



Alameda Alliance for Health

Free Health Education Programs and Materials

Spring 2010

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.

Table of Contents	
Topic	Page
Breastfeeding	2
Childbirth Education	2
Dental Care	2
Diabetes	3
Domestic Violence	3
HIV/AIDS	3
Injury Prevention	3
Mental Health	4
Parenting	4
Quitting Tobacco	4
Vision Care	4
Weight Management	5
WIC Programs	5
Written Materials	6-7

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

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

Asthma

Asthma Start/Alameda County Public Health Chronic Disease Programs

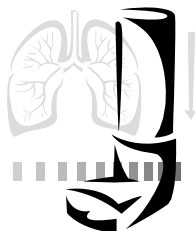
Provides case management and in-home assessments for triggers for county residents with asthma. The Alliance pays for members to receive these services.

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

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

Sylvia Boyd

Lactation support by phone for any mother who is a member or for the mother of a child member
510-538-3679 or 510-881-5348

WIC

WIC agencies provide breastfeeding support and information both during the prenatal period and the postpartum period. See page 5 for a complete listing of programs and phone numbers.



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

Liberty Dental

For CompleteCare Members
1-888-703-6999
1-888-735-2929 TTY

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
168 – 11th Street, Oakland, 94607
510-419-0888

HIV/AIDS

East Bay AIDS Center (EBAC)

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



Hep C and HIV Co-Infection Support Group

Program at Highland Hospital
510-535-7433

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



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

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 Management

Alameda County Public Health Health-E Resource

<http://www.health-e-resource.com>

This website provides health care providers and others with resources to assist their clients in the effort to fight childhood obesity. These resources are located within Alameda County and include places that provide physical activities (i.e. sports, dance, exercise, martial arts, parks and recreations). In addition, a list of Farmers Markets and specialized medical providers (i.e. nutritionists, dietitians, psychologists, psychotherapists, weight management) are also included.



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
Asthma	
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
Diabetes	
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
Dental Health	
Dental Health and Children	English, Spanish, Chinese, Vietnamese
Heart Health	
Blood Cholesterol	English, Spanish, Chinese, Vietnamese
High Blood Pressure	English, Spanish, Chinese, Vietnamese
Mental Health	
Depression	English, Spanish, Chinese, Vietnamese
Relaxation	English, Spanish, Chinese, Vietnamese
Stress and Adults	English, Spanish, Chinese, Vietnamese
Stress and Children	English, Spanish, Chinese, Vietnamese

Prenatal and Postpartum

Title	Languages
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

Prostate Cancer

What is Prostate Cancer?	English, Spanish, Chinese, Vietnamese
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Quit Smoking

Quit Smoking Plan	English, Spanish, Chinese, Vietnamese and Korean
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STDs

STD Facts	English, Spanish, Chinese, Vietnamese
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Weight Management

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
BMI for Children	English, Spanish
One Small Change (for children, teens, adults and pregnant women)	English, Spanish, Chinese