



IMPACT!

How your investment is changing the future for individuals experiencing mental health issues through supportive housing, vocational training & placement, and a sense of belonging.



May 2016
National
Mental
Health
Month!

LEADING THE WAY!

PERMANENT SUPPORTIVE HOUSING

The #1 requested supportive service...

May is Mental Health Month and the theme is "Life In Recovery". Mental health issues are as old as humanity itself. As also is the stigmatizing of these most vulnerable individuals who suffer. And mental health issues have a cascading effect on the community at large. Through the evidence-based Housing First model, and the stability permanent supportive housing brings, Step Up members access "Life in Recovery" opportunities to:

- Regain losses and rebuild relationships
- Trust themselves
- Find their place in the world
- Reclaim their power and resiliency
- Get more of what is important to them
- Experience social connectedness
- Have support for the ups and downs



Friends enjoying the Annual Barbeque at Michael's Village, Hollywood.

VOCATIONAL TRAINING & PLACEMENT

Productivity and social connectedness...

"Life in Recovery" means meaningful employment and working towards one's individualized goals. So it comes as no surprise that, after housing, the second most consumer-preferred supportive service is Employment. A job organizes one's day. Step Up's Vocational approach puts a Peer, someone who has "been there, done that", in the corner of each program participant to provide them with key support for resiliency and success.



Vocational services include: pre-vocational training, techniques for job interviews, work adjustment, employment preparation, and job placement. Hands-on experiences in paid positions include word processing, data entry, facilities maintenance, receptionist duties, clerical support, food service, restaurant kitchen operations, and retail associate work.

A SENSE OF BELONGING

Mutuality, safety, respect...



Photos by Nadia Tyson

Our friends say "Life in Recovery" from mental health issues feels like:

- "Having energy to do things again."
- "There is hope for your life."
- "You've made it out of a dark forest."
- "Being alive again."
- "You can let go of the small things and relax enough to live life."
- "Having your motivation back."
- "Getting a piece of your old self and your life back."
- "Happiness and joy can be part of your life again."

Prevention, early identification, and intervention work! Step Up is leading the way with real solutions and reasons for hope! Invest in "Life in Recovery". Donate to Step Up's *Welcome Home!* campaign during **Mental Health Month!**

Santa Monica:	
Step Up	(310) 394-6889
Daniel's Place	(310) 392-5855
Transitional Aged Youth (18-28 years)	
Hollywood:	
General Information	(323) 380-7590 x1330
Beverly Hills:	
Street Outreach Team	(310) 901-3020