



CASA UBUNTU
CREATIVE WELLNESS CENTER
FACT SHEET



What: Bonita House, Inc. (BHI) is offering a Creative Wellness Center aka Casa Ubuntu (House of Human Kindness) for residents of the East Oakland Community. This center will be an entry point to system recovery/supportive services for people with a broad range of mental health needs and co-occurring conditions (substance abuse or physical health conditions). Casa Ubuntu's services include state of the art onsite employment services, linkages to housing, benefits, and primary care; case management; medication management; and a full array of peer driven support groups, recreational, wellness and recovery programming. Casa Ubuntu will be a barrier free, family friendly, drop-in environment accessible to adults, operating 5 days a week (Monday-Friday) and every other Saturday.

Where: Eastmont Town Center 7200 Bancroft Ave., Suite 267 Oakland CA 94605

When: Casa Ubuntu Creative Wellness Center Hours:

November 4th, 2016 Grand Opening 2:30pm-6:00pm

Monday – Friday 8:30 am – 6:00pm

Every Other Saturday from 9:00am -1:00pm (Starting Nov. 5, 2016)

Who: Bonita House Incorporated serves 521 consumers annually with 66% of those consumers representing African American, Latino, and Mixed Race populations.

Why: East Oakland's diverse community has been experiencing a broad range of mental health, substance abuse and physical health challenges. The utilization of mental health services for these populations over the years continues to be a challenge system wide. In particular, African Americans and Latinos have historically experienced barriers to timely mental health services. Other historical barriers for both populations include:

- History of Trauma
- Crime Victimization
- Stigma
- Racial Discrimination
- Poverty and Health Disparities
- Under/Unemployment

Consequently, Casa Ubuntu's approach to care will be culturally responsive, recovery oriented, trauma informed, and highly focused on linkages to a full array of services supporting the healing process.