



Creating **Bright Futures**

ANNUAL REPORT 2013

ALDEA 
Children & Family Services

www.aldeainc.org

Aldea's mission is to improve lives and create bright futures for people we serve by providing professional mental health, child welfare and support services in a manner that respects the dignity and individuality of each person.



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ALDEA MEANS "LITTLE VILLAGE."
COMMUNITY. COLLABORATION.



EXECUTIVE DIRECTOR'S MESSAGE

Partnerships with you: our donors, volunteers, partners, advocates, and supporters. YOU are our “little village.”

Since 1972, Aldea has provided mental health, child welfare, and support services for people who would otherwise receive inadequate treatment—or none at all. With your support, Aldea has increased access to services and enhanced treatment methods, expanding agency capacity to serve more than a record **2,200** people last year. We also saved public monies by providing people with support before their challenges became more entrenched and costlier to treat. And, thanks to robust community partnerships and a staff of more than 150 professionals, we helped children transition to safe homes, families strengthen their relationships, and adults with developmental disabilities maintain their independence.



The effectiveness of our collaborative approach was recognized in October 2012, when Aldea was accredited by the Council on Accreditation for agency excellence in service delivery and organizational management. This prestigious accreditation—which is held by only one percent of human service agencies nationwide—was earned because of your commitment to enabling Aldea to create, sustain, and expand programs that impact our community.

Thank you for being part of our “little village.” We hope that this annual report will inspire you to imagine how we can continue to work together to reach our vision—that all people we serve will achieve emotional wellness and become engaged members of the community, despite past abuse or emotional challenges.

A handwritten signature in black ink that reads "Mark Bontrager". The signature is written in a cursive, flowing style.

Mark Bontrager, LCSW, JD
Executive Director

OUR TEAM

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Medical Director

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Director of Human Resources

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Director of Continuous Quality Improvement

Marci Atkison, MA
Director of Development

Diana Griffin
Operations Manager

MENTAL HEALTH SERVICES

Tracy Lacey, MFT
Program Director, Solano Aldea Counseling
Services (ACS)

Carolina Mariposa, MS, LMFT
Program Director, Napa Aldea Counseling
Services (ACS)

Anna Hernandez, MS
Program Director, Community Mental Health

Randi Storm, LCSW
Program Director, Aldea Day Adolescent
Program for Treatment (A.D.A.P.T.)

Jill Steiner-Dong
Program Manager, Aldea Day Adolescent
Program for Treatment (A.D.A.P.T.)

Karen Lustig, MSW
Program Director, Supported Living Services

CHILD WELFARE SERVICES

Joe Lopez, MA
Program Director, Treatment Foster
Care & Adoption Services

Lisa Tremain, LCSW
Program Director, Redwood Residential
Treatment Center

Karen Black
Program Manager, Redwood Residential
Treatment Center



OUR MISSION

MORE THAN SERVED **2,200** 

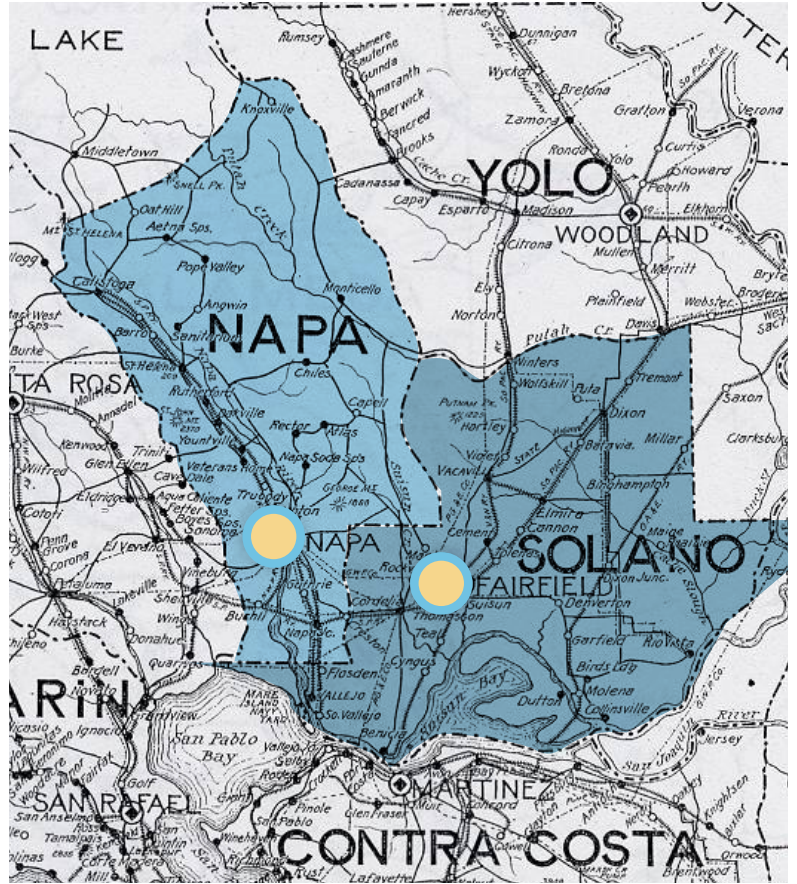
Our mission is to improve lives and create bright futures for people we serve by providing professional mental health, child welfare and support services in a manner that respects the dignity and individuality of each person.

WHO WE SERVE

We serve people with mental health challenges and adults with developmental disabilities who would not otherwise receive critical mental health, treatment foster care, adoption, and support services due to barriers to care.

WHERE WE ARE

We operate programs out of three main offices and outpatient therapy clinics in **Napa** and **Solano** counties as well as through co-locations at more than 20 schools, primary healthcare facilities, and community-based organizations.



OUR JOURNEY

1972

Incorporates to open its first group home, a residence for six adolescent girls

1974

Opens Redwood Residential Treatment Center to house eight teenagers

1981

Opens Aldea Day Adolescent Program for Treatment (A.D.A.P.T.)

1982

Begins to serve adults with developmental disabilities who live independently (now called Supported Living Services)

1985

Expands to serve residents outside of Napa County

1987

Licensed as a private Foster Family Agency (FFA)

National statistics were compiled from the U.S. Bureau of Labor Statistics (2012), National Organization on Disability (2010), U.S. Department of Education (2000), and Substance Abuse and Mental Health Services (SAMHSA) Center for Mental Health Services (2012).

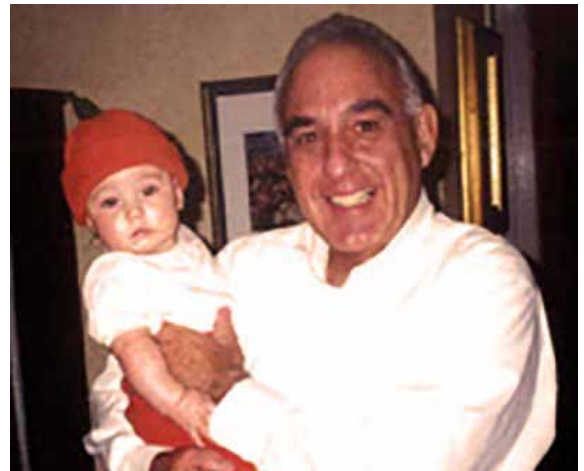
OUR IMPACT

ALDEA FY 2012-13 OUTCOMES COMPARED TO NATIONWIDE BENCHMARKS

	ALDEA	NATIONWIDE
Child and family satisfaction with therapy	93%	84%
Adults with developmental disabilities who volunteer or hold a paying job	64%	21%
Adult satisfaction with therapy	96%	90%
Foster youth who graduate high school	100%	50%
Youth who volunteer or hold a paying job from high school	39%	27%

OUR INSPIRATION

Allen Ewig, who served as Executive Director for 33 years, led Aldea as it grew from a fledgling organization to one of the most impactful human service agencies in the region. Raised in the projects of Brooklyn, New York, Allen passionately dedicated his life to providing quality treatment services that helped thousands of families and children heal from abuse, trauma, and other life challenges. Despite his premature passing, Allen's commitment to collaboration has remained a core Aldea value—we can only help our neighbors by working together.



1991

Licensed to certify and place foster children in Napa County

1998

Opens outpatient therapy clinic in downtown Napa

1999

Partners with the Napa Police Department for the Community Youth Diversion Program

2007

Begins to offer Intensive Treatment Foster Care (ITFC) for children with severe behavioral and mental health issues

2009

Begins to offer Mental Health First Aid (MHFA) training to help people understand, identify, and respond to signs of mental illness

2012

Accredited by the Council on Accreditation

IMPROVING LIVES

MENTAL HEALTH SERVICES

Community Mental Health Services

Aldea offers outpatient therapy and psychiatric services, case management and therapy for youth at risk of delinquency and/or in the juvenile probation system, support for parents with children who have emotional challenges, and Mental Health First Aid (MHFA) training to help people understand, identify, and respond to signs of mental illness.

Aldea Day Adolescent Program for Treatment (A.D.A.P.T.)

In partnership with Napa Valley Unified School District, A.D.A.P.T. provides a highly-structured, therapeutic school setting for special education-qualified high school students who need emotional support to succeed academically and avoid out-of-home placement.

Supported Living Services

Aldea provides case management, personal assistance with life skills and employment, support groups, and recreational activities for adults with developmental disabilities so they may continue to live independently.

OUR ACCOMPLISHMENTS

“HE SHOWED ME THE BEST OF THE HUMAN SPIRIT.”

“What we do is an act of faith,” explained Janine, an Aldea therapist. “We have a brief time with our clients, and then we say goodbye, hoping for the best.” When Daniel, a boy diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and anxiety, left her care, Janine was optimistic.

Daniel first came to Aldea at nine years old. His great-grandmother raised Daniel and his siblings when their parents, plagued by substance abuse, were no longer able to care for them. After Daniel’s diagnosis, he met regularly with Janine for five years and learned how to manage his symptoms. With the support of Janine and his family, Daniel made significant progress and was able to graduate from therapy.

Then, at 18-years-old, Daniel began to struggle with heightened symptoms. He knew that without help, he would not be able to reach his goal of graduating from community college. When Daniel contacted Aldea on his own, four years after his last visit, he met with Janine again. And, like they had done so many years before, they talked. She listened to his fears. She praised him for his honesty, humility, and courage. They worked together to establish new coping techniques. Daniel, constantly determined to become independent, secured two part-time jobs and took steps to discontinue his social security benefits. He then navigated financial aid paperwork so he could continue his education. And, after two years, Daniel graduated from Solano Community College.

“When I asked Daniel how he was able to make such smart and difficult decisions, he simply answered ‘I just do it,’” Janine

recalled from their recent conversations. “But it really takes an unwavering determination to succeed and a willingness to get help—plus a community of support. Daniel showed me the best of the human spirit.”

“I KNOW I CAN ASK FOR HELP ANYTIME I NEED IT.”

Karin, a woman with mild developmental disabilities, began her lifelong battle with eating disorders in her youth, which was laced with substance abuse and family violence. Following the death of her mother, Karin’s weight dropped below 100 pounds. “I thought I would die,” Karin later explained to her case manager. Karin’s sister stepped in to nurse her back to health, and Supported Living Services helped Karin learn to thrive as an independent woman.

At 52-years-old, despite Karin’s confidence and composure, she continued to be haunted by her past of calorie-counting, meal-skipping, and purging. Last year, after struggling with difficult relationships, Karin recognized that it was time to break down her façade and ask for help. “My eating disorder is out of control,” she told her case manager in a rare moment, admitting to a weight loss of more than 25 pounds.

Karin’s case manager immediately linked Karin to an Aldea counselor who specialized in treatment of eating disorders. Through a challenging year of hard work, Karin significantly improved her health. She expressed her gratitude to Aldea, realizing that if she ever feels overwhelmed, or if she just needs advice, “I know I can ask for help anytime I need it.”

93%

of children and families served in outpatient therapy clinics reported that services helped them cope with their current life challenges.

92%

of people trained in MHFA reported improving their knowledge of the signs of mental illness.

92%

of A.D.A.P.T. students improved their functionality and coping skills.

88%

of Supported Living Services clients made progress toward meeting their treatment goals.

PEOPLE SERVED 1,905

CREATING BRIGHT FUTURES

CHILD WELFARE SERVICES

Treatment Foster Care & Adoption Services

Aldea provides emergency, long-term, and intensive treatment foster care—including placement, case management, and therapy—for children removed from their birth families due to abuse, neglect or emotional disturbance. Aldea also recruits, certifies, trains, and supports foster and prospective adoptive parents.

Redwood Residential Treatment Center & Aldea Nonpublic School

Redwood Residential Treatment Center, a Rating Classification Level (RCL) 12 group home, provides therapy, psychiatry, support services, and 24-hour care and supervision for adolescent boys with mental health and behavioral issues. Serving the same target population, Aldea Nonpublic School is a certified alternative nonpublic school that offers educational, behavioral and emotional support through a small teacher-to-student ratio.

“YOU KEPT YOUR PROMISE... WE’RE GOING TO BE A FAMILY FOREVER!”

Overcome with joy, Sheena treasured the words of her newly adopted son as tears rolled down her cheeks. She could not believe that this kind, loving boy was the same aggressive, defiant toddler who entered her life just two years before.

Jason was her first foster child. She spent months preparing herself, working intensively with Aldea to become a certified foster parent. She recalled their first day together: her home neat and clean, his bedroom set up with colorful curtains and filled with new toys and clothes. She eagerly embraced him, this young child—a victim of his parents’ drug abuse—who only knew neglect.

His hitting. His screaming. His kicking. It all seemed so distant now, memories of his extreme behavior replaced with images of him reading, playing with cars, and riding his bicycle—his “favorite thing in the whole wide world.” As Jason embraced his new mother, Sheena realized that this boy, who had risen from such agony, was her world. Her future. Her family forever.

“I FAILED MANY TIMES, BUT KEPT GOING UNTIL I STARTED TO SUCCEED.”

After leaving a more intensive group home, Sam struggled as he transitioned to his new life at Redwood: he was suspended from school several times for fighting, got behind in academic credits, and even antagonized police during an intervention.

Then, after several months, Sam began to change. He started to appreciate positive praise and guidance from staff, realizing they truly wanted him to succeed. Excited at the idea of becoming self-sufficient, he learned how to create a resume and to interview for jobs. In only a few months, Sam earned a job at a fast food restaurant, caught up on academic credits, and started to save money. Right before Sam turned 18, he moved into an Aldea foster home and continued to meet with his therapist weekly, wanting help as he transitioned to his own apartment after his 18th birthday. With the ambition of becoming an attorney, Sam began classes at Napa Valley College.

Three years later, in his last semester, Sam was excited to be accepted as an Aldea School intern. “It was really a gift to be able to give back to those kids,” explained Sam, reflecting on his experience mentoring Redwood boys. He could not believe that he had felt their same anger, hurt, and stress only four years earlier. “I failed many times, but kept going until I started to succeed. Once I found out how to succeed, I continued to keep those habits up.”

A few months after graduating at the top of his class, Sam could not conceal his joy as he stared at his acceptance letter... UC Berkeley. He was on his way to realizing his dream: success, but more importantly, making a difference in the world as Aldea had done in his own.

**YOUTH
AND THEIR
FAMILIES
SERVED**

320

72%

of foster children exited with a permanent adult connection.

78%

of foster youth age 15 or older volunteered, had a job or participated in the Independent Living Program, a county program that helps foster children transition to self-sufficiency.

100%

of Redwood residents experienced an improvement in their mental health.

96%

of school days were attended by Redwood students.

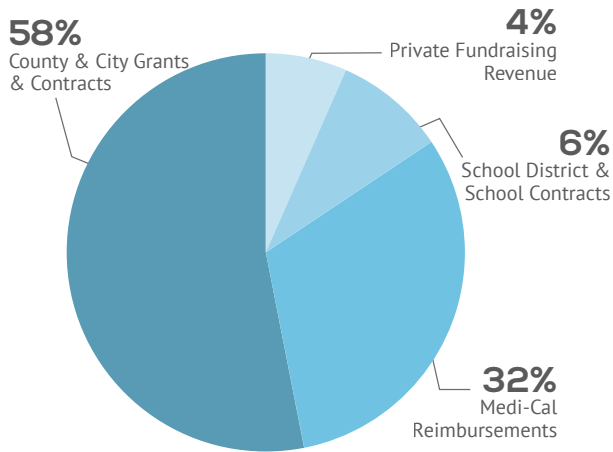
FINANCIAL REPORTS

BUILDING EFFECTIVE PROGRAMS

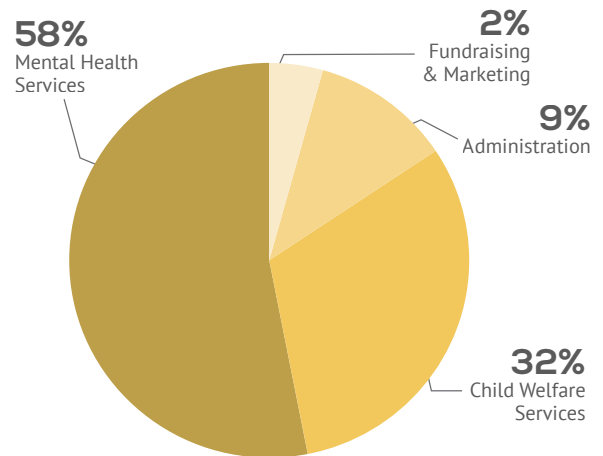
FY 2012-13 FINANCIAL REPORT

Due to Aldea's ongoing commitment to administrative and fundraising efficiency, 88% of all revenue is spent on providing direct services.

WHERE THE MONEY COMES FROM



WHERE THE MONEY GOES



Audited financial statements are available upon request and at www.aldeainc.org.

REVENUE COMPARISON

Revenues in Thousands

	<i>FY 2012-13</i>	<i>FY 2011-12</i>	<i>FY 2010-11</i>
County & City Grants & Contracts	\$5,317	\$4,415	\$4,333
Medi-Cal Reimbursements	\$2,885	\$2,816	\$1,941
Private Fundraising Revenue	\$406	\$507	\$445
School District & School Contracts	\$514	\$529	\$699
Totals	\$9,122	\$8,267	\$7,418

STATEMENT OF FINANCIAL POSITION

Assets & Liabilities in Thousands

	<i>June 30, 2013</i>	<i>June 30, 2012</i>
Total Assets	\$6,517	\$6,649
Total Liabilities	\$2,050	\$2,089
Total Net Assets	\$4,467	\$4,560

THANK YOU

ALDEA MEANS "LITTLE VILLAGE"

Aldea Children & Family Services relies on you—as a member of our “little village”—to sustain and expand mental health, child welfare, and support services for our neighbors in need. Thank you for collaborating with us to help people get the help they need, despite their obstacles to treatment.

FINANCIAL DONORS

\$25,000+

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Exceeding customer expectations...

Focusing on teamwork...

Supporting the community...

These are just some of the shared values of Nova Group and Aldea. Nova Group is proud to support Aldea in its mission to improve lives and create bright futures for children, families, and adults.



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Aldea Children & Family Services is accredited by the Council on Accreditation and is a member of the California Alliance of Child and Family Services and the Foster Family-Based Treatment Association.

JOIN OUR "LITTLE VILLAGE"

Support Aldea as we work together to help people improve their health and strengthen their relationships, which increases the safety and wellness of all members of our community.

CONTRIBUTE

Use the enclosed envelope to donate via check or credit card, or donate online at www.aldeainc.org/donate. Here are some of the other ways you can contribute:

- Set up easy and convenient monthly donations at www.aldeainc.org/donate
- Donate stock
- Donate your car
- Include Aldea in your estate plans or insurance policy
- Purchase an award-winning Aldea Children's Art Therapy Calendar at aldeainc.org/Calendar
- Host a house party or other fundraiser
- Donate items, such as toiletries, toys, and new or gently used clothing for children and teenagers

To learn more about how you may contribute, please contact Marci Atkison, Director of Development, at 707-224-8266, ext. 637 or matkison@aldeainc.org. Your donation is tax-deductible because Aldea Children & Family Services is a 501(c)(3) charitable tax-exempt organization. Tax ID is 94-2159248.

VOLUNTEER

You can help increase agency effectiveness by volunteering to help with office work, fundraising events, and other tasks. To learn more, or to volunteer your professional expertise, please send an email to volunteer@aldeainc.org.

FOSTER

Open your heart and share your family by becoming a foster or adoptive parent. Through Aldea's model, foster and adoptive parents are supported with training, special activities, support groups, and 24-hour assistance. To learn more about the individualized certification process, please contact our Foster and Adoptive Family Recruiter at 707-557-4560.

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Join our online community at www.aldeainc.org to manage your contact information, email and mail preferences, and donations.

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IMPROVING LIVES AND CREATING BRIGHT
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