



# Friend to Friend Newsletter

FIRST ANNIVERSARY ISSUE—HAPPY WINTER!

Thank you to all of our contributors and volunteers, including Sara B., Wyatt E., James H., James K., Ronnie M., Richard T., and Carolyn M.

## LOVE

### A poem by F2F Member James K.

How do we really know what Love is?

I think I know what Love is, when I'm allowed to reach out

A helping hand to those in need.

Do I feel Love when I can give someone a little something to eat, or

Do I feel Love when I can give someone something to wear, or

Maybe all I can give of my Love is a kind word, or maybe

Just a smile and a hello, or is there

Love in a hug for someone you care about?

It's not only Love that I know when

I'm allowed to do these small things for others,

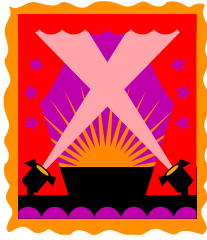
But it's truly Love I feel when others are allowed to do these things for me.



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*To all the people who put the Thanksgiving dinner together- thank you for all that you do at F2F. The great effort and special care in the dinner for all those who use the services and the giving attitude are such a gift of love. The inspiration of your love and commitment...and the meals you made are a testament to your kind spirits. Bless all of you.*  
-Carolyn M., art instructor



## SPOTLIGHT ON SUCCESS: Peer Employment Training Graduates

In late November, F2F members Richard T., Jayne N., and Hugh L. completed and graduated from the intensive Peer Employment Training program offered by Recovery Innovations California (RICA). These hard-working members are now qualified to work as Peer Specialists, using their skills and lived experience to help others in recovery from mental illness. Each member had to first complete the eight-part Wellness Recovery Action Plan (WRAP) class before enrolling in the six-week Peer Employment Training (PET).

Member and PET graduate Richard T. reported “It was a hard look at the part of us that nobody likes to look at. To get the most out of the class you have to put a lot of work, soul searching, and time into it...It gave me comfort, hope, and the tools I need to know recovery is possible for anyone!”

A moving graduation ceremony at the Mission Valley library was well attended by friends and family of the graduates, as well as F2F and Downtown Safe Haven staff. Congratulations to the new PET graduates!



**F2F member Wyatt E.** hand-crafted this fly sculpture from one long section of copper wire (left: view from above; right: from below).



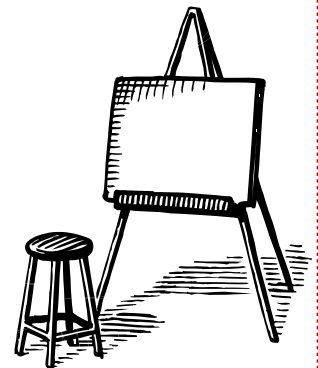
Collage and poem by F2F member Sara B.



### Angel Train

You've got to talk to me. C'mon & talk to me!  
 How can I know your thoughts & prayers  
 & hopes & dreams  
 If you don't talk to me?!  
 So when the sun goes down, and the stars come out!  
 Send up your prayers to me, the big JC!  
 As the Angel Train passes by your town tonight!  
 Send your prayers up to me, Jesus Christ!  
 I can't help you if you don't talk to me  
 And let me know what you want & need!  
 You've got to talk to me!  
 C'mon and talk to me,  
 Send your prayers up to me,  
 Let me know what's wrong,  
 Let me know your hopes and dreams,  
 Just remember to talk to me!  
 You've got to talk to me!  
 Love, JC

**F2F Members: Release your inner artist at our Creative Writing and Arts Workshop, hosted by the Creative Arts Consortium! Every other Friday, 1 PM at Friend to Friend.**

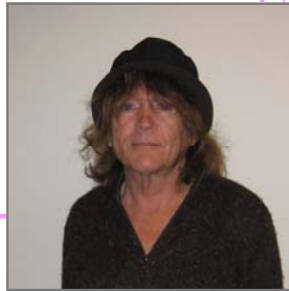




## Two poems by F2F member Ronnie M.

### THE AMALGAMATED

Have you ever hated the amalgamated?  
 Have you ever trod through a barren land?  
 Come let's be satiated  
 Come let's all tell  
 Tales of our journeys  
 Through tempest and dell  
 Experiences some we'd rather not repeat -  
 Some we'd take nothing for -  
 The bitter and the sweet -  
 For the man I am I have such compassion  
 Through really not sure if I'm after a fashion  
 Do you think you're unseen?  
 Do you think you can hide?  
 The earth is still spinning -  
 Are you going to ride?



### REFLECTIONS OF A FLOWER

Why was I chosen-  
 To be the unchosen-  
 For teams and games-  
 Always fanning the flames-  
 Living life a wishard-  
 Now it seems a falling star-  
 Oh! What a pity-  
 Feeling lonely in another city  
 Now why is it  
 Crying sometimes helps...  
 As I take a look around -  
 There are those with less -  
 Out on the streets -  
 'twas even there -  
 I sought to find thee



### Get to know the Friend to Friend Staff!

Front row, left to right: Outreach Worker Cynthia Lewis Thompson, Vocational Rehabilitation Specialist Tawni Buck, Operations Assistant Adrienne Banks.

Middle row: Program Manager Sarah Koenigsberg, Outreach Worker Daniel Lloyd, Peer Specialist Doug Blackwood.

Back row: Downtown Safe Haven Residential Services Case Manager Amber Hill, Vocational Coach Catherine MacGregor, Outreach Worker Linda Diaz, SSI Advocate Cassandra Rogers

## Excerpts from “Smoking and Mental Illness” by David S. Proffitt

From the website of the Maine Department of Health and Human Services Riverview Psychiatric Center (<http://maine.gov/dhhs/riverview/message/smoking.html>)

Smoking kills people. It kills people with mental illness more often and at an earlier age than other smokers. The newest data reveals that persons with serious and persistent mental illnesses have a 25-year lower life expectancy than the general population. More than half of that difference is related to conditions caused or worsened by smoking cigarettes.

So why address smoking in persons with mental illness? Because smoking inhibits psychiatric recovery in many ways, including leading to the ultimate barrier, death.

Recovery from the affects of psychiatric illness is a complex and expansive issue, which is not so much about “curing” as it is about living. Unlike getting a wart removed, recovery from persistent illnesses like diabetes, high blood pressure, or lower back pain, mental illness is an ongoing process of life adjustment and adaptation. Persistent conditions require a holistic approach to recovery. Focusing on a single characteristic of life without the consideration of the whole person is ineffective.

Recovery is about creating a life expression that is not dependent or defined by illness or sickness. Smoking addictions are in direct opposition to recovery.

Let’s review the facts. Although the overall prevalence of smoking has been decreasing in the general public since the early 70s, those with psychiatric disorders continue to have significantly higher rates of smoking. These rates have gone largely unchanged over that time span. It has been estimated that patients with mental illness consume roughly half of all cigarettes in the United States. Research has shown that persons who smoke and are experiencing a serious and persistent mental illness start smoking at an earlier age, smoke more cigarettes and extract more tar and nicotine from each cigarette than the average smoker. It comes as no surprise that they also suffer health consequences at a higher rate.

In addition, smokers with psychiatric illnesses are less likely to attempt quitting without direct support and are less likely to be involved in a smoking cessation group than other smokers. The United States Centers for Disease Control and Prevention describes tobacco use as “the single most important preventable risk to human health and an important cause of premature death worldwide”.



***If this article makes you want to quit smoking, Friend to Friend would like to help you. Please contact a staff member for information on smoking cessation programs.***

# The Friend to Friend Program

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To learn more about ECS, please visit our website at [www.ecscalifornia.org](http://www.ecscalifornia.org)

## 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.



## WHATEVER MAKES IT WORK

by F2F member James H.

How can a broken heart regain its structure, in a world where spoken words remain in conjectures,  
Treated as truths and realities, only based on ruthless fallacies,  
And baseless facts are the main tracks???

All words are thoughts. At a great price they are bought!

The waste they can lay can be seen from miles away.

Feelings flow like blood in a river of love turned to mud.

How must a heart regain its tokens in a world where feelings are spoken???



## Music can change your life.

Find out how you can use music to relieve your stress, improve your memory, boost your IQ and speed your recovery from all kinds of physical, emotional and mental issues.

Teacher Bill Protzmann has taught folks to really use music for more than 15 years. All Friend to Friend members are welcome to attend his classes, which are held at Friend to Friend on Wednesdays at 10:00 a.m.

