**From:** ejohansen@tlcssac.org on behalf of TLCS, Inc.
**To:** Erin Johansen
**Subject:** TLCS Stories of Hope January Newsletter
**Date:** Thursday, January 30, 2014 2:20:25 PM

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NEW LOGO

# *TLCS, Inc.*

***January, 2014***

***"Transforming Lives By Promoting Successful Community Living For People With Psychiatric and Other Disabilities"***

## Message from the Executive Director

We are often asked why we do what we do for people who are homeless and living with severe and persistent mental illness. It's hard work, often frustrating, and there's never enough money to meet the community's needs. Sometimes we even question it ourselves.

But then we'll receive a client evaluation like this one we recently received from a guest at our newly opened Crisis Respite Center in response to the question, "What was helpful to you?":

"*Being able to speak to staff right when I got here and sitting in the nice room by myself. I did a puzzle, watched the news, ate and slept. It was wonderful. At my house I couldn't even sit down. Staff made me laugh and made me feel strong. Thank you for this amazing program. I hope I don't need to come back but good to know it's here."*

We know we can't satisfy the needs of every client, but we have great staff and an incredible success rate. So what keeps us going? Receiving affirmation like above, and knowing that we make a difference in the lives of hundreds of people who can lead meaningful lives because we're there to help.

Michael Lazar, Executive Director

## Stories of Hope

"Raine"

For the majority of my life I was addicted to Meth and alcohol, basically self- medicating undiagnosed mental illness in a dangerous and destructive way.

My story began in 2005 when I moved to Sacramento from San Francisco to go into drug and alcohol treatment.

Eventually after receiving a mental health diagnosis I was referred to HRC where I met my savior, my next psychiatrist Dr. Ron Risely who literally saved my life. He and I started what I like to call my journey to well being, safety and sanity.

I have been receiving care and support from TCORE/TLCS for eight years now and my life has changed completely form the sad girl/woman I was back in 2005. With the help and support I have received from this organization I can honestly say I live a pretty normal life now and I believe in and support anyone who makes the decision to receive services from TLCS. It is for some maybe a bit scary at first but if you just try and believe from the stories of others you too can be saved.

## Save the Date: May 3, 2014

NAMI Walk to End Stigma
Please Join our Team
"TLCS and HRC-Inspiring Hope"

http://namiwalks.nami.org/tlcs

"Allow yourself to be inspired by someone who has had a mental health experience." Dr. Hendry Ton, UC Davis

## Did you know?

- Serious mental illness costs America $193.2 billion in lost earnings per year
- Approximately 26% of homeless adults staying in shelters live with serious mental illness.
- 46% live with severe mental illness and/or substance use disorders
- People with mental health challenges struggle to find employers that will hire them. Sometimes symptoms get in the way when they try to get and hold a job.
- For people with mental illness, gaining employment is a significant factor in feeling included in the community.
- For Transition Age Youth (18-24) Mental Illness can prevent them from getting the education and job training they need to be successful in life.

"Mental Illness does not have to be a life sentence of unemployment"
Senator Darrell Steinberg

## Giving Forward...a Chain of Generosity

A gift of $25 buys cleaning supplies, a set of towels,a blanket or pots and pans
A gift of $50 buys sheets, pillow and blanket
A gift of $200 buys a bed, delivered and set up
A gift of $500 will buy furniture for an apartment
A gift of $1000 will furnish and equip an entire apartment

Having a safe, affordable place to call home is the first step towards successful community living.

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