

Community Contacts

African Heritage Community

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African Immigrant Community

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Chinese Community, Cantonese, Mandarin

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Filipino Community, Tagalog

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Latino Community, Spanish

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LGBTQ Community

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Native Family Community

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Vietnamese Community, Vietnamese

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Santa Clara County Behavioral Health
Services Department
Ethnic/Cultural Communities Advisory
Committee (ECCAC) Family Outreach and
Engagement Program

Learning Partnership Division
1075 E. Santa Clara Street, 2nd Floor
San Jose, CA 95116

About ECCAC Services

All services and trainings are free. Please reach out to a community contact listed in this brochure to help you schedule a specific training to meet your needs. We are here to help because we know that the

“Power of Community Heals!”

ECCAC Activities

Mental Health Resources
Trainings and Workshops
Fun & Educational Cultural Events
WRAP Support Groups
Peer Support
Volunteer program
Advocacy

www.sccbhsd.org/eccac



WELLNESS • RECOVERY • RESILIENCE

Program Services funded by:
Mental Health Services Act (MHSA)

http://www.dhcs.ca.gov/services/mh/Pages/MH_Prop63.aspx

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ECCAC Family Outreach and Engagement Program



The Power of Community Heals





Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Youth Mental Health First Aid is designed for adults who work with youth.

Topics Covered

- Anxiety
- Depression
- Substance Use Disorders
- Psychosis
- Disruptive Behavior Disorders
- Eating Disorders



www.mentalhealthfirstaid.org



QPR stands for Question, Persuade and Refer, three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives.

QPR teaches:

- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to Question, Persuade and Refer someone who may be suicidal

The QPR Institute offers comprehensive suicide prevention training programs, educational and clinical materials for the general public, professionals, and institutions.

www.qprinstitute.com



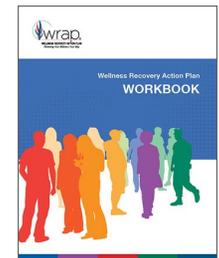
WRAP® works! WRAP is a self-designed plan for staying well and for helping you to feel better when you are not feeling well, to increase personal responsibility, and to improve your quality of life.

WRAP Key Concepts

Hope ~ Personal Responsibility ~ Education
Self-Advocacy ~ Support

Elements of WRAP®:

- Wellness Toolbox
- Daily Plan
- Stressors and Action Plan
- Early Warning Signs and Action Plan
- When Things Are Breaking Down and Action Plan
- Crisis Plan
- Post Crisis Plan



www.mentalhealthrecovery.com