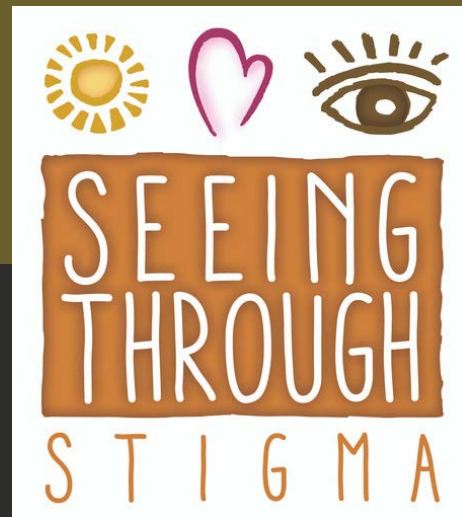


Heart and Soul, Inc.

PUTTING THE **WE** IN **WELLNESS**



WWW.HEARTANDSOULINC.ORG

650-232-7426

peer warm line
650-231-2024

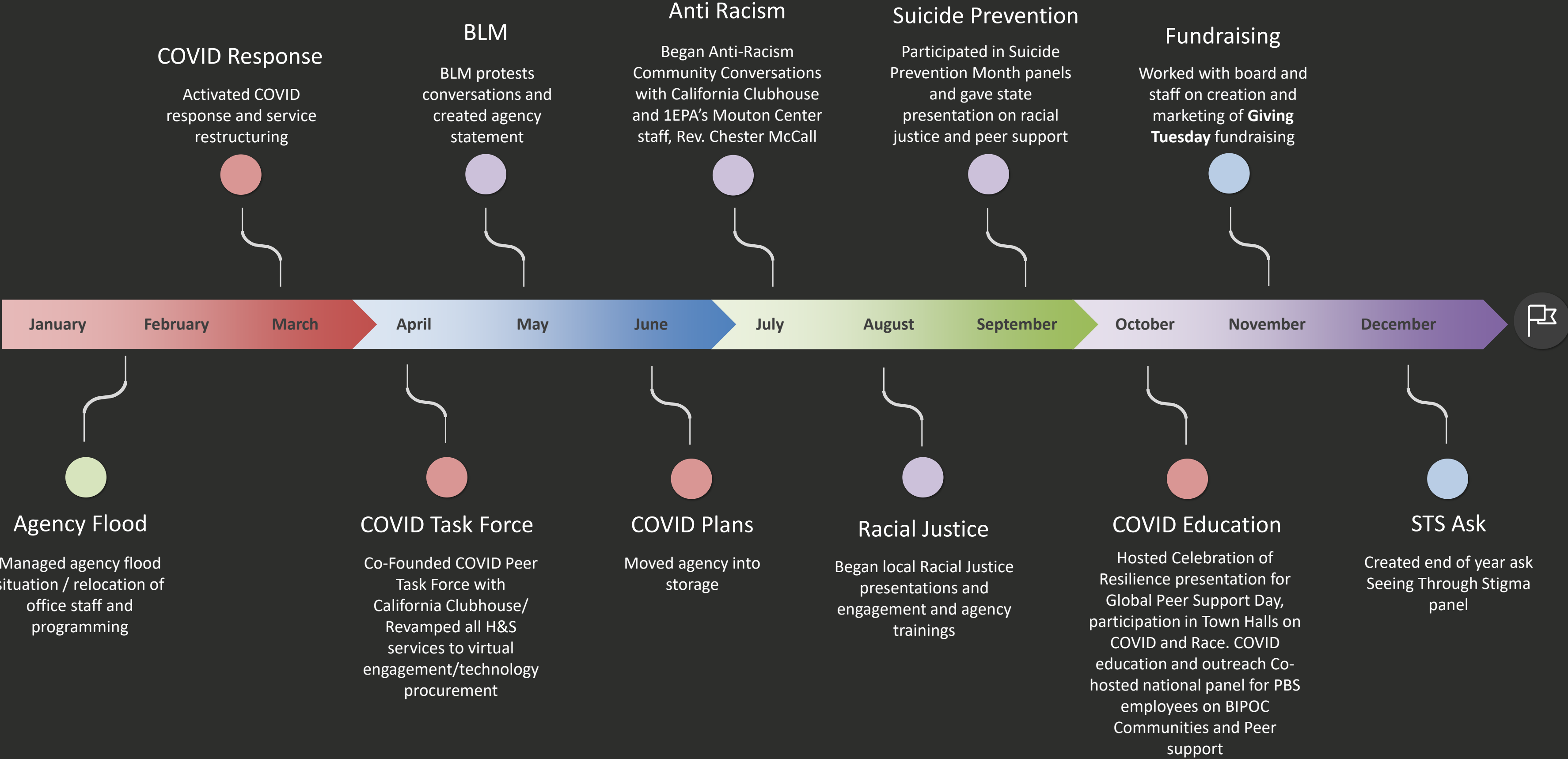


HEART & SOUL, INC.

Speaking today

- **James Gordon** – Board of Directors
- **Amaal Greenwood** – Peer Support &
Total Wellness Program Director
- **Mark Leavitt**, HOPE Peer Mentor
- **Bevin Love** – Seeing Through Stigma
Program Director

2020 – An Extraordinary Year For Heart & Soul



COVID Response

Activated COVID response and service restructuring



BLM

BLM protests conversations and created agency statement



Anti Racism

Began Anti-Racism Community Conversations with California Clubhouse and 1EPA's Mouton Center staff, Rev. Chester McCall



Suicide Prevention

Participated in Suicide Prevention Month panels and gave state presentation on racial justice and peer support



Fundraising

Worked with board and staff on creation and marketing of **Giving Tuesday** fundraising



January

February

March

April

May

June

July

August

September

October

November

December



Agency Flood

Managed agency flood situation / relocation of office staff and programming



COVID Task Force

Co-Founded COVID Peer Task Force with California Clubhouse/ Revamped all H&S services to virtual engagement/technology procurement



COVID Plans

Moved agency into storage



Racial Justice

Began local Racial Justice presentations and engagement and agency trainings



COVID Education

Hosted Celebration of Resilience presentation for Global Peer Support Day, participation in Town Halls on COVID and Race. COVID education and outreach Co-hosted national panel for PBS employees on BIPOC Communities and Peer support



STS Ask

Created end of year ask Seeing Through Stigma panel

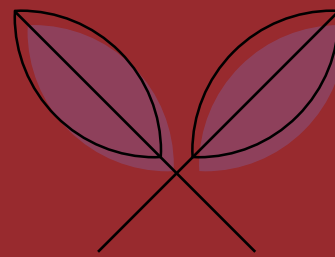


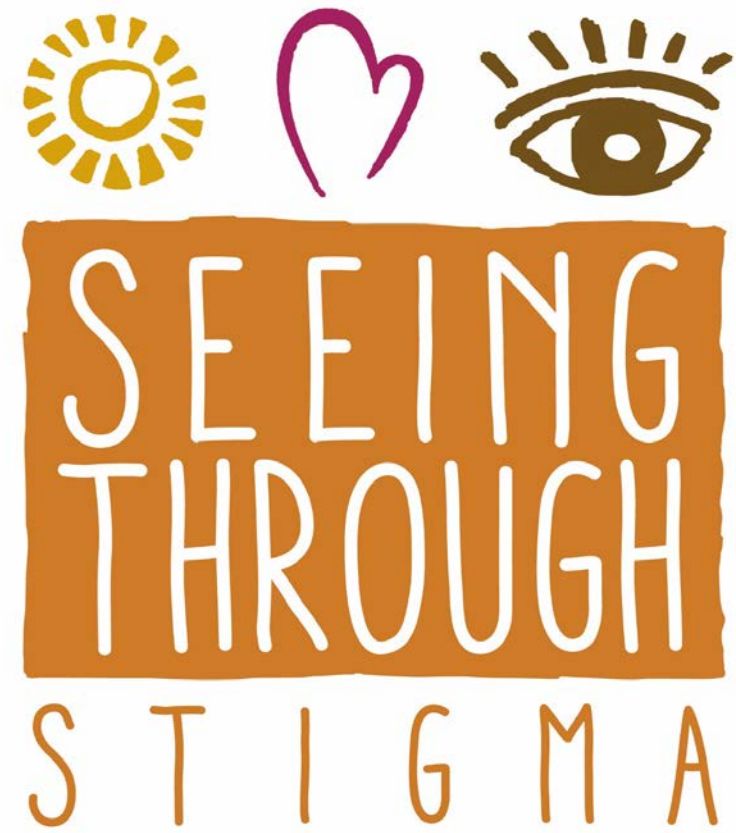
During COVID the Total Wellness program has continued to provide:

- *Group classes on wellness topics*
- *Monthly deliveries of food for participants*
- *Technology to participants to be able to participate in programming*
- *Extensive one-on-one peer support*



CULTURAL COMPETANCY COMMITTEE





Seeing Through Stigma

- Heart & Soul's "Seeing Through Stigma" anti-stigma campaign aims to change the adverse image of those living with mental health challenges, and their misunderstood portrayal in the media.
- Our presentations consist of panelists with mental health lived experience, who share their journeys of recovery with various community audiences.
- Panelists share about their personal experiences, what has changed for them, and what they do today to stay well. They speak about the paths they have taken to reach a place of recovery for themselves.
- The result is that now those who have been previously "Unseen" can tell their stories and be witnessed standing in their strength.
- With 1 in 5 American families being affected by mental health challenges, many audience members can identify with our panelists' struggles, and find hope in their mental health recovery stories.
- For those who are fearful or have a bias against those with mental health challenges, it can be a revelation to realize that "they" are simply people just like themselves.

Freeing
the World
from Stigma...
One Story
at a Time

H.O.P.E.

*“Helping Our Peers Emerge”
from hospitalization to
healthy integration.*



What is HOPE?

- A peer-based program to help people transition from acute psychiatric care into the community
- A highly successful program which has reduce hospitalizations dramatically
- HOPE is a program of Heart and Soul, a 15 year contractor with San Mateo county Behavioral Health

Why HOPE Matters...

- Reduces long term hospitalizations by up to 60%
- Supports the reduction of frequency and duration of higher levels of care
- Helps people develop the skills and resources to cope with their mental health challenges
- Connects people with supported employment
- Facilitates family reconnection and reunification, including education and support to the family members

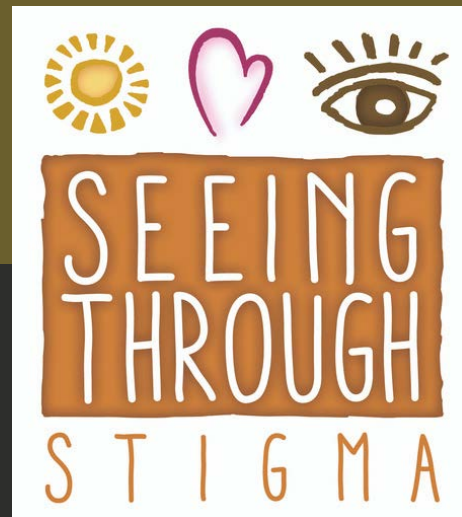
How HOPE Works...

- Peer mentors with lived experience of severe mental health and substance abuse challenges meet individually with the people we serve
- Staffed by members of the community who represent the cultural diversity of the population we serve
- Gives immediate wellness tools including WRAP planning and managing personal crisis
- Weekly support engagements and daily support groups



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