

# Friend to Friend



## Our 1st Annual Maundy Thursday Event



Terry celebrates Maundy Thursday with new kicks



Foot washing then brand new shoes



Joel tries on his new sneakers

On Maundy Thursday - the day before Good Friday Friend to Friend members gathered for a homemade, healthy meal. Following the meal, 50 members received brand new shoes, socks and hygiene products. A special thank you to the many Episcopal congregations from all over San Diego who made this event happen. They are:

- Good Samaritan Episcopal Church*
- St. Phillip the Apostle Episcopal Church*
- St. John's Episcopal Church*
- All Saints' Episcopal Church for assisting with music*
- Christ Episcopal Church*
- St. David's Episcopal Church*
- Episcopal Diocese of San Diego*
- School for Ministry - Episcopal Diocese of San Diego*

Foot washing was a necessary practice in Jesus' time since the roads were dirt and shared by humans and animals. Feet were usually washed by the lowliest member of the household. So Simon Peter at first refuses to let his Lord wash his feet. Jesus answers him, "Unless I wash you, you have no share with me." Simon Peter goes all in then and says "Lord, not my feet only but also my hands and my head!" But Jesus makes it clear to him that his is a very practical act of service – it is about cleaning what needs to be clean and honoring the person in front of you. And in his actions we find a model for humble service and care of others, of hospitality and mutuality and respect. His words and actions are a lesson for his followers about Christian community – how we share power, how we take care of others, how we show love, and how we forgive.

(source: <http://trinityic.org/Maundy-Thursday>)



# Staff Happenings



Friend to Friend would like to extend a special thank you to *Deann Ayer, ECS Community Engagement Coordinator*, for all the hard work she did behind the scenes for Friend to Friend's Maundy

-Thursday event. She was a Wonder Woman. She coordinated every aspect of the event. Thank you Deann for making Maundy-Thursday possible, and for all you do for Friend to Friend. You are such a blessing!

*thank you!*

# Welcome

**Cara Miller, BA**

**Temporary SSI Advocate**

Tenea Jackson, SSI Advocate is on maternity leave so I will be working while Tenea is off. I was born and raised in San Diego and went to college in San Francisco. I spent my time in San Francisco working in shelters and other non-profits. I am so happy to work for Friend to Friend in my hometown of San Diego until mid July.



## It's a Boy!



Tenea Jackson, F2F SSI Advocate is proud to announce the birth of **Antonio Marcus Shelley Jr.** (pictured at right). Antonio Jr. at 22 inches long weighed 8.14 pounds at his birth, on April 8, 2014. Congrats to baby and mom!



# Health

## Quitting Smoking May Improve Your Mental & Physical Health

**New research shows that people with mood or anxiety disorders, who are more likely to smoke, see improved symptoms after kicking the habit.<sup>1</sup>**

A study found that those with mental or substance use problems had fewer problems three years later, if they quit smoking. Alcohol and drug usage were also reported as lower after quitting smoking. The lead researcher said, "We don't know if mental health improves first and then one is motivated to quit smoking or if quitting smoking leads to an improvement in mental health. But either way, our findings show a strong link between quitting and a better psychiatric outlook." Besides mental health benefits, there are also the obvious physical health benefits of quitting smoking. According to the researcher, half of all smokers die from emphysema, cancer, or other problems related to smoking.

## Timeline of Benefits To Your Body After Quitting Smoking<sup>2</sup>

20 Minutes:	Heart rate returns to lower level
120 Minutes:	Heart rate and blood pressure near normal. Cravings hit.
12 Hours:	Carbon monoxide in blood lowers & Oxygen levels increase.
48 Hours:	Nerve endings begin to re-grow returning taste and smell.
3 Days:	Nicotine is out of your system. Withdrawal symptoms peak.
3 Weeks:	Lung function and circulation improves.
9 Months:	Hair-like cilia repair reducing risk of infection and clear mucus.
1 Year:	Risk for heart disease is lowered by 50% (CDC 2004)
5 Years:	Narrowed blood vessels repair. In 5-15 years risk of stroke returns to non-smoker level.
10 Years:	Risk of dying of lung cancer drops to half of that of a smoker.
15 Years:	Risk of heart disease finally returns to same level as a non-smoker.



**If you would like help to quit smoking, talk to your doctor and/or call 1-800-No-Butts**

Sources: (1) Psychological Medicine / PA Cavazos-Rehg et al. pp 1-13, 12 February 2014 (2) CDC, 2004

# Rest & Relaxation



Fishing brings together mental relaxation, low-impact exercise and, very often, social camaraderie. For this reason it is now often referred to as an anxiolytic (which is, technically, a drug that relieves anxiety). In fact, there's even a name for the phenomenon itself: piscatorial therapy (and, yep, that just means "related to fishing"). And let's face it, from just a common knowledge perspective, fishing has always been associated with winding down and tuning out: perfect for anyone with stress or anxiety issues.

*Pictured: Stacie and Jon*

*Source: [www.militarymentalhealth.org](http://www.militarymentalhealth.org)*



# Arts & Writing

## Joshua & Lori Get Creative at F2F

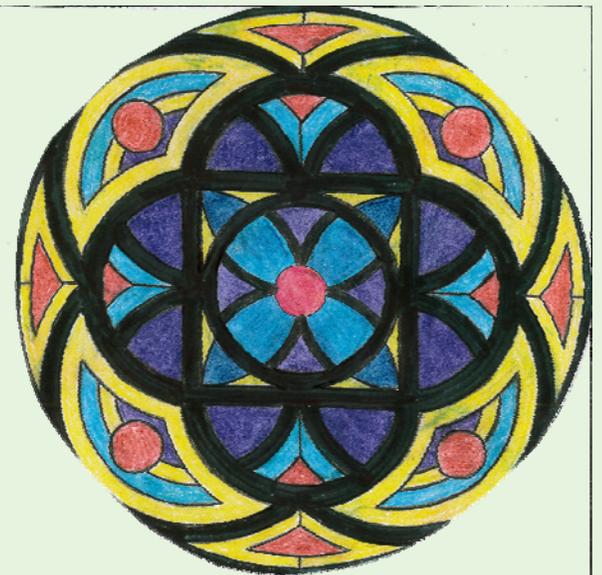
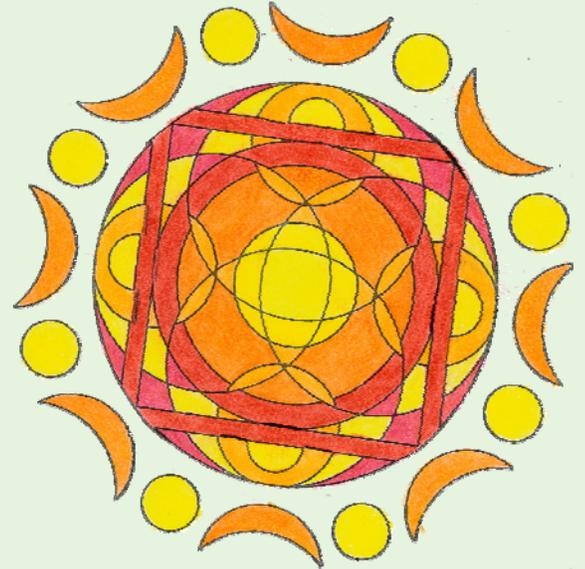
Artwork by Lori

"These Dreams"

by Joshua

Write about a dream you've had as a child. Whether a dream you had sleeping, or a whim, or a dream about the future. Take it to where you want to go.

Expectations for my life are achievable!  
 dreams for my life in the future,  
 are full of love material and culture,  
 I would like to have my own place to live,  
 where I could have friends over to give,  
 to give support and love when we are in need,  
 in need of some ones companioship please have a seat,  
 here in my big house our small apartment,  
 with me and my loving wife our girl friend,  
 sent to me from heaven like an angel,  
 in the backyard garden with our dog being playfully,  
 I want a luxury van that has lots of seats,  
 for family and friends to sit while we cruise on the beach,  
 we could all drive to an amusement park,  
 we'll have fun from morning even at night in the dark,  
 are all these hopes and dreams easy or hard,  
 are they out of my reach away and really far,  
 are all these words found on a greeting card,  
 are all our hopes and dreams gonna come true,  
 for me and you, get well soon.



# Behind the Scenes



F2F Staff Sarah K

Nicholas

## Everyone Can Make A Difference

14 year old Nicholas provided much needed supplies, including new underwear, socks and toiletry items for Friend to Friend this year. Last year, Nicholas collected clothes to donate to Friend to Friend. Nicholas' donation will be put to good use. *Nicholas said, "I want to do this for ECS because ECS helps a lot of people."* Nicholas is a member at Saint Dunstan's Episcopal Church in San Carlos. Thanks Nicholas!



## MHSA Prop 63

### San Diego County Behavioral Health Services

The Mental Health Services Act—Proposition 63— emphasizes transformation off the mental health system with the intention of expanding services while improving the quality of life. Proposition 63 is funded by levying a 1% tax on personal income above \$1 million. Since Prop 63 went into effect in 2005, more than \$8 billion dollars has been generated to provide services for those living with or at risk of serious mental illness. *Your input is needed to improve services.* You may do so by calling in your comments to (888) 977-6763 or emailing [MHSProp63.HHSA@sdcounty.ca.gov](mailto:MHSProp63.HHSA@sdcounty.ca.gov).

### 2014 Priorities

1. Implement trauma informed approaches throughout Behavioral Health Services
2. Continued Development of services for individuals including IHOT expansion
3. Implement Medi-Cal expansion and Affordable Care Act by ensuring services are available
4. Integrate the Mental Health Board and the Alcohol and Drug Advisory Board
5. Develop and expand residential resources at multiple levels of care including North Inland crisis residential, long term care and alcohol and drug residential resources



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

## Upcoming Community Events



May 27 & June 24 SanDi-CAN meets to policy advocates for seniors and persons with disabilities, 858-505-6305 info

May 27, County-Wide Peer Liaison Meeting, 1-3pm. Supported Employment Focus Group. Health Complex 3851 Rosecrans St

May 28 People in Recovery Fun in the Sun, 9:30—2pm Behind pool @ Morley Field, Call 619-525-8247 by May 5—\$1/person

May 28, Casa Del Sol Chili Cook Off, 12-3pm. Call 858-274-4650

May 30 Recovery Games Dance, 7-11pm \$5/person, Call 619-525-8247 for registration and info

May 31, Live Well San Diego 5k Walk, 6:30am @ NTC Park at Liberty Station, 2455 Cushing Rd, register at: [live-wellsd5k.com](http://live-wellsd5k.com)

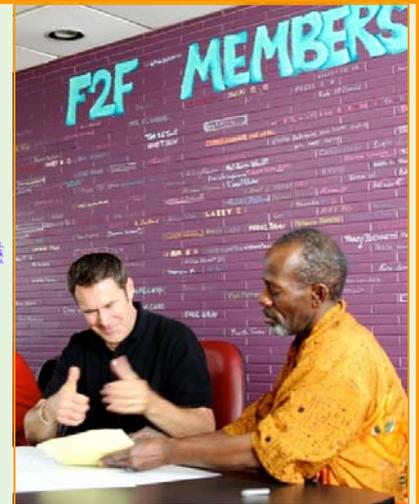
June 14 Track & Field & Banner Contest, 9am-3pm @ San Diego High School

July 12 Day at the Bay BBQ, 10am-2pm @ North Crown Point Shores, \$5/person



The Peer Liaisons are looking for you. What are your experiences with the San Diego County Behavioral Health System? This is your chance to be heard at the Mental Health Board. The Peer Liaisons will work with you one on one to prepare your presentation and assist with transportation if necessary, 4-6pm every 1st Thursday @ 1600 Pacific Coast Hwy.

## Music Class on Mondays @ 10am (Call to confirm schedule)



Bill Protzmann AND James use music to express and discover feelings (top left). San Diego Symphony members performed for F2F members (middle). Henry shares his song with Music Class (right). Come discover this excellent tool for recovery through music.

## Music Teacher Received National Award for Inspiring Hope for Persons with Mental Illness

*Bill Protzmann, music teacher at Episcopal Community Services' Friend to Friend program, is the recipient of the 2014 Inspiring Hope Artistic Expression award from the National Council for Behavioral Health. Protzmann was honored in Washington DC on Tuesday, May 6, 2014 and receive a \$10,000 grant — from Eli Lilly and Company — for the non-profit organization of his choice. Bill Protzmann describes himself as a "virtuoso pianist and passionate humanist." When his fingers fly over the keys, he intends not only to entertain but also to heal people coping with physical and mental challenges. He discovered "musical healing" on his own journey to recover from schizophrenia and chronic depression. He says music helped him experience his pain in a safe space and work through his emotions.*

*This newsletter is funded in part by the County of San Diego Health and Human Services Agency.*

