

Mission:

To strengthen families in the community and empower youth, parents, and caregivers by helping them help themselves.

OMI Family Resource Center

Programs & Services:

- Basic I & R
- Food Pantry
- Drop-In Services
- Individual & Family Counseling; Crisis Intervention
- Family Advocacy (basic needs: housing, child care, medical, legal assistance, education, employment)
- Case Management
- Support Groups – Grandparents, Parents, Women, Men
- Parenting Classes
- Celebrating Family Events
- Child Watch program
- Informational Workshops – money management, safety, health & nutrition, clean slate, credit repair, school readiness services
- Parent Leadership
- Business Center – fax, copy, computers, resources lists
- Safestart Services – case management services for families affected by violence
- Differential Response Services – case management for front end CPS families
- Supervised Visitation for foster care children and families
- Community Building: Safety Network; Com-

About:

All programming is free and open to families that live, work or choose to receive services in the OMI/E community. OMI FRC's definition of family includes all types of parents /caregivers. Bilingual staff capacity for Spanish, Mandarin, Vietnamese, Tagalong and Cantonese.

SUCCESS:

The client was a 36 year old woman with a 12 yr. old son and a 10 yr. old daughter. The family was referred to the OMI FRC because the son was hospitalized for suicidal and homicidal ideations. The son reported that his mother did not love him and was 'always on his back'. He was extremely depressed and struggled to see any value in himself. The daughter appeared to be the peacemaker in the family and did not get into significant conflicts with either her brother or mother.

The mother had a history of alcohol abuse and reported that the biological father also had a history of alcohol abuse. The biological father, until very recently, had not been a part of the children's lives. The mother reported that she spanked and yelled at her children because she got frustrated with them. She further stated that her children regularly argued with her about daily tasks. As an additional challenge, the children had a recent visit with their father which resulted in the son wanting to remain with him.

After three sessions with the Family Counselor, a significant improvement in the affect of the mother and son could be observed. The Family Counselor taught the family about tools they could use to help them view each other in a more positive way rather than in the negative way they had been doing in the past. Additionally, the Family Counselor helped the children establish their roles in the home, taught them about planning family activities and helped them create a job chart list. The Family Counselor worked on helping the mother separate her feelings from her behavior and taught her how to avoid using guilt to make her children behave. The Family Counselor also emphasized the importance of her building her own network of friends and not expressing her emotional needs to her children.

As sessions continued, improvements were observed by the Family Counselor. He spoke with mother about connecting with her children in ways that were meaningful for them. This was a real challenge for the mother but she stated that she would work on letting the children be who they are and start concentrating her efforts on her own change and growth.

Since the initial crisis has been resolved and the family is engaged the next steps include after-school/summer programming referrals for the children, an Al-anon kids group for the children if possible, women's support group for the mother, and parenting classes if possible. The family will continue in family therapy as well with consultation with the child psychiatrist.

CONTACT

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