



# NAMI Tri-Valley

## Monthly Meeting

Presents

## Housing and Homelessness

**Kara Carnahan**

*Director of Health and Wellness  
Abode Services*

**Lora Ashworth**

*Program Manager of Home Stretch,  
Alameda County Health Care for the Homeless*

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**Monday, May 1, 2017**

**MEETING TIME:**

**7:15 p.m. to 9:00 p.m.**

**Livermore Public Library**

**1188 South Livermore Avenue, Livermore**

**Refreshments provided**

**For further information, please check:  
NAMI Tri-Valley Website at [www.nami-trivalley.org](http://www.nami-trivalley.org)**

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***Kara Carnahan*** will present on Abode service's "front door" programs including HOPE Project outreach services, In-Home Outreach Team (IHOT), Sunrise Village Shelter, Rapid Re-housing, and Project Independence.

Kara works for Abode Services and has been with the agency for 11 years. Kara is currently the Director of Health and Wellness and oversees mental health contracts in Alameda County and Santa Clara County, various street outreach teams locally, several Permanent Support Housing programs for people experiencing chronic homelessness and other health challenges, and 2 transitional housing program for Transition Age Youth coming out of the foster care system. Kara has spent the last 23 years working in the non-profit sector, serving people with developmental disabilities, and those facing housing challenges due to mental health disabilities, substance use, and system involvement.

***Lora Ashworth*** will be talking about Homestretch, Alameda County's Coordinated Entry for Permanent Supportive Housing. Lora works for Alameda County's Health Care Services Agency and is the Program Manager for Home Stretch, a county-wide registry that connects individuals and families whose head of household is homeless and disabled with permanent supportive housing. Previously, she worked in the non-profit sector providing mental health, street outreach, and supportive housing services to people experiencing homelessness.