

project restoration



Project Restoration is uniting community partners through innovative case management to empower our high utilizing neighbors to achieve health, wholeness and hope.

May 2018

Year in Review

When does a “year” begin? If you are looking at a calendar it most likely begins in January, unless it is a school calendar and then it may begin in August or September. If you are a new employee hired in April (as I was) your year might begin there or maybe you are a baseball fan and the year begins in March. If you are a collaborative uniting community partners through innovative case management to empower our high utilizing neighbors to achieve health, wholeness and hope, your year might begin with the enrollment of your first client. Here is our first ever, year in review.

May 15, 2017 we enrolled our first client. We did not yet have a house or place to provide shelter for our clients but we had the unshakeable belief that we would and soon.

June 6, 2017 we provided shelter for our first client. Because we did not yet have a property we had to think outside of the box and started with a hotel voucher and daily check-ins until we were able to enroll him in a residential recovery program on July 3rd.

July 24, 2017 our program found a home and we moved into Restoration House in Lower Lake! We prepared 4 rooms for Project Restoration clients, 2 rooms for AH Respite patients. We opened two offices in the building as well, one for Project Restoration and one for New Digs, the Rapid Rehousing Program of North Coast Opportunities. We enrolled an additional non-residential client who needed assistance relocating to another community.

August 21, 2017 saw the first move-in of a client to Restoration House! She was both a resident and our Peer Advisor.

September 2017 we enrolled 3 new clients bringing our total to 6; 3 residential and 3 non-residential.

October 2017 4 new residents moved into Restoration House. This brought our active case load to 10 which was the goal to meet by the end of Year One and yet we were only at the six month mark! At a glance we supported 4 Residential PR clients, 3 Residential Respite clients and 3 non-residential clients. Of our overall client list 3 left the program this month: one who was

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Recovery @

Restoration House

When some clients move into Restoration House they are wrestling with addiction. Addiction support comes in many forms from many partners. For all however it begins with the client's desire for sobriety. Here is a sample safe and sober plan created by a resident this month.

For my sobriety and in pursuit of health, wholeness and hope, I WILL

- 1) Have an accountability partner:** this means I will not leave Restoration House unaccompanied
- 2) Change my social behaviors:** this means I will not go to people or places I know are triggers for my addiction
- 3) Work with my health team:** this includes taking my current medication list, as directed for six weeks, begin Physical Therapy and making all DR. appointments
- 4) Live in community:** this means I will attend all group meetings available at Restoration House and I will be impeccable in asking for help from my community when I need it
- 5) Actively work on my sobriety:** this includes going to A.A., A.O.D.S. and seeing my B.H. Counselor at the Clinic (5 out of 7 days each week collectively), and
- 6) I will intentionally reflect each day on what is needed for my sobriety and living into the AWESOME!**

successfully relocated to his new home, one who was a respite client and well enough to return to her family and another who felt she did not need the additional support of Project Restoration as her needs were being met by the Intensive Outpatient Case Management (IOPCM) services through Live Well. Another huge success for October was the Homeless Outreach event which was supported by both staff and residents and in total we served 135 of our homeless neighbors.

November 2017 was a month of Thanksgiving. We welcomed an additional Respite client and the return of our first client upon graduation of the Recovery Program. This meant that we now had more than a full house. We had originally set up the rooms to be single occupancy but became aware that some would need to be double rooms.

Several staff and residents participated in the annual Turkey Trot which donated the collected food to Restoration House this year.

December 2017 welcomed an additional residential client bringing our room configuration to 2 doubles and four singles for a full house of 10!

January 2018 Restoration House welcomed a new kind of respite client, a woman who had a home but simply wasn't well enough to care for herself. We were able to work with her to stabilize her health and reconnect her with family. We also enrolled a new non-residential client.

February 2018 is unique for our first year. It is the only month since opening Restoration House in which we did not enroll any new clients. This allowed us to focus on programming, building community and skills.

March 2018 brought us to another time of transition and we decided that 4 rooms would become doubles, leaving only two singles. One resident graduated from the program becoming a home owner! Another was able to move in with her children. We hired an additional part time staff person to be our Assistant Coordinator (welcome, Melissa Hurley!) and we had a second Veteran move in; the first who is female.

April 2018 saw another one of our residents able to move into her own apartment! At the time she moved out she had lived with us the greatest number of consecutive days totaling 186 or roughly six months. We welcomed two more residential Project Restoration Clients (one of whom is a Veteran, bringing this total to 3).

May 2018 May 1st we welcomed our most recent resident.

As I write this newsletter we are two weeks shy of a year since enrolling our first client. If we enroll another person in that time (which I anticipate we will) we not only have met our first year goal, but doubled it.

AT A GLANCE

We have enrolled 19 clients.

15 have been housed at Restoration House.

10 have been Project Restoration. 5 have been AH Respite.

Overall Restoration House has provided 1,382 days of shelter.

Partner Spotlight



Hope Rising is an Accountable Community for Health collaborative (ACHC). The organization's Strategic Advisory Board consists of

CEO-level executives from health systems, public health, county departments, non-profits and other relevant organizations. They have partnered for many years on a wide variety of health improvement initiatives, and Hope Rising is the formalizing of those partnerships to increase impact to improve the health and wellness of Lake County.

One initiative of this collaborative that has had a significant impact on Project Restoration is the Annual **Innovation Summit**. In 2017 there were two separate summits, one for Safe RX, Lake County's local opioid misuse prevention coalition, and one which unveiled Project Restoration exploring innovative solutions and effective partnerships to support the most vulnerable citizens of Lake County, including the homeless.

Todd Metcalf, Behavioral Health Director for Lake County, hosted a gallery of various domains presented by different facilitators to talk about the focus areas. Each participant was then invited to vote on which area they believed to be most urgent for Lake County. The three most critical areas of need were determined to be: Shelter, Substance Use and Transportation. A task group for each of these three areas was formed and they have made incredible progress in the last year.

Housing Task Group

- ◆ Provided support and counsel as Restoration House welcomed its first residents.
- ◆ Provided leadership for the October Homeless Outreach which served 135 of our unsheltered neighbors.
- ◆ Assisted with education and collaboration to move the Hope Center for Transformation for unsheltered community members forward.
- ◆ And helped establish the most comprehensive PIT (Point In Time) Count of homelessness in Lake County ever!



Transportation

- ◆ Provided workshops for residents of Restoration House on the variety of ways to access public transportation in Lake County.
- ◆ Fast tracked the process for clients to receive American with Disabilities Act (ADA) cards and to participate in Pay Your Pal.
- ◆ Met one on one with clients to help solve their transportation needs.

Substance Use

- ◆ Has raised community awareness of the facts of opioid use and misuse in Lake County and provided education regarding alternatives, appropriate use of opioids and safety precautions.
- ◆ Supports the mission of the SafeRX Lake County project to reduce harm using rigorous data methods, determining outcomes, and disseminating results.
- ◆ Provides education and resources to raise the level of understanding of Lake County providers around the prescribing of opioids and alternative treatment resources, and provide leadership and resources to create alignment under common agreements, building motivation within provider community to align.
- ◆ Provides education and training to clinic staff,

education agencies and other community organizations, to strengthen the referral process, expand treatment options, and strengthen the collaborative process within the Lake County health community.

Lake County Innovation Summit 2018

This year the Innovation Summit will focus on Community Transformation and how we can help even our most vulnerable community members attain health and wholeness. We will highlight some of the early successes we have already seen with Safe Rx and Project Restoration and gain tools to keep the work moving forward.



**Collaborative Solutions for
Aligned Support of the Vulnerable**



**Friday
June 22, 2018
7:30-4pm**

**Lake County Fairgrounds
401 Martin St.
Lakeport**

Innovation Summit Keynote Speaker Dr. Antwi Akom, PhD, MA

Dr. Antwi Akom is the Director of the Social Innovation and Urban Opportunity Research Lab—a joint research lab between UCSF's Center for Vulnerable Populations and SFSU. His research lies at the intersection of science, technology, spatial epidemiology, community development, health communications, medical sociology, ethnic studies, and public health.

Dr. Akom's work focuses on researching, developing, and deploying new health information communication technologies that amplify the voices of communities often excluded from digital and physical public spheres and connecting them with resources that improve health literacy, health care delivery, and promote equitable economic development for vulnerable populations.

Dr. Akom has an extensive background in building collaborative, community-facing technology projects and new models of urban innovation that help cities become smarter, more equitable, just and sustainable. Prior to joining UCSF/CVP, Dr. Akom co-founded and launched a series of technology projects in the San Francisco Bay area, including, Streetwyze—a mobile, mapping, and SMS platform that enables real time

community-generated data to be integrated with predictive analytics so that health care providers, hospitals, CBO's, and cities are empowered with forward looking knowledge to track health equity indicators, improve service delivery, and predict future trajectories for vulnerable populations. Streetwyze has been recognized by the White House, the Rockefeller Foundation, the Knight News Challenge, as one of the 12 new data tools to help vulnerable populations access opportunity.

His key areas of research include: Social determinants of health, health information technologies, health communications, health literacy, health policy, GIS, people sensing, mobile platforms, food security, community engagement, data democratization, data visualization, Community-generated data, Big data, data analytics, digital resiliency, community engaged design, Youth Participatory Action Research (YPAR), Community Based Participatory Action Research (CBPR), neighborhood revitalization, social media, social marketing, social innovation, inter-disciplinary research collaboration, mentoring of junior faculty or trainees, race, space, place, and waste.

Project Restoration is Seeking a SOAR Benefit & Entitlement Volunteer

SSI/SSDI Outreach, Access, and Recovery (SOAR)

Are you ready to help others SOAR?

We are searching for a volunteer who wants to share their time to change lives. This particular position (SOAR Volunteer) includes a free 40 hour training (which you can do at your own time) and a requires a time commitment of 10 hours per week. While there are many opportunities to serve, this particular volunteer will be someone who has a passion to help end homelessness and has strong computer and organizational skills. If you are interested please contact Pastor Shannon at 707-461-4426 for more information.



It can be a challenge for people experiencing or at risk of homelessness to gain access to Supplemental Social Security Income/Social Security Disability Insurance (SSI/SSDI) benefits. For those individuals who also have mental illness, medical impairments, and/or a co-occurring substance use disorder, the challenge can be even greater. SAMHSA's [SOAR Technical Assistance Center](#) helps states and communities increase access to these benefits for people with behavioral health disorders who are also experiencing homelessness, as well as for those returning to their communities from jails and hospitals.

Any adult experiencing homelessness can apply for SSI/SSDI. This includes 17-year-olds who are within 1 month of their 18th birthday. Youth aging out of the foster care system may apply within 90 days of their 18th birthday.

Since 2005, the SOAR program has helped more than 27,175 people obtain SSI/SSDI benefits—often the critical first step in recovery. All 50 states participate in SOAR. The program brings case managers and other state and local stakeholders together to coordinate the implementation of state and local-level SOAR programs. SAMHSA's [SOAR Technical Assistance Center](#) provides training and technical assistance to help stakeholders develop action plans and track outcomes.

SOURCE: <https://www.samhsa.gov/homelessness-programs-resources/grant-programs-services/soar>



16 Leaves, 16 Domains

SHELTER

TRANSPORTATION

LEGAL

ADVOCACY ACTIVISM

FAMILY, PERSONAL &
PEER RELATIONSHIPS

REPRODUCTIVE HEALTH

OFFICIAL ID & VITAL
RECORDS

EDUCATION &
EMPLOYMENT

MENTAL HEALTH

FOOD & NUTRITION

PROVIDER
RELATIONSHIPS

MEDICATION & MEDICAL
SUPPLIES

HEALTH MANAGEMENT

SUBSTANCE USE
DISORDER

**BENEFITS &
ENTITLEMENTS**

OTHER

Health, Wholeness & Hope Are GROWING at Restoration House!

March 24th a group gathered together to build garden boxes at Restoration House. Through a partnership with NCO Garden Projects we were able to construct two raised beds to provide fresh produce for our Project Restoration residents.

It was a small but mighty group of volunteers, staff, and residents that gathered on a Saturday morning outside the back gate of Restoration House.

With electric drills in hand they looked at the Woodpile stacked near the fence and formulated a plan of action. The group had gathered to put together two garden boxes and create a sustainable food resource for the residents of Project Restoration.

Within an hour and a half the boxes were built, and those who had participated were able to put down their drills and admire the work that they had accomplished.

That hour and a half of work on Saturday morning will now have a lasting impact on those who are able to benefit from the resources that having an accessible garden provides. The garden boxes give residents an opportunity to plant, care for, and eventually harvest their own vegetables.

This environmentally friendly, health conscious resource is one of the ways that Restoration House is actively engaged in community transformation to provide health, wholeness and hope in Lake County.

Special thanks to NCO volunteers Ava, Eric, and Tim; Project Restoration Residents, Volunteers and Staff Lou, Liz (who also brings us fresh eggs regularly), Marylin, and Mel.



The glory of gardening:
hands in the dirt,
head in the sun,
heart with nature.
To nurture a garden
is to feed
not just the body,
but the soul.

— Alfred Austin



Residents at Restoration House have planted a Salsa Garden with tomatoes, peppers and more!



It won't be long before the vegetables in the garden are ready for the kitchen. In the meantime, SuAnn is making a delicious lasagna (meat & vegetarian) for our Volunteer Training!

Volunteer Orientation Event

May 8th we held our first Volunteer Orientation event and it was an event!

Marylin Wakefield, Project Restoration Director, welcomed the gathered on a sunny Tuesday afternoon as we prepared to share more about the principles behind the work and how individuals can help whether they have an hour a month or 20 hours a week.

Shelly Mascari, Director of Community Wellness shared the story of how we got started and what moved the project forward, including those first meetings with then Mayor of Clearlake, Russ Perdock and Interim Police Chief, Tim Celli.

Pastor Shannon, Project Restoration Coordinator talked about the domains of support that help clients transform their lives.

Marylin Wakefield, followed up by explaining the principles of care including motivational interviewing, trauma informed care, harm reduction and accompaniment.

Melissa Hurley, Project Restoration Assistant



Coordinator shared how food is provided at Restoration House and a team of residents, led by SuAnn, brought a delicious dinner cooked by them.

Pastor Shannon closed the event by listing just a few of the many opportunities to serve with Project Restoration:

Opportunities to Volunteer

- ◆ SOAR Volunteer
- ◆ Transportation – On Call or daily
- ◆ Game Night
- ◆ Community Events
- ◆ Donations Management & Recruitment
- ◆ Financial Planning
- ◆ Meal Pick Up
- ◆ Workshops (resume writing, computer skills, mindfulness, yoga etc)

Thank you, community! We could do it without you!

To learn more about volunteering, please contact

Pastor Shannon at 707-461-4426

Or email

kimbels@AH.org

“Those people who develop the ability to continuously acquire new and better forms of knowledge that they can apply to their work and to their lives will be the movers and shakers in our society for the indefinite future.” - Brian Tracy

Training Opportunities

Community Partners are welcome to request free on-site trainings on the following topics:

- ◆ Project Restoration and Effective Ways to Partner
- ◆ Harm Reduction
- ◆ Motivational Interviewing
- ◆ Building Working Relationships with Patients/Clients with Behavioral or Mental Health Issues

These trainings are designed to fit into a “lunch and learn” one hour time slot.

For more information on available trainings, or to schedule a training, please contact

Marylin Wakefield at 707-995-5831

Or email

wakefimo@AH.org

Support Groups Offered At Restoration House

Expressions

Expressions is an ongoing group led by Marilyn Wakefield, Project Restoration Director. This group focuses on being rigorously honest with ourselves and others and finding ways to express our feelings of hope, fear, love, awareness and growth. We use music, journaling, and discussion. We recently created individual vision boards showing what we want to draw into our lives to help us live fully in the present.

Four Agreements

Led by PR Coordinator Pastor Shannon this group is reading the Book *Four Agreements* by David Ruiz and creating personal Mission Statements inspired by the Agreements:

- 1) Be Impeccable With Your Word
- 2) Don't Take Anything Personally
- 3) Don't Make Assumptions
- 4) Always Do Your Best

Grief Work

This new group beginning May 18 will be co-led by Asst. Coordinator Mel Hurley and Hospice Counselor Kathleen Bradley using Alan Wolfelt's book "*The Wilderness of Grief*." It will provide us a structured, safe place to talk about grief, the way it shows up in our lives, and the steps we can take towards continued healing. Through sharing, writing and reflection we will put into practice the ways that community support can facilitate growth in our lives.

Project Restoration Partners



Police Dept & Mayor's Office



Lakeview Health Center



Dept. of Behavioral Health & District Attorney's Office