



Board of Directors

December, 2008

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Dear Friends and Supporters,

Change is everywhere: we see it at home and we see it here at ACT for Mental Health. Here at ACT, we adjust, we change and we increase our service to a growing clientele of stressed out, insecure and disturbed people. This is our annual report to you and our annual solicitation of your financial assistance for our important work.

The year, 2007-2008 has seen important changes in our client services. In this year, ACT contracted with the Family Health Plan to serve families and children who have MediCal and who are poverty level. Requests for anger management and for stress management have increased for all ages. Teen stress is highlighted and mid-life crisis which may include addiction are areas of great need. Folks with these problems cry out for intervention but often fail to make the trip to our center. ACT is designing innovative, user friendly programs to encourage newly referred clients to participate.

Our Women's Project has finished phase one. Here we learned a lot about what not to do; we also got a glimpse of significant problems that need more research. One of these is the implication that thyroid disease may well be the root cause of many problems diagnosed as purely psychiatric. We are currently pursuing a grant that will enable ACT to refine and continue this investigation.

Our Fireside Club is thriving under the gentle guidance of volunteer, Cindy McCalmont. Cindy brings a professionalism and caring intervention to members who struggle every day to self-sustain as they battle residual mental illness.

Our many Court referrals and referrals from Family Preservation and Victim Witness keep our well-qualified staff busy despite the fact that so many of these clients are without ability to pay for service. Your contributions make the difference here. They enable ACT to respond to their cries for help appropriately.

This thumb nail sketch gives you an idea about ACT's current status. We hope it will inspire you to learn more in detail and to spread the word about ACT's good work. Check out our web site <http://www.actmentalhealth.org> for up to date news.

Please give as generously as you can this year... These are tough times and our services are needed more than ever. We ask your help and support!

Peace. Love, and Good Health!