



Mental Health Association

OF SAN MATEO COUNTY

Empowering People to Create Their Best Life

FROM HOMELESS TO HEALTHY MHA'S WELLNESS PROGRAM

John became homeless after losing his job during the recession of 2007. John explains feeling both emotionally and physically unstable during this period of his life. Due to his bad back John found it hard to find and keep work in his field of horticulture and gardening. He found himself in a continuously anxious state, on top of other symptoms secondary to his bipolar disorder such as frequent depression and mania. One of his greatest challenges was the constant fear and worry he had regarding the safety and security of belongings. He was homeless for seven years before arriving at MHA's Spring Street Shelter, eventually moving into the transitional program and, ultimately, lucky enough to secure a unit at MHA's Belmont Apartment complex. Although, no longer homeless, John was overweight, which made his



John Stamm and RN Kelsey Thompson

arthritis more painful. His blood pressure was high and he was suffering from unpleasant side effects of poor eating habits, and his cholesterol levels were dangerously high.

In 2015 John began participating in MHA's wellness program and has experienced dramatic improvements in his health and well-being. Nutritional

counseling taught John how to analyze food labels and utilize portion control. He enjoys the cooking classes that are offered because it gives him the opportunity to socialize with his peers which always improves his mood. By improving his diet, John has lowered his cholesterol and has achieved a sixty pound weight loss which results in reduced pain from

arthritis. Wellness education has also helped John learn techniques to lower his blood pressure. John participates in medication management where he has learned skills such as recognizing and managing side effects. John has switched several medications and reports that he enjoys the monitoring the wellness program provides him. Having his vital signs checked on a regular basis puts him at ease by keeping a close eye on his blood pressure. John was recently in need of a new primary care doctor. Through the wellness programs help, John was able to find a new doctor and was linked to several other appointments such as ophthalmology screening, and a dental examination.

John engages in groups targeted to promote mental health awareness, and reports that he appreciates the promotion of mental health wellness. John explains he is extremely grateful for the wellness program. During the most recent visit with the wellness nurse John stated "I am a happier and healthier person all around thanks to the help of the wellness program and I am forever grateful and thankful for MHA as a whole". ☺

MHA's Wellness program is funded through contributions from Sequoia Healthcare District and donations from Community Members. Having a nurse available has not only improved the quality of life for so many of our clients, it literally has saved lives and allowed a number of our clients to continue living independently through the end of life. Your support has allowed us to develop this program to best meet the needs of the individuals we serve. Thank you.



Mental Health Association
of San Mateo County
2686 Spring Street
Redwood City, California 94063
www.mhasmc.org

Non-Profit Org.
U.S. Postage
PAID
Permit No. 75
San Mateo, Calif.

Other Stories on MHA Website

mhasmc.org

- › MHA Operation Reindeer
- › Program Information and Referral Forms
- › Upcoming Events

MHA'S MISSION

The Mental Health Association of San Mateo County (MHA), a nonprofit organization, enriches quality of life, restores dignity, and reduces homelessness, particularly for those affected by mental illness and HIV/AIDS. MHA strengthens hope by providing shelter, support and opportunities for socialization.

MHA BOARD OF DIRECTORS

OFFICERS:

Marilyn David-Krasner, MSW
President

Don Mattei
Vice President

Sara Furrer
Treasurer

Ginny Stewart
Secretary

DIRECTORS:

Patricia Flanigan, MPA, RN-BC

Lillian Jessie Jones-Bell

Elizabeth McManus

Leslie Moroni

Kristen Sandifer

Patricia Urbina, M.D.

EXECUTIVE DIRECTOR

Melissa Platte