

A BRIDGE AND BEYOND

AUGUST-SEPTEMBER 2023

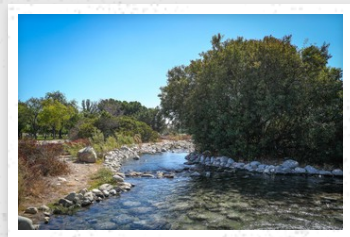


We have had a busy and productive summer, and we look forward to what the fall will bring!



NEWS FROM EL MONTE!

Our garden at the Casitas continues to flourish. This month we are growing cantaloupe, watermelon, tomatoes, and squash. Even a grasshopper friend has joined in the gardening activity! Clients have also been enjoying weekly trips to the El Monte Farmers' Market and music in the park in the evenings. We have also had picnics at the Santa Fe Dam and trips to Universal City Walk and the Santa Monica Pier.



NEWS FROM WOODLAND HILLS!

In August, our therapist Daniella from TruStart promoted BRIDGES at the Back-To-School picnic at Capistrano Avenue Elementary School. This was a great opportunity for Daniella to provide information on school-based mental health through psychoeducation with parents and staff. Daniella worked to highlight our work with students through our partnerships with various schools throughout the San Fernando Valley. Daniella brought along pinwheels to demonstrate a breathing activity that is often used in our work with clients in individual settings as well as in the classroom.

Here is a close look at our hosted table, including information about BRIDGES and our mindfulness activity presented at this event.



Breathing With a Pinwheel

This exercise allows us to see how different ways of breathing affect how our mind and bodies feel.



Step 1 With a pinwheel for your child and yourself, sit with your back straight and your body relaxed.

Step 2 Blow on your pinwheels together using long, deep breaths, and notice how you feel. Do you feel calm and relaxed? Is it easy or hard to sit still?

Step 3 Now blow on the pinwheels using short, quick breaths. How does your body feel now? Do you feel the same way after breathing quickly as you did after breathing slowly?

Step 4 Now blow on the pinwheels normally. How does this feel?

Step 5 What did you notice about how different ways of breathing makes you feel?



A FOLLOW UP FROM LAST MONTH'S NEWSLETTER

Our TruStart client shares an update on her achievements at college.

"After learning to cope with my challenges, BRIDGES has changed my form of thinking and my future. Presently on campus I'm the Commissioner of Ethnic and Cultural Affairs, Historian of the Puente Club, and a Mental Health Ambassador. This photo is of a recent current event in which I was given the opportunity to meet VP Harris! I feel lucky to now help others find their own best self. Thank you for everything BRIDGES!"



Although August has gone by, we cannot miss an opportunity to give wish a warm Happy Birthday to our August Birthdays and a big congratulations to our August Work Anniversaries!

AUGUST BIRTHDAYS 🎂

Bailey Litchfield

Anais Sustayta

Judi Williams

Larisa Cazacioc

Andrew Zaragoza

Zulima Serrano

AUGUST ANNIVERSARIES 🎂

Sophia Harris- 1 year

Grace Rojas- 1 year

Lizbeth Gonzalez- 1 year

Megan Collins- 3 years



Please also join us in celebrating our September Birthdays and Work Anniversaries!

SEPTEMBER BIRTHDAYS 🎂

Adela Portillo

SEPTEMBER ANNIVERSARIES 🎂

Happy 1st Anniversary!

Cindy Herrera

Felipe Perez

Nicole Eugenio

Anjena Mendias






SAFETY CORNER



HEAT ILLNESS

August and September are the two of the hottest months in California. When temperatures hit extreme highs, look out for the following symptoms that may be a sign of heat-related illness.

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none"> • High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out) 	<ul style="list-style-type: none"> • CALL 911 RIGHT AWAY -- HEAT STROKE IS A MEDICAL EMERGENCY. • Move the person to a cooler place • Help lower the person's temperature with cool cloths or a cool bath • Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none"> • Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out) 	<ul style="list-style-type: none"> • Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water • Get medical help right away if: <ul style="list-style-type: none"> ◦ You are throwing up ◦ Your symptoms get worse ◦ Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none"> • Heavy sweating during intense exercise • Muscle pain or spasms 	<ul style="list-style-type: none"> • Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity • Get medical help right away if: <ul style="list-style-type: none"> ◦ Cramps last longer than 1 hour ◦ You're on a low-sodium diet ◦ You have heart problems
SUNBURN	
<ul style="list-style-type: none"> • Painful, red, and warm skin • Blisters on the skin 	<ul style="list-style-type: none"> • Stay out of the sun until sunburn heals • Put cool cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters
HEAT RASH	
<ul style="list-style-type: none"> • Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) 	<ul style="list-style-type: none"> • Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash
Learn more at publichealth.lacounty.gov . Source: Centers for Disease Control and Prevention	
  	

If you do not have access to air conditioning, we encourage you to take advantage of free local cooling centers. To find a location near you, visit <https://ready.lacounty.gov/heat/> or call 211.



MENTAL HEALTH AFTER AN EMERGENCY

With the threat of a hurricane last month and wildfire season upon us, watch for signs of distress amongst ourselves and the people around us. Here are tips on what to look out for and how to help those stressed out after an emergency.

Mental Health and Stress after an Emergency

1. What are some common reactions people have after an emergency?

When an emergency strikes, it is common for people to worry about their safety and the safety of their homes/property, pets and those close to them. Our reactions to an emergency can affect the way we feel, think, and act, for example:

THINK	FEEL	ACT
<ul style="list-style-type: none"> • Confused • Nightmares • Disoriented • High or low level of alertness • Can't concentrate • Can't follow simple instructions • Memory problems • Poor problem solving • Can't identify familiar objects or people 	<ul style="list-style-type: none"> • Chest pain, difficult breathing, or fast heart rate (check with your doctor) • Fatigue • Nausea/vomiting • Dizziness • Sweating • Headaches • Vision problems • Aches and Pains • Chills • Clammy skin • Anxiety • Trouble hearing 	<ul style="list-style-type: none"> • Guilt • Grief • Denial • Severe panic (rare) • Fear • Worry • Irritability • Depression • Sense of failure • Feeling overwhelmed • Blaming others or self • Hopelessness • Frustration • Isolation
		<ul style="list-style-type: none"> • Anger • Withdrawal • Can't rest • Impulsive/risk-taking • Argumentative or violent • Distracted • Higher use of tobacco, alcohol, or drugs

2. What can you do for yourself?

- Understand that it is normal to feel worry and stress after an emergency.
- Recognize that you did not have control over this situation. Remind yourself of the ways that you are gaining control of your situation and helping lower your anxiety. For example, "I am taking medicine and learning more about what to do."
- Turn to family, friends, and spiritual support, and talk about your experiences and feelings with them.
- Get back to the routines of your life as soon as you can.

3. What can you do for your child?

TIP	EXAMPLES
Help your children feel safe	<ul style="list-style-type: none"> • Check in with them. • Let them talk about their fears and worries. • Stick to family routines that help them feel comfortable and secure. • Reassure them that parents, teachers, doctors, and government officials are doing their best to keep them safe and healthy.
Limit the time kids spend watching the news	<ul style="list-style-type: none"> • Kids may be frightened, overwhelmed, or traumatized by news reports. • Supervise what they watch on TV. Have a family discussion during and after viewing to let them express their fears and concerns.
Arm yourself with the facts	<ul style="list-style-type: none"> • Your kids will be less fearful if they see that you are not afraid and if you spend time with them answering all their questions.

If you or members of your family have trouble coping, ask for help. At work, you may be able to get help from your human resources department or your company's Employee Assistance Program. Call a counselor or mental health professional at the **Department of Mental Health 1-800-854-7771**. You can also contact the Substance Abuse and Mental Health Services Administration's (SAMHSA) **Disaster Distress Helpline at 1-800-985-5990 or text TalkWithUs to 66746**.

EPRP-EPRP-0020-01 (11/12/18)

Los Angeles County Department of Public Health
www.publichealth.lacounty.gov



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

All through the month of September, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

September is Suicide Prevention Awareness Month

Say more, save a life

Talking about suicide is very important if you are worried about someone who may be struggling. Having an open, supportive conversation can be a lifeline for a person who's thinking about ending their life.

For immediate support, call or text the 988 Suicide and Crisis Lifeline.



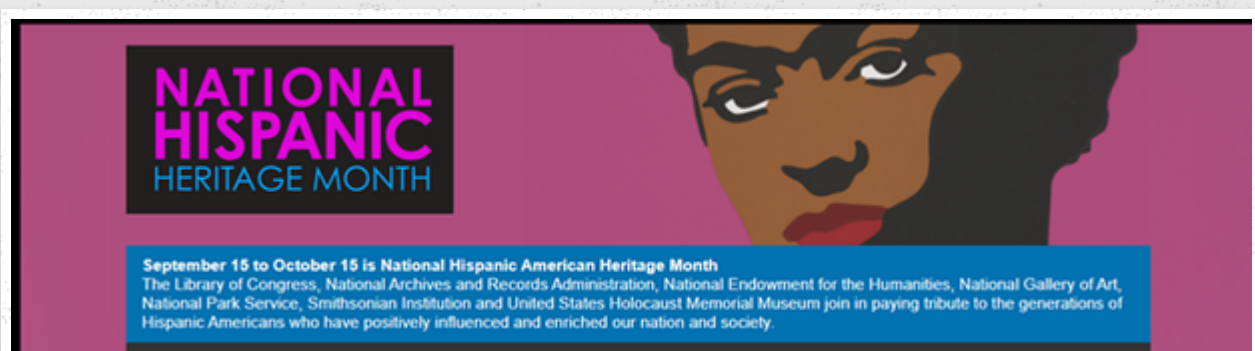
Promote National Suicide Preve...

988lifeline.org

We can all help prevent suicide. Every year, the Lifeline and other mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September, National Suicide Prevention Month.



NATIONAL HISPANIC HERITAGE MONTH SEPTEMBER 15-OCTOBER 15





National Hispanic American Heri... www.hispanicheritagemonth.gov

Paying tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society.



UPCOMING EVENTS



City of San Gabriel HEAR Commission Presents





SAN GABRIEL Mental Wellness EXPO


Sunday, October 1, 2023
12:00 pm - 4:00 pm

Mission Playhouse Plaza
320 S. Mission Drive
San Gabriel 91776


- ▶ Activities for kids and adults
- ▶ Yoga, tai chi, and sound bath
- ▶ Resources and informational booths
- ▶ Workshops will address loneliness, parenting adolescents, depression, and suicide prevention. Register for free today!

WORKSHOPS PROVIDED BY





Scan QR code for more information and a list of participating agencies, or call 626.308.2875.





YUMMY FOR THE TUMMY

A delicious summer recipe brought to us by our Intake Coordinator Andrew! This shareable dish has been a favorite among the staff in El Monte, and we know it'll be your favorite too!



MANGO SEAFOOD CEVICHE

Enjoy the tropical goodness of Mango Seafood Ceviche – a fusion of juicy mangoes, shrimp, imitation crab, and a garden-fresh mix. This recipe is a burst of flavors, elevated with zesty lime juice, Clamato tomato juice, and optional Valentina sauce. A perfect blend for any occasion whether you're hosting a gathering or simply looking to savor a unique and delicious dish, follow the steps below:

- 1 mango
- 1 lb shrimp
- 1 lb imitation crab
- 1 bundle cilantro
- 5 limes
- 1 bottle of Clamato
- 2 cucumbers
- 1 tomato
- 2 avocados

½ onion

Optional: Valentina sauce (pour to taste, ~1-2 tablespoons)

1. Wash, peel, and dice all vegetables and fruit and place into a dish, bowl, or tray.
2. Squeeze the limes and add the Clamato juice and Valentina sauce into the container.
3. Mix all items together until combined and store in the refrigerator for added texture.
4. For a party/family size, be sure to double the number of base ingredients.



Calmness is a human
SUPERPOWER.

The ability to not overreact
or take things personally
keeps your mind clear and
your heart at peace.

- Marc & Angel Chernoff



InspirationCabin.com



CONTACT US!

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🌐 bridgesrehab.org