



Mental Health Association

OF SAN MATEO COUNTY



In This Issue:

28TH ANNUAL CSL KITCHEN TOUR FRIDAY, MAY 16, 2008!

The 28th Annual Community Service League Kitchen Tour, to be held on Friday, May 16, 2008, will feature five beautiful homes in Hillsborough and San Mateo Park. Since 1976, CSL has raised more than \$1 million dollars for the Mental Health Association of San Mateo County and YFES Suicide

Prevention and Crisis Center. The staff at MHA would like to express our ongoing gratitude to CSL for all the work they do to support our organization!

CSL partners with local businesses and individuals to raise funds for these organizations. The Kitchen Tour attracts about 700 people each year. It is a one-day self-guided tour of kitchens, gardens and other living areas in five distinctive homes. All of the kitchens

have been newly remodeled and feature both historic and contemporary designs. Tickets are on sale now and are \$35 in advance and \$40 at the door. For information, please call: 650-483-6485 ☉



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**For more information please call
(650) 483-6485.**



California Wellness Foundation Program Provides Health Outreach (page 2)



Board Spotlight: Marsha Gustafson (page 3)

REBUILDING TOGETHER PENINSULA & TYCO ELECTRONICS RENOVATE VILLA TERRACE

On National Rebuilding Day, Saturday, April 26, Rebuilding Together Peninsula and volunteers from Tyco Electronics will provide extensive renovations and upgrades to MHA's Villa Terrace permanent housing site in San Mateo. Rebuilding Together Peninsula (RTP) is a nonprofit organization that builds volunteer partnerships to rehabilitate homes and community facilities for low-income homeowners and neighbors — seniors, disabled, or families — so they can live independently in warmth and safety. For this project,

Tyco Electronics will lead a team of volunteers in beautifying the backyard, replacing linoleum, painting the common areas, and doing other much-needed work on this almost 100 year-old house which is home to five residents. We are delighted to have been selected to receive this work. RTP and Tyco Electronics have been extremely generous and are doing even more than we anticipated would be possible!

More volunteers are always welcome. If you would like to help,

please contact Bonnie Glass at (650) 368-3345 ext. 137 or by email at BonnieG@mhasmc.org. ☉

**VOLUNTEER OPPORTUNITY
NATIONAL REBUILDING DAY
SATURDAY, APRIL 26
VILLA TERRACE
CONTACT BONNIE GLASS
(650) 368-3345 EXT. 137
[BONNIEG@MHASMC.ORG](mailto:BonnieG@mhasmc.org)**



Volunteer Spotlight: Jo Kimura (page 3)



California Wellness Foundation Grant Components

- Health Outreach
- Health care case management
- Health trainings for staff

Findings

- Establishing weekly or monthly routines for foot care, glucose, blood pressure, weight and hygiene checks makes them predictable and more likely to occur.
- Having necessary supplies on-site has made consistent care and follow-up possible.
- Developing consistent, long-term relationships with residents improves outcomes.
- On-site, in-home services are informed services because the health care provider sees a more complete picture of the client.
- Building trust is a long-term process, but when done correctly results in improved communication and care.
- The time spent in engagement activities is invaluable.
- Sometimes we learn more about a person's problems by talking about everything but the problem.

Health Care Services Provided

- Medication education
- Diabetes consultation
- Nutrition/cooking education and activities
- Pain management
- Weight monitoring
- Blood pressure monitoring
- Illness prevention and personal hygiene training
- Foot care
- Individual comprehensive health assessments
- Feldenkrais movement classes
- Arthritis care

CALIFORNIA WELLNESS FOUNDATION GRANT: HEALTH OUTREACH TO CLIENTS WHERE THEY LIVE



▲ *Healthy cooking class at Belmont Apartments*

In 2005, MHA received a three-year grant from the California Wellness Foundation to provide health care management services to more than 70 disabled and low-income adults to stabilize their health and well-being, allowing them to remain successfully in community housing. Susan Miller, RN, has been working on this project since it started, dedicating up to 12 hours per week providing critical services to formerly homeless, mentally disabled adults residing in the Belmont Apartments and to adults with mental illness, physical disabilities and dual diagnoses living at the St. Matthew Residential Hotel.

Susan has been able to successfully engage individuals who have historically shunned medical care. She has helped individuals successfully manage their medical conditions, has provided tools, resources and information to assist those who want to make lifestyle changes, and has provided safe outlets for individuals to obtain much-needed information about medical concerns, risks, and options. She has also helped individuals understand medications and their side effects, and has

served as a liaison between residents and their medical teams.

Seeing residents in their homes allows Susan to identify issues that would otherwise go unnoticed. Residents often have frequent medication changes. Bottles of medicines may collect in residents' medicine cabinets, leading to the increased possibility of medication errors. Susan has been educating residents about proper medication disposal, which increases safety for all residents and provides another opportunity to interact with the residents about their health needs.

Residents also learn about the importance of proper nutrition and how ingredients like sugar and caffeine may contribute to how they feel and behave. Residents have been participating in cooking classes at Belmont Apartments, to learn how to prepare healthy, affordable meals. These classes have been very successful in helping residents make better choices for their diets.

One of the major reminders of this work has been the importance of having a consistent relationship with the residents. In a field in which there is a lot of turnover, we are reminded that it is the relationship that opens up the opportunities for conversation and learning about the client's physical, mental and emotional needs. Without an ongoing relationship, a lot goes unnoticed.

We are grateful to the California Wellness Foundation for funding this program that has given so much to our residents. We look forward to continuing to provide this much-needed service to our clients. ☺

WELLS FARGO FOUNDATION GRANTS \$2,500 FOR SPRING STREET SHELTER RENOVATIONS

The Mental Health Association of San Mateo County has been granted \$2,500 from the Wells Fargo Foundation toward the renovations currently in process at the Spring Street Shelter. MHA will use the money toward the purchase of new furniture for the Shelter. ☺

BOARD SPOTLIGHT: MARSHA GUSTAFSON



What made you interested in becoming a member of the MHA Board of Directors?

When working with Dr. Ernie Rodriguez in the Psychological Services Dept of Cañada College, I worked fairly closely with the students in the Stepping Stones Program. This is a group of students who had major mental or social problems, but were bright and capable. I became familiar with some of the county programs and those provided by MHA at that time, and was interested in becoming more involved in the efforts of MHA to serve disadvantaged and marginalized populations of the County.

How long have you been on the Board and what does your current role entail?

I've been on the Board for six years and am currently serving as Vice President of the main Board, on the small Board for Cedar Street Apartments in Redwood

City, and on the Strategic Planning Committee. This committee reviews how well the Board and MHA are meeting its prescribed goals, and is looking to the future for development of new sites and/or programs either through MHA or by lending the wisdom gained through experience to other entities which serve the same or similar populations.

What do you find most rewarding about your Board role? I particularly enjoy meeting the clients and staff and seeing the happiness the programs bring to the clients. The staff is dedicated and "stretched," and to witness the growth and development of all those whose lives are touched through the various avenues is extremely rewarding.

What are your hopes for MHA in the next five years? There have been major adjustments in governmental funding and servicing over the past several years. MHA has been able to negotiate through these adjustments and my hope is that as it goes forward, the wisdom gained through the various projects, programs and sites can be

magnified and expanded through its own venues, but also shared with like-minded entities who have the capacity to manage similar services. I would hope we can develop an income stream that can relieve some of the pressures of relying on governmental funding, as it becomes more and more difficult to achieve the resources needed to manage the programs.

What would you like people to know about MHA that they may not already know? I don't think it's widely known that the services provided through MHA are very broad and encompassing. It's not just housing or Friendship Centers, but through the various programs and sites many services and opportunities are available for the qualifying clients of the County. It should also be known that though there are some grants and funds for a variety of services through the government, MHA still relies on the generosity and contribution of individuals and groups. Serving with MHA is a rewarding experience that I cherish and recommend. ☺

VOLUNTEER SPOTLIGHT: JO KIMURA

Jo Kimura has volunteered at the Mental Health Association's Friendship Center program for more than 10 years! Each week she picks up another volunteer and heads to the San Carlos Friendship Center. The first to arrive, Jo sets up the site and makes all members feel welcomed. Jo prepares the morning snacks and the hot lunch. Her food presentations are beautiful enough to win an award, and she makes the most delicious and nutritious salads. "Jo's patience in teaching members to cook, and her nurturing manner have made her a strong support for members and other volunteers over all these years," said Angela

Bruno-Castro, Friendship Center Coordinator. "Many times it looks like a cooking school." When not in the kitchen, Jo listens and talks with members and plays a mean game of Kings in the Corner!

Jo is a dedicated volunteer who helps throughout the year. She attends many of the field trips and is always the lead in the kitchen for the annual parties and picnics. She also helps wrap the many gifts for the annual holiday party. One of the fringe benefits of Jo volunteering for us is her equally fantastic husband Tom who also volunteers.

Prior to Jo coming to the center, "Leapy Greenleaf" was the volunteer at the San Carlos center. Upon her death, Jo said "someone from the Community United Church of Christ in San Carlos needs to represent the church for the program." She has been there ever since.

"I always look forward to Fridays when I get to work with Jo," says Angela. "With her warm smile, compassion for others and dedication to her job, she epitomizes being a volunteer!" ☺





**Mental Health Association
of San Mateo County**
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▲ The Community Service League's dedicated volunteers have supported MHA for more than 30 years

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SPRING STREET SHELTER GETS A NEW LOOK...



MORE INFORMATION AND PHOTOS IN THE FALL ISSUE....



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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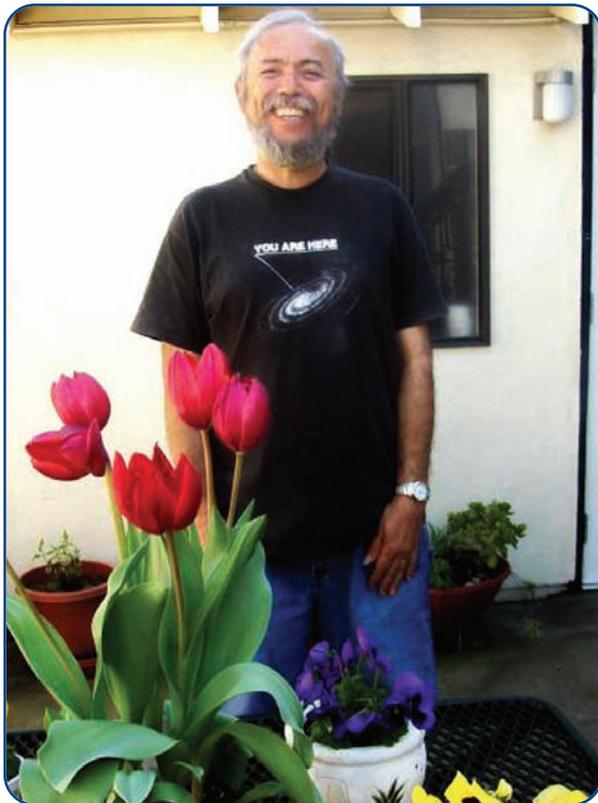
MHA PROGRAMS OVERVIEW

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!*