

## Spotlight on Behavioral Health



Left to right (beginning at door) Jay Swanson, Receptionist; Amanda Goletto, MFTI; Stephanie Kelly, Director of Counseling Services; Patricia McCormack, Intake Coordinator; Garrett Elsberry, Teen Drug and Alcohol Counselor; Annette Constant, DUI counselor; Amie Sousa, Teen Drug and Alcohol Program Coordinator; Heather Mackey, Teen Drug and Alcohol Counselor; Jeremy Ostrander, Teen Drug and Alcohol counselor; Bridgette Burton-Rodriguez, DUI counselor. In front: Leticia Camunez-Hanby, Administrative Assistant.

January 20, 2009 was not only a much-anticipated Inauguration Day for America. It was also an exciting day for Axis as we opened the doors to our new Axis Behavioral Health facility at 6666 Owens Drive in Pleasanton. With our Railroad Avenue campus bursting at the seams, an additional site has been needed for many years.

The new offices are located in a modern, comfortable building that is readily accessible, located just off the 580 freeway, less than one mile from the Dublin/Pleasanton BART station, and on two Wheels bus lines.

Behavioral Health services available at the new location are:

- Teen Drug and Alcohol Recovery Program
- All Mental Health Counseling services, including domestic violence and anger management programs
- DUI (formerly located in Dublin)
- Adult Drug and Alcohol Recovery fee-based programs

"Our behavioral health services are affordable as all are provided on a sliding scale based on income, except for DUI fees which are set by the state," says Axis CEO Sue Compton. "The programs are growing rapidly and the new facility will allow them to expand up to three times their current size. Our new site is professional, comfortable and offers privacy for our clients. We are thrilled to open this site and know that our clients will appreciate this beautiful new space." *(continued on page 3)*

## Community Raffle to Benefit Axis

Come one, come all! The Foundation for Axis Community Health invites everyone to participate in its community raffle fundraising event this spring. Funds will be used to help fill the gap left by funding cuts and provide healthcare services to Tri-Valley families in need. The raffle takes the place of the previously-planned Sweetheart Crab Feast, which was cancelled due to the economic downturn and the high price of crab this year. *(continued. on page 3)*

### contact us

#### Medical Care

Pleasanton & Livermore  
(925) 462-1755

#### Mental Health Services

Adults, Children, Families  
(925) 201-6240

#### Substance Abuse Counseling

(925) 201-6053

#### Teen Drug & Alcohol Recovery

(925) 201-6201

#### WIC

Women, Infants, Children  
Supplemental Nutrition  
Pleasanton  
(925) 462-2365

#### DUI

Court & DMV  
Ordered Classes  
(925) 210-6244

#### Community Health Education

(925) 201-6013

#### Eligibility & Enrollment

(925) 201-6056

#### Administrative Offices

(925) 201-6017

visit us on the web  
[www.axishealth.org](http://www.axishealth.org)

## board of directors

Our Board of Directors is consumer driven and representative of the community.

- James Paxson, *Chair*
- Ted Kaye, Ph.D., *Vice-Chair*
- Bert Brook, *Treasurer*
- Aida White, *Secretary*
- Yolanda Brown
- Mark Eaton
- Thelma Fones
- Michael Fraser
- L. James Ghilardi, MFT
- Frank A. Hunter, Ph.D.
- Rhenae Keyes
- Farzi Najeeb
- Rebecca Silva
- Jeri Steiger
- Laura Torres

## foundation

The Axis Community Health Foundation works to enhance community support for our services.

- Sherry Peterson, *President*
- B. Penny Woods, *Vice-President*
- Bert Brook, *Treasurer*
- Carolyn Crawford Kilmer, *Secretary*
- Brent Chaney
- Gina Channel-Allen
- Kathleen Craig
- Sue Compton, *CEO*



*Sue Compton*

## CEO's Note

These are strange times for human service providers. At a time when more and more people are turning to us for help, the support we rely on is becoming increasingly hard to find. Corporations are in the midst of unprecedented store closures, layoffs and diminishing profits and aren't in a giving mood. Foundations are cutting back on their grants as they watch their portfolios shrink each day. The State continues to deal with an historic budget crisis and cuts across all programs and services appear likely. The County has already put out a warning that diminishing tax revenues will impact their ability to sustain services and contracts in the upcoming year. And, on the federal front, we all know that the wheels in Washington move slowly.

At the bottom of this complicated food chain are real people, our friends and neighbors. There is Phyllis who has had her hours cut as a waitress and is battling cancer—now without medical insurance. There is Pete, the mortgage guy, whose business is gone, and with it, his income and his insurance. He was trying to get by taking just one blood pressure pill every other day, but now his blood pressure is soaring. And there's little Alisha—just two months old and deathly ill with croup, which turned into life-threatening epiglottitis. Fortunately, her mother got her to Axis just in the nick of time.

In the Tri-Valley, all of the human service providers are reporting huge increases in the number of people they are serving. At Axis, our patient visit numbers are up 15% over last year, and we're enrolling 200 new patients each month. Many of the people who are coming to us are in shock – they have just their job, and with it, their health insurance. For some, COBRA coverage that continues employer-supported insurance is available, but the price is high. For many, it becomes a choice of feeding their children or paying their COBRA premium. The number one cause of bankruptcy in the U.S. is overwhelming medical bills and it's happening right here in the Tri-Valley.

Times are tough. Axis, and all of the Tri-Valley's human service providers, are here to help. Even though some days we feel as if we don't have enough fingers for this leaky dike, we'll get through this. We have to. Our friends and neighbors are involved.

## thank you! thank you!

Robert Baltzer	\$100	Livermore First	
Jareene Barkdoll	\$100	Presbyterian Church	\$1,000
Elizabeth Beebe	\$25	Anthony & Shirley Macchiano	\$200
Bill Berck	\$50	Barry Mancebo	
Bert & Dee Brook	\$1,000	Sharon Maze	\$50
Stephanie Byous	\$50	Marjorie Muentz	\$25
East Bay Association of REALTORS Foundation	\$2,500	Palo Alto Medical Foundation	\$100,000
Fremont Bank Foundation	\$1,000	Sandia National Laboratories	
Thelma Fones	\$60	Share Campaign	\$1,242
Emilio & Eva Garcia	\$100	Sherry Peterson	\$200
L. James & Carol Ghilardi	\$240	Donald & Ann Rathjen	
Walter Harvey	\$245	Stan & Kathy Sitzman	\$25
Ted & Dale Kaye	\$500	Valley Community Bank	
Pam & Ken Kelley	\$50	"Adopt A Bear Campaign"	\$893
David King	\$100	B. Penny Woods & Frank J. Siegert	\$100
Richard & Jean Landingham	\$100	Anonymous	\$2,250
Barbara Lewis	\$100		
		<b>Total:</b>	<b>\$111,780</b>



## Community Raffle to Benefit Axis

*(continued from page 1)*

A limited number of raffle tickets (1,000) will go on sale March 27, 2009. The drawing for winning tickets will take place at the First Wednesday Street Party event in downtown Pleasanton on May 6th.

### Prizes include:

**Seascape Resort Getaway** - 2 nights (\$1,100 value). Located on Monterey Bay 10 miles south of Santa Cruz. Accommodations include two large master suites, three balconies, full kitchen, living and dining rooms as well as the added amenities of a four-diamond resort – room and maid service and an award-winning restaurant on site. Donated by Jenny Sweetland, Sweetland Law, 211 Stone Valley Way, Suite 100, Alamo.

**Chef's Evening** (\$1,000 value) includes a Latin/California cooking class or dinner for 8 in your home by Chef Blanca Arechiga of Cock a Doodle Café in Oakland. Food donated by the Law Offices of Pegnim & Ivancich, LLP, 3105 Lone Tree Way, Suite A, Antioch.

**Professional Landscaping Design Service** (\$650 value) for area to 3,000 sq. ft. includes professional in-home consultation and computer-generated design with multiple views and plants. Donated by Tom Del Conte, Del Conte's Landscaping, Inc., Fremont.

**A Day of Beauty at Salon Tivoli** (\$500 value) includes a manicure, pedicure, facial and hair styling. Donated by Salon Tivoli 2219 First St., Livermore.

**Romance Package** (\$500 value) includes a night's stay at The Rose Hotel, champagne, a dozen long-stemmed roses, an elegant breakfast and a \$100 gift certificate for dinner at Barone's Restaurant. Donated by The Rose Hotel, 807 Main St. and Barone's Restaurant, 475 St. John St., Pleasanton.

**Wine Tasting Package** (\$500 value) includes private wine tasting for 10, snacks and bottles of wine at Deer Ridge Vineyards. Gift certificates at Faz Restaurant, Pleasanton. Donated by Deer Ridge Vineyards, 1828 Wetmore Road, Livermore and Faz Restaurant, 5121 Hopyard Road, Pleasanton.

**Castlewood Golf Package** (\$500 value) includes a round of golf and lunch for four persons at Castlewood Country Club. Donated by John Hughes and Tom Hunt.

Raffle tickets are \$20 each or 6 for \$100. They may be purchased from any Axis Foundation Board member, at the Pleasanton Weekly office, 5506 Sunol Blvd., Suite 100, Pleasanton, or by emailing [raffle@axishealth.org](mailto:raffle@axishealth.org). Order forms are available for download and mailing at [www.axishealth.org](http://www.axishealth.org).



## medical clinics

We now offer walk-in pregnancy testing every weekday, Monday-Friday, at both our Pleasanton and Livermore clinics. Call (925)462-1755 for hours and directions.

## teen & adult drug & alcohol recovery

We are delighted to welcome Garrett Elsberry, substance abuse counselor/educator, to our Teen Drug and Alcohol Recovery program. Garrett has extensive experience in this field and comes to us from BAART Narcotic Treatment in San Francisco and Thunder Road in Oakland.

## mental health counseling

We welcome Joanie Pagan, MFT trainee from Argosy University and Silvia Altamiranda, bi-lingual MSW intern, who joined us in February. Silvia's position is part of a City of Pleasanton grant. She will see Spanish-speaking Pleasanton residents for individual, couples, or family counseling.

## Spotlight on Behavioral Health

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The former mental health counseling spaces on Railroad Avenue now house the fiscal and patient billing departments. Suite A, which previously housed the financial offices, is now being converted to Axis' new Women's Health Clinic, which is scheduled to open in late spring.

The funding for the Behavioral Health facility was provided by Alameda County Measure A funds, which were designated for capital improvements at health care facilities throughout the county. "This has been in the pipeline for three years," adds Compton, "long before the economy declined. As it turns out, it's fortuitous, because the need for our services will probably double before the economy recovers. With this new facility, we have the needed room to grow."

Donate online at [www.axishealth.org](http://www.axishealth.org)

# Congratulations to “Young Voices for Recovery” Winners

Our heartfelt congratulations to Marissa Kochan and Rebecca Genoni, first and second place winners in Axis' First Annual Young Voices for Recovery Teen Essay Writing Contest. Marissa and Rebecca received \$500 and \$150 prizes, respectively. The third place winner, who asked to remain anonymous, received \$50.

During September, Recovery Month, teens between 13 and 19 years of age submitted essays describing the impact long-term recovery has had on their lives, either through their own experiences or that of persons close to them. The entries were evaluated on outstanding personal acts and how they positively impacted others. The goal was to inspire others in need to ask for help to improve their own lives, the lives of their families and the community as a whole," says Amie Sousa, Axis' Teen Drug and Alcohol Recovery Program Manager.

Following are some brief excerpts from two of the winning essays.

"I asked him to seek help for the sake of his health and he did try. It wasn't until his seventh time attending rehab that he truly sought the help he was looking for. Now, (he) has been clean for a little over two years, and I'm proud of myself for being able to help shape him into the person he is today."

"I wouldn't trade any part of it for something else because I learned so much about myself, about my family and about life. I am grateful for everyone that pushed me to become better than I ever thought I could be. I have such an appreciation for everything now and am for the first time in a long time genuinely happy."

Contest judges included Gaylene Burkett, Housing Assistant for City of Dublin; Gina Channell-Allen, president and publisher of the Pleasanton Weekly and the Danville Weekly; Jim Ott, President of the Pleasanton Unified School District Board of Trustees; Jean Prasher, Human Services Program Manager for City of Livermore and Kathleen Yurchak, Community Services Manager for City of Pleasanton.

"These essays were written from the heart," said Gina Channell-Allen. "I could feel their pain, their confusion and their pride at overcoming an addiction or helping a friend or family member on the road to recovery."

## Saturday Immunization Clinics for Children

March 7, April 4, May 2, 2009

*Pleasanton Clinic, 4361 Railroad Avenue*

Open to all Tri-Valley families who are low income or uninsured, including those enrolled in Medi-Cal and Medi-Cal Managed Care. Bring child's immunization records and information about family income, medical insurance.

Fee for some immunizations.

Immunization appointments also available at **925.462.1755**.



Administrative Offices

4361 Railroad Avenue • Pleasanton, CA 94566

925.201.6017 925.201.6200

[www.axishealth.org](http://www.axishealth.org)

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## Raffle Tickets

*Go on sale March 27th!*

Seven super prizes from  
Seaside Getaway to Golf

All proceeds benefit  
Axis Community Health

*See story on  
page 1 for details*

*Drawing May 6, 2009*

