A Family Outreach & Engagement Program

The Power of Community Heals

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PHILOSOPHY
We, the Ethnic Cultural Communities Advisory Committee (ECCAC), believe that promoting mental health is both a personal and professional obligation. It is personal because we work from our own lived experience. It is professional because we believe a certain standard should be maintained – all people regardless of their mental health status should be treated with dignity and respect. We provide our services with honesty, integrity, respect, humility, and cultural and linguistic competence.

As defined by the World Health Organization, mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her own community.” We are not just helping the mentally ill, rather, we are helping the community to embrace and empower all of its residents.

VISION STATEMENT
ECCAC envisions communities where consumers and family members from all cultures have quality of life, justice and fair treatment, are free from stigma associated with mental health, and are empowered to provide and receive linguistically and culturally competent services, resources and support.

MISSION STATEMENT
Our mission is to utilize the unique experiences and knowledge of culturally and ethnically diverse communities in support of mental health.

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 life time.”

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.

Target Population:
Our target population are the underserved and underserved consumers and family members of Santa Clara County.

Program Services
- Mental Health Resources
- Mental Health First Aid Training (MHFA)
- Wellness Recovery Action Plan Support Groups (WRAP)
- Question Persuade Refer Suicide Prevention Training (QPR)
- Peer Support
- Advocacy

Program Highlights
- Committed to reducing the stigma associated with mental health
- Provide cultural specific events and language appropriate services
- Sensitivity to cultural traditions
- Sensitivity to inclusion of spirituality in recovery

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Looking Beyond the Clouds, Helping Families, Transforming Community
Mental health is a condition not a curse!
Have a dream, make it happen, to a meaningful life.
Luchando contra el estigma un individuo a la vez, haciendo conexiones que cuentan!
“Bayanihan tungo sa malusog na sambayanan!”
Helping one another towards a healthier community!
American Indian families embracing culture to strengthen minds and revitalize spirits
“Getting sick is not your fault, but getting well is your responsibility”