

ACT FOR MENTAL HEALTH ANNUAL REPORT
2010
Services to the Silicon Valley Community

Referrals come from County Family Preservation, The Family Health Plan, Victim Witness and other community entities. Other clients are self paid and referred by the courts, word of mouth, internet and other local sources like Valley Medical. The courts and medical facilities use ACT for mental health assessments.

Total client sessions: 2784

Individual Counseling

Total clients: 387 clients served in 2784 sessions

Group therapy and support:

ACT provides various classes, groups and a social club for the benefit of the community. This includes, but is not limited to, Spanish language support groups for men and women, anger management and parenting classes, and the Fireside Friendship Club.

Our Client Profile:

Hispanic	51%
Black	4%
White	25%
Employed:	
Full time	18%
Part time	11%
Unemployed	41%
Education: 20% dropped out of high school	
Court ordered/Social service related: 30%	
Seen for:	
Anger/stress management	13%
Anxiety/depression	23%
Family/parenting	24%
Gastric bypass assessments	11%
Single	37%
Married/living together	28%
Divorced/separated	26%

Clinical Staff:

- Two fully licensed clinical social workers
- Two social work licensure candidates
- One Post Doctoral clinical psychologist
- Two Ph.D. psychologists (one transferring licensure from Mexico)
- One psychiatrist in training

Support Staff:

- One business manager and one receptionist

Volunteer Staff:

- One grant writer, four client/volunteers who help with maintenance, food services and clerical work, four IT specialists, two web and internet connection specialists

ACT's Board of Directors:

- Ten dedicated community stewards

ACT's Conservation of Funding:

- Ninety-five percent of your money goes directly for client services

ACT is Growing:

- Each individual therapy session costs ACT \$75.00. The average self-pay fee ACT receives is \$30.00. That's why we rely on our community sponsors to make up the difference.