

# February 2021 Newsletter

## Alcott Center for Mental Health Services



**The mission of the Alcott Center is to enhance the quality of life and empower individuals faced with mental health challenges as they transition toward wellness.**

### Families Added to Client Mix

Since 1979, Alcott has provided comprehensive mental health and residential services to adults. Recently, the Los Angeles Department of Human Services extended an existing contract to include serving families. We now provide intensive case management services to homeless families in which the head of household is impacted by mental illness. Alcott's approach is unique because our case management staff has mental health training in addition to homeless case management. Alcott's process offers therapeutic services as a part of the intervention to emotionally and physically stabilize the families. Our families, numbering 20 so far, are housed in Hollywood and Whittier apartment buildings.



### Vaccinating Clients and Employees

With the Los Angeles Department of Health Services' help, the Alcott Center organized bus trips to vaccination centers for our employees and clients (pictured left). The safety of our residents and staff is of utmost importance to us. A majority of staff and residents received their first dose of the vaccine and are scheduled to receive the second dose in the coming weeks.

### Black History Month

February is Black History Month, a celebration of Black achievements in America, and a time to recognize their central role in U.S. history. It pays tribute to the generations of Black Americans who have, and in many instances, continue to struggle with adversity in our society. We recognize and honor Black History Month within the agency. Sadly, Black individuals comprise more than 50% of the homeless and formerly incarcerated individuals Alcott serves, demonstrating still, a stark disparity. We are proud to be doing our part to help offset the effects of oppression, injustice, and inequality by working with our clients on the ground.

### Outpatient Remote Counseling

In 2020, Alcott served 1,000+ clients. Four hundred would have been served in our outpatient clinic. They'd have walked through the door at 1433 S. Robertson Blvd. and been seen by one of our many, well-trained staff. Since mid-March of last year, services to clients have been provided by telehealth. We anticipated a drop in the number of clients, but the isolation created by COVID-19 and the easier virtual access actually increased the number by 10%.



*Temporarily empty waiting room.*