

SAN DIEGO INDEPENDENT LIVING ASSOCIATION QUARTERLY

Happy Summer! We hope everyone is having a fantastic year so far and that your summer is off to a great start. Read on for a look at what the ILA has been up to and for other announcements and upcoming events.

[Visit our Website](#)

Upcoming Events

- North County PRAT Meeting* on **Tuesday, June 12, 2018** at 12:30 pm.
- Central PRAT Meeting* on **Tuesday, June 19, 2018** at 11:00 am.

*Contact Elana Soltz at (858) 609-7965 or esoltz@sdchip.org if you are interested in learning more about PRAT or attending a PRAT meeting.



Welcome New ILA Members!

Please give a warm welcome to our newest ILA Members:
HURU Homes, Edmond's Garden Independent Living, Bish Global Residential, New Beginnings for Better Living, All Cozy Independent Living I.

Current San Diego ILA Statistics

Member Homes: 72
Applicant Homes: 15
Beds: 635
90% of homes provide meals
56% of homes have an RA or Owner living on-site
49% of homes are co-ed
21% of homes are male only
21% of homes are female only





The ILA is happy to establish a formal relationship with local real estate agent Media Fettinger who has been a longtime supporter of the ILA. **Full ILA Members** are eligible to receive valuable guidance and discounts on real estate services. Members, are you thinking about buying another home or selling? Contact the ILA and connect with Media today! To see the details of this offer visit the [Member Resources page](#) of the ILA website or contact the ILA at info@ilasd.org or (858) 609-7972. Don't forget about the other resources available to you as an ILA Member! Check them out [here](#).

A Celebration of Success 2018

On May 15, 2018, the San Diego ILA held its annual recognition event to celebrate the ILA members and partners who have made the past year so successful for Independent Livings and the ILA. For the second year in a row, A Celebration of Success took place at the 94th Aero Squadron Restaurant in Kearny Mesa where attendees delighted in the charm of the military themed décor and the view of the Montgomery Field Airport.

Ronda Gibbs, co-founder of the ILA and Director of Housing at Community Research Foundation, delivered a moving keynote address to the room of approximately 70 attendees. A diverse range of individuals and organizations were honored during the awards ceremony. National Alliance on Mental Illness (NAMI) San Diego was honored as the Community Partner of the Year; ILA Peer Review Accountability Team (PRAT) member and ILA advocate Donald Runnels received the Community Health Improvement Partners (CHIP) award; David Mendoza of ILA member home A Graceful Independent Living received the Resident of the Year Award; Junaid Mughni of Legacy Independent Living received the Founding Resident Award; and IL Member Rickey Spencer was honored as Owner of the Year. Everyone who spoke shared inspiring stories of working with the ILA and gave words of hope and encouragement for recovery and personal growth.

The ILA would like to thank everyone who celebrated with us last month including owners, residents, partners, funders, staff, and everyone else who made the luncheon such an enjoyable event. We look forward to working with our members and partners in the year ahead and to celebrating even more accomplishments in 2019!



32nd Annual Behavioral Health Recognition Dinner

The ILA was represented at the 32nd Annual Behavioral Health Recognition Dinner on Friday, June 1, 2018. The event is a venue for the San Diego behavioral health community to recognize those who support individuals and their family members in their work to achieve

recovery and overcome the stigma mental illness.

This year, ILA Member Home Ruby's House, owned by Kathy Watkins and Coco Hunt, received the Housing Facility of the Year award - the first Independent Living home to win this award. ILA Member Rickey Spencer was also honored for his support and advocacy for the ILA's work in San Diego. Thank you to all of the ILA folks who helped us celebrate the behavioral health community!



ILA Member Spotlight - Rick's Independent Living



If you know Rickey Spencer, then you know how passionate he is about helping others, especially through his work as an Independent Living home owner. Rickey grew up in San Diego where he played football in high school and moved on to Oregon State University where he studied education. After college, he pursued a brief career in football, and then started to work for FedEx where he spent eight years.

Rickey aspired to do something for himself which led him to a career in real estate. Using his background in construction, Rickey began flipping properties and originally had the idea to open a group home. He encountered some obstacles in his attempt to open the group home when a friend of his found out about the Independent Living Association (ILA) and told Rickey about the organization. Rickey attended the ILA New Membership Course shortly thereafter: "I was blown away from the information I received".

Rickey joined the ILA in 2013 when he opened Rick's Independent Living in San Diego. When asked about his favorite thing about being an Independent Living owner, Rickey says, "I love helping people and working with people. I always love giving back and working with people; it's really changed my life in so many different ways". His passion and enthusiasm for the Independent Living business has not gone unnoticed. At this year's A Celebration of Success owner recognition event, the ILA honored Rickey Spencer as the Owner of the Year for his unwavering commitment to spreading the word about the ILA and advocating for its growth to other areas of California and beyond.

In addition to being the owner of his Independent Living home, Rickey is also a real estate agent with Century 21. Rickey says he has "been accused of being a workaholic for my family and friends", and when he does have free time he loves attending educational business seminars and enjoys traveling, working out, and coaching football. For more information on Rick's Independent Living, visit <http://ilasd.org/listings/ricks-independent-living/>.

Announcements

Last month ILA owners, staff, and partners attended Mental Health America's Mental Health First Aid Training and we want to make sure everyone is aware of this fabulous and FREE resource! Mental Health First Aid is a certification course designed to give participants the tools to respond to psychiatric emergencies until professional help arrives and to improve peoples mental health literacy. Courses are available all over San Diego County; see the schedule [here!](#)



We highly encourage everyone to take this course and inform friends, family, colleagues, and residents to participate as well!

Attention ILA Owners: Present to the ILA Work Team!

Every other month the San Diego ILA facilitates a Work Team meeting. The meeting is comprised of owners, community providers such as hospital employees, mental health workers, law enforcement, and others. The purpose of these meetings is to guide the ILA in its work and vision to ensure the ILA is providing the best resource as possible to the community.

The ILA would like the Work Team to get to know more of our owners who are providing high quality housing. This is a great opportunity to interface with providers and market your home. If you are interested in presenting please contact the ILA at (858) 609-7972 or info@ilasd.org.



The San Diego Housing Commission (SDHC) provides **incentives** to landlords with rental properties in the City of San Diego who rent to homeless families and individuals. The ILA is partnering with the SDHC to highlight **ILA beds in the 921XX zip code!** The SDHC is helping you get your beds filled; the service provider agency will pay for a qualifying

resident's rent. Many of you have already heard about the program - please remember that if you want to participate we need you to send us your vacant bed information each week! Please reach out to Elana Soltz if you have questions at esoltz@sdchip.org or (858) 609-7965.



Funded by the County of San Diego Health and Human Services Agency's Behavioral Health Services through the Mental Health Services Act.

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