

Mental Health Services Act (MHSA)

MHSA's mission is to foster a partnership of consumers, community members and staff to create leadership, vision and advocacy for the evolving health and human service needs of the people of Santa Clara County. Primarily it is a partnership that includes consumers and their families in the decision-making process, a process that impacts their lives. It is a vision that shares responsibility but leaves the major responsibility for outcome in the hands of the individual, minimizing dependency on the system and maximizing the role of support groups and family.

The goal is to assist individuals affected by mental illness and serious emotional disturbance to achieve their hopes, dreams and quality of life goals. There is particular emphasis on reaching and serving individuals and families who are subject to cumulative risk factors and on reducing disparities in access to help.

www.sccmhd.org/mhsa



Center for Survivors of Torture (CST)

CST provides clinical evaluation, treatment, and social services to survivors of political torture from all countries. Since its inception in 2000 CST has provided specialized services, including individual and group psychotherapy, psychiatry, psychological and medical evaluations for political asylum cases, medical, social and legal services to more than 800 victims of torture and family members from 64 countries

CST is funded by the Office of Refugee Resettlement (ORR), the United Nations Voluntary Fund for Victims of Torture, City of San Jose Community Development Block Grant, and County of Santa Clara Mental Health Department.

For more information or to refer a client, please contact:

Armina Husic, Program Manager
(408) 975-2730 ext. 247
armina.husic@aaci.org

Office hours: 8:30am—5:30pm
Monday—Fridays

Asian Americans for Community Involvement - Main Office

Gordon N. Chan Community Services Center
2400 Moorpark Avenue, Suite 300
San Jose, CA 95128

Phone: (408) 975-2730
Fax: (408) 975-2745

www.aaci.org

New Refugee Services



Center for Survivors of Torture

Opening a door...

... to hope and healing



asian americans for community involvement

Program Objectives and Goals

- ◆ Prevention and early intervention of problems related to resettlement and trauma experienced in native country
- ◆ Increase access to mental health services
- ◆ Brief treatment for situational stressors
- ◆ Improve coping skills during acculturation process
- ◆ Involve ethnic community members in service development

Who is Eligible

- ◆ Refugees who have entered the US within the last 5 years, or
- ◆ Asylees who have been granted "Qualified Alien Status" within the last 5 years

Referral Sources

- ◆ Santa Clara County (SCC) Mental Health Department
- ◆ SCC Refugee Clinic
- ◆ Resettlement Agencies
- ◆ Community (e.g., physicians, case workers, family members)
- ◆ Self-referrals

Services

The New Refugee Services will focus on two types of services:

(1) Mental Health Prevention services:

- ◆ Provide mental health awareness and literacy training to service providers working with refugees (e.g., resettlement agency staff)
- ◆ Conduct prevention and education outreach activities in refugee communities, including presentations, films and discussion groups
- ◆ Develop short films promoting mental health for several ethnic groups to be incorporated in service provision
- ◆ Translate and promote mental health literacy and outreach material

(2) Mental Health Intervention services:

- ◆ Brief cognitive-behavioral therapy in various modalities (individual, group, family)
- ◆ Collaborate and coordinate case management services with resettlement agencies
- ◆ Medication management services, when needed
- ◆ Utilize services and interventions that are culturally relevant, strengths based and support the traditional beliefs of the refugee

Additionally, CST offers a variety of complementary services:

- ◆ Psychological support system, including evaluation of torture for political asylum, psychotherapy, and helpful medications
- ◆ Medical support system
- ◆ Social service support system
- ◆ Legal support system
- ◆ Family support system
- ◆ Training and consultation for health workers, lawyers, and others

All services are:

- ◆ Culturally sensitive
- ◆ Completely confidential
- ◆ Available in many languages
- ◆ Free; available regardless of ability to pay

