



Happy Birthday Kitty!

July 2016



In This Issue

[SPOTLIGHT: Elizabeth "Liz" Olsen](#)

[Meet Felton Board Members](#)

[Felton Fact](#)

[Felton's Influence & You](#)

[Your Valued Participation](#)

[Felton Institute is a Sponsor of ICHR](#)

[NBA Great Bill Cartwright Visits Felton](#)

[A new Felton Partnership](#)

[Felton Featured Program](#)

**Felton Institute is a
Sponsor of ICHR
Conference:
Dr. Nev Jones to
Present**

SPOTLIGHT:



Elizabeth "Liz" Olsen, MFTi

Spotlight: Felton Institute's SFSWP Program Manager

Elizabeth "Liz" Olsen, MFTi, Program Manager for Felton Institute's Senior Full Service Wellness Program at 280 Turk Street, is a San Francisco native who thought her ultimate career would be in fashion design, not social services.

Liz, the younger of two sisters, says she was an "artsy fartsy kid" who transformed her bedroom into a homemade studio with pens, paints, chalk and other supplies. She loved creating art, but also fondly remembers constructing a go cart with two pairs of roller skates, plywood, and a fruit crate. She and her best friend tried to make it look like a race car; these days, she considers herself lucky to have survived those rides in their contraption.

In fact, Liz feels fortunate to



Dr. Nev Jones

Dr. Nev Jones, Felton's Director of Research and Evaluation, will present at the North American International Consortium on Hallucination Research and Related Symptoms (ICHR) satellite conference on September 26–27, 2016, in Chicago, Illinois.

ICHR is designed to provide a scientific platform for researchers, mental health professionals and people with a lived experience of hallucinations to collaborate on research topics related to hallucinations, and to act as a vehicle for cross-fertilization of ideas.



Dr. Jones and Colleagues at ICHR 2013 Conference in Durham, UK

Dr. Jones was a member of two working groups for the 2013 ICHR in Durham, UK. One group focused on sub-types of auditory hallucinations/voices and associated clinical implications and the second on interdisciplinary approaches to

have triumphed over a few wild rides in her life. She loved fashion design and wanted to pursue it as a career after college, but her parents lobbied for her to choose a "responsible career". and she settled on fashion merchandise as a compromise. She worked retail for 15 years, sold Christian Dior and other brands and did makeovers, but as Liz recounts, "retail became more about sales and commissions, instead of helping people improve their look and confidence. I got burned out on focusing on the latest Fuchsia lipstick. I was also battling addictions at that time, and both of my parents died.

"I went off the deep end; I was running amuck and abusing substances. I was arrested and was told I was a menace to society. I thought, 'What have I done? I'm just a party girl.' The judge gave me a choice of one year of jail or a residential rehab program. I chose the rehab program. I had a lovely, feisty, probation officer who was on my case, so the party was over. I was on such a self-destructive path that it was a good thing."

At the rehab facility in 1977, Liz was exposed to mental health services. In therapy, she participated in groups with other women where, as Liz describes, "we began to look at trauma and addiction and tried to rebuild our lives with understanding and the hope for our future." Liz says she will never forget the humbling experience of the year in the program focusing on mind

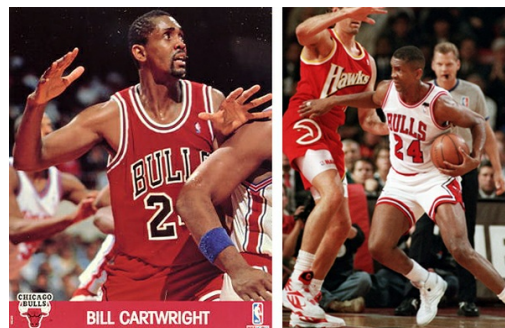
research on auditory hallucinations/voices. Each of these groups led to publication of expert consensus papers. In 2015, Dr. Jones was part of working groups on measurement of the impact of voices-focused clinical interventions, and identity, self and hallucinations/voices. Membership in the prestigious working groups is by invitation only.

Felton Institute, University of Illinois at Chicago, University of Chicago, and Thresholds are sponsors of the conference.

For more information about the conference, visit:

hallucinationconsortium.org

NBA Great Bill Cartwright Visits Felton



Five time NBA Champion as a player and coach, Bill Cartwright thrilled Felton staff by posing for photos when he came to the administration office at 711 Van Ness on June 27, 2016, to meet with President and CEO Al Gilbert and Senior Community Service Employment Program (SCSEP) and Economic Security Initiative Center (ESIC) Program Manager Derek Toliver.

and body connection followed by six months of transitional housing. "I didn't want to go through that again, so I stayed clean."

While in rehab, Liz received vocational training focusing on printing, graphics, and prepress. She says she wasn't treated very well at subsequent jobs in that arena and decided, "I didn't get clean for this. I decided if I was going to be clean and have a different life, I had to do something for myself. So, I took a leap of faith and decided I would try to get student loans and go to college. I enrolled in art classes at City College. I was able to do wonderful, creative work. It was helpful for the healing process and it helped me get back to whom I was as a child and a youth".

Liz's reconnection with art was the catalyst for her becoming interested in critical thinking and psychology. She finished pre-requisites at City College, enrolled at San Francisco State, earned a BA in psychology, and then pursued her masters at the California Institute of Integral Studies (CIIS) in a program with special emphasis on community mental health. Liz became the first cohort for that program which was connected to the Mental Health Services Act (MHSA). MHSA funds some of the programs that Liz now manages at Felton's Senior Full Service Wellness Program.

She first began working with Felton as a PEER as the Curry



Derek, Al and Bill

Since retiring after years as part of the Chicago Bulls Dynasty, Cartwright, a Sacramento native, has returned to his alma mater, University of San Francisco (USF) and home of the Dons, where his outstanding plays led him to be named one of the West Coast Conference's (WCC) 50 Greatest Student Athletes of All-Time. Cartwright, who earned a bachelor's degree in sociology in 1979 and a master's degree in organizational development in 1998, has been named USF's Director of University Initiatives.



Bill with SCSEP members

In his new role, Mr. Cartwright is focused on cultivating connections with the San Francisco community and alumni, fundraising and mentoring underrepresented students. He was excited to learn more about Felton's innovative programs that provide critically needed mental health and social services that empower and strengthen every sector within Northern California communities and

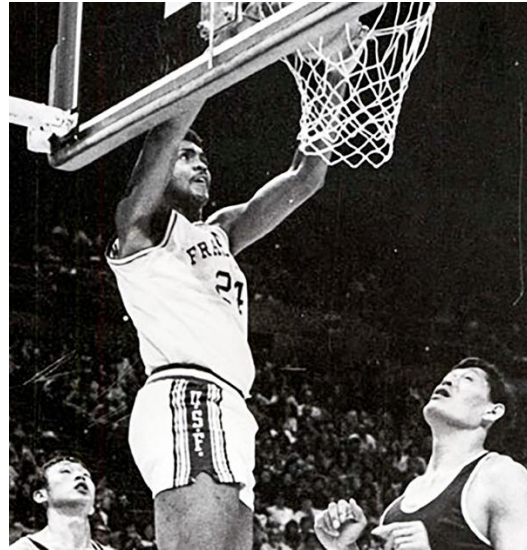
Drop In Center and then at 1010 Gough.

"Peers have lived through and have a deep understanding of common experiences; relationships are built on that," Liz reflects, "They engage folks and build relationships as two people who have lived similar things. Clinicians talk about what they need and where they want to go. Peers do that too; they lay the ground work. Clinical Managers think clinically on how to approach someone with skill building tactic. Together they help them achieve a life that is rewarding and take them to the next level."

While in the masters degree cohort program, Liz became a clinical manager, then a few years later, she was promoted to manager. Felton's Senior Full Service Wellness Program provides intensive case management including mental health and substance abuse treatment, medical health care, housing assistance, vocational and educational support and counseling for seniors, age 60 and older.

"My understanding that I've acquired through life experience and academic career is that everyone's journey is different. I bring that understanding to our program and respect their journey and their path in their own recovery. We try to help facilitate their journey to recovery. Not make it happen or tell them how it's going to happen, but help them on their

to discuss the possibilities of dynamic successful collaboration. Unfortunately, there was no time for a slam dunk competition during this visit, but perhaps there can be some court time with staff on another occasion!



Bill Cartwright '79, MSOD '98 dunks. He led the Dons to three NCAA championships. (USF archive image)

Official Opening of the South of Market LoPrest Health Center: A New Felton Partnership



LoPrest Medical Center SOMA

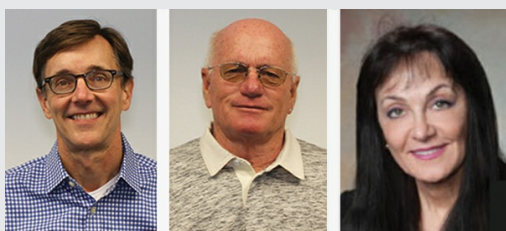
The official opening of the South of Market Health Center's Minna Street location in the Adelma LoPrest Building on July 6, 2016, was a

journey. It is a really, really hard job; I'll say that. This job will break your heart and will also restore your faith in humanity, all at the same time. I feel very fortunate to have been a part of this program, and I feel really fortunate to have the opportunity to change how mental health services are provided."

"Believe me; I had no vision of being a manager, with my rebellious nature and contrary authority issues. I never thought of myself as management material," Liz shares with a laugh, "but, this program has my heart since I came up through the ranks and understand the working of this program and believe in it wholeheartedly. In that sense, it works. I am probably the most unorthodox manager, but I can put together a solid team. They are rock stars."

On the last Friday of every month at 10:00am, Liz and her team host a Pancake Breakfast for clients at 280 Turk Street. All are invited to attend or to contribute to the celebration. For more information about please call (415) 474-7310 or visit felton.org/seniors

Meet Felton Board Members



festive affair honoring the past, present and future. The building is located between 6th and 7th Streets, close to the health center's main location. Previously known as the San Francisco Medical Center Outpatient Improvement Program (SFMCOIP), the new and improved LoPrest Health Center was named after 103 year old Lucy Adelma "Del" LoPrest, the celebrated special guest who remains an avid philanthropic supporter of the comprehensive quality health care and dental service facility that serves the South of Market (SOMA) district of the city.

As one of the many partnerships between Felton Institute and other quality medical providers in San Francisco, the LoPrest Medical Center will continue to offer out-patient mental health services to the SOMA area via Felton's Senior Division.

Mrs. Adelma LoPrest, who once ran a water treatment company on the site with her beloved late husband Nino, was excited to celebrate the milestone.



Al Gilbert and Adelma LoPrest

"It's great to be here today; the services offered are very impressive and the building looks great," she enthused when speaking with Felton President and CEO Al Gilbert.

South of Market Health Center

Each month, we invite you to learn more about the dedicated and gifted members of Felton's Board of Directors. To read more about the entire board, please visit Felton.org.

Paul Adams, former Board Chair, has been a member of the Board since May 2008 and chairs the Governance Committee. Mr. Adams is the Vice President, Deputy General Counsel for Gap, Inc. in San Francisco. Prior to working at the Gap, Inc., he served as the Senior Attorney and Director of Human Resources for Mervyn's (a subsidiary of Target). Mr. Adams attended Dickinson College in Pennsylvania and graduated with honors from George Washington University Law School.

Dale Butler has been a Board Member since December 2008. Mr. Butler currently works as a consultant in labor and public sector relations. His most recent position was serving as the Supervisor for the Private Sector Division of the Service Employee's International Union Local 1021. Dale serves on several boards throughout the Bay Area, has extensive teaching experience as an Associate Professor of Economics and is an avid cyclist.

Grace Nadolny M.D., Medical Director for Geriatric Psychiatry at El Camino hospital and Silicon Valley Primary Care Group in Mountain View, CA, is one of the newest members of Felton's Board of Directors, having joined

(SMHC) CEO Charles Range and LoPrest Behavioral Health Manager Dr. Gwen Rowe-Lee welcomed city officials, colleagues and friends who enjoyed tours and hors d'oeuvres before the official program began.

Al Gilbert was among several speakers to congratulate the SOMA LoPrest Health Center, including Marcellina A. Ogbu, DrPH, Deputy Director of San Francisco Health Network, Rudy Corpuz, Jr., CEO of United Playaz, Michael Rosenfield, DO, SMHC Chief Medical Officer, and Jesiros D. Bautista, Esq, SMHC Board President.



During his speech, Al lauded the collaboration between the two organizations. "What's important about this relationship is that we have 16,000 unduplicated clients that we provide services to every year, and out of those 16,000 clients, a number of them live right here in this community. So, we needed primary care support, and now we have a home, a beautiful home."

He defined Felton's specific role in the beautiful new facility as one of "low and moderate mental health services to people who are already in the community". He added that the "relationship provides help for those experiencing serious mental health challenges".

in December of 2015. Dr. Nadolny's 25 years of dedicated Geropsychiatry experience is a testament to her desire to assist in the improvement of senior health in the Bay Area. Dr. Nadolny's membership with the Felton Board of Directors seamlessly fits with the Felton mission to aid in the transformation of lives through quality, innovative, social service.



Dr. Katharine Kitty Felton

Felton Fact: Celebrating the Birthday of Kitty Felton – In Her Own Words

Katharine "Kitty" Felton was born on July 7, 1873; she became an innovative leader described as one who could see "through present wrong the eternal right." During her birth month, we dedicate our newsletter to the champion and advocate who was often called "the conscience of the City" and share some of her

Expanding on the importance of the "continuum of care", Al stated "no matter what we do, it only touches the surface. But these kind of important relationships allow us to actually hold people closely and to address the intimacy of their challenges within themselves".

Felton Featured Program: Preschool Graduation August 5, 2016

Felton Family Developmental Center Preschool Graduation 2016 is fast approaching. We invite you to join us in celebration of our students, parents, teachers and staff for their hard work and for a successful school year. The ceremony will be held Friday, August 5, 2016, from 3:00 p.m. to 6:00 p.m., at the Felton Family Developmental Center located at 2730 Bryant Street in the Hilltop High School Atrium on the second floor.



Felton Family Developmental Center is known for its nurturing and inclusive environment, which delivers both developmental child care and a school readiness program for infants and toddlers whose parents are working or in school, and therefore

most famous quotes.

QUOTES OF DR. KATHARINE FELTON

"Everyone's child is everyone's concern."

"Children are the community's first responsibility."

"Some worthy people can never believe that a person with theoretic knowledge of a subject can have practical ability as well."

"To become self-supporting citizens they [the impoverished] need only opportunity and individual help."

"In California, private generosity and public graft have no known limits."

"The dominant note of scientific philanthropy is one of hope."

"You must always be just as courteous to the last person at night as to the first person in the morning."

"The aim of Associated Charities is to restore health and re-establish self-support, even if this entails months or years of patient effort. It is not sufficient to say, 'I am doing the best I can'; your best is useless unless it adequately cares for a situation."

And we conclude with the clarion call that continues to guide Felton's vision and uphold its mission.

"Do just what any good

unable to provide appropriate day care for their children. Child care is provided to children from birth to six years old, including those who have been identified with special needs and in need of early intervention services.

To watch parent June Hall's story, click on the image below:



Felton Family Developmental Center also provides family support and other services to families, including parenting education, family support groups, case management, nutrition/health and wellness programming, and speech, occupational, physical and psychological therapy, for the children as needed.

During her speech at the 2015 preschool graduation, June Hall, a mother with a special needs child, shared how the program at Felton Family Developmental Center has benefited her daughter, Mia. June had searched throughout San Francisco for a program that would integrate her daughter's unique needs with mainstream learning within the classroom and found it difficult to find what she needed until she came to Felton.

neighbor would. Look around and see what you can do to help."

We invite you to honor Kitty's memory and legacy by helping in any way that you can.

Thank you.

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.

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.



Students line up for the ceremony

For June, the fact that Felton offers quality early childhood education that practices inclusion—not only with adaptive equipment, but also socially, emotionally and academically—led her to seek placement for her daughter at FDC. As a former preschool educator who majored in early childhood education, June realized that an inclusive approach was very important to the growth and development of her child. What June found at Felton was a program that met Mia's special needs and helped Mia blossom from a shy girl into a confident one with strong social skills.


Since 1971, Felton Family Developmental Center has provided child care and development services to low-income and at-risk parents with children, including teen and homeless families. Services are free or on a sliding scale. Program hours are from 7:30 a.m. to 4:30 p.m., Monday through Friday.

Please join us for our 2016 preschool graduation celebration!

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



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to a friend 
