

EMASS Program Mission and Goal

The Elder Multicultural Access and Support Services (EMASS) Program supports the County of San Diego's Older Adult System of Care Framework in improving a person's quality of life. EMASS establishes service delivery designs that support effective, high quality, culturally competent, linguistically appropriate, prevention and early intervention; and recovery oriented services for older adults.

EMASS Program's mission is to provide mental health promotion, education and prevention, and wellness activities to increase community awareness about mental health issues and resources available for older adults.

Its goal is to dispel myths and stigmas commonly associated with accessing the public mental health system by older adults and establish collaboration and partnership with community and faith-based organizations to address discrimination issues e.g. ageism, racial/ethnic prejudice and the stigma of mental illness using *Promotoras Model* of Latin American social intervention.

EMASS El Cajon Enhancement Fund from:

Mental Health Services Act-Prevention and Early Intervention (MHSA-PEI) and Refugee Services

In Partnership with:



EMASS PROGRAM SITES

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Elder Multicultural Access & Support Services



EMASS

760.233.1984



Funded by the County of San Diego
Behavioral Health Services

Elder Multicultural Access & Support Services (EMASS) Program

EMASS Escondido

EMASS Escondido Community Center in Escondido was opened in 2009 that provide center-based activities to target senior participants who speaks Spanish, Tagalog, &/or English. The Center evolved into a grassroots health education and fitness center. The following health education and physical activities are conducted **every Tuesday and Friday**. **Program hours from 9:30 am to 4:00 pm.**

☉ Weekly Social & Recreational Activities:

- ◆ Congregate Meals
- ◆ Zumba Class & other exercises
- ◆ Arts and Crafts
- ◆ Brain Fitness Exercises
- ◆ Computer Tutorial



- ☉ Chronic Disease Self-Management Workshop
- ☉ Diabetes & Depression Self-Management Workshop
- ☉ Cardiovascular Health Workshop

EMASS El Cajon



EMASS El Cajon Community Center was established in 2012 through the Mental Health Services Act (MHSA) Enhancement Fund and Health & Human Services Administration's Refugee Services. The EMASS El Cajon Program is outreaching to Chaldean Middle Eastern senior immigrants and refugees. The Center operates **from Monday to Friday 10:00 am to 2:00 pm**. It evolved as a daily gathering of Iraqi seniors to play table and card games, and computers, Learning English as a Second Language, health literacy, and wellness education. Activities conducted at the center are in partnership with Chaldean Middle Eastern Social Services (CMSS), Cuyamaca College's Project SHINE, Project Concern International (PCI), Laubach Literacy Council of San Diego County.

EMASS El Cajon also provides a Geriatric Specialty Program through UPAC-CTC Geriatric Specialist available every Tuesday for clinical case management and brief therapy.

Field-Based Services

EMASS through its outreach staff, trained as Promotoras or Community Health Workers (CHWs), offers a variety of individual and group educational opportunities. The goal is to strengthen seniors' capacity to remain independent and improve the quality of their lives by providing:

- ☉ **Appropriate referral information** on community mental health social services, self-help tools, housing, employment services, healthcare, and County operated/contracted or private services;
- ☉ **Screening of seniors for eligibility of benefits and to assist them with enrolment**, and securing, federal, state, and private benefit programs e.g. healthcare, affordable housing, education and energy assistance;
- ☉ **Senior Peer Counselling, support and education** on how to navigate the health care system;
- ☉ Community structured and semi structured site based **social and recreational activities**; and
- ☉ **Transportation services** as necessary.