

## APCTC Provides a Helping Hand to Top Japanese Universities!

It was a testament to cross-cultural (actually cross-Pacific) community partnerships! Three (3) acclaimed visiting professors from Japan met with LACDMH, DCFS, DOE, USC School of Education and SSG/APCTC for an intensive week-long visit to Los Angeles from March 26 - 29, 2013.



I-r: Hiroshi Kashiwagi, Migum Gweon, Hajime Arai, Yoji Hirota, Noriko Kajiwara

Professors **Hiroshi Kashiwagi** and **Yoji Hirota** are faculty members of Osaka City University, Graduate Studies of Creative Cities. Professor **Hajime Arai** is a faculty member of Hyogo University. Japan's high rates of suicide among their youth has spurred both academic and government actions to combat this issue, including overseas research. Their mission is to identify successful mental health and social service intervention models that target school-age youth. From their research they hope to develop school-based mental health services (both prevention and treatment), suicide prevention and bullying prevention programs.

The research interview at APCTC on March 26th was facilitated by **Noriko Kajiwara, MSW** (APCTC Manager) and **Migum Gweon, LMFT** (APCTC School Based Coordinator). APCTC also hosted a LACDMH School-Based Mental Health Meeting on March 28th facilitated by **Sam Chan, PhD** (LACDMH District Chief), and included **Richard Lieberman, MA, NCSP** (School Psychologist/LACOE LEAD Consultant), **Gabriel Ramirez, LCSW** (DMH SA4 School-Based Coordinator) and several others. Translation services were done by APCTC Clinical Supervisor **Kanako Taniguchi, LCSW**. There was a fascinating dialogue on the comparison between the mental health system in Japan and the U.S. and how best to maximize the 'best of both worlds'.

**Dr. Chong Suh**, APCTC's long-time Director was pleased that APCTC was selected to be part of such a groundbreaking event, saying "I am incredibly proud of my staff and everyone who has contributed to APCTC's success. Everyone works tirelessly to serve our diverse communities in Los Angeles. It is a constant challenge to grow and adapt to the changing needs both locally and worldwide!"

APCTC's school based mental health services are currently under the leadership of **Migum Gweon, LMFT** serving over 25 schools in LA County. Prior to Ms. Gweon, APCTC would like to acknowledge **Theresa Choi, LCSW** for her talents in expanding APCTC's school-based mental health services.



I-r: Noriko Kajiwara, Kanako Taniguchi, Migum Gweon, Hajime Arai, Richard Lieberman, Sam Chan, Lisa Schoyer, Gabriela Ramirez, and Hiroshi Kashiwagi

### SSG - Annual Staff Appreciation Day 2013

It is almost time to honor all the wonderful staff of SSG!

So - everyone is asking what we are doing for 2013? Although no firm date is set, the Staff Appreciation Day will be celebrated in late Summer/Fall of 2013. We're now over 600 employees strong! SSG Management has been exploring various ideas. A 'day off', 'special event' or a combination thereof has been discussed. If you have a creative idea to share, please send an email to [events@ssgmain.org](mailto:events@ssgmain.org). Thank you!

## Allen Lipscomb Presents at the 13th Annual Central Texas African-American Family Support Conference 2013



Allen Lipscomb, LCSW of Weber Community Center was asked to speak at this year's Central Texas African American Family Support Conference held in Austin Texas. His presentation, *Building the Black Child Ego-Strength* focused on the interplay of ego-psychology, attachment theory, and resiliency theory. The workshop and presentation were aimed at helping professionals, paraprofessionals, community providers, and family members build an African-American child's ego, in addition to demonstrating culturally sensitive and appropriate skills and interventions.

Mr. Lipscomb has devoted the past eight years providing comprehensive mental health services to not only African-American children but all children from low income communities in Los Angeles and the Greater LA area.

## SSG hosts Agency-Wide Seeking Safety EBP Training

On Tuesday, May 14, 2013, SSG coordinated an agency-wide training on Seeking Safety, an evidence-based practice (EBP) under LA County Department of Mental Health's Prevention and Early Intervention (PEI) program. Staff providing mental health services from Project 180, APCTC, AP Recovery, Weber Community Center, and API Alliance attended the day long training conducted by Kay M. Johnson, LICSW. Ms. Johnson has 25 years clinical and administrative experience in outpatient and residential substance abuse, mental health, and trauma programs. She specializes in trauma and co-occurring disorders and is a senior associate for Lisa M. Najavits, PhD, author of Seeking Safety. Seeking Safety is a widely utilized EBP by SSG programs/divisions that provides a present-focused therapy to help people attain safety from trauma/PTSD and substance abuse. This training was made possible in collaboration with APAIT Health Center's staff, meeting facilities, and overall hospitality. Over 35 staff received training! We look forward to continuing collaborative efforts to provide professional development opportunities for all SSG staff.

## WEBER COMMUNITY CENTER

### Fremont Wellness Center and Community Garden

On Friday April 19, 2013 the Fremont Wellness Center and Community Garden had its ribbon cutting ceremony. The new location will act as a satellite office for SSG whenever a Fremont Student is receiving services through Weber Community Center. The Wellness Center, located on John C. Fremont High School at 7821 South Avalon Blvd in Los Angeles, is an UMMA Community Clinic project that was made possible through their collaboration with the Los Angeles Neighborhood Land Trust. The Wellness Center will provide a broad range of primary and preventive health care services as well as mental health care through UMMA's partnership with Special Service for Groups. The Honorable Mark Ridley-Thomas, Lucille Roybal-Allard, Maxine Waters, Hoori Sadler and Dr. Herbert "Herb" Hatanaka were some of the members invited to speak at the Ribbon Cutting Ceremony. Weber Community Center looks forward to serving their clients through the SSG-UMMA partnership.



### Parent Project at Weber Community Center

On June 4, 2013 WCC completed its first Parent Project group for the 2013 year. The group was led by Dianna Gonzalez, MSW and Veronica Vargas, BA. The Parent Project is a 10-16 week parent training program designed for parents of strong-willed or out-of-control children. The curriculum teaches concrete identification, prevention, and intervention strategies. Parents participating in the Parent Project find answers, learn solutions, receive emotional and practical support and create an action plan and experience success. The Parent Project group met weekly for 13 consecutive weeks. At its conclusion, participants celebrated at a special luncheon where they all received certificates of completion. Many participants voiced their appreciation towards Dianna and Veronica for the strategies they had acquired while in the Parent Project group. With its huge success, WCC looks forward to continuing the Parent Project.



l-r: Weber Staff Veronica Vargas, Melanie Hernandez, Stephanie Lara, Miguel Muñoz, Manuela Molina, Cynthia Alvarez, Alma Zanudo, Yanina Argrino with Daughter, and Weber Staff Dianna Gonzalez

## SSG NEWS &amp; HIGHLIGHTS

## PROJECT 180

## New Location Opens Doors

We are proud to announce that Project 180, the Forensic Treatment division of Special Service for Groups, has opened in our new location. Still in Downtown, we are now officially part of Little Tokyo and are enjoying the luxury of almost 20,000 square feet of space. Both staff and clients are able to spread out in our new building which dates back to 1902 and has been remodeled by Steve Lee Industries.

As they enter the site, clients are welcomed by our Day Room where they have computers, a kitchen, a television and reading areas - a safe, comfortable and engaging environment while they wait for treatment activities or simply spend their day at Project 180. With our growing Alumni Association, we hope that even former Project 180 clients will take advantage of our luxurious new space.

Although no official Grand Opening event date has been set, we welcome visitors and look forward to giving tours to our friends, supporters and collaborative partners.

Special appreciation and acknowledgement must go to the many teams and individuals who helped make this possible: Steve Lee Industries (with special thanks to Alex Hwang and Mr. Kim), Bello Technologies, Beachamp Fontaine, Fleur de Lys, Jason (Jake) Lagos, Pedro Rodriguez, Source West, Chris Skeens, Commercial Relocation Company, Herb Hatanaka and the SSG Core office - and to the amazing Project 180 staff who put up with endless delays and relocation chaos with amazing energy and boundless cheer.

For more information about Project 180, please feel free to visit our website: [www.project180la.com](http://www.project180la.com)

Project 180  
470 E. 3rd Street, Suite C  
Los Angeles, CA 90013  
213 620 5712 (phone)  
213 621 4155 (fax)



## THE PAINTED BRAIN

Prosumer Group Shares Experiences  
by Tijana Quilici

On Monday, April 22 The Painted Brain hosted a Prosumer Support Group. The group was created and facilitated by intern **Malia Javier, MSW Candidate 2013 (USC)**. There were six social workers in attendance who received substantial support on being a professional and a consumer in the mental health field. The safe space created a refreshing environment for professionals to connect and share on personal struggles with mental health issues, and topic of self-care and disclosure were discussed.

Members of the group found it extremely beneficial to set aside time with each other to process the intense reality of being a prosumer and plan to meet regularly on the third Tuesday of every month. If interested, please join us at the Painted Brain, 605 W. Olympic Blvd., Ste. 650, LA 90015 or contact us at [thepaintedbrain@gmail.com](mailto:thepaintedbrain@gmail.com).

SSG Supports UCLA's MSW Career  
Roundtable

UCLA's Department of Social Welfare hosted their annual MSW Career Roundtable on May 30, 2013. Development Team members and UCLA MSW Alums **Elizabeth Berger, MSW '01** and **Everardo Alvizo, MSW '08**, participated in the Roundtable geared for first and second year MSW students at UCLA. Together with other successful and notable alums they provided students with information and advice on navigating their career path and setting professional goals. In addition, panelists discussed trends in the field, provided career advice, and an overview of what students can expect as they venture into the social work field. Ms. Berger (SSG Development Team Manager) and Mr. Alvizo (SSG Program Analyst II) were joined by other alums including **Dennis Murata, MSW '84**, LA County Department of Mental Health Deputy Director, Program Support Bureau, **Barbara Andrade DuBransky, MSW '00**, Senior Program Officer, First 5 LA, **Christine Marge, MSW '03**, Director, Housing Stability, United Way of Greater Los Angeles, **Wendy Smith Meyer, PhD '81**, Associate Dean for Faculty Development at USC and Private Practice, among others.

## Asian and Pacific Islander Obesity Prevention Alliance

### SSG Program Leads Local Youth to Analyze Air Quality and Advocate for Change

Over the past school year, the Asian and Pacific Islander Obesity Prevention Alliance (APIOPA) has teamed up with Crown and Sceptre, a senior honors society at Mark Keppel High School, to better understand the air that their community members are breathing in Alhambra.

With the help of USC Department of Environmental Health Sciences and Occidental College's Urban Environmental Policy Institute, our young community advocates took sensor readings using a special device that would share the amount of ultra-fine particulate matter in the local air. Ultra-fine particulate matter is considered very dangerous because the miniscule size makes absorption in to tissue and bloodstream easy, potentially impacting one's body and health.

Using readings taken in the San Gabriel Mountains as a baseline, the young advocates measured air around their school, which is unfortunately located within 150 feet of the 10 freeway. The results were shocking. Ultra-fine particulate matter was anywhere from double to ten times the levels found in the mountains (this happened when the metrolink passed by the school).

After collecting the data, our young advocates contacted their local representative, **Congresswoman Judy Chu**, and set up a meeting to share their findings. Congresswoman Judy Chu was impressed with the work our group had done, and our fight for clean air, offering up a few long-term solutions to keep in mind such as more investment in public transportation. Along with the need for education and outreach on the impacts of air pollution, our young advocates spoke with the Congresswoman about installing an air monitor at Mark Keppel High School, to continuously monitor the air in the area.

This project is still in progress and we will continue to provide updates of our local advocacy and policy change.



Students taking air samples at Mark Keppel High School

## Occupational Therapy Training Program - Los Angeles

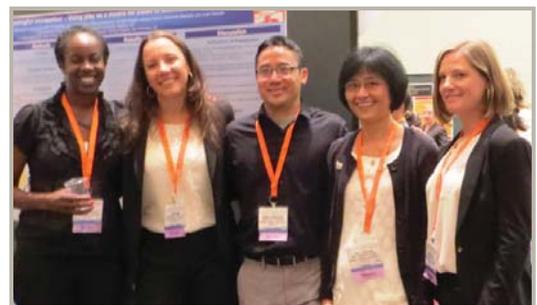
### 3rd Annual Art Show

On April 18th, 2013, OTTP-LA hosted its 3rd annual Art Show and Open Mic Night in honor of Occupational Therapy Month. OTTP's clients had the opportunity to have their artwork displayed and viewed by the public, other clients, OTTP staff, and their family and friends at the OTTP Youth Center. The Youth Center, which was transformed into a coffee house, was filled to the brim with clients and their supporters. Clients also had the opportunity to show the performance side of art on the OTTP stage. The audience was treated to the clients' singing, dancing, playing instruments, and proudly displaying many other talents. The highlight of the evening was an impromptu, unplanned dance performance of the Macarena by several clients and their parents

## OCCUPATIONAL THERAPY TRAINING PROGRAM - SAN FRANCISCO

### 93rd Annual AOTA Conference & Expo

**Chi-Kwan Shea, PhD, OTR/L**, an OTTP-SF volunteer (former staff) and Associate Professor at Samuel Merritt University (SMU) Occupational Therapy Department in Oakland, presented a research poster at the 93rd Annual American Occupational Therapy Association (AOTA) Conference and Expo on the topic, "Engagement in meaningful occupation - using play as a means for youth in detention to acquire life skills", with students enrolled in the Master of Occupational Therapy Program at SMU. The research was conducted at the OTTP-SF site in collaboration with OTTP-SF staff member **Cathy Nañez, MOT, OTR/L**. The annual AOTA conference was held in San Diego from April 24th through April 28th.



Chi-Kwan Shea, PhD, OTR/L (second from right) and student researchers from Samuel Merritt University.

SSG NEWS & HIGHLIGHTS

NSWM 24th Annual Management Institute 2013

The Network for Social Work Managers hosted the 24th Annual Management Institute in Newark, NJ on May 16-17th at Rutgers University, School of Social Work. This year's theme was: "Achieving Impact in Complex Social Environments". Each year, the Institute draws several hundred social work managers of varying levels from around the world to participate in this educational gathering. The Institute is dedicated entirely to leaders in human services, providing dynamic speakers, best practices in social work management, and peer networking. This year marked the largest number of Social Work professionals gathered with over 300 attendees. Presentations on global social work were made by colleagues from Hong Kong, Uganda and other parts of the world. The NSWM is headquartered at SSG and each year SSG plays an instrumental role in coordinating this annual event held in different locations around the country. In attendance were Herbert Hatanaka, DSW, SSG Executive Director and NSWM Board Member, Weber Community Center's Carlos Moran, MSW, Director of Operations, and Jennifer Schott, LCSW, Clinical Director, and members of the SSG Development Team Jennifer Atchison, MSW, Everardo Alvizo, MSW, Rayshell Chambers, MPA and Wendy Chiu, MSW. The Institute was filled with inspiring leaders, dynamic panel discussions, and presentations to advance leadership in social service. For more details on the Institute and the Network visit: [www.socialworkmanager.org](http://www.socialworkmanager.org)



I-r: Herbert K, Hatanaka, Wendy Chiu, Rayshell Chambers, Jennifer Atchison, and Everardo Alvizo

"The great thing in the world is not so much where we stand, as in what direction we are moving."  
- Oliver Wendell Holmes



Project 180 opened the doors at their new location on **June 10th**.

470 E. 3rd Street, Suite C  
Los Angeles, CA 90013

Multiple Projects are Moving to 1730 W. Olympic Blvd., LA 90015

Programs will be getting settled in during the first couple of weeks in July. Call in advance for service availability.



API Alliance - Suite 3A -300  
213-236-9388

Integrated Behavioral Health Team - Suite 3A -200  
213-553-9121

Older Adults Program - Suite 3A -100  
213-553-1884

PALS for Health - Suite 3A -200  
213-553-1818

BACUP - Suite 500  
213-368-1888

The Painted Brain - Suite 500  
[thepaintedbrain@gmail.com](mailto:thepaintedbrain@gmail.com)



The Dangers of Slips, Trips and Falls

Falls are one of the leading causes of unintentional injuries in the United States, accounting for approximately 8.9 million visits to emergency rooms (2011 NSC Injury Facts).

Common locations for falls

- Doorways
- Ramps
- Curbs
- Stairs
- Cluttered walkway, hallways
- Areas with heavy traffic
- Uneven surfaces
- Areas prone to wetness or spills
- Ladders, stepstools

Fall prevention tips

- Clean up all spills immediately
- Secure electrical and phone cords out of traffic areas
- Secure computer, keyboard and mouse cords
- Use non-skid mats to keep from slipping
- Keep frequently used items within easy reach
- Arrange furniture to provide open walking pathways
- Keep drawers and cabinet doors closed at all times
- Notice the condition of walkways and steps and move safely for conditions
- Never stand on a chair, table or other surface that is on wheels

*Live Well, Work Well*

## Surviving the Hot Weather

Heat illness includes a range of disorders that result when your body is exposed to more heat than it can handle. If allowed to accumulate, the heat would quickly increase your body temperature beyond its comfortable 98.6° F.

**Who is at risk?**

Heat-related illness can affect anyone not used to hot weather, especially when it's combined with high humidity.

**Those especially at risk:**

- Infants, young children, elderly and pets
- Individuals with heart or circulatory problems or other long-term illness
- Employees working in the heat
- Athletes and people who like to exercise (especially beginners)
- Individuals taking certain medications that alter sweat production
- Alcoholics and drug abusers

**Heatstroke** is the most serious and life-threatening heat-related illness. In certain circumstances, your body can build up too much heat, your temperature may rise to life-threatening levels, and you can become delirious or lose consciousness. If you do not rid your body of excess heat fast enough, it "cooks" the brain and other vital organs. It is often fatal, and those who do survive may have permanent damage to their vital organs.

**Symptoms of heatstroke**

- The victim's body feels extremely hot when touched.
- Altered mental status (behavior) ranging from slight confusion and disorientation to coma.
- Conscious victims usually become irrational, agitated, or even aggressive and may have seizures.
- In severe heatstroke, the victim can go into a coma in less than one hour. The longer the coma lasts, the lower the chance for survival.

**What to do**

1. Move person to a half-sitting position in the shade.
2. Call for emergency medical help immediately.
3. If humidity is below 75%, spray victim with water and vigorously fan. If humidity is above 75%, apply ice packs on neck, armpits or groin.

**Heat Exhaustion** is characterized by heavy perspiration with normal or slightly above normal body temperatures. It is caused by water or salt depletion or both (severe dehydration). Heat exhaustion affects workers and athletes who do not drink enough fluids while working or exercising in hot environments.

**Symptoms of heat exhaustion include:**

- Severe thirst, fatigue, headache, nausea, vomiting and sometimes diarrhea.
- The affected person often mistakenly believes he or she has the flu.
- Uncontrolled heat exhaustion can evolve into heatstroke.

**Other symptoms**

- Profuse sweating
- Clammy or pale skin
- Dizziness
- Rapid pulse
- Normal or slightly above normal body temperature

**What to do**

1. Sit or lie down in the shade.
2. Drink cool water or a sports drink.
3. If persistent, gently apply wet towels and call for emergency medical help.

**Heat Cramps** are painful muscular spasms that happen suddenly affecting legs or abdominal muscles. They usually happen after physical activity in people who sweat a lot or have not had enough fluids.

**What to do**

1. Sit or lie down in the shade.
2. Drink cool water or a sports drink.
3. Stretch affected muscles.

[http://www.nsc.org/news\\_resources/Resources/Pages/SurvivingtheHotWeather.aspx#.UZp1rHmkyk](http://www.nsc.org/news_resources/Resources/Pages/SurvivingtheHotWeather.aspx#.UZp1rHmkyk)

## SSG WEBSITE FYI &amp; REMINDERS

**CAREERS**

Place your Job postings on the Careers page on the SSG website. Limit one page in a Word document; for content questions, contact the H.R. Dept. at 213-553-1892 or email to the SSG HR Dept. at: [hr@ssgmain.org](mailto:hr@ssgmain.org).

**DONATIONS**

The SSG website can receive donations via credit card payments; this resource can be incorporated into your website or email campaign, contact Wendy Chiu, Dev. and Operations at: [wchiu@ssgmain.org](mailto:wchiu@ssgmain.org).

**PUBLICATIONS**

Forward publication information to: Wendy Chiu, Dev. and Operations at: [wchiu@ssgmain.org](mailto:wchiu@ssgmain.org). Include 2-3 sentences description of the publication, date published, and weblink or reference to the full article.