



# Projections

HOPE, DIGNITY AND SUPPORT FOR PEOPLE EXPERIENCING MENTAL ILLNESSES

Winter 2008

## SAVE THE DATES

**HOLIDAY LUNCH AT THE CENTER- Tuesday, 12/23/08, 11 am**

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**ANNUAL GOLF TOURNAMENT- DATE TBD**  
Tournament followed by a reception

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**TAKING THE MASK OFF MENTAL ILLNESS EVENT, Friday, 3/8/09, 11am-1pm**

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## CORPORATIONS THAT CARE

Project Return is very fortunate to have the support of local community corporations. Generous supporters, Sweetbay Supermarkets and Bright House Networks, have recently made very generous donations to Project Return.

Sweetbay Supermarkets is making our community a rewarding and refreshing place to live, by sponsoring Project Return's "Food for Life" Program through a \$10,000 donation. The program enhances nutrition, employment, training, and skills for Project Return members. Bright House is brightening the Project Return Computer lab with a donation

of 18 Gateway computers. Having this new equipment will help the students to learn the latest computer skills. The computers are in need of operating systems, so any help acquiring those would be greatly appreciated!

Project Return can only hope to carry on our mission in the future, with pride for the positive results we've seen in the past, if we can count on the continued and generous support from the community. Everyone benefits from our efforts and successes. We congratulate Sweetbay Supermarkets & Bright House Networks for being part of this vital effort!

Contact Natalie Mitchels at [nmitchels@projectreturn.org](mailto:nmitchels@projectreturn.org) or (813) 990-8981 ext. 3 if your corporation would like to assist Project Return!



## USF BRINGS CLASS TO THE CENTER

Over the past year, the Project Return Educational Center has partnered with the USF Nursing Dept. to host nursing students in their mental & community health rotations. Students and their coordinating professor, Dr. Sandy Cadena, Ph.D., R.N. and Associate Dean of Undergraduate Studies in USF Nursing, have toured the program, met with members, and led classes including health & life skills information. The students are able to meet people with chronic mental illness in a non-clinical setting, and get to know them as individuals, beyond their illness. The program extended to a 9-week

community health rotation during the summer, to create a weekly class for weight loss and lifestyle management. The students got a chance to chart their progress with weekly weigh-ins, share stories of successes, and get support from their peers. The 9-weeks culminated in a health fair at the Ed Center with blood pressure screenings, vision checks and goodie bags.

A new program is about to begin through USF Nursing and a research grant through the Florida Area Health Education Centers with money from the State's tobacco settlement. The money will fund a tobacco

cessation program aimed at underserved populations such as persons with mental illness. The new program will be coordinated by Sandy Gottel, R.N., MSH and will take place over a 9-week period. A relapse prevention program will be maintained at the end, headed by Lucretia Dovi, Adult Ed. Teacher. We look forward to a long and beneficial relationship with USF Nursing.

### *Mission Statement*

*Project Return, Inc. is a not-for-profit organization dedicated to improving the quality of life for people experiencing mental illnesses through educational, vocational and supportive housing services, so that they may lead productive and fulfilling lives in the community.*

### *Did You Know?*

*'With proper treatment, as many as 8 in 10 people with mental illness can return to normal, productive, lives!'*

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Buck and Alice Setzer

...and a special thanks to long time host and friend **Francesco Marchesini** for his many years of dedication and support.

**2009 GOLF SPONSORSHIPS AVAILABLE!**  
For more information, contact Fred Mitchels at (813) 991-6240 or email [golf@projectreturn.org](mailto:golf@projectreturn.org)

## Member Spotlight: Shawna Casey

When Shawna first started attending Project Return, Inc., she had gone through a long period of depression and isolation, rarely leaving her bedroom for any extended period of time.

Shawna came to the Project Return Education Center in 2002, and slowly began immersing herself in the programs offered. She enrolled in Adult Education classes with Lucretia Dovi, a singing group with B.J. Watson, and Michael Hilson's fitness groups. In addition, Shawna learned other skills such as using public transportation.

In September of 2007, with the assistance of the Vocational Program at Project Return, Shawna began attending Hillsborough Community College as a music major. After two full semesters, she currently has a 4.0 average, and is involved in student government.

Shawna also believes in giving back, as she regularly assists in tutoring other members of the Adult Education program. She says, "coming to Project Return has helped me realize that everyone has problems and difficulties, some more severe than mine, but anything can be overcome".

**If you would like more information about the Project Return Educational Program, please call 813-933-9020.**

## Staff Announcements

Welcome to new employees, and congratulations to promoted ones:

- Jo Ellen Greene – Vocational Manager
- David Harkins, Alfred Jefferson & Debbie Lindo - Ambassadors
- Frances Murray - promoted to Program Assistant
- Donald Thompson - Security
- Tyler Pidgeon - Program Manager - Housing Services

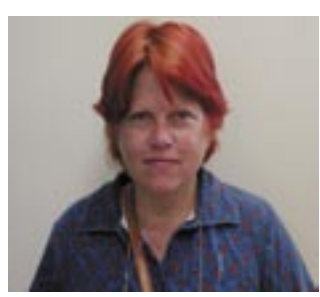
**SAVE MONEY & DONATE TO PROJECT RETURN!** For \$25 you can get the Entertainment Book 2009 packed with great savings for you and \$5.00 per book to Project Return! Call (813) 990-8981 ext. 4 for more information!

## Everyone's Talking About RPS

Project Return is excited to offer a new recovery assistance program. Betsy Lanier and Frances Murray recently participated in a comprehensive training to become Recovery Peer Specialists (RPS).

The peer support they provide is, by definition: "The act of people who have had similar experiences with mental illnesses, giving each other encouragement, hope, assistance, guidance and understanding that aids in recovery." An RPS advocates for, and educates, through the Five Stages of Recovery and the Five Areas of Danger. They help other people experiencing mental illnesses become aware of the various tools at their disposal to navigate these areas.

Betsy stated, "Some people feel uncomfortable talking with mental health professionals. Talking with an RPS may fill that void by having a peer available, with similar life experience. We are here to help."



Frances Murray: "I like this program because it provides a sense of community for those who otherwise might not have access."

*'Simply put, treatment works, if you can get it. In the U.S. today, it is clear that many people with mental illness are not provided with essential treatment needed.'*

# REMEMBERING LOVED ONES

**Sandra Goodchild**, a longtime member of Project Return, passed away in September. Sandra was a very active participant and volunteer at the Center and she will be deeply missed by all. On Friday, September 26, a memorial service was held for her, and a tree planted in her honor.

**Moses Canada** passed away at his home on February 21, 2008. Moses will be remembered as kind, soft spoken, and well liked by all at Project Return. A memorial service was held for Moses on March 4, and a tree planted in his honor.

## IN MEMORIAM:

- **Mary Ellen Germany** was remembered by Mr. & Mrs. John Setzer.
- **Betty Garrett** was remembered by Janet Bariceich, Edward Treadwell, Mr. & Mrs. O'Day, Marcella Baylis, Robin & Travis Rahn, Braille Works Intn'l, Nowlen Holt & Miner, Ruth Hughes, Dona Elstun, Kathleen Miner & Stephen & Judy Drake.
- **James Fonte** was remembered by John & Florence Hartwell, Rabbi Theodore & Freda Brod, The Favata Family, Geraldine Simovitz Alfonso & Josephine Dato, Sebastian & Elizabeth Castellano, Sylvia & Rudy Reina, Rosalie Garcia, Grace Manna, Samuel & Elena Manna, Frank & Evelyn Ferreri, Marie Carder, Ann MacFarlane Clark, Unipress Corp., Southern Tire, Tampa Sweetheart, Inc., Palscher, Inc. & Papa Dan's Food Stores.

## IN HONOR:

**Ruth Eddy**, in honor of Lillian Klein

# Disability Mentoring Day

National Disability Mentoring Day is an event that introduces job seekers with disabilities, to career possibilities through a job shadowing experience. In addition, new employees are provided an opportunity to recruit new talent and promote workplace diversity. Disability Mentoring Day is hosted internationally by the American Association of People with Disabilities, and coordinated in Florida by the Able Trust, as well as other statewide organizations, including several in the Hillsborough area.

The Vocational Program at Project Return once again participated in the activities. Thirteen people participated as mentors in various locations around Tampa, including Busch Gardens, the Grand Hyatt at Tampa Bay, Suntrust Bank and Publix Supermarkets.

The day was a great success and several people will be hired on as part time workers! This is a wonderful learning experience, as well as a chance to secure employment. We will be looking forward to next year.

## MEMBER ART



Artwork by Diane M.



Artwork by Diane M. & Mark V.



Artwork by Kim P.

## FYI:

You can view Project Return's current and previous newsletters and annual reports at our website: [www.projectreturn.org](http://www.projectreturn.org)

You can also view member artwork, check our calendar of events, and find a variety of information about our programs and services.

We can email you the above information. Send your email information to [info@projectreturn.org](mailto:info@projectreturn.org)

If you'd like to make a donation by credit card, just go to our website and click on the Network for Good

 Network for Good.

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or Paypal logos where you can make a secure donation.

Paying by check? Make it out to Project Return, and mail it to 304 W. Waters Ave., Tampa, FL 33604. Or better yet, drop it off in person where you can meet our amazing members and staff, and see the artwork up close!

THANKS FOR ALL YOU DO in helping to make Project Return a successful place for people experiencing mental illnesses!

# PROJECT RETURN WISHES YOU HAPPY HOLIDAYS!



Artwork by Norman Marshall



Artwork by Barbara Gary



Artwork by Kim Petrone



Artwork by Diane Murphy



**PROJECT RETURN**

Administration

303 W. Waters Ave.

Tampa, Florida 33604

(813) 990-8981 • Fax: (813) 933-6415

Center For Lifelong Education,  
Training & Development

304 W. Waters Ave.

Tampa, Florida 33604

(813) 933-9020 • Fax: (813) 932-0614

Friendship Palms-Supportive Housing

1308-A W. Waters Ave.

Tampa, Florida 33604

(813) 930-0576

On The Internet

[www.projectreturn.org](http://www.projectreturn.org)

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304 W. Waters Ave.  
Tampa, Florida 33604

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