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Every effort has been made to ensure the accuracy of these listings, reflecting contributions received from July 1, 2013 to June 30, 2014. We deeply regret any errors or omissions in this publication. Please phone 510.273.4700 x4324 with any corrections.

Lincoln believes that every child and family can succeed when they have the resources and support they need. We give kids and families the tools they need to overcome the impacts of poverty and community violence, to take charge of their well-being, to dream big. With Lincoln, they'll do more than beat the odds, they will change the world.

Lincoln Celebrates with ROOT!

Please join us on May 29th as we celebrate the return to our roots in West Oakland, ushering in a new era of community transformation—**strengthening families and changing lives**—one youth at a time.

Wine & Tastes
Our fun and festive party begins with wine, signature bites prepared by local culinary stars, and more than a few experiences and curiosities cooked up just for you and your guests.

Feast & Fun
Next up: a family-style feast catered by San Francisco's Betty Zlatchin, and an exciting live auction in the one-of-a-kind Airplane Hangar and Barrel Room.

After Party
When the sun goes down, the after party begins, featuring a carnival of desserts, music and dancing. RSVP at www.ROOT15.eventbrite.com. Fun, festive attire encouraged!

For more info, contact Tess Marino at tessmarino@lincolnchildcenter.org.

LINCOLN SPRING 2015 NEWS

IN THIS ISSUE

CELEBRATE WITH US
SPEAK UP IN MAY
TRANSFORMING LIVES

Speak Up in May

Now, more than ever, is the time to talk about mental health. Mental illness and associated trauma cuts across all socioeconomic levels, but the strain is severe for people—and especially children—from low income communities.

Children living in poor neighborhoods are more likely to suffer traumatic incidents, such as witnessing or being the victims of shootings, parental neglect or abuse. They also struggle with a range of detrimental stressors every day, from lack of clean water and nutritious food to housing insecurity and overworked stressed-out parents. The result is chronic stress, which can change the chemical and physical structures of the brain and make it difficult for impacted children to succeed at home and in school.

The human and economic toll of mental illness and trauma is enormous yet often hidden. Untreated mental illnesses in the U.S. cost more than $100 billion a year in lost productivity.

Children living in poor neighborhoods are more likely to suffer traumatic incidents.

Local hospitals and clinics must cope with associated chronic physical diseases. Schools must open more special education classes. Courts and jails must handle large number of individuals suffering from mental illnesses.

Understanding these impacts and educating people about mental illness is crucial to our society. "Mental illness affects everyone, regardless if we are the one who is diagnosed," according to Menninger Clinic's Rebecca Wagner, PhD. "As a society we are linked together and constantly influencing each other. If one person is ill, then the effect will be experienced widespread. "Mental health

Untreated mental illnesses in the U.S. cost more than $100 billion a year.

matters" because we have a responsibility to take care of ourselves and our society."

Lincoln understands the importance of effectively caring for the needs of children and their families so they can overcome the hardships of trauma and mental illness, which left unaddressed, can turn into larger problems. Through a range of services, Lincoln helps kids build the skills they need to stay at home and in school. Just as important is our work with public partners — school districts, child welfare, mental health and probation departments — to build strong, supportive communities surrounding our young people to ensure they can fully realize their potential and achieve greater well-being.

With you as our partner in this critical work, we can truly make a difference by not only addressing childhood trauma and mental illness, but preventing them. ■

Strengthening Families | Changing Lives

JACOB'S STORY

Halfway through first grade, Jacob started exhibiting disruptive behaviors. His parents and teachers had become the receiving ends of Jacob's tantrums, which included slapping, spitting, hitting, and kicking. So at the young age of 6, he was put on medication for ADHD and even restrained at times for his aggressive behavior. Unfortunately, medication was not the answer. Jacob continued to be constantly distracted, disruptive, and have difficulty finishing schoolwork or performing tasks which required his attention.

ADHD left untreated or misdiagnosed later contribute to a variety of health problems.

Jacob's behavior became uncontrollable, and both the school district and his parents recognized that he needed to be moved from his school into a program that would give him the care and attention he needed before things got worse. ADHD left untreated or misdiagnosed can later contribute to a variety of health problems, including compulsive eating, substance abuse, anxiety, chronic stress and tension, low self-esteem, and in adults, work and financial difficulties, and relationship problems.

Through a long-time partnership with the school district, Jacob joined Lincoln. The organization began by taking Jacob off medication and conducting a thorough assessment to confirm if ADHD was even an accurate diagnosis. Within Jacob's first few months with Lincoln, his behavior made a huge turn. Lincoln teachers and staff taught Jacob coping skills to manage his emotions. Bonding with Lincoln staff helped him not only do his work but excel in his class where he became a leader. He could often be found teaching his peers, "It's okay to get mad. Just take deep breaths."

He could often be found teaching his peers, "It's okay to get mad. Just take deep breaths."

Through Lincoln's EXCEL program, a Lincoln aide is able to be with him every day in the classroom as a support and resource as Jacob continues to be successful in school. In addition, a Lincoln staff clinician meets with Jacob twice a week for individual therapy to help Jacob cope with feelings of anxiety or emotions he needs help processing. Jacob is now building his resilience and on a path of discovering his potential, building skills for academic success, and achieving greater well-being. ■