



## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Any occasion that brings friends, colleagues and community members together for good food, conversation, and fun is cause for celebration. We

at CIP were so honored to welcome such a wonderful gathering to our BIG Hearts benefit on February 11, and so grateful to the sponsors, food donors, volunteers and participants who made the day a great success!

I often say how fortunate we are in Marin to live in a such a caring community: From the many public and nonprofit organizations and professionals striving tirelessly for the well being of families, children and adults, to the generous donors, businesses and foundations who support this important work. CIP is proud to take our place in the continuum of service and to play an essential, unduplicated role in the Marin safety net.

This year, CIP celebrates 40 years as a provider of quality, affordable care so that those who suffer emotional distress or struggle with such problems as a health crisis or family conflict can discover solutions and enjoy greater emotional health and well being.

Through our 2017 *Community Cares* campaign, we look forward to continuing this role with the support of contributors and sponsors who understand the importance of our work and its contributions to a vibrant, healthy community. For more information about 2017 *Community Cares* sponsorships, see page 6 or contact us at (415) 459-5999 x101.

## A HEARTFELT CELEBRATION OF COMMUNITY



More than 250 people of all ages flocked to the Mill Valley Community Center Valentine's Day weekend for CIP's BIG Hearts Celebration. Hearts and smiles were everywhere as guests enjoyed an afternoon of delicious sweets and savories, thoughtful appreciation, and *fun!*

Guest speaker **Mary Jane Burke, Marin County Superintendent of Schools**, spoke movingly about the importance of mental health services for families and individuals, from both her personal and professional experience. As Superintendent of Schools Mary Jane has been an outspoken advocate for preventative and counseling services in the schools, such as those provided by CIP for at-risk students.

Many of the BIG Hearts sponsors were on hand to enjoy the event, which included a Silent Auction and Raffle. In all, the event generated more than \$35,000, funds that will go directly to support CIP's low-fee and pro bono mental health services for Marin families, children and adults in need throughout the year.

Thank you to all who participated!



(Left to right) Kate Colin, guest speaker Mary Jane Burke, and CIP board member Theresa McCullough.

## SPRING 2017 SCHEDULE

For more information on the topics, learning objectives and presenter bios, or to register for any of our Seminars, Classes or Study Groups, please visit our Professional Development page at [www.cipmarin.org](http://www.cipmarin.org) or call (415) 459-5999 x101.

### CLASSES

4 CE's for LMFT & LCSWs and 4 CE's for Psychologists

CIP Member Rate: \$50 early registration, up to 10 days prior to class, \$60 after

Non-member Rate: \$75 early registration, up to 10 days prior to class, \$85 after

Classes held at CIP, 1330 Lincoln Avenue, San Rafael



**THE SELF-ACCEPTING CHILD AND ADOLESCENT: TIPS FOR PARENTS, TEACHERS AND THERAPISTS**

Tim Worden, PhD, and  
Laureen Turner Worden, PhD  
Saturday, April 8, 2017; 9 am – 1 pm



**THE HEALING OF EMOTIONAL TRAUMA FROM A JUNGIAN PERSPECTIVE**  
Bryan Wittine, PhD, LMFT  
Saturday, May 6, 2017;  
9 am – 1 pm

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

*Cancellation Policy: All cancellations must be received in writing 10 business days prior to the seminar or class. We will issue a refund minus a \$15 cancellation fee.*

*Save the Date!*

## SUPPORT CIP IN THE BAY AREA HUMAN RACE!

Saturday, May 13, 2017

8:00 a.m. – 10:00 a.m.



Each year, thousands of people of all ages and abilities join the Bay Area Human Race (formerly the Marin Human Race) to raise money for nonprofits throughout the county. Whether you like to run or walk, engage in fun activities, or simply want to cheer on CIP interns, staff, and supporters from the sidelines, we hope you'll show your support for CIP on Saturday, May 13, 2017, in the 35th Annual Bay Area Human Race.

Here are two ways to help: You can sponsor Team CIP by making a tax-deductible donation of \$20, \$50, \$100, or whatever you can. Every donation counts! Your gift will go directly to provide needed services for families, children, and adults here in Marin. Visit the CIP Human Race donation page at <http://cvnl.org/bayareahumanrace/>.

You can also sign up to be one of the Team! We'll be walking and running the easy 5k course. Find out more information about the day's activities at: <https://raceroster.com/events/2017/10087/bay-area-human-race/pledge/team/19>

**SUPPORT CIP'S WORK  
IN THE COMMUNITY!**

*Sign-up for AmazonSmile*

Go to: <https://smile.amazon.com/ch/94-2499583>

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### Post-Doctoral

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# FROM OUR ANNUAL REPORT: CIP IN 2016

IN THE YEAR ENDING DECEMBER 31, 2016:

- CIP delivered over 7,000 hours of mental health services to more than 700 families, children and adults, 83% of whom had monthly household incomes under \$2,400. More than 62% of clients receiving services at CIP offices did not have Medi-Cal.
- Children 5-18 years of age accounted for 29% of client hours, reflecting our extensive work in Marin public schools. Clients ages 19 to 25 years of age represented 8%, those 56 years and older accounted for 14%. Nearly half of all clients, 49%, were between the ages of 26 and 55 years.
- Our Schools-based Services continuum provided more than 1,500 hours of individual and group counseling, individual assessment, and family support, serving approximately 150 low-income elementary, middle- and high-school students in the San Rafael and Dixie school districts.
- Our intern-therapists facilitated ten Wisdom Warriors Groups, six-week sessions of discussion and skill building in resiliency, emotional regulation, and interpersonal relationships for middle-school students (5-8 each session).
- Our outreach programs made weekly pro bono counseling available for clients of the Downtown Streets Team, Helen Vine Detox Project, Marin County Juvenile Hall and Senior Access. Services were provided onsite at their facilities to assure greatest access to needed care.
- Twenty intern-therapists received approximately 360 hours of specialized training and more than 2,500 hours of individual and group supervision. More than 100 licensed mental health professionals donated their time and expertise as supervisors and trainers, an in-kind contribution of more than \$400,000.
- Our Professional Development Program Series presented three day-long seminars, three half-day classes, and two multi-session study groups on a wide range of topics for which Bay Area mental health professionals received continuing education units.



*CIP Interns and Core Staff 2016-2017*

# CIP'S HEARTWARMING BIG HEARTS CELEBRATION

## FEBRUARY 11, 2017

*Thank you to all our generous sponsors, donating restaurants and breweries, auction donors, volunteers, and attendees for a great day!*



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## *Our Major BIGHearts Sponsors*

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The FPI Group-Merrill Lynch  
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## *Our BIGHearts Sponsors*

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## **BIG Hearts Auction Donors (cont.)**

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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](http://www.cipmarin.org)

**BECOME A 2017 COMMUNITY CARES SPONSOR!**

For more than 40 years, CIP has provided quality, safety-net mental health services to families, children and adults in need. Each year, hundreds of clients receive the specialized care that enables at-risk students to succeed in school, parents to create loving and nurturing families, and adults to build healthy, productive lives.

As we celebrate this milestone, we invite businesses and individuals to join with us as *Community Cares* sponsors to assure that these essential services remain accessible to all. Your sponsorship will benefit CIP and the community we serve in three vital ways.

All sponsor funds go directly to provide program services, bringing healing, health and hope of a brighter tomorrow for those in need.

The *Community Cares* campaign raises public awareness of the availability of our quality, affordable services as well as the importance of mental health and access to timely treatment.

Your participation as a *Community Cares* sponsor will show your support for strong families, safer classrooms, and more productive workplaces.

All 2017 *Community Cares* sponsors will be recognized during a year-long publicity campaign:

- Our *Community Cares* web page with sponsor logos and write-ups is a direct link from CIP's home page
- Regular *Community Cares* columns in our print and monthly online newsletters
- *Community Cares* press releases to online, print, and social media

*Choose the level of giving that suits you best:*

**Gold Sponsor \$5,000**

- Top listing and acknowledgment in all *Community Cares* publicity
- A quarter-page article with photo in CIP's print newsletter

**Silver Sponsor \$2,500**

- Prominent listing and acknowledgment in all *Community Cares* publicity
- A write-up with photo in CIP's print newsletter

**Bronze Sponsor \$1,000**

- Listing and acknowledgment in all *Community Cares* publicity, including CIP's print newsletter

For more information, please email [admin@cipmarin.org](mailto:admin@cipmarin.org) or phone (415) 459-5999 x101.

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