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Anna Ballas

SPOTLIGHT: Anna Ballas, Program Manager, PREP Monterey County

Growing up in Lublin, Poland, Anna Ballas was interested in complexity of patterns and designs. She enjoyed working with clothing and textiles, but it was ultimately her fascination with patterns of the brain that shaped her career choice. Anna, who is Program Manager at Felton Institute's PREP (Prevention and Recovery in Early Psychosis) Monterey County site and a CBTP (Cognitive Behavioral Therapy for Psychosis) trainer, earned her Master's in Clinical Psychology in Poland.

"I was always interested in the motivations behind why people do what they do and why they think what they think," she reflects. While working a summer job in Greece, she met her



Chris Matthews and Al Gilbert

Felton at NatCon 16

Our Felton family was well represented at NatCon 16, this year's National Council of Behavioral Health's annual conference, held in Las Vegas, Nevada, March 7th-9th. MSNBC "Hardball" host Chris Matthews was this year's host. Felton's President and CEO Al Gilbert, Chief Financial Officer Marvin Davis, PREP Division Director Adriana Furuzawa attended; Research and Training Director Dr. Melissa Moore presented a poster; and PREP Peer and Family Services Director Dina Tyler was a panelist presenter for "The Critical Role of Peers in Psychosis Treatment." Dina's fellow panelists included Nev Jones, Ph.D., a research scientist who is a member of the California Mental Health Services Oversight and Accountability Commission and Board President of the Bay Area Hearing Voices Network and Johanna Bergan, Executive Director of Youth M.O.V.E National.

"It was wonderful this year to be able to

future husband who had grown up in Santa Cruz and Anna chose the Monterey area as her new home thirteen years ago. She finds the work of Felton's PREP Program extremely rewarding. "Seeing young people who I started with at PREP now graduating and being on a positive trajectory of life thriving, being in college and working, truly demonstrates the magic of early intervention and the other components of our program. We have seen so many chronically ill people with schizophrenia struggling, and I see a very different path with our clients. They are much more engaged in their lives, activities and deep meaningful relationships."

"Anna has strong clinical skills and is very passionate about changing the lives of young people experiencing early signs of psychosis," notes PREP Division Director Adriana Furuzawa.

PREP was established with a commitment to seamlessly integrate a number of evidence-based practices that have demonstrated their effectiveness in addressing the needs of individuals experiencing early psychosis. The National Council for Behavioral Health honored Felton's PREP with Inspiring Hope Awards in 2015 and 2014, in the Peer Specialist and Science-to-Science categories.

For Anna, "engaging with young people to help them learn to manage psychotic illness is somewhat similar to the way that people learn to manage chronic physical diseases—with awareness of symptoms and early warning signs—as well as importance of sustaining healthy, balanced lifestyle" is enormously satisfying. When Anna is not working, she enjoys dancing, with the Tango and Salsa among her favorites. She sees yoga as the perfect complement to her

connect with other people with lived experience and support and acknowledge the need for our voices to be heard at this conference," Dina reflected.

"Being in such a minority, it can feel a bit overwhelming, and it was really wonderful to be able to support each other in sharing the value of peer support. The most rewarding thing was hearing how thankful people were to learn from what we went through in navigating the mental health system ourselves and then what peer support could look like in working with people experiencing psychosis. After winning the Peer Specialist of the Year Award at the National Council of Behavioral Health Conference last year, I was thrilled to be able to present information about my work at Felton's PREP Alameda in a more in-depth manner. People truly respond when we share our lived experience, and this conference is moving in the right direction by including the voices of people who have received mental health services."



professional work.

"The philosophy behind yoga emphasizes that through increasing flexibility of the body, we practice openness and encourage flexibility of mind. It allows us to expand in many different directions and realize the endlessness of possibilities. Tango is very similar in terms of unlimited possibilities of the new movements that we continue discovering through dance. In that way, it is an analogous process to the work we do with our clients: by increasing their cognitive flexibility, we stimulate openness of their mind to the various possibilities of interacting with the world and people around them. That leads to increased ability to choose the most versatile responses to the environment, see more opportunities for growth and enjoy a fulfilling life."



Janet Moyer and Michael N. Hofman

Felton Board Chair Michael N. Hofman featured on NBC Bay Area

The Chronicle story published in January about the extraordinary community service that Felton Board Chair Michael N. Hofman and his wife, Janet Moyer, perform by returning stolen items to smash and grab victims in San

If you missed Dina's 2015 acceptance speech, you may see it at the link below:

[youtube.com/watch?v=2rtBYHttOBg](https://www.youtube.com/watch?v=2rtBYHttOBg)

Every year, executives, board members, thought leaders, and behavioral health professionals from the nation's health, mental health, and addiction care organizations come together for the spring conference. The website thenationalcouncil.org reports that National Council President and CEO Linda Rosenberg kicked off NatCon16 with a comparison of where the industry was ten years ago and where it is today. She spoke about policy, technology, and the social determinants of health to the 5,600 attendees.

"Because of our struggles and our progress, we have an unprecedented opportunity to help people at the margins, and you have developed the tools to do that," she told attendees.

Rosenberg also highlighted NatCon's growth from 700 organization members to 2,700 in the past decade.



Felton Early Autism Program (FEAP) Begins Offering Services

Felton's highly anticipated Early Autism Program for infants and toddlers (FEAP) is the newest program under Felton's Children, Youth and Family Division at

Francisco's Twin Peaks area continues to generate attention and appreciation.

On March 2nd, landscape professionals Mike and Janet were featured on NBC Bay Area's "Bay Area Proud with Garvin Thomas," a series that highlights people whose acts of kindness and dedication make our world a better place. To view the story, please click on the image below.



Michael and Janet on patrol

What began as a hiking exercise at Twin Peaks over a decade ago has evolved into providing an opportunity for crime victims to experience the best of human kindness at a time when they need it the most. [Photo from NBC Bay Area]

2730 Bryant Street in San Francisco. While the official launch is scheduled for May 2nd, the intake process and wide spread interest have already begun.

FEAP is a high-quality early intervention program for children with autism based on the Early Start Denver Model (ESDM), the only program that has been validated in a randomized clinical trial for use with children with autism as young as eighteen months of age. This rigorously evaluated program has been found to be effective for children with autism across a wide range of learning styles and abilities.

FEAP is the first inclusive center-based program in San Francisco that has a curriculum designed specifically for children with autism. Felton's Family Developmental Center (FDC) is San Francisco's licensed and largest subsidized early care and education program serving children birth to six years old. For over forty-five years, it has been the only program in San Francisco to serve infants and toddlers who have physical or developmental challenges, within an inclusive program model. For more information, please email: feap@felton.org.



Felton's Derek L. Toliver and KALW's Rose Aguilar

**KALW's The Call with
Rose Aguilar interviews**



Felton's Early Childhood Interventionists Karina Du and Jennifer Ventura

Felton Supports Families with Special Needs at SFCD

Felton Institute was enthusiastically represented when Support for Families of Children with Disabilities (SFCD) held its annual Information and Resource Conference on March 5th, a stormy Saturday. The full-day event included exhibition booths from different organizations within San Francisco, and a variety of workshops on topics ranging from early literacy to transitional adult services. The event was held primarily for parents and families of children with disabilities, along with other professionals in the field looking to network and learn about additional resources within the community.

Felton's Childhood Interventionists Maribel Serrano, Jennifer Ventura, and Karina Du shared information about the different services and programs offered at both Felton's Family Developmental Center and Hilltop Development Center. Many were excited to learn about

Felton's SCSEP Manager Derek L. Toliver

Just weeks after coming on board as Felton's Senior Community Service Employment Program (SCSEP) and Economic Security Initiative Center (ESIC) Manager, Derek Toliver was a dynamic and engaging guest on the live radio broadcast "Your Call with Rose Aguilar: The Economic Realities of Retiring" on KALW, 91.7 FM in San Francisco.

Prior to joining the Felton family, Derek's 38-year career as a seven-time President's Award-winning sales executive in the medical, surgical, laboratory, biotech, life science, software, and Information Technology business sectors included work at McKesson Automation, Thomson Reuters Healthcare and Johnson and Johnson Baby Products and the development of workforce training programs. Derek is also a certified USA Track and Field Coach and a published Olympic Track and Field Historian. His historical work and photos are featured and published in "The John Carlos Story," a book that was presented to and read by President Dr. Nelson Mandela.

On "Your Call," Derek had the opportunity to share how Felton Institute successfully assists seniors in the Bay Area in making their lives better through available public assistance and employment opportunities. SCSEP provides seniors with workforce training to help curb the possibility of facing the issues that haunt many of their peers. A simple seven-point assessment helps to identify needs and prepare seniors to supplement their income with available public assistance and part time work. Maggie Flowers, the Associate Director of Economic Security at the National



SCSEP Staff Members Uverda Harry, Harriet Byrd, Kim Hoffman, Imelda Madrid, and Derek Toliver

Felton, Food, and Fun at the Black Cuisine Festival

March 5th was a busy day for Felton outreach for all ages. Senior Community Service Employment Program SCSEP Staff Members Uverda Harry, Harriet Byrd, Kim Hoffman, Imelda Madrid and Derek Toliver had a table at the 2016 Black Cuisine Festival honoring the cultural contributions of African Americans and their tradition of sharing delectable food and bringing people together. In 2015, Black Cuisine was selected by the Culture Trip as one of the five Best Food Festivals in the Bay Area.

"This is the third year that I have attended the Black Cuisine Event and the first year we had an excellent, awesome table to represent Felton Institute Family Service Agency of San Francisco," SCSEP and Economic Security Initiative Center (ESIC) Coordinator, Uverda Harry, smiled as she reflected, "It was exciting to connect with those with whom we partner, as well as to meet new people. The event attracts a very diverse

Council on Aging and Amber Cutler, Senior Staff Attorney at Justice in Aging were also guests.

If you'd like to listen to the program, the link is below:

kalw.org/post/your-call-economic-realities-retiring

One caller indicated the toughest monthly challenge is choosing between food and medicine. Another caller mentioned an example of hard choices includes avoiding home repairs due to what was termed the seemingly "impossible struggle to live."

Guest panelist Maggie Flowers stated that a major change over the last couple decades is the decline of a defined benefit pension and that, "we are relying on people saving for themselves." Amber Cutler noted that within the last ten years, America has seen many cuts to public benefits that directly affect seniors.

Within fifteen minutes of the radio show's conclusion, Felton's SCSEP and ESIC Program Coordinator Uverda Harry received the first of several calls from seniors seeking assistance.

Upcoming Events

population ethnically as well as age wise."



As the longest-running festival in Bayview-Hunters Point, Black Cuisine was created in 1979 by Dr. George W. Davis, the late Executive Director of Bayview-Hunters Point Multipurpose Senior Services, who wanted to share the talents of African American seniors with young people. The entertainment headliner for the 2016 Black Cuisine Festival was Lenny Williams, former lead singer of the Bay Area's Tower of Power Band. Like the title of one of Tower of Power's most famous songs, at the end of the festival, many of those attending found it "So Very Hard to Go."



In advance of the Week of the Young Child, April 11th – April 15th, Felton's Children, Youth and Family Division (CYF) will hold an Open House on April 7th and 8th at 2730 Bryant Street in San Francisco.

On Saturday, April 9th, at 8:00am, Senior Community Service Employment Program (SCSEP) Trainees will be treated to free mini beauty makeovers at Sephora on Powell in San Francisco, and receive outfits to complement the inner transformation of the SCSEP program with an empowering outer transformation. Each trainee will have a sponsor for this event.



MJ Richardson

The makeovers are the passion project of SCSEP Employment Facilitator Trainee MJ Richardson, who wanted to help seniors who have made significant



Robert Sproul and Katharine Felton

Felton Fact

While we often refer to the founder of Felton Institute as Katharine or Kitty Felton, actually Dr. Felton is a much more fitting title.

Dr. Katharine Felton, the visionary behind the Family Service Agency of San Francisco which now honors her with the name Felton Institute, received not one, but two, honoris causa "Doctor of Laws" degrees, conferred upon her by what is today known as University of California at Berkeley, her alma mater as an undergraduate in 1895, and by Mills College in Oakland, CA. The two degrees "for the sake of the honor" waived usual requirements such as matriculation, residence, study, and the passing of examinations.

Honorary degrees, although not earned by standard methods, highlight the fact the individual earned the distinction through lessons learned and applied in the "school of life."

Dr. Felton was certainly a forerunner in the betterment of social conditions. Her

progress in the SCSEP program with the next phase of their new life path and careers.

Felton Featured Program



There are seniors within the Bay Area living under sub-par conditions and experiencing abuse or neglect.

Felton's Long-Term Care Ombudsman Program is designed to help seniors in need and eliminate any factors compromising the welfare, health, safety, and rights of residents either within their own home, an assisted-living facility, a nursing home, or hospital.

Staff and field Ombudsmen are trained professionals who are certified by the State of California to carry out the duties according to the Ombudsman laws. In addition to investigating complaints of neglect or abuse, Volunteer Ombudsmen regularly visit long-term care facilities to provide supportive, friendly contact with residents, improving their daily living experience.

The Ombudsman program also assists seniors as they come to grips with the difficult transitions associated with declining health and increasing needs


dedication to the alleviation of suffering, especially among children, improved the well being of society in general. As a result, in her obituary in the San Francisco Examiner, the columnist quoted Dr. Robert Sproul, the President of UC Berkeley in 1940, who described Katharine Felton as "the warm-hearted guardian of the poor, protector of childhood, an inspiring crusader whose work has been characterized by wisdom as well as benevolence."

Felton's Influence & You

Felton Institute invests in multiple program divisions that serve the widest spectrum of clients of all ages and backgrounds in San Francisco, the Bay Area and our country.


Chances are you've come in contact with one or several of the programs Felton manages within the immediate Bay Area. However, we would like to take a moment to introduce this month's featured program.

View our videos on 

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View our photos on 

Forward this email
to a friend 

for support in navigating life's changes. The Ombudsman program is available to assist seniors in the transition from their home to a hospital, an assisted living facility or to a nursing home.

Anyone can contact the Felton Long-Term Care Ombudsman Program on behalf of a senior they know. Please share the following link with those you know and love: felton.org/social-services/seniors/long-term-care-ombudsman-program.

Thank you for your support.

Your Valued Participation

With your help, Felton Institute can continue to be the answer for many men, women and children in need.

Your gift of any amount will make a difference to people living among us who require social services, mental health care and ongoing intensive care management.

With a greater demand, more resources are required. Your support can help even more people get their lives back on track. Please consider sending a tax-deductible donation to Felton Institute today.

We thank you for being a friend and a partner and helping us pay it forward.



