

La Familia COUNSELING CENTER, INC.



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Mission



- ▶ *La Familia Counseling Center, Inc. has been serving the South Sacramento community region for over 42 years.*
- ▶ *To improve the quality of life for at-risk youth and families of diverse backgrounds by offering multi-cultural counseling, support and outreach services and programs to help families to overcome adversity, to become empowered and to succeed in their lives.*



Services and Programs



➤ Mental Health Counseling

- Individual, family, and group counseling, support services and resource for children 0-21 years old

➤ Supporting Community Connections

- Early suicidal intervention and prevention program

➤ Employment Programs/ Training Center

- Provide pre-employment workshops, computer basics, career development, subsidized On-the-Job Training opportunities, GED/ABE classes, resource and referrals

➤ Birth and Beyond

- Family Resource Center, offering support services to parents, pregnant women and families with children 0-18 years old, including home-visitation, parenting classes, parent support group, crisis intervention specialist, school readiness liaison and domestic violence support groups.



Services and Programs cont.

- ▶ **Project Reach**

- ▶ Case management and wrap around services for youth ages 10-21 at risk of dropping out of school, pre-gang and/ or gang affiliated

- ▶ **Youth Voice**

- ▶ Youth leadership programs for at-risk youth ages 14-21 from underserved populations to conduct community projects related to health and violence prevention.

- ▶ **Community Health Navigator Program**

- ▶ Provide assistance to clients in accessing health care services, in understanding their chronic disease and in activities to reduce disparities

- ▶ **Covered California/Medi-Cal Enrollment**

- ▶ Provide health coverage education, enrollment, and referral to families and individuals



Description of neighborhood/ community

- ▶ Lack of transportation
- ▶ Lack of banks
- ▶ Limited to no health care facilities
- ▶ No parks
- ▶ No designated services for seniors
- ▶ Recent industry closures (Campbell's Soups)

Assets:

- Strong support for local businesses
- Small generational businesses
- Ethnic diversity
- Small walkable school – hub for many services – Maple Elementary School

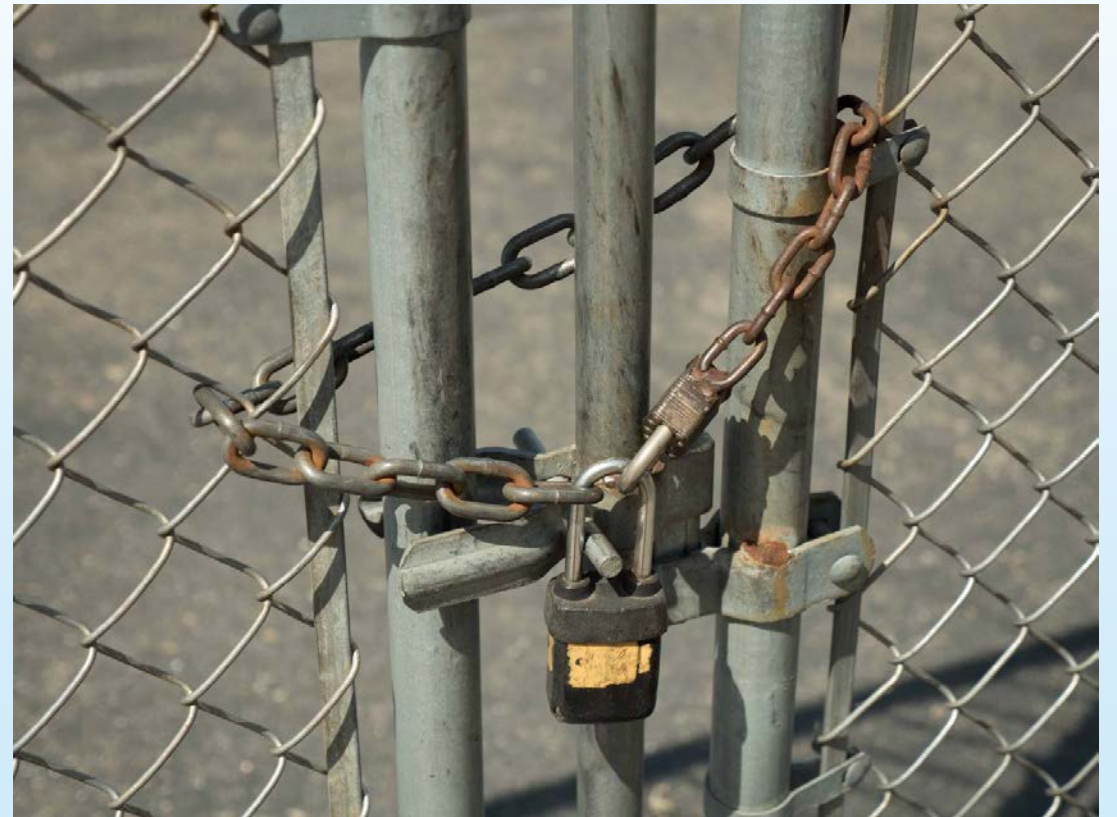


Maple Elementary School

- ▶ Local Elementary School in a predominately *immigrant* community
- ▶ LFCC Partner in reaching parents, children and families
 - ▶ Parenting classes
 - ▶ Annually held a Health & Safety Fair at Maple Elementary School
 - ▶ Provides support and resources to school and families
 - ▶ School site was center for recreation
- ▶ **2012- School Closures announced**
 - ▶ 9 schools were identified for closure
 - ▶ School Closure hearings revealed no collective voice for the community in the most disadvantaged neighborhoods
 - ▶ Decisions were made without adequate community impact evaluation
 - ▶ LFCC and others testified to keep schools open or provide better transition planning
 - ▶ In February 2013 – School Board voted to close 7 schools in predominantly low income South Sacramento neighborhoods.



Closure of Maple Elementary School





Transitioning from a School to a Neighborhood Center

► School Repurposing Process

- Call to Action- Challenges to Opportunities:
- To address the social determinants of health in this community
- To address the communities needs
- Provide space to keep youth off the streets and in a safe environment
- Provide recreational space for children and community members
- Opportunity to partner with other agencies
- Create Neighborhood and collective voice for the community



Starts by Listening

- ▶ Community meetings
- ▶ Walking the blocks
- ▶ Surveys

- ▶ **INTRODUCTION: Center for Public Interest Design (CPID)**
 - ▶ Research center at Portland State University
 - ▶ Seeks to investigate, promote, and engage in inclusive design practices that address the growing needs of underserved communities worldwide.
- ▶ Needs Assessment – Report of findings

A Neighborhood Center is coming:





Abandoned for 2 years has taken a toll on an already old building



Volunteers from the community



Creating a place for community to gather



Community Partners:

- 916 Ink
- Fairytale Town
- ESL/Citizenship Classes
- IMBA- Ballet Folkoricko
- Theatre
- Music

Potential Partners:

- Fresher Sacramento
- Training Programs
- Health Clinic
- Legal Services



Transforming every day youth
into published authors...



Transform the play area
to an Adventure
Playground



Fairy Tale Town

Adventure Playground

Youth Room



Keeping youth engage in
the community



Partners

