



Felton News: January 2017

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SPOTLIGHT:
FDC Preschool Supervisor
Phyllis Hogan



Felton's Preschool Program Supervisor Phyllis Hogan loves children and it shows. Her eyes light up when she talks about the young ones for whom she has provided classes and care for 35 years at Felton.

"I believe teaching is more of a calling verses an employment opportunity that impacts the lives of children and their families. Teaching at its best is a gift that both the giver and receiver share, and it is passed on," she smiles.

A native of San Francisco, Phyllis is the middle child of the five. She has one older brother, one older sister, and younger twin brothers.

One of her twin brothers (who is now deceased) was born with serious medical and developmental needs, and she learned first hand about the challenges that special needs children, their parents and siblings face every day.

After graduating from George Washington High School, Phyllis attended San Francisco State before she began working full time. She later continued taking classes at City College of San Francisco. Through the San Francisco Mayor's Office of Youth Employment, Phyllis was exposed to three career tracks- one at San Francisco's Public Library, a second in an attorney's office, and the third was the career that she says chose her, working for the Cross Cultural Family Center (CCFC). During her nine years at CCFC, Phyllis worked with infants, toddlers, and kindergartners; she learned about the business components of Early Childhood Education (ECE), as well as how to cook meals.

Hear Phyllis share what inspires her work at Felton:



Felton Institute's [Family Developmental Center](#) (FDC) was Phyllis's next stop after CCFC . She started as a substitute teacher's assistant but found her true professional home at FDC when Felton's Gough Street location was consolidated at 2730 Bryant Street. Because of her brother's daily difficulties, Phyllis was inspired by Felton's programs. "It was a place that would support families to live well through the challenges and change lives," she remembers.

"Even today, Felton continues to remain true to the founder's mission and vision. I am rewarded daily by the children; I learn so much from their generosity and resilience and acceptance. We have second generations coming here and many parents share how thankful they are for FDC and the impact Felton had that allowed their children and families to be successful. The world continues to change, yet the commitment to the work continues, and it is not stagnant. My faith teaches that without a vision, the people shall perish. Felton provides vision through internal and external changes, and lives are impacted for the better."

When Phyllis walks through the halls, it is common to see children run to her for hugs. It is fitting that in her time away from work, she is passionate about creative storytelling, presenting puppet workshops to young people and making teddy bears. She, her mother, and sister once made 100 of them for children in need; when Phyllis can't provide a hug in person, the teddy bears remind little ones of her warmth and dedication to their healthy futures.



Felton's PREP and BEAM Graduation

This new year marks a milestone for many participants in Felton's **PREP** (Prevention and Recovery in Early Psychosis) and **BEAM** (Bipolar Disorder Early Assessment and Management) programs in San Mateo. They will graduate at a special ceremony this month.

"It is exciting to see our graduates take this important next step toward their dreams and into lives filled with happiness and health," noted San Mateo PREP/BEAM Program Manager Bruce Adams.

One graduate shared, "The people at PREP have been the light through a dark time in my life. PREP has been to my life and mind what a sanctuary is in a conflict zone. It has literally opened the walls around me and given me access to not only the emotion of hope, but seeing hope in action. Prior to joining PREP, I was extremely depressed, suffered from low self-esteem, was in isolation at home and

had social anxiety. As soon as I became acquainted with the PREP team, I knew there was hope, and I had found the source of healing."

Graduates will celebrate with their family members, staff and current program participants, and they will share their journeys of recovery. It promises to be an exciting evening filled with hope for the future!

Felton PREP is a Mental Health Services Act (MHSA) funded Early Intervention Program that works with residents of San Mateo County, between the ages of 14 and 35 who are experiencing the onset of psychosis and Schizophrenia Spectrum Disorders for the first time within the last two years. Additionally, PREP works with boys and girls as young as 12 years old who are identified as being at risk for developing psychosis.

Felton BEAM is a Measure A funded Early Intervention Program for San Mateo County residents between the ages of 14 and 35 who are diagnosed with bipolar-disorder and have had fewer than three manic episodes or who have experienced affective psychoses, such as major depression with psychotic features for the first time within the past two years.

Felton also has programs in Alameda, San Francisco, and Monterey counties.

All Felton Institute PREP and BEAM program participants receive a thorough diagnostic assessment and specialized individual therapy. They have access to medication management, case management, occupational and educational support, peer support, and family support, as desired, for up to two years. The goal is to achieve lasting recovery and to foster skills to manage potential residual symptoms. For more information about our programs, please visit felton.org.

Felton Featured Program: Felton Research



In keeping with tradition of ground-breaking innovation, Felton Institute has created the [Client-Centered Outcomes Research](#) in Public Mental Health (CCOR-PMH)[™] Division. The CCOR (see-core) division is one of only a handful of public mental health-focused community-based research centers in the United States. The new division grounds its work in the belief that stakeholder and community insights are fundamental to transformative change. Felton CCOR[™] aspires to

leverage client- and community-centered research and program evaluation in the service of innovation, health equity and sustainable impact.

CCOR™ partners across the public and private sectors, pursuing research and research-driven program development with the agility and flexibility that a community-based organization affords. Attention to the intersection of culture/race/ethnicity, social adversity and access to quality services is at the forefront of all of CCOR's™ work.

Felton Hosts South Africa's Mathabo Kunene: Celebrity Chef Yaku Caters



Felton President and [CEO Al Gilbert](#) and [SCSEP](#) (Senior Community Service Employment Program) Manager Derek Toliver welcomed South Africa's Mrs. Mathabo Kunene and others from her Kunene foundation to a pop-up meeting hosted at Felton administrative offices and organized by Wright Enterprises on the first Friday of the new year.

Mrs. Kunene is the widow of Professor Mazisi Kunene who was a literary icon, poet and freedom fighter. The Kunene Foundation is dedicated to gathering, translating and publishing all the writings of Mazisi Kunene, developing research fellowships and sponsorship of African literary works and inspiring positive change around the world.

Food Network competitor and local celebrity Chef Yaku provided hors d'oeuvres during the warm and engaging evening. Yaku Moton-Spruill was a contestant on the twelfth season of "Food Network Star" in 2016.

Felton Fact

It is generally a given that integrity is a valued asset. In the late 1800's amid rampant corruption in the "Wild West," integrity was sometimes hard to spot amid the hustle of people and organizations seeking assistance. Kitty Felton stood as a beacon of unwavering honesty and dedication to helping those most in need.

After the Great Quake and ensuing fire of 1906 that destroyed nearly 80% of San Francisco, the American Red Cross scrutinized organizations pledging to help others and identified Dr. Katharine "Kitty" Felton and the Associated Charities of San Francisco (now Felton Institute) as an agency worthy of receiving funds to execute relief efforts, largely because of Kitty's stellar reputation.



Dr. Katharine "Kitty" Felton

In its evolution of the last 128 years, Felton Institute now operates 46 different programs assisting people from all walks of life, including children, young adults, families, adults and senior citizens. The mission of Kitty Felton continues to be the foundation for transforming lives by providing innovative mental health and social services that restore and enhance the quality of life for thousands of our most vulnerable citizens.

Visit felton.org to find out more about our mission and how we can work together in the mission of transforming lives.

Your generous donations transform lives. Thank you!

