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Oakes' Annual Newsletter 2020-2021

Oakes Children's Center



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Oakes' Response to Our Community

Spring 2020 brought the challenges of managing school and life during the pandemic, as well as the adversity of racial, economic, and other disparities suffered by members of our community.

Historically, Oakes has endeavored to reach underserved children. As an agency, we are re-committing to address institutionalized bias and discrimination with the awareness of the challenges facing all of us to improve relations and service to our families.

Read Oakes' Statement at www.oakeschildrenscenter.org

COVID & Telehealth Reaching Clients during School Closure

As the pandemic struck our San Francisco community late in March 2020, San Francisco Unified School District closed schools for in-person learning. Oakes Clinicians, who had been serving up to 250 children annually in over 62 elementary, middle, and high schools, as well as at our Center, were forced to adapt quickly to continue mental health support online.

Telehealth is the provision of mental health care from a distance through technology, often using phone or videoconferencing.

Telehealth can involve providing a range of services including psychological testing and evaluations, therapy for individuals, groups, and families, as well as client education. Telehealth can enable a direct interaction between the clinician, client and family members, even when not in the same room.

Despite its prevalence, internet access was not always possible for all of our clients: Many families, in addition to not having reliable connectivity, also faced illness, family hardship, lack of privacy, housing insecurity, economic disadvantage, and other

uncertainty. At Oakes, we had to hope that each child and their family, who may or may not have had high-speed wireless,

computing equipment, or internet access at home, would be supported by their schools and caregivers and would be provided the equipment and connectivity our clinicians and interns also could rely on. Our agency and each therapist, in the interests of all clients, struggled to create healthy and

According to the American Psychiatric Association, telehealth can create enhanced feelings of safety, security and privacy for many patients.

secure remote work spaces, a new library of apps, materials, and access, as well as secure and private environments to protect delivery of therapy to each client and their family. Oakes will continue Telehealth therapy amid the uncertainty of school re-opening.



How Does Telehealth work for our Children?

Based in a client's home, online telehealth adapts to material and access for each family. Oakes' Clinicians mail out packets and materials, and use toys and supplies that clients have at hand.



that children can describe an idea or feeling or a relationship without words. Using figures that children may have at home or be provided by their therapist, as well as online apps, a client can provide insight into their thoughts or ideas through the kind of ways they interact

Play and Sand Tray Therapy

During play therapy, children are given prompts to help to tell stories or experiences. Clinicians are able to learn about the child's mental state, as well as familial and other relationships, that help provide therapeutic direction. Sand trays often provide a way

with the figures, even if observed from a distance. In another example of play, our Gaming Group, where therapists help youths to continue to develop their social skills, works online through the use of role-playing and group decision-making games.



Off-screen Home-Based

All of us have the need to move after being on-screen: some therapeutic movement-based activities could include having a client act out a color, helping a therapist determine their emotional state. In other examples, evaluating a client's coping, regulatory or stress level could be made possible through a card game. Mindfulness may be encouraged through shared meditation.



Oakes' Update >>>

A Letter from our Interim Executive Director

Linda Wohlrabe has been serving as Oakes' Interim Executive Director since June 2019.

Two themes that resonate deeply with me during the pandemic, school closure, and all of the other current difficulties we have faced as a community, are Challenge and Gratitude.

Oakes saw our Foundation partners offer continued support of our mission to provide mental health services for children and their families during our pivot to Telehealth. We managed more progress on our Capital Improvements to our Center, thanks to the Mayor's Office of San Francisco: Housing and Community Development, The Bothin Foundation, The William G. Irwin Foundation, and the Archdiocese of San Francisco, as well as our corporate and in-kind donors, who are supporting structural work on our agency headquarters.

I am grateful to all of our amazing administrative and managerial staff, our board, and our interns and clinicians on the front lines, who are so deeply committed to the work that we do. Every day, even in these unknown times, we have been able to see the positive impact of our work, and have continued

to meet new challenges with our clients and their families.

I am grateful to our clients and their families for the trust that they place in us as their support team, and I'm grateful to be your leader in this collaborative process.

In Solidarity,
Linda



Development receives donated monitors supporting Oakes' pivot to Telehealth service in Response to COVID19

Capital Responses to COVID19

Oakes was the fortunate recipient of COVID19 Response support from ARM Treasure Data as well as DHCS:Sierra Center, enabling service and the purchase of computing hardware, apps, connectivity and support for Telehealth therapy.

Along with an in-kind donation of 16 monitors from a local business through GreenStandards, Oakes has been better able to meet the sudden challenge of providing service to clients online.

For more information or to donate, go to www.oakeschildrenscenter.org

Clinical Insights from Oakes' Team

Our clients, and their families, have seen a difficult time like no other. Children, some of our society's most vulnerable members, have been faced not only with the challenges adults are facing but also with adults' uncertainty and toxic stress. The effects of early and recent trauma are lasting: how do we respond?



Precita Eyes Mural at Treat/Precita Ave., SF

There is evidence regarding remote treatment, assessments, and therapy for children and adolescents that there are people for which telehealth may be preferable to in-person care, for example children with autism, with severe anxiety disorders, and for patients with physical limitations. Teletherapy also has allowed us, in some cases, to enter into the child's world differently, as they show us their pets, introduce siblings, or show us their personal spaces at home, improving insight.

While last year saw the expansion of our Outpatient and Partnership Programs to reach clients and their families in over 62 schools and at our Center, this year focuses intensely on active improvements to Telehealth and remote service. The struggle to engage young clients – who have anxiety, depression, have suffered trauma or abuse, or are on the autism spectrum – through online individual therapy every day is real. One of our unexpected positives, however, has been increased parent engagement, which has created stronger collaborations and has allowed us to support parents who are also facing greater stress now more than ever. Oakes' Interns and Clinicians are collaboratively learning new approaches to increasing student engagement with specific games, cues, and techniques. We are innovating and learning new apps in the online landscape for assessment, evaluation and intervention. Our staff are actively pursuing professional development with particular sensitivity to race, access, and inequality. It is our mandate to operate Oakes for the benefit of all members of our community, and to strive to remain open, flexible and responsive to emergent needs. While recent times have proven even more challenging for our clients, our commitment has become more sharply focused on justice, equal access, and a better future for all of our clients.



Oakes' Capital Campaign

Oakes is undertaking Phases 1 & 2 of our Capital Improvements to our facilities, namely replacing our doors, our roof, and renovating for ADA-compliant facilities. We are now seeking support for Phases 3 & 4, which include further life, safety, and seismic improvements to our agency headquarters.

Thanks to Our Capital Funders...

Oakes thanks The Bothin Foundation for supporting fire and safety-compliant door replacement; we are grateful to The Mayor's Office for Housing and Community Development (MOHCD) for a grant to replace our aged roofing; The Archdiocese has supported MPR/ kitchen improvements; The William G. Irwin Foundation is supporting the renovation to our Center for ADA-compliant facilities for our clients.

Oakes' Gratitude for General Operations Support...

Oakes is grateful to The George H. Sandy Foundation, The Frank A. Campini Foundation, The Annunziata Sanguinetti Foundation, The Boris and Vera Bogart Foundation, The Bill Graham Foundation, The Bewley-Motluk Trust, St. Mary's SF, The Goodwin Family Trust, an Anonymous Benefactor, and many others for their continued support of our mission. Our sincere *Thank you!*

ask us >>>

Q: *How can I Support Oakes?*

A: *Oakes has a Wish List!*



Oakes is grateful for your interest in supporting the work we do: please donate on our website, at www.oakeschildrenscenter.org, or see our Amazon wishlist for an itemized list of current needs. In-kind donations, particularly of computing equipment and materials for online support are appreciated and will be used now and with the re-opening of our Center and SFUSD schools.



Your support & Oakes' success ...

Oakes Children's Center 2020 Annual Fundraising Campaign: We need you!

Your support has helped Oakes Children's Center to provide mental health support to children and youth in our San Francisco community for over 57 years.

Your contribution this year will help Oakes's successful service through our Core Programs with the purchase of Therapeutic Tools, Apps and Games, as well as Testing, Assessment, Evaluation, & Other Curriculum and Clinical Needs.

Thank you for supporting our service in 2021 to at-risk and underserved children and youth with mental health needs.

Contact us at **415-641-8000**

Ways to Give securely Online:
www.oakeschildrenscenter.org

Text the word **OAKES** to 44-321

Send Check or Money Order, payable to:
Oakes Children's Center
1550 Treat Ave, San Francisco, CA 94110

Oakes Children's Center is a registered 501(c)3 non-profit organization. Your contribution is tax deductible to the fullest extent of the law. Our EIN is 94-1565132

www.oakeschildrenscenter.org

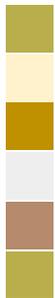
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Watch us >>>

In the coming year

Oakes will endeavor to reach more than 250 children annually through our Core Programs: We also hope to begin targeted new programs to help address emerging mental health needs of local children and youth.



OAKES
CHILDREN'S CENTER

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