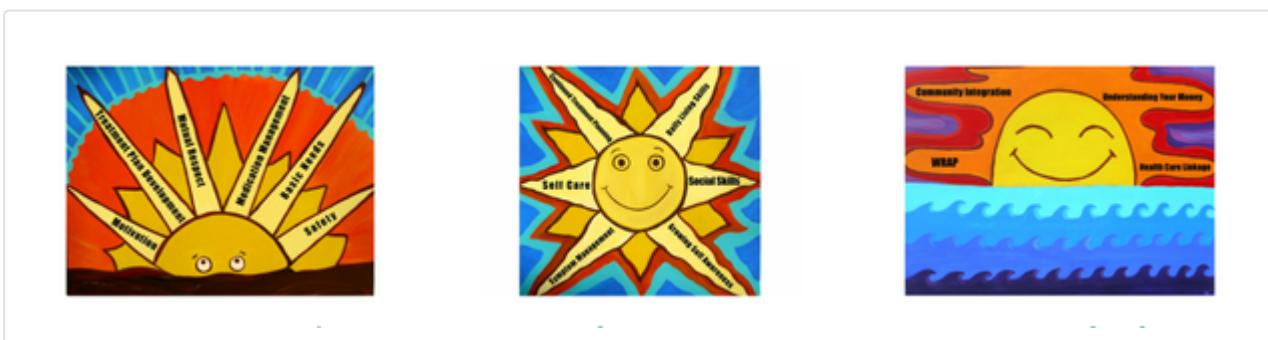


A Bridge & Beyond

October 2021

WHAT'S HAPPENING AT BRIDGES



A Message from the Executive Director

We are excited to introduce our name change from Braswell Rehabilitation Institute for Development of Growth and Educational Services, Inc. to BRIDGES Community Treatment Services, Inc. You can still call us BRIDGES!

Beginning 2020, reflecting on 44 years of serving the Los Angeles community and the scope of our reach, we embarked on a mission to change our agency name. We wanted our name to highlight our commitment to community and align with the work we do and the scope of our mission. We are proud of the name change created by our staff.

After serious consideration and review we took the selected name to our Board of Directors who unanimously accepted our desire to morph into BRIDGES Community Treatment Services, Inc. We believe that our new name represents our evolution as an agency, the scope of our services, and highlights our commitment to community.

For our loyal community members who know us as BRIDGES, Inc. this will remain. BRIDGES is our well-known DBA. Keeping BRIDGES in the name of our agency is important to us as it continues to honor our founders, Dr. Audrey (Al) Braswell and C. (Chuck) Allen Braswell, long term supporters and leaders for the agency of many years. We are ever grateful to them for their contributions to community based behavioral health and specifically for their respected commitment to serving the needs of persons with serious mental health disorders.

Lori Pendroff, M.S.



National Depression & Mental Health Screening Month

Symptoms of depression

Symptoms of depression can be difficult to notice at first. They vary from person to person and can be confused with another health problem or not feeling like your normal self.

The two most common symptoms of depression are: 1. Feeling sad or hopeless nearly every day for at least two weeks. 2. Losing interest in, or not getting pleasure from, most of the daily activities you used to enjoy and feeling this way almost every day for at least two weeks.

A serious symptom of depression is thinking about death or suicide. If you or someone you care about is talking about it or feeling hopeless, get help right away.

Depression is on the rise

Most experts believe that a combination of genetics and stressful life events can cause depression. Life events can include a death in the family or a long-term health problem. People can also become depressed even if there is no apparent reason for it. Childhood experiences such as abuse also contribute to vulnerability to depression.

How to help someone with depression

- Learn to recognize the symptoms— Educate yourself on symptoms such as losing interest in activities, expressing a negative outlook and changes in sleep habits.

- Encourage the person to get help— Few people get over depression without some type of treatment. Offer to help make a list of their symptoms to discuss with a doctor or look for support groups.
- Talk about it—Start a conversation about why you are concerned and listen with compassion.
- Watch for warning signs of suicide—Talking a lot about death or giving things away is a very real danger when someone is depressed.
- Call 911 or emergency help if you think the person is going to harm themselves or others.

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Resources and Information



Mental Health Self-Screening Tools

Use the following link to reputable, free self-assessments of behavioral/mental health, substance use and more.* Once you complete an assessment, be sure to review your results and any recommendations with your doctor.

*Note these are links to outside websites that are not monitored by or affiliated with Magellan Healthcare. If your screening results indicate you are at high risk, call 911 or go to the emergency room immediately.

<https://www.magellanhealthcare.com/about/bh-resources/mental-health/self-screening/>



Magellan Health | Welcome ...

www.magellanhealth.com

AWARENESS DAYS



WORLD MENTAL HEALTH DAY

Annually, World Mental Health Day on October 10th raises awareness and mobilizes efforts to support mental health.

Mental health is a hot topic. This is good news. It means the stigma for mental health issues is slowly going away. Mental health issues are finally getting the attention they deserve. Healthcare workers and individuals feel they can discuss mental health more openly. However, that doesn't mean there isn't still work to do, however.

As a whole, we often misunderstand mental health because it is hard to define. Additionally, mental health includes several areas. These areas involve one's social, emotional, and psychological well-being. Mental health affects thoughts, feelings, and actions. When we have positive mental health, we handle stress better, our productivity remains stable, and we realize our full potential.

When one has poor mental health, they are more likely to suffer from a mental health disorder. These disorders include the following diagnoses:

- Depression
- Generalized Anxiety Disorder (GAD)
- Panic disorder
- Phobias

- Social Anxiety Disorder (SAD)
- Obsessive-compulsive Disorder (OCD)
- Post-traumatic Stress Disorder (PTSD)

Of these mental health disorders, most people experience anxiety disorders. Statistics show that about 4% of the world's population has a form of anxiety disorder. In the United States, the percentage increases to just over 18% of the population.

Some people are at a higher risk of getting a mental health disorder. These include those with high-stress levels, those who have experienced trauma, and those who have few healthy relationships. However, family history plays a role in higher risk factors, too.

Thanks to increased awareness and increased funding for research, there are effective treatment options for most mental health disorders. Conventional treatment methods include medication, psychotherapy, and hospital and residential programs.

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NATIONAL PUMPKIN DAY

National Pumpkin Day recognizes a favored autumn decoration and food on October 26th. Not only do they make great fall decorations, but the pumpkin also completes a variety of tasty recipes. Join a pumpkin competition or visit any of the many fall festivals featuring the beautiful gourds.

By October 26th, we're in a frenzy of pumpkin obsession. We cannot wait for the big November holiday for pumpkin pie. No siree, we need pumpkin everything! Bars, cookies, coffee,

The oldest evidence of pumpkin-related seeds dates back to somewhere around 5500 BC to seeds found in Mexico.

The word pumpkin originates from the word *pepon*, which means “large melon” in Greek. Within recent years, white pumpkins have become more popular in the United States. The United States produces 1.5 billion pounds of pumpkins, with Illinois producing more than any other state.

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HALLOWEEN

On October 31st, Halloween brings out the ghouls and goblins, creatures, and strange folk. They come creeping about the neighborhood seeking favors over trickery.

People of all ages look forward to Halloween traditions. While dressing up and baking, we carve up glowing pumpkins. Children breathe life into storybook characters while practicing their trick or treat. In twos and threes, they traipse through the neighborhood, collecting their bounty in pillow sacks. A ghost, a pirate, a robot or Dorothy, and Toto. No matter their age, they come to the door. They knock or ring. Here and there, a screech or a boo!

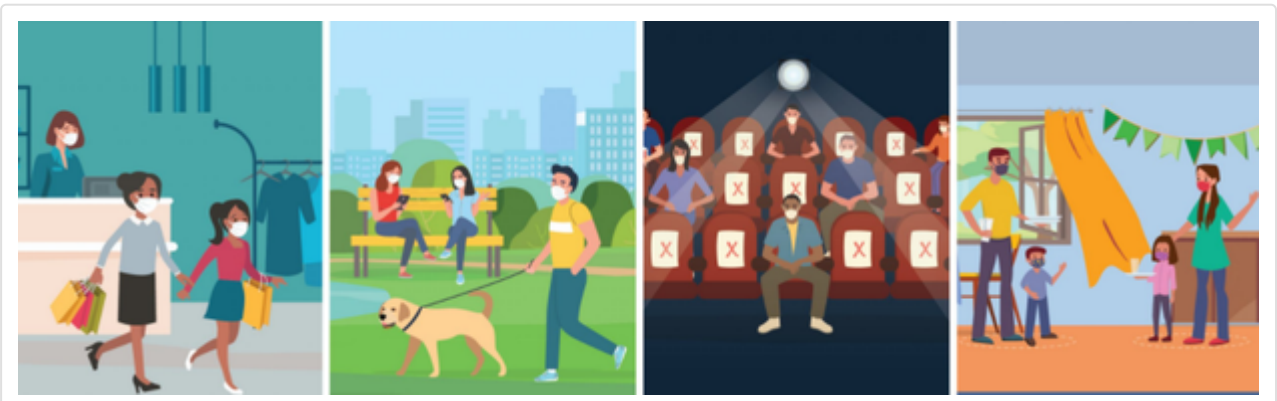
The crisp air and autumn colors set the mood. Seasonings fill our senses with a taste of autumn. We set forth on an adventure and finish with a warm apple cider around a flickering fire.

Safety Corner COVID-19



What you need to know before participating in activities daily activities

- **If you are fully vaccinated**, you can resume many of the activities that you did before the pandemic. To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission. Even if you are fully vaccinated, you can become infected with the Delta variant and you can spread the virus to others.
- **If you are not fully vaccinated**, continue to take steps to protect yourself.
 - Get vaccinated.
 - Wear a mask.
 - Stay 6 feet away from others.
 - Avoid crowds and poorly ventilated spaces.

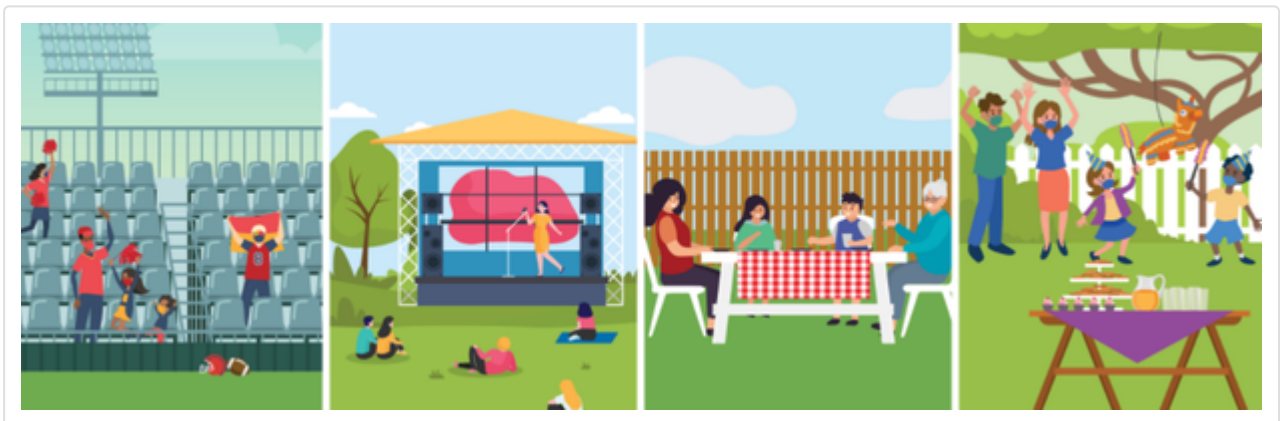


Things to Think About When Planning Activities

- Are there high numbers of cases in your community? You can find out about spread of COVID-19 in your community on the County View. If you are fully vaccinated, to maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
- Are many people in your community vaccinated? Vaccines continue to reduce a person's risk of contracting the virus that cause COVID-19, including this variant. You can find out about vaccination in your community on the County View page. Consider wearing a mask for activities that bring you into close contact with others.
- What are the local and business laws, rules, and regulations? Be sure to follow laws, rules, and regulations made by businesses and federal, state, local, tribal, or territorial agencies.

The Setting

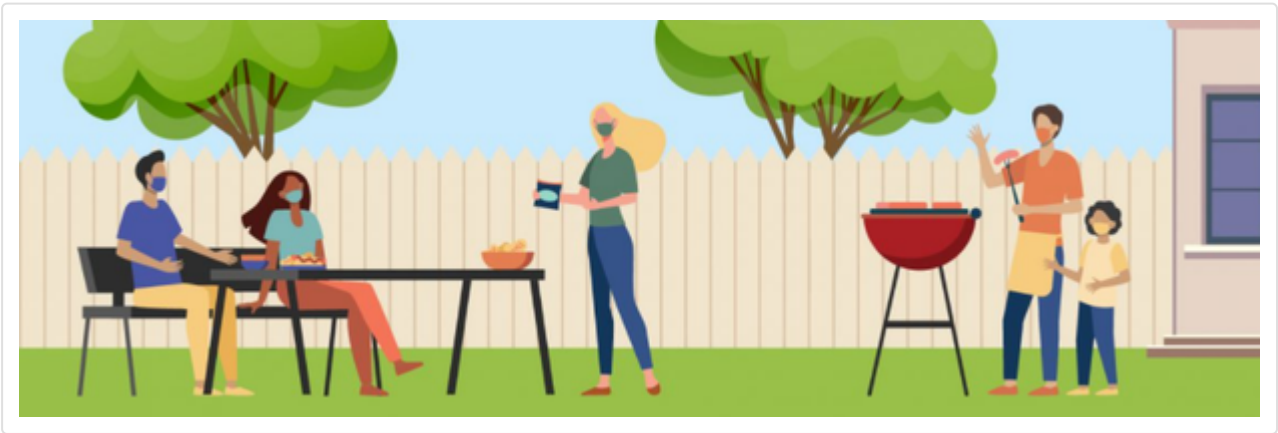
- Will you be inside or outside? If you want to spend time with people who don't live with you, outdoors is the safer choice! You are less likely to be exposed to COVID-19 during outdoor activities, even without the use of masks.
- Does the space have good ventilation? Good ventilation, along with other preventive actions, like staying 6 feet apart and wearing masks, can help prevent you from getting and spreading COVID-19.
- Are you able to stay 6 feet away from others? Avoid crowded places where you cannot stay 6 feet away from others.



Small and Large Gatherings

Small gatherings are informal in nature and may occur with family and friends you regularly socialize with, often at someone's residence. They typically do not involve long distance travel. Small gathering guidance might be more appropriate for social gatherings that are more intimate with close friends and family, such as small holiday parties, family dinners, and special celebrations.

Large gatherings bring together many people from multiple households in a private or public space. Large gatherings are often planned events with a large number of guests and invitations. They sometimes involve lodging, event staff, security, tickets, and long-distance travel. Large events might be events such as conferences, trade shows, sporting events, festivals, concerts, or large weddings and parties.



Steps Everyone Can Take to Make Gatherings Safer

- If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.
- In general, you do not need to wear a mask in outdoor settings.
 - In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.
- People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated. They should continue to take all precautions recommended for unvaccinated people, including wearing a well-fitted mask, until advised otherwise by their healthcare provider.
- If you are fully vaccinated, to maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
- If you are fully vaccinated, see [When You've Been Fully Vaccinated](#).



Safer Gatherings

Gathering virtually or with the people you live with is the safest choice.

- Have a virtual gathering, like a virtual party, concert or sporting event with friends and family.
- If you do gather with people who don't live with you, gatherings and activities held outdoors are safer than indoor gatherings.
- Avoid crowded, poorly ventilated spaces.
- Know what to do if your family has members or are vaccinated and unvaccinated.

Know public safety measures in place at the venue.

- Check with the organizer or event venue for updated information about any COVID-19 safety guidelines.
- Choose events that take place outside with enough space for attendees to stay at least 6 feet apart.

What to do if You Become Sick after Attending a Gathering

- Attending a large gathering or event increases your chance of being in close contact with people outside your household and being exposed to COVID-19. If you had close contact with people you don't live with:
- Know when to get tested for COVID-19. You can visit your state or health department's website to look for the latest local information on testing.
- Know when to quarantine.
- If you are unvaccinated
 1. Stay home for 14 days after your last contact with a person who has COVID-19.
 2. Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.

3. If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.

- If you are fully vaccinated

- Get tested 3-5 days after the exposure, even if you don't have any symptoms.
- Wear a mask indoors in public for 14 days following the exposure or until your test result is negative.



 COVID-19 and Your Health

www.cdc.gov



Jose Gomez 3Yrs

Mark Rodriguez 10Yrs

Marisela Soto 4Yrs

Roc Sylvester 1Yr



Rose Carranza

Nicholas Rodriguez

Derek Chung

Monica Martins

Diana Camarena

Veronica Jauregui

Jasmine Jara

Zahra Heydari

Telina Grace



COMMUNITY RESOURCES



Electric & Gas Service Payment Assistance

The program provides utility bill assistance for residential customers of the Gas Company and Southern California Edison through the Gas Assistance Fund (GAF) and Energy Assistance Fund (EAF) programs. The GAF/EAF programs will pay up to \$100 per household (\$200 for all electric households); assistance is available once every 12 months.

Service Condition Fee: FREE

Application Procedure: Appointment Required, Call to Apply

<https://www.211la.org/resources/service/electric-service-payment-assistance-29>



 [Home](#)

www.211la.org



Free Events

2ND & PCH
LONG BEACH, CA

Creative Communal

MAKERS MARKET

SUNDAY, OCTOBER 17TH ♦ 11AM - 6PM
6400 PACIFIC COAST HWY
LONG BEACH, CA 90803
**weather permitting*

COSTUMES ENCOURAGED
HALLOWEEN ACTIVITIES
JACK + SALLY PERFORMANCE AT 11AM

MY GOOD GRUB
FAMILY FUN
LIVE MUSIC
LOCAL VENDORS
RAD & PEOPLE
GOOD VIBES

Family Fun Halloween Festival

WHEN

Sunday, Oct. 17th, 11am

WHERE

6400 Pacific Coast Highway
Long Beach, CA

MORE INFORMATION

Date and time

Sun, October 17, 2021

11:00 AM – 6:00 PM PDT

About this event

Long Beach are you ready for some Halloween fun!!

SO excited for a day of family fun at 2ND & PCH!

☆☆ Local Makers

🎨 Face painting by Karen Face Painting

👁️ Henna Art + Tarot Reading

👻 Halloween Activities- Kids are encouraged to wear their costumes

🎵 Live Music by The Nandos 1:00pm-5:00pm

📷 Photo Op By Lets Vibe Events

Plenty of fun for everyone - pet friendly + kid friendly +Local makers + good grub + live music + photo op + FREE

ADMISSION

To create a healthy + safe Outdoor Makers Market for Everyone we are following the County's Safety Guidelines.

For more information: <https://www.eventbrite.com/e/family-fun-halloween-festival-tickets-169555935367?aff=ebdssbdestsearch>



Kitchen 2.0: A FREE Virtual Cooking Series for Kids

WHEN

Monday, Oct. 18th, 1:30pm

WHERE

This is an online event.

MORE INFORMATION

Does your child love to cook? Or do they have a curiosity and desire to help while you're in the kitchen? Then sign them up for Kitchen 2.0.

About this event

Presenter, Laura Carbonneau will share valuable cooking skills that build confidence in the kitchen while making delicious and nutritious foods. Children will learn everything from measuring and knife skills to various cooking techniques and garnishing.

For more information:

<https://www.eventbrite.com/e/kitchen-20-a-virtual-cooking-series-for-kids-tickets-156732540247?aff=ebdssbonlinesearch>



2ND ANNUAL LONG BEACH
FALL FESTIVAL
AND BOOK FAIR



FREE COMMUNITY EVENT

SATURDAY, OCTOBER 23RD • 12:30PM-2:30PM

WEAR YOUR COSTUME!

FREE BOOKS, GAMES, PRIZES, FACE PAINTING & MORE!

HOUGHTON PARK: 6301 MYRTLE AVE. // PLEASE WEAR A MASK

Free Community Event! Fall Festival

WHEN

Saturday, Oct. 23rd, 12:30pm

WHERE

6301 Myrtle Avenue

Long Beach, CA

MORE INFORMATION

About this event

Date and time

Sat, October 23, 2021

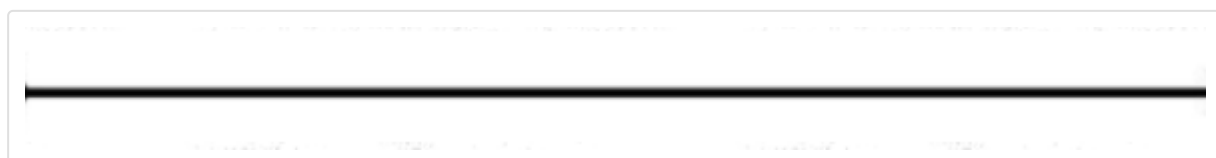
12:30 PM – 2:30 PM PDT

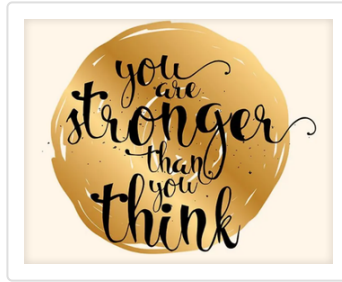
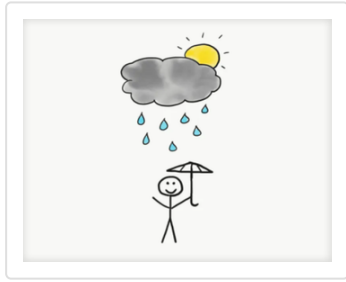
Location: Houghton Park 6301 Myrtle Ave. Long Beach, CA
90805

Free Fall Festival Community Event filled with:

- Free Book
- Games
- Face Painting
- Prizes
- Arts & Crafts & More!

All games, prizes, and participation will be free





BRIDGES Community Treatment Services, Inc.

Corporate Office (909) 623-6651

El Monte (626) 350-5304

TruStart (818) 657-0411

Follow us on Instagram! @Bridgesrehabinc

✉ Info@bridgesrehab.org

☎ (909) 623-6651

🌐 Bridgesrehab.org

