

# A BRIDGE & BEYOND

MAY 2021

## MENTAL HEALTH AWARENESS MONTH



### What Causes Mental Illness?

There are a variety of contributing factors to the onset of mental illness. Studies show that there are biological, social, psychological, and environmental causes for mental illness. Biological causes may include factors such as genetic make up, traumas to the brain, misuse of substances, and certain vitamin deficiencies. Social, psychological, and environmental factors may include living conditions, particularly living in poverty or social isolation, as well as family and community support and coping with traumatic experiences such as abuse, divorce, death and bereavement.

### How Common Is Mental Illness?

1 in 5 adults in the United States experience mental illness each year

1 in 25 adults in the United States experience serious mental illness each year

1 in 6 youth in the United States experiences a mental health disorder each year

Suicide is the 2nd leading cause of death among people aged 10-34 years

For more information including the numbers referred above, reach out to organizations such

as the National Alliance on Mental Illness (NAMI), Substance Abuse and Mental Health Services Administration (SAMHSA), or the Centers for Disease Control and Prevention (CDC).

## What are Common Signs and Symptoms of Mental Illness?

Symptoms may vary depending on the mental illness, age of individual, and/or environmental conditions, however some common signs and symptoms of mental illness may include one of more of the following:

- Depression
- Anxiety
- Suicidal thoughts or actions
- Homicidal thoughts
- Anger or irritability
- Posing a threat to others
- Loneliness, isolation or withdrawal
- Feelings of helplessness or despair
- Inability to cope with daily problems or stress
- Aggressive behavior
- Tearfulness or crying spells
- Confusion
- Loss of appetite
- Difficulty sleeping
- Changes in personality such as person is acting like a very different person, or not acting or feeling like themselves
- Lack of self-care or engaging in risky behaviors
- Problems with alcohol or drug use

Many people have mental health concerns from time to time, but when there are ongoing signs and symptoms that cause stress and affect your ability to function, an evaluation with a mental health professional can help you determine what is going on and recommend a course of treatment to get you back on track. In most cases, symptoms can be managed with a combination of medications and talk therapy.

If you or someone you know is experiencing one or more of these symptoms or other symptoms, please ask for help from your physician or a mental health provider. If you are experiencing a life-threatening emergency contact 911 immediately for assistance.

## Is There a Way to Prevent Mental Illness?

There is no sure way to prevent mental illness, however taking care of your overall health and taking steps to control stress will help to increase your resilience and self-esteem. If you have a mental illness, a mental health professional can help you develop a treatment plan and strategies to help you manage your symptoms. A few ideas for helping include:

- Get routine and preventative medical care by your primary care physician
- Get help when you need it! This will help ensure that symptoms are addressed early when they are easier to talk about, and ongoing helping to prevent a relapse of symptoms.
- Pay attention to warning signs. Learn what might trigger your symptoms. If you notice any changes in symptoms or how you feel, contact your doctor or therapist.
- Involve family members or friends to help you watch for warning signs

## I Have a Mental Illness, Who Do I Contact For Help?

For non-emergency help, consider the following options:

- Contact your primary care physician for assistance and referrals
- If you have health insurance coverage contact customer service, or the mental health division for referrals and assistance
- If you have medical coverage or no insurance and live in Los Angeles County you can contact the Access Line at **800-854-7771** 24/7 for mental health screening and assessment, referral, and/or linkage to other resources
- Call **211** within Los Angeles County for information and referrals for all types of health, human and social services
- Contact BRIDGES, Inc. at **909-623-6651** and tell us what you are looking for to see if we can help you with your needs
- Email us at [info@bridgesrehab.org](mailto:info@bridgesrehab.org)



## NATIONAL ANXIETY & DEPRESSION

### AWARENESS WEEK

These two potentially debilitating mental health conditions can impact all areas of life

1. Anxiety and depression can be caused by neurochemical imbalances in the brain, and by traumatic life events.
2. They can be present simultaneously, causing overwhelming emotional challenges.
3. If you suffer with anxiety and/or depression, don't let embarrassment keep you from seeking treatment.

- Listen carefully and non-judgmentally. Regularly encourage your child to share feelings with you. It's important for them to know they don't have to endure things alone.

- Don't just notice the problems. Teens respond better to positive feedback than frequent criticism. Tell them why you are impressed with or proud of them.
- Be alert for changes. Talk with your child if you notice them seeming often sad, tearful, lacking motivation, having sleeping or eating problems, and/or exhibiting sudden school problems. If you're unsure what to do, contact your physician or your program.

## Supporting your teen's mental health

Teens face challenges ranging from peer pressures to academic stress to their ever-changing bodies. Your unconditional love and support are vital.

1. Regularly encourage your teen to share their feelings with you. Listen non-judgmentally.
2. Make sure to give positive feedback, not just negative. Tell them you're proud of them.
3. Be alert for signs of depression that last for weeks or more.



FREE MENTAL HEALTH AWARENESS EVENTS

## Mental Health 101





# Mental Health 101

When

Wednesday, May 5th, 2:30-3:30pm

Where

This is an online event.

More information

This 60-minute FREE presentation will focus on understanding what mental health is and how mental health is different from mental illness; understanding the mental health spectrum; understanding what stigma is and the importance of stigma reduction; learning about risk and protective factors and mental illness; and learning about available resources in the community.

For more information:

<https://www.eventbrite.com/e/mental-health-101-tickets-120319778697?aff=ebdssbonlinesearch>

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**3rd Annual Mental Health Symposium** 

MOVING FORWARD TOGETHER WITH HOPE!

THURSDAY, MAY 6, 2021  
11:30AM-2:45PM PT

  
**RSVP**  
REBRAND.LY/  
MENTAL\_HEALTH



  
**LIVE**  
FACEBOOK.COM/  
FUNDAMENTALCHANGE

 **FundaMental  
CHANGE**

**A virtual COVID-19  
Mental Health Symposium**

 **LOS ANGELES  
MISSION COLLEGE**

# FREE 3rd Annual Mental Health Symposium

When

Thursday, May 6th, 11:30am-2:45pm

Where

This is an online event.

More information

Join FundaMental Change and Los Angeles Mission College to celebrate Mental Health Awareness Month at the 3rd Annual Mental Health Symposium community event taking place virtually on Thursday, May 6, 2021 at 11:30 a.m. to 2:45 p.m. PT. The event is free and open to the public.

The program aims to raise awareness, reduce stigma, and fund supportive services for people living with mental illness, as well as improving the lives of people that care for them. Topics will include self-care, death and grief, loneliness and isolation, and a COVID-19 vaccine audience Q&A.

For more information: <https://www.eventbrite.com/e/3rd-annual-mental-health-symposium-tickets-150997402295?aff=ebdssbonlinesearch>



## WHAT'S HAPPENING AT BRIDGES?



# Casitas Esperanza Client Writes a Short Story

## Spooky Goes To BRIDGES - A Story about a Bipolar Bear

"I Was inspired by my heartwarming experience at BRIDGES. I wanted to break down the stigma of Mental Health and overwhelming feelings of belonging when arriving to a new program. The purpose of my story is to promote self acceptance and loving one another. I used the Bipolar bear character to portray my own experiences in adjusting to various treatment settings." - CH



So Spooky the brown bear got into the car and his Mother drove him to BRIDGES. There he found food, little houses and one of his own and kinder bears.



These kinder bears gave Spooky a big hello and looked in his bag to make sure everything he brought was safe for him. He felt good because his Mother said he would be in a plan to love other bears again.





When it was time for Spooky to move into his own house with three room mates he was happy. He enjoyed his meds and did his chores.

Some days Spooky did art groups or substance abuse control group. Some days, he and his peers would go shopping together and he would learn to be kind in public.



But most of all, Spooky thanked BRIDGES for helping him be a bear with no more bad days of ups and downs that made him feel alone. He waited for the day he too would become some little child's beloved teddy bear.



The End



## CASITAS TRANQUILAS HOME GARDEN

Casitas Tranquilas clients started planting and growing their Spring garden! This spring they have planted a large variety of fruits and vegetables such as sweet corn, bell pepper, basil, tomato, cilantro, jalapenos, garlic, green onions, carrots, strawberry's, cucumber, green beans and lettuce! Clients have enjoyed gardening and maintaining their garden. Most of all they enjoy watching it grow!









## BRIDGES STAFF AND CLIENTS LEAD THE WAY

BRIDGES held its second COVID-19 vaccine clinic day! Vaccines were made available for BRIDGES staff and clients at no cost. Staff and clients successfully received their second dose of the COVID-19 vaccine!

BRIDGES would like to thank Housing for Health, COVID-19 Crisis Response Team for making vaccinations possible at our first and second vaccine clinic day and for the generous goody bags enjoyed by clients and staff.

## HOW CAN I GET MY VACCINE?

**The COVID-19 Vaccine is free to all eligible persons.  
Immigration status and insurance are not required.  
Medical information is protected by law.**

### **NOW VACCINATING ANYONE 16 AND OLDER WHO LIVES OR WORKS IN LA COUNTY**

**In order to be vaccinated, you will need to show:**

- 1. Photo ID, *and***
- 2. Proof that you live or work in LA County, *and***
- 3. Proof that you are 16 or older**

**You do not need to show government issued ID and you do not need to be a US citizen to get a vaccine. One document may meet more than one requirement (e.g. a driving license).**

**For detailed information visit:**

[http://publichealth.lacounty.gov/acd/ncorona2019/vaccine/hcwsignup/?level\\_1=step-1-eligibility](http://publichealth.lacounty.gov/acd/ncorona2019/vaccine/hcwsignup/?level_1=step-1-eligibility)



## Angela Vasquez Project Ind. Therapist

Hello everyone, my name is Angela Vasquez, I am the new Associate therapist for Project Independence. I am a recent graduate from Loma Linda University, where I received my Master's in Marital and Family Therapy and a certification in Drug and Alcohol counseling. My experience has been providing services to the Loma Linda/Redlands community as well as to inpatient rehabilitation centers. In my free time however, I like to go on hikes/walks, travel and more recently experiencing new foods.

I look forward to meeting and connecting with every one of you!



# Happy Anniversary

Ambition is the  
path to success.  
Persistence is the  
vehicle you arrive in.

Bill Bradley

[www.wow4u.com](http://www.wow4u.com)



MAY YOU BE PROUD  
OF THE WORK YOU DO  
THE PERSON YOU ARE  
AND THE DIFFERENCE  
YOU MAKE

Yesenia Aquino 2 Years

Ivan Arellano 2 Years

Breannda Arguijo 2 Years

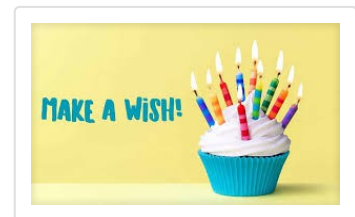
Zahra Heydari 2 Years

Veronica Jauregui 11 Years

Sandra Quintero 2 Years

Andrew Zaragoza 2 Years

Happy Birthday



Davis Truong

Carmen Roman

Harley Rodriguez



Charlotte Osuolale

Jorge Navarro

Edita Lacerna



Awareness Days!



## NATIONAL ASTRONAUT DAY

National Astronaut Day on May 5th each year celebrates Astronauts as true heroes. The day's mission is to inspire ALL to "reach for the stars" by sharing "out of this world" Astronaut stories and experiences.

On May 5th, 1961, Astronaut Alan Bartlett Shepard Jr. became the first American in space aboard the Freedom 7 Space capsule. The brief suborbital flight, which lasted 15 minutes and reached a height of 116 miles into the atmosphere, was a milestone achievement. This trailblazing example of heroic bravery and adventurous spirit is this essence of what National Astronaut Day is all about.

By sharing the incredible stories, experiences, and perspective of actual Astronauts, the mission of National Astronaut Day intends to inspire us ALL to follow our dreams. The day includes both future Astronauts and those who seek to keep their feet on the ground!

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## MEMORIAL DAY

Each year in the United States, Americans observe the Federal holiday, Memorial Day, the last Monday in May. It honors and remembers all men and women who have died while serving in the United States Armed Forces. Memorial Day is also a day to remember all loved ones who have passed away.

Traditionally on Memorial Day, the flag of the United States of America is raised briskly to the top of the staff then solemnly lowered to the half-staff position where it remains until noon. At noon, it is then raised to full-staff for the remainder of the day.

When the flag is at half-staff, the position is in remembrance of the more than one million men and women who gave their lives for their country. Raising the flag at noon signifies the nation lives, that the country is resolved not to let their sacrifice be in vain but to rise up in their honor and continue to fight for liberty and justice for all. In the United States, Memorial Day traditionally marks the beginning of summer.



## SAFETY CORNER



If You've Been Fully Vaccinated

You Can



Visit inside a home or private setting without a mask with other fully vaccinated people of any age



Visit inside a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness



Travel domestically without a pre- or post-travel test



Travel domestically without quarantining after travel



Travel internationally without a pre-travel test depending on destination



Travel internationally without quarantining after travel

You Shouldn't





Visit indoors, without a mask, with people at increased risk for severe illness from COVID-19



Attend medium or large gatherings

## What You Can Start to Do

### If you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask or staying 6 feet apart
- You can gather indoors with unvaccinated people of any age from one other household (for example, visiting with relatives who all live together) without masks or staying 6 feet apart, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel.
- You need to pay close attention to the situation at your international destination before traveling outside the United States.
  1. You do NOT need to get tested **before** leaving the United States unless your destination requires it.
  2. You still need to show a negative test result or documentation of recovery from COVID-19 **before** boarding a flight to the United States.
  3. You should still get tested 3-5 days **after** international travel.
  4. You do NOT need to self-quarantine **after** arriving in the United States.

## What You Should Keep Doing



- You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
  - In public
  - Gathering with unvaccinated people from more than one other household
  - Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.
- If you travel, you should still take steps to protect yourself and others. You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. Fully vaccinated international travelers arriving in the United States are still required to get tested within 3 days of their flight (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.



### COVID-19 Vaccination

[www.cdc.gov](https://www.cdc.gov)

Recommendations on what activities people can do after they have been fully vaccinated, including how to gather safely with vaccinated and unvaccinated people.



## COMMUNITY RESOURCES

### Do you qualify for CA COVID-19 Rent Relief?



- ✓ Are you behind on rent or utilities?
- ✓ Have you experienced a financial hardship due to COVID-19?
- ✓ Is your income less than 80% of the Area Median Income?

Check eligibility and apply at [HousingIsKey.com](https://HousingIsKey.com)  
or call 833-430-2122

   CA COVID-19 RENT RELIEF

### LA County COVID-19 Rent Relief

Los Angeles County will be participating in the California State-Wide Rental Assistance Program. Details for this program are under-way. The California Business, Consumer Services, and Housing Agency will be releasing additional program information soon. For program updates and resources, please visit [HousingIsKey.com](https://HousingIsKey.com).

 Housing Is Key

 [Housing Is Key](https://HousingIsKey.com)

[housing.ca.gov](https://housing.ca.gov)



Local Government Rental Assistance:



## City of South El Monte

**COVID-19 Rent/Mortgage Assistance Grant:** The City of South El Monte is providing a one-time \$1,000 grant to residents who have been impacted by the COVID-19 pandemic. For additional information call (626) 652-6800 to view eligibility requirements visit:

<https://www.cityofsouthelmonte.org/DocumentCenter/View/954/COVID-Assistance-Eligibility-Requirements---Rent-Mortgage>

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## TEMPLE CITY

The COVID-19 Emergency Rental Assistance (COVID-19-ERA) program provides emergency rental assistance grants to income-eligible households economically impacted during the COVID-19 pandemic through job loss, furlough or reduction in hours or pay, residing in the city limits of Temple City.

Emergency Rental Assistance grants are rental payments made on behalf of an income-eligible household, up to \$1,000 per month, for a maximum period of 3 months to maintain housing and/or to reduce rental payment delinquency in arrears as a result of the economic downturn during the COVID-19 pandemic.

<http://templecity.us/DocumentCenter/View/14635/FINAL-COVID19-Emergency-Rental-Assistance-Program-Guidelines>

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## City of Hawaiian Gardens



The COVID-19 City of Hawaiian Gardens Emergency Rental Assistance Program provides emergency rental assistance grants to income-eligible households economically impacted during the COVID-19 pandemic through job loss, furlough or reduction in hours or pay, residing in the City of Hawaiian Gardens. All land use housing types will be eligible for this program.

Emergency Rental Assistance grants are rental payments made on behalf of an income-eligible household in an amount determined by the City of Hawaiian Gardens, for a maximum period of two (2) months and not more than \$2,000 in rental assistance to maintain housing and/or to reduce rental payment delinquency in arrears as a result of the economic downturn during the COVID-19 pandemic.

<https://www.hgcity.org/government/departments/community-development/covid-19-emergency-rental-assistance-program>

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## City of Carson

### COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG) COVID-19 FUNDS EMERGENCY RENTAL ASSISTANCE

The City of Carson has allocated CARES Act emergency funding to provide rental assistance grants to income eligible individuals and families residing in the City of Carson and economically impacted during the COVID-19 pandemic through job loss, furloughs or deduction in hours or pay.

Rental Emergency grants of up to a max of \$10,000 are made on behalf of the income eligible applicant, to maintain housing and/or to reduce rental payments in arrears as a result of the economic downturn during the COVID-19 pandemic.

<https://ci.carson.ca.us/content/files/pdfs/housing/rental/Emergency%20Rental%20Assistance%20Fact%20Sheet.pdf>

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## City of Glendora

The Emergency Rental Assistance (ERA) Program offers eligible households impacted by COVID-19 with assistance towards monthly rent up to \$1,000 per month for up to six months.

The City of Glendora is providing financial assistance to qualifying households that have seen their income reduced as a result of COVID-19. The program is made possible through the Community Development Block Grant - Corona Virus (CDBG-CV) funds issued through the CARES Act. Assistance will be provided to qualifying households until funding is exhausted.

<https://www.cityofglendora.org/residents/coronavirus/emergency-rental-assistance-program>

 **LA County COVID-19 Rent R...**

[www.211la.org](http://www.211la.org)



SAVE THE DATE



# FREE YOGA @ THE REDONDO BEACH PIER

When

Saturday, May 8th, 10-11am

Where

Fishermans Wharf  
Redondo Beach, CA

More information

Free yoga class on the Redondo Beach Pier. Every 2nd Saturday of the Month on the Octagon lot where the Redondo Beach Pier meets the International Boardwalk.

Everyone is welcome to attend and take part in this all levels free yoga class @ the Redondo Beach Pier.

For more information:

<https://www.free2funla.com/event/free-yoga-class-on-the-redondo-beach-pier/2021-05-08/>

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# NAMI Free Peer to Peer for Adults

When

Tuesday, May 11th, 10:30am

Where

This is an online event.

More information

**This is a no-cost, 8-session class series for adults with mental health challenges** offered via Zoom .

## What Participants Gain:

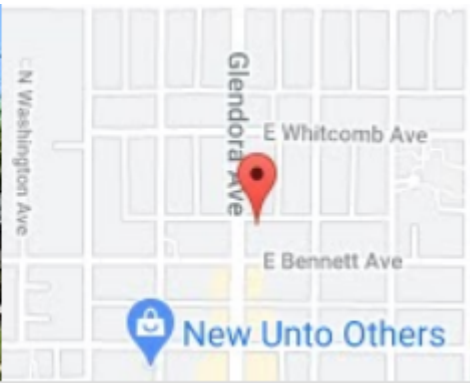
- Create a personalized **relapse prevention plan**
- Learn how to **interact with health care providers**
- Develop **confidence** for making decisions and **reducing stress**
- **Up-to-date research** on mental health
- Understand **the impact of symptoms**
- Access to **practical resources** on how to maintain your journey toward **recovery**

## Participant Testimonials:

- *"Because of Peer-to-Peer, I am becoming more aware of myself and taking the steps to prevent myself from going down the 'rabbit hole.'"*
- *"Thanks to this class, I have more self-confidence and self-acceptance."*
- *"This course has helped me deal with emotional conflict and confusing thoughts."*
- *"I plan on taking better care of myself as a result of this class."*

For more information, and to sign up, please go to  
[www.namisc.org/peer-to-peer.html](http://www.namisc.org/peer-to-peer.html)





## FREE Entrance and TOUR at Glendora Museum!

When

Saturday, May 15th, 11am

Where

Glendora Historical Society, Glendora,  
CA, USA  
Glendora, CA

More information

See this fantastic collection of an eclectic assortment of  
items from the 1800s through the 1900s!

There are tools for the home and farm, furniture, household  
accessories, office equipment, documents, photographs, and  
all types of clothing and MORE!

Ask about our Research Days!

Want to help support Glendora Historical Society? You can  
help support the GHS in many ways. Be an important part of  
making history happen, while Preserving Our Heritage!

For more information:

<https://stayhappening.com/e/free-entrance-and-tour-at-glendora-museum-ECO3W6UQM0I>



Contact Us!



# Braswell Rehabilitation Institute For Development of Growth and Educational Services, Inc.

**Corporate Office** (909) 623-6651

**El Monte** (626) 350-5304

**TruStart** (818) 657-0411

**Follow us on Instagram!** @Bridgesrehabinc

✉ [info@bridgesrehab.org](mailto:info@bridgesrehab.org)

☎ (909) 623-6651

🌐 [bridgesrehab.org](http://bridgesrehab.org)

