

Asian Pacific Counseling and Treatment Centers

APCTC TAY Clubhouse Open House



FSP Staff I-r: Dr. Brett Sevilla, David Dang, Jennifer Lin, Jyung Kyung Park, Liz Vasquez, Kasey Choi, Jessica Choi, Celine Wu

The Open House for APCTC's new TAY Clubhouse was held on June 27, 2013 at APCTC Main Center. The Clubhouse was named "The Lighthouse" by TAY consumers who have been receiving services in APCTC's FSP and FCCS Programs.

Transitional Age Youth (TAY) consumers with low or no income often do not have access to an appropriate and positive place for socialization. The Lighthouse will provide TAY consumers with a safe and supportive environment to participate in social, vocational, educational, and recreational activities for recovery. There are also opportunities for participants to become volunteers at the clubhouse, to model positive behavior and provide support to others, while increasing their own self-confidence and job readiness.

At the Open House event, TAY consumers had a fund-raising event with their hand-decorated tote bags, candy baskets, and floating candle vases. Some TAY consumers shared their stories of struggles with mental illness and recovery through the FSP and FCCS programs. Their presentations were very inspirational and empowering. APCTC TAY programs and clubhouse will continue to be our TAY consumer's "Lighthouse," and guide them through their journey of recovery.

"Methods of the Unsane or Insane" by a TAY consumer

I feel like I'm lost.
Tossed in the world.
Stressed as the rest
It's cause and effect.
Infected by the worst.
Stalling but never fallen.
But angels have fallen.
Talking about calling for death.
Looking right to left.
Steps ahead but short in the end.
Screw friends and where would I begin?
Damned to be forever sinning where there's no ending.
Bringing unworldly spirits.
Drinking spirits to buy my feelings.
Spilling my guts to feeling outta luck.
Plus we just Asians participating in psychiatric remedies.

Facing demons and relating to psychotic personalities.
Reality differentiating, Spirituality lost..
Just boss up while the cost up.
Chop it up, but be down.
Lock it up and clown.
Just don't frown, Smile and cry later.
Fear the Creator.
God, the amazing one...
Mindful and soulful one.
The One that hasn't let me down.
The One that will lend me ground.
Find your self and self worth.
More of your inner soul told to be untold.
Soulful to humble, Never mumble your own words, but forever LOVE your own life.
Never trifle in bad deeds that lead to death.
It's the methods of the unsane or insane.....

ASIAN AND PACIFIC ISLANDER OBESITY PREVENTION ALLIANCE

Bike to China Program Update: Chinatown Tour with Assemblymember Jimmy Gomez!



Bike to China youth with Assemblymember Jimmy Gomez (center front)

On Wednesday, July 17th the *Bike to China* youth had the opportunity to lead their State Assemblymember, Jimmy Gomez, on a tour of Chinatown, one of nine cities represented in the 51st assembly district. This 3 mile youth led tour focused on highlighting not only the concerns of the Chinatown community but also recommendations for the changes they want to see take place in the area.

Some of the main policy changes the youth had the opportunity to discuss with Assemblymember Gomez were: (1) Increased investment in bicycle infrastructure in Chinatown, (2) increased research on air quality and its impact on community health, (3) increased opportunities for Chinatown youth to voice their opinions, (4) cultural and linguistic access for all community members to share their voice, and (5) prevent displacement of current Chinatown residents. APIOPA is extremely grateful and thankful that Assemblymember Gomez and his amazing staff members, Stephanie Wong and Aaron Keshishian, took the time out of their busy schedule to not only join the Bike to China youth on a tour of the community but also really listen to the concerns and issues that were raised.

The youth want to find more ways to be involved and are currently staying in close contact with Assemblymember Gomez's office to form a Chinatown youth council which can work with elected officials to see that the concerns and voices of the Chinatown community are heard. It has become painfully clear that current urban plans and designs of many cities in L.A. are not suitable for sustainable and healthy living. The good news is there are many ways in which we can fix these problems if we have the patience and commitment to do so. The time for change is now. For more information please visit: <http://www.apiopa.org/programs/bike-to-china/>. Also, be sure to check out the amazing youth blogs here at: <http://www.apiopa.org/category/bike-to-china/>.



Website Launch

The new and improved PALS for Health website is now "live". The website design and content was updated for ease of use to consumers, health care providers, language interpreters and others who may be interested in PALS' extensive menu of interpreter and provider education trainings. PALS for Health would like to thank their design and technical consultant, Patricia Tay, for her wonderful work on the project. Please visit the new website at www.palsforhealth.org.

SSG WEBSITE FYI & 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.

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.

PUBLICATIONS

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

OCCUPATIONAL THERAPY TRAINING PROGRAM - SAN FRANCISCO

Client Success Story

Congratulations to **Aye**, one of our 14-year-old clients going to George Washington High School, who just completed his three-week summer work experience at OTTP-SF. Aye has been extremely enthusiastic about gaining work experience since he started with OTTP, and has remained hopeful and eager to work despite multiple unsuccessful applications to local jobs and his own social difficulties. His occupational therapist supported him in completing his resume and submitting a job application to OTTP-SF. After a job interview with the office manager, he was offered six hours of office duties and the opportunity to practice professional behavior on-the-job. Aye was able to complete all these steps needed to be hired with a surprising amount of positivity and focus, of the likes unseen by his occupational therapist when he is at school or home. He was able to observe his own successful handiwork after organizing office shelves, experience the new role of being an "intern", receive concrete and immediate compensation that showed how the office valued his contributions, and reflect upon his accomplishments and successes upon filling out his timesheet at the end of every "shift". Most of all, Aye got to experience the power of engaging in a role that was meaningful to him. His confidence is renewed and he will be reapplying for a local youth employment program in the fall.

My Experience as an Intern

Keely Hallingstad, OTI

How can I begin to describe my experience at OTTP-SF over the last 12 weeks? To start, I would like to say that the learning environment of OTTP-SF has been incredibly stimulating, supportive, and beneficial to my development as an occupational therapist. My access to a broad range of curriculum, social workers and other OTs who are a wealth of knowledge and who are always willing to promote clinical reasoning has been an invaluable resource. As a result of these mentorships, my knowledge and ability to grow into a better OT has increased exponentially. I truly appreciate the creativity that is encouraged and witnessing the huge capacity for compassion and encouragement the clinicians show their clients. You can see it on the faces of the youth and that in and of itself makes it all worth it.

There have been many lessons learned and some of those definitely learned the hard way. However, looking back these hard lessons have begun to shape me into the type of OT I strive to become. Through seeing firsthand the hardships these youth experience, I have had to address my own personal biases and how they color my world view. I now understand that working with teenage boys is definitely a lesson in humility, patience, and flexibility of thought and this view can be applied to any population I work with in the future. My favorite moment however, was when an incarcerated young man who was transitioning back into his community gave me a giant hug and with a beaming smile told me how much help I had been. Simply

the possibility that I had empowered him and equipped him with resources he needed to improve his well-being and quality of life through occupational engagement made the sometimes painful personal growth worth it.

What I believe I will most take away from this experience is the role of OTTP-SF in the occupational justice movement. Often times, at-risk youth can experience occupational deprivation as a result of an absence of supporting factors, low socioeconomic status and social stigmas. This may result in the engagement in undesirable occupations such as crime, violence and participating in gangs. By empowering these young people, developing their skills and creating opportunities to engage in meaningful occupations, OTTP-SF has shown they can be a powerful catalyst to this devastating cycle. I am most grateful I was able to be part of this process and am inspired to continue to ensure occupational justice to at-risk populations in my future occupational therapist life.

Benefits Assistance Clients' Urban Project/ LIFE Center

7th International Conference on Social Work in Health & Mental Health



USC School of Social Work & LA County DMH hosted the 7th International Conference on Social Work in Health & Mental Health, June 23-27, 2013 in Los Angeles, CA. This was the first time the International Conference on Social Work in Health and Mental Health was held in the United States. It was initially launched in Israel in 1995. This year 800+ participants from all over the world, attended this year's conference to examine and explore ground-breaking research and innovative practices in social work, including integrated services, veterans care, diversity, homelessness, de-stigmatization and health equity.

Community field visits offered during the conference provided participants with an opportunity to observe innovative social work practice in health and mental health settings across the greater Los Angeles metropolitan area. BACUP was selected as a site visit location and was honored to receive a number of guests (pictured). **Andrew Posner**, Division Director and **Bob Watson, Sr.** Benefits Advocate were on hand to share the history of BACUP and describe how its programs are designed to support a holistic approach to wellness by providing opportunities for people to engage in the world in positive and fulfilling ways.

HOMELESS OUTREACH PROGRAM INTEGRATED CARE SYSTEM

HOPICS Client Success Stories

Homeless Co-Occurring Treatment Program (HCOTP)



Our client is a 53 year old woman with three sisters and one brother. She was born in a rural city in Mississippi to a young mother who died at her birth and a father she never knew. She was raised by her mother's friend until her death. So at 12 years old, she was uprooted to California to live with an older sibling whom battled alcoholism and taunted her daily as the blame for their mother's death.

Always feeling discouraged, unsupported and less than- she meets what she believes to be the love of her life at 16 years old, becomes pregnant and gets married. Although she is taken away from the taunting and blame she found herself in a domestic violence relationship with a man 8 years her senior.

Within five years she has four children and a husband that abuses drugs and abuses her and their children. While her husband is in jail, he is killed by guards in prison and this is the beginning of the end in her world. At 21 years old, she is a widow, a mother of four with no education, skills/ training or money to support her and her family.

These traumatic experiences led her to lose her children to the foster system and led to chronic homelessness. Homelessness started in 1978, with living from friend to friend, family member to family member for many years. Within the last 15 years she has lived on the streets and in various parks.

One day she decided 'enough was enough' and reached out to a woman she became acquainted with who told her about HOPICS program. The client reported she was ready and is now on a mission to regain her life in society.

Although all of her children are currently in prison for gang affiliation and drug sales she remains hopeful and has the desire to make her children proud and maintain stable housing. With support from HOPICS/HCOTP staff the client is no longer living on the streets; and is receiving ongoing medical care for a myriad of chronic illnesses. She is currently living in a long-term shelter and in the process of securing permanent supportive housing. The client is taking her substance abuse recovery one day at a time and participating in all of the services and linkages that come across her path. She reports that she owes all of the strength to God and reads her bible daily to stay on the path she believes God wants for her life.

Drop-In Center

Like many clients that seek services through HOPICS' South Central Drop In Center, Mr. Alvarez walked through our doors with compounding barriers and limited housing options. Mr. Alvarez' struggle with severe mental health issues and limited income (GR) led to his family member asking him to leave at which time he found himself sleeping in MacArthur Park at age 37. He subsequently, sought refuge at a local shelter where he was severely bitten by bedbugs. Mr. Alvarez left the shelter and slept on the streets. This was not Mr. Alvarez' first instance of homelessness; he had four (4) episodes of homelessness in the past three years.

Jaded by his experience in the shelter, Mr. Alvarez came to HOPICS with one goal in mind, to seek housing through SRO Housing Corporation, stating that he would rather live on the street than return to a shelter. That is exactly what he did. While receiving housing placement assistance from Maria Santa Cruz, Housing Case Manager, he remained literally homeless and sleeping in the park.

In her persistent attempts to get Mr. Alvarez housing through SRO, Maria contacted the agency at 7:30am from home prior to the start of her work shift for 4 weeks straight. This level of determination led to Mr. Alvarez' intake and subsequent housing placement with the SRO Housing Corporation.

Mr. Alvarez later called Maria to follow up in tears expressing his gratitude for the assistance. To date, he is stably housed.



Innovations- Integrated Clinic Model



This IICM client is a woman of Mexican descent in her mid 40's and a mother of four children. On November of 2011, her oldest daughter was diagnosed with leukemia. Since her daughter's diagnosis, the client has been faced with a series of problems such as legal and financial burdens, lack of transportation, unemployment, and health issues. She disclosed to her assigned case manager that her most frustrating and conflicting situation was not having her identification card. She reported that due to not having her identification card, her daughter had been denied certain medical services and medication since the client was not able to prove she is the mother. She has also had to often reschedule or cancel her daughter's critical appointments due to these challenges. She reported that she had made various attempts to go to the Mexican Consulate to request her identification card, but was unsuccessful due to not having the proper documentation.

SSG NEWS & HIGHLIGHTS

Success Stories, cont.

In April 2013, the client, her oldest daughter, and case manager headed to the Mexican Consulate (mobile consulate) in the city of Wilmington. When they arrived to their destination, the client was discouraged. The client insisted to the case manager that it would be impossible for her to access her identification card as evidence that there was a line up to two blocks long. Case manager assured the client that she would advocate on her behalf to ensure she received her identification card. As they headed to the end of the line, the case manager advised the client and her daughter to stay in line while she consulted with a security guard. The case manager inquired with the security guard whether there was a separate line for people who set an appointment prior to coming and just need to access their identification card. The case manager informed the security guard that, due to the heat, she was concerned about her client's daughter's health condition. The case manager also inquired whether individuals with disabilities received any form of accommodations in order to assure their well-being. Due to the client's daughter's medical condition, the client was allowed to move up to the front of the line. The case manager explained to the client that she was allowed to move up in line in order to prevent her daughter from getting dehydrated due to the heat and affecting her medical condition.

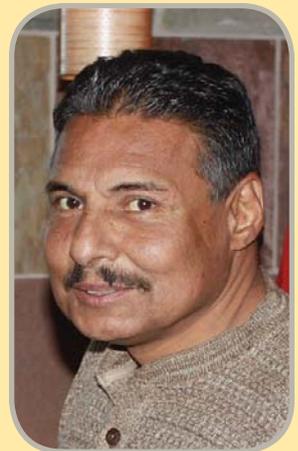
The case manager waited in line with client while she was called to the first window. When the client was denied to proceed to the next window due to not appearing on the list, the case manager advocated for client. The case manager provided the representative with the contact information and confirmation number from time she scheduled the appointment over the phone. Fortunately, once the issue was resolved, the client was allowed to proceed where she would need to present her documentation. Unfortunately, once again the case manager had to advocate for the client when the representative informed client that the documents presented were not sufficient. The case manager informed the representative that the client's case was considered a special case. The case manager provided the representative with a letter from the client's daughter's doctor stating the reason why the client needs her identification card (to obtain client's daughter's medication). The case manager informed the representative that if the client did not receive her identification card, her daughter would be denied medical services and medication to treat her cancer. The case manager requested to consult with the representative's supervisor when representative refused to accept the paperwork. Fortunately, after a few minutes of consulting and advocating on the clients behalf, the supervisor reconsidered the client's case and accepted it as a special case. Upon arriving to the last window to pay for her identification card, the client was denied permission. The representative at the window reviewed the documents and informed the client she was missing documents.

Although the case manager attempted to explain to the representative that her supervisor had approved the documents, the client had to wait until the supervisor came personally to give the approval. Fortunately, within a few minutes, the supervisor arrived, apologized for the confusion, signed off the paperwork, and allowed the client to proceed in paying for her identification card and taking her picture. Within a few minutes, the case manager was congratulating the client for succeeding in accessing her identification card. Since then, the client has been able to take her daughter to all of her doctor's appointments and access her daughter's medication without any problems.



In Memoriam *Tribute to Dennis Gallegos*

With deep regret and sadness we report that one of our beloved HOPICS employees, **Dennis Gallegos**, passed away in June 2013. Dennis joined the HOPICS team in October 2007 as a Driver. For many years he safely transported clients, assisted with CASC intakes, served as a liaison to SSG-Core, befriended co-workers and served as an important part of the Division. Dennis was a mild-mannered, giving, and thoughtful man. His colleagues remember him most for always being friendly and willing to help and serve others in any way for the betterment of our clients lives and stability. Dennis' wife and children are thankful for all of the support and prayers of the SSG and HOPICS family. He is and will be missed by all who had the privilege to work with him in this Agency.



Vacation Leave

SSG Offers Generous Vacation Benefits

Eligible employees accrue vacation hours each pay period based on an employee's years of service and full-time or part-time status. SSG encourages employees to take vacation on an annual basis. In cases where scheduling is not possible, vacation balances will be carried from one year to the next for a maximum of 21 days (168 hours) which includes the current annual accrual total. For example, a staff member who has 3 years of services may carry his or her accrued 15 days (120 hours) balance from one year to the next, but he or she stops accruing vacation after 21 days (168 hours) are accrued. To continue accruing vacation as scheduled, the staff member must periodically take vacation to keep his or her accrual total fewer than 21 days (168 hours).

Make sure to pre-plan and schedule vacation throughout the year to avoid reaching the maximum of 21 days (168 hours) - otherwise, you will not accrue above this amount. Keep track of those hours and review page 39 of SSG's Personnel Policy Manual for complete details.



If you want to go **FAST**, go alone.
 But if you want to go **FAR**, go together.
African Proverb

SOME DATES TO REMEMBER FOR SEPTEMBER - OCTOBER

- 9/2 Labor Day (SSG Holiday)
- 9/4 Rosh Hashanah begins at sundown
- 9/13 Yom Kippur begins at sundown
- 9/22 Autumn begins
- 10/8 Columbus Day Observed
- 10/16 National Boss Day
- 10/31 Halloween

Watch Out for the Other Guy



Sometimes, it doesn't matter how safely you drive. You could be driving the speed limit and obeying all traffic rules and someone else can crash into you. One good rule of thumb to use is, "Assume everyone else on the road is an idiot." In other words, be prepared for unpredictable lane changes, sudden stops, unsignaled turns, swerving, tailgating and every other bad driving behavior imaginable. Chances are, you'll eventually encounter someone like this -- and it pays to be ready when you do.

It's impossible to list all the possible things another driver might do, but there are a few common examples. If you're pulling out of a driveway into traffic and an oncoming car has its turn signal on, don't assume it's actually turning. You might pull out only to find that turn signal has been blinking since 1987. If you're approaching an intersection where you have the right of way, and another approaching car has the stop sign, don't assume it will actually stop. As you approach, take your foot off the gas and be prepared to brake.

Of course, being prepared requires awareness, so make sure you check your mirrors and keep an eye on side streets so you'll know which other cars are around you and how they're driving. Don't focus only on the road in front of your car -- look ahead so you can see what's happening 50 to 100 yards up the road.

Top 10 Safe Driving Tips by Ed Grabianowski at, www.howstuffworks.com

Types of Fire Extinguishers



Class A extinguishers put out fires in ordinary combustible materials such as cloth, wood, rubber, paper, and many plastics.



Class B extinguishers are used on fires involving flammable liquids, such as grease, gasoline, oil, and oil-based paints.



Class C extinguishers are suitable for use on fires involving appliances, tools, or other equipment that is electrically energized or plugged in.



Class D extinguishers are designed for use on flammable metals and are often specific for the type of metal in question. These are typically found only in factories working with these metals.



Class K fire extinguishers are intended for use on fires that involve vegetable oils, animal oils, or fats in cooking appliances. These extinguishers are generally found in commercial kitchens, such as those found in restaurants, cafeterias, and caterers. Class K extinguishers are now finding their way into the residential market for use in kitchens.

