

# COLLABORATION BETWEEN BAY AREA COMMUNITY SERVICES AND FAMILY EDUCATION & RESOURCE CENTER

March 20, 2015 Presented by:  
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# FERC CLIENTS

- ◉ *We serve anyone who has care and concern for a loved one of any age with a serious emotional disturbance or mental health challenge living in Alameda County*
- ◉ *We've been there....we can help*

- Parents
- Siblings
- Spouses
- Colleagues
- Roommates
- Friends
- Partners



# FERC PROGRAM COMPONENTS

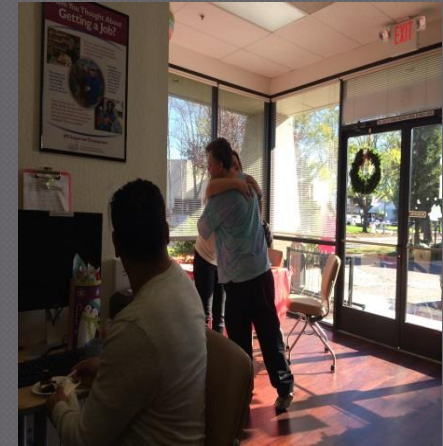
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- Information
- Education
- Advocacy & support services
- Connect clients to available and appropriate resources
- Assist clients with navigating the behavioral health care system in Alameda County
  - These services are provided in a culturally responsive manner, reaching out to people of various ethnicities and language groups
  - **ALL SERVICES ARE FREE OF CHARGE**



# BACS Wellness Centers

- ◉ *Self-Directed Mental Health Recovery*
- ◉ *Empowerment-Peer led*
- ◉ *Peer Support-It's all about relationships*
- ◉ *Hope and self-sufficiency*
- ◉ *Touchstone for ongoing needs*



## Eliminating Barriers!

- ◉ No Referral needed
- ◉ Drop in-any behavioral health participant
  - ◉ Welcoming, stigma free community
  - ◉ Supportive to all levels of care
  - ◉ No Cost-We supply resources
- ◉ Extended hours-Open Sat. and Holidays



# BACS Wellness Center Services

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- Peer Support Services
- Wellness Groups/Classes: Holistic-8 Domains of Wellness
- Peer Leadership Council
- Events, Activities, Community Integration
- Individual, Family/Natural Support
- Supported Employment
- TAY Programming
- Psychiatric Support
- Transitional Case Management



# SOUTH COUNTY WELLNESS CENTER - FREMONT

## WRAP FOR FAMILY MEMBERS

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- May 6, 2014 – August 19, 2014 (8 sessions; 2 meetings per month)
- Started with: 13 participants; Averaged: 8-10
- Roles: parents, siblings & partners
- Who referred clients? How did they find out about it?
  - FERC clients, NAMI's Family-to-Family participants & family members from BACS

## FAMILY / CAREGIVER SUPPORT GROUP

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- Started: November 2014
- When? First Tuesday of every month
- Time? 5PM-6:30PM
- Current request: 2xs per month
- Open to all families/caregivers (*not limited to clients of FERC and/or BACS*)
- How they got started?
  - WRAP for Family Members requested on-going meetings
  - Keep the momentum of support for families/caregivers



# COLLABORATIVE EFFORTS

## HEDCO HOUSE, HAYWARD

- ◉ Family / Caregiver Support Group for Spanish speaking families
- ◉ Started: January, 2015
- ◉ When? 3<sup>rd</sup> Wednesday of every month
- ◉ Time: 6:30PM-8PM

## VALLEY, PLEASANTON

*Coming Soon.....*

- ◉ FERC & NAMI Tri-Valley
  - WRAP for Family Members

## TOWNHOUSE, OAKLAND

*Coming Soon.....*

- ◉ WRAP for Family Members
- ◉ Family / Caregiver Support Group meetings
- ◉ Hope Intervention Program (H.I.P) for Transitional Age Youth
  - HIP's Peer Outreach Specialist and Coordinator visited FERC main office, Dec. 2014
  - FERC TAY-FMs will visit Townhouse (date TBD)



Visit Us:

- ◎ [www.bayareacs.org](http://www.bayareacs.org)
- ◎ [www.askferc.org](http://www.askferc.org)

