

ECS Friend to Friend

Friend to Friend NEW ADDRESS

101 16th St. San Diego, CA 92101



ECS Friend to Friend (F2F) is a non-residential outreach and engagement program for homeless adults over the age of 18 who are diagnosed with a serious mental health condition which includes those with co-occurring substance use disorders - who are interested in improving their social and vocational skill sets and rebuilding their lives. The program serves homeless adults on three levels: outreach, engagement and intensive case management.

Outreach workers actively seek out areas where homeless individuals are known to congregate and live, including street encampments, parks, vacant lots and buildings as well as community agencies and churches. F2F staff also reach out to potential members at other community agencies, including overnight shelters, the Veteran’s Administration, and jails. Staff meet clients on the streets or in emergency shelters and connect them to social services including housing assistance, food, mental health care, vocational rehabilitation, and substance abuse treatment.

The Friend to Friend clubhouse offers a safe atmosphere where clients can access a computer lab, attend group classes and trainings, share meals and meet with outreach workers as well as an employment specialist and a Social Security Advocate (SSA).

Monthly Life Celebration lunches and other special events allow for fun and community. Friend to Friend provides homeless adults a safe space, and the caring, supportive staff provide practical help for setting and reaching their goals.

PREVENTING HEPATITIS A

1. Always wash your hands thoroughly after using the restroom and when you come in contact with an infected person's blood, stools, or other bodily fluid.
2. Avoid unclean food and water.
3. Avoid dairy products.
4. Avoid raw or undercooked meat and fish.
5. Beware of sliced fruit that may have been washed in contaminated water. Travelers should peel all fresh fruits and vegetables themselves.
6. DO NOT buy food from street vendors.
7. Use only carbonated bottled water for brushing teeth and drinking. (Remember that ice cubes can carry infection.)
8. If no water is available, boiled water is the best method for eliminating the virus.



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PAST & UPCOMING EVENTS



CELEBRATION OF LIFE



THANK YOU Life Celebration Hosts

St. John's Episcopal Church Dec.16th
All Souls Point Loma Jan. 19th
Francis Parker Feb. 16th

HOLIDAY PARTY HOST

The St. Paul's Cathedral Dec 20th.

Hot Dog Friday

is held on the 2nd Friday of the month 12pm-1pm



The Life Celebration

is held on the 3rd Friday of the month from 12pm - 1pm.

Lunch with Friends

is held on the 4th Friday of the month from 12pm - 1pm.

County Year End Celebration

Hosted by **RI International**

Manjulla S
Leshia D
Joann D
Geneva E
Doug Blackwood Staff



POINT IN TIME COUNT 2018



The F2F program participated in the annual point in time count on January 26th. Nine members of the count squad met at the First Presbyterian Church at 3:30am and roamed the streets of downtown counting people who appeared to be homeless, many sleeping on the sidewalks. Notable take-aways from the count were the appearance of fewer tents and structures. The amount of people remain about the same as last year. F2F also participated in the 12th annual Project Homeless Connect on January 31st, connecting with many people who are living on the streets and looking to connect with services providers. **Team Members Back Row; Cris B, Porscha R-H, Bernie M, Jamal S, Kathleen K, Summer K, Trisha A, Deann R, and Tina M.**

STEPS TO TRANSITION



Ricky B has been recently placed in permanent supportive housing thanks to his hard work and the advocacy of the Friend to Friend staff.

F2F staff works hard to help members stabilize by offering groups, such as Seeking Safety, AOD, referrals to mental health programs as well as navigating through Regional Task Force on the Homeless CES and property management systems.



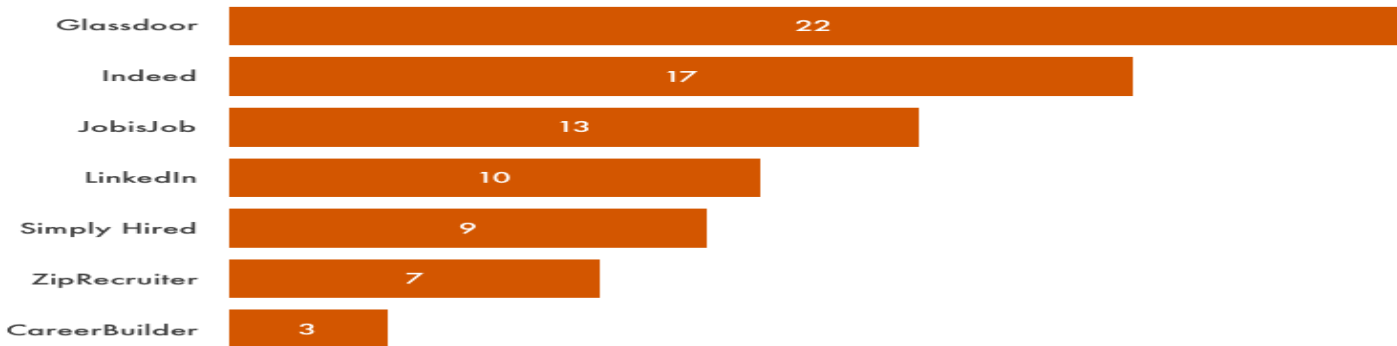
OTHER RECENTLY HOUSED MEMBERS

Gordon R & Chantia W - Permanent Supportive Housing

Martin V. & Eileen M - Rapid Rehousing

TOP JOB SEARCH WEBSITES

Glassdoor had at least 30% more new posts per day than its competition in our two-week test.



SSI and Work

The County of San Diego Behavioral Health Services is on a mission to get more consumers back to work.



The Supported Employment Initiative and the Work Well Initiative are focused on reducing the stigma surrounding mental illness and promote mental health awareness in the workplace. We at F2F agree with this concept. Data indicates that working can be a wellness activity that quells mental health symptoms. Most folks are unaware that even while receiving SSI a person can earn more than \$16,000/year without any reduction in their SSI benefits. This equates to a minimum wage position earning \$11/ hour, 20 hours per week, an additional \$11,440 per year. If you are a SSI recipient and are interested in finding part time work please see Vocational Rehabilitation Specialist Anthony R. and the SSI Advocate Jacque R. at F2F.

CAREER FAIRS



San Diego Career Fair and Job Fair

Wednesday - April 11, 2018

11:30am - 2:00 pm

Doubletree Hotel - Mission Valley

Main Ballroom

Thursday, April 12, 2018

11:00 AM - 2:00 PM

Handlery Hotel San Diego

950 Hotel Circle North

Wed, March 14, 2018

11:00 AM – 2:00 PM PDT

Hilton San Diego Mission Valley

901 Camino del Rio South
San Diego, CA 92108

EAST VILLIAGE NEWS & HOT SPOTS



Temporary Bridge Shelters

16th St. & Newton Ave.
2801 1/2 Sports Arena Blvd
14th St. & Commercial Ave.



SAN DIEGO CENTRAL LIBRARY

AVAILABLE WORKSHOPS

- Social Media (Facebook Twitter)
- Finding Hidden Jobs
- How to Work a Job Fair
- Basic Computer Classes
- Downtown Chess
- Sewing Basics
- Cover and Thank You Letters
- Guitar Instruction
- Swing Dancing
- Do Your Homework @ the Library



Mon:	9:30 a.m. - 7 p.m.
Tue:	9:30 a.m. - 7 p.m.
Wed:	9:30 a.m. - 7 p.m.
Thur:	9:30 a.m. - 7 p.m.
Fri:	9:30 a.m. - 6 p.m.
Sat:	9:30 a.m. - 6 p.m.
Sun:	Noon - 6 p.m.

MONDAY

- Music Class**
10am to 11am
- Health & Fitness**
1pm to 2pm

TUESDAY

- Roadmap to Recovery**
10am to 12pm
- Art Therapy**
12:30pm to 2pm
- PAG**
3rd week of month
2pm

WEDNESDAY

- Women's Group 9-10am**
- Wellness Recovery Action Plan**
10am to 12pm
- Next Step Group**
1pm to 2:30pm

CLUBHOUSE CALENDAR

There is something going on at Friend to Friend every day. Members have been taking part in new groups and activities at the clubhouse since July 1985.



THURSDAY

- Seeking Safety**
10am to 11:30pm
- Art Therapy**
12:30pm to 1:30pm
- Resource Group**
Last 2 Thursdays of the month
1pm to 2pm

FRIDAY

- Dimensions of Wellness**
10am to 12pm
- Creative Arts & Writing**
1pm to 2:30pm

CLOSED Sat. & Sun.



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

San Diego Clean Slate Clinic

2018 CLINIC DATES

Jun 2nd (South Metro Career Center)
Jul 7th (South Metro Career Center)
Nov 3 (South Metro Career Center)

GET POSSIBLE HELP WITH

Expungements, Felony Reduction to Misdemeanor, Early Termination of Probation, Prop 47 and Prop 64



Welcome to a different kind of training. At CET, training is based on learning through doing, supportive relationships, and knowing what it takes to land a good job. With its unique “open entry” program admissions, you can start anytime you are ready – no semesters or quarters here. CET trains and connects you to a career pathway in as few as 6 to 9 months. We are veteran friendly!

SCHOOL SPOTLIGHT



4153 Market Street, Suite C
San Diego, CA 92102

COURSES OFFERED

Green Building
(Construction Skills)
Welding Fabrication
Medical Assistant

**Free job placement for
graduating and returning
students for life.**

Welcome Statement

Friend to Friend (F2F) welcomes all homeless adults with mental health challenges in central San Diego who are seeking recovery utilizing 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 health issues, 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. 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.

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

