



# Children's Health Council

Annual Report | July 1, 2023 – June 30, 2024





## ABOUT CHC

Children's Health Council (CHC) is a nonprofit agency that has been providing **best-in-class learning and mental health services** to families in our community for **over 70 years**.

We offer programs for **ADHD, learning differences, anxiety, depression, and autism** through our schools, clinical services, robust community education programs, Schwab Learning Center, and curated online resources.

CHC serves our community across the Bay Area through teletherapy and in person at our facilities in Palo Alto, San Jose, and East Palo Alto.



**Catherine T. Harvey Center for Clinical Services**  
Evaluations, therapy, consultations, Intensive Outpatient Program (IOP), parent coaching and more

*Serving: Birth–25*

**Schwab Learning Center**  
Providing evaluations and one-on-one learning specialist services for students with ADHD, dyslexia, and other learning differences

*Serving: 14–25*

**Sand Hill School**  
Private, independent school focusing on strength based learning, for kids with ADHD, dyslexia and other learning differences

*Serving: Grades 2–8*

**Esther B. Clark School**  
Therapeutic day school serving students with emotional and behavioral challenges referred from Bay Area public school districts

*Serving: Grades K–10*

**Community Engagement**  
Provides parent and teacher education sessions, parent support groups, and recordings. We also have our online Resource Library and a successful podcast series called *Voices of Compassion*

# Building Brighter Tomorrows

At CHC, we believe that brighter tomorrows begin with hope, compassion, and unwavering support. When families walk through our doors, they often come to us in moments of crisis, searching for a way to make their tomorrow just a little bit better. As we reflect on the past year, I am proud to share that our programs are expanding to support children, teens, young adults, and families struggling with mental health and learning differences.

Our commitment to accessibility drives us to ensure that every family, regardless of financial status, receives the critical services they need. We have prioritized increasing access to care in underserved communities and are proud to have provided over \$4M in financial assistance and free services in FY24. These funds have helped cover services like individual therapy, access to one of our specialized schools, emergency community support, and more. Thank you to our charitable donors and partners for making this possible.

Providing free services to support our community is a cornerstone of CHC's mission. Digital education tools, including our Resource Library and the *Voices of Compassion* podcast, help us connect with individuals across the nation. Additionally, we offer local teacher education programs and parent support groups to help promote awareness of learning needs and mental wellness.

We also expanded our reach through CHC Ravenswood, piloting new DBT group therapy offerings that provide critical support to underserved communities. This expansion means that more families now have access to vital mental health resources, allowing us to further our mission of equity and access.

At CHC, we are not just responding to today's challenges; our focus is on building a future where every child, teen, and young adult can look forward to a better tomorrow. We are deeply grateful for the continued support of our community, whose generosity makes this critical work possible.

Thank you for believing in our mission and for helping us build brighter tomorrows for all.

With much appreciation,



Dr. Ryan C. Eisenberg  
CEO of Children's Health Council



# STORIES OF IMPACT

## DBT GROUPS OFFER A LIFELINE

Thanks to the generosity of our donors, CHC Ravenswood has become a vital mental health resource for East Palo Alto and east Menlo Park over the past decade, serving over 500 families annually at no cost to them in an area previously designated as a 'Health Professional Shortage Area.' With the expansion into a new space and the launch of a clinical training program, the clinic saw an increase in young clients seeking therapy, which prompted Clinical Program Manager Dr. Zahra Murtaza to develop a solution for the growing waitlist.

Trained in Dialectical Behavior Therapy (DBT), an evidence-based therapy that helps people learn healthier ways to cope, Dr. Murtaza helped train up her clinical staff in DBT and launch concurrent DBT groups for students and Spanish-speaking parents/caregivers. The 8-week pilot program helped participants accept challenges and change unhelpful behaviors. One boy improved his engagement at school, and his mother also benefited from DBT, fostering a more harmonious home. Inspired by their success, she plans to enroll her older daughter in the program this year.



**ZAHRA MURTAZA, PHD**

## NAVIGATING NEURODIVERGENCE

Megan, a Stanford educated professional with a PhD in math education, has always been highly driven but found herself struggling, feeling frustrated and overwhelmed when trying to complete her dissertation. When she reached out for help, people would say things like, "Internally motivated is the best way to be." She would think, "But I am internally motivated!" Something was wrong.

Megan got connected to the Schwab Learning Center (SLC), a center that empowers neurodivergent individuals through evaluations, tools, and strategies. A psychoeducational evaluation revealed that Megan had multiple learning differences. This was validating and gave Megan a road map to how her brain works.

She worked closely with SLC learning specialist Stacey Soderquist to learn strategies for breaking down large projects and developing effective plans for tackling her work. She put these new structures into place and was able to successfully complete her dissertation.

Megan is now a research scientist at Harvard and aims to become a professor, making mathematics more accessible to all students, especially those with learning differences.



**MEGAN SELBACH-ALLEN, PHD**

# THANKS TO YOUR SUPPORT

2,606

CLIENTS AND STUDENTS served



CLIENTS SERVED via Medi-Cal

602

200

STUDENTS ENROLLED in Sand Hill School and Esther B. Clark Schools



298

STUDENTS ENROLLED in the Schwab Learning Center



76

YOUTH CLIENTS ages 6-18 received no-cost outpatient therapy



65+

SCHOOLS AND SCHOOL DISTRICTS served



110

TEENS BENEFITED FROM DIALECTICAL BEHAVIOR THERAPY (DBT) programs, including RISE Intensive Outpatient Program



21,600

MONTHLY VISITORS to the CHC Resource Library



497

PARENTS PARTICIPATED in free parent support groups



43,026

INDIVIDUALS REACHED through our schools, clinics, community engagement, and free resources

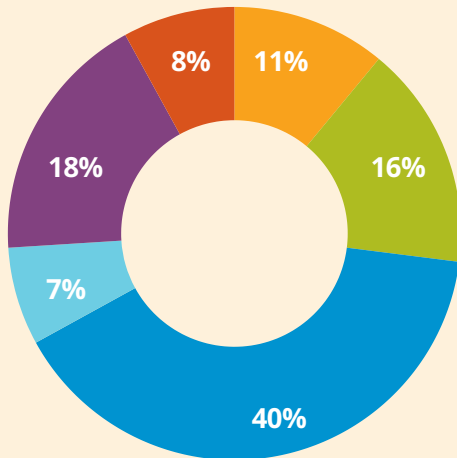


\*Numbers from Fiscal Year 2024

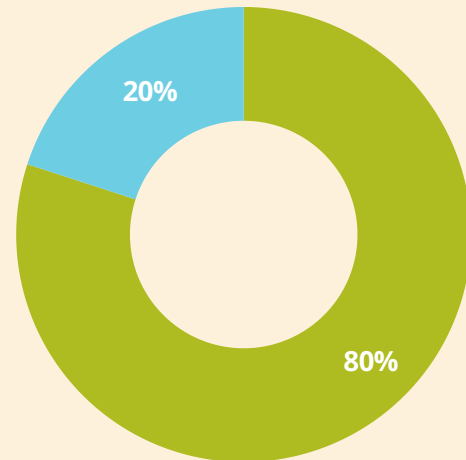
# FY24 AT A GLANCE

**REVENUE: \$38,575,000**

**EXPENSES: \$37,600,000**

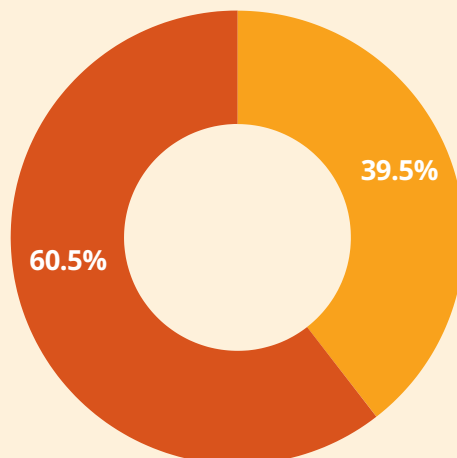


- Esther B. Clark Schools **40%**
- Sand Hill School **7%**
- Philanthropic Giving **18%**
- Endowment **8%**
- Clinical Medi-Cal **11%**
- Clinical Private Pay **16%**



- Programs **80%**
- Administration, Management, & General **20%**

**ALLOCATION OF DONATED FUNDS: \$4,237,034**



● Free Services **60.5%**

*Resources provided at no cost:*

- CHC Ravenswood
- Community Engagement
- Early Support Program for Autism

● Financial Assistance **39.5%**

*Funds given directly to families and individuals to help cover costs:*

- Clinical Private Pay
- Sand Hill School
- Schwab Learning Center

# CHC SUPPORTERS

## GRANTS

### FOUNDATIONS, CORPORATIONS, AND GOVERNMENT

|   |  |  |
|---|--|--|
| Adobe   | Enlight Foundation                             | Rotary Club of Palo Alto                                 |
| Atkinson Foundation   | Franklin and Catherine Johnson Foundation      | San Mateo County Behavioral Health and Recovery Services |
| Auxiliary, The Children's Health Council                    | George Archer Memorial Foundation for Literacy | Sand Hill Foundation                                     |
| California Department of Health Care Access and Information | Heluna Health                                  | Sarlo Family Foundation                                  |
| California Governor's Office of Emergency Services          | Insperty                                       | Sequoia Healthcare District                              |
| Caminar   | Jacques M. Littlefield Foundation              | Sereno 1% for Good Charitable Foundation                 |
| Chan Zuckerberg Initiative                                  | LaureL Foundation                              | Sergey Brin Family Foundation                            |
| Charles and Helen Schwab Foundation                         | Los Altos Mountain View Community Foundation   | Skyline Foundation                                       |
| City of Palo Alto   | Mattel Children's Foundation                   | Smart and Final Charitable Foundation                    |
| The David and Lucile Packard Foundation                     | The Morrison & Foerster Foundation             | Sutter Health – Palo Alto Medical Foundation             |
| Dudley-Vehmeyer-Brown Memorial Foundation                   | Oak Foundation                                 | Walmart Foundation                                       |
|   | Palo Alto Community Fund                       | Wisteria Foundation                                      |
|   | Robert Half                                    |  |

## CORPORATE PARTNERS & EVENT SPONSORS

|                                  |                                |  |
|----------------------------------|--------------------------------|--|
| Advantage Microsystems           | Menlo School                   | Stanford Medicine Children's Health          |
| BJ's Restaurants Foundation Inc. | Next Legacy                    | Star One Credit Union                        |
| DLA Piper LLP                    | Oomnitza                       | Sutter Health – Palo Alto Medical Foundation |
| Google Children's Center         | Sand Hill Global Advisors, LLC | Text Expander                                |
| Hercules Capital                 | Santa Clara Family Health Plan | Whittier Trust Company                       |
| Heritage Bank of Commerce        | Seiler LLP                     |  |
| LifeSource Water Systems, Inc.   | Sequoia Healthcare District    |  |



# ANNUAL GIVING: JULY 1, 2023 – JUNE 30, 2024

## LEADER—\$25,000 AND HIGHER

|                          |                              |                           |
|--------------------------|------------------------------|---------------------------|
| Terry Blumenfeld         | Catherine and Kevin Harvey   | Melinda and Rick Osterloh |
| Elaine and John Chambers | Marissa and Robert Kagle     | The Schwab Family         |
| Jenna and Jim Ellis      | Jere and Bernard King        | Mary and Mark Stevens     |
| Elaine and Eric Hahn     | Ann Lewnes and Gregory Welch | David Wollenberg          |
| Joanne and Art Hall      | Linda and James McGeever     |                           |

## VISIONARY—\$10,000–\$24,999

|                                 |                               |                                    |
|---------------------------------|-------------------------------|------------------------------------|
| Maryan and Steve Ackley         | Michael Harris Foundation     | John Mozart                        |
| Barbara Alhouse                 | Beth and Brian Grossman       | Susan Packard Orr and Franklin Orr |
| Annie and James Barnett         | Dana and Tom Hayse            | Nancy Paxton and Gaurang Desai     |
| Celeste and Wendell Birkhofer   | Michaela and Jay Hoag         | Posner-Wallace Foundation          |
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| Eimear and David Fischer        | John Kriewall and Betsy Haehl | Gretchen Von Gustlin               |
| Bobbie and Jamie Gates          | Trish and Lawrence Kubal      | Emily and Gregory Waldorf          |
| Marcia and John Goldman         | Anne and Ken Lawler           |                                    |
| Catherine and Christopher Green | Shawn Mackenzie               |                                    |

## CHAMPION—\$5,000–\$9,999

|                                 |                                      |                                     |
|---------------------------------|--------------------------------------|-------------------------------------|
| Manisha Agrawal and Devesh Garg | Merrilee Harris                      | Jocelynn and Jeff Staley            |
| Freddy Avis                     | Cecilia and James Herbert            | Kate Surman and Michael Kiedel      |
| Sandy and Dick Boyce            | Julie Terrell Hooper and Bill Hooper | Kelli and Steffan Tomlinson         |
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## PARTNER—\$1,000–\$4,999

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Achieve Foundation

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JJ Jenkins

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Muneerah Merchant and Nadir  
Hussain

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Alex and Scott Morgan

Tracy Morris and Chris DeCardy

A large, stylized orange logo consisting of the numbers '24' followed by a slash and the number '7'. The numbers are bold and sans-serif.

access for teens  
in crisis. Our  
**RISE IOP offers**  
**around-the-clock**  
**support** for teens  
to ensure no one  
faces a crisis alone.

## PARTNER—\$1,000–\$4,999 (CONTINUED)

Heather Mozart

John Forrest Mozart

Justin P. Mozart

Ashley Mozart Fey

Usha and Diaz Nesamoney

Kathy and Angelo Orciuoli

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Gary Wimmer

Elizabeth Wolf

Sheila and Mark Wolfson

Geraldine and Richard Wong

Yuen Kwan Yan

Rona Yang and Gary Chevsky

Kimberly Young and John Moragne

Anna Zara and Bob English



# CHC's SteelMike Shootout

is a spirited basketball tournament and fundraiser for the Michael Harris Fund at CHC **supporting teen mental health services.**

## CLARK LEGACY CIRCLE

*The Clark Legacy Circle honors donors who have expressed a lifelong commitment to the future of Children's Health Council by generously including CHC in their estate plans.*

Paul and Wilhemina Achilles\*  
Barbara Alhouse  
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Dianne and Bill Bottoms  
Barbara Brandt\*  
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Marguerite Szekely\*  
Dianne and Tad Taube

Jean and Richard Taylor\*  
Mary Thornton\*  
Mike\* and Ellen Turbow  
Samuel Untermeyer II\*  
Eleanor Winant\*  
Bernard Wolfe\*

95%

of families  
reported  
high levels of  
**satisfaction**  
with the  
**support and**  
**outcomes**  
from our  
therapy  
services.

\*Deceased



# Children's Health Council

**Our Mission is to transform young lives** by providing culturally responsive, best-in-class services for learning differences and mental health to families from diverse backgrounds regardless of language, location, or ability to pay.

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## CHC BOARD OF DIRECTORS 2023–2024

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