

A BRIDGE & BEYOND

September 2021

SUICIDE PREVENTION AWARENESS MONTH



Suicide is a difficult topic to discuss and that is why we are pleased to present this year's Suicide Prevention Awareness Month Campaign, SPEAK. Speaking out about suicidal thoughts can be both overwhelming and frightening and knowing how to start a conversation can be difficult.

In the last decade, conversations about mental health and suicide prevention have become more prevalent. In 2018, more than 10 million Americans had serious suicidal thoughts.¹ These thoughts often arise in response to stressful or challenging life situations, including physical or mental health problems, trauma, abuse, loneliness, and isolation. According to the CDC, suicide remains the second leading cause of death among Americans ages 10 to 34. Suicide is a major health crisis—and it is preventable.

During Suicide Prevention Awareness Month, we would like to remind you that your program provides resources and services to help you and your household members. Suicide is not inevitable for anyone. Understanding the issues surrounding suicide and mental health is an important way to participate in suicide prevention, help others in crisis and change the conversation about suicide.



Resource



National Suicide Prevention Lifeline

Get help & support

If you are in suicidal crisis or emotional distress, use the contact info below to get help.

- United States: Contact the National Suicide Prevention Lifeline (the Lifeline) at 1-800-273-TALK (8255). Crisis workers are available 24 hours a day. Calls are free and confidential.

Help someone else

If you believe that someone else is in danger of suicide and you have their contact info, contact your local law enforcement for immediate help.



HELP CHILDREN & ADULTS COPE WITH RECENT
WORLD EVENTS



Recent tragic events have caused unrest throughout the world, which has left many people feeling a sense of loss, frustration, hopelessness and fear. Tragic events can cause a range of intense physical, emotional and psychological symptoms. People often experience shock and disbelief immediately after the traumatic event and find it difficult to accept the reality of what is happening.

Normal behavioral responses

- Regressive behavior
- Repetitive questions
- More crying and tearfulness
- Disturbing dreams
- Fluctuating moods
- Withdrawal
- Difficulty concentrating
- Aggressive acting out
- Sleep disturbance, disturbing dreams, nightmares
- Changes in eating patterns and appetite
- Clinging to parents/caregivers

Tips for adults

Engage in positive activities

Try to engage in positive, healthy, or meaningful activities, even if they are small, simple actions. Doing things that are rewarding, meaningful, or enjoyable, even if you don't feel like it, can make you feel better.

Stay connected

Spend time with people who give you a sense of security, calm, or happiness, or those who best understand what you are going through.

Practice good self-care

Look for positive coping strategies that help you manage your emotions. Listening to music, exercising, practicing breathing routines, spending time in nature or with animals, journaling, or reading inspirational text are some simple ways to help manage overwhelming or distressing emotions.

Stick to your routines

It can be helpful to stick to a schedule for when you sleep, eat, work, and do other day-to-day activities. □ Limit media exposure. Limit how much news you take in if media coverage is increasing your distress.

What children need to know

- They are not alone.
- Things will return to normal.
- All your feelings are normal and OK.
- It's OK to cry – it's even OK to be happy.
- You have handled problems before, and you have what it takes to handle this one, too.
- They need to use their support systems; discuss what those are.
- Talk about it with parents, other relatives, teachers and friends.
- Find appropriate ways to express feelings – discuss what some of those are.
- Don't be afraid to ask questions.
- Let their parents, teachers or other adults know if they feel scared, angry or sad.
- Spend time with friends.
- Reach out to others
- They can self soothe i.e. deep breathing to calm themselves down. Practice with them.
- Stay busy.
- Avoid watching too much TV shows or limited social media exposure about what has occurred or looking a picture of the disaster.

Signs that more help is needed

- When the normal behavior responses above go on for an extended period of time.
- Regressive behavior persists over time.
- Withdrawal from friends and family.
- A drop-in school performance and/or refusal to attend school.
- Behavioral responses are persistently interfering with the child's ability to function in any major area of life; school, relationships, health, etc



WHAT'S HAPPENING AT BRIDGES



"With respect to BIPOC Mental Health Month, Casitas Tranquilas led an initiative to integrate additional psychosocial education around culturally rooted principles, community centered care, and self-directed care that was provided by Mental Health America's monthly toolkit that

can be found by clicking here. <https://mhanational.org/get-involved/download-2021-bipoc-mental-health-month-toolkit>

Throughout the month, the annual mural project, which was postponed last year as a result of safety precautions, made its return with the theme of "Strength in Community."

The art project went through multiple phases to include an opportunity for resident and staff's impression of the mural by coloring their own mandala, collaborative efforts in painting the mural, and a final reveal that invited all of site's participation to leave their print followed by a word that resonated with them. Words such as faith, perseverance, confidence, and hope, outlined the values that act as a binder to further strengthen the community that BRIDGES strive for in service of helping others. Stronger together.

Thank you to all who had joined in this effort. May this mural welcome you with open arms."

-Andrew Zaragoza
Mental Health Counselor



AWARENESS DAYS & FUN FACTS



NATIONAL TEDDY BEAR DAY

On September 9th, National Teddy Bear Day honors the history of one of childhood's favorite toys. We have all had a special cuddly teddy as a child. Some of us still have our teddy bear from our childhood. No matter what kind of teddy bear you had, the day is a perfect time to celebrate your childhood friend!

HOW TO OBSERVE #NationalTeddyBearDay

Share some of your favorite Teddy Bear characters from a time gone by. Are they recent interpretations of the lovable creature? Or do you have an affinity for the classic Teddy Bear? Other ways to celebrate include:

- Giving a Teddy Bear to someone you love.
- Donate Teddy Bears to a local organization for children.
- Host a Teddy Bear tea party with your children.

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NATIONAL ICE CREAM CONE DAY

Despite the official end of summer, National Ice Cream Cone Day continues celebrating on September 22nd!

While some controversy exists as to who invented the ice cream cone, the earliest mention shows up in French cookbooks around 1825. Originally referred to as "little waffles," the cones were waffles rolled into the shape of a cone. In the United States, ice cream cones first became popular in the late 1800s. Confectioners turned the first cones by hand. The ice cream cone continues to be a popular treat for children and adults alike.

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YOU GOT
THIS

NATIONAL DAY OF ENCOURAGEMENT

September 12th recognizes the National Day of Encouragement each year. This day is dedicated to uplifting people around us and making a positive impact.

Offering encouragement to someone is free. It never costs us anything to say a few words to inspire a student, coworker, or friend. Even a reassuring word to a stranger may make a difference in their lives.

Encouragement lifts up someone when they are down. It also motivates a person who has their eye on a goal. When we've failed, the right words remind us to keep trying. A little dedication to finding the right message may create a spark that changes a loved one's perspective.

Sometimes, the act of noticing a job well-done improves someone's day. Developing a habit of recognizing emerging talents motivates us to speak up and offer a kind word or helpful tip. It's a practice worth having, to improve relationships at work, home, and in the world around us. There really is no simpler way.



 Celebrate Every Day

nationaldaycalendar.com



SAFETY CORNER



Families with Vaccinated and Unvaccinated Members

What You Need to Know

- If you've been fully vaccinated against COVID-19, you've taken the first step toward protecting yourself and your family and returning to many of the activities you did before the pandemic.
- To maximize protection from the Delta variant of the virus that causes COVID-19 and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
- Wearing a mask is most important if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated. If this applies to you or your household, you might choose to wear a mask regardless of the level of transmission in your area.

How can I protect my unvaccinated family members?

These are the best ways to protect your unvaccinated family members, including children who cannot get vaccinated yet:

- Get vaccinated yourself. COVID-19 vaccines reduce the risk of people getting COVID-19 and can also reduce the risk of spreading it.
- Be sure to get everyone in your family who is 12 years or older vaccinated against COVID-19.

- Wear a mask.
 - To maximize protection from the Delta variant and prevent possibly spreading it to others, have everyone in your family, even those who are vaccinated, wear a mask indoors in public if you are in an area of substantial or high transmission.
 - You might choose to have everyone in your family, even those who are vaccinated, wear a mask indoors in public regardless of the level of transmission in your area.
 - Unvaccinated family members, including children 2 years and older, should wear a mask in all indoor public settings.
 - To set an example, you also might choose to wear a mask.
 - Do NOT put a mask on children younger than 2 years old.

How do I protect a family member who has a condition or is taking medications that weaken their immune system?

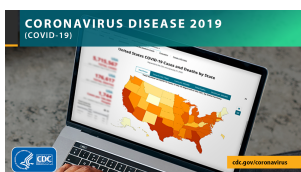
- Get vaccinated yourself. COVID-19 vaccines reduce the risk of people getting COVID-19 and can also reduce the risk of spreading it.
- People who have a condition or are taking medications that weaken their immune system may NOT be protected even if they are fully vaccinated. They should continue to take all precautions recommended for unvaccinated people, including wearing a well-fitted mask, until advised otherwise by their healthcare provider.
- If you live with someone who has a weakened immune system or is at increased risk for severe disease, you might choose to wear a mask in all indoor public settings regardless of the level of transmission in your area.

Choose safer activities for your family.

- Outdoor activities are safer than indoor ones. If you are indoors, choose a location that is well ventilated, for example a room with open windows, and know when to wear a mask.
- Avoid activities that make it hard to stay 6 feet away from others.
- If your family member is younger than 2 years old or cannot wear a mask, limit visits with people who are not vaccinated or whose vaccination status is unknown and keep distance between your child and other people in public.

Regardless of which safer activities your family chooses, remember to protect yourself and others.

If you are fully vaccinated, see [When You've Been Fully Vaccinated](#).



[Coronavirus Disease 2019 \(...\)](#)

www.cdc.gov

Happy Anniversary



Adriana Garcia 1 Year

Catalina Rincon 1 Year

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Happy Birthday



Augustina Baltazar

Jose Gomez

Heidy Jaimas

Alejandra Jimenes

Karina Jimenez

Dominic Rodriguez

Angela Vasquez

FREE EVENTS



Yoga at the Park

All levels are welcomed. If you've never tried yoga before, this is your sign to try it for free.

When: September 2nd

Time: 6pm - 7pm

Cost: FREE of charge

Location: Vista Hermosa Natural Park, Mountains Recreation & Conservation Authority

100 North Toluca Street

Los Angeles, CA 90026

For more information: <https://www.eventbrite.com/e/yoga-at-the-park-tickets-164578766521?aff=ebdssbdestsearch>

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Essential Oils Made Easy

Come learn what essential oils are, how to use them, and how to take care of yourself with natural, healthy, toxin-free options. We will learn how oils can be used for things including emotional health, stress, sleep, digestive support, pain, immune support, weight management, and creating a toxin-free lifestyle.

We look forward to educating you about these powerful tools!

When: Multiple Dates

Cost: FREE

Where: The Oil Connection

1200 E Route 66

Suite 104

Glendora, CA 91740

For more information: <https://www.eventbrite.com/e/essential-oils-made-easy-tickets-136379529845?aff=ebdssbdestsearch>

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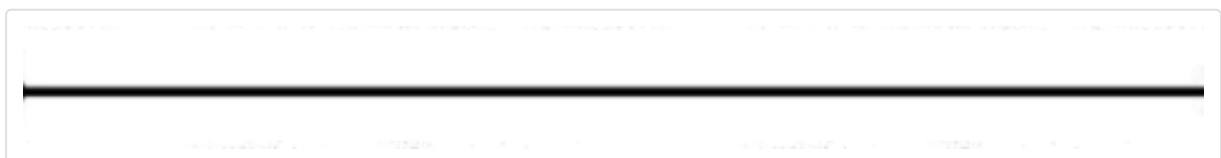
FREE Bulky Item Drop-Off Events

It's time to get rid of unwanted bulky items. LASAN will be accepting bulky item waste at 5 locations across the city Saturday, September 18.

Save yourself the time, trouble, and cost of going to the landfill! LA Sanitation & Environment (LASAN) will be accepting bulky items at five locations around the City on specific dates at least once a month throughout the year. Furniture, carpet, yard trimmings, shelving, and wood will also be accepted.

Hours: 8am to 4:30pm

For more information: <https://www.eventbrite.com/e/091821-free-bulky-item-drop-off-events-registration-161985287355?aff=ebdssbdestsearch>





"Life is like riding a bicycle. To keep your balance, you must keep moving."

"Life changes very quickly, in a very **POSITIVE** way, if you let it."

LINDSEY YONN

YOU MATTER.



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El Monte (626) 350-5304

TruStart (818) 657-0411

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