

CLIENT HOLIDAY EVENT FOR DECEMBER
By Erika Alatraste, ASW & Anthony Alvarado, LCSW



The Northeast Mental Health Center hosted an event for clients and their children to come together, celebrate the holidays and reflect upon the process of their mental health recovery. The event took place at the Fellowship Center that was graciously made available to us by the Hermon Community Church.

Forty clients and family members were provided a brunch meal, entertainment and a toy give-away for the children. A son of a client, Brian G., shared about his own experience in caring for his mother who suffers from depression. He talked about how his spiritual faith has helped him overcome hardships. Brian then led us in song as everyone sang and danced along. Clients spontaneously spoke about their own mental health recovery, and expressed appreciation for the help they have received from the mental health community, especially from the staff of the Northeast Mental Health Center.



Clinicians led children in making snowmen out of marshmallows, chocolate and raisins. Children had the opportunity to select from toys that were generously donated by employees of Citadel Environmental Services, Inc. We talked about upcoming opportunities to participate in National Alliance on Mental Illness (NAMI) programs. To conclude the event, families were given a photo of themselves in front of our holiday-themed photo backdrop for them to take home.

The event was a great success! We would like to thank the following Northeast Mental Health Center staff for giving our clients such a wonderful experience: Miguel Osorio, LCSW; Alvaro Campos, Ph.D.; Erika Alatraste, ASW; Jeannelli Hernandez, LCSW; Bernice Martinez, ASW; Nancy Flores, ASW; Frank Duarte, CW; Susie Lopez, CW; Gemila Leanos, ASW, Karla Perez, ASW; Fatima Agregado, LCSW; Nancy Saucedo, ASW; Mei Ma, ITC; Aelred Boyle, M.D.; and Anthony Alvarado, LCSW.