation for Children's Health.**

For more information, please call (650)

326-0346.

This issue of New Futures was made possible through a generous grant from:

**Yamanouchi Pharma
Technologies, Inc.**

www.ypharm.com

Editor's Note: In an effort to reduce the cost of designing and printing *New Futures*, the CHC has turned to in-house designing and digital printing technology. Because of new digital printing capabilities, it is more cost efficient for us to print in full color. We hope you will find this to be an exciting new touch. If you have any questions or concerns regarding the production of the newsletter, please contact Isabel Chou at (650) 617-3815 or ichou@chconline.org.

Volunteer Spotlight



"Cooking Betty"

Since 1973, Auxiliary member Betty Evans has generously donated her time to volunteer at the Esther B. Clark School. She has done everything from substitute teaching and job coaching to volunteering at achievement night. The students all call her "Cooking Betty" for her regular cooking lessons. What started out as an offer to teach students water safety has turned into annual pool parties for each classroom at her house -- complete with Betty's Sloppy Joes. Betty's genuine concern and love for the students over the years are truly appreciated!

Thank you, Betty!