

The Excelsior/Jump Bulletin

Vol. 1, Issue 1, Spring 2007

The Excelsior/Jump Bulletin

A Note From Dr. Dee

Client Corner

Success Stories

Alumni Notes

Food for Thought

Client Web Tips

Staff News

Resources & Links

About Us

Welcome

We are very pleased to welcome you to the first edition of *The Excelsior/Jump Bulletin*. The Bulletin is designed to help keep Excelsior House and Jump Street clients, staff, and friends to keep in touch and up-to-date with goings-on at the houses. In this and future bulletins, you will find:

- * Alumni Success Stories
- * Client Writing
- * Recovery News
- * Food for Thought
- * Staff Profiles
- * Helpful Links



And much, much more! Please enjoy.

Contributions, thoughts, and suggestions are welcomed and encouraged. Write us at EJB@didihirsch.org.

The Excelsior/Jump Bulletin is edited and designed by
Excelsior House therapist, [Will Baum, MSW](#).

The Excelsior/Jump Bulletin

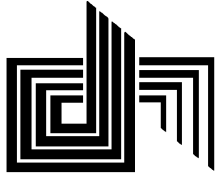
Excelsior House
1007 Myrtle Ave.
Inglewood, CA 90301

Phone: (310) 412-4191 Fax: (310) 412-3942

Jump Street
1233 S. La Cienega Blvd.
Los Angeles, CA 90035

Phone: (310) 855-0031 Fax: (310) 855-0138

To subscribe or unsubscribe to *The Excelsior/Jump Bulletin* write EJB@didihirsch.org.



The Excelsior/Jump Bulletin

A Note From Dr. Dee

Client Corner

Success Stories

Alumni Notes

Food for Thought

Client Web Tips

Staff News

Resources & Links

About Us

A Note From Dr. Dee

Let me start by thanking Will Baum, Excelsior House Therapist, and overall man extraordinaire, for creating *The Excelsior/Jump Bulletin*. He is one energetic, ambitious, and organized guy!



The bulletin isn't the only new development at Excelsior House and Jump Street. Within this past year, several changes occurred—new staff, new programs, and, for me, a new job and title. I'm now, after 13 years at Excelsior House, Director of Crisis Residential Programs. The primary goal of the change: to have Excelsior House and Jump Street be more unified and to provide more supportive, hands-on management. It's been an exciting transition.

I've seen the houses go through many changes over the years. When I started at Excelsior House in 1993 (as Program Coordinator), there wasn't a regular program structure, no program schedule, and an absence of standard policies and procedures. Excelsior House was split between six longer term residential beds, and eight crisis beds. Back then, in the early 1990's, Jump Street was more like a small homeless shelter, operating out of a converted rented apartment room. Things certainly have changed since then! If you've been to Jump Street—now located in a beautiful Mid-Wilshire Spanish-style home—you'll understand what I'm talking about. Today, both houses offer structure throughout the day, including daily relapse prevention groups, individual therapy, expert case management, that help clients gain stability, connect to resources, and move toward their goals.

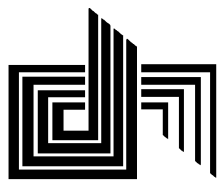
In the last year, each house has welcomed a new Program Director. Stephen Fine is heading up Jump Street, and Dr. Tracy Caldeira is providing leadership at Excelsior House (see their bios in "Staff News"). I'm thrilled about the changes, and about all the hard work that clients and staff have done over the years and continue to do every day.

Now, *The Excelsior/Jump Bulletin* has become a positive part of the new, exciting changes within the programs. I invite any and all former or current clients, staff, and people in the community to send us stories regarding the houses and recovery in general. Your input will help shape the bulletin. Write EJB@didihirsch.org and return to this space for more updates, more news, and more client stories in the future.

[This is just the beginning!](#)

Dr. Dee Chappellear

Director of Crisis Residential Programs



The Excelsior/Jump Bulletin

A Note From Dr. Dee

Client Corner

Success Stories

Alumni Notes

Food for Thought

Client Web Tips

Staff News

Resources & Links

About Us

Client Corner

Contributions from current and former Excelsior House and Jump Street clients.

The following, a letter to a lost friend from Alcohol and Drugs, was written by Doug R., a Jump Street client who completed the program in Winter,



A Letter From Alcohol & Drugs

Hi There!

It's been a while. I see you have been avoiding me. Why? Have I not given you feelings of joy and happiness? I gave you courage when you needed it and I was always around when you were lonely and depressed. I was readily available right around the corner, practically on every street in town. At every social gathering I was there. Was I not cheap enough?

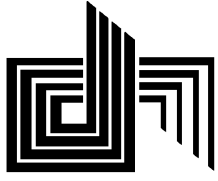
If you would be my friend again, I will take you to new and uncharted territory. Believe this and I will refund your sanity with only misery. I will take away your family, friends and in return give you a host of other problems such as medical, financial, homelessness and many more. Most important, I will separate you from God and make you spiritually sick. Maybe I'll just let you suffer the rest of your life.

I am your enemy, but yet you choose me. If we continue to be friends, I will kill you!

Sincerely,

Alcohol and Drugs

We want your writing! Send us ideas or material for the next issue: EJB@didihirsch.org.



The Excelsior/Jump Bulletin

A Note From Dr. Dee

Client Corner

Success Stories

Alumni Notes

Food for Thought

Client Web Tips

Staff News

Resources & Links

About Us

Success Stories

Valerie Smith

A former client returns...as a counselor.

The road to recovery is often winding and difficult. From time to time, former clients return to the houses for another trip through the program. Recently, a former client walked through the Excelsior House doors not for another 28-day stay, but for an 8-hour shift as a counselor, working through a temp agency. That former client was Valerie Smith. Valerie completed the Excelsior House program in August, 2003. In a recent interview, she told the Bulletin the story of what brought her to Excelsior House and the strides she has made since graduating the program.



I first came to Excelsior House after I lost my job and lost my apartment in 2002. I got sick—Type II Diabetes—and was no longer able to pay my bills. I couldn't get funding. I was homeless, I was feeling suicidal, flat on my back. I prayed to God. A friend gave me a list of placements. It just so happened that Excelsior House had one bed left.

I stayed at Excelsior House for the full 28 days, did the program, no problems. They got me into Portals. I didn't know what I was going to do, but knew I wanted to go back to school. I was searching for my niche and it came to me—human services. I went to community college. While I was going to school, I was still homeless. I slept in my car. I would go into restaurants and friends' houses to bathe.

I was holding down two jobs and going to school. What worked for me was being able to let go of ego, self-pride, being able to follow direction, and always, always take care of my mental health...because if you don't take care of your mental health, you will feel like a failure when you're not a failure. Sometimes we can get stuck in a rut with depression. It's important that you talk to a therapist and take your meds.

I worked part-time as a youth advocate at the LAGLC (Los Angeles Gay and Lesbian Center) and a family services case manager at the Ocean Park Community Center. I got my AA degree and obtained a certification in counseling. Now I'm working toward my Bachelors. Eventually, I want to get my Masters in human services or psychology.

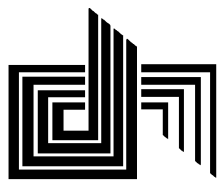
I am a recovering addict of crack cocaine for 14 years...but I did backslide with alcohol while I was homeless. I started applying the Twelve Steps to my life. Now it's been three years since I used drugs or alcohol. My favorite affirmation: "Anything the mind can conceive, the heart will achieve."

“ If I could do it, anyone else could do it if they want it bad enough.”

Know of a success story for the next bulletin?

[Write us!](#)

[>>CONTINUED>>](#)



The Excelsior/Jump Bulletin

A Note From Dr. Dee

Client Corner

Success Stories

Alumni Notes

Food for Thought

Client Web Tips

Staff News

Resources & Links

About Us

Success Stories

Valerie Smith

[Page 2 of 2]

Now I have my own place—a one-bedroom apartment; I drive an '06; and I take care of myself. I rely and depend upon me. You feel better about yourself when you know it's you making your own accomplishments. **Life is about choices, not excuses.** Put that in bold!

I've come a long way. If I can help another person by telling my story, that's a wonderful thing. I was on the outside looking in; now I'm on the inside looking out. If I could do it, anyone else could do it if they want it bad enough.

And I still have yet further to go.

Valerie has recently been honored by the State of California, Los Angeles County, and the City of Los Angeles for outstanding achievement and "in recognition for dedicated service to the affairs of the community."

Congratulations, Valerie! Wishing you continued success!

(WB)

Know of a success story for the next bulletin? [Write us!](#)



The Excelsior/Jump Bulletin

The Excelsior/Jump Bulletin

A Note From Dr. Dee

Client Corner

Success Stories

Alumni Notes

Food for Thought

Client Web Tips

Staff News

Resources & Links

About Us

Alumni Notes

A place to stay in touch and let others know how you are doing.

Send pictures, poems, advice, updates...anything.

We want to hear from you!

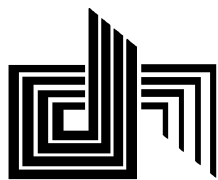
Let us know how you're doing.

Write EJB@didihirsch.org

This being the first issue, we don't yet have letters from former clients to post. Here are examples of what notes might look like:

Darryl F. (Excelsior, Fall, 2006) writes: "I am living in Sunshine Sober Living and have begun working for the first time in years. My life is much better than I ever thought. This May, I will celebrate my first full year of sobriety since I was 18!"

Tomas G (Jump, Spring, 2004) writes: "Life is much better now. Thank you, Jump Street! Shout-outs to Derek and Kyle."



The Excelsior/Jump Bulletin

A Note From Dr. Dee

Client Corner

Success Stories

Alumni Notes

Food for Thought

Client Web Tips

Staff News

Resources & Links

About Us

Food for Thought

AUTOBIOGRAPHY IN FIVE SHORT CHAPTERS by Portia Nelson

I

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost ... I am helpless.
It isn't my fault.
It takes me forever to find a way out.

II

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place
but it isn't my fault.
It still takes a long time to get out.

III

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in ... it's a habit.
My eyes are open.
I know where I am.
It is my fault.
I get out immediately.

IV

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

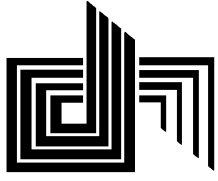
V

I walk down another street.

Copyright 1993 by Portia Nelson

from the book There's A Hole in My Sidewalk,

Beyond Words Publishing, Hillsboro, OR



The Excelsior/Jump Bulletin

A Note From Dr. Dee

Client Corner

Success Stories

Alumni Notes

Food for Thought

Client Web Tips

Staff News

Resources & Links

About Us

Client Web Tips

The client computers at the houses are always in use. Here are some client and staff picks for sites worth checking out:

Ricky H. (Excelsior, Winter, 2007) recommends:

mp3.com

Listen to free music, preview music, artist interviews.

gamespot.com

Check out new video game releases with reviews and screenshots.

Staff Tips

Tracy recommends:

[youtube](http://youtube.com)

Videos of everything and anything you could possibly want to see. Good entertainment.

mta.com

Plan bus routes, train routes, get timetables and maps— get where you're going.

Liz recommends:

cuteoverload.com

Cute pictures of animals. Fun, quick stress relief.

Will recommends:

[mindfulness meditations](http://mindfulnessmeditations.com)

Short mindfulness meditations available on-line. Build your awareness muscles.

pandora.com

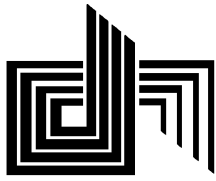
Design music stations to your taste, learn about bands you haven't heard of and may actually like.

[wikipedia](http://wikipedia.com)

On-line, user-generated encyclopedia. Concise and useful answers to everyday questions, including thorough sections on diagnoses and medications.

Send in your web tip suggestions for the next bulletin to:

EJB@didihirsch.org



The Excelsior/Jump Bulletin

The Excelsior/Jump Bulletin

A Note From Dr. Dee

Client Corner

Success Stories

Alumni Notes

Food for Thought

Client Web Tips

Staff News

Resources & Links

About Us

Staff News

Updates about staff arrivals, departures, and news of note.

EXCELSIOR HOUSE

Dr. Tracy Caldeira, Excelsior House’s New Program Director

Excelsior House welcomes Tracy Caldeira, PsyD as its new Program Director. Dr. Caldeira joins the house after spending many years providing direct services to adults, children, and families. “I’m very excited to be working in this environment with a dual diagnosis population,” enthuses Dr. Caldeira. “It’s wonderful to be working with a dedicated, committed, sensitive, skilled staff. I love to see clients getting stabilized and moving back into the community with hopes and plans for a better future.”

Dr. C takes over where Dr. Dee leaves off after 13 years in the PD seat. Dr. Dee has moved into a new title (and into a new office, across the hall). Dr. Dee now answers to Director of Crisis Residential Services.

Jennifer Sleeper Starts as Care Coordinator

Late February marked the arrival of Excelsior House’s new Care Coordinator, Jennifer Sleeper. Jennifer recently received her masters degree in psychology from Antioch University. She has been working as a therapist at Southern California Counseling Center where she continues to see clients when she isn’t at Excelsior House. Great to have you aboard, Jennifer!

Good-bye, Artuce!

Artuce Same has left Excelsior House after two years as a counselor. Artuce is relocating to Arizona. “A part of me will always be with Excelsior House,” Artuce said on his last day. “I see a bright future for the house. Thank you for two very good years.” Good luck, Artuce. You will be missed!

JUMP STREET

New Program Director at Jump: Stephen Fine

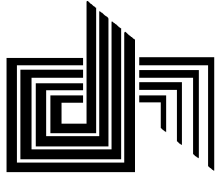
Stephen Fine MA, MFT comes to Didi Hirsch with much experience related to community mental health, social work and private practice. He enjoys teaching continuing educations classes for both professionals and lay people in the field. In addition, Stephen is a certified RED Cross CPR and First Aid Instructor and has recently taught classes for the Didi Hirsch community.

Asked why he is in the mental health profession he responded, “I do not like to see those who need assistance fall through the cracks.” In his free time, Stephen enjoys flying model radio-controlled airplanes and helicopters.

Jump Street Welcomes Victoria Rose

Jump Street welcomes Care Coordinator Victoria Rose. Victoria has spent the last ten years working on the business side of the mental health field as an office manager and a data processing manager. Victoria went back to school and got her Masters in Clinical Psychology and was near completion of her PhD in Depth Psychology. She said, “I am so happy to be at Jump Street directly helping people.”

Victoria is one of the founding board members of the Los Angeles Gender Coalition. “We are trying to educate society about the great contributions that transgender individuals can offer to the world.” Victoria lives in Burbank with a roommate and three cats.



The Excelsior/Jump Bulletin

The Excelsior/Jump Bulletin

A Note From Dr. Dee

Client Corner

Success Stories

Alumni Notes

Food for Thought

Client Web Tips

Staff News

Resources & Links

About Us

Resources & Links

A growing list of helpful numbers and websites.

Counseling Centers

[Airport Marina Counseling Center](#)
(310) 670-1410

7891 La Tijera Blvd.
Westchester, CA 90045

Psychiatric and counseling services for individuals, couples, and families.

[Didi Hirsch Community Mental Health Center](#)
(310) 390-6612

4760 Sepulveda Blvd.
Culver City, CA 90203

Wide variety of services—counseling, case management, psychiatry, groups, and more--at several locations.

[Los Angeles Gay & Lesbian Center](#)
(323) 993-7500

1625 N. Schrader Blvd.
Los Angeles, CA 90028

Group and individual counseling offered on a sliding fee scale basis.

Phone Referrals

[Los Angeles County Mental Health Access](#)
(800) 854-7771

Service provider hotline offers information and referrals to local mental health system of care, 24 hours a day, 7 days a week.

[Self-Help Recovery and Exchange \(SHARE\)](#)
(310) 305-8878

Referrals to wide range of self help support groups including 12-steps.

Legal Services

[Legal Aid](#)
(800) 399-4529

445 S Figueroa St
Los Angeles, CA 90071

[Bet Tzedek](#)
(323) 939-0506

145 S. Fairfax Ave.
Suite 200
Los Angeles, CA 90036

Twelve Step Meetings

[Alcoholics Anonymous](#)
(800) 923-8722

[Cocaine Anonymous](#)
(310) 216-4444

[Narcotics Anonymous](#)
(818) 773-9999

[Dual Recovery Anonymous](#)
(877) 883-2332

Referrals to a 12-step groups citywide.

Employment Services

[Didi Hirsch Community Mental Health Center](#)
(310) 751-5384

4760 Sepulveda Blvd.
Culver City, CA 90203

Help with job searches, resumes, interviewing.

Case Management

[Didi Hirsch Full Service Partnership \(FSP\) Program](#)
(310) 390-6612

4760 Sepulveda Blvd.
Culver City, CA 90203

Intensive, ongoing case management for transitional age youth and adults.

Advocacy/Information

[National Alliance on Mental Illness \(NAMI\)](#)
(800) 950-6264

[National Institute of Mental Health \(NIMH\)](#)
(866) 615-6464

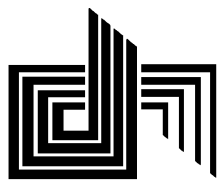
[National Mental Health Awareness Campaign](#)
(800) 273-8255

Crisis Hotlines

[National Hopeline Network](#)
(800) SUICIDE
(800) 784-2433

[Suicide Prevention Center](#)
(877) 727-4747

Suggest more community resources:
EJB@didihirsch.org



The Excelsior/Jump Bulletin

The Excelsior/Jump Bulletin

A Note From Dr. Dee

Client Corner

Success Stories

Alumni Notes

Food for Thought

Client Web Tips

Staff News

Resources & Links

About Us

About Us

Didi Hirsch Crisis Residential Programs include two sister sites, Excelsior House, in Inglewood, and Jump Street, located in Mid-City Los Angeles. Both sites offer 28-day programs, providing a therapeutic atmosphere that supports and encourages improvement in clients' mental health and living situations.

Most clients come to us after a psychiatric hospitalization; many are substance users. Crisis residential programs include groups, individual therapy, and intensive case management, with a focus on relapse prevention and the psycho-social model of recovery.

For more information contact Excelsior House (310) 412-4191, Jump Street (310) 855-0031, or email EJB@didihirsch.org.

To volunteer or contribute or for more information about Didi Hirsch, please go to www.didihirsch.org.

Excelsior House
1007 Myrtle Ave.
Inglewood, CA 90301
Phone: (310) 412-4191
Fax: (310) 412-3942

Jump Street
1233 S. La Cienega Blvd.
Los Angeles, CA 90035
Phone: (310) 855-0031
Fax: (310) 855-0138