



Welcome friends and family to **Friend Health** and **HRDI - Human Resources Development Institute**! We are so excited to have you part of this amazing group of like-minded people springing into this new season of growth. As the weather is changing, we are so excited to welcome our new hires with open arms to HRDI and Friend Health.

### Please welcome to the team:

#### Friend Health

- ⇒ Dr. Carly Kruse
- ⇒ Tiffany Dean
- ⇒ Kavonna McCormick
- ⇒ Quintella Staten
- ⇒ Esmeralda Amaro
- ⇒ Carla Jackson

#### Human Resources Development Institute - HRDI

- ⇒ Julia Bowman
- ⇒ Dewayne Harris
- ⇒ Beverly Johnson
- ⇒ Leonard Custard
- ⇒ Patricia Sanchez
- ⇒ London Vanderbilt
- ⇒ Margaret Hill
- ⇒ Keona Moore

The logo for April Stress Awareness Month features the word "APRIL" in blue, "STRESS" in red with diagonal lines through it, "AWARENESS" in blue, and "MONTH" in blue. There are horizontal lines above and below the text.

Since 1992, Stress Awareness Month is observed with the intention of increasing knowledge about the impact of stress in our lives. During the month of **April**, Stress Awareness Month is recognized as the time to spread awareness, but also to increase knowledge on how to better manage or prevent it from affecting your physical and mental well-being.

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

It's critical to recognize what stress and anxiety look like, take steps to build resilience, and know where to go for help. Also, take some time to visit the [Centers for Disease Control and Prevention \(CDC\) website](#) and familiarize yourself with strategies for stress management. Friend Health and HRDI also offers several resources that can assist managers and employees in dealing with stress and anxiety, including the [Employee Assistance Program \(EAP\)](#) through MetLife. EAP focuses on confidential counseling and enhancing and maintaining the well-being of all employees.

Please contact Kenisha Kimble, HR Generalist if you need further assistance.



## Employee Corner April

### Friend Health & HRDI

- ◆ Yvette Njoku-Ani
- ◆ Dorine Mason
- ◆ Tesheana Nash
- ◆ Sheiva Tsay
- ◆ Cordero McNairy
- ◆ Marie Mitchell
- ◆ Veta Shepard
- ◆ Nakeisha Weathersby
- ◆ Miyah Odom
- ◆ April Hamlet
- ◆ Dr. David Goodyear
- ◆ Miriam Gillespie
- ◆ Josefina Sosa
- ◆ Ashley Power
- ◆ Rod Kaup
- ◆ Denise Ward-Winfield
- ◆ Ayesha Harris
- ◆ Michael Muhammad
- ◆ Adrienne Gary
- ◆ Carolyn Jacobs
- ◆ Latanya Gandy-Wheatley



- ◆ Loretta Trigg, Julie Ann Collins - **6 years**
- ◆ Wanda Robbins-Whyte - **8 years**
- ◆ Magaly Villareal - **9 years**
- ◆ Alvin Cisneros - **10 years**
- ◆ Tracey Robison, Stephanie Dunn - **15 years**

## Employment Opportunities

### **FH (Friend Health) Western Location**

- ◆ - Registered Nurse—(FT)

### **FH Cottage Grove Location**

- ◆ -Lead Clinic Coordinator- (FT)
- ◆ -Clinic Coordinator – (FT)
- ◆ -Referral Coordinator – (FT)
- ◆ -Care Manager RN (Registered Nurse)– (FT)
- ◆ -Care Manager LPN – (FT)

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### **HRDI (Human Resource Development Institute) –**

#### **340 E. 51<sup>st</sup> St.**

- ◆ -IRT Clinician Therapist (FT)
- ◆ -Counselor CADC (FT)
- ◆ - Gambling Counselor
- ◆ -Clinical Therapist QMHP– (FT)

#### **HRDI – ACT 1140 W.79<sup>th</sup> St.**

- ◆ -Case Manager Q/MHP- (FT)
- ◆ - Case Manager MHP – (FT)
- ◆ -RSS – (FT)

#### **HRDI – 33 E. 114<sup>th</sup> St.**

- ◆ -Case Manager MHP – (FT)
- ◆ - Counselor CADC (FT) -Case Manager MHP – (FT)

#### **HRDI – Harriet Tubman**

- ◆ - Counselor CADC (FT)

#### **HRDI – Front Door- 79<sup>th</sup> St.**

- ◆ -Case Manager MHP – (FT)

#### **HRDI - MHN**

- ◆ -MHN Mobile Case Manager QMHP – (FT)

#### **HRDI – Crisis Intervention**

- ◆ -Psychiatric Assessment Specialist (FT/PT) – 1<sup>st</sup> Shift
  - ◆ -LPN-(FT)

- ◆ -Counselor CADC-(FT)

#### **HRDI – Teen Reach**

- ◆ -Teen Reach Specialist,
  - ◆ Afterschool (PT)

#### **HRDI - 79th Street**

- ◆ -Case Manager MHP – (FT)