



Alameda Family Services

Changing Lives, Building Community, Since 1969

AGENCY UPDATE

By Katherine Schwartz, Executive Director

The Alameda CARE Team has been responding to non-violent mental health crises in the City of Alameda since Dec. 16, 2021. The team is made up of Alameda Fire Department Paramedics and EMTs who have gone through 100 hours of mental health crisis training. Alameda Family Services has been providing 24/7 on-call crisis consultation to the Alameda Fire Department to support deescalation, safety planning and decisions around voluntary and involuntary psychiatric holds for youth and adults. AFS provides the AFD team with crisis trainings and support. The program has been very successful at reducing involuntary holds, safely deescalating people in crisis and connecting people in crisis to AFS' Clinical Case Manager who provides intensive case management to support connection to services and resources that promote ongoing mental health stabilization.



MENTAL HEALTH TIP

Feeling anxious or having a hard time falling asleep? Try journaling before you go to bed. Studies have found that it leads to better sleep, as it decreases worry, overthinking and distractions. Here are some bedtime journal prompts to get you started:

- Write down 5 things you are grateful for.
- What's something you need to let go of?
- Describe a place or situation where you felt the most happy and relaxed.
- What was one good thing that happened today and one challenging thing?
- What are your goals for tomorrow?

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

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PROGRAM UPDATES

Behavioral Health Care Services

BHCS offers an eight-week group to support those ages 0-7 as well as their caregivers and focuses on family relationships, emotions, communication, mindfulness, and impulse control. If interested in more information, please call 510-629-6210.

School Based Services

This month, SBS would like to highlight and introduce three of the newest staff to join our SBS team. Cynthia, joins SBS as the Clinic Coordinator at the Alameda High School-Based Health Center. She is a graduate of UCLA where she was involved in a number of activities and organizations with a focus on supporting individuals' basic needs. She returned to the Bay area and immediately began working at a local non-profit. Her desire to work with youth and serve her community led to her finding a perfect fit with SBS. Emily, joins the team as the newest therapists working with the elementary and middle school-aged youth. Emily comes with experience serving youth through both a school-based and private practice model. Similarly, Emily recently returned to the Bay Area to follow her passion of serving her local community. And lastly, we welcomed Rachel to the team at the beginning of the calendar year. Rachel is a licensed therapist with a long history of providing mental health support to youth in the Bay Area. She currently has her own private practice, but her dedication to nonprofit work led her to AFS where she now works part-time supporting the students at Island High.

SPOTLIGHT: LOOKING FOR PASSIONATE TEACHERS!



Early Childhood & Family Support

Our Early Childhood & Family Support Team is hiring for the 2022-2023 school year. We are looking for passionate teachers to join our team.

- Site Supervisors/Center Directors
- Teachers
- Teacher Aide/Assistant Teachers



Hours: 40 weekly including a paid 1/2 hour lunch

Paid Holidays: Up to 11+ days/year depending on schedule and FTE

Vacation Accrual Rate: 9.23% (appx 24 days per year for full-time position)

Sick Leave Accrual Rate: 4.62% (appx 12 days per year for full-time position)



To apply, head to alamedafs.org.

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