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**The Power of Community Heals**
Program Goals

1. To reduce disparities in access to services among underserved cultural populations due to stigma, discrimination and lack of knowledge about mental health services.

2. To help make the County’s public mental health system more culturally competent and consumer and family driven.

We Speak From the Heart

“Give a man a fish and you feed him for a day but teach a man to fish and you feed him for a lifetime.” This saying speaks to the importance of education, autonomy and self-sufficiency. Educating our communities about mental health issues is the first step to breaking down the barriers that support stigma. When individuals and community groups have more choices available to them, they can make higher quality decisions. Education, along with advocacy, will inspire autonomy in the individual as well as the community.

Providing cultural specific activities that emphasize wellness, recovery and spirituality in mental health gives each community the opportunity to heal what stigma has destroyed. These activities provide opportunities for building relationships, collaborations and unification. The power of community heals.

The members of ECCAC have come to recognize that though we have differences, we also have similarities. We have grown in the appreciation of one another’s background as an individual and a community. The need is great and so it is with great passion and humility of heart that we pursue our vision.