



Alameda Family Services

Changing Lives, Building Community, Since 1969

AGENCY UPDATE

By Katherine Schwartz, Executive Director

As we head into the last part of the school year, it is important to be aware of the extra pressure youth and teens may be experiencing. With testing and finals looming as well as graduation for some, this time historically brings additional feelings of anxiety and depression. Parents are encouraged to pay special attention to how their children are doing. This pressure combined with the continued struggles resulting from the pandemic can lead to an increased need for mental health support.

Please remember that Alameda Family Services offers mental health support in all fifteen of the AUSD schools and also has a mental health clinic in Alameda. Do not hesitate to contact us if you or your child needs support.

IF YOU WOULD LIKE TO SAVE TREES AND RECEIVE THIS NEWSLETTER VIA EMAIL, PLEASE CONTACT [INFO@ALAMEDAFS.ORG](mailto:info@alamedafs.org) TO GET ADDED TO THE LIST. THANK YOU!

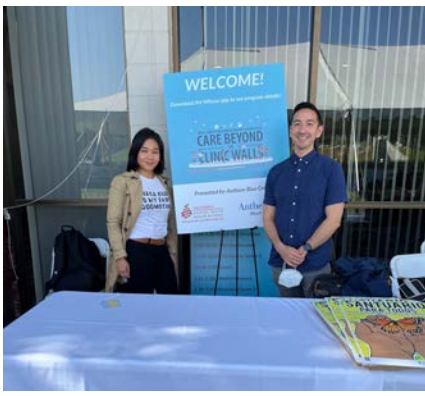


MENTAL HEALTH AWARENESS

Talking about our own experiences with mental health makes a difference. "How is Mental Health important to you?" Check out what one of our SBHC Youth Advisory Board interns has to say:

"I think the most important thing I've learned about mental health is that it isn't something that just goes away. It's important to take care of yourself and accept that it comes with highs and lows. Being able to reach out and talk to those around me helps me understand how I feel and let me know I'm not alone."

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SPOTLIGHT: EARTH DAY CELEBRATION



Early Childhood & Family Support

Alameda Family Services, along with the City of Alameda Early Learning Community Network, was on hand for the East Bay Regional Park-Shoreline Clean Up for Earth Day, on Saturday April 22nd at Crab Cove.

Our newly remodeled ELCN mobile Family Resource Center, staffed or operated by Alameda Family Services, made its debut. Two student interns from the AUSD Island High School Pathways Program assisted in activities provided to the children and families. Thank you Hayden Hoyt and Natalie Inouye!

PROGRAM UPDATES

School Based Services

At the end of April, Health Center staff traveled to Southern California to attend the California School Health Conference, hosted by the California School-Based Health Alliance in an effort to bring together SBHC professionals from over 200 different health centers across the state. The conference boasts a full slate of workshops with experts in the field of school-based sharing about their work and best practices. This was the first time since 2019 that the conference was in-person.

For Mental Health Awareness Month this May, and SBHC staff and Youth Advisory Board members have been sharing information online as well as hosting in-person events to support youth in taking active steps to address their mental health.

Behavioral Health Care Services

BHCS has specialized in providing narrative therapy training to our training cohorts since the early 1990s. Narrative Therapy seeks to be a respectful community counseling approach that centers clients as the experts on their lives and views problems as separate from people. Dr. Russ Groom, a clinical psychologist, heads the BHCS narrative training and also brings in outside trainers to supplement the training experience.

As part of our Narrative Therapy training work, AFS offers Outsider Witness also known as a Reflecting Team sessions for interested clients. During Outsider Witness sessions, several therapists listen and reflect on the conversation between the therapist and client, increasing perspective and enriching the therapeutic experience.



Activities included a scavenger hunt, book giveaway, and a garden growing project. We also had applications for our Fall Head Start Program. The children enjoyed learning about planting and the importance of cleaning up our earth.

