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Celebrate Recovery

Peoples Oakland 11th Annual Gala Benefit

An evening dedicated to
Celebrating Recovery &
Our Partnerships

May 31st, 2018



**A special THANK YOU to our
Generous Supporters:**



An EXTRA special thank you to the following:

The Legendary **Billy Price**

Shawn Fertitta, Senior Manager of Visitor Experience,
Pittsburgh Parks Conservancy

Josh Palashoff, General Manager,
The Porch at Schenley

Andrea Tempalski for invitation and program design
and production

All proceeds from the Gala directly support the
mission and goals of People Oakland

~ *Putting People First In Recovery* ~

I was baptized in 2006 at St. Stephen Parish. I am proud to be a Christian.

My hobbies include arts and crafts, roller skating, ballet and playing the piano.

Finally, I am diagnosed as bipolar. I know for me to function in society successfully, I have to be responsible for myself. This includes taking my medication, keeping appointments, eating healthy, getting enough sleep, and exercising. Also having a good support system, including my friends, my mental health center, activities and hobbies, volunteering and work.

Peoples Oakland is a place to blossom, grow and persevere - without the stigma of mental illness.

I am proud to be a member and art teacher at Peoples Oakland. Thank you!

Thank you for supporting our program!



**To Live with Lions
By Morgan**

To live with lions is to have passionate dreams that are proud and noble for a minute before they suddenly die and fade away.

To live with lions is to be the king of your jungle and to greet the rising sun every single day.

To hunt with tigers is to have the thrill of the chase; feel your animal instincts explode, and hope and pray that your proud heritage will always stay.

To run with cheetahs is to catch your prey with awesome speed and to suddenly disappear without leaving a trace.

To fly with eagles is to move with the utmost grace and to touch the fluffy clouds that you love to embrace.

To sing with robins is to sing a sweet melody about the beauty of nature. It is a heavenly song that is soft on the ears but always strong.

To swim with dolphins is to swim across the deep blue sea. It is to experience the ocean with its mighty waves and to avoid whales and hungry sharks when they come along.

Sometimes, I feel like a wild animal that is caught in the forest of his fears and I see danger and excitement everywhere. When all is said and done, living with lions, is where I truly belong.

My Recovery Story By Carla

Hello, my name is Carla. I've been a member of Peoples Oakland for the past 3 years. I've also been an art teacher at Peoples Oakland for the past two years.

I was diagnosed as bipolar/manic depressive at the age of 19. What led me to W.P.I.C. was having a suicide attempt at the age of 19. Dr. Judith Rubin was an art therapist. therapist for 15 years.

The famous actress Patty Duke was bipolar. She started taking lithium in her 30's. Her severe mood swings came to a stop- just as mine did when I started taking lithium.

I joined Chartiers day program at 20 years of age. I blossomed there. I learned to reach out and understand myself better with individual and group therapy. I also learned to bowl and shoot pool/ I was in Chartiers day program for two years. Peoples Oakland has been very similar to Chartiers day program which has been very successful for me.

I received a Bachelor's degree from the University of Pittsburgh —working with normal and special needs children in 1991.

The jobs I had after graduation include School for the blind, a Nanny for private homes, and some performing jobs with Rhythmic cultures, and the Imaginarium. I've also volunteered at The Rehab Institute, Children's Hospital, Kane Center, & Pittsburgh Cares.

I've engaged in arts and crafts since I was a child. I also developed an arts and crafts program at the Boys and Girls Club when I attended the University of Pittsburgh. I've also taken classes at Center for the Arts and CCAC to enrich my life.

I currently take a creative writing class at Peoples Oakland. There is a gifted writer in our class whose work has been published. I've also enjoyed the Zumba class in the fitness center. These are some of the varieties of activities and special events the members of Peoples Oakland enjoy!

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Partnerships

UPMC

- Western Psychiatric Institute and Clinic
- Center for Public Service Psychiatry

University of Pittsburgh

- Department of Psychology
- Graduate School of Public and International Affairs
- School of Health and Rehabilitation Sciences
- School of Nursing
- School of Pharmacy
- School of Social Work

Duquesne University

- Department of Counseling, Psychology,

Evening Schedule

6:00 pm Reception

Heavy hors d'oeuvres
Open bar

6:45 pm Program

~ Celebrate Recovery with Members as
They Tell Their Stories

~ Honorees Recognition, University of Pittsburgh:
**Paul A. Supowitz, Vice Chancellor for Community and
Government Relations**
**John M. Wilds, PhD, SPHR, Assistant Vice Chancellor for
Community Relations**

7:30 pm - 9:00 pm

The Legendary Soul Man **BILLY PRICE!**

*Please enjoy the following Recovery stories, art,
and poetry provided by our members...*

My Recovery Story

By Julia

Good evening! My name is Julia and I am honored to be here today to talk about my recovery. I had my first breakdown while I was in my freshman year in high school.

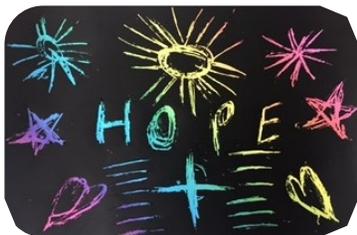
My first hospitalization was in New York Hospital in White Plains, New York. I remember them driving me to the hospital and when we got there they had to carry me in because I was so scared.

This was the first of many hospitalizations for me because of suicidal thought, and when I didn't what to deal with anything. But I learned that was not the answer. I have actually learned something from all of the programs that I have been in, strengthening my journey of recovery.

When I joined the Mental Health Association of Westchester program, I was very disrespectful to members and staff. What made me change my behavior was when the program director said if I showed respect she would start to help me to look for a job. And I got a job at Borders Books in the café, and was there for nine years.

In 2012, I moved from New York to Pennsylvania and was staying with my brother. I went to three different programs and learned different things from each. Eventually I moved into my own apartment. Living on my own and taking care of myself is very important to me and my recovery. After moving to Pittsburgh I decided to try for the Certified Peer Specialist program. I was accepted into the program, completed the training, and received my certification as a Peer Specialist.

I joined Peoples Oakland In July 2015. While at Peoples Oakland I have been given many opportunities to grow - helping with bingo, breakfast club, parties, volunteering for the Parks Conservancy, and meeting new people. I am also active with the member panels, going to different university classrooms to talk about Mental Health and recovery. I have been on a bowling league for a while and have run in some Pittsburgh races such as the Great Race.



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I also participate in the Supported Employment Program at Peoples Oakland, which provides assistance with my resume, job searching, applications and interviews. And because I was open to different jobs, I have been working at Giant Eagle as a cashier since last November and enjoy it very much!

Because of the ongoing support and encouragement I am fortunate to receive from places like Peoples Oakland, I am able to strengthen my recovery and continue to grow without judgment. I am very proud to share that I have not had a psychiatric hospitalization for 19 years. Peoples Oakland helps keep me grounded and feel like I have a purpose in life. I am passionate about advocating for the mental health community by attending many conferences and trainings, providing guidance and support to my peers, and speaking at public events such as this.

I hope my story today inspires and motivates you to have a more open mind and positive view on mental health recovery. We have goals, dreams, strengths, and talents just like everyone else. Thank you, everyone, for being here and listening to my story.



I Am By Danny

I am Danny, spiritual and imaginative
I wonder about the change of time
I hear the wind blowing through sound
I see golden and colorful stars
I want freedom for all

I am Danny, spiritual and imaginative
I pretend that I am dealing with change
I feel content
I touch the stars and reach for heaven
I worry about the confusion and condition in this world
I cry for peace and justice in a crooked world



I am Danny, spiritual and imaginative
I understand that God is in control and that it is only God that's able to do all the things