Alcott Center Announces Partnership with UCLArts and Healing’s Creative Minds Project

Penny Mehra, Executive Director announced efforts to initiate a partnership with one of UCLA’s most innovative programs. Founded by Ping Ho, MA, MPH, the mission of the program is to facilitate the use of the arts for mind-body wellness and healing in the community, as a vehicle for empowerment and transformation. “Reflection on the process of creative expression can reveal self and facilitate connection to others in a way that feels organic. Within the space of an hour, a roomful of strangers can become each other’s closest confidantes,” states Ping Ho, MA, MPH, Founding Director, UCLArts and Healing. Penny also noted: “We feel this is an excellent match for our organization, and our clients and offers writing and movement, supplementing our visual arts programs.

Alcott Center derives a good deal of funding from the County Department of Mental Health – but it’s not enough to support and sustain programs that add value to client’s lives – like the Studio Art programs, trips to Dodger games or our weekly Social Pizza Parties. These are activities that bring joy and camaraderie to our clients’ day-to-day challenges.

We know you see the value in these activities – so please help us raise $5000 to keep them going. You can make a difference! Please use the enclosed envelope or you can give via our website; www.alcottcenter.org.

Thank you!

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The Summer in the City fundraiser event was a terrific success!

Our thanks to Cynthia Anderson-Barker for hosting Alcott Center.

We are beginning to see the effects of the Affordable Health Care Act and, the good news is many people now have mental health insurance that could not get help before.

Demand for services is increasing – particularly in the area of trauma.

TRAUMA. I had no idea the extent of it. The word means “wound” in Greek; emotional and psychological trauma is caused by an extremely stressful event or repeated events that overwhelm one’s ability to cope and shatter one’s sense of security. So many of us have had something terrible happen that affected our lives from that moment on. Many have not had just one thing happen but suffered years of abuse or experienced combat again and again and again.

My awareness of the consequences of traumatic events is heightened because suddenly our phones are ringing with requests for services for people who have health insurance for the first time. Many of these callers have found ways to cope while past experiences continue to reverberate in their here and now. Many drink too much or take drugs. Some withdraw behind the closed doors of their apartments and dash out only to go to work and get groceries if they must. Many maintain a level of vigilance against adversity that saps them of the ability to excel at their strengths or to give and take the love and comfort of family. The good news is most can find better ways to cope with hard work and therapeutic support - help is at hand.

At Alcott Center, our staff have been trained in evidence based practices (studied and proven therapies) designed to treat the effects of traumatic events. We can help some of those many thousands of newly insured individuals break the barriers that traumatic events have constructed.

The phones are ringing and we would like to provide treatment to more clients. With your help, we can. Please consider a contribution that will help support our efforts to treat people that need it most.

Thank you!

Penny Mehra, Executive Director