



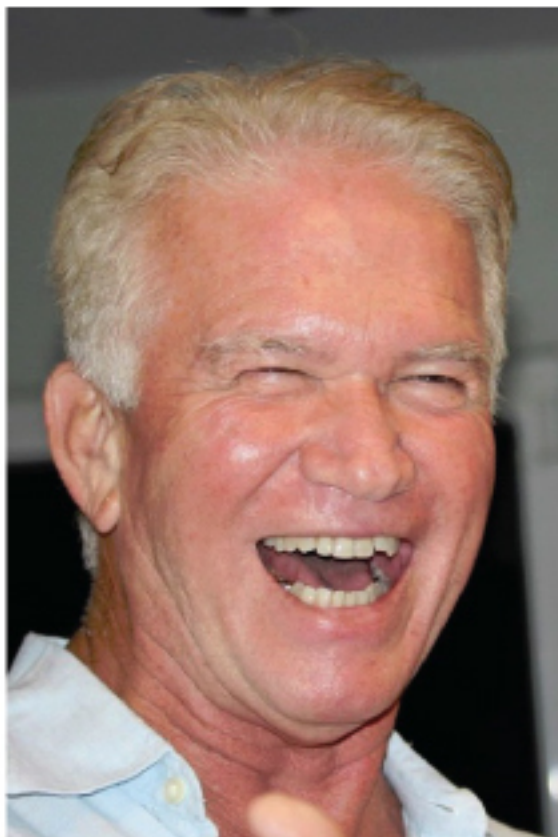
Lives Transformed



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Felton Spotlight: Mike Krechevsky, Family Support Specialist



Mike Krechevsky

Felton's Family Support Specialist

Mike Krechevsky lights up any room that he enters with his genial manner and a spirit that relishes life. His colleagues are very familiar with his smile, but it was a heartbreaking experience that first brought Mike and his family to Felton's door. After a crisis, a member of Mike's family was referred to Felton's Early Psychosis Programs, now known as (re)MIND®. Mike and other relatives were so impressed with how Felton's services helped the whole family that he wanted to work with Felton's Early Psychosis team in San Mateo.

A California native, Mike grew up in a musical family in Inglewood. His mother and two sisters were gifted pianists, and Mike took up the clarinet at the age of nine. During his junior year at Inglewood High School, he began playing the tenor saxophone.

"My childhood was complicated by the fact that I had what was then un-diagnosed ADHD," Mike shares. "Fitting in was difficult for me, in that things that seemed easy for others were difficult for me; whereas that which was easy for me (creative pattern recognition) was difficult for most of my classmates. I ended up treating my difference as a virtue, much to the consternation of my teachers. My greatest gifts I got from my parents were not words of advice, but a willingness to discuss anything with me, coupled with unqualified love. Over the course of a lifetime that has gotten me through a lot." Mike adds that his dad was thoughtful, with an abundance of common sense and a ready laugh.

After graduating from Inglewood High School, Mike worked at an air freight trucking company at night and attended El Camino Junior College during the day before transferring to California State University, Long Beach. With the guidance of his professors, he wound up changing from majoring in history with a minor in sociology to a double major in those fields.

"My goals in terms of higher education were ones of self discovery, and I felt through the combination of history and sociology, as well as lots of novels by the likes of Tolstoy, Dostoevsky, Sartre, Kafka, Hesse, and Camus, I could come to understand both myself, others and this social construction we call reality. I have carried on with this vocation throughout my life, and ... it is [put] to good use in my work in business through developing innovative greenfield opportunities while tapping into my Dad's practical side, understanding the limits that any social organization can be pushed, sometimes dancing dangerously close to the edge. And ok, sometimes stepping over the edge.

Mike has worked with Felton for two and a half years. "My relative was a graduate of the Early Psychosis Programs now known as (re)MIND®, and after I retired, I saw real value in giving back. On reflection, I think there are three things in my background that converge with my work, one, emotionally, my lived experience as the family member of a Felton graduate provides me with empathy, credibility, and a sense of common purpose in working with our families; two, intellectually, my academic course of study and lifelong curiosity about how we humans react to our existential condition, and three, functionally, my many years in consultative sales and sales leadership has provided me with practical intuitive knowledge on how to navigate what begin as oppositional relationships.

"During my time here at Felton I am so moved by our absolute commitment to helping those most shunned by our society at large in achieving existential authenticity in their everyday lives. As such, what is most rewarding at (re)MIND® San Mateo is working in a collaborative team environment with caring committed colleagues. It is not without challenges. The greatest challenge does not come from within but from without: We are constrained by the demands of CMS to work in a behavioristic rehabilitation model. However the vast majority of our clients can be defined by two characteristics and one type of event: They possess incredible creative intelligence. They are extraordinarily sensitive, both in terms of their physical senses and their emotional sensitivity. And nearly all of them have faced unimaginable trauma for which they require longer term trauma-informed therapy."

Mike loves his work and also savors his free time. He is a "semi-pro tenor saxophonist" and he enjoys the Japanese art of Bonsai. When asked about personal motto, Mike replies, "I do not really have a motto so much as a belief: I believe, that to the extent we are capable we have choices, then we are in fact defined by the choices we make. Or as Jean Paul Sartre stated better than me, "Existence precedes essence"."

Many continue to benefit from Mike's choice to bring his skills to Felton's San Mateo team. In May of 2018, during Mental Health Awareness Month, Felton President and CEO Al Gilbert, Early Psychosis Division Director Adriana Furuzawa, and Mike presented and received a proclamation from then Mayor of San Mateo Rick Bonilla. To watch the presentation, [click here](#).

Casa Adelante Ground Breaking Ceremony

In a culturally rich ceremony in the Mission District on May 10, 2019, a new 100% affordable housing development, Casa Adelante, broke ground on the site of a former bakery at 1990 Folsom Street. The builders and architects will transform a vacant and underutilized property into a beautifully designed, mixed-use development. Felton is excited that our early care and education program will open an additional site in the new development location, adding to the future success of families in the Mission neighborhood.

The project's groundbreaking "represents another big step forward in keeping San Francisco's future as a diverse, welcoming city that we all treasure," Karoleen Feng, director of community real estate at the Mission Economic Development Agency (MEDA), told about 100 community members at the site.

San Francisco Mayor London N. Breed celebrated with families and



Yohana Quiroz and Al Gilbert join others in ground breaking of Casa Adelante



Dolores Terrazas, Yohana Quiroz, Mayor London Breed and Al Gilbert with other project and community leaders

community leaders at this momentous event. After the ceremony, Mayor Breed commented, "Well I'm excited about what this project will do, not just provide family housing, but childcare which we know is so challenging for families who have small children. So, what a great opportunity for families to have a place to live that's affordable, and to have affordable daycare in the same building and know that their children are being cared for!"



Dancers perform at Casa Adelante ground breaking ceremony

This 143-unit project is a joint effort between the Mission Economic Development Agency (MEDA) and the Tenderloin Neighborhood Development Corporation (TNDC). "It's one of our goals and visions to make sure that we're empowering community by ownership. And this opportunity that we present today with the collaboration of HOMEY, Galeria de La Raza, and Felton Institute makes that vision an actual reality in our community," said MEDA Board Chair Dolores Terrazas, who also serves as Division Director for Felton's Children, Youth, Family & Transitional Age Youth Services (CYF & TAY).

"Felton is pleased to partner with TNDC, MEDA, and LMS Architects to bring the highest-quality Early Care and Education (ECE) services to the Mission via this dynamic development. The ECE program at the ground floor of 1990 Folsom will ensure that excellent education will be available to many future generations. The 1990 Folsom ECE site is designed to provide the best physical environment for our children to learn and prosper; it continues Felton's 130-year tradition of innovation and comprehensive social service," noted Felton President and CEO Al Gilbert.

Says Galería de la Raza Executive Director Ani Rivera, "As cultural bearers it is our duty to protect our traditions, rituals, sites, and to honor the social fabric and people that have contributed to the art and social movements of the Mission District. For Galería, it is a 'renacimiento' that offers us a permanent home where we will have the ability to build our assets and sustain over seven generations to come."

HOMEY's Executive Director Roberto Eligio Alfaro states, "1990 Folsom will not only provide affordable housing to 143 families in our community, but it will also house Mission-rooted organizations like HOMEY who have struggled to find permanent organizational space for almost 20 years. Without a doubt, we will be the new hub on the 16th corridor."

"On this project, you're really pulling together the essence of the Mission," said Amy Beinart, an aide in Supervisor Hillary Ronen's office.

This project, proposed in 2016 by MEDA and TNDC, is the third major affordable housing project MEDA has in the works. The affordable-housing development has been made possible by financing from the San Francisco Mayor's Office of Housing and Community Development, San Francisco Housing Authority, Bank of America, Barings, California Debt Limit Allocation Committee, California Tax Credit Allocation Committee, Nibbi Brothers General Contractors, Leddy Maytum Stacy Architects and U.S. Bank.

"Today marks a very important milestone in this project," said Yohana Quiroz, Felton COO of CYF & TAY services. "It's a great space for providing wraparound early care and education, arts, and a space for our young people. It is exciting to have everyone celebrating and honoring Mother Earth and what it means today as we continue this wonderful journey."

For more information about Felton's ECE programs, visit felton.org.

Some quotes for this article were provided by collaborating partners and sources.

Felton at Aging in America Conference

Cathy Spensley, Senior Division Director and Lynn Trinh O'Leary, Director of Programs for the Senior Division, presented at the National American Society on Aging Conference in New Orleans on April 17, 2019. Their poster: *Addressing Social Isolation Through Health and Wellness and Community Building*, tells the story of Felton Institute's working for the past two and a half years with two isolated populations in San Francisco's Visitacion Valley: African American and monolingual Chinese-speaking older adults.



Cathy Spensley and Lynn Trinh O'Leary

Cathy Spensley shared, "The poster at the conference drew a significant crowd discussing a key conclusion of the project, which is that social isolation can take place in many forms. Issues of poverty, trauma, and other societal factors are often overlooked and these need to be addressed on individual, group, and systems levels."

Key results from the project include bringing job opportunities to older adults in Visitacion Valley; obtaining city contracts to bring services to the community; partnering with a primary care wellness clinic to provide on-going psycho-education support groups; establishing a Women's Roundtable to foster older adult leadership; partnering with Comcast for low-cost online connections and obtaining funding to bring ESL classes back to the neighborhood.

Felton Institute is very grateful for the funding for this project, which is provided in part by the Metta Fund, a philanthropic organization whose mission is to improve health in the City and County of San Francisco. To learn more about the Metta Fund, please visit mettafund.org.

Felton at CMHACY Conference



Adriana Furuzawa

Felton's Early Psychosis Division Director Adriana Furuzawa and members of her team, Anna Ballas, Amanda Downing, and Shannon Strom, presented to a standing room only crowd at the 2019 California Mental Health Advocates for Children and Youth (CMHACY) Conference held at Asilomar in Pacific Grove, California, May 15-May 17, 2019.



Shannon Strom and Anna Ballas

The 39th Annual CMHACY Conference, entitled, "Shaping Our Communities: Compassion, Engagement, Collective Impact" offered a forum for policy development and a showcase for cutting-edge programs, like Felton's (re)MIND®.

Adriana thanked her team for a job well done, adding, "Our presentation was rich and engaging. We had over a dozen counties represented in the audience, and all attendees were very involved, from beginning to end. Opportunities like these remind us that we are truly in the forefront of our field."



Adriana Furuzawa

To learn more about the conference, visit cmhacy.org.

(re)MIND® Open House in San Mateo



Brittany Ganguly

On May 23, 2019, Felton's San Mateo Early Psychosis and BEAM programs held their annual open house as a part of San Mateo Behavioral Health and Recovery Services (BHRS) Mental Health Awareness Month events.

Program participants, family members, providers, staff, and community partners enjoyed an afternoon that included a tour of the program site, one-on-one chats with team members while they presented on evidence-based practices and core program



Adriana Furuzawa and Bruce Adams

components in different learning stations, powerful success stories and an introduction to (re)MIND®, the new name of Felton's award winning early psychosis programs.

Guests included Douglas Fong, Clinical Services Manager for San Mateo BHRS and Brittany Ganguly, Community Health Planner for San Mateo BHRS Office of Diversity and Equity.



Adriana Furuzawa and Douglas Fong

The Felton (re)MIND® program in San Mateo provides the full spectrum of prevention, early detection and treatment for individuals ages 14-35 who are at risk of experiencing psychosis or have experienced psychotic symptoms within the previous two years related to a diagnosis of schizophrenia spectrum disorder. In conjunction with (re)MIND®, the BEAM program serves individuals experiencing early signs

and symptoms of bipolar disorder or mood disorders with psychotic symptoms. Since its inception in 2012, both programs have touched the lives of over 500 young people and their families.

For more information, please call (650) 458-0026.

Felton and You - Mental Health Month: Fitness #4Mind4Body

For decades, the month of May has been observed as Mental Health Month in the United States. In 1949, Mental Health America (MHA), a community-based nonprofit founded to help all Americans achieve wellness by living mentally healthier lives, launched Mental Health Week. MHA's mission for Mental Health Week was to educate Americans about mental illness and mental health. Eventually, Mental Health Week became Mental Health Month.

In addition to Felton's (re)MIND® Open House in San Mateo, Felton's Monterey site celebrated with its first graduation ceremony for participants in its early psychosis programs on May 3, 2019. The success of our Monterey graduates during Mental Health Month is especially exciting.



Dr. Kurtz Speaks to Monterey Graduates



Monterey Graduation Ceremony

Today, a number of mental health organizations and nonprofits in the United States, including Felton Institute, observe Mental Health Month with a common goal, to stop the stigmas associated with mental illness and to raise awareness about the importance of mental health. This year's Mental Health Month theme is Fitness #4Mind4Body, intended to show how health is all-encompassing, including taking care of the mind as much as the body. To learn about ways to develop healthy habits designed to improve mental and physical health, [click on the link here](#).

In the United States:

- 43.8 million (18.5%) adults experience mental illness in a given year,
- 1 in 5 (24.4%) youth aged 12-18 has experienced a severe mental health disorder, and
- 13% of children aged 8-15 will experience a severe mental health disorder in their lifetime.

MHA states that mental health conditions should be treated long before they reach the most critical points in the disease process. Felton Institute shares a similar belief. It is this school of thought, that treatment should begin early to stop or prevent the disease process, that led to a partnership in 2006 with the University of California San Francisco. Together, a group of researchers set out to develop effective community-based, evidence-based programs and treatments that successfully treat individuals diagnosed with early psychosis, Schizophrenia and bipolar disorder to remission. The result was the development of Felton's Early Psychosis Programs, now known as (re)MIND® and BEAM.

Felton Institute's Early Psychosis/Schizophrenia and Bipolar Disorder Programs, (re)MIND® and BEAM provide early intervention and treatment for people generally between the ages of 14 and 35 who have had their first major psychotic episode within the previous two years, or those whose comprehensive assessment suggests that they are at high risk for having their first episode within two years (or within 5 years for Felton Early Psychosis Programs San Francisco).

(re)MIND® seeks to transform the treatment and perception of psychosis and to deliver comprehensive treatment grounded in wellness, recovery and resilience to young people experiencing symptoms of psychosis and to their families. Currently, Felton's Early Psychosis Programs are located in four Northern California counties: San Francisco, Alameda, San Mateo and Monterey. If you or someone you know is experiencing symptoms of psychosis, please visit our website at feltonearlypsychosis.org.

In support of Mental Health Month, we ask that you consider giving a gift to Felton Institute and help us provide treatment to people with psychosis, Schizophrenia and bi-polar disorder. Together we can continue to educate the public on how to take care of their minds as well as they take care of their bodies, stop the stigmas and provide quality mental health services to those in need.

If we help young people experiencing psychosis or bipolar disorder today, they will have a greater chance at achieving success in their futures. Together we can create a healthier, happier and safer society for all.

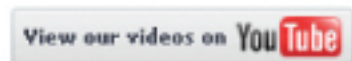
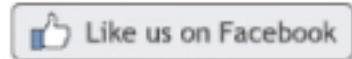
Please consider giving a gift to Felton Institute today. To give to the cause for which you have passion, text FELTON to 41444 on your mobile device; it's quick and easy.

For more information about Felton Institute and Felton Early Psychosis Programs, visit felton.org or call (415) 474-7310.

*Statistics used in this article were found on Psychology Today blog post:

<https://www.psychologytoday.com/us/blog/happiness-is-state-mind/201805/may-is-mental-health-month-4mind4body>

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