

APA Family Support Services Project Update

OCTOBER 2016



Mission

- APA's mission is to promote healthy children and families by providing family support services to prevent child abuse and domestic violence.
- APA also advocates for culturally competent services for Asians and Pacific Islanders through education, community building and leadership development.
- Today, our services are made available to families of **all** ethnicities and we have expanded the range of family support services we provide.



Our Work

- Chinatown FRC: strengthens families with a spectrum of services to prevent and if necessary, treat problems that may occur as a result of stress, barriers and challenges of language, finances, and lack of resource.
- Visitacion Valley Strong Families: plays an active role in developing community in the Visitacion Valley neighborhood.
- API Family Resource Network: a collaboration of 22 linguistically and culturally competent family resource agencies in San Francisco with the mutual goal of promoting healthy families through education and advocacy citywide.



Working Collaboratively



My A-B-C (API Alphabet Book)



Asian Pacific Islander Family
Resource Network

Providing Quality Services



School Readiness
and Healthy
Learning Activities
N: 195 Families Served
N: 271 Children Served

bAck2SchOOL Healthy LiVing Workshop

Children Activities & Books

FREE STUDENT BACKPACKS & School Supply Kits (While Supplies last).

FREE HEALTH INFORMATION & COMMUNITY RESOURCES

BEE Smart! BEE Healthy! WORKSHOP



6+ Months Infants	9 Months Crawl up on any raised chair	12 Months STAY SEATED, Walks, etc. PCL HGA	
Birth New	2 Months Rolls over both, Start crawl, etc. PCL HGA	4 Months Reaches food, Start eat, etc. PCL HGA	6 Months Reaches food, Start walk, etc. PCL HGA

Your child should have a Lead test between 9 and 12 months of age and again at 18-23 months of age.



Advocating Effectively

- Outreach and Education Project (i.e. PG&E Project)

Together, Building a Better California

The way Californians are charged for energy is changing

We're here to help you make smart energy choices.

Learn more about rate changes. Visit pgandep.com/ratechanges

Learn more about your rate plan options. Visit pgandep.com/rateplans

What's changing?

The current energy rate structure was established during the 2001 energy crisis. It is outdated, complex and confusing for customers. We're here to help you make smarter energy choices and manage your energy costs.

These changes have begun to take effect and will continue over the next several years, including:

- Simplifying Billing Rules.** You've read lately on a varied rate plan where the price of energy increases as more energy is used. The number of tiers are being reduced to simplify the rate so it is easier to understand and to align them better with the actual cost of providing electricity.
- Providing Choice.** In addition to the fixed rate, new time-of-use rate plans provide a choice that may better fit your energy usage, which may help you manage your costs.
- Encouraging Conservation.** Starting in 2017, a new charge, to encourage energy conservation, will be applied to customers who consume more than four times their baseline quantity.
- Preparing for the Future.** In 2017, most residential customers will be introduced to a time-of-use rate plan where the price of electricity will depend on the time of day, leading to a more flexible grid. This may result in a new time-of-use rate plan.

PG&E is here to help you make smart energy choices. There are three things you can do today:

- 1. Sign and sign up for an online account.**
- 2. Compare rates and explore options using our rate comparison tool at pgandep.com/ratecompare.**
- 3. Take PG&E's free home energy checkup at pgandep.com/energycheckup.**

To see which other programs are available to help manage energy and control costs, you can contact PG&E customer service at 1-800-753-6834.

Continued on back

Having special customers with accommodations? Call us for the Deal TEEB sign at 1-800-960-0111. Please visit www.pgandep.com or 1-800-960-0111.

Control your energy use with easy-to-use tools

We offer a variety of programs to help you manage costs and lower your energy use.

- Rate Analyzer:** Analyze your energy usage and find a rate plan that works best for you. Visit pgandep.com/rateanalyzer.
- Home Energy Checkup:** Free, personalized energy-reducing recommendations on how to lower your energy bill. Visit pgandep.com/homeenergycheckup.
- Energy Alerts:** How do you know when you're about to exceed your monthly gas bill amount so that you can adjust your energy usage or purchase energy at a lower price? Sign up at pgandep.com/energyalerts.
- Balanced Payment Plan (BPP):** Predictable monthly bill based on your 12 energy usage cycles you know will be equal. Learn more to see how it works. Email pgandep@pgandep.com or visit pgandep.com/bpp.
- SmartSense:** Pay a reduced price during the summer in exchange for lowering your energy usage up to 15.0% or more. Email pgandep@pgandep.com or visit pgandep.com/sensesense.

You may qualify for assistance programs to help you manage your energy costs.

- California Access Rates for Energy (CARE):** Save on your monthly PG&E energy cost when you qualify as a low-income customer.
- Family Choice Rate Assistance (FCRA):** Receive a monthly discount applied toward the bill if your household has three or more persons and is income-qualified.
- Energy Use Rate Assistance program (EURA):** Provides income-qualified renters and homeowners with free home improvements to help save energy.
- Medical Device Allowance:** If you are being medical treatment, you may be eligible to receive additional saving off the lowest price.
- Child for Energy Assistance through Community Help (CHACH):** Provides emergency assistance if you are income-qualified and in receipt of long-term electricity service.

[Learn more about these programs.](#)

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- The way Californians are charged for energy is changing. The changes are intended to make rates more understandable to customers, to ensure the price customers pay for energy is more closely aligned with the actual cost of providing it, and to offer customers choice when it comes to their rate plans. The first step in achieving these goals is to create awareness. PG&E funds APIFRN (due to cultural and linguistic capacities) to help community members make smarter energy choices and manage their energy costs.

Leadership Development



API SF Bay Fish Outreach and Education Project

- Train our community partners and they educate the families on healthy fish consumption and safety fish handling
- Promote awareness and understanding of fish consumption advisories for the API population in San Francisco
- Research Survey to identify individuals who are high consumers. Outreach among our partnering agencies, local “hot spot” fishing area, bait shops, clinics, schools and places frequent by at-risk API population. Education Workshop to promote reduction in human exposure to mercury and PCBs. Provide materials and facilitate discussion and supportive system on alternatives and resources for healthy fish consumption.



Training



Outreach



Workshop



Case Management



**What's in
the Bay?**



**What do
you eat?**

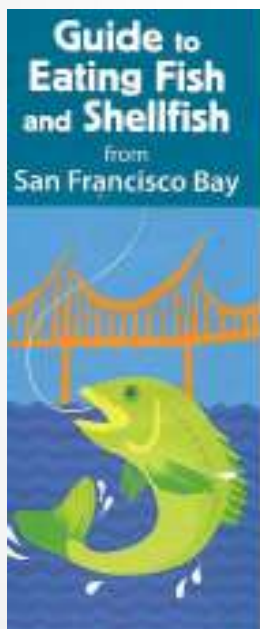
Community Forum



Community Building

- “Building community as a means to increase social justice, individual well-being and reduce negative impacts of otherwise disconnected individuals.”

Summary of Accomplishments



Services	Grant Target	Progress Report (7/01/16-9/15/16) Numbers	Total (Year to Date)
Training	50 community providers/staff	0	52 community providers/staff
Outreach	2500 SF Bay families/ fish consumers	380 SF Bay families/ fish consumers	3,210 SF Bay families/ fish consumers
Workshops	500 participants	125 participants	830 participants
Case Management	25 at-risk or high risk API SF Bay fish consumers	24 API SF Bay fish consumers	42 API SF Bay fish consumers
Community Forums	3	0 (planned for Nov 2016)	2 Forum

Promote awareness and understanding of fish consumption advisories, contamination issues, or health risks and benefits associated with eating San Francisco Bay Fish and reduce human exposure to mercury and PCBs from eating San Francisco Bay fish.