



Alameda Family Services

Changing Lives, Building Community, Since 1969

AGENCY UPDATE

By Katherine Schwartz, Executive Director

As the Executive Director of AFS, it has been my honor to continue to serve the City of Alameda during this crisis. I am unbelievably impressed with the sacrifice and dedication of our own staff as well as the efforts of all of our community partners. I wrote before in the *Alameda Sun* about the uniqueness of the Alameda community, and I have only seen more evidence of this powerful community spirit during this pandemic.

Please know that Alameda Family Services continues to offer mental health services through videoconferencing as well as support to students and families in a variety of ways.

Please do not hesitate to reach out to us through our **Family Support Resources Warm Line (510) 459-6134**.

Thank you for all of your support over the years. I hope that all of you are staying safe and healthy.



Community Activity Bag Supplies

MENTAL HEALTH TIP

We have received many calls about conflicts arising during the Shelter in Place. If you find yourself struggling to contain your anger, go outside for a walk until you feel your emotions calming down. Sometimes it is hard to walk away in the middle of an argument but experts agree this is the best thing to do.

If you need someone to talk to please do not hesitate to call our **Emotional Support Warm Line (510) 629-6210**.

If things have gotten out of control and you do not feel safe call 1-800-947-8301.



Staff providing activity bags via Drive-Through

PROGRAM UPDATES

by Amanda Torres

Despite our empty offices, our staff is bustling behind computers and phones to provide continued support to our community.

Early Childhood & Family Support

AFS staff are providing Alameda families of school-age children with Activity Bags containing age appropriate, child activities designed to enhance home-learning. Bags are delivered via contactless drive-through so as to ensure safety. The materials are supported by the funding of the Early Learning Community Network, Head Start Funding, and our wonderful donors, thank you for your support!

School Based Health Services

We proudly continue to serve the students of Alameda Unified School District. We offer individual and group behavioral health services, continue to coordinate medical services with our partner at Native American Health Center, and facilitate our Youth Development Programs.

Behavioral Health Care Services

This team has been working tirelessly behind the scenes! Remote services include phone and video counseling, Anger Management Group via video, video assessments, and warm-line community support. The APC team recently supported families and residents affected by a fire at APC.

SPOTLIGHT: SUCCESS STORY



School Based Health Services

An AFS clinician had been working with a student who had a historically rocky relationship with their parents. As a result of Covid-19, the student became disconnected from their peers and partner and began feeling isolated and depressed. On top of this, the family was impacted by a loss of income, also resulting from the Shelter in Place.

Recognizing the need for increased support, the clinician offered additional sessions and check-ins, focusing on helping the student identify their own strengths outside of their romantic relationship while also coaching the student around communicating with their parents.

The AFS clinician was able to connect the parents to resources, including food, as well as offered guidance on connecting with their child.

This holistic approach addressed issues that were situational, as well as long standing and functioned as a bridge to wellness for the whole family during this crisis.