



CHANGING LIVES

StarVista's Annual Fundraiser

October 7, 2021



A Message from StarVista's CEO

Sara Larios Mitchell, PhD, MACP

Welcome to Changing Lives 2021! I am thrilled to share this StarVista event with you, and together, we can help ignite change in the lives of individuals and families in our community! This is our opportunity to come together around our mission, to celebrate the incredible achievements of our clients and programs, and to help even more people on their journeys to vibrant mental health and more hopeful lives.

This year is all about the history of this incredible organization. Since 1966, StarVista has been there for people in their darkest moments, offering a change of perspective, a new beginning, and a chance at a brighter future. The lives we have touched since our doors first opened are countless but the impact of our work is real and it is extraordinary!

During our inaugural event last fall, we announced an impactful way for people to join us in fulfilling our mission. This year, I invite you to once again consider supporting the long-term sustainability of our agency by becoming a StarVista Visionary. This special group of StarVista partners are dedicated to promoting mental health, wellness, and resiliency, and they share a vision of what we can achieve when we help others in their times of need.

By pledging to give \$1,000+ each year for 5 years (just \$84 per month), you can become a StarVista Visionary. Start building your legacy and bring hope to the most vulnerable among us for years to come.

Please join me on October 7th; experience the impact of our work first-hand, celebrate 55 of years of changing lives, and be part of history!

A handwritten signature in blue ink that reads "Sara Mitchell". The signature is fluid and cursive, with the first name "Sara" and last name "Mitchell" clearly legible.

Sara Larios Mitchell, CEO

REGISTER NOW

to receive viewing instructions
closer to this exciting Zoom event!

www.star-vista.org/changing-lives

CHANGING LIVES

October 7, 2021

StarVista's Annual Fundraiser

PROGRAM

11:45AM

PRE-SHOW

Sponsor Highlights

StarVista Updates and Messages

12:00PM

MAIN SHOW

Welcome & Musical Performance

CEO Message from Sara Larios-Mitchell

Client Voices

Appeal to Change Lives with StarVista

55 Art & Photo Drive Drawing Wrap-up

12:40PM

POST-SHOW

StarVista Staff Recognition

SUPPORT STARVISTA
BEFORE, DURING, OR AFTER THE EVENT
VISIT: www.star-vista.org/changelives

THANK YOU CHANGING LIVES SPONSORS

EMPOWERING INDIVIDUALS



Stanford
HEALTH CARE
STANFORD MEDICINE

NURTURING FAMILIES



~SAN MATEO~
CREDIT UNION

CARLOS BOLANOS
STEPHAN MARSHALL





VISIONARIES

A StarVista Visionary is a person who recognizes opportunities and takes action to promote wellbeing and create lasting, positive change.

Empowering Individuals, \$1,000 per year for 5 years

Provide a homeless youth guidance, shelter, life skills, and a chance at a brighter future.

Inspiring Hope, \$10,000 per year for 5 years

Provide mental health support to 20 more children and youth and their families through our school-based programs.

Strengthening Communities, \$25,000 per year for 5 years

Support a dynamic service network with remote, web, and in-person counseling options for up to 25,000 people.

Customize your amount over \$1,000 per year for 5 years

Your generosity helps our nearly 30 programs support over 41,000 people every year.

Become a Visionary Today!
www.star-vista.org/visionaries



SPEAKERS IN ORDER OF APPEARANCE

DAVID CANEPA

SPECIAL GUEST SPEAKER

San Mateo County Board of Supervisors, Board President



David Canepa is the current President of the County of San Mateo Board of Supervisors. David was first elected in 2016 representing District 5. He served on the Daly City Council (2008-2016) and was Mayor in 2014. He serves on multiple boards including the Health Plan of San Mateo, the Bay Area Air Quality Management District, and the City/County Association of Governments (C/CAG).

SARA LARIOS MITCHELL, PhD, MACP

GUEST SPEAKER

StarVista Chief Executive Officer



Sara Larios Mitchell was appointed CEO of StarVista in October 2012. She has a master's in counseling psychology from Golden Gate University and a doctorate in transpersonal psychology from the Institute of Transpersonal Psychology. With over 15 years experience in clinical services including early childhood, domestic violence, trauma, youth development, family support, and counseling, Sara is strongly committed to the children, families, and individuals in our diverse community.

DARYL TILGHMAN, PhD

SPECIAL GUEST SPEAKER

StarVista Associate Director of Youth Empowerment Services



Daryl Tilghman, PhD, is the Associate Department Director of Youth Empowerment Services at StarVista. Dr. Tilghman joined the StarVista Executive Team in January 2021. He holds a Doctor of Philosophy in Clinical Psychology and has participated in several publications, trainings, and presentations. He is also a member of the American Psychological Association and Society for the Psychological Study of Culture, Ethnicity and Race.

MARILYN THOMAS, PhD, MPH SPECIAL GUEST SPEAKER

Former StarVista Client



Marilyn D. Thomas, PhD, MPH, is a Postdoctoral Fellow in the Departments of Epidemiology & Biostatistics and Psychiatry at UCSF and former StarVista Daybreak client. After the program, she earned her Master's in Public Health from SF State University, then earned her PhD in Epidemiology from the University of California, Berkeley. Marilyn is part of the Social Policies for Health Equity Research Program (SPHERE) at UCSF, and investigates how social policies, practices, and norms contribute to racial and socioeconomic health disparities.

ERIC WOLLMAN

GUEST SPEAKER

StarVista Board Member



Eric Wollman has been a StarVista Board Member since 2016. He has 36 years of law enforcement service in San Mateo County, and recently retired as the Chief of Police for the City of Burlingame. Eric has supported the mission of StarVista for his entire career. He continues to share his understanding, advocacy, and appreciation of StarVista's services with many people in and outside of his profession.

LOUISE ROGERS

SPECIAL GUEST SPEAKER

Chief of San Mateo County Health



Louise Rogers is the current Chief of San Mateo County Health (since 2015), former Deputy Chief (since 2011), and former Director of Behavioral Health and Recovery Services (since 2002). Louise has led several major transformation efforts in the county seeking to expand benefits and integrate mental health, addiction, and wellness into primary care services.



Helping All Ages and Stages Through Life's Challenges

OUR MISSION

We deliver high impact services through counseling, skill development, and crisis prevention to children, youth, adults and families.

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ERIC WOLLMAN

HOWARD YANG

ERICK YOUNG

ORDER A 55TH ANNIVERSARY HOODIE!



In celebration of 55 Years of Service in San Mateo County, we are selling limited-edition, 55th Anniversary Hoodies on the StarVista Swag Store! A portion of the proceeds from each hoodie purchase will be donated to StarVista.

www.tinyurl.com/StarVistaSwag

