Hope - believing that things can and do get better.

Personal Responsibility - taking ownership for the choice you make.

Education - learning about ourselves so that we can make good decisions.

Self-Advocacy - standing up for your needs in an effective manner.

Support - gathering a network of trustworthy helpers to assist you on your recovery journey.

Meaningful role - leading the life you want to live.

Choice - having opportunities and the empowerment to decide many things that affect your life, including your own mental health decisions.

Spirituality - having a connection to a power greater than yourself.

Humor - being able to find laughter; sometimes in unexpected times and places.

MISSION:
Our mission is to maximize the recovery, resilience and wellness of eligible Alameda County Older Adult residents who are developing or experiencing serious behavioral health concerns.

VISION:
We envision communities where Older Adult individuals and their families can successfully realize their potential and pursue their dreams; and where stigma and discrimination against those with mental health and/or substance use issues are remnants of the past.

For Information Call
(510) 383-5020
### GART Program Goals

GART is a *mobile* team support service for older adults with serious behavioral health care needs. Our multi-disciplinary team provide recovery strategies to resolve the immediate crisis and enhance opportunities for recovery, resiliency, and wellness by encouraging:

- **Older Adult Independence**
- **Alternative to Hospitalization**
- **Age Appropriate Interventions**
- **Culturally Competent Services**
- **Integrated Approaches to Care**

### Our Services

- Behavioral Health Care Evaluation and Assessment
- Consultation Services
- Short-term Case Management
- Brief Therapy
- Medication Services
- Community Outreach and Education
- Family Support and Education

### Who is Eligible to Receive Services?

- Older Adults Ages 60 and Above
- Alameda County Residents
- Covered Psychiatric Need
- Covered by BHCS Plans (Medi-Cal, Medicare/Medi-Cal)
- Willingness to Participate in GART Services

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GART operations are from 8:30am to 5:00pm, Monday to Friday

GART services are generally provided for thirty to sixty days

For Information Call GART Program at (510) 383-5020