



FSA
Family Service Agency
of San Francisco

Lives Transformed



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Spotlight: Dr. Kate Shadoan, CYF Division Director



Kate Shadoan at Felton Preschool Graduation



Felton Institute's [Children, Youth and Family Division](#) Director Kate Shadoan has a forthright and sunny disposition. She is passionate about providing early childhood care services that provide a firm foundation for success, and as a mother of two, she knows firsthand how those services make a difference. To watch Kate share some of her experience, [click here](#).

Kate's nuclear family in northeastern Nebraska consisted of her mother, father and older brother. Her hometown's artistic community benefited from the largesse of television host and comedian Johnny Carson, a University of Nebraska alum who provided significant support for programs there.

Kate's mother was a clinical social worker and dietitian who focused her energy on caring for those in her community. From an early age, Kate knew that she wanted to work in social services. Kate's father imparted the values she holds dear to this day: "Be honest, fair, and helpful whenever you can." As a rising high school junior, Kate's life was forever changed when her beloved mother was killed in a car accident. In the wake of their loss, Kate and her dad were home alone for a few years until her freshman year of college.

"When you lose a parent at a younger age, I believe you quickly learn that 'life is not fair,' but you also learn to value the friends and family you have so much more. I have learned from my dad the significance of building and maintaining traditions in my family to keep my mother's memory present and part of my children's lives," Kate notes.

"My freshman year of college, my dad remarried and I gained another brother and sister (both younger). Today I have three nieces (and a fourth on the way), two sisters-in-law and a future brother-in-law, along with my husband and two teenage children."

Kate earned her BS in family science. She holds an MS in clinical counseling from Bellevue University and recently completed her EdD from Creighton University. She is enthusiastic about her Nebraska educational experience and her career choices. "I had dreams of joining the Peace Corps, but ended up hopping around the country for a few years working with adults with developmental disabilities and eventually moved into working with kids and families within the child welfare systems," she says.

"I had a strong desire to continue my mother's work and mission in my education and career choices. I couldn't imagine working in a corporate job or any job that didn't directly assist those in need within my community."

Kate's parents met and fell in love in San Francisco in 1969. It had been a city that she visited many times, so creating a home with her husband and children here has been a labor of love for her. Her husband is from Southern California but has loved the Bay Area for years, and when Kate's brother married a San Franciscan, they decided to move to be closer to family. Kate beams and shares, "I love that my children get to grow up near their cousins!"

Kate became the division director of Felton's largest division-the Children, Youth and Family (CYF) team in May of this year. "I was attracted to the agency because of the work I had initially done with the research and training program. I then learned about the wide scope of work and the high-quality, client-centered services delivered by Felton and wanted to be part of that mission.

"Felton is unique in serving the entire life span--from prenatal to end of life. It is amazing to work somewhere that considers the whole person with a strengths-based, harm reduction lens. Felton's innovation is truly exceptional; the entire agency has an eagerness to pilot and try new strategies in an effort to improve the lives of everyone in our community.

"The team and the families we work with are the most rewarding parts of this role. I am fortunate to work with a group of strong, wickedly intelligent [people] in CYF who are so passionate about their work. I also have the privilege of interacting with many of the children served throughout our Early Care and Education (ECE) programs every single day. It's a very joyful place to work, and everyone at Felton should visit one of our ECE programs at some time during their career."

When not at work, Kate revels in time spent with her teenagers, Emma and Aariq, and her husband, who are the lights of her life. She enjoys cycling, cooking and hiking with her husband and their dog.

When Kate speaks with her dad, he ends almost every conversation with the words "be cool." Kate explains, "I've always taken this to mean live the values he taught us. Hold the door open for someone, say hello, and ask how someone is doing. If you do these things you should be just fine, and life will work out." When it comes to her personal credo, she quotes Robert Ingersoll, "We rise by lifting others," and a sign gifted by a former supervisor that provides daily inspiration. It reads, "Be Amazing."

Most who have met Dr. Kate Shadoan agree that she embodies those words.

Felton Institute Represented at Aging Your Way



Felton's Jonathan Bernstein, Amy Yu, Lolita Kintanar on Location

On September 21, 2018, Felton's [Senior Community Service Employment Program \(SCSEP\)](#) and Foster Grandparents/Senior Companions Program teamed up to do outreach at the third annual Aging Your Way Resource Fair.

"Participating at the Aging Your Way Resource Fair was an invigorating and rewarding experience," said SCSEP director Amy Yu. "We were able to share with the community all of the services that Felton Institute provides. Both the Senior Community Services Employment Program and the [Foster Grandparents/Senior Companion Program](#) contribute to senior empowerment, economic stability and a community service, and that is what inspires us in our daily work. Everyone in attendance was very excited about the resources that will help them moving forward."

A collaboration of San Francisco Community Partnership and the San Francisco Department of Aging and Adult Services, the free event also featured blood pressure and other health screenings, a raffle, and entertainment provided by the San Francisco Community Music Center's Older Adult Choirs. For more information about Felton's Senior Division programs, please visit felton.org or call (415) 474-7310. To read a SCSEP success story in Felton's annual report, please [click here](#).

Honoring Foster Grandparents and Senior Companions

 FSA Foster Grandparent Service Agency of San Francisco	CELEBRATION	
Annual Volunteer Recognition Luncheon		
	Please join us in celebration of our Foster Grandparent and Senior Companion Volunteers	
Thank You!		
Where: United Irish Cultural Center 2700 45TH Avenue, San Francisco, CA	When: Friday, October 26th 11:30 AM	LUNCHEON PROGRAM RAFFLES
Please RSVP by October 15th to Eileen Kincaid at 415-751-9786 or email at ekincaid@felton.org		

On October 26, 2018, Felton's Foster Grandparent and Senior Companion Programs will hold their annual luncheon at the United Irish Cultural Center in San Francisco. The Foster Grandparent Program offers a multi-generational avenue for developing meaningful relationships, deepening community connections and sharing experiences that are long-lasting. Participants in Felton's Foster Grandparent Program are older adults ages 55 and older who offer support, love and wisdom to children and youth by serving between 15 and 30 hours a week in preschools, elementary schools and various community settings.

Senior Companions are limited-income, mobile seniors who provide companionship services between 15 and 30 hours a week to frail, isolated, and homebound seniors ages 55 and older. Participants serve in adult day health centers and senior centers, engaging at-risk seniors in on-site activities. Senior Peer Counselors are a specialized unit of the Senior Companion Program trained in working with older adults with mental health concerns. Small stipends are provided for the services.

The appreciation luncheon will feature guest speakers and raffle prizes. To attend the joyful celebration, please RSVP to ekincaid@felton.org.

To hear two Foster Grandparents share how the program has enriched their lives, [click here](#).

Felton and You



A Second Chance to Succeed with Felton's Teenage Pregnancy and Parenting Program (TAPP)

Imagine yourself as a teenager in school. You live for friends, sports, activities, and having fun. It's Saturday morning, and you plan to meet a friend, but instead you sit on your bedroom floor. Unable to move, you stare into space. You just found out

you are going to be a teen parent. So many thoughts and emotions flood your mind. You feel lost and alone. My life is about to change forever, you think to yourself. Where do you turn to for help navigating the many challenges you are sure to face?

Felton Institute's [Teenage Pregnancy and Parenting Program \(TAPP\)](#), which began offering services in 1981, provides a friendly environment for pregnant and parenting teens to receive support and assistance through comprehensive case management services. TAPP has demonstrated positive outcomes of reduced low birthweights, improved retention and/or re-enrollment in school, and the reduction of unwanted repeat births. Through TAPP, expectant and parenting teen families up to age 19 have access to all available health, education, vocation and social services for which they are eligible.



In addition, TAPP offers wraparound service programming which has evolved into the [Young Family Resource Center \(YFRC\)](#), and which provides peer-to-peer support to young families. YFRC is a population-focused, peer-directed Family Resource Center targeted to teen and young adult parents, their children and their families. Through a Young Parent Peer Educator model of management, administration and evaluation, the YFRC is a model of family support and youth development principles. Launched in 2006, YFRC provides health, education and social services to eligible young parents up to age 24. YFRC partners with other community-based programs to offer a wide range of support services.

TAPP and YFRC provide a friendly environment where teens can feel comfortable speaking with others about their unique situation. TAPP and YFRC services are free and confidential.

Through TAPP and YFRC, pregnant and/or parenting teens can benefit from:

- Access to Weekly on-site Farmer's Market
- Mental Health Therapy/Counseling Referrals
- Family Planning Education and Referrals
- Drop-in Resource Center
- Parenting and Child Development Education
- Family Art and Cultural Activities
- Childcare Referrals
- Early Literacy Groups
- Nutritional Counseling for Parent and Baby
- Parent Support Groups
- Vocational Services/Job Readiness Training
- Computer/Study Areas
- School and Academic Support Services/GED Classes
- Clothing and Emergency Diapers
- Shelter/Housing Referrals
- Health Education Workshops
- Legal Services Referrals
- Childbirth Preparation
- Domestic/Relationship Violence Intervention
- Cal-Fresh/Cal-Works/Medi-Cal Applications

The [U.S. Department of Health and Human Services Office of Adolescent Health \(OAH\)](#) reports that before 20 years of age, one in eight adolescent females will become pregnant and an estimated nine percent (900,000) of teen boys between the ages of 12 and 16 will father children before their 20th birthday. In 2016, more than 209,480 babies were born in the U.S. to teen girls between the ages of 15 and 19. As staggering as these numbers are, the OAH reported that teen pregnancies and birth rates are the lowest they've been in years.

OAH notes that compared to teen girls who delay childbearing, teen girls who have babies experience negative effects directly associated with pregnancy, childbirth and parenting. Childbearing teen girls are:

- less likely to finish high school;
- more likely to rely on public assistance;
- more likely to be poor as adults; and
- more likely to have children who have poorer educational, behavioral, and health outcomes over the course of their lives than do children born to older parents.

The OAH says that childbearing during adolescence negatively affects parents, their children and society, and includes costs to U.S. taxpayers in billions of dollars due to lost tax revenue, increased public assistance payments, and greater expenditures for public health care, foster care, and criminal justice services.

The good news is that Felton's TAPP and YFRC programs work to improve health outcomes for expectant teens and their children, and provide educational and vocational support to help teen-parent-headed families achieve family economic success.

With your help and support, together we can guide teen men and women to success as parents and provide young families with an opportunity to achieve their educational, vocational and economic goals. If we help teen parents today, they and their children will have a greater chance at achieving success in their futures.


Please consider giving a gift to Felton Institute today. To give to the cause for which you have passion, text FELTON to 41444 on your mobile device; it's quick and easy.

For more information about Felton Institute, visit felton.org or call (415) 474-7310.

*For statistics and information about teen pregnancy and parenting mentioned here, visit the [U.S. Department of Health and Human Services Office of Adolescent Health](http://www.hhs.gov/ash/) (OAH).

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