

QUARTERLY NEWSLETTER

Issue 002 - July 2024

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SERVICES
SERVING THE CENTRAL COAST
SIRVIENDO LA COSTA CENTRAL

Letter from the CEO

Hello to everyone,

We are excited to release our second newsletter. Our agency continues to grow by adding valuable services to our communities. Our 988 Suicide Crisis Line team is strengthening its relationships with the Behavioral Health departments of Santa Cruz, Monterey, and San Benito counties as these services become more deeply integrated into the county's crisis services. Additionally, our Mobile Crisis program is preparing to launch in Santa Cruz County. We have also expanded the group offerings in several of our programs, including our Survivor's Healing Center, Suicide Prevention Services, and WomenCARE. Thank you to everyone for supporting the work that we do!



Bill McCabe, CEO

Family Service Agency of the Central Coast

Counseling | Suicide Prevention | Survivors Healing Center | I-You Venture
Senior Outreach | WomenCARE | Mobile Crisis | 988

May Mental Health Month 2024

Reaching schools across the tri-counties

Suicide Prevention Services set up informational tables at 25 schools, successfully reaching 1,923 students to educate them about our services and the significance of mental health awareness. Our primary aim was to inaugurate these tables during lunchtime across the tri-county area for the first time in celebration of May Mental Health Month.

The feedback from both students and school staff has been overwhelmingly positive. Many students expressed gratitude for the opportunity to learn about mental health services and engage in meaningful conversations about their well-being. Our team also distributed brochures and contact information, ensuring that students have access to further support if needed. This initiative not only aims to educate but also to foster a supportive environment where students feel comfortable seeking help. By reaching out during lunchtime, we were able to connect with students in a relaxed setting, making our interactions more impactful.





Caring for Kids with Survivors Healing Center

On June 22, Survivors Healing Center took part in Kids Day Santa Cruz in partnership with Downtown Santa Cruz. The center hosted a booth offering kids' safety coloring books, resources, and prevention materials for parents. An art table was set up to engage children in creative activities, promoting a safe environment. The event was highly successful, with over 200 prevention packets distributed, highlighting the program's dedication to child safety and abuse prevention within the community.



Preventing Scams

A Presentation for Senior Outreach from the DA

On May 9th, Senior Outreach volunteers attended a scam prevention presentation by Shandra Handley, who has worked in the Santa Cruz District Attorney's office in the Consumer Fraud and Environmental Protection Unit since 2017. Some of the work she does in this unit includes processing consumer complaints received from residents of Santa Cruz County, reviewing insurance fraud referrals for potential prosecution, and conducting outreach in the community.

Shandra says stopping scams before they happen and educating the community on current scams is essential to protecting the community. Working with individuals who have been scammed is also essential. Being aware of what is happening and knowing the red flags of scams when dubious offers come your way are the very best ways to put a successful end to this crime spree.

Criminals (operating from every corner of the globe) are bombarding older Americans with emails, phone calls, texts, and letters, all trying to steal as much money as possible. Consider that 2.6 million Americans reported losing roughly 10 billion to fraud last year – and that's only the reported cases.

These scams have become more sophisticated using the latest technology and a whole lot of creativity to come up with fresh ways to steal, for example, "check cooking," "voice printing," "delayed-action sweepstakes," and "multistage grandparent scams." Attendees learned about the newest and most insidious scams preying upon senior communities.

Read below to learn about ways that you can detect and prevent fraud in your or your loved ones' lives.

What to do if you get scammed:

- Change your online passwords
- Call your bank to notify them
- Make a report with the Federal Trade Commission - [ftc.gov](https://www.ftc.gov), local law enforcement, and the company or agency involved
- If you allow the scammer access to your computer, update your anti-virus software or take your computer to a repair store to check for spyware

How to protect yourself from scams:

- Check bank statements regularly
- Don't give out personal identifying information to unverified sources
- Don't answer unknown phone calls, texts, or emails
- Don't send cash or wire money to people you don't know
- Stop and think; don't let anyone pressure you
- Do research before acting
- Don't buy gift cards to pay for anything

How to protect your money:

1. Freeze your credit
 - Stops all access to your credit report
 - Disallows creation of new accounts until freeze is lifted
 - Freeze with all three credit bureaus: Equifax, Transunion, & Experian online or by phone
2. Place fraud alerts and regularly review your credit reports

Thanks to the Santa Cruz District Attorney's office for this information.

News from I-You Venture

Ice Cream Day 2024

During the month of July I-You Venture is celebrating National Ice Cream Month by distributing ice cream and cookies to seniors in our local care facilities. The care facilities provide music and a good time will be had by all!



Isolation in Senior Facilities

Studies have also shown seniors in care facilities suffer from isolation and loneliness. I-You Venture's programs let seniors know someone in the community cares.

Through the Friendly Visitor Program, our volunteers go into care facilities and help with various activities. These may include one-on-one visits, playing board games and listening to music. We collect cards and gifts for special events throughout the year. This year we distributed over 3,000 cards and gifts to seniors for Mother's Day and Father's Day!



Thank you to the volunteers who have remembered our seniors and helped to brighten their day!

Employee Spotlight

Paula Sims, WomenCARE's new Client & Volunteer Services Coordinator

Please join us in giving Paula a warm welcome to Family Service Agency and WomenCARE!

Q: What's your background and your favorite thing from your experiences that you're bringing to the table at WomenCARE?

A: My background in the field of Psychology and Counseling. I hold an M.A. in Counseling Psy and a Doctorate (PsyD) in Clinical Psy. Most recently, taught for the Psy. Dept. at CSUMB for 10 years in Psychopathology, Social Psy. Capstone Lit Writing. I also taught in the First Year Programs in Multicultural Health. I am also a writer for scripts, e-books, videos, etc.

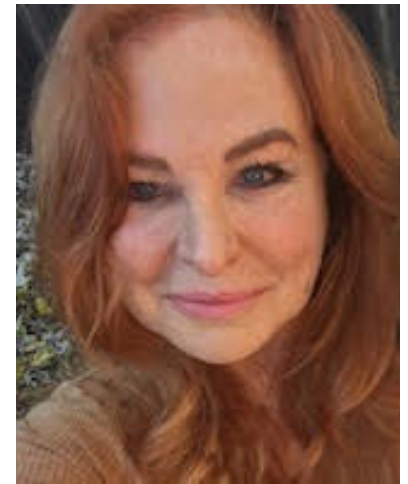
Prior to this, I've spent many years working with under-served populations in Mental Health, Social Services, Education (creating new programs, counseling and teaching)

Q: What are you most excited about in your position?

A: I think some of the best things that I bring to WomenCARE are listening & understanding. Whatever situations life presents- it is important to remain as true to oneself as much as is possible regardless of the situations that challenge who we are. Knowing that you have someone who sees you for who you are and supports you in your challenges is so important to one's health and well-being.

Q: What have you enjoyed working on so far?

A: I am excited to be a voice of positivity and support for WomenCARE. I have so far enjoyed being able to speak with our women and learn about them and their incredible determination. It leaves me with a sense of awe in what the human spirit can accomplish even under harsh circumstances.



Upcoming Events & Trainings

- » Find Suicide Prevention Services tabling at weekly farmers markets in downtown Santa Cruz, Watsonville, and Hollister.
- » Survivors Healing Center is excited to again be hosting our Caring 4 Kids Rhythm Event this year! As a part of National Night Out (hosted by Community Action Board) we invite you to come make music at our Caring 4 Kids Rhythm Event to be held on Tuesday, August 6.
Location: Pinto Lake County Park, 757 Green Valley Rd, Watsonville, CA 95076.
Schedule: 4:00-5:30 PM Goodies at our booth, 5:30-6:00 PM Rhythm Event
- » SAVE THE DATE! WomenCARE's 28th Annual Strike Out Against Cancer will be held on October 26th from 1-4pm at the Boardwalk Bowl. Get your teams together for in-person or VIRTUAL bowling and help raise much needed funds for our cancer support services! StrikeOutAgainstCancer.org (website will be live SOON!)

Family Service Agency of the Central Coast
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