

RHD is on the air

Client-hosted radio show climbs to new heights

There are 48 steps in front of George as he rises unsteadily from his wheelchair. There is no elevator in this old building at Tufts University, and the radio booth that hosts RHD Boston's weekly radio show is on the third floor.

And so, 48 steps – and each one of them looks like a mountain as George grasps the railing with his left hand and RHD art instructor Shawn Morrissey steps behind him to help.

“Let’s go!” George says. “I don’t want to miss it!”

With Morrissey’s help, George starts to climb.

“Hello, everybody! Welcome to Outside the Lines radio! My name is Kenny and we’re having a great time today!”

See **RADIO** / page 7



Kenneth Kauffman | photo

Tuned in: Kenny, a client at RHD Boston’s Outside the Lines, is one of the DJs for the Outside the Lines radio show, co-hosted by art instructor Shawn Morrissey (L).



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 serving those with developmental delays, mental illness, homelessness, and substance abuse and poverty issues. Established in Philadelphia in 1970, RHD is also a pioneer in the development of socially conscious, for-profit enterprises.

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Great service, with a smile

Café the Lodge serves up breakfast, lunch – and fulfilling jobs

Luis Garcia works at a barbershop in Bethlehem, Pa. The other day one of his co-workers came in with a sandwich she’d purchased at a nearby café, and it looked so good that Garcia decided he’d try the place himself. After he orders a sandwich, Garcia peruses a tray of pastries and says: “Oh, I’m going to need one of those.” As he walks out with his lunch, someone explains to him that he’s supporting a café staffed by adults with mental illness.

“I am?” he said. “They are? I just thought the food looked good. I had no idea.”

This is the grand design of Café The Lodge, which serves up coffees, pastries, breakfasts and lunches to the public. The Café is the newest addition to The Lodge, a program that provides housing, educational and recreational programs and vocational opportunities for adults with mental illness. While all RHD programs emphasize community participation and being an asset to their neighborhoods, The Lodge takes that to a new level – opening a café that would have to survive as a business, not as a human services program.

“It’s not: Come here to support people with mental illness. It’s:

See **SMILE** / page 4



Lunch rush: Nick, a client at The Lodge, enjoys working in the kitchen at the Café.

LEAVING PRISON BEHIND



REACH-IN C.A.R.E. IS JUST ONE EXAMPLE OF RHD PROGRAMS THAT CUT RECIDIVISM, AID RETURNING CITIZENS

Kenneth Kauffman | photo

Success story: With the support of Reach-In C.A.R.E. director Toni Bonvillian (L), clients like Kim have found a bright future outside the walls of Jefferson Parish Correctional Center. Through intensive case management, substance abuse education and motivational engagement, RHD’s Reach-In C.A.R.E. helps returning citizens cut recidivism and move forward in a positive direction, putting behind them a lifestyle that often led back to jail.

The steel prison door swings open and a security guard waves Toni Bonvillian into Jefferson Parish Correctional Center in Gretna, a Louisiana city just across the river from New Orleans. Bonvillian, the director of Reach-In C.A.R.E., is a regular visitor to the jail. She’s working to make sure the women who are there can leave as soon as possible – and make sure they don’t come back.

“The women we see here need us so desperately,” Bonvillian says, as she waits for a guard to escort her to the second floor where her weekly group will meet. “They’re hungry for this support. There are no programs like this for them.”

A guard watches outside a small window as six women in orange jumpsuits file into a room to meet with Bonvillian and Reach-In C.A.R.E. staffer Sidney Garmon. A representative from RHD’s corporate offices has been allowed to observe the program from the inside, an extraordinary step by the jail that illustrates how proud officials here are of Reach-In C.A.R.E., and how eager they are to show off the project’s success.

The group is engaged and interested; there is little need to break down barriers or convince the women to participate. They are genuinely impressed that – perhaps for the first time – someone is not telling them what to do, but asking them what they need. They talk about feeling judged all the time, as if they’re getting put down, and how Bonvillian and Garmen understand their issues and are providing a venue for them to have a voice. They are practically crying out for support, and pleading to find it here.

“It takes courage to fill out the application, to be present, to participate,” Bonvillian said. “These are big steps.”

At one point a young woman who has been in the program assures another, who is here for the first time, and says:

“These women do a great job. They’re really dedicated. They do

everything they can for you.”

Reach-In C.A.R.E. (Correction, Addiction, Recovery, Empowerment) provides services to adult women at Jefferson Parish Correctional Center who have been arrested and/or convicted of offenses directly related to their use of drugs and/or alcohol. In addition to substance abuse education and motivational engagement strategies for treatment, Reach-In C.A.R.E. provides intensive case management services to women who participate.

This year Reach-In C.A.R.E. was nominated for a National Criminal Justice Association award for the nation’s Outstanding Criminal Justice Program by Joseph Watson, executive director of the Louisiana Commission on Law Enforcement and the criminal justice administrator for the state.

Gay LeBlanc, director of programs at the Jefferson Parish Human Services Authority, a praised Reach-In C.A.R.E. for its work to “enhance the quality of life for the women, promote and support individual recovery and to reduce recidivism.”

Reach-In C.A.R.E. is just one example of the many RHD programs that focus on returning citizens, promoting reintegration into society through programs that focus on job skills and life skills.

Other RHD programs focusing on this mission include: Brothers’ Keepers Hope Improvement is a general contracting business that provides employment to marginalized populations; Ardella’s House is a service and advocacy organization committed to helping women with criminal justice histories; I’m FREE (Females Reentering Empowering Each Other) provides gender-specific and responsive services including housing and therapeutic counseling; Partnership for Employment matches job-ready participants from the Philadelphia Prison System

See **REACH** / page 2

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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 summer 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.

Change lives, families and communities for the better. Help Resources for Human Development help people in need help themselves.



Support system: Recovery specialist Kayla Velez (L) works closely with Cheronne, a Reach-In C.A.R.E. client.

REACH

from front page

with available jobs at a variety of businesses.

Only in its second year, Reach-In C.A.R.E. emerged from an effort between RHD and Jefferson Parish Human Services Authority to find a way to combat a high recidivism rate by developing a program that targeted the women while they were in jail. It's an innovative approach that Bonvillian says can easily be replicated in other jurisdictions with the cooperation and support of a local correctional institution.

In Jefferson Parish, JPCC assistant deputy administrator Capt. Edward Olsen has partnered with and supported Reach-In C.A.R.E. since its inception, and Sheriff Newell Normand has worked closely with the JPCHA to provide services to the female inmates.

"I'd seen the way women struggled when they came in here, and we had a lot of frequent flyers – coming in all the time, coming right back as soon as they got out," said Cindi Lachney, psych coordinator and assistant health service coordinator at Jefferson Parish Correctional Center and a staunch advocate for Reach-In C.A.R.E.'s presence at JPCC. "Now we're seeing women actually have a chance to succeed. They need this help; they need it so desperately. Just from word of mouth, I get a lot of women asking how they can get into Reach-In C.A.R.E. just about from the day it started.

"It's RHD's program, but I take a lot of pride in being able to assist it and watch it grow. It's just fantastic; it's like we've been waiting for Toni and this program to come along."

While women can be referred to the program from Lachney's office, 90 percent of the women at JPCC self-refer to Reach-In C.A.R.E. The 35 clients served from July 1, 2001 to March 31, 2012 self-reported a total of 318 arrests during their lifetimes. Of those, 20 engaged in substance abuse treatment post-release and 31 attended community support groups post-release. Of those, none have been re-arrested on new charges.

"They saved my life," said Kim. "Their dedication, the way they care about you – that's not something they learned in school. That's just them. The women at Reach-in C.A.R.E., they're special."

"This is the first time in my life I've gone 12 months without getting in trouble," said Karen, who was part of Reach-In C.A.R.E.'s first group. "I've never had support like this. I don't know where I'd be without them. I spent Christmas with my family for the first time in years, because they got me back together with my family. I feel like I can conquer the world with this help. They gave me some hope."



Working together: Cindi Lachney (R), psych coordinator and assistant health service coordinator at Jefferson Parish Correctional Center, has been a strong advocate for Reach-In C.A.R.E., working closely with Director Toni Bonvillian (L) and the women the program serves.



Warm embrace: With support from recovery specialist Alisa Bright (L), Karen has re-united with her family and turned her life around at Reach-In C.A.R.E.

Cheronne said she first joined a Reach-In C.A.R.E. group "just to get out of my cell and have something to do," but soon found the support she needed there. Reach-In C.A.R.E. provides face-to-face personalized interactions in the community, and Cheronne found that the program's main office was just two blocks from her mother's home. Staggered by that bit of serendipity, Cheronne has worked closely with Reach-In C.A.R.E. recovery specialist Kayla Velez to become one of the most active participants in the program.

"I had created an atmosphere around me that was all negative, and I needed support that was positive – and I found it here," said Cheronne. "Right when you get out of jail, there's so many things that you're required to do, and it's easy to feel trapped. They take the pressure off you; when I'm having a tough time I know I can always call Kayla and have someone to talk to.

"When I feel like I can't do it on my own, they're there for you. They help you transition to a more productive life."



RHD's Healing Ajax peer support groups help Iraq and Afghanistan war vets with post-traumatic stress disorder transition from the battlefield to the homefront

When Jarret Frink returned from Iraq, he felt like a different person. He couldn't hold a job. He couldn't trust anyone; he felt isolated and edgy all the time. He turned away from family and friends, and lived for years in city parks, homeless and sleeping on benches.

"I just gave up," Frink said.

His story is sadly all too common among veterans of the Iraq and Afghanistan wars, as the growing rate of veterans who are homeless is a national scandal and the shame of this great nation. According to the National Coalition of Homeless Veterans, about 70,000 veterans are homeless on any given night. Veterans become homeless at more than twice the rate of the general population, and one of the major reasons is undiagnosed or untreated Post Traumatic Stress Disorder (PTSD). Frink was suffering classic PTSD symptoms but didn't get help – until it was almost too late.

Arrested on a possession charge, Frink wound up in Veterans Court, where the Philadelphia Veterans Jail Diversion program steered him to a program called Healing Ajax that works with veterans suffering from PTSD. Healing Ajax is RHD's innovative, brothers-in-arms approach to helping Iraq, Afghanistan and other war veterans reintegrate into society. Using peer support groups – in which veterans share their experience on topics that are common to trauma survivors, learning new coping skills or honing existing skills – veterans establish a support network that helps them get the assistance they need.

Today Frink has housing in a local residence that offers support to veterans and he's gone back to school. Studying to be a computer technician, he's getting straight As. He joins his group for karaoke nights ("I can't believe I was able to get up on stage and do that," he says), and feels like he has a new lease on life.

"I'm a totally different person," Frink said, a USMC private in artillery in Iraq. "I had a temper, I was hot-headed. I was somebody you didn't want to cross. I didn't care about anything; I was reckless. It felt like every day I was just saying to the world: Give me your worst. Now I'm calm, and I feel like I have a future, again.

"It was knowing that other people had similar feelings as myself. It might have been another era or another war. But we went through the same stuff. You talk with guys who fought in Vietnam, and it's years apart, but it's about the same. I felt like I was the only one, that everybody else felt all right and I was the oddball. I felt like it was only me. But now I know other people have had similar experiences."

Based on the idea that only a fellow

veteran can truly understand the transition from battlefield to homefront, Healing Ajax is not clinical therapy – it's a peer support group based on the Trauma Recovery and Empowerment Model (TREM) created by Community Connections in Washington, D.C. Veterans who have been there share their experiences with their comrades who are going through something similar.

'I'm here to tell you it does get better'

Frink did a six-month tour in Iraq. He enlisted in August 2001, and was in boot camp during 9/11.

"Boot camp was cool," he said. "And I traveled to a lot of places – Thailand, the Philippines, Australia. That was pretty cool. But once I got to my unit, stuff started to change."

Frink struggled with authority, and finally refused a direct order. He refused to call in a fire order on a school.

"I didn't know if there were kids in it," he said. "It was insubordination; I didn't follow orders."

Frink was discharged, and returned home. After he got out of the brig, he said: "I just gave up."

"I got a dishwashing job, but I couldn't hold it," he said. "I worked at Home Depot, but one day I just walked out. My mind was totally different. I couldn't pay attention to the people I was talking to. I kept to myself; I told people what I wanted them to know, not what they should know, because I couldn't trust people.

"When people offered help, I couldn't trust them. It was just: I don't know you."

He eventually became homeless; thrown out of a friend's apartment ("They didn't want me there," he said), Frink packed up everything he had and went to a local park.

"I figured I was better off in jail," he said. "I had a lot, and lost it all."

In addition to the high rate of homelessness, the Bureau of Labor Statistics reports that more than 15 percent of Iraq and Afghanistan war veterans are unemployed, higher than the national jobless rate and the highest since the government began collecting this data.

One of the leading causes is the stunningly high rate of Post Traumatic Stress Disorder among Iraq and Afghanistan veterans. PTSD affects more than 350,000 veterans who have returned from Iraq and Afghanistan. Army suicides have increased more than 60 percent since 2003 and are now at a record high, according to the Pentagon.

According to the Iraq and Afghanistan Veterans of America, only one in three soldiers and marines who screened positive for PTSD once they returned



Healing at home: Jarret Frink returned from Iraq isolated and homeless. A veterans court referred him to Healing Ajax, an RHD program helping veterans reintegrate into society.

home reported receiving mental health care while on active duty. Since 2006, the VA has received more than six times the number of PTSD cases it planned for, according to the IAVA.

This year, according to a Pentagon report, there is an average of one suicide among our troops every day. Suicide has actually begun to outpace combat deaths in Afghanistan.

The Pentagon's report showed that there were 154 confirmed or suspected suicides this year, while 127 troops died in the Afghanistan War. One in four non-combat deaths last year were the result of servicemembers killing themselves.

"Post-war trauma among our veterans is a national crisis," said Healing Ajax director Jim McPhail. "The biggest barrier to treating veterans' mental health problems is getting them to seek assistance in the first place. Healing Ajax helps veterans quietly reclaim their lives and empowers them with the tools they require to heal themselves.

"Jarret is a terrific young man and he's got a bright future. We're happy we could be here for him – and for so many others like him. That's what Healing Ajax is all about."

Today Frink talks animatedly about his future because he feels like he has one, again.

"You know, I feel old," Frink said. "I'll be 30 in a couple years. I was supposed to have accomplished so much. When I was younger I felt like I was gifted. But it all went down the toilet. This feels like my chance to get it back. Without Healing Ajax, who knows where I'd be now?"

"Maybe there's somebody out there who needs this thing, who is down on their luck and feeling like life won't get better. I'm here to tell you that it does."

RHD's Hope Rising honored for work helping client gain employment

The staff participating in a training at Hope Rising needs several copies of their worksheets, there is a visitor at the front desk, and the phone is ringing. As always, Tameka is on top of it, working to make sure the office runs smoothly.

Tameka is a Hope Rising client with intellectual disabilities, and she's become such a valued part of the program's office staff that Hope Rising was honored with an Exemplary Employment Award at the Employment Supports Symposium's "Spreading Employment 1st" dinner in May.

"I enjoy working here," Tameka said. "There's a lot of stuff to do; it's always busy. When there's an assignment, I stay on it until I'm finished."

The Exemplary Employment Award recognized the way Hope Rising director Zeogor Wilson and assistant director Elizabeth Moore worked with Tameka to create and customize a job that allows her to use her skills and increase her confidence, creating her own workspace and a job structured to accommodate her needs.

"Tameka is very shy, and has a difficult time opening up to new people," Moore said. "But we knew she could do it; she could help with copying and faxes and working the front desk. Tameka does a little bit of everything. We thought it would be a good fit for her, and for us. And she's doing really well. She's really grown."

Tameka formally applied for the job, submitting a resume and going through an interview. She enjoys earning her own money, and says she takes pride in doing the little things that help the office run smoothly.

"She has a lot of determination," Moore said. "It's important to Tameka that she comes to work and does her job."

Hope Rising is a multi-faceted community-based residential program designed to provide a wide range of services for adults with mental health and intellectual disabilities. The program fosters independence through the use of clinical support in a therapeutic environment.



Hope Rising: Tameka answers the phone at the front desk as part of the office staff.

“ I kept thinking: How are they going to get this done? But then it all came together. It's a great environment, and it's a place where you can keep busy and feel like you're doing something healthy. ”

Nick, a Lodge client



Hot coffee: The Lodge provides housing and vocational opportunities for adults with mental illness, including operating a cafe staffed by Lodge clients. Clients like Mike (top) and Nick (right) work the counter, prepare food and drink and serve patrons from the community (left). Cafe the Lodge, open Monday through Friday, is located in the heart of downtown Bethlehem's business district.

SMILE

from front page

Come here for great coffee and tea, delicious pastries, wholesome breakfasts and lunches ... and, by the way, the staff happens to be adults with mental illnesses," said Aaik Van Munster, The Lodge director. "There is a need for folks to live in the community in supportive housing. Now, we approach that a little differently. We want people to thrive, to have a life that is fulfilling to live, we want to find what works for them.

"More and more we found that people want a job, work they can do that makes them feel productive and part of the community."

And so The Lodge decided to open a business, and created The Café. Three clients staff The Café, working four-hour shifts, with at least one full-time staffer

supervising at all times.

"We have a consulting chef that trains the staff, but we're learning side-by-side, shoulder-to-shoulder," Van Munster said. "The clients are teaching me how to use the espresso machine."

The Lodge talked about everything from car detailing to recycling, but opening a café, a real business that was part of the community, was the most exciting idea.

"We thought it was gutsy, quite frankly," Van Munster said. "It has to survive as a business. It has to make a profit. It's not meant to be a place geared toward mental illness. It's not a clubhouse."

The Lodge renovated a vacant building for The Café, and the clients were involved in the process from the beginning. They helped choose the layout and the décor.

"It's beautiful," said Nick, a Lodge

client who works in the kitchen. "I kept thinking: How are they going to get this done? But then it all came together. It's a great environment, and it's a place where you can keep busy and feel like you're doing something healthy."

Café The Lodge boasts the slogan: "Where Friends Celebrate Greatness in Self and Others, Gourmet Coffee and Awesome Food."

'I wanted to be part of The Lodge'

The neighborhood, eager for new businesses as Bethlehem grapples with the decline of the steel industry, has warmly embraced The Café. As Van Munster put it: "They're really cheering us on."

"This is a great neighborhood, a real melting pot, and it's always been open and supportive," said Ellen Larmer, director of the Community Action

Development Corporation of Bethlehem. "It is a wonderful place to live and have a business. The Lodge took a building that was vacant and revitalized it. It's beautiful, people are working, this place feels very rooted in the community. Honestly, we're just thrilled."

The Café bustles with activity. Several open houses have introduced The Café to the community, and the space often accommodates everything from live music performances to drum circles to meditation meetings.

But community interaction is just one of the ways The Lodge serves its clients. The Lodge (short for The Mental Health Recovery Lodge of Northampton County) affirms self-determination and supports its members as they establish independent living arrangements, a productive and meaningful existence and a wholesome

lifestyle.

The Lodge offers flexible jobs and daily recreational programs. While some members live at The Lodge, many live in surrounding rental properties. The Lodge offers flexible jobs and daily educational and recreational programs.

"They gave me an opportunity when I was down and out," said Mike, a client who works the counter. "The Lodge really helped me out. Working here lets me give back, in a way, for the things they gave to me. I just wanted to be part of what The Lodge is; I feel like I could have been lost without this place."

On open mic nights, Mike, a guitarist, is able to get up on stage for the first time in years.

"It's a chance for me to show off," he said.



Learning experience: Lodge director Aaik Van Munster is learning side-by-side with the clients, as they run a cafe that offers fulfilling jobs.



Round 2 of Knock Out Homelessness

At RHD, we build relationships that last by always putting our clients first

This was a busy spring for *One Step Away*, Philadelphia's street newspaper that we are proud to publish and support. *One Step Away* threw its annual Knock Out Homelessness fundraiser, drawing celebrities like Phillies all-star Darren Daulton and Olympic hero Carl Lewis, and got the chance to throw out the first pitch at a Philadelphia Phillies game.

In anticipation of our Knock Out Homelessness event, Matthew Saad Muhammad, the former light heavyweight champion and Boxing Hall of Famer and our Knock Out Homelessness spokesperson, had the honor of taking the mound before the Phillies game April 12. Matthew took Neal, a terrific young man who is working with us as a *One Step Away* vendor, to the mound with him. Neal was the newspaper's top seller last month, and his reward was tickets to the game. The Phillies were kind enough to let Neal on the field and allow him to accompany Matthew to the mound.



Kenneth Kauffman | photo



Kenneth Kauffman | photo



Christina Rose | photo

Knockout Appearances: Top, Boxing champs Matthew Saad Muhammad and Nate Miller helped Knock Out Homelessness. Middle, *One Step Away* vendors Jeff, Marilyn and Calvin got a photo with Olympic hero Carl Lewis. Bottom, Jerry "The Bull" Martin was ready to fight homelessness with heavyweight event sponsor Neil Gelb and former Phillies all-star Darren Daulton, who has long been a homelessness advocate and *One Step Away* supporter.

Phillies on-field announcer Dan Baker, in addition to being one of the great gentlemen in Philadelphia sports, has been doing announcing and broadcasting for years and knew Matthew when he was champ. Dan gave Matthew a terrific introduction. Matthew waved and acknowledged the crowd's cheers. And then he stepped back ... and handed Neal the ball.

Matthew allowed Neal to throw the first pitch – and Neal delivered a strike. Neal pumped his fist and shook hands with the Phillie Phanatic (you can check out the video at www.rhd.org and our Youtube channel). It was a wonderful moment and a terrific gesture, and yet another example of one of the things I like about our programs and the people we work with at RHD – the things we do are always about the clients, first and foremost.

I'm always inspired by the work we do in our programs, and at how RHD staffers selflessly put their clients first. It's one of the hallmarks of the work we do. The stories that we have, including the ones we tell here in this newsletter, highlight that work and the people we're proud to have as our staff. But those stories are really about the clients. They're the ones doing the work, making the strides, building better lives for themselves, their families and their communities. We're just happy to be there to support and empower them.

That's how we met Carl Lewis, actually. He wasn't invited to appear at Knock Out Homelessness. But he heard about what we were doing, checked into it, and came to us to offer to help out. He was unbelievably generous and gracious, signing autographs, posing for pictures, and meeting our *One Step Away* clients who are doing the work to break the cycle of homelessness. Carl Lewis is not only one of the fastest men in history, but also one of the nicest.

We're always thrilled when it works that way at RHD – when people look into what we do, see the way we work to serve our clients, and ask what they can do to help. Those are the relationships that last, that we build on, and that keep RHD such a vibrant and growing place to be.

If you're interested in learning more about what we do, and how we can help you meet your needs in your community, or finding more information on *One Step Away* and Knock Out Homelessness, visit us at www.rhd.org.

Bob Fishman,
founder and CEO of
Resources for Human
Development



RADIO

from front page

Kenny is a client at RHD Boston, a multi-faceted residential program that serves men and women with dual diagnoses of mental illness, developmental disabilities and/or physical disabilities. He's also an artist at the program's Outside the Lines Studio. It's his turn this week to host the radio show that has become a favorite of the clients and something of a phenomenon among the human services providers in the area.

Every Friday morning on 91.5 WMFO, the college radio station at Tufts University, RHD clients take over the airwaves. They play what they want, sing along if they like, and as Kenny said to open the show, they generally have a great time.

"Play 'Running with the Devil,'" Kenny says.

"Your wish is my command," Morrissey says, and cues up the Van Halen song.

Morrissey grew up in Medford, Mass., and at one time had his own radio show at Tufts.

Working one day at Outside the Lines Studio, Morrissey turned the radio on and noticed how much the clients enjoyed listening to the music. He thought: Wouldn't it be great if we had a radio show?

He approached the University, and since he had the technical expertise to run the show and Tufts has often been a helpful partner with RHD Boston activities, the student-run station agreed to give them the space and the airtime.

"They said: If you can do it, go for it," Morrissey said. "Then I thought: Well, can we do it? I thought it might be a challenge, but I was excited about the

possibilities. I knew they'd be into the music aspect – having them do it for themselves, expressing themselves and carrying a message to the community. Why not?"

"They put the headphones on and they're in this little bubble and it's great. Even clients who sometimes can have trouble staying focused, they're locked in the whole show. Music brings people together. They can choose what they want to listen to; there are no restrictions and no playlist."

"I'm lucky," George says as he pauses on the second floor, although he is still anxious about making the show on time and eager to keep going. "I have a good arm, and a good leg. And my good arm is really good."

George suffered Traumatic Brain Injury as a child, and now wears a batting helmet most of the time. As a result of the injury, his right arm and right leg have withered, which he explains to anyone who will listen: "It's like telephone wires – you know what happens if you cut one of the wires? No communication."

George emphasizes how good his left arm is by flexing his bicep. He turns to Morrissey and says he's ready to go. The show is starting and he doesn't want to miss it.

Denise calls in. She's a client at another program in the area, and a regular listener to Outside the Lines radio. She requests "Sweet Pea" – she always does, every time, and Morrissey cues it up. In addition to Outside the Lines studio, where clients gather around the radio when the show comes on and hang on every song, clients at other area providers make sure they catch the show. It's the only thing on

the radio that genuinely feels like theirs.

"Everybody likes to tell their story," Morrissey said. "They see the mic, and this is their chance to tell the world anything. They can talk about the weather, they can tell their entire history. It's neat; you can play stuff and hopefully please people."

"When we first started, some wouldn't go because they were shy, or they weren't into it. But then they'd see other people go and get so excited. And they'd want a piece of it."

George, having made it in time to join the show, has to remove his helmet to put the headphones on. Co-hosting the show with Kenny, he breathes a sigh of relief.

"I thought I was going to miss it," he says.

"Well, the spirit of rock and roll always comes through," Morrissey said.

Kenny and George like that; they shout: "RIGHT ON!"

George wants to play a Beatles song. As Morrissey cues it up, Kenny says: "Turn it up!" They sing along; Morrissey leaves the mic open so that listeners can hear the clients sing.

"Will you still need me
Will you still feed me
When I'm 64?"

"Kenny will tell me two weeks before: I want to go in three weeks. Mark me down. Put me on the calendar," Morrissey said. "George probably likes it the most; he really gets excited when he can come. That climb ... the first time, we treated him like he was fragile, we really eased him up the stairs. But he was kind of charging up, as best he could. And he popped on the earphones, got to the mic and he turned on. He's a rock star."

At RHD, day programs are not simply about filling the hours. They're about being creative and

innovative and finding new ways to enhance the clients' quality of life. Across the country, RHD staffers are empowered to find different ways to support the clients and enhance their quality of life. Outside the Lines radio is just one example. Morrissey, with his background in radio, had the

complimenting a client named J.B. who'd hosted the show and was developing a bit of a following. J.B. said: "I'm glad people like listening to my voice. Because they usually don't."

"You can really see the value of it, the power of being listened to, of being heard," Burnham said.



Kenneth Kauffman | photo

Making the climb: With a helping hand from Shawn, an art instructor at RHD Boston's Outside the Lines Studio, George ascends to the radio booth on the third floor at Tufts University. George is a DJ for Outside the Lines' weekly radio show.

freedom to take this on – and he does it because it's something that the clients like, and that makes them happy.

"I love the people here. I'm a sucker for them. They're family," Morrissey said. "Everybody deserves to be heard. For people that usually don't have a voice it's a great opportunity, to turn on the radio and hear a voice that sounds like theirs, and share their stories."

RHD Boston Director Susan Burnham said one day she was

"It's a wonderful opportunity, and I'm so glad we can do it."

"I'm glad I get to be here," George says, as the show ends. "I like it."

There are 48 steps in front of George, as he rises unsteadily from his wheelchair. He grasps the railing with his left hand, and Morrissey steps in to support him as George starts down.

"OK, I'm ready," George says. "Let's go."

RHD MAKING HEADLINES

For more news about RHD's innovative programs around the country serving people of all abilities, please visit the media center at www.rhd.org, or scan the QR code at right.



RHD opens Morris Home in Philadelphia, nation's first residential treatment program for transgender individuals

Morris Home, the first residential treatment program in the country to offer comprehensive services specifically for trans and gender variant individuals, officially opened its doors April 18 in Philadelphia. Resources for Human Development, a national nonprofit with headquarters in Philadelphia, support Morris Home in partnership with the Department of Behavioral Health and Intellectual Disability Services.

Also: *Philadelphia Inquirer* reports on RHD's Morris Home: "Getting Clean"

Local youth poets in RHD's Philly Youth Poetry Movement compete to represent Philadelphia in international festival

RHD's Philly Youth Poetry Movement chose the team to represent Philadelphia in the 2012 Brave New Voices International Youth Poetry Slam at its Slam Poetry Finals – but it took a slam-off to break a tie for the last spot.

PYPM will be returning to Brave New Voices as defending World Champions, having beaten more than 50 other youth poetry teams from around the world last year.

RHD COO Peg Mowatt receives 2012 Smart CXO Award

Peg Mowatt, RHD's Chief Operating Officer, was chosen by SmartCEO Magazine as one of Philadelphia's 2012 Smart CXO Award winners. The award honors local chief executives who have demonstrated superior leadership, going above and beyond to support their company's vision and initiatives.

"We're grateful to Smart CEO Magazine for recognizing Peg, with an honor that is incredibly well-deserved," said RHD CEO Bob Fishman. "Peg has been instrumental in guiding and shaping RHD through the years. All the various projects we take on, the missions we seek to accomplish, the grand ideas that make up what we do here, Peg has always been the one to say: OK, how? I hesitate to think about where RHD would be without her spirit, dedication and drive to make RHD a place that works for our clients and our employees."

RHD Nebraska's Live Yes Studio honors Sen. Colby Coash at gallery opening

Live Yes Studio, a creative art studio for adults with intellectual and developmental disabilities, opened its first gallery exhibit Feb. 28 with a ceremony honoring Sen. Colby Coash for his work in bettering the lives of adults with developmental disabilities.

"Live Yes Studio is excited to honor Senator Coash and welcome the community to our gallery, and showcase the work being done by our artists," said Jennifer Lewis, Live Yes Studio director.

Live Yes Studio's artists were featured at the Sanford Smith Art Fair in New York.

RHD's LMVTC art studio featured in Main Rotunda at State Capitol

Artists from the Studio at Lower Merion Vocational Training Center, a creative arts program for people with intellectual and/or developmental disabilities, were featured in the Rotunda at the state capitol in Harrisburg, thanks to Rep. Tim Briggs, D-Montgomery.

Rep. Briggs, a staunch supporter of much-needed services at risk of budget cuts, gave the artists a tour, including a visit to the House floor, and arranged for their artwork to be displayed in the Rotunda.

"It was a great day for our participants; seeing their work on display was very exciting, and getting to see this amazing building was an experience they'll never forget," said Lori Bartol, LMVTC director.



Featured artists: LMVTC director Lori Bartol and representative Tim Briggs (far right) tour the House floor with artists and staff from the Studio at Lower Merion Vocational Training Center during a recent visit.



Here's to your health

Providing health care to underserved areas, the Family Practice and Counseling Network celebrated the grand opening of the East Side Health Center in York April 26. RHD's newest health center provides primary care and behavioral health services to all who come, including those who are uninsured and underinsured, and was made possible by a grant from the U.S. Department of Health Resources and Services Administration through the Affordable Care Act. Cutting the ribbon to officially open the doors are Reverend Leighton McMillan, York Mayor C. Kim Bracey, FPCN Executive Director Donna Torrissi and Dr. Deborah McMillan. RHD's Family Practice and Counseling Network also runs three health center sites in Philadelphia.



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In this edition...



3 RHD's Hope Rising honored with Exemplary Employment Award

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.



6 Stars come out to help Knock Out Homelessness



1 Overcoming all obstacles, RHD's Outside the Lines radio is on the air

Plus more ...

1 RHD programs like Reach-In C.A.R.E. aid returning citizens, cut recidivism

