



## Alameda Alliance for Health

# Free Health Education Programs and Materials

Fall 2009

Alameda Alliance for Health invites you to refer Alliance members to the various health education interventions, i.e. classes, support groups, phone support and case management, listed herein. The programs included in this list are either free or the cost is paid by the Alliance. To participate in a program, our member can either call us at **510-747-4577** or, in most cases, can call the program directly.

### **Interpreter Service**

An interpreter for American Sign Language or for any other non-English language is available to members for health education interventions and medical appointments. Our member may call the Alliance at **510-747-4567** to schedule an interpreter. The Alliance strongly discourages the use of family and friends as interpreters, unless specifically requested by our member. A request for family or friends to interpret for the member should be documented in the member's medical record.

### **Pamphlets and Books**

The Alliance has pamphlets and flyers available on various health topics, which we urge providers to use in educating patients. These materials are available in English, Spanish, Chinese and Vietnamese. Clinics and offices may request copies of these materials, either in an electronic format or hard copy. We are happy to provide camera-ready copies. Just call the Alliance at **510-747-4577**. See our list of topics on the page 6 of this resource listing.

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**For more information about health education resources for  
Alameda Alliance for Health members**

**Contact: Elizabeth Edwards, Health Programs Manager  
(510) 747-4577**

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

## Asthma

### **Asthma Start/Alameda County Public Health Chronic Disease Programs**

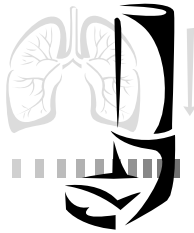
*Provides case management and in-home assessments for triggers for county residents with asthma. The Alliance pays for members to receive these services.*

510-383-5183

### **Asthma Education for Adults**

*Eden hospital offers one-time education classes for adults with asthma. Members may call the Alliance for assistance with registration.*

510-747-4577



## Breastfeeding

*Various community programs exist for breastfeeding support. Alliance members may call the Alliance or the programs listed below to register:*

### **Eden Hospital**

*Breastfeeding basics and breastfeeding support group.*  
510-889-5078

### **Washington Hospital**

*Breastfeeding classes and breastfeeding support groups.*  
510-494-7013

### **Alta Bates Summit Hospital**

*Baby care and breastfeeding classes and support groups.*  
510-204-1334

### **St. Rose Hospital – Sylvia Boyd**

*Baby care and breastfeeding classes and counseling.*  
510-538-3679



## Childbirth Education

*The Alliance will pay for childbirth education for members at their delivery hospital. Alliance staff can facilitate the arrangements. Alternatively, an Alliance member may also sign up directly with the hospital, as hospital staff know about billing the Alliance for childbirth education.*

510-747-4577



## Dental Care

The provider of dental services depends on the program in which our member is enrolled. Because of significant problems with dental caries in very young children, the AAP has recommended early referrals to a dentist.

### **Dental-Cal**

*For Child Medi-Cal members*  
1-800-322-6384

### **Delta Dental**

*Group Care members*  
1-800-422-4234  
*Healthy Families*  
1-877-580-1042

## Diabetes

### **Alameda County Diabetes Program**

Six-week group classes/at various locations  
2 hours each class/week-day mornings usually  
510-383-5185

### **Family Bridges Diabetes Self Management**

Cantonese and English/Six-weeks  
Group classes/Weekday mornings/2 hours  
261 – 11<sup>th</sup> Street, Oakland  
510-419-0888

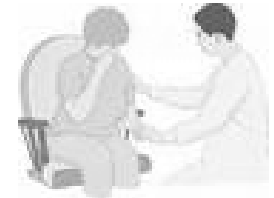
## Domestic Violence

### **Family Violence Law Center**

This center offers violence related assistance to women, legal assistance, crisis intervention, support groups and teen violence prevention programs. For women only.  
510-208-0220  
510-208-0255 Crisis Line

### **Family Resource Network**

A south county resource center offering domestic violence support groups in English and Farsi.  
510-574-2250  
510-794-6055 24-hour  
Hotline



## HIV/AIDS

### **East Bay AIDS Center (EBAC)**

On the Summit Hospital campus/ Visits by appointment only/5 days a week  
3100 Summit Street, 2<sup>nd</sup> floor/Oakland  
510-869-8400



### **Hep C and HIV Co-Infection Support Group**

Program at Highland Hospital  
510-535-7433

## Injury Prevention

### **Fast Response**

Fast Response provides CPR and First Aid classes. The Alliance pays the fee for members to attend these classes. Members should call the Alliance for enrollment.  
510-747-4577

### **Banana's**

CPR and First Aid for children.  
510-658-7353

### **Alta Bates Summit Hospital**

Infant CPR classes.  
510-653-8573

### **Washington Hospital**

CPR for friends and family (infant and child CPR) classes.  
510-791-3423

### **Eden Hospital**

Infant and adult CPR courses offered.  
510-747-4577

## Mental Health/Drug and Alcohol Abuse

The provider of mental health services depends on the program in which our member is enrolled.

### **Alameda County Behavioral Health Care Services (ACCESS)**

*For Medi-Cal members only*  
1-800-491-9099

### **PacifiCare Behavioral Health (PBH)**

*For members enrolled in Healthy Families or Group Care*  
1-888-789-7110

### **Stress Management**

*For adults at Eden Hospital.*  
510-747-4577

## Parenting

### **Local Hospitals**

*Several local hospitals provide newborn care and parenting classes. The Alliance will support the cost of these classes for all members. Members may enroll with the hospitals directly, or call the Alliance for referrals and enrollment.*

510-747-4577

### **Banana's**

*Banana's offers a variety of parent support services and child development instruction, from classes to one-on-one consultation. These services are open to any resident of Alameda County and are usually free. Members can call for information about the type of classes, times and days. Banana's is in Oakland.*

510-658-7353

### **Family Paths**

*Positive parenting classes and foster parent support services in different locations in Alameda County in Spanish and English.*

510-893-5444

## Quitting Tobacco

In order to receive the nicotine patch and/or other nicotine drugs, members must be enrolled in a quit program. The program below provides the certification necessary to fill a prescription for nicotine drugs.

### **California Smokers' Helpline**

<i>English</i>	<i>1-800-662-8887</i>
<i>Spanish</i>	<i>1-800-456-6386</i>
<i>Cantonese &amp; Mandarin</i>	<i>1-800-838-8917</i>
<i>Vietnamese</i>	<i>1-800-778-8440</i>
<i>Korean</i>	<i>1-800-556-5564</i>
<i>TDD/TTY</i>	<i>1-800-933-4833</i>
<i>Chewing Tobacco</i>	<i>1-800-844-2439</i>

## Vision Assessment

March Vision Care is the contracted provider for Medi-Cal. VSP is the contracted provider of vision care for all other Alliance programs. All Alliance members can contact the vision provider to arrange for eye exams through the numbers below.

Medi-Cal  
**March Vision Care**  
1-888-493-4070

Healthy Families, Group Care  
**VSP** 1-800-877-7195



**Diabetic Retinal Eye Exam** for all members  
call Alliance Member Services for referral  
510-747-4567

**Weight Control**

**Fit Families-no longer offered at CHO**

Children's Hospital Nutrition Services staff will come to clinics/offices to do this two hour, interactive, family-focused class for your patients. Clinic/office staff is responsible for promoting and encouraging families to attend. To get more information call:

510-428-3885 ext. 2287



**WIC Programs**

Food assistance, breastfeeding support and nutrition education programs for Women, Infants and Children:



**Alameda County – 510-595-6400**

*Telegraph, Eastmont, Hayward, Fremont*

**Axis Community Health – 925-462-2365**

*Pleasanton*

**City of Berkeley – 510-981-5360**

**East Oakland Health Center – 510-613-2213**

**La Clinica de la Raza – 510-535-4110**

*Oakland*

**Native American Health Center – 510-434-5310**

*Oakland, Alameda*

**San Antonio Health Center – 510-238-1500**

*Oakland*

**Tiburcio Vasquez Health Center – 510-471-5913 ext. 3220**

*San Lorenzo, Union City, Fremont, Hayward*

**West Oakland Health Center – 510-302-3734**

## Written Materials for Patient Education

The Alliance can provide the materials below to offices and clinics. All materials are available electronically on a CD ROM or as a camera-ready hard copy. These materials are free and written at the sixth grade reading level. Call **510-747-4577** to order any or all of these materials.

Title	Languages
<b>Asthma</b>	
About Asthma	English, Spanish, Chinese, Vietnamese
Adult Asthma	English, Spanish, Chinese, Vietnamese
Asthma Severity Questionnaire	English, Spanish, Chinese, Vietnamese
Asthma Triggers	English, Spanish, Chinese, Vietnamese
How to use a Diskus	English, Spanish, Chinese, Vietnamese
Smoking and Asthma (Secondhand Smoke)	English, Spanish, Chinese, Vietnamese
Spacers and MDIs	English, Spanish, Chinese, Vietnamese
Triggers for Children	English, Spanish, Chinese, Vietnamese
What are Inhaled Steroids	English, Spanish, Chinese, Vietnamese
Your Child and Asthma	English, Spanish, Chinese, Vietnamese
<b>Diabetes</b>	
Diabetes Contract	English
Diabetes Team	English, Spanish, Chinese, Vietnamese
Diabetes Quick Overview	English, Spanish, Chinese, Vietnamese
Diabetes Health Record	English, Spanish, Chinese, Vietnamese
First Steps in Healthy Eating to Control Diabetes	English
Foot Care with Diabetes	English and Spanish
Getting Past Denial	English and Spanish
Dealing with Diabetes and Depression	English and Spanish
Know your Numbers	English and Spanish
Low Blood Glucose	English and Spanish
Managing your Anger	English and Spanish
My Action Plan to Control My Blood Sugar	Spanish
Preventing Diabetes Foot Problems	English
Resources	English
Stress and Diabetes	English and Spanish
Take Control of your Diabetes	English
Why do I need Insulin?	English and Spanish
Why do I need Medicine?	English and Spanish
<b>Dental Health</b>	
Dental Health and Children	English, Spanish, Chinese, Vietnamese
<b>Heart Health</b>	
Blood Cholesterol	English, Spanish, Chinese, Vietnamese
High Blood Pressure	English, Spanish, Chinese, Vietnamese
<b>Mental Health</b>	
Depression	English, Spanish, Chinese, Vietnamese
Relaxation	English, Spanish, Chinese, Vietnamese
Stress and Adults	English, Spanish, Chinese, Vietnamese
Stress and Children	English, Spanish, Chinese, Vietnamese
<b>Prenatal and Postpartum</b>	

<b>Title</b>	<b>Languages</b>
Breastfeeding-Best for You and Baby	English, Spanish, Chinese, Vietnamese
Dental Care and Pregnancy	English, Spanish, Chinese, Vietnamese
Exercise and Pregnancy	English, Spanish, Chinese, Vietnamese
Kick Counts	English, Spanish, Chinese, Vietnamese
Nutrition and Pregnancy	English, Spanish, Chinese, Vietnamese
Postpartum Depression	English, Spanish, Chinese, Vietnamese
Preterm Labor	English, Spanish, Chinese, Vietnamese
SIDS	English, Spanish, Chinese, Vietnamese
Signs of Labor	English, Spanish, Chinese, Vietnamese
Substance Abuse and Pregnancy	English, Spanish, Chinese, Vietnamese
The Importance of Dad	English, Spanish, Chinese, Vietnamese
<b>Prostate Cancer</b>	
What is Prostate Cancer?	English, Spanish, Chinese, Vietnamese
<b>Quit Smoking</b>	
Quit Smoking Plan	English, Spanish, Chinese, Vietnamese and Korean
<b>STDs</b>	
STD Facts	English, Spanish, Chinese, Vietnamese
<b>Weight Management</b>	
The Food Pyramid	English, Spanish, Chinese, Vietnamese
Snacks	English, Spanish, Chinese, Vietnamese
Healthy Weight Brochure for Children (not electronic)	English, Spanish, Chinese, Vietnamese
Healthy Weight for Adults	English, Spanish, Chinese, Vietnamese