
Recently Jonathan E. Sherin, M.D., Ph.D., the new director of the Los Angeles County of Mental Health outlined these overarching themes for mental health services: **Home. Health. Purpose. Community.** To experience well-being, one must have all of these elements. This is how Dr. Sherin has prioritized the work of the Department and by extension, Alcott Center. It is not to heal the ailment or reduce the pain or symptoms. It is to build a life. I like it and think it aligns with what we already do.

We work with clients who come to us to find a **home** so that they can start to build their lives. We have the ability to connect homeless to the housing voucher system through the Los Angeles Homeless Services Authority, the Department of Mental Health, and the Department of Health Services.

**Physical and mental health.** Our case managers do more than refer to medical care for health concerns. Often staff go to medical appointments ensuring the doctor’s orders are understood and can be followed. Our own staff psychiatrists are well trained to work with clients to evaluate need for medications and health regimens. Our therapeutic staff assist clients in learning how to manage their recovery and provide therapeutic support along the way.

**Purpose** is not just fighting symptoms or taking medication on time. Purpose may be doing the best job possible at whatever job you have. Purpose may be writing poetry. Purpose may be helping family and friends. Purpose may be advocating for the environment. It is important to focus on doing something that strengthens one’s sense of self. Alcott creates opportunities to experience purpose through our Studio Arts Program, mentoring client advocates, helping with therapeutic interventions and referring to employment programs.

**Community** is our social home. It is family and friends. It is where there are people upon whom you can rely. It is a place to gather. We all need community. Alcott is community to many clients we serve and we are actively building community through our community-based Health Neighborhood endeavors.


Thank you and all the best in the New Year.

**Penny**

**Penny Mehra, Executive Director**

**Halloween brings out some scary and creative creatures!**

Alcott friends and staff had a fun time at our annual Halloween party; music, dancing, refreshments and a best costume contest made for an entertaining time.

**Donate your vehicle to Alcott Center!**

Alcott’s services to homeless adults is steadily increasing with two newly initiated programs. The ability to transport homeless individuals to health and housing appointments is imperative to their success. If you have a sedan (not a van) in good working condition that you’d like to donate, please contact Nick Maiorino, Associate Director at (310) 785.2121 x202 or via email: nmaiorino@alcottcenter.org or Bill Moreno, Development Director @ 310.785.2121 x206; email: bmoreno@alcottcenter.org.
Steve Tyler is an actor, model and philanthropist. Known on screens big and small, he is best known for recurring roles as Minister on “Desperate Housewives” and Geno on “Days Of our Lives”. Film goers have seen him in all Farrelly Brother’s movies and over 50 print ads/TV commercials including former KOOL Man on billboards worldwide. He’s championed causes for Big Brothers of America, Political Candidates, LGBTQ Rights, Abused Children, HIV/AIDS, Woman’s Health and now focuses on the Alcott Center and making a difference in the lives of those with living with mental health challenges and homelessness.

Donor List June 2017-October 2017

Amanda Anderson
Sylvia Aroth
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Erin Burke
Clayton and Caren Coleman
Joanna and Mark Crawford
Samuel Dekin
Joseph Fax In honor of Rabbi Kanefsky and BDJ
Alex Filler In honor of David Sall
Yolanda Gillis
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Daniel and Ivonne Goldberg In honor of Mark, Vickie and Margie Rothman
Gordon Family
William Goring
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Carl Helfand In honor of Mark Rothman and Family
Donny Hirsch
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Susan and Robert Shrager In honor of Steve Tyler’s Birthday
Michael Soter
Zachary Steel
Eric Stoff In Honor of Cynthia Anderson Barker
Fred and Susie Toczek In honor of Rabbi Kanefsky
Steve Tyler
Michael Welch
William McKenna
Liz Wilson In honor of David Sall

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