

# A BRIDGE & BEYOND

August-September 2024



*Saying Goodbye to Summer, Hello to Fall!*



Embracing Our Future: A Renewed Commitment to Mental Health and Well-Being



A few months ago, we embarked on a journey of reflection and growth, refreshing our mission statement to better capture the heart of what BRIDGES represents. Today, I'm thrilled to share the next phase in our evolution—the unveiling of our new **Vision Statement** and **Core Values**. This marks a pivotal moment in our organization's history, as we solidify our dedication to creating a more inclusive, compassionate, and transformative mental health landscape.

### **Our Vision: Expanding the Horizon for Mental Health**

At BRIDGES, we've always believed that mental health is more than just a clinical service—it is an essential pillar of holistic health and well-being. Our **new Vision Statement** reflects this belief, positioning mental health as integral to every individual's care.

- *"To create a world where mental health is fully embraced as an integral part of healthcare, where individuals are valued for their whole selves, and where equitable access to prevention, education, early intervention, and continuous mental health care empowers all to thrive in their recovery and overall well-being."*

This vision isn't just about service provision; it's about **redefining the narrative** around mental health, pushing past stigmas, and fostering a culture where everyone is empowered to seek help without fear or hesitation. We're not just supporting recovery—we're supporting lives, dreams, and futures.

### **Our Core Values: The Heart of BRIDGES**

- **Integrity:** We uphold honesty, ethics, and fairness in all our interactions.
- **Collaboration:** We foster teamwork and cooperation to advance our mission.
- **Compassionate Care:** Our dedication to our clients is unwavering. We provide personalized support and understanding, nurturing everyone's unique path toward growth and well-being.
- **Positive Empowerment:** We believe in the inherent strength and potential of each person we encounter. By empowering clients to make informed choices and take control of their lives, we support their journey toward recovery.
- **Accountability:** We take ownership of our actions and responsibilities, ensuring excellence in our services and relationships. Through continuous improvement and adaptability, we strive to meet the evolving needs of our clients and community.
- **Respect and Diversity:** We celebrate and value diversity, fostering an inclusive environment.
- **Community Engagement:** We recognize the importance of community support in promoting mental health and well-being. By building strong partnerships and advocating for accessible services, we work collaboratively towards a healthier and more resilient society.
- **Innovation/Creativity:** We embrace creativity in our approach to mental health care. By staying informed, we adapt and evolve our services to better meet the emerging needs of those we serve.
- **Trauma-Informed Care:** We create a safe, empathetic environment that respects the impact of trauma. Our approach prioritizes emotional and psychological well-being, ensuring care rooted in understanding, compassion, and fostering resilience.
- **Client-Centered Approach:** We prioritize the needs, preferences, and goals of our clients, ensuring that their voices guide their care and treatment plans. Personalization and respect for individual journeys are at the heart of our services.

Our **Core Values** are more than words on a page. They are the living principles that guide every interaction, every decision, and every service we provide. These values anchor us in our commitment to each individual we serve and remind us of our role in the greater mission of mental health advocacy and empowerment.

### **A Future of Empowerment and Growth**

This refreshment of our vision and values isn't just a formality; it's a **call to action**. It's a reflection of the passion that drives our work each day, but also a challenge to go further, think bigger, and create even greater impact. We are reaffirming our commitment to innovation, ensuring that BRIDGES remains a beacon of hope for all those we have the privilege to serve as they navigate their mental health journeys.

As we embrace this next chapter, we're reminded of what makes us unique: our belief in the **power of people**. The power to change, to grow, and to thrive. And as we move forward, each one of us—staff, clients, and partners alike—plays a vital role in transforming lives, building resilience, and shaping the future of mental health.

Together, we are creating a world where **mental health is valued, recovery is celebrated, and every individual** is empowered to live their best life.

Thank you for being a part of this journey with us. Let's continue to build a future where mental health care is accessible, compassionate, and empowering for all.

**Lori**

Executive Director, BRIDGES

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## *News from El Monte* 📣



### **Success of Family-Style Meals at Casitas Esperanza and Tranquilas 🍷**

Over the past few months, we have brought back family-style meals at both Esperanza and Tranquilas, and the response has been overwhelmingly positive. Initially, there was some confusion from clients, who asked, "are we serving ourselves?" This took a bit of adjustment, but as the weeks have progressed, both clients and staff have expressed their appreciation for the return of this approach.

#### **Clients' Feedback:**

- Enjoy making their own choices.
- Feel more satisfied after meals.
- Appreciate the autonomy to serve themselves second portions.

#### **Staffs Observations:**

- Pleased to see clients trying and enjoying something new.
- Better portion control for clients.
- Clients demonstrate greater independence.
- Quicker and more efficient clean-up.

Although this style of meal service was part of BRIDGES before COVID-19, it has taken some time to reintroduce it. We are continuing to make improvements to ensure the success of family-style meals.

One key aspect of success has been promoting a positive dining experience. Staff have done a great job encouraging clients to wash their hands before meals, ensuring a healthy and enjoyable environment for everyone.

As we gradually refine this process, we remain open to suggestions from both staff and clients to further enhance the experience.



### Casitas Tranquilas: Client Highlights and Acknowledgements 🌟

We would like to take a moment to recognize and celebrate a few of our outstanding clients for their dedication, hard work, and achievements.

**Barbara** has done an excellent job leading two onsite groups, and we are excited to announce that she is now working full-time! Barbara will be graduating from the program on October 23rd, and we wish her all the best in her future endeavors.

**Nicolas** has also shown remarkable commitment to his growth during his time at Tranquilas. He has actively participated in groups, contributed to chores, and worked hard on personal development. Nicolas will be leaving the program around October 1st, and we wish him continued success on his journey.

**KJ** is making strides in his education, attending school regularly and using public transportation to get there. He will be leaving BRIDGES in the next month, and we wish him all the best as he moves forward.

Our clients have been busy with some fun outings recently, including a spooky Halloween shopping night in Azusa and a visit to the Arboretum in Arcadia. We hope they enjoyed these experiences!

Additionally, **our Program Director Lisa** would like to extend a special thank you to **Mario, Jonathan, Nicolas, Zachery, Barbara, and Jeffrey** for their ongoing help with shopping at Food 4 Less alongside Steven. Their hard work and dedication over the past few months have been greatly appreciated.

As a token of appreciation, all clients will be receiving a special treat from BRIDGES. We are grateful for their efforts and look forward to continuing this journey together.



## Casitas Esperanza: Celebrating Success 🏆

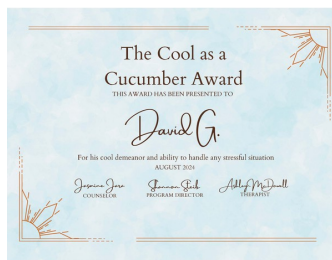


We recently hosted an inspiring awards ceremony to recognize the outstanding achievements of our clients. The event was a wonderful opportunity to celebrate their hard work, growth, and dedication to their personal journeys. Our counselor **Jasmine** and our therapist **Ashley** had the privilege of presenting several awards, highlighting the unique strengths and accomplishments of each recipient.

- **The Goal Getter Award** was presented to **Amelia W.** for her determination and perseverance in setting and reaching her goals.
- **The Most Dependable Award** was given to **David C.** for his willingness and thoughtfulness in always lending a helping hand to support his peers and staff.
- **The Cool as a Cucumber Award** went to **David G.** for his calm demeanor and ability to handle any stressful situation with ease.
- **The Best Budgeter Award** was awarded to **Desi V.** for his impressive ability to manage his finances and demonstrate excellent responsibility throughout treatment.
- **The Most Improved Award** was awarded to **LaPorsha P.** for her hard work and improvement in all areas of treatment.

This ceremony not only recognized individual achievements but also boosted overall client morale. By celebrating these milestones, we aim to inspire continued growth and reinforce the importance of community and support. Events like these remind us all of the positive impact of encouragement, and they motivate our clients to continue striving for their personal best.

We look forward to hosting more events like this in the future, as they play a vital role in fostering a sense of accomplishment and pride among our clients.



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## News from Woodland Hills 📣

### Celebrating Our University Partnerships

We are incredibly pleased with our ongoing partnerships with universities, particularly **Pepperdine University** and **Northwestern University**. These collaborations have provided us with a pipeline of talented clinical students who bring fresh perspectives and a passion for their work.

This past year, we were thrilled to hire three of our clinical students from these programs into our outpatient practice in Woodland Hills. Their dedication and skills have been a great addition to our team, and we look forward to seeing them grow as professionals.



Our partnership with these esteemed universities has been invaluable, and we are excited to continue working together to support the next generation of clinicians. We are confident that these collaborations will further enhance the quality of care we provide and foster the development of future leaders in the field.

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## Monthly Shout-Outs





## *August Anniversaries*

*Megan Collins - 4 years*

*Lizabeth Gonzalez - 2 years*

*Sophia Harris - 2 years*





September

Birthdays

**Crystal Colindres**

**Daisy Garcia**

**Jonathan Hurtado**







# September

## Anniversaries

Nicole Eugenio - 2 years

Cindy Herrera - 2 years

Bailey Litchfield - 2 years

Felipe Perez - 2 years



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September is National Recovery Month 



**NATIONAL  
RECOVERY  
MONTH**  
RECOVERY. HOPE. HEALING.

### National Recovery Month 2024

National Recovery Month (Recovery Month), which started in 1989, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

[📄 samhsa.gov](https://www.samhsa.gov)

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Yummy for the Tummy 🍷

Mermaid Latte 🐬

A personal favorite of our staff in El Monte, the mermaid latte is a unique and healthy twist on the traditional matcha latte. Matcha is extremely high in antioxidants. Catechins (a type of antioxidant) are actually >100x higher than traditional green leaf tea. Matcha has also shown to boost brain function & elevate mood. Added bonus is the butterfly pea, which has anti-inflammatory properties which are great for reducing inflammation and fatigue.



## Mermaid Latte (Butterfly Pea Matcha Latte)

### INGREDIENTS:

- ✔ 1 teaspoon matcha green tea powder
- ✔ 1 teaspoon butterfly pea powder
- ✔ 1- 1.5 cups milk (dairy or non-dairy options like almond, oat, or soy)
- ✔ 1 teaspoon honey or sweetener of choice
- ✔ 1 cup ice cubes enough to fill entire glass

### INSTRUCTIONS:

- ✔ Fill your glass to the top with ice cubes. The ice cubes help to separate the different colored layers.
- ✔ In a bowl, whisk the honey with 0.5 cup of milk until it is completely combined. Pour this first over the ice.
- ✔ For the butterfly pea tea:  
Whisk the 1 teaspoon of butterfly pea powder with the 0.5 cup of milk. Slowly pour over the milk layer.
- ✔ For the matcha green tea:  
Whisk the 1 teaspoon of matcha green tea powder with the remaining milk. Slowly pour over the butterfly pea tea layer.

*recipe courtesy of The Hint of Rosemary*



*(click to enlarge)*

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Mindful Moment 🙏

**The more we resist things as they are,  
the more likely they are to stay the same.**



**LET GO**



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**👉 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.

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*Contributors to this newsletter include Jasmine (Esperanza), Ashley (Esperanza), Shannon (Esperanza), Lisa (Tranquilas), Mark (QA), Andrew (El Monte), Alex (El Monte), Lori (Executive Director), and Nicole (Executive Assistant).*

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