

# A BRIDGE & BEYOND

MAY 2022



# HAPPY SPRING!

BRIDGES is so excited to be building more collaborations in the community as we grow and are able to assist more individuals and families with their mental health needs.

We have partnered up with the Honduran consulate in Los Angeles to offer our services, We continue to promote advocacy with the help of Drifting for Life and Crime Survivors. Two amazing organizations!

We look forward to an amazing end of spring and beginning of the summer as we participate more in person in community resource fairs and other events. Don't forget to visit share and like our Instagram page. Stay healthy everyone!

Ana Beltran

Community Outreach Coordinator



bridgesrehabinc

Follow

...

181 posts

124 followers

217 following

**Bridges Inc.**

Product/service

BRIDGES, Inc., a mental health and social services agency, works with at-risk youth, adults, and their families.

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



*Mental Health Awareness*



Mental health is wealth, especially during Mental Health Awareness Month, which is celebrated in May. The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental and physical well-being.

## HISTORY OF MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month was first celebrated in 1949. It was commemorated by the Mental Health America organization, which was then known as the National Committee for Mental Hygiene and then later as the National Mental Health Association before it got its current name. The association was founded by Clifford Whittingham Beers. Beers, who was born in 1876 in Connecticut, was one of five children in his family who all suffered from mental illness and psychological distress. All of them also went on to spend time at mental institutions and it was from his hospital admittance that he discovered that the mental health field had a notorious reputation for malpractice, maltreatment, and immense bias.



---

# Digital Emotional Wellbeing



## TAKE CONTROL OF YOUR WHOLE HEALTH— LIFE, MIND AND BODY

Magellan Healthcare's Digital Emotional Wellbeing program, powered by NeuroFlow, helps strengthen your mind-body connection through interactive activities and education for overall wellbeing. Available via mobile app and your member website, this program can help you in a variety of areas.

### Key features:

- Complete activities such as breathing exercises, meditation, yoga or journaling.
- Track mood, sleep, stress and pain, and see your progress.
- Complete confidential, self-paced digital cognitive behavioral therapy for anxiety and depression.
- Connect to virtual therapy and in-person counselors.\*
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

### This program can help you cope with and manage the effects of:

- Aging

- Anxiety
- Attention-Deficit Hyperactivity Disorder
- Balancing emotions
- Caregiving
- Chronic pain
- Depression
- Goal setting
- Grief and loss
- Mindfulness and meditation
- Post-traumatic stress disorder
- Resilience
- Sleep
- Stress
- Substance use disorders



Visit your Employee Assistance Program member website at [MagellanAscend.com](https://MagellanAscend.com) or scan the QR code to get started.



**Magellan Health | Welcome to M...** [www.magellanhealth.com](https://www.magellanhealth.com)

Following the public health advisory by U.S. Surgeon General Vivek H. Murthy on the urgent need to address the mental health crisis confronting children, adolescents and young adults, Magellan Health is responding: We will continue to innovate and introduce products that resonate, disrupt the industry, and continue to make a difference in people's lives.

---

*Safety Corner*



## CHOOSING YOUR COVID-19 BOOSTER SHOT

### IF YOU RECEIVED Pfizer-BioNTech

#### Who should get a booster:

- Everyone 12 years and older

#### When to get a booster:

- At least 5 months after completing your primary COVID-19 vaccination series

#### Which booster can you get:

- Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most\* situations
- Teens 12–17 years old may only get a Pfizer-BioNTech COVID-19 vaccine booster

### IF YOU RECEIVED Moderna

#### Who should get a booster:

- Adults 18 years and older

#### When to get a booster:

- At least 5 months after completing your primary COVID-19 vaccination series

#### Which booster can you get:

- Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most\* situations

### IF YOU RECEIVED Johnson & Johnson's Janssen\*

#### Who should get a booster:

- Adults 18 years and older

#### When to get a booster:

- At least 2 months after receiving your J&J/Janssen COVID-19 vaccination

#### Which booster can you get:

- Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most\* situations

# FREQUENTLY ASKED QUESTIONS

## DO BOOSTER SHOTS USE THE SAME INGREDIENTS AS EXISTING VACCINES?

Yes. COVID-19 booster shots are the same ingredients (formulation) as the current COVID-19 vaccines. However, in the case of the Moderna COVID-19 vaccine booster shot, the dose is half of the amount of the vaccine people get for their primary series.

## IF WE NEED A BOOSTER SHOT, ARE THE VACCINES WORKING?

Yes. COVID-19 vaccines are working well to prevent severe illness, hospitalization, and death. However, public health experts are starting to see reduced protection over time against mild and moderate disease, especially among certain populations.

## WHAT ARE THE RISKS OF GETTING A BOOSTER SHOT?

Adults and children may have some side effects from a COVID-19 vaccine, including pain, redness or swelling at the injection site, tiredness, headache, muscle pain, chills, fever and nausea. Serious side effects are rare, but may occur.

## AM I STILL CONSIDERED "FULLY VACCINATED" IF I DO NOT GET THE BOOSTER SHOT?

Yes, the definition of fully vaccinated has not changed and does not include the booster shot. Everyone is still considered fully vaccinated two weeks after their second dose in a two-shot series, such as the Pfizer-BioNTech or Moderna vaccines, or two weeks after a single-dose vaccine, such as the J&J/Janssen vaccine. Fully vaccinated, however is not the same as optimally protected. To be optimally protected, a person needs to get a booster shot when and if eligible.

## DATA SUPPORTING NEED FOR A BOOSTER SHOT

- Although COVID-19 vaccines remain effective in preventing severe disease [pdf icon](#) suggest their effectiveness at preventing infection or severe illness wanes over time, especially in people ages 65 years and older.
- The recent emergence of the Omicron variant further emphasizes the importance of vaccination, boosters, and prevention efforts needed to protect against COVID-19.



- Data from clinical trials showed that a booster shot increased the immune response in trial participants who finished a Pfizer-BioNTech or Moderna primary series 6 months earlier or who received a J&J/Janssen single-dose vaccine 2 months earlier. With an increased immune response, people should have improved protection against getting infected with COVID-19. For Pfizer-BioNTech and J&J/Janssen, clinical trials also showed that a booster shot helped prevent severe disease.

## SCHEDULING YOUR BOOSTER SHOT

If you need help scheduling your booster shot, contact the location that set up your previous appointment. If you need to get your booster shot in a location different from where you received your previous shot, there are several ways you can [find a vaccine provider](#).



### Find COVID-19 vaccine location...

[www.vaccines.gov](http://www.vaccines.gov)

COVID-19 vaccines are free and available to anyone who wants one. We work with partners such as clinics, pharmacies and health departments to provide accurate and up-to-date information about vaccination services in your area. This page is brought to you by the United States Department of Health and Human Services, the Centers for Disease Control and Prevention (CDC), and VaccineFinder from Boston Children's Hospital.



### CDC Works 24/7

[cdc.gov](http://cdc.gov)

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

# Welcome





## ZULIMA – LICENSED VOCATIONAL NURSE

Hi! My name is Zulima, I graduated from Chaffey community College LVN program in 2014. In the past few years, I have worked in quality assurance and case managing for home health clients. Being a Nurse is not always easy, but it is rewarding when you can help make a positive impact in someone's life.

I am a Nurse, but most importantly I am also a mom :) I enjoy spending time with my daughters and my husband watching movies, going out to eat delicious foods. I love music and going to concerts, taking road trips, seeing new places is always fun. One of my favorite places to visit is The Redwoods in Northern California, it is truly a beautiful place. I also enjoy hiking and ice skating. I hope I get to know a little bit about you as well and I am so excited and grateful to be part of the BRIDGES team!





## ASHLEY – EXECUTIVE ASSISTANT

I graduated from Cal Poly Pomona with my Bachelor of Science in Business Management. I got engaged on New Year's 2022, I have 2 little girls, a 2-year-old Olivia, and a 6month old Alaia. My favorite type of food would have to be Mexican food. For hobbies, I really enjoy making flower arrangements and going on afternoon walks with my family.





## ANDREW – RESIDENTIAL INTAKE COORDINATOR

Hello! My name is Andrew Zaragoza and I graduated from California State University, Dominguez Hills, class of 2020 with a bachelor's degree in Psychology, Honors in the Major. I was born and raised in the Gateway Cities (born in Lakewood, raised in Artesia, Bellflower, and Norwalk). On my spare time, I enjoy reading, writing, making music, and seeing my niece (in picture) and family out in Arizona. I'm also exploring the mechanics on indie video game development to integrate a passion project of mine.

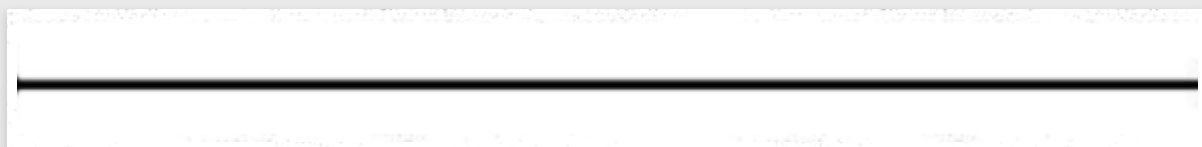






## SHANNON – PROGRAM DIRECTOR

Hi there! My name is Shannon. I graduated from Cal State Fullerton in 2015 with a bachelor's degree in Human Services with an emphasis on substance abuse. I have been working in the mental health field for approximately 8 years. Before I graduated, I worked for quite some time at the happiest place on earth, if you don't know, I am referring to Disneyland. I'm a dog mom to my sweet girl Penny, she turns three this June. In my spare time I enjoy being out in nature. I'd like to visit every national park; I've currently visited 11 parks so far. I enjoy spending time with my family and friends, listening to live music, trying new food places, attending sporting events or just relaxing at home. I also enjoy gardening, cooking and occasionally baking. I'm excited to be apart of the team and grow in my personal development.



Happy Birthday





Sarah Adams

Jorge Navarro

Charlotte Osuolale

Harley Rodriguez

Carmen Roman

Davis Truong

---

# *Anniversaries*



Breannnda Arguijo

Zahra Heydari

Veronica Jauregui

Sandra Quintero

# Andrew Zarragoza



## FREE RESOURCES



May 03

**Creating a Low-Stress Environment and Minimizing Crises [Free Webinar]**

by Mindspring Mental Health Alliance

8983 followers [Follow](#)

Free

The image shows a family of four in a bright, modern kitchen. A man with glasses and a beard is standing in the background, smiling. A woman with curly hair is in the foreground, holding a smartphone and looking at it. A young boy is sitting at the table, looking up at the woman. There are several bowls of food on the table, including a large bowl of green salad and a bowl of orange salad. The kitchen has white cabinets and a tiled backsplash.



# CREATING A LOW-STRESS ENVIRONMENT AND MINIMIZING CRISES [FREE WEBINAR]

**WHEN**  
**TUESDAY, MAY 3RD, 10-11AM**

**WHERE**  
**THIS IS AN ONLINE EVENT.**

## **MORE INFORMATION**

**Learn strategies to create & maintain a low-stress environment, how to identify & respond to 'red flags', and tips for crisis communication**

### About this event

Families are susceptible to strain from a number of sources including work and school obligations, illness, finances, interpersonal conflict, and more. Learn strategies to create and maintain a low-stress environment, how to identify & respond to 'red flags', and tips for communicating in times of crisis with a licensed therapist.

### **For more information:**

<https://www.eventbrite.com/e/creating-a-low-stress-environment-and-minimizing-crises-free-webinar-tickets-299184848937?aff=ebdssbonlinesearch>

• •



May 04

### **Talking to Children about Mental Health [Free Webinar]**

by Mindspring Mental Health Alliance

8985 followers

[Follow](#)

Free



# TALKING TO CHILDREN ABOUT MENTAL HEALTH [FREE WEBINAR]

**WHEN**  
**WEDNESDAY, MAY 4TH, 10-11AM**

**WHERE**  
**THIS IS AN ONLINE EVENT.**

## **MORE INFORMATION**

**Learn how to help children understand what mental illness is and is not, and how to answer their questions, with a therapist**

### About this event

Children are curious about their environment and the people around them. How do we answer their questions about mental health? Learn how to help children understand what mental illness is and is not and how to answer their questions in this one-hour seminar with a licensed therapist.

For more information:

<https://www.eventbrite.com/e/talking-to-children-about-mental-health-free-webinar-tickets-299280916277?aff=ebdssbonlineearch>

• •



May 19

### **The Science Behind Mental Health [Free Webinar]**

by [Mindspring Mental Health Alliance](#)

8985 followers

[Follow](#)

Free

# THE SCIENCE BEHIND MENTAL HEALTH [FREE WEBINAR]

**WHEN**  
**THURSDAY, MAY 19TH, 10-11AM**

**WHERE**  
**THIS IS AN ONLINE EVENT.**

## **MORE INFORMATION**

**Are mental health disorders best understood as physical illnesses that affect the brain?**

About this event

Diagnosing mental illness isn't like diagnosing other chronic diseases. Are mental health disorders best understood as physical illnesses that affect the brain? Or do these disorders belong in a category all their own? An accessible guide to understanding causation, prevalence, treatment and prevention of mental illness. Separate myths and facts on this often-misunderstood topic.

For more information:

<https://www.eventbrite.com/e/the-science-behind-mental-health-free-webinar-tickets-304237571767?aff=ebdssbonlinesearch>

• •



May 17

## **FREE Virtual Baking Class: Classic Peach Cobbler**

by [Homemade: Free Cooking Classes](#)

4840 followers

[Follow](#)

Free

# FREE VIRTUAL BAKING CLASS: CLASSIC PEACH COBBLER

## WHEN

**FRIDAY, APRIL 29TH, 9PM**

## WHERE

**THIS IS AN ONLINE EVENT.**

## MORE INFORMATION

**FREE Interactive Online Baking Class ~ Classic Peach Cobbler**

About this event

**Event Date:** Tuesday, May 17, 2022

**Event Time:** 4pm PT / 7pm ET

### Details:

- You will receive the ingredient list + Zoom link in your Eventbrite confirmation email, as well as directly from Homemade a few days before the event.
- Please make sure that emails coming from [support@withhomemade.com](mailto:support@withhomemade.com) are not going to your spam folder!
- This event may be recorded
- Closed captioning is now available for all of our free cooking events! For more information, shoot us an email at [support@withHomemade.com](mailto:support@withHomemade.com)

We provide best in class virtual cooking classes with the most entertaining chefs from around the country! We're all about making people feel at home, specifically in their kitchens. Everyone deserves to learn how to whip up a Homemade meal, and doing it together with a Homemade Chef at the helm makes for an incredible experience. Homemade chefs are able to make class engaging, entertaining, professional while also cooking and teaching. Our Chefs are the best of the best - they've been featured in countless media events, interviews, and culinary demonstrations.

For more information:

[https://www.eventbrite.com/e/free-virtual-baking-class-classic-peach-cobbler-tickets-310793962107?](https://www.eventbrite.com/e/free-virtual-baking-class-classic-peach-cobbler-tickets-310793962107?aff=chdcshonlinesocrah)

[aff=chdcshonlinesocrah](https://www.eventbrite.com/e/free-virtual-baking-class-classic-peach-cobbler-tickets-310793962107?aff=chdcshonlinesocrah)





Breathwork  
Meditation for  
a good nights  
sleep

Sleep well and wake up rejuvenated  
with enough energy to face the day!

MULTIPLE DATES

**Breathwork & Meditation for a  
Good Nights Sleep**

by [SKY Schools](#)

804 followers [Follow](#)

Free



# BREATHWORK & MEDITATION FOR A GOOD NIGHTS SLEEP

## WHEN

**TUESDAY, MAY 24TH, 9PM**

## WHERE

**THIS IS AN ONLINE EVENT.**

## MORE INFORMATION

**Learn simple and effective techniques to calm your mind, restore your system, and help you to sleep well .**

### About this event

Tossing and turning at night? Staring at the ceiling wishing you were asleep? Waking up at 2:00 am and unable to fall back to sleep?

The mind body connection is strong and the breath is the link that allows us to manage our minds, and minimize the impact of negative thoughts and emotions on our body. Discover the power of breath to quickly reduce stress and relieve your anxiety and negative emotions.

Join us for a free introduction to the SKY Breath Meditation Workshop. Each session is free, live and interactive.

Discover how the power of your breath can quickly reduce stress, relieve your anxiety, and drop negative emotions.

- ✓ We'll breathe
- ✓ We'll connect
- ✓ We'll meditate

Our one-hour online Zoom sessions include:

- some movement, some fun, and lots of laughter
- a breathing technique that will restore your energy
- a soothing, guided meditation to access deep calm

Led by certified breathwork and meditation experts

**\*\* Register now\*\***

For more information:

<https://www.eventbrite.com/e/breathwork-meditation-for-a-good-nights-sleep-tickets-128274108311?aff=ebdssbonlinesearch>



## **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](mailto:info@bridgesrehab.org)

☎ 9096236651

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