

OTTP-SF

THE OTTP-SF QUARTERLY NEWSLETTER

IN THIS ISSUE

- **NEW OFFICES IN OAKLAND AND SAN FRANCISCO**



- **SAVE THE DATE FOR OUR ANNUAL HOLIDAY DRIVE**



- **SOAR PROGRAM & YOUTH SUCCESS STORIES**



WE ARE MOVING!

For the past 22 years we have resided at 425 Divisadero street in San Francisco. We have been so grateful to call this space our home, and we have grown so much while we've been here. But that growth means the offices no longer meet our expanding needs. We are thrilled to share that at the end of October, we will have two new larger offices to call home. The first will be at 98 Bosworth St. in the Glen Park neighborhood of San Francisco. This was formerly the Oaks Children's Center office, so it is well-suited for a community-based mental health organization. From here we can continue to serve SF youth and families. We have also acquired a building at 384 34th Street in Oakland. This comes as we expand our services farther into the East Bay, and will support us as we continue to grow on this side of the bridge. We are so excited to begin this new chapter!



SAVE THE DATE FOR OUR ANNUAL HOLIDAY DRIVE

Save the date! We are thrilled to announce that our annual Holiday Drive will be back again this year. Last year, you helped us bring some holiday cheer to more than 100 youth by purchasing special gifts. This year, we ask you to join us again in our mission. Starting on November 1st, you'll be able to explore all of the items youth requested this year. Whether it's bucket hats so that they

can start out the new school year in style, art supplies for developing coping skills or tickets to fulfill their wish of visiting the Monterey Bay Aquarium, you can help support us in engaging the youth we serve in therapeutic activities and meaningful occupations this holiday season. We will be using the platform Roonga to host the drive again this year, so keep an eye out for an upcoming

email with the link to select these special items, details on purchasing guidelines, and more. We are so grateful to the donors like you who continue to support our mission to provide youth with increased opportunities for personal, education, and vocation success. Thank you for your generosity. Together, we are truly "healing through doing!"



SOAR PROGRAM

We are very excited to share that OTPP-SF has been asked to take on the SOAR Mental Health Program from Oaks Children's Center. We are honored to continue the exemplary work that has been done by the Oaks Children's Center for the past 60 years and to welcome several members of the Oaks staff onto the OTPP-SF team as this transition is made. We will continue their legacy of providing the highest quality of mental health care to the students at SOAR Academy. SOAR Academy is SFUSD's special education program designed to support students with social, emotional, and

behavioral needs. Students in the SOAR Academy programs must qualify for special education services and have intensive behavioral and/or mental health needs that significantly impact their ability to thrive in less restrictive learning



environments. OTPP provides psychotherapy and mental health occupational therapy services alongside teachers and staff to students at Feinstein, Flynn, and Tenderloin Community elementary schools, and James Denman, Francisco, Hoover and James Lick middle schools. Most work takes place in the schools during the school day, but services may also be provided in the home and the community. This is done through both group and individual work with the students designed to assist them in meeting their goals of moving back into a general education classroom.



YOUTH SUCCESS STORIES

Girls Services Youth Success

Recently, an OTTP-SF OT had a closure session with a young mother. She is an immigrant who graduated from Hilltop High School 2 years ago. OTTP-SF's Girls Services Program collaborates with Hilltop to provide individual and group services to girls who are currently pregnant and/or parenting. During the session, she shared that in her life she has only felt that OTTP-SF and one teacher at Hilltop believed in and supported her. And it was because of these positive relationships that she was

able to come out of her depression and achieve her dream of working at UCSF! Because of this, she is now able to save for her and her children's future and she is also able to treat herself and her children to opportunities that she didn't get to experience as a child, like family swimming lessons. Her OT shared that she often felt, in the face of the systemic failures this young mother was facing, the services she could provide were not enough. The OTTP-SF team was very moved to hear how being witnessed and engaged these past few years was so impactful to the client and her family.

Employment Program Youth Success

A youth served by the Employment Program at OTTP-SF, which supports youth in finding and maintaining meaningful and fulfilling work, was reflecting about her decrease in symptoms of anxiety & depression. As she reflected, she shared this powerful thought with her therapists about the impact finding employment has had on her mental health, "I used to sleep all day and thought that using drugs was part of my personality, but that was back before I had a job and had something to wake up for."