



# Friend to Friend Newsletter

HAPPY SUMMER!

Our third quarterly Friend to Friend (F2F) newsletter features writing by and/or about members Lloyd B., Pamela K., Charles M., Ronnie M., Sara B., Donna M., Henry V., and "Anonymous;" and drawings by Carlos G. and Pamela K.

**Thank you to everyone** who has helped create this newsletter, from the contributors to the proof-readers to the folders!



*Above: drawing by F2F member Carlos G.; below: Carlos (now a Downtown Safe Haven resident) creating artwork on the street*

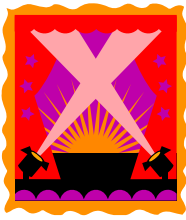
## INSIDE THIS ISSUE:

Spotlight on Success	2
Fourth of July Feast	2
Poem	3
Project Dulce article	3
I Will Never Forget...	4
Words from One Friend...	5
Artwork	5
Conundrum	5
On the Existence of...	6
Why Can't You...	7
Musician by Grace	8



**F2F Members:** Release your inner artist at our Creative Writing and Arts Workshop, hosted by the Creative Arts Consortium! Every other Friday, 1:00 p.m. at Friend to Friend.





## SPOTLIGHT ON SUCCESS: CHARLES M.



This quarter we would like to shine our spotlight on a relatively new F2F member and resident of Downtown Safe Haven, Charles M. A few months ago, F2F Outreach Worker Daniel Lloyd met Charles at the Neil Good Day Center, where he helped Charles connect with health care, shelter, and employment resources. In July, Charles became a F2F member and moved into the Downtown Safe Haven (DTSH) transitional housing program. Since he moved in, Charles has used his F2F membership and DTSH residency opportunities to get medical, psychiatric and counseling appointments, and to engage F2F vocational services to help him finish establishing his business of mobile car detailing, something that he said “relaxes the soul”. He is also attending paid training for employment in the “green” industry of home energy assessments and efficiency retrofits. When asked how he has gotten so much accomplished in such a short period, he stated that he gets up early, a habit from his time in the National Guard. Charles now has a stable place to live with a support system in place so that he can work on gaining independence and reaching his dream of becoming a housing coordinator for homeless persons.

**Members on the streets:** please be aware that early in the morning on September 20 through 23, volunteers will be walking the streets of downtown San Diego to interview homeless people for the Vulnerability Index Survey. This is part of a nation-wide campaign called “100,000 Homes” to house homeless people that want to get off the street. If you are approached by an interviewer, participating in the interview is voluntary. If you choose to participate in this interview it could lead to housing and case management services.



## DOWNTOWN SAFE HAVEN 4TH OF JULY FEAST

Downtown Safe Haven residents celebrated Independence Day with a community gathering and feast. Around a dozen residents turned out on July 4th to eat, listen to music on the patio, and enjoy the holiday. Organizers Scott, Jayne, and Carol planned days in advance and prepared a menu of grilled hotdogs, chicken tenders, steak, watermelon, and other fresh fruit. According to Scott, delicious leftovers lasted for days. When asked what it was like to have so much food at their fingertips, Scott replied “It’s great, it’s wonderful...it could be a little overwhelming.” Residents are already looking forward to the next chance for another community barbecue.





## **PROJECT DULCE:** **Peer program brings diabetes edu-** **cation to community**

By LEIGH ANN DEWEY for the North County Times,  
posted Wednesday, July 8, 2009, 12am

ESCONDIDO -- Three years ago, Escondido resident Racheal Araujo weighed 400 pounds and was taking five medications daily to control her Type 2 diabetes.

Today, more than 200 pounds lighter and medication-free, she is teaching fellow diabetics how to control their disease and live longer, healthier lives.

Araujo is one of five diabetes peer educators employed by Project Dulce, a diabetes management program with locations throughout San Diego County and Temecula. Founded in 1998 through a partnership between Scripps Health's Whittier Diabetes Institute, the Council of Community Clinics and Community Health Improvement Partners, the program targets low-income, largely uninsured people who might otherwise not have access to diabetes education or treatment.

Participants are community clinic patients referred by their doctors. Services are provided at little or no cost, based on each clinic's payment program. Since its inception, Project Dulce -- "dulce" is Spanish for "sweet," reflecting the blood-sugar management so important to diabetes control -- has served more than 18,000 people, mostly Latino.



"What's unique about this program is that it is composed of four different parts," said Executive Director Chris Walker, and is designed to assist underserved and ethnically diverse populations.

Using a nurse-led, team-based approach, Project Dulce provides diabetes-trained nurses and registered dietitians who work with patients and their primary care providers; uses methods and standards of care set by the American Diabetes Association; has a registry to track patient outcomes; and provides patient self-management classes taught by Araujo and other peer educators with diabetes, who adapt the program to the needs of specific ethnic groups.

Those cultural differences, which include food habits, exercise patterns, who people trust and where they get their health information, Walker said, "are incorporated into our curriculum." While Latinos remain the most served group, programs adapted to black, Filipino and Vietnamese communities have been offered.

A recent study by a health care economist at UC San Diego has shown that health care costs for Project Dulce patients throughout the county have been reduced by 60 percent over the past 10 years, Walker said, because of the emphasis on education and prevention by the program.

(continued to right)

### **Poem by F2F Member Donna M.**



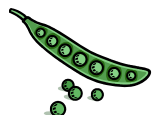
Out of chaos can come:  
Faith  
Simplicity  
Wisdom  
The ability to continue in the midst of chaos

...I don't know how I do it  
But I do it...  
Thriving is the goal—  
riding the wave and surfing through it...  
Whatever shows up,  
With the help of friends and others  
Who care—why should I be  
Afraid of a dare  
I don't always like their  
Looks and stares, but I'm  
Here to say I'm coming  
Up out of nowhere and  
With every effort I fought  
The things that could diminish my stride...  
Cuz I'm here to say life is a journey  
And I'm ready for the ride.

*The rest of this article can be read at [http://www.nctimes.com/lifestyles/health-med-fit/article\\_3b821a18-1d27-5fb1-83dc-7b838bdfaf68.html](http://www.nctimes.com/lifestyles/health-med-fit/article_3b821a18-1d27-5fb1-83dc-7b838bdfaf68.html)*

#### **F2F Comment:**

Episcopal Community Services is also taking steps to improve the health and wellbeing of the people it feeds, including Downtown Safe Haven residents. According to ECS Director of Food Services Peter Denlea, DTSH has for the last three months been receiving weekly cases of fresh fruit, and cases of fresh vegetables such as broccoli, carrots, chopped salad, corn-on-the-cob, and zucchini for dinner. Sugar-free drink mixes, sugar-free sweeteners, and canned fruit in water or fruit juices, rather than syrup, are also offered. Meals are prepared without added salt or sugar. This gives residents greater control over healthy eating and managing conditions such as diabetes. Thank you, ECS!



## **I WILL NEVER FORGET WHERE I CAME FROM** by an anonymous F2F member

Inspired by my spirit within to share this article

16 years ago I was sitting on my couch at home singing life is a three ring circus look what life has done to those like you and me, with tears rolling down my eyes.

With no support system nor a shoulder to lean on.

As a child on up to adulthood which is when I was diagnosed with mental challenges I'd never felt accepted or even loved, just abused, misused and kicked to the curb.

After being homeless these past five years not knowing where I was going to lay my head from day to day I became a member of F2F.

Linda Diaz was so compassionate she placed me at Downtown Safe Haven, where I was introduced to Ms. Donna Green and Constance and the rest of the staff.

I will never forget the fresh linens and towels and soaps to get cleaned up from Constance.

I will never forget the open arms I received from Ms. Green.

I will never forget the encouragement I received from Mrs. Michelle.

I will never forget the listening ears and support I received from Carol W.

I can truly say what I missed out on as a child and my youth has been fulfilled in a professional, loving, compassionate way.

I am no longer a forty-six year old woman in the mind of a five year old girl who had her innocence taken away,

But a cocoon that has turned into a butterfly.

P.S. I will never forget where I came from.

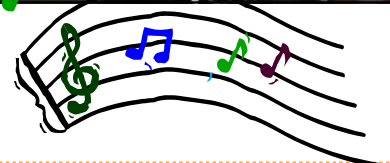
Thanks to Donna Green & DTSH

Thanks to Ms. Sarah & F2F



**CALLING ALL MEMBERS—Please join our new, interactive, multi-media music class! Experienced musician Bill Protzmann will teach you how music can relieve stress, improve memory, boost intelligence, and speed recovery.**

**Classes will be held on Wednesdays from 10 to 11 am. Refreshments will be served after class to class participants.**



## WORDS FROM ONE FRIEND TO ANOTHER FRIEND

By F2F member Pam K.

My name is Pam and I used to think I had no friends. The only friend I thought I had was in the use of drugs and alcohol. Then one day I found the true meaning of friend through the membership of Friend to Friend. I want to express that being a member has made my thoughts smarter and brighter. I now can live life openly rather than hidden in the woods somewhere. I am writing this in memory of how I used to be and what I am today.

"Thanks F2F." I couldn't have done it without you.

If you ever feel the need call a "Friend."



**ATTENTION MEMBERS:** take an active role in your health and recovery by attending Recovery Innovations (RICA) classes, held every Monday from 10 a.m. to 12 p.m. in our computer room. Classes cover Wellness Recovery Action Plan (WRAP), Wellness Empowerment in Life and Living (WELL), and Medication for Success. Lunch is served!



## CONUNDRUM by F2F Member Sara B.

My mind is like a conundrum, confused, perplexed and in pain.

If I do not get some solutions to my problems soon,

I will probably go slowly but surely, completely insane!

I'm in a serious predicament, and have a difficult dilemma facing me!

But as of yet, the answer for it, I have not found the key!

All I know is that if I remain clean and sober and retain my sobriety

That I can reclaim and then maintain my inner grace, self-respect,

And dignity as well as regain some mental clarity!

Ah, so it seems that God has, in his infinite wisdom, indeed seen

Fit to bless me with the magical key! Lucky me!



An excerpt from  
**“ON THE EXISTENCE OF THE PUPPET PEOPLE”**  
by F2F member **Lloyd B.**

*Lloyd offered his complete story to this newsletter, but because this is a small publication, we only have room for an excerpt. If you would like to read the entire story, you can find it in the on-line Bipolar Reading Room at <http://www.bipolarplanet.com/WebART/bookreading.html>.*

This paper is about the so-called "puppet people," a very queer and obscure group of beings that I happened upon in November of 1989 while pursuing my profession as a researcher of myth and religion. For reasons that were forced upon me, I took up the task of documenting the existence of this "people" and their world. In what follows you will find information from two main sources. The first comes from my investigation of their oral tradition. My discussions with the bards of the realm have provided me with formal descriptions of the characters I was investigating. These I have reproduced below almost verbatim with some commentary. The second source is a story entitled "The Manipulation" that is told among these people for the "enlightenment" of certain troublesome puppets in their society. It found its way to me in June of 1997, at which time I immediately translated and now offer for the consideration of interested parties. My analysis of the "tale" has led me to think that we are here dealing with a sort of psychological allegory, in which characters and events symbolize psychological processes. I should say, however, that some of my colleagues urge that I am reading too much into the story. I will therefore leave the question with the reader.

We begin with descriptions that descend from oral tradition regarding these beings and their hidden domain. Note especially the queer quality of the names that often have to do with shadows and authority.

There is the one called the "shadow lord," although he has many dark names. It is said of him, "Flee the shadow lord, flee him now, for he will hurt you!" This is the one that deals in evil shadows, which he himself creates with his own puppet hands. These are the shadows of pain, sent forth from his own realm, created entirely out of stuff of the dark lord. This is the evil one. This is the shadow lord.

There is the one who calls himself the "Star King." But in the songs of children he is referred to as the "Star Stealer." He tries to trick children by calling himself "Mr. Star King" to make himself appear to be their friend. This never works. He has a shiny red face and a crown made of blue stars. This is one who steals the stars and uses them for great evil in his red cave.

The "thot puppets" are the invisible servants of the Star King. They are of two types: the extremely happy thots and the extremely sad thots. They hide among the normal thought processes and are difficult to detect. They cannot be eradicated. The best one can do is to first recognize them and then seek to understand their strategies as well as one can...

(Continued at <http://www.bipolarplanet.com/WebART/bookreading.html>. )



## WHY CAN'T YOU... (WHAT A TRANSITION!)

by F2F member Henry V.

I was diagnosed with a Mental Illness in 1987. I guess it would be safe to say that I didn't accept being a paranoid schizophrenic until many years later. Once I did accept it, only then was I able to do something about it, and that something was to get started on a combination of meds. And a team of doctors... I'm comfortable with what I'm taking. Without my meds, I could become depressed, I could become suicidal, or homicidal. Yes, I have experienced suicidal and thank God that when I jumped into the Hudson River he brought me out, unharmed. I need to say that I didn't just jump, I first reached out for help at a hospital complaining of feeling suicidal. Then was sent home that same hour. Before I go any further, I must thank my Mother for every prayer, every tear, and every sleepless night, and one hospital in New Jersey was so far out that my Mother would get off the bus and take a long walk into the hospital grounds. Whenever demons would try to overtake me, I would sign myself into a hospital psych unit...yes, I've had about 30 to 40 hospitalizations throughout Georgia, New York, New Jersey, and even Florida.

The essence of all this had to be mentioned in order that the total of my story you would understand... So here we go. I had my own apartment in Newark, New Jersey. I lost the apartment. My pride wouldn't allow me to live homeless where I practically was raised. Then I helped a retired educator move to Oceanside, California. The voices told me to leave my apartment and come to San Diego. With nothing, I did. So I'm in San Diego, don't know whether to go up or down, east or west. So I ask someone and they pointed me then to Saint Vincent de Paul. Because they have a certain protocol, I couldn't just get in so for a while I slept wherever on the streets. I was receiving SSI checks but my own mind wouldn't allow me to check into a hotel or hostel, because it's like I made myself think ain't no sense staying in a hotel and then eating at shelters. My main concern was getting my own independence back. Sleeping on the streets reduced me really to an animal level of existence. I wasn't used to this weather. There was a time in the middle of the night I would wake up with the outside of my sleeping bag being wet and I wouldn't know if someone had peed on my blankets or poured water spitefully, then why would that be, because I knew no one. Later, I found out it was the dew. Thank God I managed to stay away from drugs and alcohol.

Then one day while I was sitting in San Diego's scorching sun with all of us homeless people inside a fenced gate, a beautiful angel came and asked me if I wanted to get off the streets. My answer was yes immediately. It felt like to me she had been this angel looking for me for a long time, and when she found me, it's like I felt the release of tears or sadness that we both were experiencing.

So after an interview she told me where I would be staying - I moved into a place off the streets, Downtown Safe Haven. Walking though the doors I felt warm and safe. This Downtown Safe Haven had groups facilitated by members of the staff that were warm and loving, just what I needed. They had groups that would also help me adjust to a beautiful transition.

There was a construction site close by which was to be for condos, and I was told I could submit an application. My case manager helped me fill out the application. Six months later I was given a interview date, which went successfully. I would play mega millions lottery, then I would tear up the ticket before scratching it. This would be subconsciously my covenant to God that I be blessed with the apartment. Well, well, well, I moved in on the 14<sup>th</sup> of May. Thank you much, Downtown Safe Haven!!!! Thank you Friend to Friend!





# The Friend to Friend Program

## of Episcopal Community Services

4080 Centre Street, Suite 104  
San Diego, CA 92103

Phone: (619) 955-8217  
Fax: (619) 955-5142

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.

### MUSICIAN BY GRACE

A song by F2F Member Ronnie M.



Hills and mountains -  
Bushes and trees -  
Cool flowing waters -  
Some on their knees -  
Women and children -  
Dogs tag along -  
Me in the distance -  
Playing a song -  
Thanking the Lord -  
In my own kind of way -  
For letting me sing -  
And teaching me to play.

