



Felton Institute Newsletter

The *May 2020* Issue

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Mental Health Month



TRANSFORMING LIVES
& INNOVATING SINCE 1889

Shontae Bowles

Felton Human Resources Manager



Felton Human Resources Manager Shontae Bowles radiates compassion and competence. If a problem comes her way, Shontae's demeanor indicates that she will meet it head-on and resolve it with ease.

The older of three sisters, Shontae is an Oakland, California, native. Her family is close-knit and the sisters have monthly dinners at the home of her 87-year-old grandmother. The savory dinner fare is replete with vegetarian dishes, since her grandmother has been a vegetarian for most of her life. Having grown up around her grandmother when her mother was working, Shontae routinely takes a break from meat a couple of months each year, following her grandmother's example.



The social mission and values are what attracted me to Felton. Felton offers individuals the chance to fulfill their potential to live healthy and productive lives.

We provide a spectrum of mental health services to people of all ages to support hope, wellness, and recovery.



Shontae's grandmother was a strategic and hardworking entrepreneur who owned and operated several Oakland businesses. She taught Shontae and her sisters the importance of having a great work ethic.

"I worked two jobs and went to school right after high school. My hard work paid off, as I accomplished buying my first home at the age of 24," Shontae shares proudly.

"I wanted to become a social worker as I wanted to help others. After high school, I went to the College of Alameda and took classes in-between working two jobs. Frustrated with core classes often being filled, I stopped going to school and just focused on work. I received a bachelor's degree later on in life from the University of Phoenix."

Shontae is looking forward to celebrating her one-year anniversary with Felton Institute. Before joining the team, she worked for a large property management firm in San Francisco.

"The social mission and values are what attracted me to Felton. Felton offers individuals the chance to fulfill their potential to live healthy and productive lives. We provide a spectrum of mental health services to people of all ages to support hope, wellness, and recovery."

"I love working in Human Resources; the day-to-day duties of HR constantly revolve around interacting with people. Each workday is different. You have to stay on

your toes when you work in HR. One day you may be helping an employee navigate changes to their health insurance, while the next you could be dealing with the effects of new laws or regulations. Challenges like these can keep the work engaging, no matter how long you've worked in HR."

"Also, Felton offers work-life balance and the greatest benefits package I have ever seen."

In addition to her monthly meals with her grandmother, Shontae enjoys creating new culinary adventures on her own. "Eating the same meals week after week becomes monotonous. Trying just one new recipe a week has made me excited to get in the kitchen. On the flip side, looking at mile-long ingredients lists can be overwhelming. But what I learned is not to breeze past a recipe with a ton of ingredients; It's worth taking stock of what I have in the house and ultimately realizing, I may not need to buy that many more, and that the prep is pretty easy."

Whether the task before her is professional or personal, Shontae focuses on her mission of making others feel special. "People will forget what you said; people will forget what you did, but people will never forget how you made them feel. Such a great quote. When you get it, you truly get it. We are indeed creatures of emotion, (most of us anyway), and our strongest memories are those attached to strong emotions." 📌

*For more information about Felton Careers and HR,
please visit www.felton.org/careers.*

How Felton's Early Psychosis Division Prepares for the Behavioral Care and Essential Service Continuum

For continuity of operations during the COVID-19 pandemic, Felton's [Early Psychosis Division](#) has established an Emergency Operations Center (EOC) and created a [resource guide](#).



Joseph Dela Vega
Case Manager
Marin



Amanda Downing
Supported Employment and Education Manager
San Francisco/Alameda/San Mateo



David Johnson
Bilingual Staff Therapist
San Mateo

EARLY PSYCHOSIS DIVISION EOC COVID-19 Resource Guide Project Team



Teresa Leon
Office Manager/Case Manager
Monterey



Caitlin Ratty
Clinical Care Manager
Alameda



Dondre White
Employment and Education Specialist
Alameda

Roz Picou | Quality and Performance Manager

Adriana Furuzawa | Division Director



COVID-19 RESOURCE GUIDE



Regional Resources (By County)

Employment

Things to Do

Internet Access

Food

Housing

COVID-19 Resource Libraries

COVID-19 resources for kids, teens, adults,
families, older adults, immigrants,
undocumented workers and crisis survivors

A project of Felton Institute's Early Psychosis Division

Special thanks to the Early Psychosis Division EOC Resource Guide Project Team:

Joseph Dela Vega, Amanda Downing, Adriana Furuzawa, David Johnson, Teresa Leon, Roz Picou, Caitlin Ratty, and Dondre White

Mike Hofman on NBC Bay Area and KRON 4

Felton Institute Board Chair Emeritus Michael N. Hofman and his wife Janet Moyer were pleased to be among the business owners who were allowed to resume normal operations in San Francisco on May 4, 2020.



Their business, [Janet Moyer Landscaping](#), fell under the category of the companies that primarily provide outdoor services, which included landscaping, gardening services, wholesale, and retail garden centers.

Officials said while many shelter-in-place restrictions remain in effect, the outdoor businesses carry a lower risk of transmission of COVID-19, in contrast to most indoor businesses. Mike and Janet said they had been operating in a limited capacity, but the easing of restrictions now means many of the furloughed employees can come back to work.

In an [interview with television station KRON4](#), Mike said, “In over 30 years of business, we never had to lay off

employees due to lack of work; it was heartbreaking.”

Janet added, “Some of our employees have been with us for over ten years, so they are like family.” Mike shared that they were both looking forward to bringing back a majority of the employees “to go back and do what they love.” Janet Moyer Landscaping is based in San Francisco and employs office managers, designers, installation crews and maintenance crews.

Mike and Janet were also [interviewed on television station NBC Bay Area](#) regarding their ability to resume operations with new guidelines. [▶](#)

Watch the Full KRON 4 Program: [HERE](#)
Watch the full NBC Bay Area Program: [HERE](#)

Yohana Quiroz on Newsy and KRON 4

As nonprofits continue to navigate the needs of clients and provide essential services in the wake of COVID-19, there is a heightened focus on the future of child care.



Yohana Quiroz, COO of Felton’s [Children Youth and Family \(CYF\) and Transitional Age Youth \(TAY\) division](#) was [interviewed by Amy Marona at Newsy](#) and [Maureen Kelly at KRON4](#) this month. Both stories emphasized the sharp contrast between the thriving child-care services being provided before the pandemic and what is happening as a result of COVID-19.

Felton has continued to provide distance learning, educational material and a weekly diaper and food bank for Felton clients. Yohana indicated that the CYF and TAY Division is surveying both parents and staff to gauge how comfortable they feel with the new protocol that will be in place in the future.

“Even just as simple as what does drop-off look like,” she said. “(In the past) we encouraged parents to come into the classroom and really connect with the teachers, connect with their children and get them settled in. Well, that’s not going to be possible moving forward.”

Yohana also shared that like many providers of essential services, Felton has ongoing needs for Personal Protective Equipment (PPE) for the daily operations and that, due to new guidelines, Felton’s child-care centers will plan to take in 190 students a year, dropping from the previous number of 430 students a year. 📺

For more information about Felton’s child-care programs, please visit [Felton’s CYF & TAY Division](#).

MAY: Mental Health Month

Why Mental Health Is More Important Than Ever



In early March 2020, the [World Health Organization](#) (WHO) declared a world pandemic. The virus spread worldwide within months, and countries declared mandatory stay-at-home directives, closing schools, business, and public places. People around the world united to push for public health, at an extreme personal sacrifice. Globally, survival became the number one priority with varying responses of how to best achieve it.

Two months into sheltering-in-place and with the easing of certain restrictions, the outcome of the COVID-19 pandemic is impossible to predict. We can study the pandemics in history and integrate current data to best determine our strategy in dealing with it. But as we learn more and adapt to our ever-changing reality of life, we must remember to take care of our mental health, while navigating these challenging times.


How are you feeling today? What is your state of mind; what is the state of your heart? As our systems go into high-gear and operate in a sustained crisis mode, we must not neglect our mental health.

Mental health is often misunderstood, especially by those who have not experienced a mental health crisis. How we think, feel, and act depends on the state of our mental health. Mental health includes our emotional, psychological, and social well-being, and is essential in every stage of our life – from childhood to our twilight years. While the average adult might be struggling with the stress of this global crisis, managing emerging emotions and grappling with the “new normal”, we are now seeing just glimpses of the toll that the pandemic is taking on the mental health of our vulnerable populations and the future implications. The needs are great among those who are already in challenging life situations and who may be suffering from mental health conditions.

“Anything human is mentionable, and anything mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”

- Fred Rogers

With a tradition of over 131 years of innovation in social services, Felton Institute continues to provide comprehensive mental health programs in our underserved communities. Our mission is to respond to the mental health needs of men, women and children at every stage of life by providing comprehensive programs, advocacy and support for individuals and families.

[Felton's Early Psychosis Program](#) innovative, strengths-based treatment models have won awards and through (re)MIND, BEAM, and BEAM UP serve approximately 350 individuals in five Northern and Central California counties each year. Felton's Early Psychosis Division is a national leader with its comprehensive treatment program for early psychosis. 

This month we invite you to consider a contribution to Felton Institute. You can even designate the division that you would like to support. Felton's Early Psychosis Program is one of Felton's award-winning programs. [felton.org/donate](https://www.felton.org/donate)



Make a *Donation* to Felton Institute today!

Help Felton continue creating impact in the Bay Area by making a monthly or yearly commitment.

All contributions are tax-deductible.

Felton Institute is a tax-exempt organization registered 501(c)(3) nonprofit under EIN 94-1156530.



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