

Friend to Friend



The Celebration of Life

is held every 3rd Friday of the month from Noon to 1pm. F2F members share food, festivities, celebrating the month's birthdays, special occasions, friends and life!

Thank you to our gracious community church sponsors this quarter.

Saint Phillip the Apostle

Church of the Good Shepherd

Saint Paul's Cathedral

All Souls' Episcopal Church

Saint David's Episcopal Church



Stand Down

A Day to Serve Those Who Have Served

Every year F2F staff and members attend Stand Down, a three-day event to reach-out to homeless veterans and their families in order to offer support and hope. People can reconnect with agencies like Friend to Friend and work towards getting indoors so that recovery can happen. Sometimes the most overlooked injuries are the hidden wounds.

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Lesslie, Amber and Tracy listen to a woman share her experiences

We need your art! Friend to Friend members, please submit your artwork & writing to Stephen at (619) 955-8217

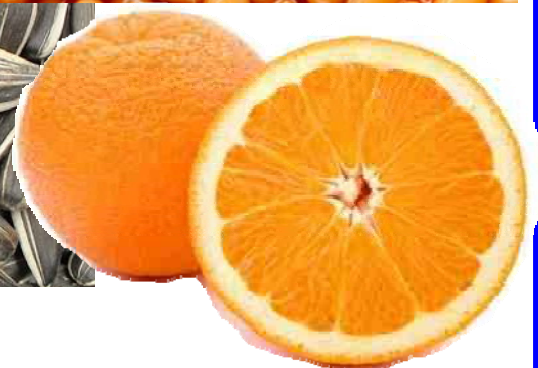
Fun in the Sun



“Every journey begins with that first step. In 2013, tens of thousands of concerned citizens in more than 84 communities across the nation will join NAMI and walk together to raise money and awareness about our country's need for a world-class treatment and recovery system for people with mental illness.” (<http://www.namiwalks.org>) Friend to Friend was there to encourage and support members and their families and friends. Pictured above (from top left to right) F2F Staff Carmen, NAMI runners, Robert Bryan with F2F Staff, Stephen.

Health & Nutrition

Brain Food “You are what you eat” is a famous saying. I will not turn into a blueberry if I eat too many of them but I might share a blue smile. There are a number of steps we can take to preserve our mental sharpness. Like any other organ, the brain responds to what we eat and what we do—like exercise. Blueberries, seeds and beans are a rich source of antioxidants that protect the brain from stress. Oranges are full of vitamins.



Getting Together



Behavioral Health Recognition Dinner

Over 650 attendees came together in May to celebrate the dedication and efforts of people working on behalf of individuals with mental illness who live in the San Diego community.

Friend to Friend was proud to be able to attend and honor our peers at the annual event. Thanks to the F2F members who came to the dinner.

Pictured from left to right: F2F staff Doug, Sarah, Carmen, F2F members Eddie, Don and Mark, Robert Bryan of UCSD Bridge to Recovery Program, and Krystl from The Fellowship Center.

Peer Employment

Wellness Recovery Action Plan

Have you ever wanted to help people while working in a great job? Chances are you have heard of WRAP. One way to become a facilitator of WRAP after you complete eight sessions is to sign up for Peer Employment Training (PET) by calling Recovery Innovations at 858-274-4650.

You can find WRAP classes at Friend to Friend on Wednesday from 10-12pm—lunch included! The class is subject to availability and scheduling. Please check ahead of time for class schedule.



Top left: JJ, Angelo, Johnny, Eddie, Enrique, Homer Bottom left: Sara, Larry, DJ, Aubrey, Maggie, Latoya, Mario

Roadmap to Recovery is another education group that encourages people to have an active role in their recovery and develop skills to do so. Roadmap to Recovery (RTR) encourages discussion of topics like medication and communication with your doctor. Roadmap to Recovery is provided at many locations, including Friend to Friend on Tuesdays at 10 a.m. (call ahead to check schedule). The Behavioral Health Education and Training Academy (BHETA) hires, trains and coordinates the facilitators of Roadmap to Recovery. After completing RTR and before a facilitator can provide groups they have the opportunity to complete a 27 hour training and be observed co-facilitating a successful group session.

Do you want to help others through your experience and training? Roadmap to Recovery is a peer driven education group. It was designed to provide information for persons with shared experiences in recovery to be more active participants in the medications designed for persons living with mental health challenges.

Steps to Transition



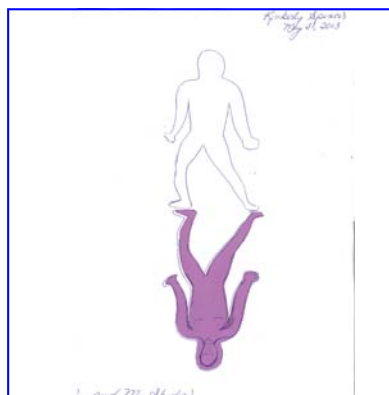
From left to right: Bernie, Eddie, Rebecca, Roger, Margarita, Bud, Festus, Dan, Lucinda, Ed, Sydney, Mark, Summer and Carlos

When the paving tiles were going to be replaced on the path outside the Downtown Safe Haven, F2F members got creative in Art Therapy by decorating the new stepping stones with messages of hope and recovery. The artwork will remain a permanent message to those on the path to recovery and permanent housing.

Member Art



Artwork by Bud



“Me and My Shadow” by Kim



Getting creative in Arts and Writing

Employment



Terry

Terry set out on a goal, "go back to work because I can do more than I am now." Terry completed Peer Employment Training last year. After being referred from Friend to Friend, Terry recently graduated from a retail Employment Training Program at the top of her class and is now employed.

Terry isn't stopping there! Terry said, "I enjoy working with people and I want to help others as a Social Worker after going to college."

Festus

While going to school to complete a bachelor degree, Festus has worked security jobs. While working with F2F, Festus was able to renew his guard card and found a job as a security guard. Festus looks forward to moving up to full time soon! Nice job Festus!

Bill

Sometimes the best way to get a job is to volunteer first. Volunteering is a great way to gain experience in a new field or if you have been out of the workforce for a while. Additionally, volunteering is a great way try out jobs to see if you will like them. Bill did just that and it led to a part time job at an Episcopal Church Thrift Store. Way to go Bill!



Jon

Jon had been looking for employment everyday for a year. Jon told the F2F Vocational Rehabilitation Specialist he would "do whatever it took to get a job."

While working with F2F, Jon polished his resume and interview skills. After being interviewed at a Goodwill Job Fair, Jon was hired and now works up to 32 hours per week.

Jon said, "It's just what I wanted! I love it."

Job Training

Volunteering



Rhonda has a job, but is looking for a career too. Rhonda works with Friend to Friend while continuing her college education and a part time job. Last semester, Rhonda earned a 4.0

grade point average at San Diego City College.



Greg also earned a 4.0 grade point average last semester at San Diego City College in the Air Conditioning and Heating Certificate program.

In August, Greg was hired by an Air Conditioning and Heating Company in San Diego while he finishes his certificate.

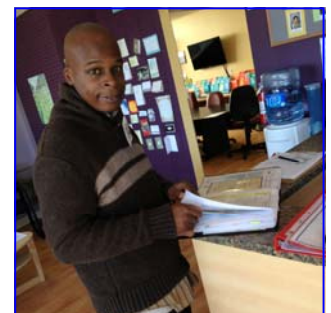


Marte

completed college but wanted more experience in working with others. While working with Friend to Friend towards his employment goals, Marte has volunteered over 100 hours . Marte said, "it teaches me how to have patience and how to listen better."

Marte has earned a certificate and letter of reference for volunteering. Volunteer experiences are valuable to list on any resume.

Thank you for your service!





To learn more about ECS, please visit our website at www.ecscalifornia.org
 Phone: (619) 955-8217 Fax: (619) 955-5142

Friend to Friend Welcome Statement

Friend to Friend (F2F) welcomes all homeless, mentally ill adults of downtown San Diego who are seeking recovery through the services we provide. We are committed to providing our members with the support, resources and referrals our members request. Although our focus is working with those who are faced with mental illness, we recognize and welcome those who also struggle with alcohol and drug addiction. In order for our members to achieve the best quality of life in all areas, we strive to address all of their needs and goals. We hold the hope for our members even when they have lost hope for themselves. We believe that recovery is possible. "Once a member, always a member." No matter where our members are in their journey, we are there to support and open doors for them. The life of each person is precious and we welcome the opportunity to change and grow alongside our members. We thank you for giving Friend to Friend the opportunity to "walk with you" and provide support to you on your journey to recovery.

Summer Health

Active
Caring
Exercise
Fruit
Grace
Healthy
Kindness
Love
Meditation

J W O E Q G I G H E A L T H Y E M J F D G N P Q R
 N U Y K J N H N F U E Y I G V P L X Q J T L T Y U
 E U H L L B Q I J O F F Y O J N J L G V L M S A N
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 V X M E N C S A H B F O A G S F V Q I L Z V D Z X
 R X F Y P G C V S Y B S M E D I T A T I O N V O L
 I A D T O Z J R A F A Y B A G P Y V T S I Z N U Z

Nutrition
Recovery
Rest
Running
Sharing
Sunshine
Swimming
Walking
Vegetables

Are you a Friend to Friend member with any suggestions, questions and/or concerns? The Friend to Friend Program Advisory Group (PAG) will meet the **3rd Tuesday** of each month. Light lunch included!

It will be held at our Friend to Friend office, 2144 El Cajon Blvd. at 2:00pm.

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