



# “OUTREACH & ENGAGEMENT USING HEALING ARTS AND OTHER STRATEGIES”

Doratriz Equihua, LCSW  
February 28, 2019

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## ALMA FAMILY SERVICES MISSION AND OBJECTIVES

ALMA Family Services is dedicated to advancing the quality of life of families and individuals coping with a range of needs including significant emotional difficulties, substance abuse and/or developmental challenges.

- By providing a range of quality community integrated multilingual and multicultural services including early intervention and prevention.
- By supporting empowerment at the individual, group and community level to effectively reduce the barriers which negatively impact their lives.
- By advocating for the rights and responsibilities of families and individuals with special needs.
- By working with businesses, civic associations, and local, state and federal officials to increase knowledge of the abilities and contributions of individuals with special needs.



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## COLLABORATION

### WELLNESS SERIES

- Depression and Anxiety
- Preserving your Memory
- Hoarding
- Bullying
- Managing your Medication
- Holiday Blues



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### COMMUNITY LEARNING

- ◉ ALMA Family Services
- ◉ Housing Authority County of Los Angeles (HACoLA)
- ◉ Department of Mental Health (DMH)
- ◉ Building/Cafeteria Managers
- ◉ Volunteers
- ◉ Custodians
- ◉ Residents




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### ALMA FAMILY SERVICES

- ◉ Mental Health Services
  - Individual/Group Therapy Sessions
  - Individual Consultations
- ◉ Charlas con Dora
  - Presentations and/or Discussions after activities
- ◉ Therapeutic Healing Arts Activities
- ◉ Case Management




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### CHARLAS CON DORA HEALING ARTS OBJECTIVES

- ◉ Promote emotional well-being
- ◉ Reduce isolation
- ◉ Create a sense of belonging
- ◉ Build community




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## OUTREACH

- Flyers
- Personal phone calls
- Personal contacts
- Bring a friend or family member
- Door to door invitations



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## THERAPEUTIC HEALING ARTS

- Movement



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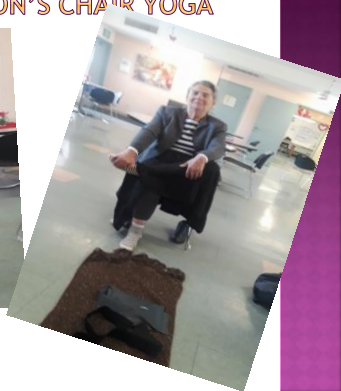
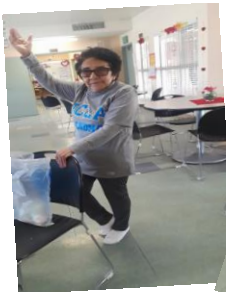
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## CARL DAWSON'S CHAIR YOGA



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### CARL DAWSON'S CHAIR YOGA



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### TRANSFORMATIVE ART

- T-shirts
- Name Tags
- Christmas Decorations
- Writing Mural



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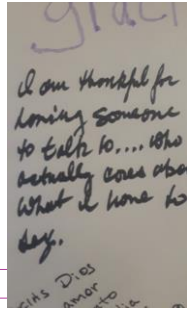
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### WRITING WALL



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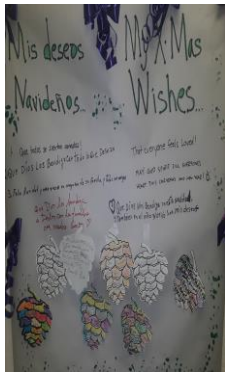
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### LOVE YOURSELF



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**MI DIA BONITO**

Es un Dia Bonito  
Vamos a pasear  
Vamos a pasear.

Es un dia bonito  
Vamos a bailar  
Vamos a bailar

Es un dia bonito  
Voy a ser feliz .  
Voy a ser feliz

Es un dia bonito  
Vamos a pasear.  
Vamos a pasear

Es un dia bonito  
Vamos a comer.



Yoshio Teshiba  
Olga Quezada  
Lupe Lopez  
Esther Padilla



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**CHARLAS CON DORA:  
SUPPORT GROUPS**

- Focus group/Coffee & Lunch Breaks
- Grief and Loss
- Healing the Inner Child
- Movie Day



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**GRIEF AND LOSS**



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### HEALTHY AGING BINGO



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### GRIEF AND LOSS: MOVIE DAY



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### GRIEF AND LOSS ART



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### HONORING OUR ANCESTORS



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### GRIEF AND LOSS



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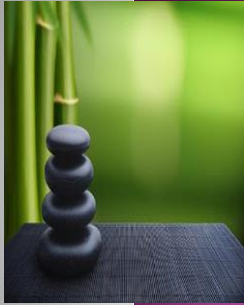
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## THANK YOU

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