



# It's All About SELF

DECEMBER '23 - JANUARY '24

## FROM THE DESK OF THE CEO

The winter is upon us and as we embrace the chill, many in our nation are housing insecure. Many men, women, and children have no place to lay their head, no place to call their home, and no place to be a haven from the brutal elements. SELF Inc, the largest provider of emergency shelter services in the city of Philadelphia strives every day to provide hope, a warm bed, and food to those in need. The work done by our team is commendable!

## Note to SELF

The challenge in our society is the refusal to see those among us whom many deem as invisible. Too often, it is with a blind eye that one does not see the person lying on the street, with a hand extended, and eyes pleading for help. The average citizen believes it is solely the duty and responsibility of government to help those in need. I beg to differ. It is the responsibility of each one of us. One of the most powerful ways to help is to extend kindness.

The kindness I speak of is quite simple and costs nothing. The kindness of speaking and acknowledging the existence of another human being, another person, is priceless! That one act of humanity gives sight to those who are often overlooked. That one act speaks to the value we have one to another. One act of kindness can change the outlook of one human being and provide hope.

I challenge you today. Pause for a moment if you see someone in need and acknowledge their existence. Show them they matter, let them know that you care. Show them that a society does exist where humanity is valued. That one act can change the trajectory of someone's life.

In Service,

**Dr. Dash**



# SELF EMPOWERMENT

## Highlighting SUSQUEHANNA HOUSE

In speaking about Susquehanna House, I cannot move forward without asking that we all keep The Program Director Ms. Joanne Wodarski in our prayers as she deals with her current health issues.

### OUR TEAM

consists of Case Managers Monica Hall and Jessica Santiago along with our Participant Advocates Verdessa Robinson, Crystal Jones, Lisa Davis, Tressa Thompson, Dawn Johnson, Jasmine Brown, Nyema Jordan, Tysha Young, Diana Ray and myself. My name is Davida Ramirez and I am the Program Supervisor here at Susquehanna House. We choose to speak about the ladies and the wonderful progress that they are making.

Susquehanna House is a SELF Inc. shelter whose capacity holds 42 women from all walks of life. At Susquehanna House we provide the support our participants need to reintegrate back into society in a more proficient manner. We provide support that addresses their needs and workshops to assist the participants with dealing with issues and challenges. Our Case Management services provide clothing for those in need or for job interviews, and transportation to and from doctors' visits. To assist with their issues and challenges, we provide various workshops designed to help the participants deal with their feelings and encourage positive thinking.

These workshops provide safe environments for the participants to learn about themselves and correct behaviors that are not conducive to their futures. Lastly, we provide a weekly exercise class that helps the women feel good and offers education on how to keep their bodies and minds fit. Often you will see our team members joining the participant's workout session.

Currently, our winter parenting session has ended where 9 of our ladies have completed a 12-week course being educated on topics such as, family morals and values, improving the self-worth of children and oneself, Self-care, understanding and handling stress, and empowering families and children just to name a few. They were also supported by Target who donated gift cards to the ladies every week.



Hardena Pollard  
Kelle Machado  
Ebony Drayton  
Christina Torres

For the months of December and January, we have had a total of 12 women who have found private housing through Utilizing the savings program, 4 ladies have moved on to transitional housing and 2 of our older population have made the switch to assisted living homes. Our numbers are slow but steady. Here at Susquehanna House, we continue to strengthen and empower lives and futures!



# HIGHLIGHTING SAFE HAVEN

## About SAFE HAVEN

Safe Haven is a safe and low demand residence, which provides residential and supportive services for 19 homeless men, who have severe mental health and/or drug and alcohol issues. The participants receive several supportive services designed to assist them in adjusting to life off the streets. Services are focused on encouraging and guiding them to willingly accept supportive and/or treatment services to address issues that have led to their homelessness.

The primary goal is to assist participants with gaining confidence, providing support, and obtaining resources such as SSI benefits or employment, to help them move on to permanent housing. Participants successfully completing the program are offered subsidized housing to help eliminate the need for them to become homeless again.

## SAFE HAVEN Programs

### DBHIDS Employment Engagement

Focus on coordinating employment efforts for members involved with DBHIDS-funded sites by promoting a culture of employment and facilitating integration with comprehensive behavioral health services. The goal is to increase the number of individuals in our system to link with employment providers.

### Temple University School of Medicine - Men's Health

Wellness goals are specific objectives related to physical, mental, or emotional health. They should leave you feeling happier, healthier, and more fulfilled, like improving your sleep hygiene to get eight hours a night or making time to start a new hobby that promotes mindfulness.



## Core Service Workshop

Addiction Services, Core Services are support services designed to assist persons in recovery while they are receiving formal treatment. These services, in the form of workshops, are funded By DBHIDS and were developed to address a broad array of needs to create additional opportunities for wellness and recovery.

## Lehigh Valley Barber & Beauty Academy supported Safe Haven's 1st hair cutting event on January 31, 2024

At Safe Haven we believe looking good can make you feel more confident, and grooming is key to looking your best. Improving your appearance can help to make you feel more confident and grooming is a big part of this. Haircuts are not only a way to look better and build self-esteem, they can create a new image. This can offer you a chance to make a new start and change how you behave and feel about yourself.

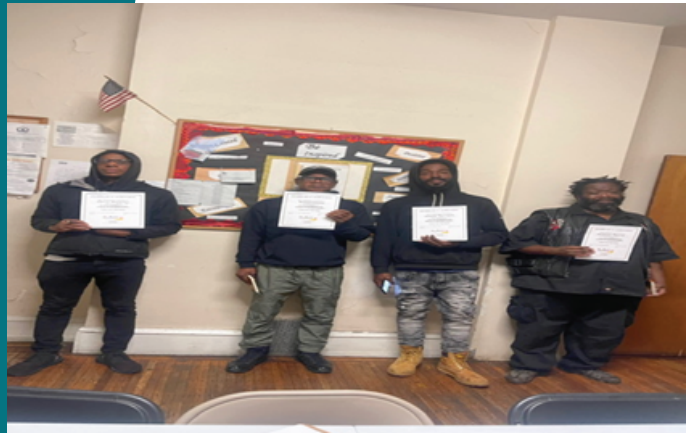




# SELF

## ACKNOWLEDGEMENT

Participants who have successfully completed the Core Service: Anger Management workshop



## FOCUS on FATHERS (FOF)



Focus on Fathers is an organization that helps fathers ages 18 years and older to develop and maintain a healthy, positive involvement in their children's lives through parenting education classes and a host of services such as case management, job readiness and father-child events etc. FOF has generously provided these services to Safe Haven participants, in addition to relationship improvement classes FOF provides the participants a weekly breakfast, certificate of completion and a gift card from Walmart.



## SAFE HAVEN PARTICIPANT'S SUCCESSFULLY HOUSED

It's clear that housing conditions can influence your physical and mental health. Having access to safe, affordable, good quality housing can have a positive impact on a person's health and well-being. When a person arrives at Safe Haven no matter what their circumstances are we inspire and encourage all participants to work towards obtaining suitable housing.

## SAFE HAVEN SLOGAN

**“We lay out the Blueprint and help you accomplish your housing plans”**





# EXPRESS *yourself*

## A NOTE OF GRATITUDE FROM SAFE HAVEN PARTICIPANT BERNARD JOHNSON



My name is Bernard Johnson, and I was once homeless due to living a life of messiness in my adult life. I finally wanted to change my life around, so I ended up at SELF Inc. Safe Haven. There I was able to turn my messy life into a productive life with the help from the Team at Safe Haven. The support of the Team and the care they gave me helped me turn my life into a positive one. Today, I'm no longer homeless. I live a productive life and am now a decent member of society again.

Thank you so much, to the fullest SELF Inc.'s Safe Haven



# SELF ESTEEM

THE TEAM BEHIND HELPING SAFE  
HAVEN PARTICIPANTS BECOME  
SUCCESSFULLY HOUSED.



Kenya Edwards &  
Chas Bailey



Emanuel Lisby &  
Ameenah Piedra



Virginia Reese &  
William Willis



Eric Purdy &  
Louis McDuffie



# SELF AWARENESS

SELF Inc. opened Miss Barbara's House in the Nicetown section of North Philadelphia on Saturday, December 23, 2023. It is a transitional housing site with six efficiency-style apartments for male-identifying youth ages 18-24. The ribbon-cutting and program was attended by SELF's CEO Dr. Shirlana Dash, board members David Fair and Catherine Freimiller, some SELF staffers in addition to several family members, friends, and community leaders.

The establishment of this site marks a crucial milestone in our mission to provide a safe haven and resources for unhoused youth within our community. Attendees were able to see our newest space, meet the SELF and Miss Barbara's House teams and learn more about our programs designed to empower and assist these young men on their journey toward independence and stability.

Dr. Dash says that the face of homelessness looks different for young people because they may not be on the streets or in shelters. They often "couch surf," or stay with friends or various family members.

"We are thrilled to open Miss Barbara's House to youth in need of support during a crucial time," she says. "For me it's personal because Miss Barbara was my mother. She was someone who took in everyone, fed everyone, and looked out for everyone. It will be a place of love and acceptance."

"This new facility stands as a testament to our commitment to providing a safe and encouraging space for every young person to thrive," Dr. Dash says.

The opening of Miss Barbara's House comes on the heels of the U.S. Department of Housing and Urban Development's (HUD) release of the 2023 Annual Homelessness Assessment Report, which said 653,104 people were experiencing homelessness on a single night in January 2023. This is the highest number on a single night since the national Point-in-Time count began in 2007.

# SELF

Miss Barbara's House became a reality after SELF was awarded its first federal grant from HUD to tackle youth homelessness. The Philadelphia Building Trades and several of its apprentices also provided SELF with invaluable assistance to renovate the house and ensure its safe opening. Among that assistance was Butch Bennett, Philadelphia Building Trades; John Quirk, Plumbers Local 690; Robert Landy, Carpenters Joint Apprentice Committee; Joe Lockley, Carpenters Union Local 158 Business Representative; and Steve Metzger, Jim Hyland, Chris Fiegel, Ron Moore from the Finishing Trades Institute.



**SELF INC.**

*Miss Barbara's House*

**SOFT OPENING**

**12.23.23**



Dr. Dash poses with Senator Sharif Street



SELF Inc. board member David Fair stands with CEO Dr. Shirlana Dash after the ribbon cutting for Miss Barbara's House.



SELF Inc. board member Catherine Freimiller, left, was on hand for the soft opening of Miss Barbara's House.



Dr. Dash accepts the generous donation of winter jackets from Joe Krause of Jakib Media and "The Labor Show with JDoc and Krausey".



Always Best Care multi-franchise owner and talk show host Bryant Greene came by to bring Miss Barbara's House a big-screen TV.



CEO Dr. Shirlana Dash poses with staff members of Miss Barbara's House during the soft opening.





# SELF

# HR CORNER

## DECEMBER

Ayesha Hosten  
 Marcus Terrill  
 Frazier  
 Wanda D. Green  
 Tynara Parks  
 Alvin Frazier  
 Kwansah Green

*Birthdays*

## JANUARY

Cerise Dash  
 Kelli Morris  
 Lawrence Alvin Hite  
 Barbara Foster  
 Natosha Briggs  
 Jonathan Goodin  
 Ameenah Piedra  
 Edward Nibblins  
 John Blackson

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1500 Walnut Street, Suite 300  
 Philadelphia, PA 19102

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SELF INC.

SAVE  
*the*  
DATE

SELF INC. PRESENTS ITS

INAUGURAL  
*Gala*

SATURDAY

NOV **16** 2024

MORE DETAILS TO COME

