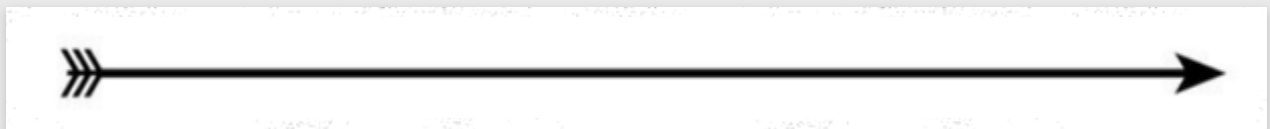


A BRIDGE & BEYOND

APRIL 2020



**TOGETHER WE CAN FIGHT THE
OUTBREAK**

Start each
day with
a grateful
heart



Be the **CHANGE**
you wish to see in
the **WORLD**
-Gandhi

one small
positive
thought
in the morning
can change
your whole
day

BRIDGES, Inc., is responding to the novel coronavirus outbreak to protect our clients, staff members, families, vendors, and community partners. This update is meant to keep you informed of our response to this unimaginable pandemic and to urge everyone to heed the orders and recommendations of the experts, such as Centers for Disease Control and Prevention, World Health Organization and state, county, and local government agencies, to help slow the transmission, flatten the curve, and save human life.

Though social distancing has modified the way we conduct business, we will continue operate to meet the continuing needs of our clients and the mental health community. Our services are vital to and therefore considered "essential" during this worldwide health crisis.

To this end, our corporate/administrative office has remained open to maintain critical business functions during the hours of 8:00 am –4:30 pm Monday - Friday. We are continuing to evaluate the needs, and this may be adjusted if determined necessary and in the best interest of our community. BRIDGES is staying current with all new recommendations from CDC, as well as California and LA County departments of public health and related health orders issued. Daily communication with staff and clients, as well as ongoing training, take place as required actions change. Clients and staff are being regularly monitored to ensure all are healthy and safe, and social distancing and sanitizing measures are in place.

At BRIDGES we are sensitive to the emotional and social needs of our community during a time of crisis. Know that we are here, we are available, and we are ready to provide the services that are greatly needed during this time. BRIDGES provides community mental health services in Los Angeles County for our Medi-cal and indigent population. If you are in need of services, please give us a call at 818-657-0411 for the San Fernando Valley area, or 626-350-5304 for the San Gabriel Valley area.



BRASWELL REHABILITATION INSTITUTE FOR DEVELOPMENT OF GROWTH AND EDUCATIONAL SERVICES, INC.

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CLICK HERE TO VISIT OUR WEBSITE

RESIDENTIAL AND OUTPATIENT PROGRAMS

Our residential programs remain open providing clients' housing and treatment needs. The leadership team, and all staff are working hard to keep the campus healthy and safe by mitigating, to the extent possible, risk of exposure to the virus. We are doing this by screening for symptoms daily, suspending group activity, suspending family style meals, restricting all non-essential visitations to the site, along with a number of other necessary protocols to keep everyone safe.

Community clients seen in our outpatient programs are continuing to receive services via telehealth platforms. This includes individual therapy, psychiatry and medication management, case management, peer support, and crisis intervention (when appropriate for the situation). Screening, intake, and admission will also continue during this time. Though services look differently, and we are adjusting to new systems, we are successfully meeting the needs of our clients in this new fashion.



SAFETY TOPIC



REDUCE THE SPREAD OF COVID-19

- Follow the policies and procedures of your employer related to illness, cleaning and disinfecting, and work meetings and travel.
- Stay home if you are sick, except to get medical care.
- Inform your supervisor if you have a sick family member at home with COVID-19.
- Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash and immediately wash hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer containing at least 60% alcohol.
- Clean AND disinfect frequently touched objects and surfaces such as workstations, keyboards, telephones, handrails, and doorknobs. Dirty surfaces can be cleaned with soap and water prior to disinfection.
- Avoid using other employees' phones, desks, offices, or other work tools and equipment, when possible. If necessary, clean and disinfect them before and after use.

- Practice social distancing by avoiding gatherings and maintaining distance (approximately 6 feet or 2 meters) from others when possible.

KNOW HOW IT SPREADS

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

What You Need To Know About Handwashing



Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community.

If you're sick

- **Stay home:** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

Call ahead before visiting your doctor

- **Call ahead:** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect frequently touched areas daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

WWW.CDC.ORG



CDC Works 24/7

www.cdc.gov

As the nation's health protection agency, CDC saves lives and protects people from health, safety, and security threats.



10 COPING TIPS FOR ADULTS - MAGELLEN HEALTHCARE



1. Be kind. Call your friends and neighbors. Maintain social distancing, but smile to all the grocery workers who are keeping the shelves stocked. Ask an elderly neighbor if they need anything. An act of kindness boosts serotonin, a natural antidepressant in your brain, in both you and others.
2. Be thankful. Don't rush through your daily interactions on autopilot. Slow down and notice when someone is kind to you, even in the smallest way, and show them your appreciation. When you practice thankfulness, you become more positive; that helps others feel good too.
3. Deepen your connections: Share your feelings about this experience with those closest to you. Encourage each other to make the best of this moment in time, and come up with a game plan to support each other moving forward.
4. Move your body. Exercise is vital to maintaining physical and mental health. Get your heart pumping by taking a walk in your neighborhood, going on a hike in nature or using an app for a guided training or yoga session. If you do go outside for a walk, maintain social distancing.

5. Write down your thoughts. Keeping a journal is a powerful way to get perspective. Clarifying your thoughts and feelings on paper helps you get to know yourself better and release the stresses of daily life.
6. Meditate. All you need to do is sit quietly for a few minutes, breathe deeply and let your mind relax. Meditation alleviates anxiety and helps you get in touch with your inner self, helping you face the world in a centered and focused way. Find free guided meditation sessions online.
7. Determine what is really bothering you. Vague worries are harder to manage because they are all jumbled together. Try to get clear on what you are specifically concerned about. Finding the root of the worry helps you figure out what to do about it.
8. Play games. Engaging in a game with others online, or even by yourself on your phone, helps you take your mind off other things. Give yourself permission to have some fun.
9. Dine well. Have fun with food. Make your favorite recipes. Set the table with your finest dishes. Cook a meal with others. If you live alone, share pictures with friends for fun.
10. Remind yourself that this will pass. Try and come to terms with what you can't control, and focus on what you can do to move through this time in a positive way. Draw on skills you have used during other difficult times, and remember how those times eventually passed by



APPRECIATION NOTE :

BRIDGES would like to take the time to acknowledge all staff who have been brave, caring and resilient. We thank you all for your dedication and commitment to BRIDGES during these challenging times. Your work is truly commendable!

BRIDGES would also like to thank all of our community partners for helping us serve the needs of our community and clients during this time of need.



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**VISIT OUR BRIDGES INSTAGRAM!
FOLLOW US TO SEE HOW STAFF AND
CLIENTS RAISE MENTAL HEALTH
AWARENESS AND HAVE FUN IN
RECOVERY.**

