



# PACIFIC CENTER FOR HUMAN GROWTH

**Pacific Center for Human Growth**  
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## **Pacific Center Access to Basic Human Needs Statement**

At Pacific Center, we acknowledge that at the core of our capitalist structure stands a pyramid in which the wealth and power of the few builds at the expense of the many. Within this model and the systems of oppression that collude to support it, our most vulnerable and excluded community members are at extreme and constant risk of living without their basic human needs met: food, water, air, housing, and sleep, not to mention the need for psychological, emotional, and physical safety. We see the daily impacts of the local, state and federal governments' failure to uphold an effective social safety net. Access to these essential human needs, including healthcare, is a fundamental right that should not be conditioned upon class, race, sexual orientation, gender, age, and disability; but it is. We recognize the increased and disproportionate injustices that target multiply marginalized populations; lack of access to clean air, clean water, and nutritious food by way of discrimination, pollution, food deserts, and the impact of the climate crisis. As an organization, we function at the intersection of this harmful structure and mental health. We strive to provide responsive and informed care in our best effort to mitigate the trauma that results from this brutal denial of basic human needs.

Pacific Center recognizes the systemically rooted challenges faced by many of our staff, volunteers, and client base in accessing their basic human needs. We strive to embody an expansive awareness of these struggles; holding that they are alleviated by mental health support, but not solved. The current cost of living in the Bay Area is among the highest in the world and the effort to survive, let alone thrive here, can be a mental health stressor in and of itself. We commit to deepening our intersectional lens in serving our QTBIPOC, LGBTQ+ and queer communities, centering historically excluded groups and the disproportionate restriction of their basic human needs. We understand that when people are cycling in and out of survival mode mental health support must be emergent and adaptive.

Pacific Center provides low and no fee mental health services, as well as community didactic training. We know that we must do more to support and uplift our community by increasing our attention to the stress, overwhelm and trauma caused by living in survival mode, vis a vis our therapeutic and peer support services. Additionally, we are



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committed to cultivating reciprocal relationships with organizations that offer direct support services. As we continue to advocate for the mental health and well-being of our community, we know that access to basic human needs is not an individual issue, it is a collective effort not only for survival, but for liberation.