



A BRIDGE & BEYOND

October-November 2024



We Are Thankful for You! 🍏💙💜

A Message from the Executive Director

Dear Team, Partners, and Families,

As we move through a period of change following this election, it's natural for people to experience a range of emotions. It's a time that can feel tense, and many may be experiencing heightened stress, uncertainty, and strong opinions. At times like these, our commitment to kindness, support, and patience with one another is more important than ever.



While we may hold different viewpoints, what unites us is our shared dedication to creating a positive, inclusive environment for each other and the people we serve. Let's continue to model the values of respect and understanding in our work and in our interactions with one another. Together, we can make a real difference by choosing to stay calm, express our thoughts thoughtfully, and treat each other with care and empathy.

To support everyone during this time, here are some resources and ideas that can help foster well-being:

1. **Employee Assistance Program (EAP) for BRIDGES employees** - Our EAP provides confidential counseling and support services for staff. This is available at no cost to our employees and offers resources to help manage stress, navigate challenging times, and build resilience. If you are a BRIDGES employee and need information on how to contact the EAP program, please contact our HR office for assistance.
2. **Mental Health Services** - Mental health support should be accessible to everyone in the community. **For individuals with health insurance** (private or Medi-Cal), mental health services should be made available through your provider network. **For individuals with limited or no insurance**, LA County offers a variety of mental health resources. A good starting point is contacting **211** for guidance on available options. Additionally, the **LA County Department of Mental Health Help Line** is available at **800-854-7771** for assistance.
3. **Substance Abuse Services**- If you are struggling with alcohol/drugs, please contact the Substance Abuse Service Helpline at 1-844-804-7500. The helpline is available 24/7 and able to provide screening, resources and referral directly to alcohol/drug treatment providers.
4. **Wellness Practices** - We encourage everyone to focus on self-care, whether that means taking time for physical exercise, practicing mindfulness, or connecting with friends and loved ones. Simple things like stepping outside for fresh air or setting aside time each day to unwind can go a long way toward maintaining balance.

Remember, none of us are alone in this, and we're here to support each other. We'll continue to serve our community with compassion and a focus on well-being, no matter the challenges we may face. Let's make this a time to come together and lift each other up. Thank you all for the invaluable work you do every day. I'm grateful to work alongside each of you.

Lori Pendroff, M.S.
Executive Director

News from El Monte 📣

Spooky Season in El Monte! 🎃

This Halloween, staff and clients teamed up to transform our site into a festive celebration of all things spooky! From cobweb-covered corners to pumpkins with personality, the creativity on display was nothing short of inspiring. A big *thank you* to everyone who contributed their time, ideas, and decorating skills – you've made this season one to remember!



Pumpkin Decorating with Clients and Staff 🎃

This Halloween season, clients and staff from both sites came together for a creative pumpkin painting activity that brought out everyone's artistic side! From spooky designs to vibrant, cheerful creations, each pumpkin was a unique masterpiece showcasing the imagination and talent within our community.

It was a wonderful way to celebrate the season, connect with one another, and add some festive flair to our site. Thank you to everyone who participated and made this event a success.



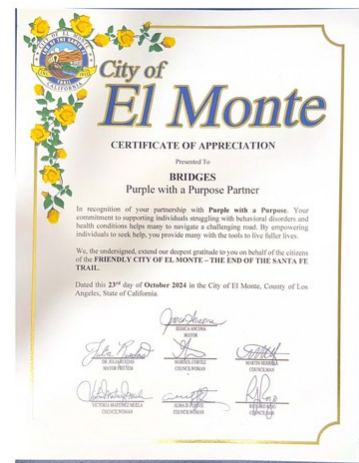
Project Independence Outreach: Making Connections

Our Outreach Team at Project Independence had a busy October, attending impactful events to engage with the community and spread awareness.

We were proud to participate in the "**Feria de Salud y Servicios**" hosted by the Mexican Consulate. This event emphasized the importance of good health, healthy lifestyles, and everyone's right to quality healthcare services. It was inspiring to connect with attendees and share resources that promote wellness in our community.

Later in the month, we attended "Purple with a Purpose," an event dedicated to raising awareness and advocating against domestic violence. This important gathering highlighted the power of education and community action in addressing this critical issue.

We are grateful for the opportunity to take part in these events and remain committed to making a positive impact in our community. Thank you to everyone who stopped by and supported our efforts!



Our certified peer specialist, Susie, and experienced case manager, Jessica, representing us at a recent event at the Mexican Consulate.

News from Woodland Hills 📣

Wearing Pink with Purpose 💖

Every Thursday in October, our administrative staff in Woodland Hills proudly donned pink to support **Breast Cancer Awareness Month**. This simple yet powerful gesture highlighted the importance of early detection, education, and ongoing research in the fight against breast cancer.

By wearing pink, we joined countless others in raising awareness and showing solidarity with those affected by breast cancer. Thank you to everyone who participated and helped spread the message of hope and support. Together, we can make a difference!



Team Building at FSP 🚐

When you work in an intensive, field-based program, burnout is something that surfaces for many employees. It is important to know the signs and recognize when this may be on the horizon. It is also equally important to take preventative measures to reduce experiencing burnout.

For FSP, this includes gathering for team building activities organized by the program director. We took a short field trip to The Teaching Zoo located at Moorpark Community College where students in-training work at providing education, care, and rehabilitation to surrendered and/or injured animals. The Teaching Zoo is home to different species of birds (i.e. parrots, owls, vultures, and more), several different species of prime apes, a tortoise, llama, emu, two tigers, and a lion! Together, we learned about these animals and their personal stories, their origin, habitats and behaviors, interesting facts, and saw some perform adorable tricks learned through the positive reinforcement of food!

When we spend time together focusing on something other than clients, it allows the team to enjoy a much-deserved break, practice a healthy work-life balance, and strengthen relationships and communication with one another. These skills and connections implemented during outings are transferrable when needing to successfully work together on an interdisciplinary team to aid in the communication, planning, and treatment of our clients. It also helps to keep stress levels low, increase job satisfaction, and connect with one another to improve working relationships.

I am very appreciative of the FSP team we have in place. Each person plays a valuable role in the care we provide to our clients and commitment to the agency in servicing our community! Thank you all for your continued hard work!

Natalia Mathis, LMFT
FSP Program Director



News from West Covina 📣

Exciting News: We're Moving! 📦

We're thrilled to share that our outpatient services (**Project Independence**) in Service Area 3, the San Gabriel Valley, will be relocating to a new, dedicated office in West Covina at the start of

January 2025! The new location is just a few miles from our current site.

This move represents a significant step forward, enabling us to create a more welcoming environment, enhance our services, and improve accessibility for both clients and staff. While our El Monte location remains fully operational for now, we're looking forward to unveiling more details about the new space in the coming weeks.

Stay tuned!



The graphic features a light blue background with a grid of dots. In the top left is the BRIDGES logo (Community Treatment Services, Inc.) with a stylized bridge icon. Below it, text reads: "Outpatient services are moving January 2025!". The main title "Project Independence" is in a large, dark blue serif font, followed by "Our Office Will Move to a New Location" in a smaller, dark blue serif font. A dark blue speech bubble contains the address: "CAMERON COURT 3rd Floor", "1515 W. Cameron Ave.", "Suite 310", "West Covina, CA 91790". A white arrow points from the top left towards the address. A circular inset photo shows the exterior of the new building at 1515 W. Cameron Ave. A blue speech bubble at the bottom left says "with Greater Space & Greater Services". At the bottom right, it says "Contact information still to come".

BRIDGES
COMMUNITY TREATMENT SERVICES, INC.

Outpatient services are moving
January 2025!

Project Independence
Our Office Will Move to a New Location

CAMERON COURT 3rd Floor
1515 W. Cameron Ave.
Suite 310
West Covina, CA 91790

with Greater Space & Greater Services

Contact information still to come

Monthly Shoutouts 🙌



October Birthdays

Susana Ascencion

Diana Camarena

Emmy Gomez

Telina Grace

Jasmine Jara

Monica Martins

Joseph Nomoto

Shannon Steib

Jocelyn Valdez



October Anniversaries

Erica Fucci (2 years)

Mark Rodriguez (13 years)

Marisela Soto (7 years)

Jocelyn Valdez (1 year)



November Birthdays

***Kristina Julin
Theresa Munoz***





November Anniversaries

Rosa Adame (3 years)
Emmy Gomez (2 years)
Grizelda Mercado (2 years)
Steven Peralta (1 year)
Nicole Smith (2 years)
Davis Truong (6 years)



Mindful Moment 🧘

Thinking is important.
Not thinking is even
more important.

Find a little time for
some quiet today.



Courtesy of Headspace

Donate Here! 🙌

Support BRIDGES, Inc. by making a donation that directly impacts the lives of our clients. Your contribution ensures essential services reach those in need, fostering positive change & providing support to those facing challenges.

Contributors to this newsletter include Jessica (Project Independence), Shannon (Esperanza), Grizelda (TruStart), Natalia (FSP), Lori (Executive Director), and Nicole (Executive Assistant).



BRIDGES, Inc.

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