



December 2016

Hispanic American Organization



NEWSLETTER

Highlights:

- * **New! Drugs and Alcohol Assesments**



**Celebrating 40 years
within our community!!**



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Visit us at www.hao-lv.org
 Phone: 610.435.5334
 Fax: 610.435.2131
 Email: hao4paz@aol.com

" We improve the quality of life of Hispanic families "

Our Sponsors



Helping Our Community
 Ayudando a Nuestra Comunidad



Individual and Family Counseling

At HAO Counseling Services (HAOCS) we are sensitive to the changing times and growing needs of our community and its members. We also strive to be more aware of the complexity of each individual's life situation. Therefore, we provide a safe environment where our clients can express their feelings and explore difficult issues at their own pace.

The staff of HAOCS is comprised of mental health professionals and psychiatrists who are bilingual/bi cultural (English/Spanish) and are committed to enhancing the quality of life for all individuals.

We are committed to working with: Senior Citizens, Couples, Families, Groups, Young Adults, Adults, and Children.

Our services include treatment for:

- Group Therapy
- Abuse & Traumas
- Anxiety



- Depression
- Hyperactivity
- Relationship Problems
- Sexuality
- Stress

Hours of Operation are Monday - Friday 8:00 AM to 6:00 PM and Saturday 8:00 AM to 2:00 PM. Call for more information at 610-351-2292.

New! Drugs and Alcohol Assessment

The Hispanic American Organization is NOW offering Drug and Alcohol Assessments.

Addiction is a chronic disease affecting all members of the family. Many times people have a hard time coming to terms with accepting treatment. Let our team help you! Accepting help is the first step on your journey towards recovery.

What is a Drug and Alcohol Assessment?

During your appointment, a member of our team will meet with you to gather information in order to formulate the assessment to determine what level of care you may need. This assessment not only will assist in determining your needs within the community, but also provide the therapist with information

on many different dimensions of your life – such as a need for treatment, biological issues (health issues) social and economical issues.

To schedule your drug and alcohol assessment, please feel free to contact Elizabeth Montalvo at 610.435.5334 ext.2042

“Providing behavioral health care to the community at large with a staff that is both bilingual and bi-cultural”

Inspire Program



A program designed to serve children, adolescents, and families in the Lehigh Valley

This service is designed to promote mental health interventions and improve performance in children, youth, and families. The clinic will be responsible for diagnostic and treatment services as a multidisciplinary team with the assistance of psychiatric, individual therapy as well as family therapy and peer group therapy. Services will be provided to the general public without bias because of race, sex, ethnicity, religion, or sexual

preference. Adequate treatment is provided by professional therapists and will be designed on an individual basis under the relevant statutes, regulations, and professional standards to help in promoting a healthier improvement in his/her mental health illness.

For more information, call Carmen Guzman at 610.351.2292 ext 2101.

Adult Education: ESL-GED



HAO strongly believes that education is a life-long process. We invite the community that we serve to register for the new courses in ESL (English as a Second Language) and Preparation to the GED for the year 2017. ESL classes are taught at the Basic, Intermediate, and Conversation levels. New students are welcome as well as current students who wish to continue with their courses.

Classes are held Monday and Tuesday from 7:00PM to 9:00PM, so that students can attend after work. They start on September 11th, 2017 for both

programs.

New students' registration for both programs are scheduled on January 3rd, 2017. For current students, registration will begin on September 4th until September 5th, 2017.

Come and join our classes to learn English skills and to prepare for GED examination. We welcome new students to take the next step to a successful career and life. We offer comprehensive class materials designed for each level, so students from ESL are placed according to their initial

skill level.

As for GED preparation, the learning path starts from beginner's level for new students. Current students are working towards the end of the course.

Remember, learning new skills is a never ending process, and we encourage all our students to succeed on the career path they wish to pursue. Call Edna Lopez at 610-351-2292 Ext. 2049.

**“A healthy family
begins with good
choices in the
foods they eat”**

Nutrition Awareness

A healthy diet is one key to good health. If your budget is tight, maybe you've had to cut important foods – like fresh produce and protein sources – out of your family's diet.

We can show you how to put nutritious food on your table.

The Program helps households buy the food needed for good nutrition. The rules are starting to change. An elec-

tronic debit card is used to buy groceries. You can own a dependable card and still be eligible. Reporting requirements are not as time-consuming.

We offer a convenient shortcut

With your busy schedule, you need a convenient way to find out if your family may be eligible.

Through a personal appointment, you can decide if it's worth your time to apply. In about 10 minutes, you can get a better idea if you may be eligible and about how much you may be eligible to receive in benefits. You Can then apply immediately while still in our office. Call Yvonne today at 610-435-5334 Ext. 2048.

Referral Services

Referrals are made for housing assistance and emergency housing, food banks, Lehigh County Agencies for Adult Services, Children, Youth, Drug and Alcohol intake, Mental Health/Mental Retardation, Aging, and Housing Authority, Red Cross, Catholic Social Agency, Social Security, Private Industry Council, Allentown Literacy Council, Casa Guadalupe, Turning Point, Pathways, County Assistance Office, and the Job Center. Applications for Birth

Certificates, Social Security Cards, and Welfare are handed out and, if necessary, clients are aided in filling out the forms. Driver's manuals are supplied to customers in both English and Spanish. Clients are given assistance in finding employment and writing résumés. Call 610-351-2292 for more information.



HAO offers free services to the general public for information and referral.

Wellness Program

We are welcoming to our HAO family the Wellness Recovery Program to be part of the services that we provide to the community of the Lehigh Valley Area. The *Health Choices Health Connection* is Magellan's integrated program that focus on the "Whole health" with the goal of living a healthier life. "Whole health" an integrated care that includes:

- Physical health needs.
- Mental health needs.
- Social support needs.

For more information about the program and referrals please contact the WR Team:

- Sandy Leiva. Ext 2015
- Jade Carrión. Ext 2017



Live a healthier life!



Supportive parents

Parents are the first teachers for their children, they are the new mentors for next generations; being participant of the education their children receive at school.

The purpose of this program is:

- Improve communication among parents and children.
- Understand the development of

their children

- Develop necessary skills to participate effectively on the school dynamics.
- Assure the academic success of their children
- Understand the school system in the US.
- Understand the academic re-

quirements of the school.

- Learn about the academic resources available and the language and school expectations.

For more information, call 610.435.5334. Ask for Maria Zubillaga ext. 2016 or Julissa Jiménez ext. 2018

"To be parents means giving love, affection, and tenderness to our children"



Housing Counseling

HAO's housing referral service places hundreds of families into affordable, decent housing every year. Extensive counseling on budgeting accompanies the service so that people can maintain their homes once they are moved in. Limited funds are available to offer rent assistance to families.

HAO's housing program is sponsored by the Lehigh County Department of Aging and Adult Services. We can provide:

- Information and referral services for housing-related programs.
- Translations and services to help you deal effectively with your landlord.
- Help in finding decent, affordable housing.
- Education in areas such as budgeting, time management, and goal planning.
- Rental assistance (when funding permits).

For assistance, you may call 610.435.5334. Ask for Edna Lopez at ext. 2049 or María Cruz ext. 2047.



Classes are held Monday and Tuesday



Hispanic
American
Organization

462 Walnut St.
Allentown, PA. 18102
Phone: 610.435.5334
Fax: 610.435.2131
E-mail: hao4paz@aol.com

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The mission of the Hispanic American Organization is to improve the quality of life of Hispanic families by helping them become more economically self-sufficient through better health, education, communication, and technological skills. HAO will lead in fostering self-sufficiency, pride, and personal growth among Hispanics while promoting intercultural understanding in the Lehigh Valley.

HAO serves as an Agency for:

- Providing Behavioral Healthcare
- Delivering educational programs geared to life-long learning
- Providing information and referral services
- Acting as a community resource and liaison
- Providing family-based services
- Learning technology and communication skills

