



**FSA**  
Family Service Agency  
of San Francisco

*Lives Transformed*



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## Spotlight: Rosaura Diaz, TAPP Program Director



Left: TAPP Graduate - Right: Rosaura Diaz

Rosaura Diaz, Program Director of Felton's Teenage Pregnancy and Parenting Program, takes her mission of supporting teens very seriously, and she considers her job at Felton a dream come true.

Born in San Francisco, Rosaura has fond memories of her childhood. Her parents are from Jalisco, Mexico. "I was fortunate to have grown up in a Spanish-speaking household, giving me the gift of being bilingual. I am proud to be Mexican-American and have maintained

a strong connection to my Mexican heritage through visiting family in Mexico and trying to cook delicious Mexican food in my spare time. Growing up in this diverse city and traveling abroad has given me a cultural awareness about others' stories and histories."

From a young age, her father instilled within Rosaura that it was important to be responsible, help others and live a joyful life.

"My father always inspired me to follow my dreams no matter how big! I am who I am today because of his love and belief in me," she shares. Among her father's words of wisdom were, "Follow your dreams and find your happiness," and, "There is nothing impossible to reach with hard work!" When she was in high school, an epidemic of Latino high school dropout rates inspired Rosaura to become part of the solution when she grew up.

Rosaura earned a BA in child and adolescent development from San Francisco State University and her master's degree in educational leadership at New York University. She is currently a doctoral candidate in education at San Francisco State University.

"In college, I developed a passion to support teenagers [to] graduate from high school [in order] to decrease the high school attrition rates. I began my work with teenagers as a high school teacher, mentor and guidance counselor. My experience of daily listening [to] and counseling teenagers in crisis allowed me to understand the personal struggles many teens face while pursuing their education. This work has prepared me to support pregnant and parenting teenagers in our TAPP program. I care deeply about the needs of our young parents."

Rosaura will soon celebrate her three-year work anniversary with Felton Institute. Asked what attracted her to TAPP, she enthuses, "The privilege and amazing opportunity to work with teen parents and their adorable babies in a program that was designed with an intentional two-generational approach is really cool!"

"Most rewarding ... is being part of an amazing team and sharing a part [in] supporting youth on their educational journey, and being able to see pregnant clients become mothers and to see their healthy babies thrive."

When not working very diligently on behalf of Felton clients, Rosaura enjoys visiting beautiful beaches. On her annual trip to Hawaii she snorkels and relaxes. Two years ago, she began boxing, which she says is a lot of fun, but hiking remains among her favorite hobbies. As for a personal motto, she has a few: "Don't put off what you can do today for tomorrow," and "Everything thing that you do, do with all of your heart and with excellence-no matter the task." Rosaura continues to live the lessons of her father, to the benefit of Felton's clients.

## Felton's Annual Report is Online

As Felton's fiscal year draws to a close, we invite you to enjoy our annual report, which features letters from President and CEO Al Gilbert and Board Chair Amy Solliday, in addition to milestones and highlights. We hope that you enjoy learning more about Felton's programs, staff, and the people that we serve. Please [click here](#) to read the report.



## Felton Hosts Learning with Leaders at Family Developmental Center



On June 21, 2018, Felton held its third Learning with Leaders event at the historic Family Developmental Center at 2730 Bryant Street in San Francisco. President and CEO Al Gilbert began the evening with warm greetings to board members and friends. Yohana Quiroz, COO of the Children, Youth, and Family (CYF) and Transitional Age Youth (TAY) Division shared riveting information about the impact of Felton's Early Childhood Education services on children and their families, and an inspirational video chronicling her journey from a pregnant teen who received Felton's services to her current role as COO.



CYF and TAY Division Director Kate Shadoan introduced herself and shared that Yohana's story and the wide-ranging impact of Felton's work were the factors that compelled her decision to join the team just months ago. Felton Board Chair Amy Solliday enthused that the event featuring "passionate program leadership" was a dynamic and great culmination of the longest day of the year.



The evening concluded with a tour of the classrooms that delighted board members and their guests.



## Hilltop High's Class of 2018 Graduates with Cheers



In the early 1960s, Ruth Hammons was inspired to work toward providing young unwed mothers with the opportunity to complete high school, despite their situation. At the time, most pregnant teenagers could not imagine receiving a high school diploma. The pressure from school officials, the general public, the church, and in most cases even family and friends was overwhelming, not to mention the physical, psychological, and emotional pressure associated with giving birth.



Hammons' dream included those who were still carrying their unborn child and those who had recently given birth to a beautiful baby. Within a couple of years, Ruth's vision-what would eventually become Hilltop High School on Bryant Street in the Mission District of San Francisco-became a reality.

To date, thousands of grateful teen parents have successfully received their diplomas. Felton's Children, Youth, and Family Division is proud to announce that on Tuesday, June 5, 2018, Hilltop High School held its annual

heartwarming graduation ceremony for new parents and expectant parents at San Francisco's Brava Theater on 24th Street.

The jubilant celebration with family and friends was poignantly unique. The graduates' tears of joy, as they named the challenges they had faced interspersed with the cries and cheers of their children, left hardly a dry eye in the house. The young parents' determination and strength to carry on, the pride they felt for achieving what some had deemed impossible, and the transformation of their lives, thanks to Felton's services, left an indelible imprint.

For more information about Hilltop High School and Felton Institute, please visit [felton.org](http://felton.org).

## Felton's Bipolar Disorder Early Assessment and Management (BEAM) Program Provides Support for the Individual and the Entire Family



# BEAM

Bipolar Disorder Early Assessment  
and Management

Felton's Bipolar Disorder Early Assessment and Management (BEAM) program is an innovative, evidence-based program developed by Felton Institute to diagnose and treat Bipolar Disorder I. Modeled after our highly successful Felton Early Psychosis Programs, BEAM reflects our belief that when we can identify and treat early signs of Bipolar I, we can prevent the disease from becoming disabling.

Bipolar disorder, also known as manic depression, is a brain disorder and debilitating illness that impacts many aspects of an individual's life, including their ability to follow through with education and employment goals, to have healthy relationships and a functional social life, and to maintain overall physical and mental well-being. Bipolar disorder does not discriminate according to race or ethnicity; anyone can develop the illness. Bipolar disorder usually shows up during late teen or early adult years, but it can develop later in life. People with bipolar disorder experience unusual shifts in mood, energy, and ability to function that are different from the normal ups and downs most people experience. The symptoms are severe with the person cycling through states of mania and/or hypomania, normal mood and depression.

Despite these challenges there is hope.

Diagnosed in the early stages, Bipolar I Disorder is a manageable and treatable illness. With early intervention and treatment, individuals can learn to manage their symptoms in a way that allows them to achieve their personal and professional life goals, form meaningful relationships, and live full lives.

Felton's BEAM program provides treatment to adolescents and young adults, ages 14-34, to help them learn to manage their condition and move towards remission and recovery. BEAM is comprehensive and focuses on early intervention, utilizing evidence-based, culturally competent assessment, diagnosis and interventions to help the teen or young adult and their family learn skills to manage the episodic nature of Bipolar I Disorder. BEAM is based on a two-year plan that is designed to put individuals and their families back on track.

One graduate of the program shared this about his experience with the BEAM program.

"This program really helped bring me to a place where I could be with my family again. The program has not only changed my life, but it's also changed the way I've interacted with the people around me like my mom, dad and friends. If I am able to change the way I interact with them, they're responding to me with more empathy and grace, and they are also able to show that with people in their [own] lives as well. It meant so much that every me I walked through these doors at Felton, people were able to convince me that I still had value."

In addition to treatment for the teen or young adult experiencing bipolar disorder, BEAM offers support and education for the parents and family participating in the program as well.

Currently the BEAM program serves people from our San Francisco and San Mateo County Felton Early Psychosis Program sites. Long-term plans are to expand to all five Felton Early Psychosis Programs sites, as funding becomes available. The San Mateo site serves San Mateo County residents only, while the San Francisco site serves residents of San Francisco and other counties.

If you think the BEAM program might be the right place for you or someone you know, contact us and we'll help guide you through a simple assessment process. Please call (415) 474-7310, or visit [felton.org](https://www.felton.org) for more information.

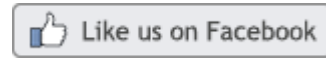
With your help and support, together, we can help adolescents and young adults live the life they and their parents have imagined for them, free of debilitating symptoms of Bipolar I Disorder. Together, we can help them successfully manage their educational and career goals, their relationships and social life and their mental and physical health.

If we help young people experiencing mental health challenges today, they will have a greater chance of achieving future success. In partnership, we can create a healthier, happier and safer society for all.

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.



Your generous donations transform lives. Thank you!



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