

Axis Community Capsules

Community Health Education, Prevention & Treatment

SPRING 2007

www.axishealth.org

VOL. 4 ISSUE 1

Teddy Bears for Axis Children



Valley Community Bank Vice President Cindy Chase and friends.

with adoptive “parents” making whatever monetary donations they wish as their adoption fee. Their names are attached to the bears, but the stuffed animals stay at the bank offices, awaiting delivery to their new homes.

“Many of the young patients who visit our medical clinics have very few toys,” said Associate Executive Director Sue Compton of Axis Community Health. “We are very grateful to Valley Community Bank for helping us to give them something extra, a cuddly new friend to take home and love.”

The Pleasanton, Livermore and San Ramon offices of Valley Community Bank rounded up a total of 175 stuffed teddy bears during its annual Adopt-A-Bear campaign in late 2006. Locally, bears were donated to Axis Community Health and CASA (Court Appointed Special Advocates).

Bank Vice President Cindy Chase has spearheaded the Adopt-A-Bear effort for 11 years. The bears are donated by parishioners at Walnut Creek Unity Church, bank customers and community residents. They are available for “adoption” in late November and early December,

Spotlight on Mental Health Counseling

Therapy Sessions, Anger Management and Domestic Violence Classes

Whatever the issue may be for individuals, families or children, Axis Mental Health Counseling is here to help. During the past year, Axis psychologists, therapists and interns have assisted approximately 565 clients who suffered with basic mental health problems such as anxiety, depression, anger, cognitive disorders and family conflict.

Clients come to Mental Health Counseling through referral from other Axis departments, outside agencies, their employers or on their own. They are screened by Intake Coordinator Patricia McCormack, who helps them find the correct resource within the Mental Health Counseling department. “Patricia knows the staff well and is excellent at matching clients with the appropriate counselor,” says Holly Akli, LCSW, who has 13 years experience in the counseling profession. *(continued on page 2)*



Mental Health Counseling therapist Holly Akli, LCSW, meets with a client at Axis' Pleasanton facility.

Contact Us

Medical Care
Pleasanton & Livermore
(925) 462-1755

Mental Health Services
Adults, Children, Families
(925) 201-6240

Substance Abuse
Counseling
(925) 201-6240

Teen Drug &
Alcohol Recovery
(925) 201-6201

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

DUI
Court & DMV
Ordered Classes
(925) 556-2520

Community Health
Education
(925) 201-6013

Eligibility & Enrollment
(925) 201-6056

Administrative Offices
(925) 201-6017

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

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

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Spotlight on Mental Health Counseling *(continued from page 1)*

“One success story I have permission to share is of a woman who was experiencing panic attacks while driving and also before performing as a singer,” Holly continues. “We connected with her doctor to obtain appropriate medication and worked with her for 12 sessions to reduce the anxiety she was experiencing. I’m happy to say that, after treatment, she was able to drive her children to school and to meet her husband for lunch, a major goal for her. She also sang for her community group, something that she considers an act of service and loves to do.”

Domestic Violence Classes

In addition to counseling sessions, the Mental Health Department is currently conducting eight Domestic Violence classes, each with 12 participants. Domestic Violence classes are ongoing and may be joined at any time. Fees are charged on a sliding scale.

“If violence is present in a troubled relationship, we do not begin couples’ therapy until after the domestic violence problems are solved,” notes Holly.

“A concern that clients often express involves confidentiality, the fear of someone knowing that they are receiving counseling,” continues Holly. “I want to assure everyone that we take every measure to protect our clients’ privacy. Confidentiality is uppermost in everything we do here.”

Anger Management

Axis also offers Anger Management classes at the Pleasanton location. Onsite classes are also available for groups of employees at Tri-Valley companies.

Mental Health Counseling Staff

The Axis Mental Health Counseling staff is comprised of two clinical psychologists (PsyD), a Licensed Clinical Social Worker (LCSW), a Marriage and Family Therapist (MFT) and eight interns. Licensed practitioners see private pay clients and those who have insurance coverage and are referred by Employee Assistance Programs (EAPs). Interns see uninsured clients who are charged on a sliding scale based on income and family size. Medi-Cal clients can see either the psychologists or interns.

“Occasionally, clients are hesitant about seeing interns because they believe interns are less qualified, but that’s not true,” Holly says. “Our interns, who are working toward degrees in counseling or toward licensing, are supervised by one and sometimes two professionals with years of counseling experience. The client not only receives the benefit of the intern’s knowledge, but that of the supervisor as well.

“The message I want to convey is that therapy does work,” concludes Holly. “We see the results every day. If, for some reason, our clients need mental health services that we do not offer, we can refer them to other professional specialists.”

More information about Mental Health Counseling at Axis is available at www.axishealth.org or by calling (925)201-6240. All uninsured clients are charged on a sliding scale. Insurance plans accepted include: Aetna, Blue Cross, Cigna, Magellan, UBH (United Behavioral Health), MHN (Managed Health Network), Value Options.

What They’re Saying... *excerpts from actual letters we’ve received*

The opportunity to have Axis in Pleasanton and to be able to take my parents, 82 and 77 years old, for annual checkups, for treatments, vaccinations means a lot for our family. We have a member in family with Alzheimer and we need Axis help all the time. All the nurses and all the services received are at a high level of professionalism and care. Dr. Meena Rijhwani is a doctor that we wish to exist at every hospital, clinic or medical center. She is thorough, always following all the symptoms to make sure that my parents are in good health. If we miss something in taking the lab tests a follow up phone or letter is sent to us. We would love that Axis to become stronger and bigger to be able to serve all the people in need.

— *Patient, Medical Clinic*

Visit Us On the Web! www.axishealth.org



Medical Clinics

Congratulations and best wishes to Maria Hernandez who was promoted to Front Desk Supervisor on March 1st. She began at Axis as a medical assistant nearly three years ago and became coordinator of the referral department last year.

We're happy to welcome medical assistants Esther Martinez and Lidia Tejada, who joined Axis during the winter.

WIC

The WIC staff is excited about new legislation before the United States Congress to change the food allocations, which have not been changed in WIC's entire 37-year history. The new guidelines will proactively address the problem of childhood obesity in America and will include such foods as fresh fruits, tortillas, bread and yogurt and reduce juices and other foods with high sugar content.

WIC will participate in the Babies R Us Breastfeeding and Maternity Fair on Saturday, April 14, from 11 am-3 pm, at Babies R Us in Hacienda Crossings in Dublin.

Currently, WIC clients are seen in Pleasanton only. However, bus passes from Livermore are available.

Mental Health Counseling

Our psychologist, Mark Naas, PsyD., is seeing new insurance clients. He is on most of the panels and is authorized to see clients.

Axis Receives Hindu Center Grant

At a grand event on Sunday, March 18, the Hindu Community and Cultural Center presented Axis with a \$3,000 grant. The funds will be used to purchase two spirometers, one for each of our clinics in Pleasanton and Livermore.

A spirometer is used to evaluate lung function and to diagnose asthma and other lung diseases while measuring how a patient's lungs fill and empty. The measurements indicate specific conditions and their severity, enabling our medical professionals to determine the best course of treatment and monitor its effectiveness.

"In the past, it has been necessary for Axis patients to travel to the county hospital in Oakland for evaluation of this kind," says Associate Executive Director Sue Compton. "Since the appointment waiting list for this service is usually 3-6 months and transportation often unavailable, many of our patients have gone without this care. Having the equipment right in our own clinics will be a huge benefit to our population."

Therapists are available to give Anger Management and Stress Management presentations at local companies or organizations. Call Stephanie Kelly at 925-201-6225 for information and to schedule a class.

Adult and Adolescent Drug & Alcohol Recovery

Most of our activities, other than serving our clients, revolve around renewing our CARF (Commission for Accreditation of Rehabilitative Facilities) certification. In 2004, after undergoing the rigorous accreditation process and complying with stringent CARF regulations, Axis received the maximum three-year accreditation with the rare "Exemplary" rating.

With CARF accreditation, clients' mental health counseling and substance abuse treatment may be covered by most health insurance plans. Axis is the only CARF-accredited agency in the Tri-Valley offering outpatient drug and alcohol recovery programs.

DUI

Axis' DUI (Driving Under the Influence) division offers First Offender programs for those who have been cited or convicted of driving or intent to drive under the influence of alcohol or drugs, some prescriptions medications, or refusing to submit to a sobriety test.

Our programs include: 12-hour Wet Reckless, 30-hour, three month, 45-hour, six month and 60 hour, nine-month, first-offender programs. Fees range from \$214 to \$1232 and are not covered by insurance.

Call between 9:00 a.m. and 1:00 p.m. to schedule an appointment. Call (925) 556-2520 for English and (925) 556-2590 for Spanish.

What They're Saying...

excerpts from actual letters we've received

I'm a 20 year old mother of four who is recovering from a meth addiction. My drug problem got my children taken away, and thanks to Axis Drug & Alcohol Recovery classes, I have been able to stay clean and sober and now have gained custody of all four of my children. This class has helped me to gain tools to deal with my drug problems, and also given me a place where I'm able to feel safe to talk about issues I am dealing with. DARP is a place where other drug users in the community can feel safe to talk and get the tools they need to deal with their addictions also. My counselor Shawna Engel has made sobriety seem like it's worth the work. Thanks to this facility, I have been able to get my life back on track and am able to be a better mother for my children.

— Client, Alcohol & Drug Recovery

Thanks for all your help!

Thanks to members of the Kiwanis Club of Pleasanton, Foothill High School Key Club, Axis employees and family members for their hard work on the Total K Day beautification project at Axis. The areas outside our Pleasanton clinic are now attractive and welcoming with greenery and flowers.



Thank You for Your Generous Donations

Robert Baltzer	\$ 200	L. James Ghilardi	300	Donald & Ann Rathjen	
Jareene Barkdoll	100	Leroy Green	50	William & Audrey Sears	
Bert & Dee Brook	2000	Kendall & Pamela Kelley	50	Paul & Lisa Sullivan	500
Clifford Brown	100	Lynda Lodestro	100	Max & Barbara Tabak	200
Mark & Joyce Eaton		Mohamed Manaa	100	Dale Tucker	50
James & Caroline Foote	70	Ronald Morrow	200	Merton Van Dreser	50
Michael Fraser	100	Sherry Peterson	250	B. Penny Woods	100
		Anonymous	1525		



Administrative Offices
4361 Railroad Avenue • Pleasanton, CA 94566

(925) 201-6017 (925) 201-6200

info@axishealth.org

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Saturday Immunization Clinics for Children

May 5, June 2, July 7, 2007

9 -11:30 AM

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.