



ALCOHOL, DRUG & MENTAL HEALTH SERVICES
CAROL BURTON, LMSW, INTERIM DIRECTOR



WELLNESS • RECOVERY • RESILIENCE

2000 Embarcadero Cove, Suite 400
Oakland, California 94606
(510-) 567-8100 / TTY (510) 533-5018

MHSA STAKEHOLDER GROUP

Friday August 24, 2018

2:00-4:00pm

2000 Embarcadero Cove, Oakland

Alvarado Niles Conference Room – 5th Floor

To participate by phone, dial-in to this number: (605) 475-4834

Participant access code: 102839

MISSION	VALUE STATEMENT	FUNCTIONS
<p><i>The MHSA Stakeholder Group advances the principles of the Mental Health Services Act and the use of effective practices to assure the transformation of the mental health system in Alameda County. The group reviews funded strategies and provides counsel on current and future funding priorities.</i></p>	<p><i>We maintain a focus on the people served, while working together with openness and mutual respect.</i></p>	<p>The MHSA Stakeholder Group:</p> <ul style="list-style-type: none"> • <i>Reviews</i> the effectiveness of MHSA strategies • <i>Recommends</i> current and future funding priorities • <i>Consults</i> with BHCS and the community on promising approaches that have potential for transforming the mental health systems of care • <i>Communicates</i> with BHCS and relevant mental health constituencies.

1. Welcome & Announcements (2:00-2:10)
2. Review Design Team Alliance (DTA) Agreement (2:10-2:15)
3. MHSA Site Visit – *Stakeholder Input* (2:15-3:15)

Stakeholders who attended each site visit will share their experience and feedback.

 - 1) Older Adult Peer Support Program (PEI19)
 - 2) Transition To Independence Process (FSP 6)
 - 3) Beats, Rhymes and Life (PEI 20A)
 - 4) Fremont Health Start (PEI 24)
 - 5) Juvenile Justice Transformation of the Guidance Clinic (CSS- OESD 8)
 - 6) Individual Placement Services (CSS – OESD 20)
4. Format of FY18-19 MHSA Plan Update - *Stakeholder Input* (3:15-3:25)
5. FY18-19 MHSA Plan Update: Planning Timeline & Stakeholder Participation (3:25-3:35)
6. Innovation Update (3:35-3:55)
7. Meeting Debrief (3:55-4:00)

Attached Documents

1. MHSA Designed Team Alliance (DTA) Notes
2. MHSA Site Visit Information
3. MHSA Planning Timeline & Stakeholder Participation
4. MHSA Stakeholder Group Meeting Notes (6/22/18)
5. Stakeholders Innovations Subcommittee Notes (6/22/18)
6. MHSOAC State Community Input Forum on Suicide Prevention (10/24/18)

Next Stakeholder Meeting: September 28, 2018

MHSA Stakeholder Group DESIGNED TEAM ALLIANCE

What is the Desired Atmosphere or Culture of MHSA Stakeholder Group?	
Informed	Feeling of Safety
Emotionally supportive	Probing
Collaborative	Effective
Honest	Reflective
Productive	Critically Thinking
Warm	Instructive
Engaged	Friendly
Compassionate/interconnected/family	Welcoming
Worthwhile/valuable	More connected to BHCS process (on issues where input was given by stakeholders)
Informative - Awareness of BHCS Programmatic Priorities	Productive
Respectful	
In order to Thrive, how do we want to be in the MHSA Stakeholder Group?	
Trust	People able to listen to different perspectives
Accepting/open to ideas of others	Strategic
Diversity matters	Taking responsibility
Open/inclusive	Mutual respect
Productive	Present
Supportive	Have willingness for healthy debate
Assume good intention	
How do we deal with Conflict or Difficulty when it arises within the MHSA Stakeholder Group?	
Assume good intent	Being ok with conflict- not try to fix it
Accept different perspectives	Listen
Being patient, don't interrupt	Agree to disagree & move on w/ what we agree on
Try to find the "lowest common denominator" and move forward	Where there are disparities, be able to call them out "Name it"

DESIGN LEADERSHIP ALLIANCE

What do Stakeholders need from Group Leaders (Tracy/ Linda)?	
Responsive	Transparency
Follow through	Concrete goals
To be informed	Purpose
Clear expectations for effective participation	Respecting timelines
To feel like there are “No dumb questions”	Meeting reminders
Explain Acronyms (provide Acronym dictionary)	Refreshments
Be a resource	Outlook invites
Provide MHSA meeting minutes	Hard copies of Agenda/Materials mailed
Provide handouts	Sensitivity
Help committee be better informed about challenges, priorities and responsibilities	Help understanding the “Big Picture” and how all the pieces fit
More education- “Here’s the role you play”	How to be a good stakeholder
Education on the formal processes of stakeholders (i.e. making motions, what happens next)	Earlier emails with agenda and topics (Ideally 3 or more days prior to meeting)
Feedback loops	Follow-up phone calls about emails ** For Alane
What do Group Leaders Need from the Stakeholders?	
Agenda respect	Be responsive
Respect time	Helping w/ community connection
Start at 2 p.m.	Understanding Linda & Tracy don’t have full decision-making power
“Step in, Step Out”	Let Linda know if you’re unable to attend

Diverse Approaches to Preventing Suicide and Inspiring Hope in Our Communities

Register today!

COMMUNITY FORUM

Join us for this forum to provide input into the State's new suicide prevention plan!

We'll work together to develop diverse approaches to preventing suicide and inspiring hope. Together we can end suicide in our communities statewide.

Date: Wednesday, October 24, 2018

Time: 1 p.m. — 5 p.m.

Location: Redwood Conference Room, 1100 San Leandro Blvd.,
San Leandro, California

Register for your spot today:

<https://mhsoac-bay-area-prevention.eventbrite.com>

Lunch will be provided

Translation services may be available if requested at time of registration

Suicide is a leading cause of death in California, for both youth and adults. The legislature directed the Mental Health Services Oversight and Accountability Commission to develop a new statewide suicide prevention plan. This event is part of a series of Commission events to gather community input and

Alameda County Mental Health Services Act Stakeholder's Meeting
June 22, 2018 • 2:00 pm - 4:00 pm
Alvarado Niles Room, 2000 Embarcadero Cove, Suite 400, Oakland, CA 94606

Meeting called to order by Chair **Linda Leung Flores**

Present Representatives: Viveca Bradley (POCC), Margot Dashiell (Alameda County Family Coalition), Julia Egan (Telecare-Morton Bakar), Alane Friedrich (Mental Health Board), Sreyneang Lim (CERI), Elaine Peng (NAMI Chinese, MHACC (Mental Health Association for Chinese Communities)), Liz Rebensdorf (NAMI East Bay), Linda Leung Flores (MHSA Senior Planner, BHCS) and Terri Kennedy (Administrative Assistant for MHSA Division, BHCS).

Phone-in participants: None

<i>ITEM</i>	<i>DISCUSSION</i>	<i>ACTION</i>
Ice-Breaker and Introductions		
Review/Revision of Minutes and DTA (Linda Leung Flores)	<p>DTA Review and Revision:</p> <ul style="list-style-type: none"> • The DTA that was originally created 3-24-2017, copies were provided to committee for review and revision on 5-25-2018. • The group reviewed the DTA that was updated last month, and added these items: <ul style="list-style-type: none"> ○ Awareness of BHCS Programmatic Priorities (connected to “Informative”) 	<ul style="list-style-type: none"> • Any Stakeholder committee member’s ideas are welcome at any time for the DTA. This agreement is a growing/changing document. • Terri K. to update DTA
Stakeholder Interview Activity (Linda Leung Flores)	<p>Linda Leung Flores led a discussion and broke the Stakeholder group into pairs to interview each other. The interviewer can ONLY listen, not ask any questions or clarify any information. Both parties with have a chance to be the interviewee. The interviewees were asked to answer these questions:</p> <ul style="list-style-type: none"> • What was your inspiration when you joined the Stakeholder group? • What unique skills, qualities and vision did you want to contribute? <p>Stakeholders reported back to group.</p>	
Stakeholder Group Timeline Activity (Linda Leung Flores)	<p>Linda Leung Flores led a discussion and divided the Stakeholders into small groups by the year they joined the Stakeholder committee. The timeline groups were 2006-2010, 2010-2014, and 2014-2018. The small groups were asked to collectively answer these questions about the past:</p> <ul style="list-style-type: none"> • Successes in specified your time period on the committee • Challenges in your specified time period on the committee • Learnings in your time period on the committee (2006-2010, 2010-2014 or 2014-2018) <p>The answers were written by the collaborative group in each time period and posted on the wall for the entire Stakeholder group to see and discuss.</p>	<p>Committee member were asked to think about the following:</p> <ul style="list-style-type: none"> • Where do you see this group going?
New MHSA Website (Linda Leung Flores)	<p>Linda Leung Flores showed the committee the unpublished version of the redone MHSA Website. Linda asked for feedback and suggestions.</p> <p>Liz. R: “It’s a rich site, I’m very impressed.”</p> <p>Viveca B.:</p>	<ul style="list-style-type: none"> • Linda will add the Cultural Utilization Reports under “Reports/Data”

<i>ITEM</i>	<i>DISCUSSION</i>	<i>ACTION</i>
	<ul style="list-style-type: none"> • Include a QA/Grievance link or tab on the website under “Resources” • Insert Crisis Hotline number as a banner on the website <p>Margot D.:</p> <ul style="list-style-type: none"> • Add the hours of operation for each Wellness Center • How many people have utilized the Community Based Learning Series (CBL)? • We need a “match maker” for CBLs and interested Organizations <p>Elaine F.:</p> <ul style="list-style-type: none"> • Add more graphics (MH Continuum), Add NAMI Chinese • Connect with Website Developer to make this 1st on Google, and get translation capabilities <p>Terri K.:</p> <ul style="list-style-type: none"> • Use less abbreviations (i.e. SMI, SED, FSP) 	<ul style="list-style-type: none"> • Linda will consider suggestions and implement them if possible • Linda to email the Website link to the Stakeholder Committee when the Website goes “live” www.acmhsa.org

Next Stakeholder meeting: Friday, August 24th, 2018 from 2-4 p.m., Alvarado Niles Room.

JULY 2018



AN
AGE-FRIENDLY
CITY IS A
LIVABLE CITY

AGE-FRIENDLY FREMONT

P.02 SAVE THE DATES!

Mark your calendar with an event-packed Summer of fun things to do!

P.03 SHALL WE DANCE?

Need a reason to make new friends and polish your dance moves? Join our Thursday dances!

P.07 RESOURCE GUIDE

Information about useful, local resources that you or a friend may need.

LET'S TALK ABOUT MENTAL HEALTH



City of Fremont Mobile Mental Health Team

IT IS ESTIMATED THAT 1 IN 4 PEOPLE 55 YEARS OR OLDER experience some type of mental health condition. Depression and anxiety are the most prevalent mental health concerns for older adults and unfortunately both are widely unrecognized and often untreated.

An age-friendly community supports the physical, mental and social well-being of everyone. Talking about mental health helps those who could benefit from support find the help they need. Here are some tips on talking about mental health:

Ask: Sometimes it is not easy, but asking about how someone feels will not make them feel worse.

Listen: Be there to hear what an individual is thinking and feeling.

Help people connect: You can make a connection with a trusted family member, friend spiritual advisor or refer someone to:

The Senior HelpLine (if it's not a crisis): 510.574.2041.

Social Workers can help them connect to City of Fremont programs like the Senior Mobile Mental Health, Recovery and Resiliency, LGBT Senior Peer Coaching, Senior Peer Coaching, Senior Peer Counseling and Care Giver Support Group.

Crisis Support Services of Alameda County: 1.800.309.2131

National Suicide Prevention Lifeline: 1.800.273.8255



☎ 510.790.6600
🌐 www.fremont.gov/seniorcenter
📱 /FremontSeniorCenter
✉ seniorcenter@fremont.gov

*All classes and services offered at:
Fremont Senior Center
40086 Paseo Padre Pkwy, Fremont, CA 94538*

★ UPCOMING EVENTS

4th of July Lunch Tuesday July 3 12–1pm

Join us for a festive lunch to celebrate Independence Day. Our local ukulele group will be on hand to provide entertainment. Buy your lunch ticket before we sell out.

July Birthday Party Celebration Friday July 13 1–2pm

Entertainment will be provided by piano/keyboardist Kelly Keys. Everyone is welcome, even if it is not your birthday! Free cake and ice-cream will be given to all attendees and all those celebrating a July birthday receive a FREE gift. *Sponsored by Roses' Mortuary, the Builders Fund and the Garden Club.*

National Night Out Tuesday August 7 7–9pm

Help us make 2018 the biggest National Night Out event in Fremont's history! Start organizing your neighborhood to participate in the 35th Annual National Night Out on Tuesday, August 7 from 7–9 p.m. Join Fremont Police staff along with community organizations, neighborhood groups and City

leaders in celebrating the 35th Annual National Night Out. If you have questions about National Night Out in Fremont, please call the Fremont Police Department's Community Engagement Unit at 510.790.6740.



Dinner Dance Life's A Beach Tuesday August 7 5–8pm

Mark your calendar for the Fremont Senior Center's Dinner Dance located at 40086 Paseo Padre Parkway in Fremont. It will be a fun evening with delicious food cooked by our culinary trained Chef David Lee. Not only do we have a fantastic dinner planned but we've invited The Magic Notes to play live music for an evening of dancing. This event will sell out so please do not wait too long to purchase your \$25 ticket. Call the Fremont Senior Center with any questions at 510.790.6600.

THE PLACES YOU WILL GO!

Sign up at the front desk or call us at **510.790.6600**

DAY TRIPS

Castello di Amorosa
Tuesday August 14
\$115 members
\$120 non-members



Lunch stop on recent Elkhorn Slough/Moss Landing Trip.

EXTENDED TRIPS (Provided by Collette Tours)

Collette Tour Presentation
July 19 1–2pm
Come see the trips planned for 2019, including:

Explore Tuscany (Italy)
April 25–May 3, 2019

America's Music Cities
October 6–13, 2019

HELP THE ENVIRONMENT AND SAVE RESOURCES

Simply email: seniorcenter@fremont.gov to receive your monthly copy of *Age Friendly Fremont* electronically.

CITY OF FREMONT SUMMER CONCERT SERIES



The **Central Park Summer Concert Series** returns with the scenic backdrop of beautiful Lake Elizabeth. The 2018 concerts take place between July 12 and August 16 and will feature a variety of musical genres and performers.

Date	Band	Details
July 12	Majestic Journey	Journey Tribute
July 19	Pop Fiction	80s Hits, 70s Disco and more!
July 26	Tortilla Soup	Latin Funk and more!
August 2	Rock Skool	80's Rock
August 9	Kenny Metcalf	Elton John Early Years
August 16	East Bay Mudd	Big Horn Band Playin' R&B Hits

Welcome

ARE YOU A MEMBER OR A SENIOR CENTER PATRON?

Senior Center Orientation Wednesday July 11

10.30—11.30am Wing B

If you are a new member, existing member or just curious about the Fremont Senior Center this Welcome Orientation is just for you! Stop by the front desk during office hours or call us at 510.790.6600 and reserve your space today. Receive a tour and learn all about the vibrant center.



THURSDAY DANCES

Thursday's from 1.30—3.30pm

Come and enjoy live music, light refreshments and meet new people!

The cost is \$5, no partner necessary.

Band Schedule

Week 1 — The Magic Notes

Week 2 — Canyon Band

Week 3 — Steve Sandness
w/Craig Pexton Band

Week 4 — Nancy Long and
The Encores

Week 5 — Nick Chiarro



APPOINTMENTS AND SERVICES

Sign up at the front desk or call us at **510.790.6600**.

All services are held in the Service Office (unless indicated otherwise).



Do you battle with high blood pressure?

Are you on a low sodium diet and wonder what your blood pressure is? If so, stop by the Fremont Senior Center every Tuesday or Thursday between 9am and 12pm, to get your blood pressure checked by a Tri City Health Center licensed vocational nurse. You'll have peace of mind knowing your blood pressure was taken accurately and the service is FREE! Stop by today. No appointments are necessary.

HEALTH

Blood Pressure & Glucose Checks

Every Tuesday and Thursday
9am—12pm

Cholesterol*

7/3 — 1st Tuesday of each month
8.10am—11.15am

Vision Screening

7/11 — 2nd Wednesday of each
month 9am—12pm

Diabetes Management*

7/18 — 3rd Wednesday of each
month 10am—11am

Dental Screening

7/10— 2nd Tuesday of each
month 8.10am—11.15am

Foot Care Screening*

No mtg— *typically 1st
Wednesday of each month
8.30am—12pm

Tri-City Mobile Health Clinic

Every Tuesday 8am—2pm

Caregiver Counseling

7/13 and 7/27 2nd and 4th Friday
of each month
9.30am—11am

TRANSPORTATION

Senior Clipper Cards

(Please bring proof of age
document)

7/12 — 2nd Thursday of each
month 10am—11am

Paratransit and Subsidized Taxi Services

7/12 — 2nd Thursday of each
month 11am—12pm

Travel Training Workshop*

7/9 and 7/10 — 9am-12pm
Learn how to ride buses and
BART in this 2 day workshop

LEGAL

Estate Planning*

7/19 — 3rd Thursday of each
month 9.40am—10.40am

HICAP Health Insurance Counseling*

7/5 and 7/19 — 1st and 3rd
Thursday of each month and 7/9
and 7/23 — 2nd and 4th Monday
of each month
1pm—3pm

Legal Assistance for Seniors*

7/2 — 1st Monday 10am—12pm

BEAUTY

Ladies Hairdresser*

7/9 — 2nd Monday of each
month 10.30am—12pm

NUTRITION

(This service does not take place
in the Service Office — Food will
be distributed in the covered
Courtyard area of Wing B until
further notice.)

TCV Food Bank Mobile Food Pantry

7/12 and 7/26 — 2nd and 4th
Thursday of each month 1.30pm

*Requires appointment or
registration



CLASS SCHEDULE JULY 20th

CHANGES SUBMITTED AFTER JUNE 20 WILL NOT BE REFLECTED IN THIS PUBLI

MONDAY

<i>Program</i>	<i>Time</i>	<i>Room</i>	<i>Instructor</i>	<i>Fee/Donation</i>
Tai Chi	8.15–9.15	Wing A	James Chew	Free
Quilters Club	9.00–12.00	Wing B	Emilia Alvelais	Free
*Harmonica	10.30–11.30	Carlton Sr. Liv.	David Mandell	Free
BINGO! (1st & 3rd Mon)	11.00–2.30	Wing A	Shirley Lancaster	Fee
Spanish Immersion	12.45–2.30	Wing B	Aurelia Martinez	Free
Beginner Zumba Gold	2.45–3.45	Wing A	Marie Magsakay	\$25(m)/\$45(n)
Chair Yoga	3.00–4.00	Wing B	Anju Odam	Donation
Zumba Gold	3.45–4.45	Wing A	Marie Magsakay	\$25(m)/\$45(n)

TUESDAY

<i>Program</i>	<i>Time</i>	<i>Room</i>	<i>Instructor</i>	<i>Fee/Donation</i>
Meditation	8.00–8.30	Wing B	N/A	Free
Zumba Gold	8.30–9.30	Wing A	Marie Magsakay	\$25(m)/\$45(n)
Yoga/Stretch	8.45–9.45	Wing B	Anju Odam	Donation
Creative Writing	10.00–11.00	Wing B		Free
Fremontaires	12.45–3.00	Pool Room	George Pereira	Free
Needlecrafts	1.00–3.00	MPR	Debbie Haigler	Free
Bridge	1.00–2.30	Wing B	Don or Seiko	Free
Ping Pong	1.30–4.30	Wing B/PS	No instructor	Free
Tai Chi	3.00–4.15	Wing A	Irene Cheung	Free

WEDNESDAY – CLOSED JULY 4

<i>Program</i>	<i>Time</i>	<i>Room</i>	<i>Instructor</i>	<i>Fee/Donation</i>
Tai Chi	8.15–9.15	Wing A	Barbara Gessner	Free
Senior Fitness	8.15–9.15	Wing B	Kay Cooley	Donation
Current Events	10.00–11.30	MPR	Ben Fernandez	Free
BINGO! (1st & 3rd Weds)	11.00–2.30	Wing A	Shirley Lancaster	Fee
Mah Jongg	12.15–3.00	Wing B	Mae Xavier	Free
Drawing & Acrylic Painting	1.30–3.30	MPR	Aurelia Martinez	Free
New Life Line Dance (1st and 3rd Wednesday)	2.45–4.30	Wing A	Lily Zhou & Sophie Wang	Donation
New Life Line Dance (2nd and 4th Wednesday)	3.15–4.30	Wing A	Lily Zhou & Sophie Wang	Donation
Hatha Yoga	3.15–4.15	Wing B	Anju Odam	Donation

(m)= member (n)= non-member

FCC = Fremont Community Center

Registration required prior to attending. All classes offered (other than*) at Fremont Senior Center, 40086 Paseo Padre Pkwy, Fremont, CA 94538. Ph: 510.790.6600

THURSDAY				
Program	Time	Room	Instructor	Fee/Donation
Walk This Way	8.30-9.15	Wing B	Sara Trayser	Free
Yoga	9.30-10.30	Wing A	Kay Emmanuel	Donation
Mobility Management (2nd Thurs)	10.00-12.00	Lobby	Pamela Gutierrez	Free
Yoga 2	10.45-11.45	Wing A	Kay Emmanuel	Donation
*Book Club (3rd Thurs)	10.45-11.45	Panera on Mowry	Asha Sachdeva	Free
American Sign Language	1.30-2:30	Wing B	Elders	Free
Dance	1.30-3.30	Wing A	N/A	\$5.00
Ukulele	3.15-4.45	Wing B	N/A	Free

FRIDAY				
Program	Time	Room	Instructor	Fee/Donation
Senior Fitness	8.15-9.15	Wing A	Kay Cooley	Donation
Walk This Way	8.30-9.15	Wing B	Sara Trayser	Free
Tai Chi	9.30-10.30	Wing B	Pat Ngata Tchang	\$36(m)/\$48(n)
Chinese Calligraphy	9.30-11.30	Wing A	Susan Chen	
Let's Keep It Moving	11.00-12.00	Wing B	Pat Nagata Tchang	\$40(m)/\$60(n)
Bridge	1.00-3.00	Wing B	Don or Seiko	Free
Needlecrafts	1.00-3.00	MPR	Debbie Haigler	Free
Ping Pong	1.30-4.30	Wing B/PS	No instructor	Free
Tai Chi	3.00-4.15	Wing A	Irene Cheung	Free

(m)= member (n)= non-member

FCC = Fremont Community Center

CULTURAL AND SPECIAL INTEREST GROUPS

Afghan Elderly Association
July 11 and 25
11am-3pm Wing A
2nd and 4th Wednesday of each month

Caregiver Support Group
10am-12pm Wing B
Every Tuesday

Chinese Senior Club
July 5
9am-3pm Wing B
1st Thursday of each month

East Indian Seniors
July 10 and 24
3pm-4.45pm Wing B
2nd and 4th Tuesday of each month

FISA (Fremont Indian Seniors Association)
July 3 and 17
10am-1.15pm Wing A
1st and 3rd Tuesday of each month

Garden Club
July 6
1pm-2pm Wing A
1st Friday of each month

INSAF (formerly Indo American Seniors)
July 10 and 24
10am-1.15pm Wing A
2nd and 4th Tuesday of each month

Los Amigos
July 3
1pm-4pm Wing B
1st Tuesday of each month

Muslim Support Network
July 23
11am-2pm Wing A
4th Monday of each month

Parkinson Support Group
July 23
7-9pm Wing A
4th Monday of each month

Senior Commission Meeting
No meeting in July
9.30am-11am Wing A
*typically 4th Friday of each month

NARFE
July 27
11:30am-2pm Wing A
4th Friday of each month

LUNCH
 Monday — Friday
 Served at 12 PM
 Member: \$5
 Non Member: \$7
 All ages welcome!

Lake Side Café

JULY

TICKETS SOLD
 FIRST-COME,
 FIRST SERVED
 NO REFUNDS,
 NO EXCHANGES

40086 Paseo Padre Pkwy, Fremont, CA 94538. Ph: 510.790.6600

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Crab Cakes with Sun-Dried Tomato Aioli Sauce, Brown Rice Pilaf, Mixed Vegetables, Cole Slaw and a Roll	3 July 4th BBQ \$6/\$8 Sliced BBQ Beef Tips, Sausage Links, Baked Beans, Potato Salad, Green Vegetables and Bread	4 Closed In Recognition of Independence Day 	5 Potato Crusted Pollock with Tartar Sauce, Roasted Red Potatoes, Sliced Carrots, Spinach Salad and a Roll	6 Ground Turkey and Spinach Lasagna, Green Beans, Chopped Caesar Salad and Garlic Bread
9 Grilled Rosemary Chicken Breast with Mushroom Lemon Sauce, Yellow Squash and Zucchini, Wild Rice, Garden Salad and Bread	10 Egg Battered Sole with Caper Herb Sauce, Brown Rice Pilaf, Green Peas and Carrots, Carrot Raisin Slaw and Bread	11 Oven Roasted Turkey with Gravy, Mashed Yams, Brussel Sprouts, Cranberry Sauce, Spinach Salad and Dinner Roll	12 \$6/\$8 Grilled BBQ Salmon with Citrus Herb Sauce, Asparagus, Baked Sweet Potato, Garden Salad and Cornbread	13 Parmesan Herb Pork Chops, Whole Wheat Penne Pasta, Steamed Green Beans, Spinach Salad and House Made Focaccia Bread
16 Soup & Salad Minestrone Soup, Cobb Salad with Chicken, Boiled Egg, Tomato, Bacon, Cheese, Cucumber, Iceburg Lettuce	17 Shrimp and Linguine Pasta with Garlic Scampi Sauce, Broccoli and Cauliflower, Caesar Salad and Bread	18 Beef Meatloaf with Brown Gravy, Mashed Potatoes, Corn on the Cobb, Spring Mix Salad and Bread	19 \$6/\$8 Grilled BBQ Chicken Teriyaki, Egg Noodle Chow Mein, Asian Stir Fry Vegetables, Vegetable Egg Roll, Spinach and Fortune Cookie	20 Blackened Catfish with Red Pepper Tarter Sauce, Herb Roasted Potatoes, Lemon Pepper Cauliflower, Spinach Salad and Cornbread
23 Pan Seared Chicken Breast with Artichoke Spinach Sauce, Wild Rice, Brussel Sprouts, Garden Salad and Bread	24 Summer BBQ \$6/\$8 BBQ Pork Ribs and Beef Links, Collard Greens, Baked Yam Casserole, Broccoli Salad, Biscuits, Ice Cream Sundae Bar	25 Apricot Leek Marinated Chicken Breast with Red Potato Mash, Roasted Mushroom and Peppers, Tossed Salad and Bread	26 Carne Asada Steak with Tortillas, Spanish Rice, Ranch Style Beans, Summer Cilantro and Corn Salad, Watermelon Wedges	27 Fish & Chips Clam Chowder Soup, Oven Fried Battered Cod with Golden Fries, Steamed Broccoli and Carrots, Coleslaw and Bread
30 Roasted Pork Loin with Apricot Garlic Chutney, Parslied Carrots, Rice Pilaf, Tossed Garden Salad and a Roll	31 Herb Garlic Roasted Chicken, Mashed Potatoes, Steamed Green Beans, Garden Salad and House Made Focaccia Bread	MENU HOTLINE 510.790.6610 Frozen Meals When Available: M, T, Th, F: 9.30—10.30am, 1—2pm 2/\$5 — Regular Meals 2/\$7 — Special Meals		
BREAKFAST RETURNS DAILY BEGINNING MONDAY JULY 9th 8—9.30am				

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS.

- To Go's must be called in by 11.00am
- Special dietary requests (i.e. vegetarian) must be called into the Chef by 10.30am.
- We accept cash, checks and major credit cards
- Taking food home with you is done at your own risk. Please be sure to eat within 30 min. or refrigerate.

AGE-FRIENDLY RESOURCE GUIDE

Information about useful, local resources that you or a friend may need.

COMMUNITY INFORMATION

COF Senior HelpLine <i>afs@fremont.gov</i>	510.574.2041
Community Ambassador Program for Seniors (CAPS) <i>www.capseniors.org</i>	510.574.2055
Area Agency on Aging I&R	510.577.3530

DEMENTIA—SPECIFIC SUPPORT

Alzheimer's Services of the East Bay <i>www.aseb.org</i>	510.656.1329
COF Family Caregiver Support	510.574.2041
Alzheimer's Association	800.272.3900
Bay Area Community Services (BACS) <i>www.bayareacs.org/adult-day-programs</i>	510.613.0330
Stanford/VA Alzheimer's Center <i>www.med.stanford.edu/svalz</i>	650.858.3915

EMPLOYMENT AND LEARNING OPPORTUNITIES

SparkPoint Fremont	510.574.2020
Fremont Library Programs <i>www.aclibrary.org/fremont</i>	510.745.1400
Economic Development Department <i>www.edd.ca.gov</i>	510.794.3669
Senior Employment Program	510.238.3535

HEALTH AND WELLNESS

COF Care Coordination and Support Services	510.574.2041
Medicare and Insurance Counseling (HICAP)	510.839.0393
LIFE ElderCare Meals & Fall Prevention <i>www.lifeeldercare.org</i>	510.574.2090

HOUSING

COF Office of Housing Assistance	510.494.4500
HIP Shared Housing Program	510.574.2173
Fremont Landlord/Tenant Support	510.574.2270
COF Rent Review Program	510.733.4945

OUTDOOR SPACES AND BUILDING

COF Recreation & Services	510.790.5541
East Bay Regional Park System	888.327.2757

TRANSPORTATION

Transportation Helpline (for paratransit, taxi, travel training, etc.)	510.574.2053
LIFE ElderCare VIP Rides <i>www.lifeeldercare.org</i>	510.894.0370
Drivers for Survivors <i>http://driversforsurvivors.org</i>	510.579.0535
East Bay Paratransit <i>www.eastbayparatransit.org</i>	510.287.5000

VOLUNTEER AND CIVIC ENGAGEMENT

COF Senior Center <i>www.fremont.gov/seniorcenter</i>	510.790.6600
City of Newark Senior Center <i>senior.center@newark.org</i>	510.578.4840
Union City Senior Center <i>ruggieriseniorcenter@unioncity.org</i>	510.489.6629
Life ElderCare Friendly Visitors <i>www.lifeeldercare.org</i>	510.894.0370
CityServe Compassion Network <i>www.compassionnetwork.org</i>	510.796.7378

SOCIAL PARTICIPATION AND INCLUSION

Senior Center Without Walls <i>www.seniorcenterwithoutwalls.org</i>	877.797.7299
COF You Are Not Alone (YANA)	510.790.6691

WE VOLUNTEERS!

Early Bird? Wake Up with the Fremont Senior Center!

Lake Side Café is looking for volunteers to brew coffee, put free pastries and orange juice out in the dining room and keep an eye on the dining room flow. If you're a friendly person that wants to interact with peers and keep busy helping out, this is the place for you! The start time for this volunteer opportunity is as early as 6.30am and ends around 9.30am. Ask about volunteer perks! Stop by the office to submit a volunteer application between 8am and 3pm Monday through Friday. We'd love to have you!

Help Out in our Commercial Kitchen for Lunch

Do you like to chop, sort food and stay busy in the kitchen? Lake Side Café could use a few good people to help with lunch preparation, handing out To Go Meals, tidying up the kitchen and running the dishwasher. All you need is a negative TB test and a Serve Safe Certification. Typical hours are 9.30am to 1.30pm on a day of your choice. Ask us about volunteer perks!



FREMONT GIVES

Support effective Peer Counseling!

As this issue discusses, peer coaches are incredibly effective in reaching and inspiring positive behaviors in those they serve! Peer Counselor programs extend the work of our professional staff, especially through adding to our cultural and language responsiveness, all while building a supportive and Age-Friendly community. Please donate to

support our Peer Counselor Training this Fall, which ensures the high quality of our program.

Please donate online at www.fremont.gov/seniorcenter, or contact **John Nguyen-Cleary** at **510.574.2049** or jnguyen-cleary@fremont.gov to discuss other giving opportunities.

Become a Senior Center Member
Members enjoy the benefits of reduced lunch, trip, and class

fees as well as priority for limited capacity events! Members may also receive this monthly newsletter mailed directly to your home for \$15 per year.

Fremont Resident: \$30 Annual Fee
Non-resident: \$40 Annual Fee

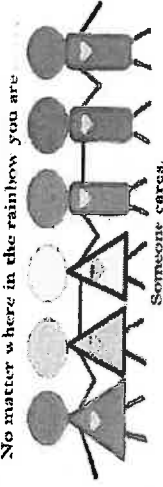
Sign up today at the front desk between 8am and 3pm or online at www.fremont.gov/seniorcenter

SPONSOR A MONTH'S ISSUE OF THE POPULAR AGE-FRIENDLY FREMONT TODAY!

Reach thousands of adults 55 and older along with community members and show them you support a vibrant active center and increase your business.

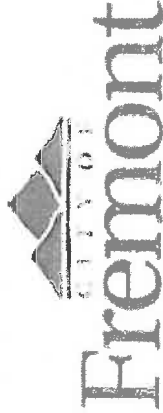
If your agency would like to sponsor an edition of Age-Friendly Fremont, please contact Aisha Jasper, Senior Center Manager, at 510.790.6606 or ajasper@fremont.gov

Thank you **Bay Central Printing** for giving the FSC a discount on this publication.



No matter where in the rainbow you are

Someone cares.



Human Services Department

LGBTQ MENTAL HEALTH PEER COACHES FOR OLDER ADULTS

OUR STORY: The city of Fremont's Human Service department's mission is to work to support a vibrant community through the creation and maintenance of services that empower individuals, strengthen families, encourage self-sufficiency, enhance neighborhoods and foster a high quality of life for all residents

LGBTQ Mental Health Peer Coach program is designed to reduce the level of social isolation and improve the sense of self-efficiency of older adults with severe mental illness in the tri-city areas. Also, provide culturally responsive services, which shall be wellness, recovery and resiliency focused and integrated with other services in the community.

The LGBTQ program provides services that encourage:

- A positive social support system with peers;
- A network of supportive relationships that reduce the risk of prolonged suffering and the initial onset of a mental disorder;
- Increased self confidence among target population;
- Increased access to needed help, including mental health services referrals;
- One-on-one sessions or a group setting;
- Decrease isolation and increase self-efficacy;
- Evidence Based Practices such as; motivational interviewing, stress reduction, or other emerging practices.

For More information, please contact:
Ihanda Weber, LCSW - Clinical Supervisor
City of Fremont Human Services Department
Phone Number: 510-574-2032
Email Id: iweber@fremont.gov



LGBTQ MENTAL HEALTH PEER SUPPORT PROGRAM FOR OLDER ADULTS

Are you over 55 years old or over and LGBTQ⁺? Do you need a peer support?

If so, we provide a safe place to discuss and gain understanding of the challenges related to aging in the LGBTQ community.

Senior Peer Support program aims to reduce social isolation of LGBTQ⁺ older adults and encourages positive social support system, increase self-confidence and develop community reconnection.

What can we offer?

- One-on-one time with a Peer support person
 - Support/Networking Groups
- Community / Educational Resources

Areas served: Tri-City Area and Hayward

No matter where in the rainbow you are ...



For More information, please contact:

Ihnde Weber, LCSW - Clinical Supervisor - City of Fremont Human Services Department

Phone Number: 510-574-2032 Email: iweber@fremont.gov



MISSION: Our mission is to maximize the recovery, resilience and wellness of all eligible Alameda County residents who are developing or experiencing serious mental health, alcohol or drug concerns.

VISION: We envision communities where all individuals and their families can successfully realize their potential and pursue their dreams, and where stigma and discrimination against those with mental health and/or alcohol and drug issues are remnants of the past.

VALUES: Access, Consumer & Family Empowerment, Best Practices, Health & Wellness, Culturally Responsive, Socially Inclusive.

Alameda County Behavioral Health Care Services

2000 Embarcadero Cove, Suite 400

Oakland, CA 94606

Tel: 510.567.8100, Fax: 510.567.8180

www.acbhcs.org

OUR STORY

The City of Fremont's Human Services Department's mission is to work to support a vibrant community through the creation and maintenance of services that empower individuals, strengthen families, encourage self-sufficiency, enhance neighborhoods and foster a high quality of life for all residents.

The goal of the Mental Health Peer Coach program is to reduce the level of social isolation and improve the sense of self-efficiency of Older Adults with severe mental illness. The program achieved this goal through embedding trained Mental Health Peer Coaches in the clinical treatment team of the City of Fremont's Mobile Mental Health Team. The program had a significant positive impact on both the Coaches and their Peers.



City of Fremont Human Services Department

Mental Health Peer Coaches for Older Adults



GRANTEE

City of Fremont Human Services Department

Mental Health Peer Coaches for Older Adults

PROJECT DESCRIPTION

- Focus Groups
- Development of Mental Health Peer Coach Training Curriculum
- Outreach Methods and the Training of Community Partners
- Participant Recruitment and Screening
- Training of Mental Health Coaches
- Regular Supervision Meetings and Continued Coach Training
- Matching Coaches with Peers
- Program Monitoring
- Program Evaluation
- TARGET POPULATION: Isolated Adults (50-59) and Older Adults (60+) with SMI.

COLLABORATORS

The program was developed in collaboration with the City of Fremont's Aging and Family Services, which include Senior Mobile Mental Health, Peer Counseling, Health Promotion, Care Coordination and close work with the City's First Responders.

LEARNING QUESTIONS 1 & 3

How would using trained peers for home-based outreach to socially isolated adults and older adults with SMI reduce isolation through relationship building?

How do volunteer opportunities with peer or professional coaching decrease social isolation and improve self-esteem and quality of life for isolated adults and older adults with SMI?

KEY STRATEGIES UTILIZED

- Active involvement of consumers in the planning phase and curriculum development.
- High level of team work among experienced professionals who brought diverse clinical and cultural perspective to the curriculum development.
- Extensive academic literature search and review.
- Build on successful models of peer training and health promotion.
- Aligning life experience and life stage in the peer model.
- Evaluation of each training session.
- Assessment of self-efficacy and loneliness.
- Regular supervision and support for Peer Coaches.
- Thoughtful matches of Peer Coaches with Peer Recipients.

WHO BENEFITS?

The Mental Health Peer Coach program had a significant impact on reducing loneliness and social isolation in older adults who were recipients of the program services. There was also a significant impact on self-efficacy for both the mental health peer coach and their peers. The program showed a personal sense of accomplishment by the coaches, learning between participants, learning about self, and an increase in social engagement.

OUTCOME & KEY LEARNINGS

- Created an innovative program design.
- This program is a strong program model that showed positive results supported by both qualitative and quantitative data. This program model can be successfully replicated.
- When screening for possible coaches make sure that they are stable emotionally, mentally, physically and in a stable and supportive environment.
- Training information should be doled out slowly, followed by actual review and then practice, practice, and more practice.
- On-going training and supervision for the coaches should be built into the program. These meetings are opportunities to receive supervision and on-going guidance for successful emotional, resources and problem solving support to their peers.



18

TRANSITION TO INDEPENDENCE (FSP 6)

Provider: Berkeley Mental Health
Family, Youth, and Children's Services

Location: 3282 Adeline Street, Berkeley City of Berkeley

Program Description: Provides intensive mental health services to transition-age youth who are experiencing severe mental illness, aged out of foster care, leaving the justice system, or residential treatment.

FY16/17 Outcomes

Number of unduplicated clients: 29

Goals	Clients who met Goal
Reduction in Hospital Days	0%
Reduction in Hospital Admits	0%
Reduction in Psychiatric Emergency Services (PES)	67%
Primary Care linkage within 12 months of program enrollment	100%
Partners whose income through public benefits or wages increased within 12 months of enrollment.	0%

FY 17-18 Impact

TIP staff is currently at full capacity and this staffing should support excellent client care. TIP remains focused on maintaining full enrollment while transitioning clients to lower levels of care when this is appropriate. TIP is in the process of transitions 3 clients to lower levels of care. Simultaneously, we continue to provide supportive and assertive outreach to new referrals.





Beats Rhymes and Life, Inc

Mission: Beats Rhymes and Life is a 501(c)(3) based in Oakland California. We cultivate dynamic, culturally responsive services that inspire youth to recognize their own capacity for healing and self-expression, through community engagement and the therapeutic power of Hip Hop.

Vision

Hip Hop Therapy is utilized for Individual, Community and Systemic Change.

Hip Hop Therapy is the purposeful integration of clinical²¹



Values
Innovation
Transformation,
Collaboration,
Leadership.

theory and Hip Hop Culture toward healing and self-discovery.

Programs

Started as a single Rap Therapy Therapeutic Activity Group (TAG) in 2004, BRL has grown to serve school based, community based, probation/juvenile justice based and treatment based youth populations. Groups run 12-16 weeks and members participate in process sessions as well as lab sessions each week, culminating in a showcase and final C.D. project.

Tier 1

Outreach/Prevention,
Early Intervention



Tier 2

Group Rehab TAGS



Tier 3

Group Therapy TAGS

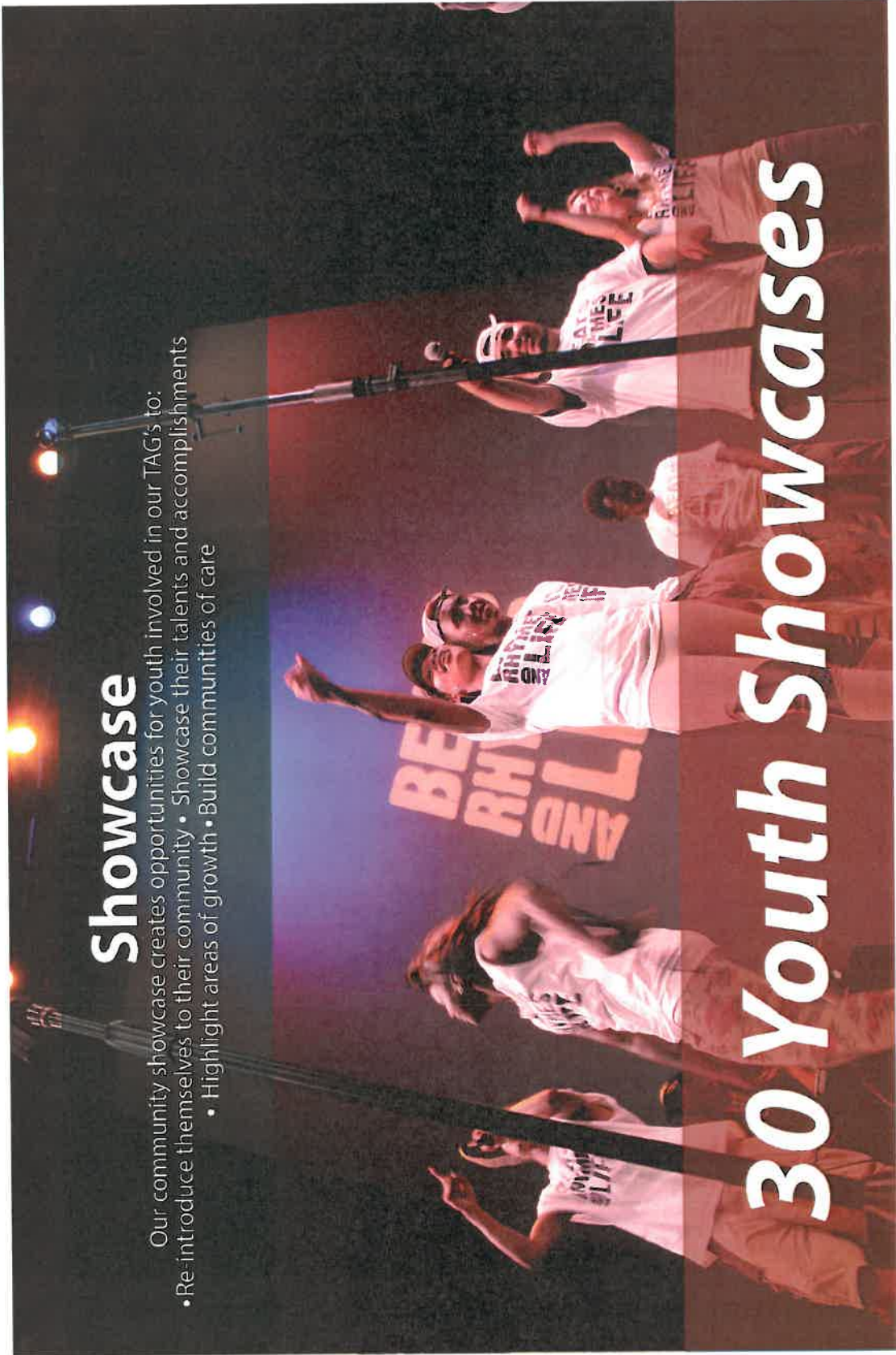


1,415 youth served (and counting) **51 Albums Made**

Showcase

- Our community showcase creates opportunities for youth involved in our TAG's to:
- Re-introduce themselves to their community
 - Showcase their talents and accomplishments
 - Highlight areas of growth
 - Build communities of care

30 Youth Showcases





BRL Academy

The BRL Academy is a social service pipeline program for Transitional Age Youth (TAY) living in Alameda County. The purpose of the BRL Academy is to cultivate the helping professionals of tomorrow by offering a comprehensive program targeted towards TAY in an effort to enhance and diversify the social services workforce. The goals of the BRL Academy are to promote Leadership, Connection and Professional Development through our two Programs: Work Initiative for Social Service Employment (WISE) and Staff Transition Employment Pipeline (STEP).

26 Academy Members ²⁵

BRL HQ

Opened in 2015, in the heart of Oakland CA, BRL HQ is a community center designed for innovation, growth and leadership. Designed in collaboration between our Youth, our Staff and community stakeholders,

BRL HQ is a state-of-the-art facility that re-imagines what a safe, therapeutic space offers.



Innovation + Growth + Leadership

Trainings

Our training department came into existence in early 2012, when we realized that the transformation our youth were making in the program, was diminished by the exposure they were having to other adults in their lives. BRL decided that in order to promote a 'continuum of care' we would need to begin training the providers/adults who were working with our clients outside of our TAG groups, in our best-practice model

Skills Based Trainings

Skills based trainings highlights BRL's best practice model broken down into frameworks, approaches and techniques that have been developed and refined over the last 12 years of BRLs existence.



856 Providers ²⁷ Trained

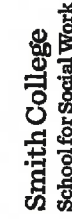


Train The Provider

BRL's Train the Provider program is designed to train and certify practitioners in the implementation of Hip Hop Therapy, Therapeutic Activity Groups (TAG's) and Tier 1 Services as an innovative mental health promotion strategy.

Systems ²⁸Change

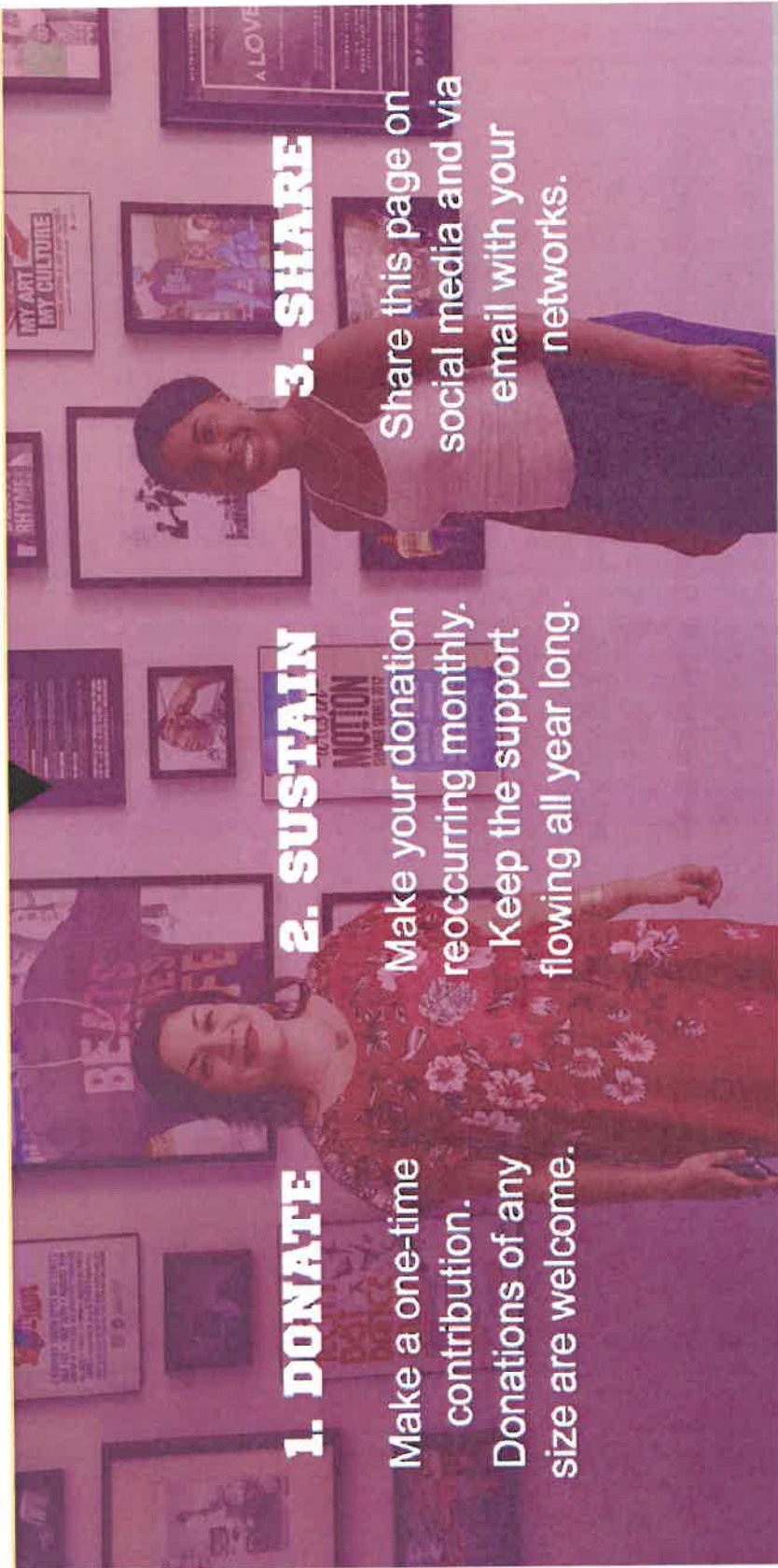
Alameda County Behavioral Health Care Services, Alameda County Psychological Association,
 California Psychological Association, California State University, East Bay,
 Edgewood Center for Children and Families, Lincoln Families, Kings County Behavioral Health,
 Oakland High School, San Francisco Department of Public Health, SFUSD,
 Seneca Family of Agencies, Smith College of Social Work, Turning Point Community Programs



San Francisco
 Department of Public Health



Partner Agencies



1. DONATE

Make a one-time contribution.
Donations of any size are welcome.


2. SUSTAIN

Make your donation reoccurring monthly.
Keep the support flowing all year long.

3. SHARE

Share this page on social media and via email with your networks.

<https://hiphotherapy.givecorps.com/>



Started in 2004, Beats Rhymes and Life (BRL) was established as one of the world's first innovative 'Hip Hop Therapy' models that used the process of creating rap music to engage troubled teens in mental health services. What began as a desire to address stigma around young men of color seeking therapeutic services, BRL grew into a 501(c)(3) non-profit organization in 2011 and is currently recognized as a leader in the field of Hip Hop Therapy. With a commitment to eliminating health disparities and making mental health services more accessible and useful to diverse populations, BRL continues to effect change on an individual, community and systemic level.

www.brl-inc.org

@HipHopTherapy



BRL Inc





east bay agency for children

Outreach and Education for Increasing Recognition of Early Signs of Mental Illness Program at EBAC's Fremont Healthy Start

August 2018

Giselle Pineda, Program Coordinator
Allison Delgado, Program Director