



Mental Health Association

OF SAN MATEO COUNTY

In This Issue:

MHA AWARDED HUD 811 GRANT! CEDAR STREET APARTMENTS UNDER WAY



▲ Preliminary Designs for Cedar Street Apartments (East Elevation)

HUD recently announced that the Mental Health Association of San Mateo County has been selected to receive a fund reservation of \$1,792,800 toward the development of Cedar Street Apartments. Additional funding will be awarded upon completion of construction to provide ongoing subsidies for the units, allowing residents to pay only 30% of their income in rent each month. This new 15-unit apartment building in Redwood City will serve low-income adults with mental illness.

In partnership with the City of Redwood City, which provided a grant of \$748,000, and after receiving a HELP loan from the San Mateo County Department of Housing, MHA purchased the lots at 104 & 112 Cedar Street in May 2006. In the months that followed, the Mental Health Association completed site clean-up and other pre-development activities. Kodama Diseño, the architectural firm that designed MHA's Belmont Apartments, is working on the plans for Cedar Street.

Preliminary designs have been presented to the City of Redwood City Architectural Review Committee and, based on discussion and recommendations, revisions are in the works.

In the months to come, MHA will work on meeting the requirements of the fund reservation, finalizing the design with the architectural firm and the City of Redwood City, and on fund development to raise the balance of the monies needed to bring this project to fruition.

MHA's current residents will provide valuable feedback about their personal needs that will help to inform the design of the facility and the services and programs that will be made available on-site.

(continued on page 2)



MHA Holiday Party (page 2)



Staff Profile: LaVette King-Curry (page 3)

MHA COMMUNITY FRIENDS PROGRAM

The Community Friends Program has been providing social support to individuals with mental illness since 1995. Consumers are being hired to work as Community Friends and to reach out to more isolated individuals. Roy is a Community Friend ("Friend") who recently was hired to reach out to individuals in East Palo Alto.

Wayne Dowling, was honored with a plaque at the MHA Holiday Party to recognize his 10 years of care and commitment to the Community Friend Program. A Friend of Wayne's said, "Wayne took me to the airport when I told him that I had never flown in an airplane. It was a great experience!" Wayne's creativity is legendary.

One of the Community Friends,

Community Friends Tom, Cicely,



▲ Executive Director Melissa Platte Presents Award to Community Friend Wayne Dowling

and Teresa have been working in board and care homes in Burlingame and San Mateo to make connections with clients who are homebound or isolated. A World Series party *(continued on page 2)*



Success Story: Tyrone McPeters (page 3)



HUD GRANT

(CONTINUED FROM PAGE 1)



▲ Preliminary Interior Design for Cedar Street Apartments

Providing housing for extremely low-income individuals with mental illness has been a priority for MHA Board and staff, and we are pleased to be developing another valuable resource for our clients by providing affordable, stable housing combined with critical supportive services. ☉

33RD ANNUAL MHA HOLIDAY PARTY... A GREAT SUCCESS THANKS TO YOU!



▲ Friendship Center Coordinator Angela Bruno-Castro (left) and Assistant Coordinators Sue Cirillo (center) and Natalia Arellano (right)

The 33rd Annual MHA Holiday Party was a fantastic celebration! More than 300 smiling guests enjoyed dancing and socializing, munching homemade Christmas cookies followed by a traditional holiday meal. Beautiful weather allowed everyone to enjoy the view of the water outside as well as the festive atmosphere inside at the Foster City Recreational Center.

A highlight of the party was the awards ceremony. Friendship Center members were honored for their contributions throughout the year. Awards were given to this year's

MHA COMMUNITY FRIENDS PROGRAM

(CONTINUED FROM PAGE 1)

was organized at two of the board and care homes, and clients enjoyed pizza, soft drinks and camaraderie. The most important gift of a Community Friend is the connection people make.

Robert has been working in Daly City for more than six years. He faithfully takes his two Friends out each month to a Chinese buffet. Robert loves to talk politics and philosophy and hopes to find more Friends who are interested in these topics.

Brad has been working for several months as a sober Friend. He has been clean for over six years and really understands the struggle his Friend continues to experience with substance use issues. Brad is someone who can be called upon for supportive talks over coffee.

MHA's youngest Community Friend, Christina, has been working for more than two years. In February, 2008 she joined the Stamp Out Stigma (SOS) team as one of their first young adult team members. SOS is an organization that provides accurate information about mental illness to businesses and the general public. Christina is a great addition to the organization. MHA staff join Christina's Friends in thanking her for her service as a Community Friend and in wishing her all the best!

If you would like to be a Community Friend or request to have one, please leave a message for Terri Byrne at (650) 368-3345 ext. 149. ☉



▲ Mayo Johnson Loves the Party!

MHA staff and board members, NAMI members, Friendship Center volunteers and all individuals who donated to Operation Reindeer and worked hard Without you this party wouldn't be possible! ☉

DJ John Harris of Exclusive Sound Makes Friendship Center Parties Fun! ▶



honorees: Keith Love, Ines Villalobos, Larry Howe, Mike Hartman, Robert Romone, David Eisman, Nancy Neice, Tom McCrea and Chrisy Elliot. A very special award was given to Wayne Dowling for 10 years of care and commitment to the Community Friends Program.

As always, one of the most anticipated aspects of the party was the visit from Santa and Mrs. Claus, County Supervisor Rich Gordon and former San Mateo County Health Services Director, Margaret Taylor. The elves, MHA staff members Nora Hartmann and Deanna Greenwood, also livened up the event with show-stopping outfits. Each guest received a wrapped present, many of which were provided by individuals including Desarie de Borja and Sandy Whitlark who donated many of the women's gifts.

Our special thanks to the dedicated Community Service League members, San Jose State OT program students,

STAFF PROFILE: LAVETTE KING-CURRY, SPRING ST. SHELTER



LaVette King-Curry is a Shelter Services Specialist at the Spring Street Shelter. She started as a part-time employee in 1991 and became a full-time employee in 1996. LaVette is also a co-director for her church youth group, and works with another agency as a Receptionist/Administrative Assistant.

LaVette graduated from Woodside High School, and went to Cañada College where she majored in Fashion Design and Psychology.

What does your job entail?

My job entails helping clients access services and make appointments, providing information to residents about resources and providing a listening ear whenever needed. I also help residents learn basic living skills, and together the shelter staff members help clients transition back into society.

What is rewarding about your job?

It is rewarding to see clients from the shelter take the initiative and responsibility to improve their current living situation. I also enjoy it when they thrive and strive to do better than they did the past.

What is challenging about your job?

I think everything is challenging about this job. In all aspects in life there is a challenge. If there wasn't a challenge, then it wouldn't be so rewarding in the end.

Is there anything else you would like to add?

Over the years of working here, I've learned that this job can be very rewarding. But also I have had to learn not to take things personally and not to take problems home. Just as the residents have lives, we do, too. Sometimes you just have to smile and stick to the formalities of the shelter foundation knowing that as one client walks out the door, a new one walks in that needs our help. That's what this job is all about. ☺

SUCCESS STORY: TYRONE McPETERS

Tyrone McPeters is an inspiration. Two years ago, Tyrone left home and began living with his friends and in shelters in San Francisco and Daly City. He was homeless and dependent on drugs and alcohol. Today he has graduated from the School of Culinary Arts and is well on his way to success!

Tyrone was referred to the MHA's Support and Advocacy for Young Adults in Transition (SAYAT) program in March 2007. He worked with case managers to stabilize his housing, work on his recovery and develop personal goals. In May 2007, Tyrone was referred by a SAYAT Case Manager to Daybreak, a residential housing program for youth. Having stable housing, Tyrone was able to foster his love of cooking. In December 2007, Tyrone received his certificate from the School of Culinary Arts! He considers this his biggest achievement yet and is looking forward to what the future has in store for him.

Tyrone received an enormous amount of support from his family, friends and co-workers. He states, "I know for a fact that without them I would not be where I am today. They made me push myself."

Today, at 19, Tyrone is a chef at two local restaurants. Eventually Tyrone would like to work on a cruise ship and even have his own restaurant. He would also like to take a business management class and take part in an automotive engineering program at Wyotec. Tyrone points out, "This way I can pursue both of my passions. If I ever get tired of cooking I can work on cars instead." When asked what he would like people to remember or know about him, Tyrone says that he would like people to know that he overcame homelessness and drugs to gain stability and success. He adds that his goal is to no longer live day-to-day but to plan for and look forward to the future! ☺



▲ Allan Johnson, Director of Youth Programs, Job Train (formerly OICW) (Left), Tyrone McPeters (Center), Adam Weiner, Executive Chef (Right).



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▲ MHA Staff Member Terri Byrne (left) and Honorary Elf Deanna Greenwood (right)

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DONATIONS RECEIVED WITH GRATITUDE!

We are grateful for the community support we receive from individuals, foundations, and corporations throughout the year. Your support enables us to provide high-quality services to our clients. Thank you!

In December we received a very nice surprise; the **Unitarian Universalist Church of San Mateo** selected MHA as the recipient of the offerings collected on a Sunday in December. Over \$900 was donated! Our heartfelt thanks for your generosity!

In addition to the generous financial support we received toward Operation Reindeer, we would also like to thank the following businesses for their charitable donations:

Cost Plus World Market—\$25 gift card

Midwest Industrial Lighting—\$20 coupon for Butterball Turkey

Linens 'n Things—\$25 gift certificate

Costco—\$25 gift card

Safeway Menlo Park—\$25 gift card

Safeway Redwood City—medi-sets

Sunstar Americas, Inc.—144 toothbrushes

Raley's Family of Fine Stores—\$50 gift card

Great America Cedar Fair Entertainment Company—One day admission for two

Planned Parenthood ® Golden Gate—

condoms

Nature's Gate—soaps, shampoos, and

conditioners

Brother's Furniture Warehouse—discount

on furniture



Mental Health Association

OF SAN MATEO COUNTY

MHA PROGRAMS OVERVIEW

Friendship Centers offer social and recreational opportunities during the week for adults with mental illness. There are typically nine Friendship Center meetings per week at five sites in the county. A calendar of activities and outings is produced monthly. New participants are welcomed to drop-in.

Spring Street Shelter provides temporary shelter, by referral only, for homeless adults with mental illness. Clients are offered meals, donated clothing, laundry room access, skills groups, and support services.

The **Transitional Housing Program** helps Spring Street Shelter residents move from homelessness into long-term, stable and permanent housing. Residents work with a case manager to achieve their goals and plan for the future.

The **Housing & Client Assistance Program** provides short-term assistance to low-income, HIV positive residents to help them acquire and maintain permanent housing. The program also helps pay move-in costs and other housing-related items, and connects people with community resources.

The **Shelter Plus Care Program** provides subsidized housing and support services to help adults with mental illness live successfully in the community.

The **CHRIS Program** offers Living Skills Assessments and training for Spring Street Shelter residents, Transitional Housing and community clients by referral only. The program provides recommendations for housing options that match client skills, interest, ability and needs.



The Mental Health Association of San Mateo County (MHA), a nonprofit organization, enriches quality of life, restores dignity, and reduces homelessness, particularly for those affected by mental illness and HIV/AIDS. MHA strengthens hope by providing shelter, support and opportunities for socialization.

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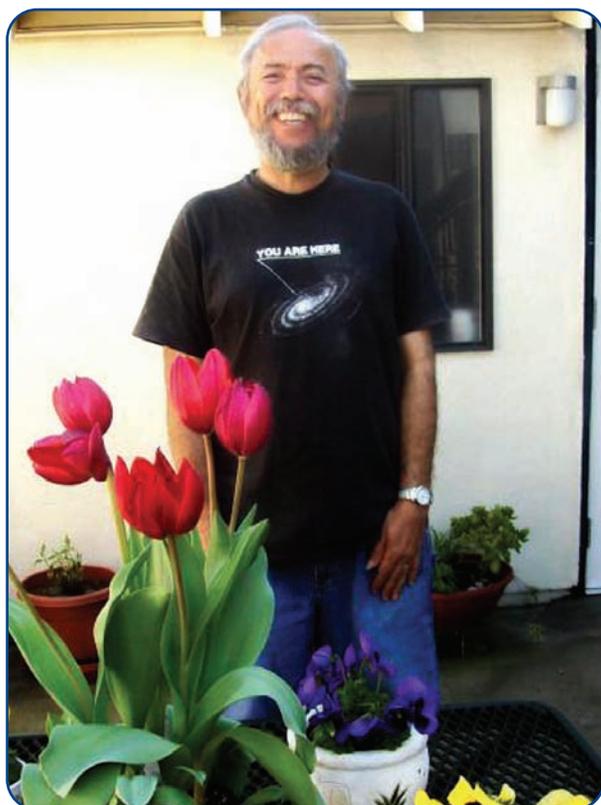
MHA PROGRAMS OVERVIEW

The **Community Friend Program** offers a companion/support network for isolated individuals so they can participate in community activities.

The **SAYAT Program** (Support & Advocacy for Young Adults in Transition) helps stabilize homeless young adults and facilitate their transition into permanent, stable housing.

The **St. Matthew Hotel Support Services Program** provides on-site support for the 56 low-income residents of the St. Matthew Residential Hotel in downtown San Mateo.

The **“14 Slots” Supportive Housing Program** works to stabilize chronically homeless, dually or triply diagnosed individuals into permanent supportive housing throughout San Mateo County.



Belmont Apartments offer stable, affordable, supportive housing for 24 homeless adults with mental illness and/or who are dually or triply diagnosed.

In partnership with Edgewood Center for Children and Families, the **Housing Support Program** provides housing and support services throughout the community for seriously mentally ill, transition age youth who are enrolled in the MHSA Full Service Partnership.

New in 2007! The **Lifestyle Enrichment Program** provides the opportunity for MHA clients to participate in social, leisure and recreational activities.

◀ *Thanks to David Martinez, a long-time resident of Hurlingame, Spring St. is in full-bloom throughout the year!*