

A Bridge & Beyond

December 2021

What's Happening at BRIDGES



Team Building with FSP

BRIDGES' Full-Service Partnership (FSP) program in the San Fernando Valley provides intensive mental health services, case management, peer advocacy, and other supportive services for adults who are homeless, formerly homeless, or imminently facing homelessness, have chronic mental illness such as schizophrenia and psychotic disorders, and who often struggle with substance abuse. Our team of therapists, case managers, peer advocate and program assistant provide in-field supportive services to this underserved population several times weekly. The team and clients face daily challenges in working to manage and safely intervene with clients who often engage in risky and harmful behaviors and have poor insight to their illness.

Daily and regular communication is an integral part of being on our FSP team and effectively serving this population of individuals entrusted in our care. We take this seriously. Communication keeps pertinent information regarding clients from slipping through the cracks, prevents team splitting, and ensures continuity of care regarding client goals and treatment.

This team is busy meeting clients where they are and often in the community. With the team being out in the community and minimally in the office together, it is important that we use effective communication to keep one another informed about each client's treatment and progress, potential red flags, crises, and engage in continuous team planning, including taking immediate steps needed to avert a crisis if possible, and/or act immediately if in a crisis. FSP staff participate in weekly staff meetings, team meetings, and impromptu phone communication on a daily basis.

Being a part of FSP is a unique experience, rewarding, and hard work. Our team is on-call 24/7 in order to meet the needs of this clientele. Our goals include helping to enhance the quality of our clients' lives, decrease hospitalization or institutionalization, and develop a path forward with, and for each individual's recovery. Engaging in team building is something, that as a leader I feel strongly about and have worked to implement about twice yearly. It is critical for all members of the FSP team to feel a sense of connectivity and stay connected in order to continue to do this work each day and be the best team that we can be for the clients. With such busy days out of the office, we don't always get to see one another, but that does not make communication any less important, in fact; it may make it even more important.

Suggested for this most recent team building was visiting an Escape Room. The purpose of this activity is to be locked in a room for 60 minutes and you must solve the riddles, problems, and puzzles to escape before time runs out. To complete this activity, it requires individuals to come together and work as a team, communicate consistently regarding clues found, discuss problem solving options to figure out the answers, and work together in figuring out problems by bouncing ideas and suggestions off each other. As a team, during this hour activity, we experienced minor frustrations, laughs, and loads of fun working together to solve the mystery of Houdini's Hideout! With effective communication skills put to use, we managed to make it out and escaped the room with 9 minutes left to spare!

Thank you FSP for all your hard work and dedication to our clients!

FSP team members pictured from the top row to the bottom row (left to right): Devan, Cesar, Jose, Kaylee, Lupe, Natalia, Paola, and Patrice.

*Note - Masks were worn throughout the activity by all staff. We removed them for a few seconds while the photo was being taken, and then promptly put them back on.

Natalia Mathis, LMFT
FSP Program Director

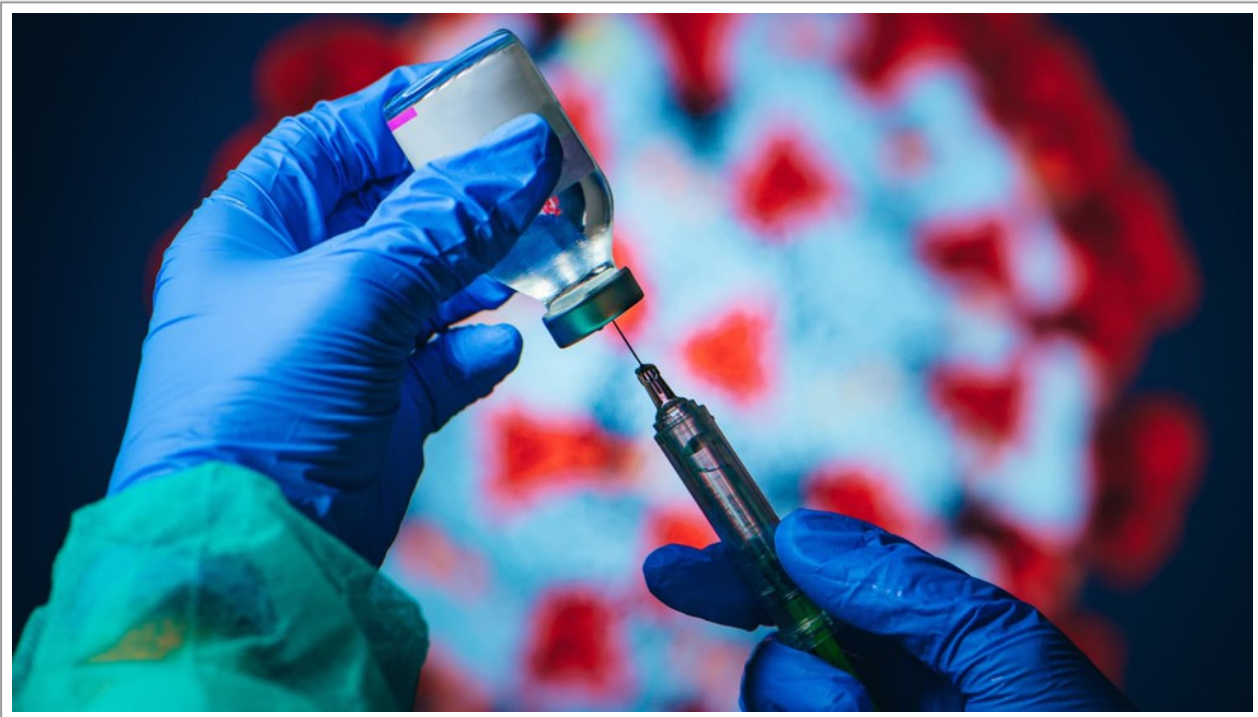


The Joy of Painting

In the vein of exploring transformative art, Casitas Tranquilas initiated a Paint and Sit event that welcomed a guided activity by none other than Bob Ross. Paying homage to the optimism and quirkiness that he instilled in his classic videos, residents and staff had to opportunity to connect on a shared vision and spirit.

Albeit each painting came out unique, it was a demonstration to highlight the efforts, tenacity, and joy of painting that Bob Ross captured in his own world and wanted to share with others. The classic brush cleaning, memorable quotes, and laughter were transformed into beautiful pieces that brought light to art and tools for healing.

Andrew Zaragoza
Mental Health Counselor



Vaccine Clinic Success

Bridges, El Monte hosted another successful vaccine clinic event on November 9th, made possible by Housing for Health. The vaccine event offered staff and clients COVID third booster and Flu vaccines. Everyone received \$25 gift cards from Housing for Health and goodie bags from BRIDGES. Feel good, dancing music was playing in the background and the vaccine area was decorated with colorful party decorations. Thank you to everyone that participated in this vaccine event! You are a BRIDGES hero!

If you didn't get a chance to participate in this vaccine event, you can always contact Diana Camarena to help you schedule your third booster and/or Flu vaccine.

Diana Camarena
COVID Safety Coordinator



Holiday Emotional Wellbeing



Learn how to reduce stress during the holiday season

While the holidays can be a joyful time, giving you a chance to reconnect with friends and family, they can also cause stress.

Follow these tips to manage stress:

- Make lists and share tasks. Keep track of tasks to get done and events to attend. Sharing your “to do” list with others is a great way to complete decorating, gift wrapping and food prep while spending time with friends and family.
- Get support if you need it. Holidays can sometimes trigger depression. Talk with your doctor about counseling or medicine to help you feel better.
- Know your spending limit. Set a budget and don't spend more than you've planned. You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot.
- Keep a routine sleep, meal and exercise schedule. Limit your alcohol. Taking care of yourself will help you deal with stressful conditions during the holidays.

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Do you know how to manage your emotions during the holidays?

As we navigate a second holiday season during a pandemic, we are faced with grief, loss and continuous change that may impact and cause confusion around how we celebrate the holidays.

Here are some tips for dealing with the holidays:

- Talk to your friends and family—If you are sad or struggling around the holidays, be honest about it. It helps others understand what you're going through. Open communication will also help you understand and honor your loved one's feelings and preferences.
- Take care of yourself—Prioritize what you know works best for your mental health and be open to new self-care strategies. Be sure to get enough rest, stick to your exercise plan and eat healthy foods to balance out holiday activities.
- Stay merry and bright—Humor helps lighten the mood and put things in perspective. Sharing a laugh helps us connect and put aside our differences.
- Find joy on your terms—Do what matters most to you. Set realistic expectations and limits for yourself and others, and don't be afraid to say "no" when something is outside the boundaries you set.
- Get money off your mind—Money problems are a leading cause of holiday depression. Focus on the spirit of the season.



Magellan Health | Welcome to M...

www.magellanhealth.com

Holidays, Awareness Days & Fun Facts

December is unquestionably the most festive month of the year. The month is marked by all manner of events and festivals around the world, including religious and cultural. December isn't just a month to treat yourself to the finer things in life. It's also the perfect season to appreciate those who've impacted our lives in a positive way and truly made the ending of the year better.

There's a wide collection of December global holidays to help you wind up the year in style. Below we have highlighted just a few of the festive fun-filled holidays being celebrated



Kwanzaa

Kwanzaa is often celebrated with traditional African songs and dances. There's also storytelling, poetry reading, and discussing various principle values of the African culture. These events usually culminate in a large traditional meal at the end of each day and a mega feast called 'Karamu' on December 31.



Hannukah

Known as Chanukah or the Festival of Lights, Hannukah is an 8-day Jewish festival that traditionally begins on the 25th day of the month of Kislev on the Hebrew calendar. There are usually variations on the exact day that Hannukah begins each year according to the Gregorian calendar. This year, the festival falls between November 28 and December 6.



Christmas

Christmas is celebrated in various countries as a cultural as well as a religious event. There are numerous ways to mark the occasion, including leaving gifts for Santa Claus or Father Christmas. Many people also attend Church services on Christmas day, with some opting to go on an all-out vacation.



Gingerbread Decorating Day

Gingerbread Decorating Day is celebrated by children and adults alike on December 12 every year. The day sets the mood for the upcoming holiday season. Baking of gingerbread is one of the oldest holiday traditions and Gingerbread Decorating Day unleashes the hidden artist in us!

Gingerbread is a broad range of baked goods flavored with ginger, cloves, nutmeg, and cinnamon. It is sweetened with sugar, honey, or molasses. Gingerbread ranges from a soft, moist loaf cake to a crisp or dense ginger biscuit, depending on your favorite. If you are a novice baker or simply too busy, you don't actually have to bake gingerbread cookies or a gingerbread house. Pick up your favorite gingerbread items from the baker, make some quick icing, and get started on a gingerbread decoration project with all the candies you can lay your hands on.



National Candy Cane Day

National Candy Cane Day is on December 26, and while that doesn't mean it'll keep us from munching on the sugary sticks as early as Thanksgiving, it does give us a chance to indulge as much as we can before New Year's. With beginnings in 17th-century Germany, these sweet treats were curved to represent the shepherds' crooks. They later made their way to the states in the mid-19th century. Now we see them everywhere, even on trees.

NATIONAL CANDY CANE DAY ACTIVITIES

1.

Add some candy canes to your hot chocolate

If you're like our families, you might use this day to rest and recharge after days of bustling around for the holidays. It's the perfect excuse to curl up with some hot chocolate. Celebrate candy canes by crushing some up into your warm drink.

2.

Make peppermint bark

You may be tired of cookies and other baked goods. If so, this will be the perfect treat since it's made with crushed candy canes, white chocolate, and milk chocolate.

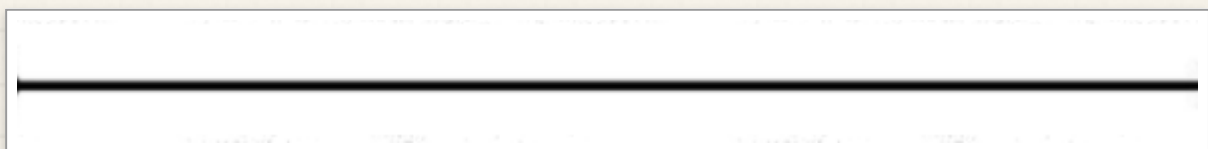
Peppermint bark can also serve as the perfect "thank you" for that sweet gift you received.



National Bacon Day

Gather-round the frying pan everybody because National Bacon Day is December 30 and it's enough to make any bacon-lover squeal. Just saying the word makes us hungry. It's an incredibly versatile food. You can eat it on a burger if you're ready for a major calorie-fest. Or, you can crumble it over a salad if you're trying to be kind of healthy (but let's be honest, nothing is healthy with bacon on it). You can even make it the star of the show by simply pairing it with eggs.

The word "bacon" can be traced back to various languages from before the 12th century. Most notably from the French word "bako," the Germanic "bakkon" and the Old Teutonic word "backe," all of which specifically refer to the rear of the pig. During the 16th Century, the word "bacoun" was used to refer to any kind of pork. And it wasn't until the 17th Century that "bacon" was used solely to refer to the salted and smoked pork belly that we know today.



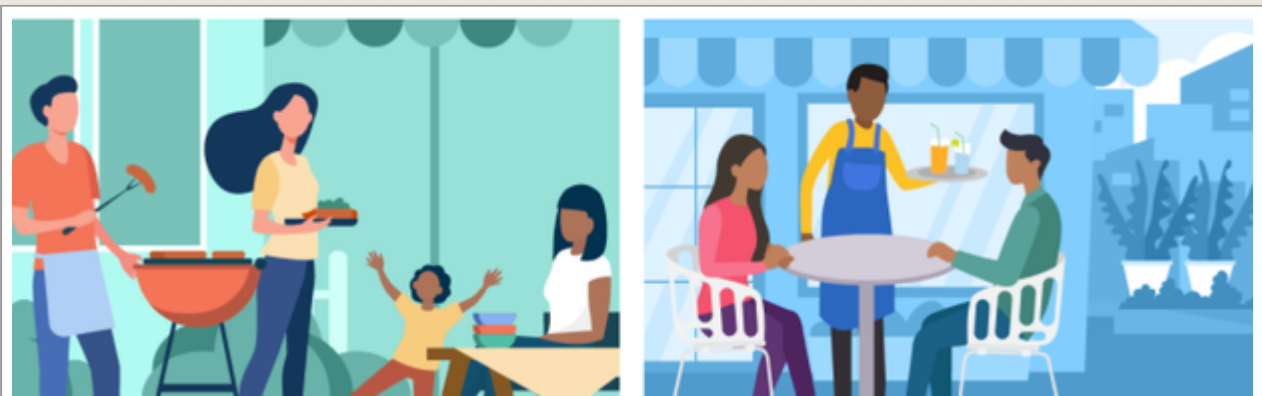
Safety Corner



Different COVID-19 Vaccines

Pfizer-BioNTech ^[1]	Moderna ^[1]	Johnson & Johnson's Janssen ^[1]
Ages Recommended 5+ years old	Ages Recommended 18+ years old	Ages Recommended 18+ years old
Primary Series 2 doses Given 3 weeks (21 days) apart ^[2]	Primary Series 2 doses Given 4 weeks (28 days) apart ^[2]	Primary Series 1 dose
Booster Dose Everyone ages 18 years and older is eligible at least 6 months after the last dose in their primary series. Any of the three COVID-19 vaccines can be used for the booster dose.	Booster Dose Everyone ages 18 years and older is eligible at least 6 months after the last dose in their primary series. Any of the three COVID-19 vaccines can be used for the booster dose.	Booster Dose At least 2 months after the first dose for all people ages 18 years and older. Any of the three COVID-19 vaccines can be used for the booster dose.
When Fully Vaccinated 2 weeks after 2 nd dose	When Fully Vaccinated 2 weeks after 2 nd dose	When Fully Vaccinated 2 weeks after 1 st dose

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When You've Been Fully Vaccinated

- You can resume activities that you did prior to 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.
 - You might choose to wear a mask regardless of the level of transmission 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 a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.
- You can travel.
 - 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.
 - You do NOT need to get tested **before** leaving the United States unless your destination requires it.
 - You still need to show a negative test result or documentation of recovery from COVID-19 **before** boarding an international flight to the United States.
 - You should still get tested 3-5 days **after** international travel.
 - You do NOT need to self-quarantine **after** arriving in the United States.
 - Wearing a mask over your nose and mouth is required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).



COVID-19 Vaccines for Children and Teens

CDC recommends **everyone ages 5 and older get a COVID-19 vaccine** to help protect against COVID-19.

Authorized For	Pfizer-BioNTech	Moderna	J&J / Janssen
4 years and under	No	No	No
5-11 years old	Yes	No	No
12-17 years old	Yes	No	No
18 years and older	Yes	Yes	Yes

Find a COVID-19 Vaccine for Children 5 Years and Older

- The federal government is providing the COVID-19 vaccine **free of charge** to all people living in the United States, regardless of their immigration or health insurance status.
- Check with your child's healthcare provider about whether they offer COVID-19 vaccination.
- Check your local pharmacy's website to see if vaccination walk-ins or appointments are available for children.
- Contact your state, territorial, local, or tribal health department for more information.

Find a COVID-19 vaccine: Search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

Why Children and Teens Should Get Vaccinated for COVID-19

There are approximately 28 million children between the ages of 5 and 11 years old in the United States, and there have been nearly 2 million cases of COVID-19 within this age group during the pandemic. COVID-19 can make children very sick and cause children to be hospitalized. In some situations, the complications from infection can lead to death.

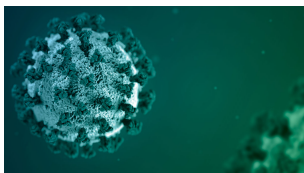
Children are as likely to be infected with COVID-19 as adults and can

- Get very sick from COVID-19
- Have both short and long-term health complications from COVID-19
- Spread COVID-19 to others, including at home and school

As of mid-October 2021, children ages 5 through 11 years have experienced more than 8,300 COVID-19 related hospitalizations and nearly 100 deaths from COVID-19. In fact, COVID-19 ranks as **one of the top 10 causes of death** for children aged 5 through 11 years.

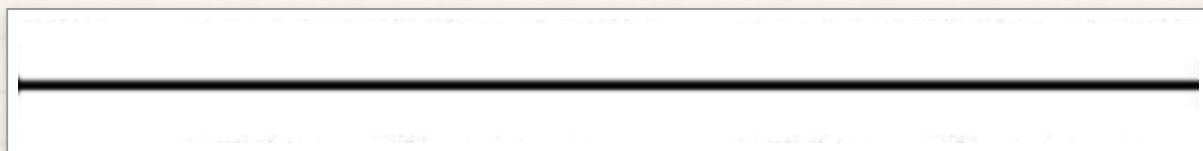
Children who get infected with COVID-19 can also develop serious complications like multisystem inflammatory syndrome (MIS-C)—a condition where different body parts become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs.

Since the pandemic began, more than 2,300 cases of MIS-C have been reported in children ages 5 through 11 years. Children with underlying medical conditions are more at risk for severe illness from COVID-19 compared with children without underlying medical conditions.

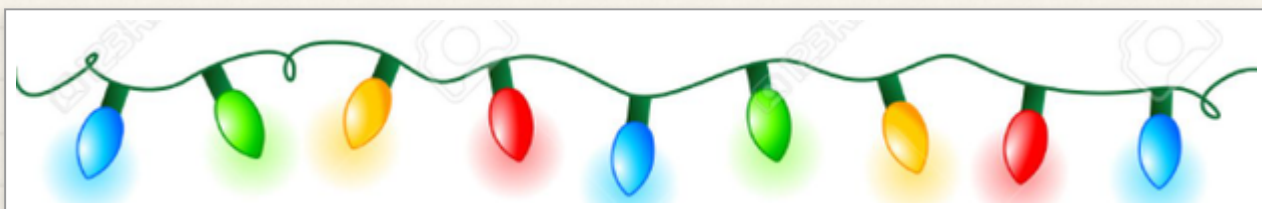


Coronavirus Disease 2019 (COV...

www.cdc.gov



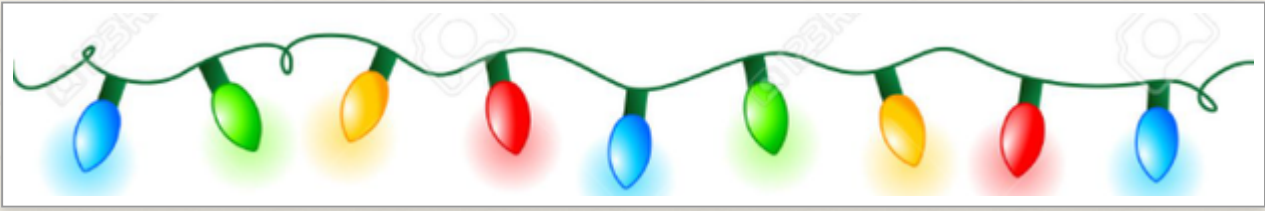
HAPPY ANNIVERSARY



Derek Chung

Monica Martins

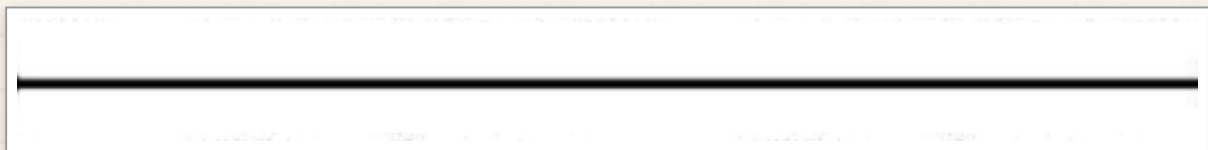
HAPPY BIRTHDAY



Rosa Adame

Priscilla Gibbs

Guadalupe Perez



FREE EVENTS



THE BANNING MUSEUM
VICTORIAN
CHRISTMAS

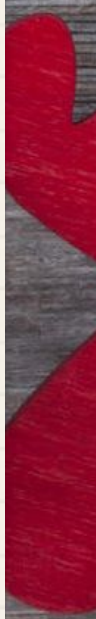
SATURDAY, DECEMBER 4, 2021
12:00PM - 4:00PM



PROOF OF FULL COVID-19 VACCINATION AND PERSONAL ID ARE REQUIRED for those 12 and older to enter the premises.



MASKS WILL BE REQUIRED INDOORS.



Victorian Christmas FREE EVENT

WHEN

Saturday, Dec. 4th, 12-4pm

WHERE

401 East M Street Los Angeles, CA
90744

MORE INFORMATION

Enjoy a tour of the beautiful historic Banning Museum, a visit with Santa +Mrs. Claus, a blacksmith demo and free family crafts + cookies.

Join us on Saturday, December 4 from 12 pm – 4pm for our annual Victorian Christmas Celebration.

Although it may look a little different than in years past, visitors of all ages can enjoy a walk through of the first floor of the beautifully decorated mansion, a visit with Santa and Mrs. Claus, carriage rides, a blacksmith demonstration and free family crafts and cookies!

NOTE: All visitors ages 12 and over must be fully vaccinated and show personal identification before entering the premises.

Temperature checks and visitor sign-in will be required at the entrance gate.

Face masks are required at all times inside of the Banning residence.

For more information:

<https://www.eventbrite.com/e/victorian-christmas-tickets-205311591497?aff=ebdssbdestsearch>

An Echo Park **CHRISTMAS**



An Echo Park Christmas FREE

WHEN

Sunday, Dec. 12th, 12-2:30pm

WHERE

1310 Liberty Street
Los Angeles, CA

MORE INFORMATION

A Christmas event for the whole family.

Special Guest: Santa (Get your cameras ready.)

- Pictures/Selfies with Santa
- Crafts
- Games
- Bounce House
- Food (Tamales for Sale)
- Prizes
- Music
- and More!!!

For more information:

<https://www.eventbrite.com/e/an-echo-park-christmas-tickets-215835007317?aff=ebdssbdestsearch>



Understanding Anxiety [Free Webinar]

WHEN

Wednesday, Dec. 15th, 10am

WHERE

This is an online event.

MORE INFORMATION

About this event

A guide to understanding the causes and types of anxiety disorders, their symptoms, and how relationships are affected.

Occasional anxiety is an expected part of life. But anxiety disorders involve more than temporary worry. An accessible guide to understanding what causes anxiety disorders and the types of anxiety, their symptoms, common misconceptions, and how relationships are impacted. Discuss co-occurring disorders, treatment options, and learn practical tips for managing symptoms and helping others.

For more information:

<https://www.eventbrite.com/e/understanding-anxiety-free-webinar-tickets-183828133897?aff=ebdssbonlinesearch>

8th Annual

Sensitive Santa!

at We Rock the Spectrum Kids Gym



Saturday, Dec. 11th 2021 | 10am – 4pm

See Santa with no Hassle or Sensory Overload!



Sensitive Santa! FREE EVENT

WHEN

Saturday, Dec. 11th, 10am-4pm

WHERE

5520 Crebs Avenue Los Angeles, CA
91356

MORE INFORMATION

Greetings to our We Rock Community!

We are launching our 8th Annual Sensitive Santa event at WRTS – Tarzana! Our Sensitive Santa event is FREE for the Community which allows Children with Neurodiversities to enjoy the Holiday season and take pictures with Santa! We understand the struggles families go through when visiting an over-stimulating environment such as a mall or large public event, especially for our children with neuro-diversities. We are thrilled to be able to provide our families with a sensory-friendly environment where their children can enjoy the gift of meeting Santa!

Your kids will enjoy a one-on-one meeting with Santa Clause, receive a FREE wrapped gift, and plenty of time for photos.

We are only allowing 10 guests per hour to be cautious of overcrowding.

For more information:

<https://www.eventbrite.com/e/sensitive-santa-tickets-211980077117?aff=ebdssbdestsearch>



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/

