



# Alameda Family Services

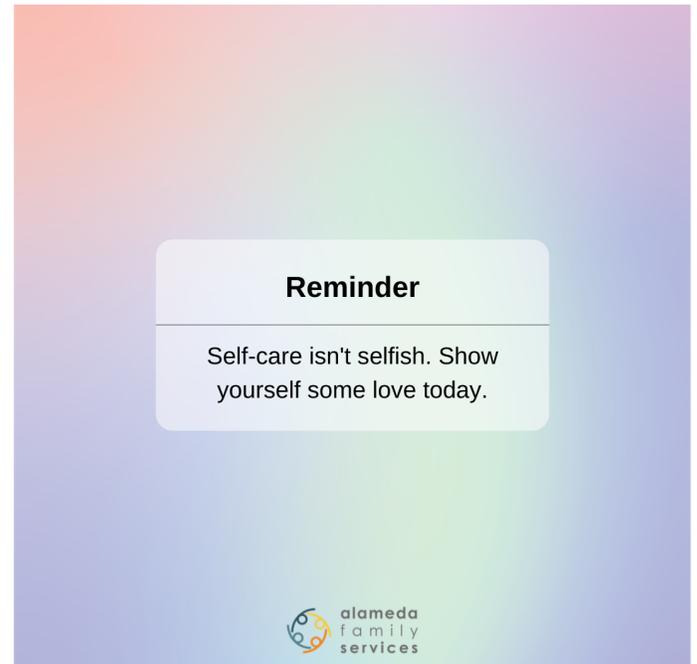
*Changing Lives, Building Community, Since 1969*

## AGENCY UPDATE

*By Katherine Schwartz, Executive Director*

The Delta variant is causing a lot of anxiety and rightly so. The email I received indicating that Alameda County was once again encouraging people to wear masks inside regardless of vaccination status was disheartening and now the latest requirements from the state are driving home the reality about the increased risk. Staff at Alameda Family Services worry for the people in the community who are most vulnerable but also afraid of getting vaccinated because of misinformation. Misinformation campaigns disproportionately impact vulnerable populations and we know that communities of color can be vulnerable. I am making a plea to everyone who is currently still unvaccinated due to personal choice, please reconsider. The virus does not care about wealth, race, or political persuasion. This is simply about our health and the evidence is clear, you are safer getting vaccinated. If you do end up getting Covid-19 after getting vaccinated, the shot will provide significant protection against you getting seriously ill. Truly, this is life or death for not only you but those you love.

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## MENTAL HEALTH TIP

Self-care looks different for everyone, but it's never selfish. Here are some ways you can show yourself some extra love today:

- Drink enough water
- Take a walk outside
- Read a book
- Watch your favorite show on Netflix
- Make a list of things you're grateful for
- Take a bubble bath
- Put your phone down
- Go to bed early



# PROGRAM UPDATES

## Behavioral Health Care Services

The Clinical Training Program within Behavioral Health Care Services graduated another group of clinical interns and trainees. A VERY BIG THANK YOU to the 2020-2021 clinical training group, Allison, Christine, Evan, Kaybee, Leslie, Lisa, Mahi, Manizeh, Rehan, and Sabrina for all their hard work and efforts in supporting the community.

## School Based Services

Though school may be out for summer, the School-Based Services Division is still hard at work providing services to youth in Alameda. The mental health clinicians have continued seeing their clients throughout the summer, beginning to provide in-person sessions for those interested. Additionally, nine of our Youth Advisory Board Members have stayed on over the break to participate in our SBHC Summer Internship. Follow our School-Based Health Center's Instagram page to gain information and learn about health and wellness topics that they are passionate about.

**MOST SERVICES ARE FREE AND CONFIDENTIAL!**

**QUESTIONS? APPOINTMENT?**

OUR SBHC MEDICAL SERVICES ARE OPEN TO YOUTH 12+ YEARS OLD RECENT GRADS WELCOME!

DM us on Instagram\*: @sbhc\_afs

Email us\*: schoolbasedinfo@alamedafs.org

Call us: Mon-Thurs; 9:00AM-4:00PM (510) 748-4085

\*Messages received Monday-Friday, 9am-4pm

**Ways to Improve Your Mental Health -Summer Edition-**

1. Improve mood: Vitamin D helps increase serotonin
2. Enjoy time off and do activities that you enjoy!
3. Plan going out to somewhere fun!
4. Slowly start to improve and maintain your sleep schedule
5. Exercise increases dopamine which improves your mood!

# SPOTLIGHT: "PORCH OF JULY"

*Early Childhood & Family Support*

Alameda Family Services along with Early Learning Community Network participated in this year's City of Alameda Porch of July event. The Alameda ELCN provided activity bags filled with books, activities, materials and school supplies designed to support early learning, summer fun and school readiness for children 0-5, including a craft project to decorate a beautiful leaf to add to our Tree of Life displayed on the fence at our College of Alameda site.



City of Alameda Mayor Marilyn Ezzy Ashcraft stopped by for a look, pictured here with two of our staff members - Yunia Renteria, ERSEA/Family Support Services Manager, and Thelma Garvey, PFCE Coordinator.



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