The 2010 Patient Protection and Affordable Care Act (ACA) established a "health home" option under Medicaid that serves people with chronic conditions and supports the concept of a person-centered medical home. In addition, another key outgrowth is the notion of "Health Neighborhoods." Imagine a section of the city where everybody kept an eye out for their neighbors’ well-being. Imagine residents; health, mental health, and drug treatment programs; law enforcement; teachers, parents and students; faith communities; the neighborhood council, and local businesses knew about one another’s concerns and how to help. In some neighborhoods a high percentage of residents have suffered trauma associated with being very low income. In others there may be a high level of violence due to gang activity and rampant drug use. Other neighborhoods may be magnets for homeless people and runaway teenagers. Some places have a large percent of immigrants with parents having experienced traumatic events in their home country and their kids feel torn between the culture of their parents and being in America. Some areas, poor or well-to-do, are home to many elderly who have lost spouses and are becoming less able to run their own home.

The priority this year is the development of Health Neighborhoods and Alcott Center is reaching out to its partners more actively to make this concept a reality. We hope it will result in additional synergies and collaborations resulting in our ability to provide additional services for our clients and healthy outcomes for our community.

Thank you!

Penny

Penny Mehra, Executive Director

New Wheels for our Clients!

Alcott Case Manager Neal Owen stands next to Alcott’s shiny new 2015 Mazda 5 mini-van, which will be used to transport clients to important appointments.

This purchase was made possible through an Ahmanson Foundation grant.

SAVE THE DATE!

Save the date for our kick-off-the-summer fundraiser at a beautiful home in Venice.

We’ll be sending out invitations in late April!

Questions? Call 310.785.2121 x 206

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Tammy Malally is a featured artist at the Alcott Center. She holds a Bachelor's degree in Psychology from California State University, Fullerton, and a Master's degree in Psychology from California State University, Long Beach. She has received training in Marriage and Family Therapy and has been a student at Los Angeles Valley College as well.

Malally has a strong commitment to supporting clients and their families through art. She values the team effort among the staff and their attitude in serving clients. She appreciates the opportunity to work at the Alcott Center.

Malally's background includes working as an intern and social worker. She is passionate about helping others and has a deep understanding of the challenges faced by clients. She enjoys teaching art to groups, and her work reflects her belief in the power of art to support well-being.

Malally's artwork, titled “Our Interpretation of Love – The Love Prism,” explores the concept of love and its representation through the prism of light. The artwork includes wood, cardboard, hot glue, bandages, and other materials used to create a visual representation of love.

Malally's work is an outgrowth of her commitment to the arts as a bridge to supporting clients. She encourages clients to engage in art as a means of self-expression and healing.

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Please give generously – it is truly appreciated!

For more information and to see a list of donors, visit our website: www.alcottcenter.org

We encourage you to give to the Alcott Center's campaigns and to consider the following opportunities:

- $1,000 helps support client services.
- $250 helps cover extracurricular activities and necessary appointments.
- $1,000 helps support client services not covered by other sources.

Thank you to all our donors for your ongoing support.

.executive staff

Penny Mehra, Executive Director
Erica Scremin, M.D., Veterans Administration
Jessica Wilkins, LCPC, LMFT, Clinical Director
Kristi Rangel, LCSW, Program Manager

In each newsletter we profile an Alcott staff member in an effort to introduce the people that make Alcott Center a unique organization. This issue we introduce Clinical Case Manager Sara Nouri.

Q: Tell us a little about your background.

I was born in Iran and came to the United States when I was seventeen with my mother and younger brother to join the rest of my mother’s family after my parent’s divorce.

I received my bachelor’s degree in Psychology from California State University, Long Beach, and my master’s degree from California State University, Fullerton in Marriage and Family Therapy. I gravitated towards the field of mental health partially due to my mother’s occupation as a clinical social worker.

Q: What brought you to Alcott Center?

After receiving my master’s degree and completing training hours at the Los Angeles Valley College, I began searching for a full time position as an intern. I came across the Alcott Center through a searching within local advertisements.

Q: What do you like about working at Alcott Center and our clients?

What I like about working at the Alcott Center is the professional attitude and efforts to serve clients and provide for their well-being. I value the team effort among the staff as well as their respect and positive regard for one another and the clients. The Alcott Center maintains an ongoing effort by the staff to create and maintain a warm and caring environment for clients through group activities such as Friday pizza parties in addition to seasonal celebrations including Halloween and Valentine. I found the Alcott Center to utilize a welcoming lounge for clients to socialize and engage in other activities where I can visit them and say hello from time to time. What I most like about the clients is their effort to initiate and maintain positive changes and personal growth despite of their history of hardship and challenges.

Q: What are some common challenges client’s face?

I find mental illness to be the prominent challenge that the clients face, often with a history of trauma as well as current medical illness and financial stressors. I have also found my clients to struggle with loneliness, isolation and social withdrawal. I often invite them to our groups and encourage them to make friends.

Q: How can families and friends be supportive?

Friends and families can be supportive by gaining knowledge about their loved ones’ mental illness. They can engage in family education and support groups in an effort to facilitate a more effective intervention, appropriate participation with the treatment team, avoid harmful behavior and assist in medication management and progress reports.

Q: Any hobbies or favorite free time activities?

My hobbies include going for walks, reading psychology related books and magazines, shopping and dancing. I also enjoy spending time with my family.

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