

MEET THE STAFF

Roy Crew, director



"Clients come here because they know this is a physically and mentally safe place. We have professionals they can turn to for clinical issues and peers they can share personal experiences with. Recovery will be different for every individual. One thing we know: Talking, shedding light on experiences makes clients more able to move on."

Edgar Mercado, Warm Line coordinator



"I know a lot of our clients from when I was out ripping and running around the streets, dealing with my own HIV and hep C, drugs, alcohol, jail. I was a lost cause, but our clients see that I turned it around and that gives them hope." Speaks Spanish.

OFFICE OF SELF-HELP

This 17-year-old center serves mental health and substance abuse clients in a program that practices harm reduction and encourages recovery. It promotes empowerment through its self-help drop-in center; one-on-one peer counseling; Warm Line; seven different support groups; computer lab; on-site nurse and acupuncturist; meditation and Reiki practice; van trips for family members to out-of-county facilities.

Alex Macdonald, IT/Computer Lab



"The value of learning to use a computer for people with a history of disabilities is that it's completely neutral. It may have its weaknesses, but it doesn't lie to you — it's honest and gives true feedback and that's an empowering experience."

Edward Fong, self-help specialist



"I really enjoy what I'm doing, communicating and helping other people. The Warm Line is important. Some people are lost and lonely and I try to use humor — after I talk to them, I want to hear them be more upbeat, maybe even laugh." Speaks Cantonese.

Myrda Monasterial, administrative assistant



"I bring open-mindedness. I accept the clients for what they are, and I come to them unbiased, not analyzing them. My main work is to stay on top of things so they run smoothly." Speaks Tagalog.

Dr. Yuan Wang, acupuncturist



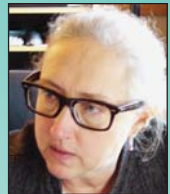
"My work promotes good health by harmonizing and balancing the internal functions, and regulating and promoting life energy or chi (qi)." Speaks Mandarin, Cantonese.

Terri James-Day, art instructor



"We do all kinds of art forms in our two-hour class, and clients can do anything they want — even nothing, if they just want to sit down and have cookies. There's pride in what they do, but also interest in what others are doing."

Dana Lyn Wedel, psychiatric nurse practitioner



"What I do for the clients and staff is provide a bridge of information between them and the medical and mental health systems. I interpret, educate and support. After I see a client I can interpret his or her strengths for program staff and what needs watching."

J. Paul Chaisson, Drop-In Center coordinator



"I listen to what the client is saying and I give options. What's special is that I bring humor — I make them feel comfortable talking to me. I make them smile. I let them know that tomorrow will be better."

Office of Self-Help Drop-In Center, 1095 Market Street, Suite 202
This behavioral health education message is underwritten by Bank of the West.

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