



Friend to Friend



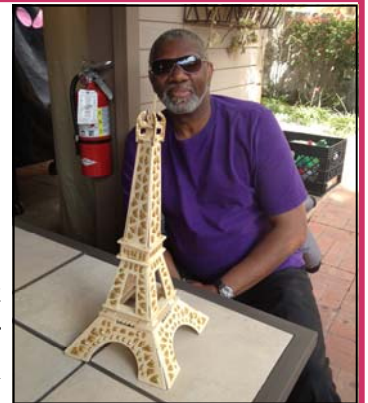
Thank you to our members for their contribution of art work, sharing, and valuable feedback. Also, a BIG thank you to Friend to Friend members who give back by volunteering!

Art As Therapy



“Art is about externalizing your feelings so you don’t have to keep everything inside.”

- Sydney Brumidis



The Eiffel Tower by Wade



Art by John



Art by Deborah

Whether in Art Therapy at Downtown Safe Haven, or in the Creative Arts and Writing class at Friend to Friend, members get their creative juices flowing by creating beautiful expressions in a variety of formats.



Art by Sara



Art by Festus



Art by Mark

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The Friend to Friend Creative Arts & Writing Class is led by the California Arts Consortium.

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

Meet Our New Staff Vocational Rehabilitation Specialist



Stephen Faille

Introducing the new Friend to Friend Vocational Rehabilitation Specialist, Stephen Faille. Stephen’s work is to help Friend to Friend members achieve their vocational goals such as volunteering, obtaining and maintaining employment, increasing paid work, education, and job skills training.

Stephen is a graduate of San Diego City College, Alcohol and Other Drug Studies program, and has recently obtained certification as a California Certified Addiction Treatment Counselor. Stephen’s background includes military training as a surgery technician and nursing. After leaving the military, Stephen worked in several different fields, and feels called to help people. Stephen previously worked at ECS Downtown Safe Haven, as a Residential Assistant.

Winter Shelters Extended

Since its inception, 15 years ago, there has not ever been any extension granted to The City of San Diego’s Homeless Emergency Winter Shelter Operated by Alpha Project. With the power of People, Passion and Progress, at a City Council meeting, unprecedented history was made. Recently, it was decided unanimously by the City Council, that The City of San Diego’s Homeless Emergency Winter Shelter would be extended for ninety additional days. The Veteran Shelter run by VVSD has also been extended up to two additional months!



Outreach Worker Staci listens to a veteran

1 in 3
 More than 1 in 3 adults (36%) with a mental illness smoke cigarettes, compared with about 1 in 5 adults (21%) with no mental illness.

3 in 10
 About 3 of every 10 cigarettes (31%) smoked by adults are smoked by adults with mental illness.

1 in 5
 Nearly 1 in 5 adults (or 45.7 million adults) have some form of mental illness.*

Adult Smoking & Tips to Improve Health for People with Mental Illness

Cigarette smoking is the leading preventable cause of disease, disability, and death in the US. Despite overall declines in smoking, more people with mental illness smoke than people without mental illness. Smokers who quit have immediate health benefits: After 1 Year—Risk of heart attack drops sharply. After 2-5 years—chance of stroke can fall to the same as non-smoker’s. Within 5 years of quitting, the chance of cancer of the mouth, throat, esophagus, and bladder is cut in half. Within 10 years after quitting smoking, the risk for dying from lung cancer drops by half. To quit smoking: **CALL 1-800-QUIT-NOW or visit www.smokefree.gov or ask your doctor.**



PATH Connections Housing Grand Opening March 11, 2013



F2F Member Billy talking with Sarah

Connections Housing opens

Connections Housing – a service and residential center for the homeless – opens today in downtown San Diego. It targets the downtown area’s homeless population with 223 beds – split between permanent apartments and interim housing – supportive service providers and a health center.

Permanent supportive housing

Seventy-three studio apartments provide permanent housing. Each resident will have a case manager and be near the supportive services downstairs.



Permanent supportive housing studio apartment

Health Center

A comprehensive health center on the ground floor will provide healthcare to some of the homeless and discounted care for local residents who qualify.



PATH Depot

The basement will have 37 nonprofits that will coordinate services ranging from legal aid to nutrition and mental health services.

Interim housing

Two floors – one for men and one for women – and 134 beds help the homeless move off the streets and work toward permanent housing. Residents can live there between 30 and 90 days.



Health Center and housing entrance

PATH Depot entrance

Historic restoration

The project received tax breaks for taking measures to restore the building to its original appearance, such as painting it a color similar to the original concrete and reconstructing the second-floor balcony.



Interim housing beds PEGGY PEATTIE • U-T

Project Homeless Connect January 30, 2013

“1,150 a record number of homeless San Diegans attend Project Homeless Connect for clothing and services— More than 550 volunteers and 71 service providers came together to provide the assistance.”



Doug, Staci, & Kristina ready to serve

Many Friend

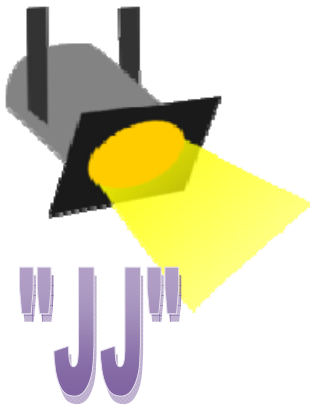
to Friend members were able to come to connect with haircuts, food, showers, hygiene products, clothing, legal, dental, medical and mental health care referrals, as well as comradery.

When asked about the homeless situation in San Diego, Mayor Bob Filner said, “Our people have got to look the homeless in the eye and say that when one of us is suffering.”



Outreach Worker Staci / F2F member Gary

MEMBER SPOTLIGHT ON SUCCESS



Worker at the Neil Good Day Center. JJ advocated for himself in order to obtain the medical care, therapy and support systems needed to maintain transitional housing at St Vincent de Paul's. By taking advantage of Friend to Friend Vocational Rehabilitation Services, JJ has obtained interview clothes, assistance with obtaining his driver license, and has gained solid experience by volunteering regularly. Since December 2012, JJ has volunteered 20 hours per week helping others and himself at the Friend to Friend program. I asked JJ what works for him, "I know to stay busy by meditating as I run several miles a week to deal with stress and by volunteering because it makes me feel good." JJ has also reconnected with his five year old daughter. JJ hopes to open his own business with the experience he gains from volunteering and his passion for fitness. JJ's story is one of courage, perseverance, and hope!

If you have walked into Friend to Friend over the past few months, you are sure to have met JJ at the reception desk, where he gives back by volunteering to answer phones and greet visitors. Here is part of JJ's successes: JJ came from a place he described as "no job, no money, no food." JJ is a military veteran who lived under a bridge for a year as he struggled with alcohol dependency and depression. JJ started on the road to recovery from mental health and substance abuse issues by meeting a F2F Outreach



Fishing & Recovery



Scott (pictured on left) has been attending the recovery related fishing group at Downtown Safe Haven. Scott said he now goes out on his own and sometimes with other Friend to Friend members to fish. Scott has been able to overcome personal barriers by engaging in fun activities.



Jon (pictured on right) shows off a catch before returning the fish back to the water. Jon said, "I like to keep myself busy and do the things I can do to take care of myself." Looks like busy can be relaxing and fun too!

"Here comes the Sun! It's alright!"

Groundhog Day 2013: No shadow for Punxsutawney Phil, so spring is around the corner. What started in the small town of Punxsutawney, Pennsylvania and now is all over the country, a tradition is celebrated every year to see if the weather will warm up or if six more weeks of cold weather is yet to come! This year on February 2, 2013 at 7:25am, Phil might have forgotten his glasses.

According to folklore, no shadow for Phil means "there will be an early spring." If Phil had seen his shadow, it would have meant six more weeks of winter. Obviously there have been many renditions of Punxsutawney Phil.

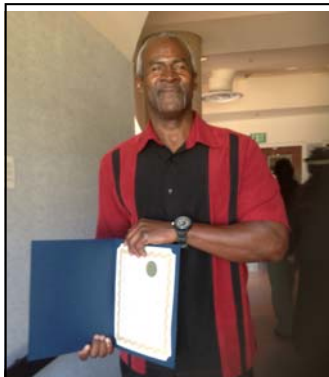
Since the groundhog's first prediction in 1887, Phil has seen his shadow 100 times and not seen it on only 16 occasions. If you do your math, you will see there are nine missing years in the records. However, Phil's accuracy is the subject of debate. The United States agency responsible for weather is the National Oceanic and Atmospheric Administration. Known simply as NOAA (as in Noah's Ark), the federal agency says Groundhog Day superstitiously originated as an ancient celebration of the mid-point between the winter solstice and spring equinox. It is notable that since Groundhog Day is always followed by six more weeks *according to the calendar*, Phil has only been right 86% of the time. Out of 116 predictions, Phil has seen his shadow (meaning six more weeks of winter) 100 times. This may have been an off year for Old Phil. Half the country is covered in some of the worst snow storms seen in decades for this time of year. Luckily for all of us, we live in San Diego, California. See you next year Phil!



- Story credit: Jason Samenow—Washington Post

Mark Models Recovery

Friend to Friend member Mark completed the Wellness Recovery Action Plan group, earning a certificate. But Mark didn't stop taking action on his recovery there. Mark went on to complete the Recovery Innovations Peer Employment Training, not only a continuation of learning recovery tools, but a training program for employment helping others. Employment, and volunteering, provides an opportunity for people to put their recovery to work. It gives them a chance to practice recovery skills and to role model the most important message of hope. Mark said, "If I can do it, so can you. Recovery is remembering who you are and using your strengths to become all that you were meant to be. My motto is that God does not change a person until he or she changes what lies in his or her self."



Mark with his PET Certificate

James's Creative Writing

Well, here we are once again my friends as I sit trying to get back into the element of my creative writing. For you see, I have this little voice inside of me. Upon my waking up this morning, this little voice has been screaming to let it out of my head today. Trying to awaken my mojo inside of me, I sit and try to let my little voice come out of me. As I sit with Carolyn at Friend to Friend class, I let my little voice have its reign for today. —

F2F Member

James



James and Doug

The Friend to Friend Program of Episcopal Community Services

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.

EFFECTIVE MARCH 1, 2013

Schedule subject to
change. Please call
to confirm.

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

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

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Health and Human Services Agency.*