



Alameda Family Services

Changing Lives, Building Community, Since 1969

AGENCY UPDATE

By Katherine Schwartz, Executive Director

As the Executive Director for Alameda Family Services, I would like to draw attention to the incredible generosity and support we have received from the Alameda Education Foundation and the Parent-Teacher Associations of AUSD.

The Alameda Education Foundation (AEF) partnered with the Alameda and Encinal High School PTAs to raise enough money to help AFS hire another full-time therapist to serve the high schools. This was made possible with additional financial assistance from Bay Farm, Lincoln, and Wood Middle Schools as well as the City of Alameda.

Expanding therapeutic services to students as they return to school next year will make an enormous difference in our efforts to meet the mental health needs of the student body and their families. I and all of the staff at AFS want to extend our heartfelt appreciation to AEF, the AUSD PTAs, and the City of Alameda for helping us help Alameda!



Original artwork by @doodles.by.ella

MENTAL HEALTH TIP

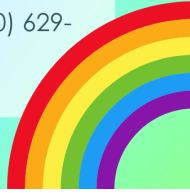
Stressed out? Here are a few strategies to unravel the mess when your mind gets a little too busy:

- Get it out of your head by writing it down.
- Take 10 minutes for a screen-free break.
- Create a to-do list and do one thing at a time, and then enjoy checking things off as you get them done!
- Whatever's on your mind, say it out loud instead of keeping it.

Donate at alamedafs.org/donations.html

Alameda Family Services stands with and supports everyone in the LGBTQ+ community. We also recognize that due to negative societal factors, LGBTQ+ individuals are more likely to experience shame, fear, discrimination and trauma, placing them at a greater risk for mental health conditions such as depression, anxiety and suicidality.

If you need support in any way, please call us at (510) 629-6210. Alameda Family Services is here for you.



PROGRAM UPDATES

Behavioral Health Care Services

The Behavioral Health Care Services division provides counseling services to families, children, adults, couples, and groups. The clinic operates an APA (American Psychological Association) accredited training program for psychology doctoral interns as well as practicum students from a variety of graduate programs. Additionally, the clinic satellite office provides counseling services to residents of Alameda Point Collaborative.

School Based Services

What does having community mean to you? To our SBHC Youth Advisory Board, community includes having a sense of belonging, connection, safety, support and collective action. These were some of the thoughts shared at the recent YAB lunch celebration. Our Youth Advisory Board is continuing with a summer internship of 10 students from Alameda High and Encinal. Medical and mental health services at our SBHC will be continuing through the summer as well. For questions or appointments, contact us at schoolbasedinfo@alamedafs.org.



SPOTLIGHT: "YEAR OF THE YOUNG CHILD"

Early Childhood & Family Support

Alameda Family Services Early Childhood & Family Support Services Division, in partnership with the Early Learning Community Network, safely distributed 300 special activity bags in June focused on School Readiness. The bags were filled with books, activities, materials and school supplies designed to support early learning, summer fun and school readiness for children ages 5 and under.



The Early Learning Community Network partners include: Wilma Chan, City of Alameda, ARPD, Alameda Library, AUSD, First 5, ACCYF and the Child Unique Montessori. Thank you for all your support!



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