



A great gift: Donna Torrisi, founder of the Family Practice and Counseling Network, shares a bond with patient Ethel Worthington (r) that goes back 19 years.

Secrets to longevity

97-year-old woman credits Family Practice clinic

Ethel Worthington eases into the offices of the Family Practice and Counseling Network, pushed gently in her wheelchair by her daughter, Barbara. Everyone greets her with a smile, reaching to touch her hand, saying hello. It seems like she knows everyone

here, and more or less, she does.

Ethel Worthington has been coming to this health clinic, in all its forms and in various locations, since it first opened in 1992. She's nearly 97 years old, born Dec. 16, 1914, and was one of the first patients ever to walk through

the old Abbotsford Health Clinic in north Philadelphia. She still comes here for health care.

"Oh, everything has changed," Ethel said, chuckling softly. "It's a whole new place.

Everything has changed, the
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THE QUARTERLY NEWSLETTER OF THE NONPROFIT RESOURCES FOR HUMAN DEVELOPMENT

WHO WE ARE: Resources for Human Development is a national human-services nonprofit with more than 160 programs in 14 states addressing intellectual and developmental disabilities, behavioral health, homelessness, substance abuse and poverty issues. RHD is also a pioneer in the development of socially conscious, for-profit enterprises.

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In harmony: In Barnegat, N.J., RHD peer specialist Zakit Levine relates to John on levels that include shared experiences — and a similar passion for expression through music.

Talented RHD client now teaches

It's Alton's abilities, not disabilities, that wow IDD colleagues

At RHD Rhode Island's day program for those with intellectual and developmental disabilities, the most popular activity may be a watercolor class taught by an instructor unusually attuned to his students' abilities.

Perhaps that's because Alton, known in art circles for his precise, highly technical creative work, is not only an art teacher. He's also an RHD Rhode Island client who happens to have developmental disabilities.

"He's our most naturally talented and gifted artist," said Mark Stone, case manager and direct service professional at RHD Rhode Island. "The other consumers look up to him, both because of the quality of his work and because of the paychecks he generates at art shows. You'll hear people say: I would like to be as good as Alton."

Ultimate in empowerment

Alton's watercolor class at RHD Rhode Island's Second Sight Studio begins promptly at 11 a.m., and Alton moves steadily around the table talking to his group of artists. He explains the day's lesson, makes sure everyone knows that attending the class means committing to the whole hour and helps his student-

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PEER-TO-PEER

'I share my experience, strength and hope. I try to help someone feel better, take care of themselves better.'

Zakit Levine
RHD peer specialist

'Oh, you understand." A client at RHD Ocean County in New Jersey was struggling to explain her challenges to the staff there, despite their caring, nurturing approach. She just couldn't quite connect, until she talked with Ocean County Residential Intensive Support Team peer specialist Zakit Levine. Levine began by sharing her own story of learning to live with bi-polar disorder, and they connected. And Levine heard those words, with a deep sigh of relief: "Oh, you understand."

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Developing leaders focused on serving

How RHD ensures its values live on

Outside the Lines Studio, the art program at RHD Boston for people with intellectual disabilities, needed a new director. Else Eaton, a staffer and art teacher, was everyone's choice — smart, hardworking, talented, great with the clients. The only thing she lacked was leadership experience.

But at that time Eaton happened to be a participant in RHD's Leadership Development Program, an internal education program aimed at identifying and preparing the kinds of leaders valued by RHD and those it serves. Fortuitously, RHD had been preparing Eaton for exactly the challenge she'd now have to meet.

"I became a manager a month before the program finished," said Eaton.

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Patience, precision: Alton is known in art circles for his methodical, mathematical approach to creative works.

PEERS

from front page

That's the nature of peer support, a concept RHD has embraced in caring for the wellness of its clients. Peer specialists, who have progressed in their own recovery and have been trained and certified to help their peers on the same path, are an integral part of RHD's programs. And Eric Larson, RHD's peer support coordinator, noted RHD is taking the lead in shaping peer support.

Larson spearheaded the International WRAP (Wellness Recovery Action Plan) conference this summer, and said RHD is helping to pilot a program that will help streamline and grow a practice that is in many ways still in its infancy.

"We have to make a quantum leap in understanding what peer support is," Larson said. "We're trying to create training maps of best practices for peer support. Peer support happens organically in our programs, so we're trying to capture that and replicate its

best practices.

"There isn't really a universal format for peer support, even in identifying what a peer is.



Donna Washington

We want to take the grey area out of peer support, and shape it in a way that is much larger than certified peer specialists. There is so much that is happening outside the peer specialist umbrella, and we want to identify and help disseminate what works."

At its core, peer support is about the powerful connections of shared experiences, and using those connections to help people on their own path to wellness. It can take many different forms – Levine plays guitar, and plays



Making a connection: April (r) credits Michelle Maczka, her peer support specialist, with helping her finish her education and become more independent and active in the community.

music with RHD Ocean County client Robert.

"Music is something he loves, and it's not something he'll do by himself," Levine said. "But he'll teach me things, and show me things, and in the process he'll get out of himself and do something that makes him happy. Wellness is enjoyment, relaxation, expression. Music is a way to get to all of that.

"I share my experience, strength and hope. I try to help someone feel better, take care of themselves better."

'Safe space'

While clients certainly benefit from the simple act of having someone to talk to, peer specialists also work to help consumers with life skills, whether it's getting out in the community, applying for jobs or learning new skills. April, through working with RHD peer specialist Michelle Maczka, has completed her education and become more active in the community.

"It's helped me out a lot," April said. "I do things by myself now, a lot of things by myself. I can work

It's helped me out a lot. I do things by myself now, a lot of things by myself.

April,

Client with behavioral health challenges who works with an RHD peer specialist

on the computer, I'm making my own appointments, going to my own appointments.

"She's there for me. Michelle is easy to get along with. When I need something extra, I know I can talk to Michelle."

Larson said one of the main obstacles for people with mental health challenges is the stigma involved. Peer support, where a consumer can feel he or she is not alone, is an invaluable resource.

"People need a safe space," Larson said.

"That's where you see people able to take control of their lives," said RHD peer specialist Berta Britz.

"You're more a peer with the consumers than the staff," said Donna Washington, an RHD peer specialist. "It's like my experience means more than my educational background. You get connected, and let the consumers know that, as staff, we've been through a recovery process in our own life.

"The experience that the peer specialist has been through is often on the same terms that the consumers might have been through. So it makes individuals feel like you can understand them, with a better perspective than somebody who's just learned from the book."

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How you can help

More than 27,000 people each year gain the support and encouragement they need to build better lives for themselves, their families, and their communities through RHD's many human-services programs. Their milestones and successes, large and small, are made possible through the generosity of people like you.

Whether it's a child in need of a winter coat, a single mother trying to escape a life of abuse, or a man with autism whose life is about to change when he is given that first paintbrush, your contribution will help create a brighter future for these men, women, and children who just need a chance to develop their full potential.

Make this fall a special one for those who are working toward better lives.

Please use the enclosed, postage-paid envelope to send a check or visit us at www.rhd.org to donate online.

Be a part of changing lives, families and communities for the better. Help RHD help people in need help themselves.

LEADERS

from front page

"Going through LDP was helpful in preparing me for that – understanding what leadership means, different ways of communicating with people, ways of addressing issues. I had an idea of what to expect, and I had more confidence in taking on that role.

"It's an opportunity for people to show what they can do, to realize their potential within RHD and for RHD to be aware of who their next leaders are and what their skills are. RHD is really good about identifying strengths and developing positions and roles for people where they can grow."

RHD's Leadership Development Program provides continuing education for career advancement and prepares employees to be better leaders, so that there is always someone highly qualified in the pipeline who can step in. This provides continuity to programs and services to RHD's clients.

"We wanted to design a program that would allow us to grow leaders," said Stacey Bunch-Harrison, LDP co-director. "We wanted it to be values-driven and speak to the type of leadership that we value at RHD. We wanted people to learn that you can't separate the personal you from the professional you. And we wanted it to really push people."

In RHD's Leadership Development Program, participants develop an Action Learning Project to enhance services at their units. Participants are required to lead others in the project. They go through exercises that work on all phases of leadership and problem solving. Perhaps most importantly, they engage in personal reflection that forces them to examine different pieces of their personalities. LDP participants say it's a grueling process. But its rewards are limitless.

"I learned different pieces of management, different styles of management – and the difference between management and leading," said Traci Stevens, a staffer at Family House Norristown when she went through LDP. "It teaches you that who you are translates into how you manage and lead people and programs. Why do I think the way I think? Why did I make that decision? How do I address people?"

"At RHD, you're expected to be creative. You're expected to bring you to the table. That takes a lot of work in really figuring out who you are, and how to take who you are and lead people."

Stevens is now an RHD program coordinator, and after graduating from LDP has returned to work with the program as faculty.

LDP has been so successful in the Philadelphia area that it has expanded to sites in Boston and in Northeast Pennsylvania. This year, RHD's Louisiana programs began their own version. While some basic components are universal, each Leadership Development Program is crafted to the different needs of its regions.

The Leadership Development Program pays off in tangible ways for RHD, making sure programs and units operate at a high level of efficiency and always deliver quality service. But it also has intangible benefits for the employees and their personal growth.

For example, Eaton is now pursuing a master's degree in arts and disability and nonprofit management. Darline Brutus, a site manager at a Boston-area residential facility, said she's changed significantly.

"In the beginning, it was such a big challenge between my job and LDP," Brutus said. "My writing coach and counselor kept encouraging me and pushing me. Now I'm more confident. I'm still living LDP every day in my job. I feel blessed that RHD offered me this opportunity."

RHD health center expands to York, Pa.

Providing health care to impoverished and underserved areas, RHD's Family Practice and Counseling Network is expanding to a fourth site with a new community health center in York, Pa. FPCN currently operates three federally qualified health centers in the Philadelphia area.

The expansion is made possible by a grant from the U.S. Department of Health and Human Services through the Affordable Care Act. HHS Secretary Kathleen Sebelius recently announced awards of \$28.8 million to 67 community health center programs across the country, helping to establish new health service delivery sites to care for an additional 286,000 patients.

RHD was one of only two applicants awarded grants in Pennsylvania, out of a field of more than 800.

"We're incredibly grateful for this opportunity," said Donna Torrissi, FPCN's director. "With this new health center, we will be able to provide more health care to more people, while engaging the community in their care. Our approach is to care for the body, mind and spirit."

RHD started FPCN in 1992 as a single, nurse-managed health clinic. It has become one of the largest nurse-managed health centers in the region, providing the full range of primary care, dental and behavioral health services. Last year, FPCN handled more than 65,000 patient visits at its three sites.

FPCN was approached in 2010 by the Emmanuel Community Development Corporation (ECDC) in York to develop a nurse-managed health center to serve public housing residents in an impoverished and underserved area that is about to lose its one nearby hospital. The ECDC and FPCN received support from the York Bureau of Health, the Mayor's Office, the York Housing Authority and York College School of Nursing. The new East York Health Center will be located one block from one public housing development and five blocks from another.

By maximizing the availability, access and continuity of primary care and preventive health services, community health centers play a critical role in improving the health care status of medically underserved and vulnerable populations and decreasing health disparities throughout the United States.



Smiles and hugs: Donna Torrissi shares a hug with longtime patient Ethel Worthington. The staff at FPCN has known Ethel for years and everyone greets her warmly when she comes for a checkup.

LONGEVITY

from front page

employees and all, everybody's changed. But it's still nice, and they take good care of me. So, it's different, but in a good way."

Resources for Human Development founded Family Practice and Counseling Network, known as FPCN for short, in 1992 as a lone health clinic that has now expanded into a network of nurse-managed health centers offering primary care for all ages and serving public housing residents, the poor and the uninsured.

Part of the family

FPCN is one of the largest nurse-managed health centers in the region, with more than 60,000 patient visits a year at its three sites. Its services include family planning, prenatal care and dental care, as well as mental and behavioral health care.

Still one element at FPCN has never changed, as Ethel can attest: Patients who come here are treated like part of the family. Patients keep coming back because FPCN combines top-quality medical care with a warm and

☾ *There are nice people here, and you should go and visit to get help if you need it.* ☽

Ethel Worthington,

One of the first patients at RHD's Family Practice clinic when it opened 20 years ago

friendly embrace.

Ethel was a former hospital worker when she first walked through the doors of the original Abbotsford clinic, the first FPCN site. She knew about medical care. And she knew very quickly that she'd found a place she could trust.

"I liked the clinic," she said. "I liked the service they gave me. Everybody was fine. Friendly. I got along with everyone. They gave me good service.

"I liked Donna; she made me feel very comfortable. I tell people this is a nice place to go to see about your health. There are nice people here, and you should go and visit to get help if you need it."

"Donna" is Donna Torrissi, who RHD engaged as a consultant when it began developing FPCN, then later hired as

FPCN's director.

Torrissi laughed with Ethel about how much has changed over the years – and how much has not.

When Ethel first started coming to Abbotsford, she was in her late seventies. FPCN nurses continually offered to send a van to get her to and from appointments, but Ethel waved them off and got everywhere on her own. Today, she still has people at FPCN who extend themselves to make sure she gets the care she needs.


"She's such a doll," said Pat Thomas, who was a receptionist and behavioral health coordinator when Abbotsford opened. "When she has an appointment, she really wants to see Donna. She doesn't want to see anybody else. When she wants something, we try to give it to her.

Transgender shelter first of its kind in U.S.

RHD will soon open the doors of Morris House, the first housing program in the country to offer comprehensive services specifically for transgender individuals.

RHD will support the Philadelphia, Pa., facility in partnership with the city's Department of Behavioral Health and Intellectual Disability Services, providing a safe, recovery-oriented environment for the transgender community.

"The commitment to the Morris House that the Department of Behavioral Health and RHD has shown is long overdue," said Jaci Adams, a transgender individual who served on the RHD advisory board that assisted in the planning of Morris House. "Having a place to call home will give hope, respect, dignity and self-worth to an underserved community."

RHD associate director Richelle Gunter said, "RHD greatly appreciates the foresight and commitment of Sade Ali, deputy commissioner of the Department of Behavioral Health, and is delighted to partner in this service for and with the transgender community." 



Reviewing details: Jaci Adams (red shirt) is advising RHD staffers in the development of Morris House, the nation's first shelter for those in the transgender community experiencing homelessness.

"Abbotsford is a family place. When you came in, everybody knew one another, you were greeted with hugs, we knew whose patient was who's. That clinic was always a loving clinic, like a family. We learned that from Donna, that, like a family, we'd always treat patients like they'd want to be treated."

'Good, old friends'

Ethel smiled when asked her secret to a long and healthy life. She quit smoking in the 1930s, and had no vices to speak of, save an occasional trip to Atlantic City. She makes sure to get regular check-ups. And she fills her life with friends.

"I feel like I have lots of good, old friends – one of them is sitting beside me," she said, reaching over and patting Torrissi on the arm.

Torrissi said she's touched by Ethel's loyalty to – and obvious affection for – FPCN and the people there.

"That certainly makes me feel good," Torrissi said. "I'm thrilled when people say they like working here and when people feel like it's a friendly place to get their health care and have trust in us.


"Medical institutions and medical care can often be very impersonal. When people are getting medical care, they usually feel pretty vulnerable. And it's important to make people feel as loved and as comfortable as you possibly can when they need it the most."

Next year FPCN will celebrate 20 years of service to the community, with Torrissi as its only director.

"I expected to be here five years, and 19 years later, why am I still here? I've been very moved and inspired by the people we take care of," she said. "That's what has made me want to be here. I can't imagine being anyplace else. Those relationships are important. They're a great gift."

Ethel, sitting there listening, missed that last part and asked: "What was that, dear?"

Torrissi spoke up: "I said, 'You're a great gift.'"

Ethel said: "Yes, that's so," and Torrissi laughed and grasped her hand. 



Expert instruction: Kirk, an artist at RHD Rhode Island, is in a wheelchair with limited use of his arms, so Alton puts his hand on top of Kirk's to assist with the drawing. At right, Alton's kaleidoscope artwork, produced with mathematical precision, is his latest project. At bottom, Alton supervises as Dave works on the day's assignment.

Photographs by
Kenneth Kauffman

INSTRUCTOR

from front page

colleagues take on their assignments.

"Take your time," Alton says. "Watercolor is a slow process. There's no pressure; take your time. Don't rush. There is no rushing allowed in my class."

Alton is the first client at RHD Rhode Island to become so advanced and technically proficient that he's begun instructing others.

But RHD Rhode Island is a place where, as program director Ray Memery puts it, the clients don't just attend the program. They help shape it. So it's natural that Alton, a rare talent with leadership ability, rose not only to the top of the class but also to the front of the class as its instructor. It's a classic win-win, says Memery: the students are engaged and learning, and Alton continues to blossom as a result of the empowerment and responsibility.

RHD Rhode Island Arts Coordinator Nate Carroll said it all started when staff noticed clients approaching Alton to ask for help, and Alton responded with patience and sound instruction. The crowds around him began to grow. Staff approached Alton about teaching a formal, regularly scheduled class. Alton is active in the community, working with his church group and volunteering at a local high school. But this was something different.

"I had to be talked into it," Alton said. "I was a little bit nervous at first. I thought I would try it out and see if I liked it. I wanted to get used to it. Now I want to keep on doing it."

'Rare gift'

Alton happily shows off his latest project as he talks, a kaleidoscopic series of almost mathematical precision that he says comes naturally and easy to him.

"His work is fully formed in his head, and

☾ *I had to be talked into it. I was a little bit nervous at first. Now I want to keep on doing it.* ☽

Alton,

Art student with intellectual disabilities who now teaches others at RHD in Boston

comes out on the page the way he imagined it, which is a really rare gift," Carroll said. "He's authentically self-taught, and has an innate technical knowledge. He made his own color wheel, with all the tints. I went to art school, and I can't do that."

Alton has a knack for imparting the technical, how-to aspects of creativity in a way students can grasp.

"He's professorial," Stone said. "His demeanor is serious. In the studio, he's more peer-to-peer, but in the class he takes on the

role of teacher. On his off days, he's preparing for the next class."

Each week, Carroll supplies a list of possible artists, and Alton looks each one up on a computer and samples their artwork for use in his class.

"I want something that is just right for the class – not too busy, but not boring," he said.

This week, Alton settles on "Ram's Head" by Georgia O'Keeffe. He draws a remarkable pencil copy for the students to emulate, in





various sizes, with jaw-dropping precision and speed. Kirk, in a wheelchair with limited use of his arms, struggles to re-create the piece; Alton puts his hand on top of Kirk's hand and leads the pencil across the paper.

'Fun part'

Then they paint. While each student begins with a reasonably similar drawing, each finished work turns out wildly distinct. Each is a unique reflection of the artist – which is Alton's aim.

"The fun part is teaching them how to do it," Alton said. "The painting they can do their way. But the drawing part, they should get close to the way I have it. At least I'm getting them to try."

Alton has a class of 10; a number the staff decided was manageable. It's always full. Direct service professionals Tyler Grimes and Andy Mendillo stand close by, watching the class. Mendillo sat in for a few weeks and took the class as a student and was pleased to see his own work dramatically improve. He noted that Alton's insistence that the students take the whole hour and work at Alton's methodical pace produces some of their best work.

"With the hour, they take more time and pay more attention to their choices," Mendillo said.

'I want to share it'

Toward the end of the hour, Jahnoy finally regards his work and announces: "Alton, I think I'm done." Alton walks over and pats him on the shoulder, and Jahnoy excitedly jumps up with his painting in hand.

"I love Alton," he says.

"It makes me feel proud," Alton said.

Alton is now talking about teaching classes outside RHD Rhode Island some day.

"Painting relaxes me. It keeps me calm. I enjoy doing it," Alton said. "When I was 21, I just felt that way. I wanted to become an artist. I think it's important. I can give others ideas. I can give other classes ideas.

"I don't want to keep it for myself. I want to share it and spread it around. To me, it's more important to share it than to keep it to myself."



Fun all around: Attending Alton's class at RHD Rhode Island are, clockwise from top right: Hans, Holly, Eliseu, Kirk, Henry, Jose, Matt, Jahnoy, Kevin and Dave. Middle: Jahnoy proudly shows off the first draft of his sketch. Alton's class is working on Georgia O'Keeffe's "Ram's Head." Alton teaches a class every other week, and it's always full.



How to get what you want? Help others.

Bob Fishman,
founder and CEO of
Resources for Human
Development

A chat with a baseball legend leads to thoughts about Dorothy's Oz

Darren Daulton, former all-star catcher with the Philadelphia Phillies, was in our central office the other day; he's become interested in our homelessness programs – particularly *One Step Away*, the street newspaper we publish in Philadelphia – and set up a meeting to learn a little more about RHD.

As we walked around for a brief tour, he asked about the décor of the place, a question I was delighted to answer. Those of you who've been to our offices know that we've set up a yellow path that leads through the building. It represents the Yellow Brick Road, from the Wizard of Oz.

Now, the Yellow Brick Road symbolizes many different things to different people. There is a belief out there that the Yellow Brick Road represents the gold standard, and that, in fact, the children's novel written by L. Frank Baum is all about monetary policy. The Emerald City (run by a con-man) is paper money, the Scarecrow is the American farmer, the Tin Man is industry (which needs oil to live), the witches are the banks. Dorothy's slippers were changed to ruby in the film, but in the book they were silver slippers. Silver! Think about that.

Seriously. You can look this stuff up.

But more importantly, whether it's Dorothy walking along the Yellow Brick Road or Huck negotiating the Mississippi River with Jim, any story of a journey is really about what we learn about ourselves along the way. Chatting with Darren, I started thinking about what this story represents to me.

Dorothy wants something – to go home. Along her journey, she takes on a number of tasks that pop up in her path, but every action is designed to get her what she wants. To that end, she's tasked with bringing the Wicked Witch's broomstick to the Wizard. She goes after the broomstick because she thinks it will get her what she wants – it will get her home. And Dorothy kills the witch, and gets the broomstick.

But how does she get it? When Dorothy kills the witch, she doesn't do it to get the broomstick. She kills the witch, sort of by accident, because she is trying to save her friend, the Scarecrow. He's set on fire by the witch, and she throws water on the fire to save her friend, and the water melts the witch. It is just about the only point in the story in which Dorothy acts without any regard for what she wants. She acts unselfishly, to help someone else – to save her friend. And in the end, that's how she gets what she wants.

I suppose I like that story because I believe – I truly believe – that this is true for all of us. It is only when we act to help others that we get what we truly want.

We see that every day at RHD. All across the country, in all the programs we support, people who work at RHD go above and beyond the call of duty every day, putting the clients we serve first, acting primarily to help others. These are people who are wonderful at their jobs, effective and innovative and creative, and we're beyond grateful that they've chosen to work here, in a life spent in the service of others. Hopefully, along the way, they get what they want out of that.

At the end of the day, Darren enthusiastically agreed to work with us. We're thrilled to have him. Everyone who sets out to help others can find RHD willing to assist them on their journey.



Darren Daulton, former All-Star catcher with the Philadelphia Phillies, visits RHD.



Future Search lauded for taking on the world

When the worldwide Organization Development Network considered who to honor with its annual Outstanding Global Work Award, it went back to the future. To the Future Search Network, that is.

Founded as a program of RHD in 1993, Future Search helps communities and NGOs all over the world craft breakout strategies to help more people and solve human-services challenges.

Today, Future Search counts 382 dedicated volunteers in 30 countries on five continents. It has tackled issues from reproductive health in Africa to drug trafficking in the Maldives to street children in Iran.

Youth Poetry Movement wins global poetry festival

The Philadelphia Youth Poetry Movement's slam team bested 50 youth poetry teams from around the world to win its second title in five years at the Brave New Voices International Youth Poetry Festival in San Francisco in July. It is the largest competitive spoken word event in the world.

In an amazing run, the PYPM slam team of Sinnea Douglas, Jamar Hall, Chamira Nelson, Kai Davis and Safiya Washington trailed in every round before pulling out victories with their final performance. The team was coached by Perry "Vision" DiVirgilio and Kavindu Ade, who was a member of last year's team.

"Those kids really earned this," said PYPM director Greg Corbin. "They worked for it, and they earned every bit of it. We couldn't be prouder of them."

The trip was made possible through generous donations from the City of Philadelphia by Mayor Michael Nutter, The Lomax Foundation and Southwest Airlines, which provided air travel.

PYPM, which also won the 2007 title, was created to give young people their voice in an effort to promote social change, cultural and ethnic diversity and positive self-esteem. It provides a safe haven for not only expression, but a chance to build connections with other youth, strengthening a community of free thinking young minds that will be productive in society.



RHD client takes two medals in Greece

Greg, a client at RHD DeFuniak Springs, received a hero's welcome when he returned from Greece with two medals in the Special Olympics. Greg won a silver medal in singles bocce, and a bronze in doubles.

Greg was welcomed by friends and co-workers at the local Winn-Dixie, where he works, with a "We're proud of you, Greg!" banner. Greg's mother and other clients from RHD DeFuniak Springs joined in the celebration.

"Greg is a very valuable employee and team member, and we all love him," Winn-Dixie store director Robert Herrington told the DeFuniak Herald.

Greg wore his medals around his neck as he posed for pictures and told the crowd about his experiences. "It's the best thing that has ever happened to me," he said.



To see more on these stories, and catch up on the rest of the news at RHD, check out the "What's New" section on the homepage at www.rhd.org

RHD street newspaper wins international prize

One Step Away's front-page story on former boxer Matthew Saad Muhammad won an international award for Best Interview, presented at the International Network of Street Papers (INSP) conference in Glasgow, Scotland. That story, "Fighting Back," was written by writer Jose Espinosa with editor Kevin Roberts.

"It's a great honor to be recognized by the INSP, and we're very proud to be here joining them in this important effort," Roberts said.

When Saad Muhammad -- former light heavyweight world champion, member of the Boxing Hall of Fame and a Philadelphia legend -- entered a Philadelphia homeless

shelter in 2010, he encountered *One Step Away* because so many of the men in the shelter were working on it as writers or vendors. Impressed by their efforts, Saad Muhammad decided to grant his first interview in which he talked about his struggles to Espinosa -- himself a resident of the shelter.

Saad Muhammad, after leaving the shelter, was so taken by the response to his story that he decided to become an activist and an advocate for the homeless. He's now working with *One Step Away* as spokesperson for its Knock Out Homelessness campaign.

One Step Away's Claudell Edwards was also nominated in the Best Vendor Essay category for his story on a clothing drive at RHD Ridge men's homeless shelter for the victims of the Haiti earthquake.

Every day, we take pride in the achievements of those we serve. Others do, too. Lately, the awards have been piling up for RHD and its gifted clients. Here are some recent accolades.

ACHIEVEMENTS



Lights. Camera. Action!

Marty, right, and Nick rehearse for the production of their play “Forever November Turkey City,” an original multimedia theatre production by RHD’s Outside the Lines studio near Boston. The play, written and performed by those RHD serves with intellectual and developmental disabilities, ran in July at Springstep Theater in Medford, Mass. To help clients at Outside the Lines and other RHD programs tell their stories, find new avenues of expression and build better lives for themselves and their communities, please donate at www.rhd.org

Photo by Kenneth Kauffman



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In this edition ...



RHD’s peer specialists have been there, done that. Those they help appreciate that.

1



Transgender homeless shelter first of kind in U.S.

3



RHD clients are recognized for their abilities

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Plus more ...

About Resources for Human Development

A national human services nonprofit founded in 1970, Resources for Human Development serves tens of thousands of people of all abilities every year with caring, effective and innovative programs addressing intellectual and developmental disabilities, behavioral health, homelessness, addiction recovery and more. In partnership with local governments and those we serve, RHD builds better lives, families and communities.

RHD assists former baseball great in journey to help others

6

