



IMPACT! newsletter



April
2019

How your investment is changing the future for individuals ... leading the way to life in recovery!

FATHER AND DAUGHTER: A FAMILY LEGACY OF VOLUNTEERISM



Father and daughter Anant and Katie Patel (*pictured left*) have created a legacy of volunteer service in their family. Anant Patel currently serves as Chairman of the Board for Step Up and has served on the board for nine years. He is interested in pursuing opportunities that differentiate Step Up from other organizations. "It's a wonderful journey seeing growth and watching our local programs expand nationally." Anant is a Partner at Green Hasson Janks, an accounting, tax, and advisory firm that specializes in nonprofit and for profit companies.

Since September, Katie has organized a bi-monthly knitting group at Daniel's Place. "I love the group conversations," she says. Katie graduated from UCLA in 2017 with a B.A. in Psychology. She currently works at UCLA with a psychiatrist that primarily treats patients with schizophrenia and other psychotic disorders and in clinical psychology research with individuals experiencing severe depression and anxiety. "My father and I want to make sure people with mental health conditions experiencing homelessness are a problem of the past." To that end, Katie will be pursuing her doctorate in clinical psychology (PsyD) starting in the Fall of 2019.

PERMANENT SUPPORTIVE HOUSING

The #1 requested supportive service...



In early March, Step Up members received over 50 handmade knitted scarves, caps and blankets from Jennifer Knits and the El Segundo Slipt Stitches.

Jennifer Knits was started by

Jennifer Turchen, (*pictured above*) who opened her knitting store in Brentwood Village in 2000. The store has been a hub for the knitting community and knitting guilds, while also offering free lessons and yarn for Vets under VA care. In 2017, she was instrumental in coordinating all the move in supplies for Step Up's 54 apartments at building 209 in collaboration with Brentwood School and Village for Vets. Jennifer is not only motivated to volunteer by her passion of knitting, but also by the three generations of Vets in her family. Jennifer hopes to continue volunteering by offering free workshops to the Vets at Step Up.

VOCATIONAL TRAINING & PLACEMENT

Productivity and social connectedness...



Jocelyn Gonzalez (*pictured left*) interns at Step Up on Second's Client Run Center in Santa Monica. A psychology major at Los Angeles City College, the 23 year-old keeps herself busy by seeking out and encouraging members to access the additional support and activities available to them at the center.

"I really want to help members with their recovery. That's why

I decided to go to Step Up," says Gonzalez. "The staff is friendly and there are so many activities for the members." A monthly class schedule offers over sixty peer support groups with topics including learning how to tell your story, computer basics, managing medications, yoga, techniques for job interviews, and money management.

"What I love most about Step Up is everyone feels welcome, like a family. I've learned so much and see things so differently now."

A SENSE OF BELONGING

Mutuality, safety, and respect...



Tim Colohan (*pictured left*) is a Senior Dharma Teacher at the Kwan Um School of Zen. He volunteers his time to teach meditation and yoga to the Veterans at Building 209. He will soon teach at Step Up on Vine.

While waiting tables in Los Angeles and pursuing a fine arts career, Tim found Zen -or rather, it found him. He completed his training with the Golden Wind Zen Center in 2015. He enjoys practicing at Dharma Zen Center, Los Angeles as a Senior Dharma Teacher. He periodically teaches at Long Beach Meditation. He practices with: Angel City Zen Center and a Pasadena interfaith group that is close to his heart. He is completing certifications in Yoga Nidra and iRest Integration.

Tim uses what he is learning with alternative practices to help Veterans, individuals experiencing homelessness and mental health conditions, and other underserved communities.

For National Volunteer
Appreciation Week
April 8 - 13, 2019

Step Up wishes to thank
our volunteers for
the service they provide
and recognize them for
the impact they have on
transforming our community!

THANK YOU!