## RECOVERY CONCEPTS AND DEFINITIONS

**Hope** - believing that things can and do get better.

Personal Responsibility taking ownership for the choice you make.

**Education** - learning about ourselves so that we can make good decisions.

Self-Advocacy- standing up for your needs in an effective manner.

Support- gathering a network of trustworthy helpers to assist you on your recovery journey.

Meaningful role- leading the life you want to live.

**Choice**- having opportunities and the empowerment to decide many things that affect your life, including your own mental health decisions.

**Spirituality-** having a connection to a power greater than yourself.

Humor- being able to find laughter; sometimes in unexpected times and places.



#### MISSION:

Our mission is to maximize the recovery, resilience and wellness of eligible Alameda County Older Adult residents who are developing or experiencing serious behavioral health concerns.

## VISION:

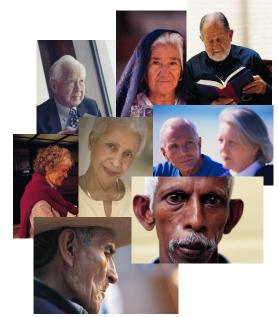
We envision communities where Older Adult individuals and their families can successfully realize their potential and pursue their dreams; and where stigma and discrimination against those with mental health and/or substance use issues are remnants of the past.

> For Information Call (510) 383-5020





# GERIATRIC ASSESSMENT & RESPONSE TEAM



## GART PROGRAM GOALS

GART is a mobile team support service for older adults with serious behavioral health care needs. Our multi-disciplinary team provide recovery strategies to resolve the immediate crisis and enhance opportunities for recovery, resiliency, and wellness by encouraging:

- Older Adult Independence
- Alternative to Hospitalization
- Age Appropriate Interventions
- Culturally Competent Services
- Integrated Approaches to Care

## Behavioral Health Care Evaluation and Assessment

- Consultation Services
- Short-term Case Management
- Brief Therapy
- Medication Services
- Community Outreach and Education
- Family Support and Education



GART operations are from 8:30am to 5:00pm, Monday to Friday GART services are generally provided for thirty to sixty day

For Information Call GART Program at (510) 383-5020

- Older Adults Ages 60 and Above
- Alameda County Residents
- Covered Psychiatric Need
- Covered by BHCS Plans (Medi-Cal, Medicare/MediCal)
- Willingness to Participate in GART Services



#### **OUR SERVICES**

## WHO IS ELIGIBLE TO RECEIVE SERVICES?