



ALAMEDA COUNTY PUBLIC HEALTH  
DEPARTMENT

MISSION STATEMENT

*Working in partnership with the community  
to ensure the optimal health and well being  
of all people through a dynamic and  
responsive process; respecting the diversity of  
the community and challenging us to  
provide for present and future generations.*

# Alameda County Men's Resource Guide

## Men Healing Our Community



### Let's Get It Started!

**Health • Education • Jobs • Family Support • Legal**

Alameda County Public Health Department  
Office of Urban Male Health  
Michael Shaw, Director  
**(COMMUNICATION, COORDINATION, COLLABORATION)**

2015–2017 Third Edition  
1000 Broadway, Suite 500, 5th Floor  
Oakland, CA 94607

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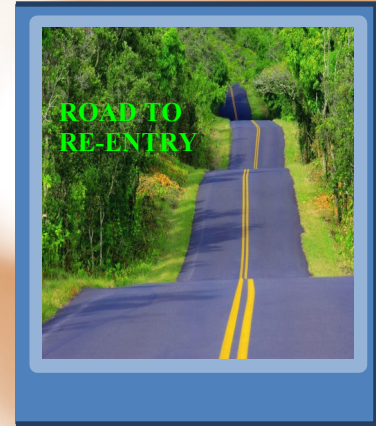
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# Children of Incarcerated Parents



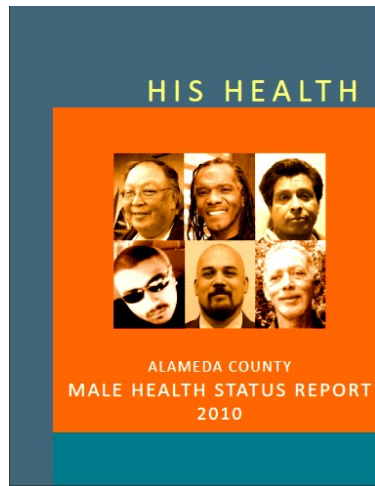
REVISED 12/17/2013

## A Bill Of Rights

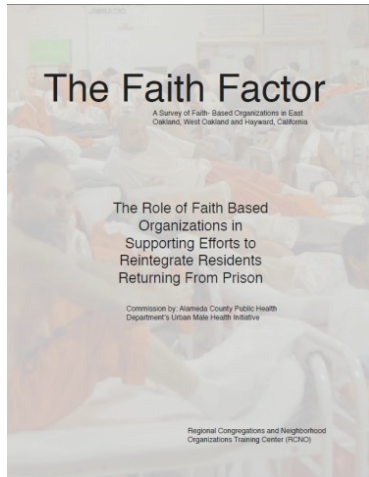
1. **I have the right TO BE SAFE AND INFORMED AT THE TIME OF MY PARENT’S ARREST.**
2. **I have the right TO BE HEARD WHEN DECISIONS ARE MADE ABOUT ME.**
3. **I have the right TO BE CONSIDERED WHEN DECISIONS ARE MADE ABOUT MY PARENTS.**
4. **I have the right TO BE WELL CARED FOR IN MY PARENT’S ABSENCE.**
5. **I have the right TO SPEAK WITH, SEE AND TOUCH MY PARENTS.**
6. **I have the right TO SUPPORT AS I FACE MY PARENT’S INCARCERATION.**
7. **I have the right NOT TO BE JUDGED, BLAMED OR LABELED BECAUSE MY PARENT IS INCARCERATED.**
8. **I have the right TO A LIFELONG RELATIONSHIP WITH MY PARENT.**

**ALAMEDA COUNTY  
CHILDREN OF  
INCARCERATED  
PARENTS**

[www.accipp.org](http://www.accipp.org)



“His Health tells us a troubling story, specifically that men die at an earlier age and have significantly higher rates of illness and death than women for almost all major health indicators.” — Alex Briscoe, Director, Alameda County Health Care Services Agency



### Faith Initiative

- Community Health
- Transitional Housing
- Public Policy Advocacy
- Social Justice Ministry
- Partnership Receptivity



Cultural Training Manual

You can get these reports from <http://www.acphd.org/urban-male-health/>

## Statement of Purpose

### “Men’s Health Raising the Awareness for Home, Family and Community”

The goal of this resource guide is to identify some of the critical male gendered focused resources, specifically identifying some of the programs and services for urban men/ boys and their family living in Alameda County.

It was designed for service providers, administrators and public officials both elected and non-elected. It is our intention to have developed a **referral tool** that would be useful for the “Communication, Coordination and Collaboration” of key county-wide services and programs that are critical for the development of a healthy community.

### How to use Directory

- Organizations may be under different topics.
- Ask provider for all services offered.
- Websites and phone numbers are provided.
- Listings are grouped by services provided, not alphabetical.

<b>A Safe Place</b> <i>Shelter, Counseling, Assistance with Housing &amp; Work</i> P.O. Box 23006, Oakland CA 94623	510-986-8600 Crisis 510-536-7233 <a href="http://www.asafeplacedvs.org">www.asafeplacedvs.org</a>
<b>Ruby's Place</b> <i>Emergency Shelter Program</i> 1180 B St, Hayward 94541	510-786-1246 1-888-339-7233-SAFE <a href="http://www.ruby'splace.org">www.ruby'splace.org</a>
<b>Family Emergency Shelter Coalition (FESCO)</b> 22691 3rd St, Hayward CA 94541	510-581-3223 <a href="http://www.fescofamilyshelter.org">www.fescofamilyshelter.org</a>
<b>Health Care for the Homeless</b> <i>Medical, Dental, Optometry, Shelter Referral</i> 1900 Fruitvale Ave, Oakland CA 94601	510-532-1930 <a href="http://www.acphd.org/hchp.aspx">www.acphd.org/hchp.aspx</a>
<b>Men of Valor Academy</b> <i>Housing, Employment Assistance, Counseling for Drug and Alcohol Abuse</i> 6118 International Blvd, Oakland CA 94621	510-567-1308 <a href="http://www.menofvaloracademy.org">www.menofvaloracademy.org</a>
<b>City Team Ministries Shelter</b> <i>Rescue Mission Back2life Program</i> 722 Washington St, Oakland CA 94607 <i>Men only—\$3 per night</i>	510-452-3758 <a href="http://www.cityteam.org">www.cityteam.org</a>
<b>Men's Hotline</b> <i>Mankind Program/Stop Violence Abuse</i> 1368 Lincoln Ave, San Rafael CA 94901	415-924-1070 415-457-6760 <a href="http://www.maws.org">www.maws.org</a>
<b>Operation Hope</b> <i>Financial Literacy for Youth</i> 3062 East 9th St, Oakland	510-535-6700 <a href="http://www.operationhope.org/oakland">www.operationhope.org/oakland</a>
<b>Stop Abuse for Everyone (SAFE)</b> <i>Shelter, Transitional Housing &amp; Legal Aid</i> 1900 Mowry Ave, Suite 204, Fremont CA 94538	510-574-2250 Crisis 510-794-6055 <a href="http://www.safe4all.org">www.safe4all.org</a> <a href="http://www.save-dv.org">www.save-dv.org</a>
<b>Shepherd's Gate</b> <i>Shelter &amp; Transitional Housing</i> 1660 Portola Ave, Livermore CA 94551	925-443-4283 <a href="http://www.shepherdsgate.org">www.shepherdsgate.org</a>
<b>Tri-Valley Haven</b> <i>Shelter, Counseling, Legal Aid, and Advocacy</i> 3663 Pacific Ave, Livermore CA 94550	1-800-884-8119 Shelter 925-449-2510 <a href="http://www.trivalleyhaven.org">www.trivalleyhaven.org</a>
<b>Berkeley Food and Housing Project</b> <i>Men's Shelter Housing Program</i> 1931 Center St, Berkeley CA 94704	510-649-4980 <a href="http://www.bfhp.org">www.bfhp.org</a>

**Initiative Description**

The mission of UMHI: To develop policy, change institutional practices and eliminate barriers to positive health outcomes for urban males in Alameda County.

The Urban Male Health initiative (UMHI) was launched in 2005 in recognition that males of color in Alameda county do not access adequate health care and face a multitude of challenges ranging from fatherless homes, lack of positive male role models, disparities in criminal justice system, occupational hazards to violence to societal pressure and lack of educational economic opportunity.

**Ways to get involved**

Urban Male Health Forum- a bi-monthly forum that brings together community members, policy makers, health care providers and various community-based organizations that serve makes to network, share ideas and learn about male health issue together.

Collaborate with our partner organizations-many of our partner organizations could benefit from different types of technical assistance. Contact us to find out how!

**Special Projects**

1. Prodigal Son Initiative
2. Juvenile Justice Reform
3. Center for Healthy Schools and Communities  
[www.healthyschoolsandcommunities.org](http://www.healthyschoolsandcommunities.org)
4. Children of Incarcerated Parents [www.sfcipp.org](http://www.sfcipp.org)
5. Parole Orientation Program Services (P.A.C.T.) 510-577-2407
6. U.S. Department of Health and Human Services-Substance Abuse and Mental Health Services Administration [www.samhsa.gov](http://www.samhsa.gov)
7. HIS Health Alameda County Public Health Department [www.acphd.org](http://www.acphd.org)
8. Public Health Department Accreditation/RBA  
[www.achcsa.org/public-health/accreditation-qi-rba.aspx](http://www.achcsa.org/public-health/accreditation-qi-rba.aspx)
9. Aspen Youth Initiative [www.aspeninstitute.org/](http://www.aspeninstitute.org/)
10. Men and Boys of Color Initiative [www.urbanstrategies.org/bmoc](http://www.urbanstrategies.org/bmoc)
11. Urban Strategies Council [www.urbanstrategies.org/](http://www.urbanstrategies.org/)
12. Faith Factor  
[www.acphd.org/media/286993/faith\\_survey\\_july\\_2008.pdf](http://www.acphd.org/media/286993/faith_survey_july_2008.pdf)
13. Violence Prevention Plan  
[https://www.acgov.org/board/district4/pdf/VPI\\_Work.pdf](https://www.acgov.org/board/district4/pdf/VPI_Work.pdf)
14. Alameda County Re-Entry Plan

<b>Alameda County Public Health Department (ACPHD)</b>	510-267-8000 <a href="http://www.acphd.org">www.acphd.org</a>	<b>Alameda County Adult Probation</b> 400 Broadway, Oakland CA 94604	510-268-7050
• <b>ACPHD Black Infant Health</b>	510-618-1967	<b>Alameda County Youth Probation</b>	510-667-4970
• <b>ACPHD Adolescence Teen pregnancy Prevention (TPP) Making Proud Choices</b>	510-618-1925	<b>Alameda County Public Defender</b> 1401 Lakeside Dr, Suite 400, Oakland CA 94612	510-272-6600
• <b>ACPHD Urban Male Health Initiative Admin</b>	510-208-5986	<b>Alameda County Bar Association</b>	510-302-2222
• <b>ACPHD Male Involvement Program</b>	510-268-2282	<b>Bay Area Legal Aid</b> 405 14th St, 11th Floor, Oakland	1-800-551-5554 510-663-4744
<b>Alameda County Probation Department</b>	510-268-7050	<b>Child Support Enforcement DCSS</b>	1-866-901-3212
<b>Apple of Discord Productions, LLC</b>	510-734-7776	<b>East Bay Community Law Center</b> 2921 Adeline, Berkeley CA 94703	510-548-4040 <a href="http://www.ebclc.org">www.ebclc.org</a>
<b>Bay Area Black United Fund</b> 1212 Broadway Oakland CA	510-763-7270	<b>Equal Rights Advocates</b>	1-800-839-4372 <a href="http://www.equalrights.org">www.equalrights.org</a>
<b>Be a Mentor 714 "B" St. Hayward CA 94541</b>	1-888-232-6368	<b>Family Violence Law Center</b>	510-208-0220 <a href="http://www.fvlc.org">www.fvlc.org</a>
<b>Casey Family Programs 491 9th St. Oakland</b>	510-444-4025	<b>Law Center for Families</b> 510 16th St, Suite 300, Oakland CA 94612	510-763-2169
<b>Charles P. Foster Foundation 1217 Washington SL</b>	510-569-4701	<b>Record Sealing for Juveniles</b>	510-618-1918
<b>City of Oakland (Joe DeVries)</b>	510-238-3083	<b>Alameda County Family Justice Center</b> <i>Child Protective Services</i> 470 27th St, Oakland CA 94612	510-267-8800 <a href="http://www.acfjc.org">www.acfjc.org</a>
<b>African American Male Achievements</b>	510-639-3230 <a href="http://www.ousd.k12.ca.us/ccpa">www.ousd.k12.ca.us/ccpa</a>	<b>Alameda Family Services (formerly Xanthos)</b> 2325 Clement Ave, Alameda CA 94501	510-629-6300 <a href="http://www.alamedafamilyserviced.org">www.alamedafamilyserviced.org</a>
<b>Centerforce</b>	510-834-3457 <a href="http://www.centerforce.org/program/centerforce-youth-court">www.centerforce.org/program/centerforce-youth-court</a>	<b>Peace Creations</b> <i>Serving Castro Valley</i>	925-833-9505
<b>Healthy Oakland Urban Male Health Center</b>	510-444-9655	<b>Second Chance</b> <i>Serving Fremont and Newark</i> 6330 Thornton Ave, Newark CA 94560	510-792-4357 <a href="http://www.secondchanceinc.com">www.secondchanceinc.com</a>
<b>Inter-Agency Children's Policy Council (ICPC)</b>	510-618-3457	<b>Dorn and Associates</b> <i>Serving Hayward</i> 1065 A St, Hayward CA 94541	510-889-6091
<b>La Clinica de La Raza</b>	510-535-4000 <a href="http://www.laclinica.org">www.laclinica.org</a>	<b>Communities United Against Violence</b> <i>Serving the LGBTQ community</i>	415-333-4357 <a href="http://www.cuav.org">www.cuav.org</a>
<b>Men's Center (Bay Area Rescue Mission)</b> 200 Macdonald Ave., Richmond CA94801	510-215-4868 <a href="http://www.bayarearescue.org">www.bayarearescue.org</a>	<b>Terra Firma</b> <i>Educational Services and Diversion</i>	510-675-9362
<b>Oakland Unified School District</b>	510-879-8200 <a href="http://www.ousd.kd12.ca.us/ccpa">www.ousd.kd12.ca.us/ccpa</a>		
<b>Marcus A. Foster Educational Institute</b> 8301 Edgewater Dr. Oakland CA 94621	510-777-1600 <a href="http://www.marcusfoster.org">www.marcusfoster.org</a>		
<b>The National T.R.U.S.T. for the Development of African American Men</b> Dr. Gary A. Mendez Jr.	<a href="http://www.keepthetrust.org">www.keepthetrust.org</a>		
<b>Young Scholars Program</b> P.O. Box 721, Hayward CA 94543	510-582-2620 <a href="http://www.youngscholarsprogram.org">www.youngscholarsprogram.org</a>		

<b>America Works</b> <i>Employment for Probationers in ALCO</i> 1212 Broadway, Oakland CA 94612	510-891-9100 <a href="http://www.americaworks.com">www.americaworks.com</a>
<b>Building Opportunities for Self Sufficiency( BOSS)</b> 1931 Center St, Berkeley CA 94704	510-649-1930
<b>California. Employment Development Department</b> <i>Unemployment Benefits</i>	1-800-300-5616
<b>California Conservation Corps</b> <i>Youth Job Training</i> <i>For those 18-23 years old</i> 1719 24th St, Sacramento CA 95816	1-800-952-5627  Headquarters 916-341-4430 <a href="http://www.ccc.ca.gov">www.ccc.ca.gov</a>
<b>Chabot College</b> 25555 Hesperian Blvd, Hayward CA 94541	510-723-6600 <a href="http://www.chabotcollege.edu">www.chabotcollege.edu</a>
<b>Cypress Mandela Training Program</b> <i>Pre-Apprenticeship Training , Environmental Job Training, GED Diploma</i> 2229 Poplar St, Oakland CA 94607	510-208-7355 <a href="http://www.cypressmandela.org">www.cypressmandela.org</a>
<b>Citicorp's (Formerly East Bay Conservation Corps)</b> 101 Myrtle St, Oakland CA 94607	510-992-7800 <a href="http://www.cvcorps.org">www.cvcorps.org</a>
<b>East Bay Works—One Stop Career Center</b> 1212 Broadway, Suite 100, Oakland CA 94601	510-622-4333
<b>Eden Area One-Stop Career Center</b> 24100 Amador St, Hayward CA 94544	510-670-5700
<b>Immigration Services</b> 444 Washington St, S.F. CA 94111	1-800-375-5283 <a href="http://www.uscis.gov">www.uscis.gov</a>
<b>Institute for the Advanced Study of Black Family Life and Culture</b> <i>Enhancing the Fabric of Family and Alcohol and Drug Prevention (HAWK)</i> 1012 Linden St, Oakland CA 94607	510-836-3245 <a href="http://www.iasbflc.org">www.iasbflc.org</a>
<b>Laney College</b> 900 Fallon Ave, Oakland CA 94607	510-834-5740 <a href="http://www.laney.edu.org">www.laney.edu.org</a>
<b>Oakland Private Industry Council</b>	510-768-4437
<b>Oakland Private Industry Council Career Center</b> 1212 Broadway, Suite 300 Oakland CA 94612	510-768-4446 <a href="http://www.oaklandpic.org">www.oaklandpic.org</a>
<b>Samuel Merritt University</b> 3100 Telegraph Ave, Oakland CA 94609	510-869-6511
<b>Spanish Speaking Unity Council</b> <i>Job Search , Resume Writing, Computer Classes</i> 1900 Fruitvale Ave, Oakland CA 94601	510-535-6101 <a href="http://www.unitycouncil.org">www.unitycouncil.org</a>

*When spider webs unite, you can tie up a lion. Ethiopian Proverb*

**We thank partners for being champions and supportive of our programs and all those in the struggle for equity and public systems transformation.**

- Alameda Co. Probation | 510-268-7050 | [www.acgov.org/probation/](http://www.acgov.org/probation/)
- Alameda Co. Health Care Services | 510-618-3452 | [www.acgov.org/health/](http://www.acgov.org/health/)
- Alameda Co. Child Support Services | 1-866-901-3212 | [www.acgov.org/css/](http://www.acgov.org/css/)
- Alameda Co. Social Services | 1-888-999-4772 | [www.alamedasocialservices.org/public/](http://www.alamedasocialservices.org/public/)
- Alameda Co. Hispanic Chamber of Commerce | 510-545-3537 | [www.hccac.net](http://www.hccac.net)
- All of Us or None | 415-255-7036 | [www.allofusornone.org](http://www.allofusornone.org)
- Bay Area Council of Elders | <http://www.brotherhoodofelders.com/>
- Alameda Co. Board of Supervisors | 510-272-6691 | [www.acgov.org/board/](http://www.acgov.org/board/)
- Apple of Discord Productions | 510-734-7776 | [www.appleofdiscordproductions.com](http://www.appleofdiscordproductions.com)
- Bay Area Black United Fund | 510-763-7270 | [www.babuf.org](http://www.babuf.org)
- California Endowment | 510-271-4300- | [www.calendow.org](http://www.calendow.org)
- Challenge Day | [www.challengeday.org](http://www.challengeday.org)
- Healthy Communities, Healthy Oakland | [www.alameda.networkofcare.org/aging/resource/agencydetail.cfm](http://www.alameda.networkofcare.org/aging/resource/agencydetail.cfm)
- Institute for the Advanced Studies of Black Family Life & Culture | [www.iasbflc.org](http://www.iasbflc.org)
- Bay Area Black Nurses Association | 510-287-5622 | [www.babna.org](http://www.babna.org)
- The Mentoring Center | 510-891-0427 | [mentor.org](http://mentor.org)
- Be a Mentor | 1-888-232-6368 | [www.beamentor.org](http://www.beamentor.org)
- Bay Area Women's Cancer Center | 1-888-421-7900 | [www.cancercenter.com/](http://www.cancercenter.com/)
- UCSF Cancer Center Helen Diller Family | 1-888-689-8273 | [www.cancer.ucsf.edu/](http://www.cancer.ucsf.edu/)
- UC Berkeley School of Public Health | 510-643-8451 | [sph.berke.edu/](http://sph.berke.edu/)
- La Clinica de la Raza | 510-535-4130 | [www.laclinica.org/](http://www.laclinica.org/)
- Urban Strategies Council | 510-893-1379 | [www.urbanstrategies.org/](http://www.urbanstrategies.org/)
- Overcomers with Hope Studios | [bishopjewatkins@msn.com](mailto:bishopjewatkins@msn.com) | <http://overcomerswithhope.yolasite.com>
- Street Level Health Project | 510-533-9906 | <http://streetlevelhealth.org/>

**Communication  
Collaboration  
Coordination**

The Alameda County Urban Male Health Initiative is charged with reducing the premature mortality of men and boys in Alameda County by focusing on the following goals.

- Developing strategies, policy recommendations, and programs that are designed to increase healthcare access and advance a continuum of care for underserved men and boys.
- Improving health outcomes for men in specific disease areas, including but not limited to prostate and testicular cancers, cardiovascular diseases such as high blood pressure, stroke, and heart attacks, depression, suicide, and diabetes.
- Studying local health concerns unique to men or which predominately affect men, and make appropriate recommendations.

The Urban Male Health Forum are ongoing meetings scheduled to bring together community members, policy makers, healthcare providers, and various community-based organizations that serve males to network, share ideas, and learn about male health issues together. The UMHI forum learning objectives are to:

- Communicate with one another and find out what other male-focused programs are doing.
- Collaborate, share resources, network and create a forum for potential partnerships to emerge.
- Showcase male service providers.
- Share strategies, best practices, and new approaches to serving males.
- Assist the UMHI with the development of policies and best practices.



**Contact Information**

**Michael Shaw, Director, Office of Urban Male Health**  
 Email: [Michael.Shaw@acgov.org](mailto:Michael.Shaw@acgov.org)  
[www.acphd.org/urban-male-health/](http://www.acphd.org/urban-male-health/)  
 Phone: 510-208-5986

**Bananas, Inc** 510-658-7353  
*Child Care Resource Network*

**Black Infant Health Role of Men Program** 510-618-1967

**DNA Diagnostic Center** 1-800-362-2368

**50+ Medical Alert System** 1-800-875-7574

**Genetic Testing Laboratories** 1-866-833-6895

**Improving Pregnancy Outcomes Program** 510-618-2080  
*Daddy Boot Camp and Support Services*

**Parental Support Line** 1-800-829-3777  
*Trauma Group 11 weeks*  
 Hot Line  
 510-893-5444  
[www.familypaths.org](http://www.familypaths.org)

**Project Reconnect for Family of At-Risk Youth** 510-482-1738  
 3350 MacArthur Blvd, Oakland

**Men Creating Peace** 510-730-0184  
 360 Grand Ave, Suite 76, Oakland  
[www.mencreatingpeace.org](http://www.mencreatingpeace.org)

**Men’s Support Group** 510-258-6450  
 405 14th St, Suite 204, Oakland

**Apple of Discord (Tamara Perkins)** [www.appleofdiscordproductions.com](http://www.appleofdiscordproductions.com)

**Child Support Liberation** [childsupportliberation.com](http://childsupportliberation.com)

**Fathers Rights** [themenscenter.com](http://themenscenter.com)

**Paternity Laws** [www.hg.org/paternity-law.html](http://www.hg.org/paternity-law.html)

**Promoting Responsible Fatherhood** [fatherhood.hhs.gov](http://fatherhood.hhs.gov)  
*Federal Resources*

**R.E.A.L. Choices** 510-685-4325  
*Youth Intervention Education*  
*(C4E) Reaching Expanding Adolescent Lines*  
*Merritt College*  
[vernell@realchoices.us](mailto:vernell@realchoices.us)

12500 Campus Dr, Suite P112, Oakland CA 94619

**Citizens for Education, James Joshua ,President** 510-927-1040  
 Merritt College Suite P-112  
*Merritt College*  
 12500 Campus Dr, Suite P112, Oakland CA 94619

**First 5 Alameda County– Father Corps Program** <http://www.first5alameda.org/alameda-county-fathers-corps>  
 Kevin Bremond, Coordinator  
[kevin.bremond@first5alameda.org](mailto:kevin.bremond@first5alameda.org)



# FATHER-FRIENDLY PRINCIPLES

For Agencies & Organizations Serving Families

## INCLUDE NEEDS OF FATHERS

Fathers, and the needs of fathers, are included in the structure and delivery model of all family services in agencies and organizations.

## PROVIDE FATHER-FRIENDLY SERVICES

Agencies and organizations are open, supportive, helpful and inclusive towards the needs of fathers and further the goal of increasing fathers' involvement in their children's lives.

## PORTRAY POSITIVE FATHER IMAGES

Materials, illustrations, posters, brochures and other collateral include positive, diverse images of fathers. Facilities provide father-friendly environments consistent with the needs of men and fathers.

## CREATE POSITIONS THAT SERVE FATHERS

Agencies and organizations create positions that serve fathers and actively recruit men to fill those positions in order to better address the needs of fathers.

## TRAIN STAFF ON FATHERHOOD ISSUES

Agencies and organizations working with families strive to provide training for all staff on working with men and on fatherhood issues.

## EXPECT FATHER PARTICIPATION

Agencies and organizations develop program policies with a clear expectation that fathers should and will participate.

## DESIGN PROGRAMS FOR FATHERS

Agencies and organizations make every effort to create the image that programs are designed for fathers as well as for mothers and children.

For more information go to [www.First5Alameda.org/Fathers-Corps](http://www.First5Alameda.org/Fathers-Corps)

1. Submit a "Records Sealing Application" and an "Affidavit and Petition for the Sealing of Records" to Alameda County Probation Department (fees may apply).
2. It generally takes five months to be screened and to set a court date for your hearing. You will have to appear in court only if the sealing of your record is opposed.
3. At the hearing the court will review your petition and your probation officer will report their recommendation.

Figure 22: Percentage Males Who Live in an Area with a High Violent Crime Rate, Alameda County

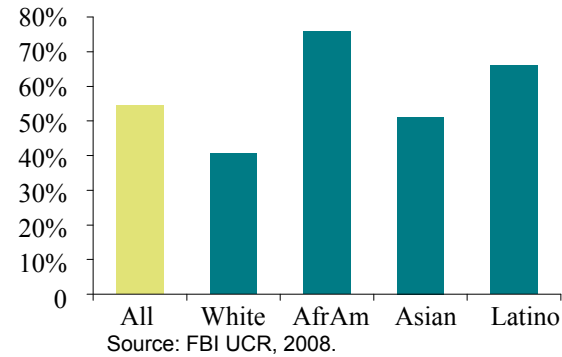
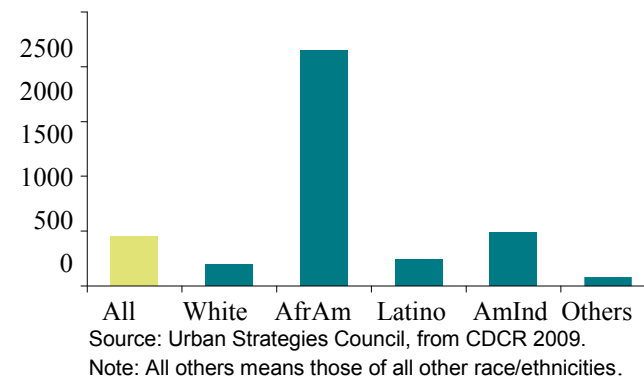


Figure 25: Male Parole Rate, Alameda County





### Know Your Rights

- **Right to remain silent.** Anything said can be used as evidence. This right applies to the police, probation officer, and the immigration and Naturalization Services (ICE).
- **Right to a lawyer prior to police questioning and during the court process.** The court will appoint a lawyer to represent the youth if the Juvenile cannot afford one.
- **Right to have a translator available.**
- **Right to have a free copy of the charges against the youth.**
- **Right to a trial to face and cross-examine witnesses.**

### If You Are Arrested

- **Don't say anything to the police, except to identify yourself.**
- **Ask to talk to a lawyer.**
- **Stay calm and be polite. Keep your hands where the police can see them.**
- **Do not run away, resist, or event touch a police officer.**

### If Your Child Is Arrested

- **Get a private attorney or a public defender.**
- **Communicate with your child about the incident.**
- **Gather letters of support for your child (from teachers, clergy members, community leaders, etc.).**
- **Communicate with your child's probation officer and provide the letters of support.**
- **If you are not comfortable speaking English, ask for a translator.**
- **See what programs in the community can help you and your child. These can be after-school programs, drug or alcohol programs, mental or emotional health programs, or family counseling.**
- **If your child goes to trial, always show up to court.**
- **If you are not comfortable speaking English, ask for a translator.**
- **Make sure your child is well dressed.**
- **Show the court you support your child.**
- **Show the court you are willing to help your child. This can be shown by programs you will participate in.**
- **Ask questions of the probation officer, your attorney, or community agency if you don't understand.**

**Alameda County Community Food Bank**  
7900 Edgewater Dr, Oakland CA 94621

1-800-870-3663  
510-635-3663  
[www.accfb.org](http://www.accfb.org)

**Alameda County Social Services Agency**  
*General Assistance, Cal Win Family, Cal Fresh*  
2000 San Pablo Ave, Oakland

510-891-0700  
[www.acgov.org](http://www.acgov.org)

**Brother-To-Brother**  
*Men's Family Health Concerns*  
1014 62nd St, Oakland CA 94608

510-654-7684  
[www.brotherTobrother.org](http://www.brotherTobrother.org)

**Catholic Charities of the East Bay**  
*Emergency Housing*  
433 Jefferson St, Oakland 94607

510-768-3100  
[www.cceb.org](http://www.cceb.org)

**Davis Street Family Resource Center**  
*Emergency Food Clothing, Counseling ,Medical Clinic, Subsidize Childcare*  
3081 Teagarden St, San Leandro 94577

510-347-4620  
[www.davisstreet.org](http://www.davisstreet.org)

**Eden I & R Incorporated**  
*County-wide Information and Referral Agency for all Services*

510-537-2552  
[www.edenir.org](http://www.edenir.org)

**Healthy Oakland Family Resource Center**  
2580 San Pablo Ave, Oakland

*clinic*  
510-444-9155

**Ruby's Place Outreach**  
*Basic Human Necessities, Therapy*  
1180 "B" St, Hayward CA 94541

510-786-1246  
[www.rubysplace.org](http://www.rubysplace.org)

**Mary Ann Wright Foundation (Mother Wright)**  
*Food Support*  
1112 26th St, Oakland, CA 94607

510-601-8119

**PG&E Care Program**  
*20% Discount for Low Income*

1-800-743-2273

**Salvation Army and PG&E Reach Program**  
*Financial Assistance to Pay Gas Bill*  
P.O. Box 193465, S.F. CA 94119

1-800-933-9677  
[www.alamedasalary.org](http://www.alamedasalary.org)

**Salvation Army**  
*General Services/Homeless Services ,Food ,Utility Support, Youth Program , Education and Training*  
130 Doolittle Dr, Suite 12, San Leandro CA 94577

510-383-9300  
[van.nguyen@usw.salvationarmy.org](mailto:van.nguyen@usw.salvationarmy.org)

**Spanish Speaking Unity Council**  
1900 Fruitvale, Suite 2A, Oakland CA 94601

510-535-6900  
[www.unitycouncil.org](http://www.unitycouncil.org)

**AT&T Universal Lifeline Telephone Services**

1-800-310-2355

**Community-N-Concert**

510-258-6450

**California Youth Crisis Line**  
*24-Hour Confidential Counseling for Those 12 to 24*

1-800-843-5200

**Crisis Support Services of Alameda County**  
*24-Hour Crisis Line Offers Suicide Prevention Support*

1-800-309-2131

**East Bay Community Law Center**  
Free Legal Services for Eligible East Bay Clients

510-548-4040  
[www.ebclc.org](http://www.ebclc.org)

**Family Support Services of the Bay Area**  
Short-Term Child Care, Parenting Programs, Mentoring for Children 4-14 Whose Parents Are Incarcerated

510-834-2443  
[www.fssba-oak.org](http://www.fssba-oak.org)

**National Runaway Switchboard**  
Info on How to Help Prevent Runaways

1-800-786-2929  
[www.1800runaway.org/](http://www.1800runaway.org/)

**Family Paths**  
24-Hour Family Hotline Offering Counseling  
1727 Martin Luther King Jr. Way, Oakland CA 94612

Hotline  
510-893-9230

**Youth Uprising**  
8711 MacArthur Blvd, Oakland CA 94605

510-777-9909  
[www.youthuprising.org](http://www.youthuprising.org)

**Alameda County ILSP**  
675 Hegenberger Rd, Oakland CA 94621

510-667-7696  
[www.alamedacountyilsp.org](http://www.alamedacountyilsp.org)

**Bay Area Women Against Rape (BAWAR)**  
470 27th St, Oakland CA 94612

510-845-7273  
[www.bawar.org](http://www.bawar.org)

**California Coalition for Youth**  
P.O.Box 161448, Sacramento CA 95816

916-514-4464  
[www.cal youth.org](http://www.cal youth.org)

**California Youth Connection (CYC)**  
604 Mission St, S.F. CA 94105

415-442-5060  
[www.cal youthconn.org](http://www.cal youthconn.org)

**California's HIV/STD Referral Database**

[www.cdcnpin.org/ca/](http://www.cdcnpin.org/ca/)

**California Foster Youth**  
Helps Foster Children Know Their Rights

1-877-846-1602  
[www.fosteryouthhelp.ca.gov](http://www.fosteryouthhelp.ca.gov)

**Eastmont Self-Sufficiency Center**  
6955 Foothill Blvd, Suite 100, Oakland CA 94605

510-383-5300  
[www.alamedasocialservices.org](http://www.alamedasocialservices.org)

**Fred Finch Youth Center—Transitions**  
Permanent Housing, Case Management  
3800 Coolidge Ave, Oakland CA 94602

510-482-2244  
[www.fredfinch.org](http://www.fredfinch.org)

**Living By Sacred Colors**  
522 Grand Ave, Oakland

510.-208-1870  
[www.aicrc.org](http://www.aicrc.org)

**STARS Community Services**  
545 Estudillo Ave, San Leandro CA 94577

510-352-9200  
[www.starsinc.com](http://www.starsinc.com)

**The Mentoring Center**  
Group Youth Mentoring and Technical Training  
672 13th St, Suite 206, Oakland CA 94612

510-891-0427  
[www.mentor.org](http://www.mentor.org)

**Thunder Road Adolescent Treatment Centers**  
390 40th St, Oakland CA 94609

510-653-5040  
[www.altabatessummit.org/thunderroad/](http://www.altabatessummit.org/thunderroad/)

**Westcoast Children Clinic**  
3301 E 12th St, Suite 259, Oakland

510-269-9030  
[www.westcoastcc.org](http://www.westcoastcc.org)

Due to multiple factors, including poor health education and a paucity of male-specific health programs, men's health and well-being are steadily deteriorating. This deterioration is best illustrated by the life-expectancy gap. In 1920, the life expectancy difference between men and women was one year. Yet, by 2009, that gap has increased to seven years with men having a higher death rate for *each* of the top ten leading causes of death.

### Statistical Overview

In the United States, an estimated half (50%) of men's deaths each year could be prevented through changes in personal health practices. Yet, men and boys are more likely than women and girls to adopt unhealthy beliefs and engage in risk-taking behavior, and less likely to adopt health-promoting behaviors. The average life expectancy of African American males is 65.2 years (U.S. Congress, 1991:20) -not long enough to collect Social Security or Medicare.

Male deaths outnumber females in 14 of the top 15 causes of death. All of the top 15 causes are in the domain of primary care—one of the most serious health problems in America today.

- As teenagers, boys die at twice the rate of girls.
- Men have a higher death rate from pneumonia and influenza than women.
- American men are twice as likely to die from parasite-related diseases.
- Men 55 to 74 years are twice as likely as women to die of heart disease.
- Men suffer hearing loss at twice the rate of women.
- Men account for 84 percent of suicides among people 65 and older.

“Men are at serious risk in a crisis that has been brewing for decades. They get sicker faster than women. They die younger. They vastly outnumber women as victims of violence and on-the-job accidents. They are reluctant to see a doctor, and when they finally try to, they face barriers to care.”  
*Henrie Treadwell, PH. D., W.K. Kellogg Foundation*

### A Checklist

- Prepare to be a father
- Attend prenatal appointments and classes with mom-to-be
- Encourage her to eat healthy
- Talk with her and the health care provider about the pregnancy, what to expect and ways to help
- Help with housework so she can relax
- Talk about your concerns about being a father
- Get support from friends and family

“As a father, I want to be there every step of the way. Because that’s what being a father is really all about.” *Rodney Peete*



**Scotlan Youth and Family Center**  
*Family and Youth Development Programs*  
 1145 10th St, Oakland CA 94607

510-832-2088  
[www.scotlandcenter.org](http://www.scotlandcenter.org)

**Be a Mentor**  
 4588 Peralta Blvd, Fremont

510-795-6488  
[www.mentoring.org](http://www.mentoring.org)

**Berkeley Youth Alternatives**  
*Probation, Foster Care, Age 15-21 Employment Services, GED, Ages 6-14 Summer Jam*  
 1255 Allston Way, Berkeley CA 94704

510-845-9010  
[www.byaonline.org](http://www.byaonline.org)

**Boys & Girls Clubs of Oakland**  
 3300 High St, Oakland CA 94619

510-444-8211  
 Recreation Center  
 510-535-9461

**Brothers On The Rise**  
*Young Men Leadership Career Training*  
 1470 Fruitvale Ave, Oakland CA 94601

510-599-3582  
[www.brothersontherise.org](http://www.brothersontherise.org)

**California Youth Crisis Line**  
*Shelter Referrals, Therapy Counseling*

1-800-843-5200  
[www.calyouth.org](http://www.calyouth.org)

**Center for Family Counseling**  
 9925 International Blvd, Suite 6, Oakland CA 94603

510-562-3731  
[www.cffc.biz/](http://www.cffc.biz/)

**City of Fremont Youth and Family Services**  
 39155 Liberty St, Fremont CA 94538

510-574-2100  
[www.fremont.gov/index.asp?nid=246](http://www.fremont.gov/index.asp?nid=246)

**Destiny Arts Center**  
*Performing Arts Youth Dance, Martial Arts, Violence Prevention*  
 970 Grace Ave, Oakland CA 94608

510-597-1619  
[www.destinyarts.org](http://www.destinyarts.org)

**East Bay Asia Youth Center (EBAYC)**  
 2025 E 12th St, Oakland CA 94606

510-533-1092  
[www.ebayc.org](http://www.ebayc.org)

**Lend A Hand Foundation**  
 8105 Capwell Dr, Oakland CA 94621

510-553-1262  
[www.lendahandfoundation.org](http://www.lendahandfoundation.org)

**The Mentoring Center**  
*Mentoring Training to Start a Mentor Group*  
 672 13th St, Suite 200, Oakland CA

510-891-0427

**Oakland Unified School District**  
*Academic Tutoring & Educational Advocacy*

510-879-8200  
[www.ousd.k12.ca.us/](http://www.ousd.k12.ca.us/)

**Project Re-Connect**  
*Family Connection-Parenting Classes*  
 6939 McArthur Blvd, Oakland CA

510-482-1738  
[www.projectreconnect.net](http://www.projectreconnect.net)

<b>Alameda County Office of Education</b> <i>Foster Youth Services</i> 313 W Winton Ave, Hayward	510-670-7750 <a href="http://www.acoe.org">www.acoe.org</a>
<b>Affordable Housing Associates</b> 1521 University Ave, Berkeley CA 94703	510-647-0700 <a href="http://www.sahahomes.org">www.sahahomes.org</a>
<b>Beyond Emancipation</b> <i>Transition Housing, Education, Employment</i> 675 Hegenberger Rd, Suite 100, Oakland 94621	510-667-7694 <a href="http://www.beyondemancipation.org">www.beyondemancipation.org</a>
<b>Spectrum Community Services (HEAP)</b> 1435 Grove Way, Hayward CA 94546	510-881-0300 <a href="http://www.spectrumcs.org">www.spectrumcs.org</a>
<b>Brighter Beginnings</b> <i>Fatherhood Programs Strengthen Family Support</i> 2648 International Blvd, Oakland CA 94601	510-437-8950 <a href="http://www.brighter-beginnings.org">www.brighter-beginnings.org</a>
<b>Child Care Coordinating Council (4 C's)</b> 22351 City Center Dr, Suite 200, Hayward	510-582-2182 <a href="http://www.4c-alameda.org">www.4c-alameda.org</a>
<b>Community Alliance for Special Education</b> 1550 Bryant St, Suite 735, S.F. CA 94103	415-431-2285 <a href="http://www.caseadvocacy.org">www.caseadvocacy.org</a>
<b>Creative Kids Infant Toddler and Preschool Ctn.</b> 2330 West St, Berkeley	510-888-9122 <a href="mailto:creativekids07@yahoo.com">creativekids07@yahoo.com</a>
<b>Disability Rights Education &amp; Defense Fund</b> 3075 Adeline St, Suite 210, Berkeley 94703	510-644-2555 <a href="http://www.dredf.org">www.dredf.org</a>
<b>DreamCatcher Youth Services</b> <i>Homeless Youth Services for Those 13 to 18</i> 422 Jefferson St, Oakland CA 94607	1-800-379-1114 510-522-8363 <a href="http://www.dreamcatchershelter.com">www.dreamcatchershelter.com</a>
<b>2-1-1 Alameda County</b> <i>Free Information About Health, Housing, and Social Service Resources</i>	211
<b>Early Head Start (0-3)</b> 150 Frank H. Ogawa Plaza, Oakland CA 94612 Oakland, Hayward, Berkeley, and South County	510-238-3165 main 510-848-9092-BK 510-796-9512-SC <a href="http://www.oaklandheadstart.org">www.oaklandheadstart.org</a>
<b>The Children's Bread</b> 524 El Pasco Dr, Oakland	510-978-9681 <a href="mailto:www.drpen1@msn.com">www.drpen1@msn.com</a>
<b>Saving Adolescents Future Education (S.A.F.E.)</b> 237 Haas Ave, Suite 430, San Leandro	510-757-4240 <a href="http://www.savingadolescents.org">www.savingadolescents.org</a>
<b>Center for Healthy Schools and Communities</b> 1000 San Leandro Blvd, Suite 300 S.L. CA 94577	510-667-7991 <a href="http://www.healthyschoolsandcommunities.org">www.healthyschoolsandcommunities.org</a>
<b>YMCA of the East Bay</b> 2330 Broadway, Oakland CA 94912	510-451-8039 <a href="http://www.ymcaeastbay.org">www.ymcaeastbay.org</a>

<b>Alameda Alliance for Health</b>	1-877-371-2222
<b>Blue Cross Insurance</b>	510-986-2400
<b>Healthy Families Kaiser Permanente</b>	1-800-255-5053
<b>Men's Health Information</b>	<a href="http://www.menshealth.com">www.menshealth.com</a>
<b>Men's Health Network</b>	<a href="http://www.menshealthnetwork.org">www.menshealthnetwork.org</a>
<b>WebMD Health Information</b>	<a href="http://www.WebMD.com">www.WebMD.com</a>

**AlamedaKids. Org** is For families with children ages birth to 5 years. You can find information on child development . Check out the Resource Directory to search over 200 early childhood and parenting resources located in Alameda County. [www.AlamedaKids.org](http://www.AlamedaKids.org)

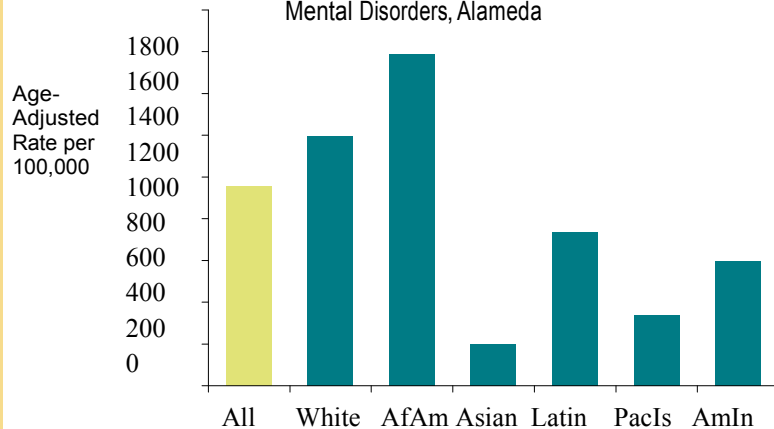
**Help Me Grow** is a FREE and confidential support and resources for children's development, learning and behavior. 1-888-510-1211

**There are lots of things to do that don't cost much of anything... except quality time with a parent.**

- Farmers' Market
- Make cookies
- Home made arts and crafts
- Park visitation
- Board games
- Chores
- Painting
- Airport watching
- Watch a construction site
- Camp
- Wood crafts
- Local public libraries: free books, audio books, dvd's, cd's, book sale, internet access, computer access, free magazines, book clubs, exhibitions, free bookmarks, coupons, free classes, children's entertainment, and literacy classes.

<b>Access</b> <i>Counseling Services (24 hour access)</i>	1-800-491-9099
<b>Alameda Family Services</b> <i>Behavioral Health Care Service Access Program</i>	1-800-491-9099
<b>Allen Temple Men’s Program</b>	510-567-1490
<b>Attitudinal Healing Connection</b>	510-652-5530
<b>Center for Family Counseling</b>	510-562-3731
<b>City of Berkeley Mental Health</b>	510-981-5290
<b>Crisis Support Services of Alameda County</b> <i>24-hour line</i>	1-800-309-2131
<b>East Oakland Recovery Center</b>	510-568-2432
<b>Family Paths</b> <i>English and Spanish</i>	1-800-829-3777
<b>Family Paths</b> <i>Parental stress</i>	Local 510-893-5444
<b>Highland Hospital Anger Management</b> <i>Domestic Violence</i>	510-437-4688
<b>Narcotics Anonymous</b>	510-444-4673
<b>Mental Health Associate Program-non-profit</b> <i>Benefits for mentally ill</i> 954 60th St, #10, Oakland CA 94608	510-835-5010 510-835-5532

Figure 21: Male Emergency Department Visit Rate for Mental Disorders, Alameda



Source: OSHPD, 2006-2008.

<b>Alameda Family Services</b> 2325 Clement Ave, Alameda	510-629-6300
<b>Asian Health Clinic</b> 818 Webster St, Oakland CA 94607	510-986-6800 <a href="http://www.asianhealthservices.org/">www.asianhealthservices.org/</a>
<b>Axis Community Health Clinic and Mental Health</b> 6666 Owens Dr, Pleasanton CA 94588	925-462-1755 <a href="http://www.axishealth.org">www.axishealth.org</a>
<b>Healthy Oakland Clinic &amp; Resource Center</b> 580 San Pablo Ave, Oakland	510-444-9655
<b>La Clinica de la Raza</b> 1537 Fruitvale Ave, Oakland CA	510-535-4130 <a href="http://www.laclinica.org">www.laclinica.org</a>
<b>Lifelong Medical Health Center</b> 616 16th St, Oakland CA94612	510-451-1273
<b>Native American Health Center Clinic</b> 3124 International Blvd, 2nd Floor, Oakland	510-437-9024 <a href="http://www.nativehealth.org">www.nativehealth.org</a>
<b>East Oakland Health Center</b> 7450 International Blvd, Oakland,	510-430-9401 <a href="http://www.wohc.org">www.wohc.org</a>
<b>Second Chance Incorporated</b> <i>Recovery Services</i> 6330 Thornton Ave, Newark CA	510-792-4357 510-481-8645
<b>The Suitcase Clinic</b> <i>Drop-in Tuesday 6-9 pm</i> 2407 Danish Street, Berkeley	510-269-7242 <a href="http://www.suitcaseclinic.org/youth">www.suitcaseclinic.org/youth</a>
<b>Tiburcio Vasquez Health Center Clinic</b> Medical and Dental Services 33255 9th St, Union City	510-471-5880
<b>West Oakland Health Council</b> Health Services 700 Adeline St, Oakland CA 94607	510-835-9610
<b>Winton Wellness Center</b> ALCO medical Center 24100 Amador St, 2nd Floor, Hayward	510-266-1700
<b>Bay Area Black Nurses Association</b> <i>Organization of registered nurses, licensed vocational nurses and nursing students who provide outreach and health screenings.</i> 3317 Elm Street, Suite 103 Oakland, CA 94609	510-287-5622 <a href="http://www.babna.org">www.babna.org</a>

<b>AIDS Project of the East Bay</b> <i>Walk-in testing clinic</i> 1320 Webster St, Oakland CA 94612	510-663-7979 <a href="http://www.apeb.org">www.apeb.org</a>
<b>Eastbay agency for children</b> 3100 Summit St, 2nd floor, Oakland CA 94609	510-869-8485 <a href="http://www.ebac.org">www.ebac.org</a>
<b>Alameda County Office of AIDS Administration</b> 1000 Broadway, Suite 310, Oakland CA 94607	510-268-7630
<b>Alameda County Tattoo Removal</b> (Project New Start) <i>Educational attainment life style change program</i>	510-208-5926 <a href="http://www.acgov.org">www.acgov.org</a>
<b>Bay Area Urology Medical Group</b> <i>Prostate, kidney, bladder, and testicular exams</i>	650-348-7770
<b>Cal Pep</b> <i>HIV and AIDS education and testing</i> 2811 Adeline St. Oakland CA 94608	510-874-7850 <a href="http://www.calpep.org">www.calpep.org</a>
<b>Highland Hospital Outpatient Clinic</b> <ul style="list-style-type: none"> <li><i>Prostate Urology Clinic 437-4800 -dial -00</i></li> <li><i>Emergency 437-4800-dial -00</i></li> </ul> 1411 E 31 St, Oakland CA 94602	510-437-4800 <a href="http://www.highlandahs.org">www.highlandahs.org</a>
<b>IMPACT</b> <i>Prostate cancer counseling and treatment</i>	1-800-409-8252 <a href="http://www.california-impact.org">www.california-impact.org</a>
<b>Native American Health Center</b> <i>Medical, Dental, Prenatal</i> 3124 International Blvd, Oakland CA 94601	510-535-4400 <a href="http://www.nativehealth.org">www.nativehealth.org</a>
<b>Over 60 Health Center (lifelong medical care)</b>	510-601-6060
<b>Street Level Health Project</b> 2501 International Blvd, Oakland CA 94601	510-533-9906 <a href="http://www.streetlevelhealth.org">www.streetlevelhealth.org</a>
<b>Volunteers of America Bay Area</b> 672 Thirteenth St, Suite 100 Oakland CA 94612	510-663-4546

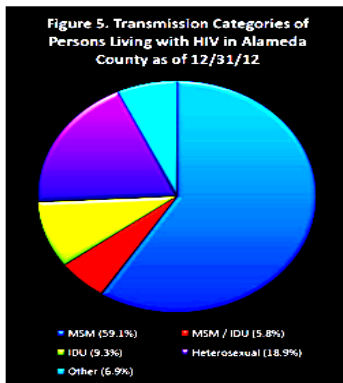
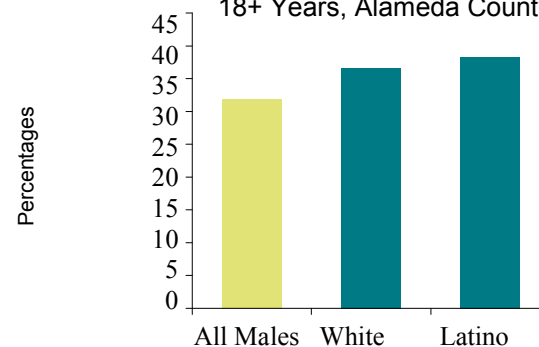


Figure courtesy of Alameda County Comprehensive HIV Plan 2014.

<b>Alameda Health System</b> <i>Case management parent w child under 18</i> 1411 E 31st St, Oakland CA 94602	510-437-5192 <a href="http://www.alamedahealthsystem.org">www.alamedahealthsystem.org</a>
<b>Casa de la Vida of Berkeley Place Incorporated</b> 421 Fairmount Ave, Oakland CA 94611	510-839-3769
<b>Chrysalis</b> <i>Horizon Services</i> 3837 Telegraph Ave, Oakland CA 94609	510-450-1190 <a href="http://www.horizonservices.org">www.horizonservices.org</a>
<b>CURA—North Oakland</b> <i>Sober living environment service for parolee</i> 531 24th St, Oakland CA 94612	510-839-2525
<b>East Bay Community Recovery Project</b> 2577 San Pablo Ave, Oakland CA 94607	510-446-7180
<b>La Cheim Behavioral Health Services</b> <i>Mental health, services, Prenatal hospitalization</i> 3031 Telegraph Ave, Oakland CA 94609	510-596-8125
<b>Orchid Women’s Recovery Center</b> 1342 E 27th St, Oakland CA 94606	510-535-0611 <a href="http://www.orchidrecoverycenter.com">www.orchidrecoverycenter.com</a>
<b>Peers Envisioning and Engaging in Recovery</b> 333 Hegenberger Rd, Suite 250 2nd floor Oakland CA 94621	510-832-7337 <a href="http://www.peersnet.org">www.peersnet.org</a>
<b>Thunder Road</b> <i>Adolescence behavior issues addictions</i> Dee Gagnon, Office Mgr. 390 40th St, Oakland CA 94609	510-653-5040 x341
<b>West Oakland Health Council</b> <i>Residential for men</i> 700 Adeline St, Oakland CA 94607	510-835-9610

Figure 19: Percentage Binge Drinking, Males 18+ Years, Alameda County



Source: California Health Interview Survey, 2007.