

## 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



WELLNESS · RECOVERY · RESILIENCE



# GART

## 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*

## OUR SERVICES

- Behavioral Health Care Evaluation and Assessment
- Consultation Services
- Short-term Case Management
- Brief Therapy
- Medication Services
- Community Outreach and Education
- Family Support and Education

## WHO IS ELIGIBLE TO RECEIVE SERVICES?

- 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



WELLNESS • RECOVERY • RESILIENCE

**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**

