

Anthony House

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“You’re free to be you, and I’m free to be me...”

We’re all just us but together we’re we”

D.L.
Anthony House Resident

Valuable Information From Daily Life Skills

By Zach Milota
Resident Specialist

Residents in the Anthony House program attend Life Skills for two hours each weekday. Life Skills groups teach psychosocial abilities for adaptive and positive behaviors that enable individuals to deal effectively with the challenges and demands of everyday life. The classes are facilitated by a mental health counselor and a case manager. Resident Keith says he has learned to think more positively and be more productive from the classes. Residents Kimberly and Patricia are most particularly grateful for the Life Skills lessons relating to effective budgeting—and both are feeling more confident with safely handling their finances. Resident Dafny claims that she is most grateful for the Life Skills lessons relating to co-dependency, as

well as the building of healthy relationships. Mental Health Counselor Ashley expresses that what she enjoys most about Life Skills groups is when she can tell that the topic that she is presenting connects with the residents. “It always makes me feel good when a resident tells me after group that something we discussed resonates with them. I believe the true purpose of these groups is for our residents to take something positive away from them, and when we achieve that, I’m always pleased.” Case Manager Donna adds, “I lead a group on Strengths versus Weaknesses. In the beginning there was a resident who could not think of any strengths she had because she was accustomed to hearing all of the negatives said about her. After I showed her examples, the resident was

able to clearly list several of her strengths that she possesses independently. Clear proof that the group worked appeared yesterday: I was meeting with the same resident for case management and I asked her what strengths she can use looking for employment. The resident was able to respond with several of her strengths easily. It was a big difference from when the resident first came into the Anthony House program, as she was not able to think of any of her strengths prior to attending the Life Skills classes.”



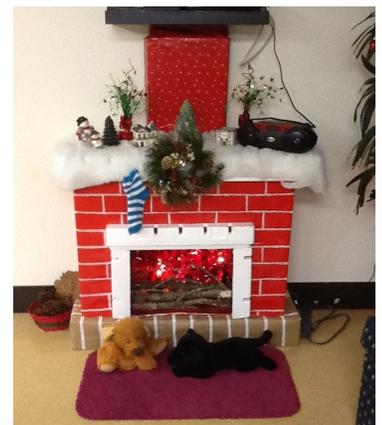
Festivities Galore! Decorating for the Holidays!

By Zach Milota
Resident Specialist

Several residents of Anthony House joined efforts to make the Holiday Season as festive and cheerful as possible for one another. The holidays are often a depressing time for the homeless population. Holidays, especially Christmas, trigger self-reflection that can bring up painful realities. Inadequacies, loneliness and the memories of lost or distant loved ones can hit particularly hard, replacing the pleasure of the holidays with dark thoughts and emotions. Anthony House residents were urged to seek healthy ways to cope with the season by

recognizing their blessings, rather than reflecting on past pain and struggles. Kathleen, a resident of Anthony House, did just that—and not only for herself, but for the many other residents in the program as well. Kathleen, along with the assistance of many residents, totally transformed the dining and living rooms in Anthony House to reflect the joy of the holiday season. Perhaps most ingenious about Kathleen’s holiday décor was the faux fireplace she imagined and then created. Kathleen said she “remembered thinking about how much we all needed a place where we could reflect on much better times, and

remember the reason for the holiday season. One such love that I have is of fireplaces, so I decided to build one out of empty boxes.” The residents were grateful that they were able to spend the holidays in a place that was warm and joyous.



What Exactly is Anthony House?

Anthony House is a transitional housing facility offering homeless families and individuals interim housing as well as Life Skills training and other skill development and reinforcement that allows them to become self-sufficient and independent.

LifeStream Behavioral Center, Anthony House's parent organization, addresses homelessness by focusing on several broad and integrated goals:

- Recovery and resiliency from substance abuse and mental health as a foundation for homelessness prevention
- Identifying, building and practicing important skills for success
- Improving parenting and family relationships
- Sustaining gainful employment or eligibility for disability services
- Stabilization of housing
- Building a healing and supportive community
- Reintegration into mainstream society

For more information, visit:

www.AnthonyHouse.net



Free to Be

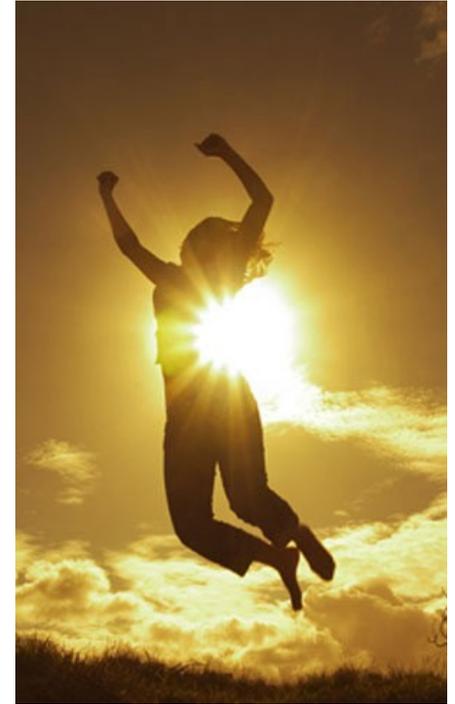
Written by D.L., Anthony House Resident

**Let me just tell you—you may disagree;
You're free to be you and I'm free to be me.
Upon close inspections, I'm sure you will see,
We're all just us, but together we're we.**

**Our views are quite different
and yet we're the same.
Our faces are different, and so is our name.
We are different ages, races and game.
Delight in the difference: Assign ye no blame.**

**Caution is given on negative view
I'm free to be me, and you're free to be you.
Just be your own self, whatever you do;
And allow all others to be themselves too.**

**Please remember, as you go on your way;
Each moment is precious, including today.
Focus your energy on love and with play.
This offer is limited make the most of your stay.**



Monthly Commentary

Written by LaToya Gosnell

Lead Residential Specialist

The New Year has officially arrived, and with it exists the opportunity for each of us to make a positive impact on another's life. In my line of work, I have grown to learn that homeless individuals are often overlooked and are deeply misunderstood.

I would like to share the following prayer with you, which has helped me in the ability to better understand the plight of our residents.

*Bless the homeless, this day
and everyday,*

*keep them from physical harm,
fill their hearts with hope for the future
and for today,
comfort the homeless as they walk
their difficult paths.*

*May I know that anyone, even me,
can be homeless.*

*Bless the homeless with enough food
to sustain them,
with enough warmth to shield them from
the elements,
with the power to wrestle personal
demons and win,*

*with the will to go on,
and to build their lives again.*

*May hope touch each homeless heart,
spirit and life,
let the kindness of others
bring lasting benefits
bring freedom from addiction, illness
and misery,
Open their humanity to include and
embrace themselves.*

*Bless the homeless with self acceptance
and love*

*Spark their imagination with belief
in the future,
bringing the possibility of a better life,
a safer life and a more secure life.*

—Abby Willowroot

