What were the Peer Liaisons up to in 2016?

By Daphne Galang, MHA

In 2016, RI International hosted Peer Liaisons monthly County-wide meetings, at its Mission Valley office, addressing the top concerns of peers. Last year’s topics included housing for the homeless, food resources, and returning to work. The Clubhouses throughout the county shared what is unique about them, and we learned about holistic health, and managed care.

In February 2016, the County-wide meeting featured the Legal Aid Society of San Diego, Inc., focusing on “Applying for CalFresh” and “If Denied by CalFresh.” Other speakers represented the San Diego Food Bank, San Diego County’s 2-1-1 Information Line, as well as an integrative nutritional health coach.

In April 2016, the County-wide focus was on the Complaint and Appeal process with speakers from Disability Rights, Jewish Family Services, and Consumer Center for Health Education and Advocacy (CCHEA).

In June 2016, Clubhouses around San Diego County were invited to share about their services. The Corner Clubhouse, Discovery Clubhouse, East Corner Clubhouse, Escondido Clubhouse, the Meeting Place Clubhouse, and Oasis Clubhouse had staff and Clubhouse members speak at this County-wide.

Holistic Wellness and Recovery was the topic for July 2016 and in August 2016 the WIPA Program (Work Incentives Planning & Assistance), for those seeking employment while receiving Social Security benefits was our topic.

September 2016 was about Project One for All (POFA), which provides individualized services and supports to homeless individuals with Serious Mental Health challenges, who are eligible for supportive housing. The last County-wide meeting of the year was held in October 2016 and featured Managed Care.

Looking ahead to January 2017, the County-wide meeting will be held at the County of San Diego Health & Human Services Agency, Health Services Complex, 3851 Rosecrans St., San Diego, CA 92110, in the San Diego Room, Tuesday, January 24th, from 1:00–3:00pm. Simmone Ruff, Director, San Diego Corporation for Supportive Housing (CSH), will talk about housing. Also featured will be Melanie Briones, Community Health Improvement Partners (CHIP) Director of Strategic Outcomes, Independent Living (ILA). Melanie will share information about Independent Living, Section 8 and much more.
The Mental Health Benefits of Yoga

By Lisa Irving, BS

What is Yoga? “Yoga, a Sanskrit word that translates into “union” or “to yoke”, is the ancient path to well-being. It is a 5,000 year-old art and systematic science that is a powerful union of body, mind, and spirit. It is the secret to developing a state of stability, ease and inner peace.” (Cited from “The Disabled Sports USA”)

There is mounting evidenced-based research that supports the integration of yoga as a complimentary therapy for management of mental health symptoms. According to a National Center for Biotechnology Information article titled, “Exploring the Therapeutic Effects of Yoga and its Ability to Increase Quality of Life,” these benefits include: decreased symptoms of depression; increased serotonin levels (a brain chemical that impacts mood and sleep); decreased blood pressure and reduced anxiety; reduced aches and pains; increased digestive health and reduction of heart related conditions. All of these benefits improve mental well being.

You can take advantage of some of the free and low-cost yoga classes in San Diego.

- Balboa Activity Center: FREE Restorative Yoga class; Mon/Thur. 6:15-7:15pm, must register online www.sdreccconnect.com or in person. Bring your own towel and water bottle.
- Yoga in Balboa Park: Sundays at 11:00am, class is located to the left of the bridge on Laurel St. & Sixth Ave.
- San Diego Beach Yoga: Saturday & Sunday at 10:30am. Lifeguard Tower 5, Ocean Beach, South of Dog Beach.
- Sharp Healthcare, beginner’s yoga classes. For more information call: (800) 827-4277

Family Recovery Center Services

By Dalila Valencia

In San Diego County, there are few residential programs. Family Recovery Center (FRC) happens to be one of them. This program is designed to serve and assist women and children.

The entire staff from the front-line to the clinician are unique, well trained, loving, and caring.

FRC is a 24-hour facility with 55 beds for women and 35 beds for children, from newborn to the age of ten. The primary focus is women, 18-years and older, overcoming substance abuse, alcoholism, and behavioral health challenges. Services include assessment, evaluation, case management, individual and couples therapy, child therapy, mental health services, parenting education, substance abuse treatment, family support and education, safety planning, prevention and early intervention, HIV testing and counseling, transitional housing, Supplemental Security Income (SSI) information, financial services, and linkage with other agencies who serve youth.

In order to gain access to the program, an individual can complete an intake appointment. Screening and intake appointments are available over the phone by calling (760) 439-6702. Intakes are available from 8am to 4pm Tuesday, Wednesday, and Thursday with the residential intake coordinator. Family Recovery Center is located at 1100 Sportfisher Dr., Oceanside, CA.

Funding provided through the County of San Diego Health and Human Services Agency Adult and Older Adult Behavioral Health Services and the Mental Health Services Act (MHSA)
Alfredo Aguirre, Director of County Behavioral Health Services
We were honored to have him share a few words of encouragement.

Sandy Opsal and Jean Fisher, Peer Liaisons and Emcee
(ASL translator off to the left).

Mercedes Webber and Denita Harris, Peer Liaisons.

Deaf Community Services Clubhouse and their centerpiece.

Corner Clubhouse and their centerpiece.

Visions Clubhouse and their centerpiece.

Mariposa Clubhouse and their centerpiece (at left).

Funding provided through the County of San Diego Health and Human Services Agency Adult and Older Adult Behavioral Health Services and the Mental Health Services Act (MHSA)
Peer Liaisons assist people in advocating for their needs and rights. We act as a two-way conduit to gather and disseminate information between San Diego County Behavioral Health Services Administrators and people receiving services and their families. We provide hope, encouragement, and connection to the community through county-wide forums, focus groups, county meeting attendance, resources and our monthly newsletter.

Liaison: (noun) communication or cooperation that facilitates a close working relationship between people or organizations. Originally from the Old French word for binding.

County-Wide Speak Out and Learn
Tuesday, January 24, 2017

Start off the New Year by being informed about the new housing resources here in San Diego County!

Where: The original location - 3851 Rosecrans St., 92110 in the San Diego room
When: 1:00pm-3:00pm 4th Tuesday of every month

Coming up in the new year:

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