



Alameda Family Services

Changing Lives, Building Community, Since 1969

AGENCY UPDATE

By Katherine Schwartz, Executive Director

Thank you to everyone who came out for the Sunset Sip event in August. It was a huge success with the event raising over \$20,000 towards critical mental health services. I would like to send a special thank you to our partners at the Alameda Unified School District and Alameda Fire Department who joined us as well as City Council Member Trish Herrera Spencer and many other community partners. And of course a big thank you to all of our event sponsors, as the event would not have been possible without your generous contribution. Our gratitude goes out to every individual who made the decision to support Alameda Family Services and we hope to see you again soon at our next event... details coming soon!

THANK YOU SPONSORS!



Steve & Nancy Brandt
Lynn Cunningham



PROGRAM UPDATES

Early Childhood & Family Support

We kicked off the new 2022-2023 year with a two week preservice training, where we were joined by staff who were with us last year, as well as new staff members that joined our wonderful program. Several of our staffing completed our PSTA Internship program and who will now be joining new site based teaching teams. During the time we had online training as well as in person team building activities. At the end of our training we gathered at Marina Park for some time together and ended the day with a wonderful lunch.

Donate at alamedafs.org/donate



SPOTLIGHT: SUICIDE PREVENTION + AWARENESS MONTH

School Based Services

September was Suicide Prevention and Awareness Month. The SBHC team along with our Youth Advisory Board focused on Education and Stigma Reduction, promoting the new 988 lifeline, and learning how to help a friend. Follow the SBHC Instagram to find highlights of the events such as the Chalk & Talk that kicked off our campaign, or the “You Are Loved” Fishbowl & Forum that was co-hosted with Alameda High’s Student Wellness Committee.



The month long campaign ended with Health Fairs at both Alameda and Encinal High during lunch. The Health Fairs engaged the student community with different interactive stations led by YAB Interns, based on the suicide prevention and crisis intervention action steps from bethel.org. Activities included: sorting games and Jeopardy boards to learn about destigmatization, warning signs, risk factors, protective factors, plus trivia game with information about 988, CARE Team, the SBHC, teen friendly warmlines, and more!

PROGRAM UPDATES

School Based Services

The School-Based Services Division excitedly returned to campus on August 15th. In addition to welcoming new students to our services, we also introduced the schools to some friendly new hires and the 2022 internship cohort. Please join us in welcoming Madeline, Fernando, Travis, Angelina, Caley, Ketzia, Lydia, Maria, Mckenzie, Sylvia, and Winter. And welcome back to Addie and Hilary, who were a part of last year’s internship training cohort and joined us this year as staff therapists. Reminder to follow our School-Based Health Center’s Instagram page to stay updated on our services for the 2022-23 school year.

Behavioral Health Care Services

A big welcome to the new BHCS clinical training cohort: Briana, Daniel, Jacob, Karen Ann, Luis, Madeleine, Riley, and Sughey. These eight clinical interns and trainees are pursuing their doctoral degrees in psychology, and they provide family, individual, couples, as well as group therapy through BHCS. Therapy is offered in English, Spanish, and Farsi. To inquire about counseling services which are offered in-person and on Zoom, please call the intake line at 510-629-6210.

