

Friend to Friend



The Celebration of Life

held every 3rd Friday of the month from 12pm to 1pm. F2F members share food, festivities, celebrating the month's birthdays, special occasions, friends and life!

We were blessed by St. Pauls Cathedral (below), St. David's Episcopal Church and ECS Administration for the delightful food and fun! Celebrate with us soon!



F2F Members Lori W and Mark S





Welcome New Staff



Beth Kolbe, BA Outreach Worker

For the past 7 years, I've worked with agencies in the San Diego social services community and I am delighted to continue that service as an Outreach Worker with the Friend to Friend Program. Henry



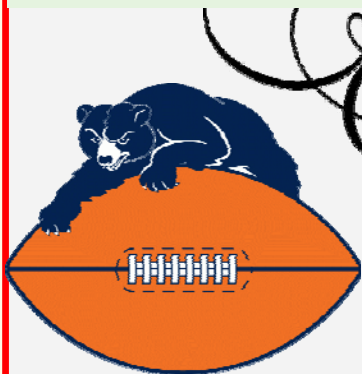
Visiting local parks for picnics, reading novels, indulging in nature, and basking in the sun!

Ford said "Coming together is a beginning; keeping together is progress; working together is success." I believe in those words and look forward to working together.

Other activities that bring me joy include: spending time with my dog, Pearla;

Arturo Quiros, BA Outreach Worker

Hello! My name is Arturo Quiros, and I am working as an outreach worker at Friend to Friend program. I was born in Chula Vista, CA but I am living in Tijuana, Mexico. I graduated from CSU, Stanislaus with a Bachelors of Arts in Criminal Justice with a concentration in Juvenile Justice. My hobbies are camping, eating, jogging, and listening to music. I am very happy to be part of the Friend to Friend team, and to be able to help my community. If there is anything I can do for you, please ask me, I would love to help you.



Welcome

Bernie Miles, MA Program Manager

In mid May Bernie Miles, MA agreed to take on the responsibility of managing the Friend to Friend (F2F) program. Bernie has been with Episcopal Community Services for just over 3 years managing the Downtown Safe Haven Program (DTSH). During this time the program has made great strides in becoming the grace-based program that it is today. Bernie has been working in Homeless and Social Services in San Diego since 1987 and prior to that for several years in Chicago. The goal for working and managing F2F and DTSH is to create a seamless transition of services for our members in need of outreach and residential services, especially our veterans. Please join us in welcoming Bernie to the program.



Health and Recovery

Improving Emotional Health: Strategies & Tips for Good Mental Health by M. Smith, MA, R. Segal, MA, and J. Segal, PhD

Being emotionally and mentally healthy doesn't mean never going through bad times or experiencing emotional problems. We all go through disappointments, loss, and change. And while these are normal parts of life, they can still cause sadness, anxiety, and stress. The difference is that people with good emotional health have an ability to bounce back from adversity, trauma, and stress. This ability is called resilience. People who are emotionally and mentally healthy have the tools for coping with difficult situations and maintaining a positive outlook. They remain focused, flexible, and creative in bad times as well as good. One of the key factors in resilience is the ability to balance stress and your emotions. The capacity to recognize your emotions and express them appropriately helps you avoid getting stuck in depression, anxiety, or other negative mood states. Another key factor is having a strong support network. Having trusted people you can turn to for encouragement and support will boost your resilience in tough times.

PHYSICAL HEALTH IS CONNECTED TO MENTAL AND EMOTIONAL HEALTH

Taking care of your body is a powerful first step towards mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. For example, exercise not only strengthens our heart and lungs, but also releases endorphins, powerful chemicals that energize us and lift our mood. 1) Get enough Rest 2) Learn about nutrition and use it 3) Exercise to relieve stress and release endorphins 4) Limit alcohol, drugs and cigarettes.

SUPPORTIVE RELATIONSHIPS: THE FOUNDATION OF EMOTIONAL HEALTH

No matter how much time you devote to improving your mental and emotional health, you will still need the company of others to feel and be your best. Humans are social creatures with an emotional need for relationships and positive connections to others. We're not meant to survive, let alone thrive, in isolation. Our social brains crave companionship—even when experience has made us shy and distrustful of others.

Social interaction—specifically talking to someone else about your problems—can also help to reduce stress. The key is to find a supportive relationship with someone who is a “good listener”—someone you can talk to regularly, preferably face-to-face, who will listen to you without a pre-existing agenda for how you should think or feel. A good listener will listen to the feelings behind your words, and won't interrupt or judge or criticize you. The best way to find a good listener? Be a good listener yourself. Develop a friendship with someone you can talk to regularly, and then listen and support each other. 1) Get out from behind the TV 2) Spend time daily face-to-face with people you like 3) Volunteer 4) Join a group that meets regularly

WHEN TO SEEK PROFESSIONAL HELP

If you have made consistent efforts to improve your mental and emotional health and you still don't feel good—then it's time to see professional help. Red flag feelings and behaviors that require immediate attention: Insomnia, feeling down most of the time, concentration problems, using food or substances to cope with feelings, negative thoughts you can't control. You can call Access & Crisis Line 24/7: (888) 724-7240.



Community Events

Balboa Park for Free by Lori W.

As a public service, Park organizations offer free admission on a rotating basis on the first four Tuesdays of the month to San Diego City & County residents (with ID), active military & their dependents.

First Tuesday:

Reuben H. Fleet Science Center
Centro Cultural de la Raza
San Diego Model Railroad Museum
San Diego Natural History Museum

Second Tuesday:

Museum of Photographic Arts
San Diego History Center
Veterans' Museum and Memorial Center

Third Tuesday:

San Diego Art Institute
Mingei International Museum
San Diego Museum of Art
San Diego Museum of Man
Japanese Friendship Garden

Fourth Tuesday:

San Diego Air & Space Museum
San Diego Automotive Museum (until 3:45pm)
San Diego Hall of Champions Select House of Pacific Relations International Cottages

The Timken Museum of Art is always free.

Some museums may offer complimentary admission to their permanent collections only and charge admission to special exhibitions or films.

Balboa Park December Nights

Dec. 5 & 6 2014

Participating Balboa Park museums open their doors free of charge from 5-9 pm both evenings and more than 350,000 visitors are expected to experience the joy of San Diego's largest free community festival. Those who attend will participate in a truly multicultural experience, enjoying food, music and entertainment from around the world.



**SAN DIEGO
COMMITTEE ON
EMPLOYMENT OF
PEOPLE WITH DISABILITIES**

www.sdjobtoberfest.org

15th Annual Jobtoberfest Tuesday, October 14, 2014

October is National Disability Employment Awareness Month. Jobtoberfest is San Diego's only Annual Job Fair for People with Disabilities. Mark your calendar for Tuesday, October 14, 2014 from 10am to 2pm at the Balboa Park Inn located at 2150 Pan American Rd West off of Park Blvd.

Employers and community resources will be gathered in one location:

City of SD, Brother's Café, Department of Rehabilitation, Time Warner Cable, Harrah's Resort, UCSD, SDSU Center for Human Resources, Sharp Healthcare, General Atomics, Home of Guiding Hands, Cubic Corp, Kaiser Permanente, Tactical Engineering & Analysis, Tri-Tech Software, Comfort Keepers, MHS Inc, MAAC, CA Telephone Access, Scripps Research Institute, Hyatt Hotels, SDSU Research Foundation, SDG&E, Community Resource Foundation, Double Tree by Hilton, YMCA & Vons.

San Diego's Mayor Faulconer will present the Disability Employer of the Year Award. Bring your resume and dress for success! DCS Interpreters for the deaf provided!

Networking opportunities!

Workshops and more!

Bring your resume and dress for success!



Art & Writing

“The Ocean” by Askari S.

As the ocean appeared in a beautiful sunset
I saw myself enveloped in the Rays of the sun

You don't have to worry

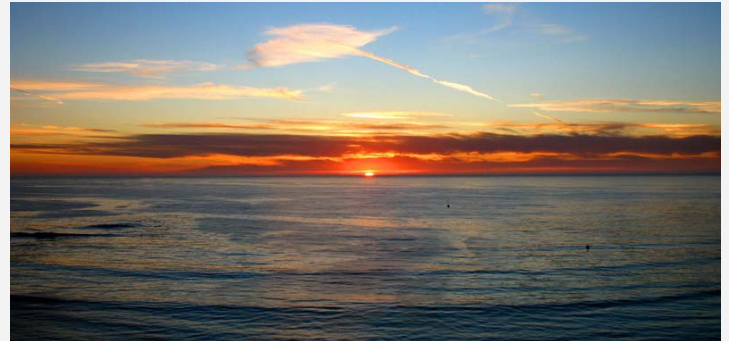
For tomorrow will surely come

All is calm and quiet along

The white sands at San Clemente Beach

Never born for elation

Saturday is good for a long anticipated vacation.



“Sunset” by Frazier

Tomorrow is Saturday

I am taking a vacation.

I am traveling to the beach

In Mission to see

A beautiful sunset

Over the Pacific Ocean.

Behavioral Health Dinner



On May 30, 2014, the behavioral health community in San Diego County recognized people who work to support clients and family members in their efforts to achieve recovery without stigma. Two types of awards are given to recognize these efforts: The Behavioral Health Person of the Year and 12 Community Awards. Awards are given to recognize the “best of the best” in behavioral health, including the top awards – the Behavioral Health Person of the Year and the Behavioral Health Director’s Program of the Year. The evening includes a poolside reception, a great dinner, dancing and opportunities to greet old friends and make new ones, too. The dinner was attended by over 650 persons—and Friend to Friend was there!

Pictured from left to right are members, Julieta, Lori, Stacie, F2F Staff Stephen & Beth, members Faith, Michael, Stanley & Martin.



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.

Weekly Groups & Classes



EFFECTIVE JANUARY 2014

Mon	Tue	Wed	Thu	Fri
<p>Music Class</p> <p>10am to 11am</p> <p>Taught by Bill Protzmann</p> 	<p>Roadmap to Recovery</p> <p>10am to 12pm</p> <p>Taught by Behavioral Health Education and Training Academy</p> 	<p>Wellness Recovery Action Plan</p> <p>10am to 12pm</p> <p>Taught by Recovery Innovations</p> <p>Includes Lunch!</p> 	<p>Resource Group</p> <p>1pm to 2pm</p> <p>Taught by Recovery Innovations</p> 	<p>WELL & Medication for Success</p> <p>10am to 12pm (rotating)</p> <p>Taught by Recovery Innovations</p> <hr/> <p>Creative Arts & Writing</p> <p>1pm to 2:30pm</p> <p>Taught by California Arts Consortium</p>

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