

Alameda County Behavioral Health

**10x10 Wellness Campaign
& PEERS Presents:
10th Annual
We Move for Health Event**

MAY 14, 2021



RESOURCE GUIDE

ASIAN HEALTH
SERVICES SPECIALTY
MENTAL HEALTH
DIVISION PREVENTION
PROGRAM (AHS SMH)

BAY AREA COMMUNITY
SERVICES

BESTNOW!-
ALAMEDA COUNTY
NETWORK OF MENTAL
HEALTH CLIENTS
(ACNMHC)

BLACK MEN SPEAK
(BMS)

CITY OF BERKELEY
MENTAL HEALTH
SERVICES

MENTAL HEALTH
ASSOCIATION FOR
CHINESE
COMMUNITIES
(MHACC)

NAMI- ALAMEDA
COUNTY

PEERS ENVISIONING
AND ENGAGING IN
RECOVERY SERVICES
(PEERS)

POOL OF CONSUMER
CHAMPIONS (POCC)

THE HEALTH AND
HUMAN RESOURCE
EDUCATION CENTER
(HHREC)

TELECARE - VILLA
FAIRMOUNT-MHRC



The Health & Human Resource Education Center (HHREC)

SAVE THE DATE! HHREC & P.E.E.R.S

**Hosts the Annual
10x10 Wellness Campaign's
We Move For Health
May 14th 2021**

HHREC's Mission

To **create healthy communities** through **intergenerational** and **innovative** approaches to **wellness programs** and services. We believe in supporting the whole person, taking a holistic approach to wellness and providing options and choice for recovery. We offer over 6 Programs geared to help the entire family!



**New at HHREC
PODCAST
INTERVIEWS! SPEAKERS!
View our Podcast at acmhsa.org**



HHREC Programs



10x10 Wellness Program features The Get Fit Program

This program is open to those wanting to increase their knowledge and awareness around weight reduction, nutrition, healthy eating and movement. The programs' 6-week course is given for FREE (Monday, Wednesdays and Fridays, and provides education around physical activity, nutrition, and mental wellness and the Eight Dimensions of Wellness (SAMHSA).



The Black Women's Media and Wellness Project (BWMWP) promotes mental health wellness and recovery. For 10 years the project has held quarterly stress-reduction and self-care retreats popularly known as Be Still Retreats. The BWMWP published two Crossing the Invisible Line publications, a "Jet" style magazine to educate and stimulate dialogue in African American communities about mental health, substance abuse recovery, overcoming depression, and lifestyles that promote health and wellness.

**Come Sign Up for Our Programs
On Our Website!**



www.hhrec.org



**HHREC
PROGRAMS**

Fits the needs of the community

HHREC Office 1905 San Pablo Ave
Oakland CA. 94612, Phone 510-834-5990

www.instagram.com/hhrecoakland



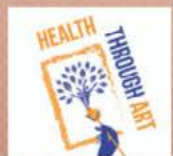
THE HEALTH AND HUMAN RESOURCE EDUCATION CENTER

More of Our Programs



Downtown TAY

Serves as a Resource Center to support African-American Transitional Aged Youth, to connect to needed resources that include housing, employment, health care, educational development, mental health and wellness. Through a wealth of peer led support groups and intergenerational programs, creativity, music and art classes, dance and writing. Downtown TAY works to educate elevate and inspire Transitional Age Youth (18-25). Downtown TAY supports 5 main programs: Sister 2 Sister; Brother 4 Brother; The Friday Give-A-Way Food and Hygiene Program; Activate Health; and the Culture Broker Academy.



Health Through Art (HTA)

Provides access to high quality art experiences to underserved communities throughout Alameda County. Since 1989 Health Through Art has conducted a biennial community wide Call for Art (CFA). This incredible expressive art represents the voices of Alameda County artists from 5 - 70 years of age whose images bring awareness to mental health issues and substance use disorders.



MSHA Prop 63

HHREC Assists with projects that support Prop 63-The Mental Health Services Act (MSHA). HHREC targeted outreach on behalf of county administrators, convening and facilitating focus groups, and creating outdoor media campaigns. HHREC provides hands on support to facilitate planning committees for conferences and symposiums. A recent special project for HHREC is the creation of WISER, a magazine for older adults with mental health wellness and resource information. <https://acmhsa.org/>



Community Based Learning

Alameda County Behavioral Health (ACBH) Community Based Learning (CBL) Training Program.

This specialized program offers organizations in Alameda County the opportunity to receive FREE training on improving mental health outcomes for consumers and family members. Currently trainings are focused on: African Americans, Isolated Adults, Older Adults, LGBTQI2S, Pacific Islander, Korean communities and Faith-Based Communities.

url: <https://acmhsa.org/innovation-community-based-learning/community-based-learning-trainings/>

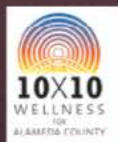


HEALTH AND HUMAN RESOURCE EDUCATION CENTER

1905 San Pablo Ave. Oakland, CA 94612
510-834-5990

www.hhrec.org

www.instagram.com/hhrecoakland





Telecare at a Glance ~ Respect. Recovery. Results.

Telecare's mission is to deliver excellent and effective behavioral health services that engage individuals with complex needs in recovering their health, hopes, and dreams.

Telecare offers a diverse and evolving array of recovery-centered programs and solutions for the customers, communities, and people we serve.

Since our founding in 1965, Telecare has grown and adapted to meet changing needs — not only with our evolving clinical practices, but our full **spectrum of services** as well. As a **family- and employee-owned company**, we are proud of the **outstanding results our programs achieve** and are inspired by the **individual stories of recovery** we hear every day. Here is a snapshot of Telecare today, and the current mix of populations, programs, and customers we serve.

Spectrum of Services

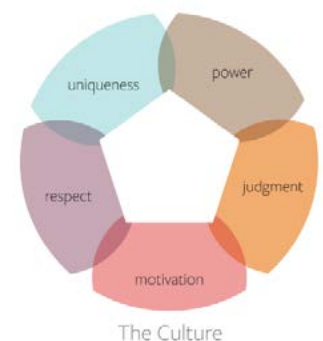
Telecare's Spectrum of Services includes community-based, acute, crisis, residential, and longer-term recovery programs. A fundamental principle at Telecare is that our programs help consumers work toward wellness and recovery by using their own hopes and dreams as a guide. All programs are designed with Telecare's Recovery-Centered Clinical System (RCCS) as their foundation. The RCCS encompasses evidence-based practices and unique approaches developed over our company's history.

Telecare partners with health plans, hospital systems, and state and county agencies to provide services that make a difference. Below you'll find some of the ways our 120+ programs are positively affecting people's lives and making an impact in local systems of care.

Our Clinical Approach

We believe recovery is possible — and we have created a system to help people regain their health, hopes, dreams, and life roles.

Telecare was founded on the belief that rehabilitation and recovery from serious mental illness are possible. We have consolidated our learning and experience into the Recovery-Centered Clinical System (RCCS), a richly personal, holistic, and comprehensive approach to recovery.



1. Program Culture Providing an environment for recovery to thrive is the primary intervention of the RCCS. By being aware of the effect our interpersonal actions have on one another, we create environments where people can come alive and take ownership of the recovery process for themselves.

- **Power:** To promote a healthy program culture, the RCCS explores how power dynamics play into the relationships at our programs, staff with clients & staff with staff.

- **Judgment:** By encouraging an environment of non-judgment, we are able to reverse the impact of the dominant culture and encourage the individuals served to understand and rely on their own beliefs and opinions.
- **Individual Uniqueness:** When we value and seek unique characteristics of others, we are better able to understand and feel a genuine connection with them.
- **Respect:** Treating a person with dignity and respect creates a fundamental starting point for the recovery journey.
- **Motivation:** It is important to consider the location of motivation: is it internal, within the person, or external, located in the environment? Traditional treatment systems rely on rewards or punishment to motivate individuals, but what happens when the external source goes away? Unique and meaningful hopes and dreams creates an internal motivation.

2. The Conversations

There are five areas of conversations RCCS focuses on:

- **Exploring Identity:** Living in a culture of power dominance and stigma toward mental illness can damage a person's sense of identity. By assisting someone in exploring their own identity, they can reverse the impact of a viscous cycle.
- **Awakening Hope:** Developing hopes and dreams creates a strong emotional connection to the future. Awakening hope inspires strength to make choices for that future rather than to ease the discomfort of today.
- **Making Choices:** Making effective choices leads to self-responsibility and to self-determination. Learning the skills of effective choice-making helps individuals move closer toward their hopes and dreams and away from harm.
- **Reducing Harm:** A key component to staying on track on the recovery journey is avoiding obstacles and reducing harm. By having conversations of reducing harm, we help individuals find their unique strengths and identify personal risk areas.
- **Making Connections:** Developing meaningful social connections is imperative to moving forward on a recovery journey. No man (or woman) is an island. Conversations help reconnect individuals to families, loved ones, their spirituality, or other meaningful ways.



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- **Telecare Corporate Office** 1080 Marina Village Pkwy
Suite 100 Alameda, CA 94501
P: 510-337-7950
 - **Crisis Support & Suicide Prevention:** If you are experiencing an emergency, please call 911

RESULTZ! HEALTH & FITNESS PROGRAMS



- VIRTUAL GROUP / ONE ON ONE SESSIONS
- BEGINNERS TO ADVANCED
- NO EQUIPMENT NEEDED

REGISTER TODAY

<http://www.walktowellness.com>

Fitness & Nutrition Programs

Get Fit • Gaining Strength • What's Cooking?

Weekly hands on educational sessions around fitness, food, and wellness.

Fitness Classes Offered:

Fitness Fusion 25 min

Ideal blend= warmup+core+lean muscle weight bearing workout

Rooted 25 min

Maintain stability, good posture, and fluidity focusing on the spinal column, pelvic floor, and additional structural support muscles and joints movements.

Square Steppin' 20 min

Simpliest steady state circulation boosting calories burning movements for heart health. No dance coordination required

Wall HIIT 45 min

Out of Shape or extra weight there's No easier and more effective way to high intensity; bone and muscle; heart and lung pumping workout.

Reset 15 min


Power down to reduce the stress response with gentle stretching movements and active breathing.



Tiffany Bell,
Health & Fitness Educator, BSB
Fitness Trainer, cPT



GET MORE INFORMATION:  TBELL@RESULTZ.ORG

 (925)318-1201

Tiffany is a pioneer in the health and wellness industry. She has worked in partnership with Bay Area Public Health agencies producing Community Health Programs for vulnerable populations such as seniors, youths, previous injuries and other health conditions. She has taught thousands of fitness based classes from dance, yoga, weight training, pilates, and spinning for the past 20 years. Personal Philosophy "GOOD HEALTH requires being FIT. Physically fit, Nutritionally fit & Emotional fit."




**Are you interested in learning how a
plant-based diet can change your life?
Look no further!**


The Plant-Based Transformation provides wellness programs and services that educate, enlighten and empower the community to take back control of their health and well-being! We do this by teaching our clients how to incorporate more plant-based items into their meal plans, as well as, increase their knowledge and awareness of how food impacts their lives for the good and the bad. Essentially, we encourage and inspire our clients to take control of their own health one meal at a time!

Our Services Include:


- *Clean Eating Workshops**
- *Plant-Based Cooking Demos**
- *Virtual Grocery Shopping Tours**
- *Virtual Pantry Makeovers**
- *Plant-Based 1:1 Coaching**

Denishi Blake
**Transformational Health Coach &
Plant-Based Chef**

 www.theplantbasedtransformation.com

 Info@theplantbasedtransformation.com

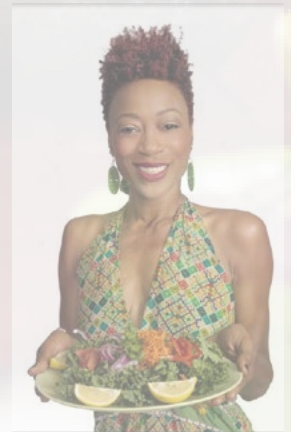
 (510) 967-9500

 @theplantbasedtransformation

 @theplantbasedtransformation

Looking after my health today gives me a
better hope for tomorrow.

Anne Wilson Schaefer



PEERS is a diverse community of people with mental health experiences. Our mission is to promote innovative peer-based wellness strategies. We create culturally-rich, community-based mental health programs that honor diverse experiences and eliminate stigma and discrimination.



Peers Envisioning and Engaging in Recovery Services



WRAP®

Monthly Orientation

[Click to Sign-Up](#)

Weekly Groups
M, W, TH, F

[Click to Sign-Up](#)

**Disponible en Español!*



Transitional Age Youth (TAY)

1ST & 3RD
WEDNESDAYS
4 - 6PM

[Click to Sign-Up](#)



Lift Every Voice & Speak (LEVS)

1ST AND 3RD
WEDNESDAYS
10AM - 12PM

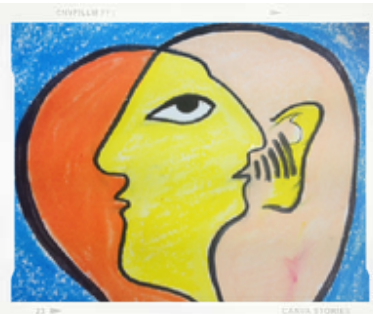
[Click to Sign-Up](#)



Black Wellness & Resilience (BWR)

TUESDAYS
3:30 - 5PM

[Click to Sign-Up](#)



Special Messages (SM)

FRIDAYS
12 - 1:30 PM

[Click to Sign-Up](#)



Buried in Treasure (BiT)

NEW COHORT COMING
SOON FY 2021-22

[Application Link](#)

Follow us

[LinkTree](#) [FaceBook:PEERSCommunity](#), [Instagram/Twitter:Peerorg](#)



ALAMEDA COUNTY
EVERYONE COUNTS
CAMPAIGN



We envision a world where people can freely choose among many mental health options that address the needs of the whole person. We see a future where people with mental health experiences are valued for their essential contributions to society.



Peers Envisioning and Engaging in Recovery Services



The Wellness Recovery Action Plan® is a personal wellness system that can help you improve your quality of life by taking care of yourself in ways that are right for you. Contact us at WRAP@peersnet.org or call (510)832-7337



This group is for TAY (Transitional Age Youth) in Alameda County between the ages of 16-24. TAY Leadership Club (TLC) is a group dedicated towards aligning youth with resources for housing, community connections, mental health & wellness, financial literacy, and education.



Do you want to share your story of recovery and encourage others? LEVS offers members opportunities to educate and heal through telling their personal stories in a supportive environment. zjohnson@peersnet.org



The Black Wellness & Resilience Campaign is to reduce stigma, prejudice and discrimination and to increase social inclusion for individuals living with mental health challenges. African American community members are invited to join us for weekly wellness support groups focused on culture, healing and resiliency.



Special Messages is a group where many of us have experienced what people call psychosis and that is okay with us. Come explore. hriemer@peersnet.org



Buried in Treasure (BiT) is a peer-led, group that blends support and skill-building to give participants the tools they need to manage moderate to severe levels of clutter. zjohnson@peersnet.org



Programa Anti-estigma Latin(x) (PAL) es un programa para la comunidad Hispana/Latin(x). Miren aquí para mas informacion sobre este programa o contacten a latino@peersnet.org

Llegando Julio 2021



ALAMEDA COUNTY
EVERYONE COUNTS
CAMPAIGN





XTREME **HIP-HOP** *with* **Amber**

**TUESDAY &
THURSDAY
@ 7:45PM**

**SATURDAY
@ 11:15 AM**

**\$15 PER CLASS
\$79 MONTHLY**

CASHAPP \$AMBERGHOLSTON
VENMO @AMBER-GHOLSTON

WWW.XTREMEEWITHAMBER.COM



**-BEGINNER FRIENDLY
-STEPS ARE PROVIDED**



**MOVE STUDIO
7324 FOLSOM BLVD
SACRAMENTO**



AFRICAN DANCE

with

Ava M. Square

. > < . > < . > < . > < .

*The rhythm of the drum joined
with the movement of the body can
carry you to new heights in personal
wellness!*

. < * > .

**Ava has been dancing, performing & teaching for
years in dance company's, bands, arts organizations
& her own business Spirit Theatre Dance Studio.**

**Join her for an invigorating & fun class!
AFRICAN DANCE is her passion!**

(Ava is also the TA Program Manager at HHREC.)

****This workout will leave you
wanting more!***

***For info on performances and
workshops: squarelevias@gmail.com***



BERKELEY MENTAL HEALTH YOUR CONNECTION TO MENTAL HEALTH CARE IN BERKELEY

The Mental Health Division is part of the City of Berkeley's Health, Housing and Community Services Department. Our mission is to enhance community life and support health and wellness for all.

Adult Services: Provides full mental health assessments to adults in Berkeley who are uninsured or have Medi-Cal insurance. Berkeley Mental Health acts as the entry point to mental health care in the community, and connects individuals with services. Walk in hours are available with no advance paperwork needed. On-demand connection to mental health services are provided at 1521 University Avenue, Berkeley, 94704 from 10 am to 1 pm Monday-Thursday. Starting in July, these services will move to 2640 Martin Luther King Jr. Way, Berkeley, 94704. Services are also available by phone from 10 am to 5 pm Monday-Friday at (510) 981-5244. Individuals can call during these hours to schedule an appointment. Within one week of the visit, community members will be connected to care either with one of our treatment teams or with another provider. The Berkeley Mental Health treatment teams are focused on meeting people where they are at, and helping individuals determine the best way to move forward in their life.

Family, Youth and Children: Provides family centered, trauma informed, and culturally responsive assessments, treatment, and referrals for children and youth living or attending school in Berkeley. Our programs provide individual/family therapy, group therapy, case management, and a Full Service Partnership (FSP.) In our Full Service Partnership program, youth and families, who need stabilization support receive intensive care with providers making contact multiple times a week to support the needs of the family. All Family, Youth and Children services are provided in English and Spanish with language support available for clients who have other language needs. Our clinic is temporarily closed due the COVID-19 pandemic and services are provided through telehealth. During the intake, assessment, and clinical care process, clients can connect with us via ZOOM or by telephone. Community members wanting to learn more about these services can call our intake supervisor, Babalwa Kwanele at 510-981-7642.

Wellness and Recovery Team: Provides several groups to support people on their recovery journey. The groups focus on peer connection, self-advocacy, breaking stigma, and building leadership skills. We also publish a monthly newsletter with the schedule of our groups, mental health resources, and self-care ideas. Everyone on our team has lived experience of mental health challenges. Our mission is to promote a culture of wellness and recovery that honors the lived experience of mental health recovery. Recovery is defined as a process of change through which individuals improve health and wellness, live a self-directed life, and strive to reach their full potential in the face of life's challenges. Participation is open to anyone with mental health challenges and is not limited by insurance or being a Berkeley resident. The program is funded by the Mental Health Service Act. For more information please call Jamie Works-Wright at (510) 423-8365 or Crystal Lachman at (510) 529-9393.

Mobile Crisis Team: Responds to mental health emergencies in the field. The mobile crisis team operates from 11:30 am to 10 pm on Sunday, Monday, Wednesday, Thursday and Friday. Community members experiencing a mental health crisis can call (510) 981-5900 (Police non-emergency number, 24 hours). To consult with the team, individuals can leave a voice message at (510) 981-5254.

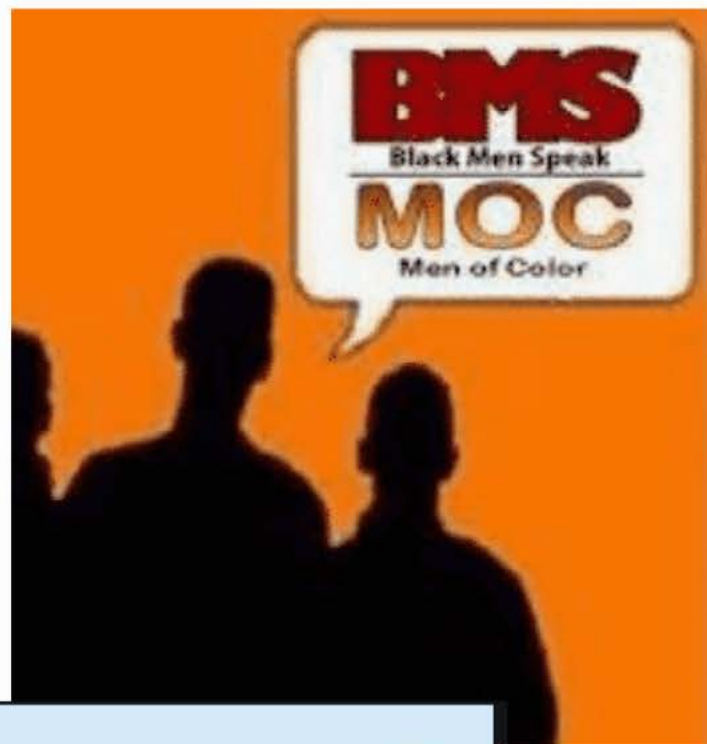
BLACK MEN SPEAK

Goals:

In addition to healing the African American community and communities of color from trauma, stigma and discrimination, Black Men Speak and Men of Color promote positive mental wellness by mentoring, advocating, and assertively addressing other issues in the community.

While the members of Black Men Speak believe in the importance of sharing their stories with diverse audiences, they contend that they do not represent or speak on behalf of the entire African American community.

This is My
BRAVE



WEB://BLACKMENSPEAK.ORG

303 Hegenberger Road, Suite 210 Oakland, CA 94621
510-969-5086

Email: 1blackmenspeak@gmail.com
M-F 10am-5pm





RESIDENTIAL Services

BACS programs are always there to help. We have 24/7 residential programs across the Bay Area, addressing mental health and housing crises with expertise and compassion. We help participants create the conditions for success.



INTENTIONAL Care

BACS uses a “whatever it takes” approach to stabilize and empower our participants to achieve individualized goals. We coordinate care for the “whole you” — breaking down the systems that separate health, mental health, housing, benefits, and other services.



HOUSING Solutions

BACS is committed to ending homelessness — permanently. We use direct outreach to find people where they are at. Then, we do whatever it takes to find them housing. We offer interim housing, benefits assistance, job support, application fees, and more.

BACS envisions a world where all people are healthy, safe, and engaged in community wellness, with access to quality housing.

“The services are just amazing. The people who work here make it happen — whatever you need. Because of BACS, I have more.”

—SHIRLEY MATTHEWS





WHO WE ARE

In 1953, local community members recognized the need for social services for people with complex needs. In response, they created the first organization of its kind in the Bay Area, naming it the Social Services Bureau of the East Bay. As the agency grew in size and expertise, we focused on the connections between mental health and lack of available affordable housing, and changed our name to Bay Area Community Services.

Today, BACS' mission is to uplift under-served individuals and their families by doing whatever it takes.

What We Do

BACS provides innovative behavioral health and housing services for teens, adults, older adults, and their families. Our programs span the Bay Area and focus on doing 'whatever it takes' to help individuals stay out of institutional care and stay connected to their communities.

Services include:

CRISIS SERVICES focus on working with an individual who is experiencing an acute crisis and helping them stabilize.

HOUSING FAST gets people off the streets and into temporary housing, where we locate stable housing while helping clients create conditions for long-term success

TREATMENT SERVICES "wrap around" the individual and family and help them with a variety of needs, providing treatment and support to help stabilize their life.

WELLNESS SERVICES focus on community integration, through competitive employment programs, drop in centers for socializing and life skills development, and more.

HOUSING CO-OPS provide permanent housing for people who would otherwise be homeless due to complex physical or mental health issues, promoting dignity, health, and independence and preventing isolation.

Our Impact

BACS breaks the mental health, housing, and community barriers that hold people back. Every BACS service is designed to improve the lives of the individuals and families we serve, leading to healthier communities.

We are helping people experiencing mental health needs or housing crises, while balancing other complications like health needs, substance use, generational trauma, incarceration, poverty, and more.

Each person we work with gets focused attention on their unique needs, until they are stable in the community.

We fight against stigma and work tirelessly to uplift each individual we serve.

about us

Founded and led mainly by women of color and veterans from the surrounding community, ANV creates an accessible, safe, and creative outdoor space for families in East Oakland, CA. We inspire 3,000+ low-income youth and families to focus on wellness, education, and improving quality of life in Elmhurst through services like:

- (1) Access to working on renting farm beds
- (2) Nutrition/cooking classes
- (3) Community events & partnerships
- (4) Educational youth camps & after-school program
- (5) A CSA & food pantry

 facebook.com/ActaNonVerbaUrbanFarm

 [@anv_youth_farm](https://twitter.com/anv_youth_farm)

 [@anv_farm](https://www.instagram.com/anv_farm)

1001 83rd Ave., Mailbox 1,
Oakland, CA 94621

Phone: 510.878.7235

Email: info@anvfarm.org

Web: www.anvfarm.org



mission

Acta Non Verba: Youth Urban Farm Project elevates life in the inner city by challenging oppressive dynamics through urban farming.

Acta Non Verba: Youth Urban Farm Project

"LOVE MUST BE SHOWN THROUGH
DEEDS NOT WORDS"
-SWAHILI PROVERB



...AND THE BEET GOES ON!



The BeetBox CSA is Back and Better Than Ever in 2021



ACTA NON VERBA ELEVATES LIFE IN OAKLAND AND BEYOND BY CHALLENGING OPPRESSIVE DYNAMICS AND ENVIRONMENTS THROUGH URBAN FARMING. FOUNDED AND LED MAINLY BY WOMEN OF COLOR FROM THE SURROUNDING NEIGHBORHOOD AND LARGER COMMUNITY, ANV CREATES A SAFE AND CREATIVE OUTDOOR SPACE FOR CHILDREN, YOUTH, AND FAMILIES IN EAST OAKLAND, CA.

Here's what's growing on!



Our weekly CSA program is back and better than ever! Our CSA shares are all organic, local, and in support of small scale BIPOC famers, all while putting money into ANV youth savings accounts! Check out our website to see the variety of shares we offer and find the best fit for you!

Coming Soon!



Plant Starts!

For sale at the Omni: including seasonal flowers and veggies from Spiral Gardens & Petaluma Bounty

Plant Starts, or seedlings, are young plants that have been raised and nurtured from seed. Using plant starts can help ensure growth, as they will fruit more quickly than seed. If you haven't ordered your seeds for the season or planted them in time, plant starts are just what your garden needs!

EBT Customers welcomed at 50% off
of all shares and add-ons



All organic, fresh,
local & delivered

Full Share

Half Share

Fruit Share

The Add-Ons!

ADDITIONAL OFFERINGS

- East Bay Wild Honey: 4oz of liquid gold!
- Vital Vittles baked goods
- Organic Nuts: Almonds or Walnuts (dependent on the season)
- Olive Oil: Sunshine in a Bottle!
- Spice Mix: Chef Liesha's Oakland Girl Spice Blend or Chef Tu's Lemon Grass Mix



THE BEETBOX CSA: @ANV_FARM | ANVFARM.ORG

ALAMEDA COUNTY NETWORK OF MENTAL HEALTH CLIENTS

•We are who we serve•

••• www.acnetmhc.org ••• (510) 652-7451 ••• 3238 Adeline Street, Berkeley CA •••



OUR MISSION

Alameda County Network of Mental Health Clients (ACNMHC) improves the quality of life of mental health clients within Alameda County by promoting freedom of choice, empowerment, and independent living within the community.

We accomplish this mission by supporting client developed and run programs and advocating for a truly client responsive mental health system.

BERKLEY DROP IN CENTER

3234 Adeline Street, Berkeley ☎(510) 653-3808

A multi-purpose community center run by and for people living with mental health challenges.

- Drop-In time (Monday-Friday 10 am-3 pm): Mail and message services; food and clothing support; transportation assistance; support groups; computer access; social activities
- Service Advocacy: support getting and keeping SSI, General Assistance, and other financial benefits; job counseling and assistance; peer support: information and referral; advocacy and rights protection; help with money management; payee representative services; medical referrals
- Housing Advocacy: Connection to subsidized supportive housing; housing advocacy & referrals



REACH OUT

3238 Adeline Street, Berkeley
☎(510) 654-7813

Reach Out connects with people who are currently in mental health facilities or adult residential facilities ("board and care" homes), to bring peer support, encouragement, and wellness resources.

All Reach Out volunteers have lived experience with mental health hospitalization and/or living in adult care facilities, and can relate to the people we serve.



REACHING ACROSS

3833 Peralta Blvd D, Fremont
 ☎ (510) 745-9500

Reaching Across offers individual peer support as well as a wide variety of groups via Zoom. These include spirituality, mindfulness, peer support, yoga, tai chi, music appreciation, and more.

Anyone with mental health challenges is encouraged to join any group, know there is no intake interview, simply click [here](#) for the zoom links to join.

TENANT SUPPORT PROGRAM

320 13th St, Ste #102, Oakland, CA 94612
 ☎ (510) 594-1951

TSP provides housing support services to people who are receiving mental health services in Alameda County from a contracted provider and have a past history of homelessness. Services include:

- Shelter referrals
- Access to current housing lists for seniors and low or no income people
- Housing rights information
- Assistance with Home Stretch (deposit/furniture assistance) application process
- Weekly support groups, including Issues That Matter and WRAP



BESTNOW!

8105 Edgewater Drive, Suite 100, Oakland
 ☎(510) 969-5450 - bestnow@acnetmhc.org

BestNow! (Building Employment Strategies Through Networking on Wellness) supports people living with mental health challenges in Alameda County in meeting their employment goals.

- Peer Specialist Training: for people living with mental health challenges who want to work in the behavioral health field
- SET 4 Success Workshops: topics related to wellness and employment
- Documentation Training: intro and advanced training on how to write progress notes

Asian Health Services Specialty Mental Health 亚健社心理服务专科 PREVENTION PROGRAM

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健康情绪支援小组:

- 家长小组
- 青少年小组

预防性质心理辅导

- 个人/家庭辅导
- 精神心理服务转介

以社区为本的活动和服务:

- 与区内本地组织合作策划活动
- 配合本地居民文化的教育小组
- 心理教育工作坊
- 外展和推广活动



以上服务 费用全免 (无需保险) 远程服务 共同抗疫

想知道更多资料? 马上追踪我们!

电邮: SMHPrevention@ahschc.org

网站: <https://smhprevention.wixsite.com/ahs4u>



ASIAN HEALTH SERVICES SPECIALTY MENTAL HEALTH PREVENTION PROGRAM

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1

Wellness Support Group:

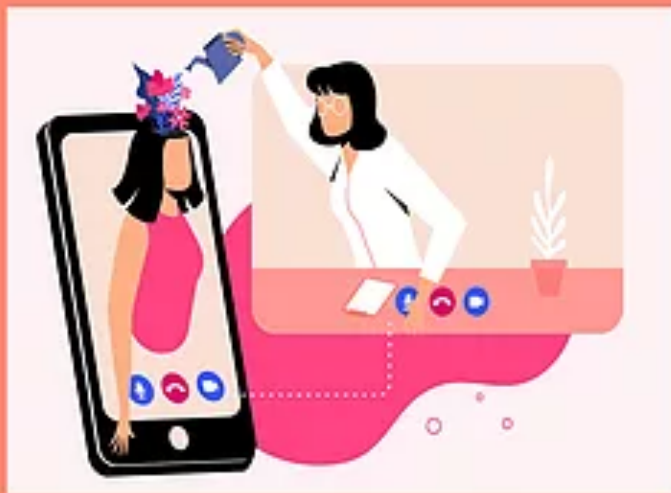
- Parenting Groups
- Youth Groups

Preventative Mental Health Consultation

- Individual/ Family Counseling
- Mental Health Referrals

Community-Based Activities:

- Collaboration with Community Partners
- Cultural-based Educational Workshops
- Psycho-educational Workshops
- Outreach and Promotional Events



All Services Are Free of Charge (No Insurance Needed) & Telehealth Based

Follow Us to Learn More ! !

Email: SMHPrevention@ahschc.org

Website: <https://smhprevention.wixsite.com/ahs4u>



BROTHER 4 BROTHER

Empowering the futures and lives of young men ages 16-25 with the bonds of brotherhood, honesty, and self-determination.

What We Offer for You:

Stipend Positions (Must Apply)

Free TAY Friday giveaways

Job Readiness Training

Application Assistance

Career Building

Learning to be a Leader

Peer Support

Health and Wellness

Money Management

Brother 4 Brother Facilitator



**To receive an application;
Email TAY Program Manager
Christensen Sanders at
csanders.hhrec@ gmail.com**



HEALTH & HUMAN RESOURCE
EDUCATION CENTER





D O W N T O W N T A Y P R O G R A M

Any youth or young adults **ages 16-26** can sign up to attend Downtown TAY's Peer-led support group called **Brother 4 Brother!**

You'll receive a \$300 stipend, come learn about job readiness, career exploration, and join our community discussions. High School Seniors welcome!

Sign-up now, virtual evening hour-long sessions will start **Monday March 22!**

B4B will facilitate two online virtual sessions per month.

Here's some of the Benefits:

Free BART/BUS/Uber gift cards available

Free Friday Giveaway (food, hygiene kits, t-shirts)

Another way to stay connected to other youth during this Covid Pandemic

To receive an application;
Email TAY Program Manager Christensen Sanders
@ csanders.hhrec@gmail.com



1905 San Pablo Ave. Oakland CA, 94612



美國華裔精神健康聯盟[®]

Mental Health Association for Chinese Communities

•Raise awareness of mental health within the Chinese community•

*** www.mhacc-usa.org *** 1800-881-8052 *** 3160 Castro Valley Blvd., Ste 210, Castro Valley CA ***

Education



MHACC Community Promotion Project

This program recruits members of the Chinese Community and advocate the importance of understanding mental illnesses and reduce social stigmas.

Our focus is on understanding and meeting the unique needs of our community in a way that culturally informed and linguistically accessible.

All the services we provide are free.

Support

NAMI Family to Family Chinese Class

Cover all aspects of mental health from recognizing symptoms to medication to communication, self-care, rehab, fighting stigmas for caregivers/family members. We have completed more than 100 NAMI Family to Family classes, and more than 2000 families have benefited from this.

NAMI CONNECTION SUPPORT Chinese GROUP/ NAMI FAMILY SUPPORT Chinese GROUP

- We have 11 weekly meetings held per month in Mandarin and Cantonese throughout the Bay Area.
- These group meetings help patients and families feel that they are not alone and have a community that is willing to support them.

MHACC Warm-line in Chinese 1-800-881-8502

Through the effort of our crisis counselors, we have successfully prevented 12 suicides in 2018, 31 in 2019, 23 in 2020. All of which were rooted in depression and other mental illnesses.

Take care of our community under the pandemics

- **Daily Zumba, Yoga, and Tai Chi class**

Join our "Jump into a Wonderful life" daily Online class to relieve stress and keep healthy physically and mentally.

- **Food of Love Day**

Sent meals to hospital workers, families with mental challenges, psychiatric hospitals staffs, homeless and elders.

- **Be a part of CalHOPE Connect**

CalHOPE Connect offers safe, secure, and culturally sensitive emotional support for all Californians who may need support relating to COVID-19.



Advocacy

Advocated for more public resources towards mental health treatments. Such as:

- Support Former California State Assembly Member Kansen Chu's bill AB 8: Puts a mental health professional in each school all across CA to ensure that our children are able to get the necessary help they need.
- TV, radio, newspapers, and public events to spread out our message and mission.



关注心理健康,造福华裔社区

*** www.mhacc-usa.org *** 1800-881-8052 *** 3160 Castro Valley Blvd., Ste 210, Castro Valley CA ***

教育



联盟社区项目

该项目以华裔成员,通过熟悉的文化背景和语言,让社会理解精神疾病和减少污名化的重要性,满足社区的独特需求。

提供免费服务

美国华裔精神健康联盟MHACC是美国联邦认可的全国性501(c)(3)非营利公益机构。致力于建设更美好的生活品质!对那些数以百万计在痛苦中挣扎的精神疾病患者及家人,提供教育、支持。坚定不移地提高大众对精神健康的认知,共创一个大家所希望的美好康复家园。



支持

家连家中文课程

美国华裔精神健康联盟荣幸成为该项目的最早中文教材研发者。该教材涵盖心理健康的方方面面,从识别症状到药物治疗到沟通技巧,自我护理,康复,让看护人/家庭成员消除病耻感等。目前已经完成超过100多个NAMI家连家中文课程,该课程用广东话和普通话教授,超过2000多个华裔家庭从中受益。

患友中文互助组/家人中文互助组

每月有11个中文互助组(包括广东话和普通话)遍布整个湾区,互助组强调得病不是任何人的错,让患者和家人感到自己并不孤单,并拥有一个帮助和关爱他们的大家庭。

华裔精神健康联盟 中文求助热线 1-800-881-8502

通过MHACC危机支援者的努力,我们已成功干预了:2018年12起,2019年31起,2020年23起,源于抑郁症和其他精神疾病的自杀事件。

照顾疫情下的社区

- 每天无间断的尊巴舞,瑜伽和太极网上课程
- "跳入精彩人生"-每日在线课程,以减轻压力并保持身心健康
- 爱心食物日
向医院一线人员,有精神挑战的家庭,精神病院工作人员,和无家可归的人士送上爱心餐
- 成为加州CalHOPE Connect项目的合作方
该项目为所有加州居民提供疫情下安全可靠的,具有文化敏感性的情感支持。



宣导/去污名化



努力为精神卫生治疗提供更多的公共资源,例如

- 支持前加州众议员朱感生AB8法案等:全加州学校必须派驻一名精神健康专业人员,以确保学生能获得他们所需的必要帮助。
- 大量电视,广播,报纸和大型公共活动,传播我们的理念和宗旨。

Free Fresh Tay Fridays

Catered By

Chef TT
@Royalty_Eatery

Every Friday
@ Downtown TAY
11am-3pm



Free for all TAY (Ages 16-25)
of Alameda County

Live Performance

*CLASSICALLY TRAINED MUSICIAN
AT THE WE MOVE FOR HEALTH EVENT*

MAY 14TH 12:30PM - 4:30PM

www.hhrec.org/wemoveforhealth



RASHIID

MOORE



A CLASSICALLY TRAINED MUSICIAN IN PIANO FOR 17 YEARS. GRADUATE OF OSA (OAKLAND SCHOOL FOR THE ARTS) AND EMPHASIZED ON PIANO DURING MY MIDDLE-HIGHSCHOOL EXPERIENCE. NOW COMPOSING MUSIC AND PRODUCING INSTRUMENTALS.

MOOREOFRASHIID@GMAIL.COM



Empowering the futures and lives of young women ages
16-25 with the bonds of sisterhood, honesty, and
self-determination.

SISTA 2 SISTA

peer Support Group & Healing Circle



NEW BEGINNINGS SISTER CIRCLE

What We Offer for You:

Stipend Positions

(Must Apply)

Free TAY Friday

giveaways

Job Readiness Training

Application Assistance

Career Building

Learning to be a Leader

Peer Support

Health and Wellness

Money Management

Tenika Blue



Sista 2 Sista Facilitator

2nd and 4th Thursdays
of each month 5:30pm

To receive an application;

Email TAY Program Manager

Christensen Sanders at

csanders.hhrec@gmail.com





RESOURCES

LINKS

&

MORE



Success = Healthy lifestyle

https://www.cnbc.com/2016/12/30/13-things-you-should-give-up-if-you-want-to-be-successful.html?fbclid=IwAR1zFbuN2zY6rJ5O6OGpDCbJOHlaPM-PoO0vfKFbHPYxjvPeI72Vku_7IY8

Inspiration

https://www.espn.com/espnw/sport/story/_/id/27919764/the-inspiring-true-story-record-breaking-death-defying-54-hour-swim-english-channel?addata=espnww:frontpage

Eating Habits After a Game/workout/practice:

<https://truesport.org/nutrition/eating-after-a-game-or-practice/>


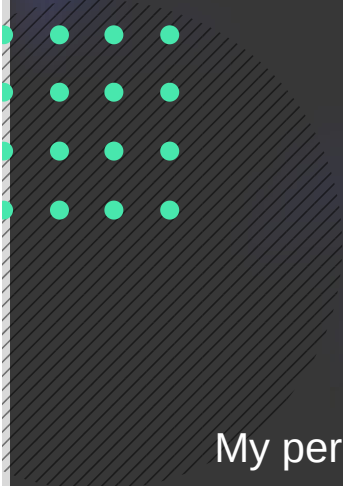
Books:



The Obstacle is the Way by Ryan Holiday

Plz Checkout & Subscribe:

youtube.com/Capitalbstrip



My personl youtube account , features: stories of the journey, transformation, motivaion, and a lifestyle dedicated to reaching ones full potential in life.

Thank you

Sincerely, B. Strip

**"Dont worry about the rest, just do your
best"**

WE WANT TO HEAR FROM YOU!

Help shape and impact Alameda County's mental health system!

COMMUNITY PROGRAM PLANNING PROCESS & 30-DAY PUBLIC COMMENT NOTICE for the Alameda County Mental Health Services Act Annual Update FY21/22



MHSA is funded by a 1% tax on individual incomes over \$1 million.

ALAMEDA COUNTY BEHAVIORAL HEALTH SERVICES INVITES YOU TO:

- **Contribute** ideas about how to improve the County's mental health services between 4/15/21 – 5/19/21
- **Share** information about the Mental Health Services Act.

Thu April 22	Podcast*	COVID-19 Vaccine: Impact on African American's mental health
Mon April 26 2-3:30pm	Webinar	"How to Read the MHSA Plan" Please join the webinar from your computer, tablet, or smart device: https://global.gotomeeting.com/join/412991397 You can also dial in using your phone: United States (Toll Free): 1 (877) 309-2073 Access Code: 412991397#
Thu May 13	Podcast*	MHSA Plan & Community Input for the upcoming May 17th Public Hearing
Mon May 17 5pm	Public Hearing	Mental Health Advisory Board - Public Hearing
Thu May 27	Podcast*	How to effectively navigate the new "normal" Telehealth online platforms and how it impacts our youth

*Podcasts available to view approx. one week after taping

*View this podcast at: acmhsa.org and hhrec.org

HHREC Programs: www.hhrec.org

RSVPS encouraged, but not required.

Learn more about MHSA podcasts and events, read the MHSA plans,
and provide public comment at acmhsa.org



WE MOVE FOR HEALTH

MAY 14TH

12:30PM - 4:30PM

PRESENTS

LAUGHING YOGA WITH TEENA MILLER

REGISTER: WWW.HHREC.ORG/WEMOVEFORHEALTH

Class Time 1:00PM - 2:00PM



TEENA BRINGS LAUGHING HEART CONNECTION TO THE FOLLOWING CALIFORNIA COUNTIES: SOLANO, NAPA, SONOMA, MARIN, SAN FRANCISCO, ALAMEDA, MONTEREY, YOLO, SACRAMENTO, AMADOR, CONTRA COSTA, AND WEST CONTRA COSTA AND THE FOLLOWING COUNTIES IN NEVADA: STOREY AND LYON. SHE TEACHES TO OVER 200 INDIVIDUALS ON A WEEKLY BASIS!!!

PLEASE CONTACT TEENA FOR FUTURE SPEAKING ENGAGEMENTS!

LAUGHTERMAVEN@GMAIL.COM



National Alliance on Mental Illness

Alameda County

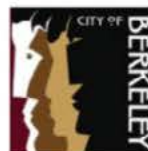
Support, Education and Advocacy

**For
Mental Health
and Families
in Alameda County
Since 1977**

www.nami-alamedacounty.org

Alameda County Behavioral Health

10x10 Wellness Campaign & PEERS Thank You! to all of our Contributors & Participants!



<https://www.hhrec.org/wemoveforhealth>