

<http://www.peoplewho.org>
People Who
each other on the internet -
people who experience
mood swings, fear, voices and visions

Ms. Yana Jacobs
Co-Director of Adult Services
Mental Health and Substance Abuse Services
Santa Cruz County Health Services Agency
1080 Emeline Avenue
Santa Cruz, CA 95060

Dear Ms. Jacobs:

This proposal for a peer run crisis respite house moves people with lived experience from the problem to the solution and allows people who cope with mood swings, fear, voices and visions to use what we've learned about our own self-management to help others and ourselves. This proposal continues the shift towards a social inclusive model of health by encouraging each of us towards individualized and optimized life goals.

I have been a recipient of the MHA Beers Award, an APHA Award, an original member of SAMHSA/CMHS's SOCSI, a board chair of DRN California, a member twice of the local mental health board and an incorporator of the local client network. I will use my personal network and that of my organization, People Who to keep this project informed of good practices, connect it with colleagues and projects in other states, and to provide examples of how to use information and communication technology and electronic health records and resources to enhance wellness.

This project emphasizes the importance of responsibility to happiness, and the value of the person's interpretation of their own experiences. It has my full support.

Sincerely,

Sylvia Caras
Advocate Emerita

April 17, 2010

Sylvia Caras, PhD

**Internet: sylvia@peoplewho.org
Fax: 1 831 426 5335
Voice Messages: 1 831 426 5335**

**Founder, People Who
146Chrystal Terrace 5
Santa Cruz CA 95060-3654 USA**