

Final Good Bye to SSG Board Member Betty Kozasa



Betty Kozasa

It is with great sadness we report that long-time SSG Board Member **Betty Kozasa** passed away earlier this year on 5/15/13 at the age of 93. Betty was a familiar face at SSG for many years especially in the 1980's and 1990's. She served on the SSG Board of Directors from 1985 until 1998 and remained active as Board Emeritus until her passing. She led efforts to push SSG to focus on programming for

children and older adults.

SSG had formed the 'Friends of Betty Kozasa Committee' back in 1990 when Betty had made her formal retirement announcement from the Volunteer Center of Los Angeles. She was lauded for her amazing work especially as a strong advocate for women, children and older adults. After her 'retirement' Betty never dropped a beat and continued to serve on multiple Boards and Committees (including SSG's) for many years.

In addition to her work with SSG, some highlights of her career in the last 20 years include Advisory Council Member for the National Council on Aging, Advisory Council of MacLaren's Children's Center, Board member of the Roybal Center on Applied Gerontology and Board Member of the Community Relations Conference of Southern California.

HOMELESS OUTREACH PROGRAM INTEGRATED CARE SYSTEM - BROADWAY



Join TeamHOPICS

HOPICS will be participating in the **7th Annual United Way Homewalk to End Homelessness** on November 23, 2013 at Exposition Park.

The United Way Homewalk is a 5k walk/run that raises money to end the fight against homelessness. **Kobe Bryant** is the face of the United Way Homewalk this year and will be present at the event.

HOPICS would like to extend an invitation to SSG staff, friends and family to join TeamHOPICS in the Homewalk. The team is recruiting at least 50 TeamHOPICS members to walk or run in this event. As a member of TeamHOPICS the registration fee is waived using the promo code **Partners13**. You can also donate to the team, if you can't participate in the Walk.

Interested parties may register for TeamHOPICS by visiting <http://unitedwayla.org/homewalk/register/> or contact HOPICS' senior manager for community services, **Marion Pate**, at mpate@hopics.org.



Juan Burgueno Jr., Art Instructor at BACUP is getting into the party spirit.

See BACUP's Halloween Party Invite, page 2.

OCCUPATIONAL THERAPY TRAINING PROGRAM - SAN FRANCISCO

Thanks to Our Community and Falletti Foods

OTTP-SF was one of four non-profits featured at Falletti Foods to receive a cash donation. When folks brought in their own bags, they received a token which they could offer to the non-profit of their choice. At the end of the quarter, the tokens were tallied and Falletti Foods donated \$660 to our program.



l-r: Alan Miloslavich, Manager, Erika Moore, Clinical Head of Service, Stephanie Golden, Contracts Coordinator, Colleen Devine, Program Director, and Dominic Falletti, Owner.

Presenting at the OTAC Conference



l-r: Nancy Jackson and Katie Gordon

Nancy Jackson, Chi-Kwan Shea and Katie Gordon, who are occupational therapists from OTTP-SF, will lead a presentation entitled, "*Productive Occupations: Promoting the Well-being of At-Risk Youth*" at the Occupational Therapy Association of California's Annual Conference in Sacramento on October 27. The presentation will highlight the development, methodology and case studies of

the Vocational Training and Education Program (VTEP), a trauma informed mental health intervention that uses paid work experience as the therapeutic occupation.

VTEP provides subsidized wages for youth clients of the Family Mosaic Project who are at least 14 years old, and receive OTTP services. It started in 2009 with Department of Public Health funding, and the support of New Ways Workers, a youth employment program that handles the payroll. Youth may be paid for participating in their OT assessment and presentation, or for participating in volunteer jobs at certified worksites, with OT oversight.



BACUP LIFE CENTER
1730 W. Olympic Blvd. #500, Los Angeles, CA. 90015
Phone: 213-368-1888 FAX: 213-368-6888

WITCH WAY IS ALL THE HALLOWEEN FUN ?



It's at BACUP of course we are having a party from 12-3pm on October 31st. Light refreshments will be served as well as tons of fun. We are on the corner of Olympic and Burlington.

Please RSVP by giving us a call 213-368-1888 or just drop by the Life Center and say hello and let us know you are coming, then get on your broom and fly on over!



THE PAINTED BRAIN

Cool Social Activities and More



- Monday's @ 2 pm - Community Meeting
- Monday's @ 4 pm - Writing Group
- Tuesday's @ 11:30 am - Hip-Hop/ Freestyle Group
- Friday's @ 2 pm - Art Group
- Friday, October 18th @ 7 pm - Open Mic - Get your groove on!
- Friday, October 18th - We are presenting at USC. Our Speaker's Bureau is growing!
- The Painted Brain is hiring new peer group leaders and is offering a three-week training course on how to be a group leader in the arts or in a support group setting. Contact Dave Leon for details: 626-354-1584 or thepaintedbrain@gmail.com
- The Painted Brain is running groups at half a dozen agencies every single week. Art to the People!

The Painted Brain is located at 1730 W. Olympic Blvd., Suite 500, Los Angeles, CA 90015

SSG NEWS & HIGHLIGHTS

OCCUPATIONAL THERAPY TRAINING PROGRAM - LOS ANGELES

Recommitting Ourselves to Meaningful and Self-Sustaining Practices
by Natalie Sartin, MA, Mental Health Rehabilitation Specialist

Natalie Sartin

In the everyday work we do at OTTP, nothing is more important than our ongoing commitment to good practice and rightful service to others. The result is the forging of a profound space for clients to free themselves from harmful behaviors and evolve gradually toward more fuller and freer lives. It is this expansive conception of practice that undergirds Seeking Safety as a viable methodology and frames the central conversation of this text.

I presently work with at-risk, high school-age seniors who attend Duke Ellington Continuation High School. To be clear, many of these students have - in the most personal sense - encountered distressing trauma which has resulted in post traumatic stress disorder (PTSD) and substance abuse. In accordance with the core principles of Seeking Safety, my goal as a practitioner is to assist them in establishing for themselves safety, i.e., discontinuing substance abuse, letting go of dangerous relationships, and stopping self-harm behaviors (Najavits, 2002).

In the fall of 2011, I began working individually with a foster youth who demonstrated many of these maladaptive behaviors. Subsequently, he faced a number of pertinent challenges, e.g., the unexpected death of a parent, and a distressing and unstable living environment. Since he was

in his last year of study at Duke Ellington Continuation High School, we integrated basic post-secondary goals into his treatment plan which included locating permanent housing. So, in our early work together, we searched physically for a safe place - free of harmful substances - necessary for him to live and cultivate freely. In time, we discovered a quiet community college located in Susanville, CA. What caught our attention most about Lassen Community College was the diverse certificate and degree programs offered, the on-campus housing, and the small learning environment. So, as we made progress toward increasing self-sustaining skills such as self-nurturing, setting boundaries in relationships, taking good care of self, and coping with triggers, we simultaneously completed an application for enrollment and on-campus housing for this Northern California community college. Likewise, we applied for resources and services such as Financial Aid, the Board of Governor's (BOG) Waiver, Educational Opportunity Program and Services (EOPS) and Work Study.

In August of 2012, this client, having graduated high school, relocated to Lassen Community College to pursue a certificate degree in Welding Technology and an AA degree. He has managed to maintain part-time employment through the on-campus Work-Study Program, and has benefitted from several other programs that we applied for, such as the EOPS program. Presently, he is in his second year of successful study at Lassen Community College.

This year, I completed a second year of this uniquely meaningful work with a new group of high school seniors at Duke Ellington Continuation High School. In August of 2013, I assisted three of these high school graduates in relocating to Lassen Community College in pursuit of an AA degree. And in the most remarkable turn of events, these new students - freshman, per se, were greeted upon arrival in to the city of Susanville by our pioneering student (now a sophomore). Triumphant, he welcomed them with certainty to their new home at Lassen Community College.

It is necessary to mention that all four of these students received strong backing from Duke Ellington Continuation High School teachers, administrators, and most remarkably, their high school principal - Mr. Cecil McLinn. This is in addition to the support received from their communities and families, too. Clearly, this type of reinforcement has yielded for these students increased opportunities to negate negative behaviors and live full lives. By and of itself, it has in many ways redefined our practice and process here at OTTP. Indeed, it is without fail that our service to the community is, and must be, uncompromisingly meaningful, ethical, and in all ways self-sustaining.

2nd Annual Back to School Kickoff Party

OTTP and AT&T partnered for their 2nd annual Back to School Kickoff Party. The event was held in the OTTP Youth Center and was attended by 125 clients and their families. OTTP staff provided clients with a fun afternoon thanks to the generosity and donation from the AT&T Pacific Chapters of the Pioneers a volunteer organization. Clients received brand new AT&T backpacks, school supplies and lots of pizza, prior to the start of the fall semester. AT&T Pioneers President-elect Marsha Garnett shared, "our mission is to effect immediate, tangible change in local communities, in partnership with our sponsors." Rhonda Windham, OTD, OTR/L commented, "This event helps to empower our clients to feel more prepared and confident as they strive to excel in the classroom."



Asian and Pacific Islander Obesity Prevention Alliance

APIOPA: Growing Our Roots



Over the past month, the Asian and Pacific Islander Obesity Prevention Alliance (APIOPA) has begun rolling out our new Community-Supported Agriculture (CSA) project, titled Roots CSA.

Roots CSA is a collaborative project of APIOPA and the Orange County Asian and Pacific Islander Community Alliance (OCAPICA), an SSG Affiliate Organization. Our goal is to get fresh, sustainably grown, and culturally relevant produce into Asian and Pacific Islander communities who lack access. We believe that access to healthy food and environments is a right for all people, not a privilege which should be experienced by the few.

Similar to the CSA project that APIOPA has run over the last year and a half, we connect local communities with local, small business farmers. For \$60 per growing season (3 months, 6 total shipments), subscribers not only get access to affordable, organic produce that is culturally relevant, but they also get to know their farmer. Subscribers are receiving fresh bok choy, eggplant, squash and many other items grown from farms in Fresno, and as close as El Monte!

In addition, we like to share with subscribers that they are doing much more than making sure they and their families are eating healthier. By subscribing to Roots CSA, they are supporting local small businesses while also impacting climate change. Rather than buying produce that is shipped from across the nation or even the world, our subscribers are limiting carbon emissions by purchasing right in their own back yard.

We are continually looking for new places to grow our "roots." If you are interested in starting up a new Roots CSA site, please contact Kyle Tsukahira, ktsukahira@apiopa.org for more information.

ORANGE COUNTY ASIAN AND PACIFIC ISLANDER COMMUNITY ALLIANCE

(SSG AFFILIATE ORGANIZATION)

OCAPICA celebrated its "Sweet Sixteen" on September 12th, 2013, at the Sheraton Garden Grove Hotel. OCAPICA celebrated 16 years of making a difference in Orange County through service, education, advocacy, and vision at their annual dinner, *Gathering Under the Banyan Tree*. This year, OCAPICA honored CSU Fullerton, Susan G. Komen Orange County, One OC, and Senator Lou Correa. We are proud to be a part of OCAPICA's ongoing growth and service they provide to the API community in Orange County. OCAPICA thanks everyone for their ongoing support in making this a successful event.

SOME DATES TO REMEMBER FOR NOVEMBER - DECEMBER

11/3	Daylight Saving Time ends
11/5	Election Day
11/11	Veterans Day (SSG Holiday)
11/27	Hanukkah begins at sundown
11/28	Thanksgiving Day (SSG Holiday)
11/29	Day after Thanksgiving (SSG Holiday)
12/21	Winter Begins
12/25	Christmas Day (SSG Holiday)
12/26	Kwanzaa begins

Mental Health Training News Successful 2-Day Training by APCTC



I-r: Andrea Mendoza, Sheila Wu, and Karen Cheng Lim

APCTC continued their successful training of mental health providers with their 2-day 'Caring For Our Family/ PEI Training' held on 9/19 - 9/20/13. The training was held at APAIT Health Center (an affiliate of SSG) in LA west of downtown. There were 40 attendees that included staff from SSG/APCTC, SSG/OTTP, SSG/Weber Community Center, Pacific Asian Counseling Centers and Tessie Cleveland Community Services Center. The training team included Dr. Sheila Wu, Clinical Committee Chair and Lead Trainer; Andrea Mendoza, LMFT; Dr. Karen Cheng-Lim and consultant Rosanna Balistreri. This was the 7th Prevention and Early Intervention (PEI) training for the CFOF model that targets at-risk children and youth. The goal of CFOF is to increase child protective factors, improve overall mental health and promote family wellness.

SSG NEWS & HIGHLIGHTS

HOMELESS OUTREACH PROGRAM
INTEGRATED CARE SYSTEM - CROCKER



HOPICS-San Pedro is now located at 5849 Crocker St., Unit X, LA 90003
Phone: 323-432-4399
Fax: 323-432-4398

Look for HOPICS and Weingart Family Solutions Center



Things to Ponder

If money doesn't grow on trees then why do banks have branches?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

How come we choose from just two people for President and fifty for Miss America?

Wouldn't it be nice if whenever we messed up our life we could simply press 'Ctrl Alt Delete' and start all over?

Brain cells come and brain cells go, but fat cells live forever.

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

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.



INTEGRATED BEHAVIORAL HEALTH
TEAM

The Integrated Behavioral Health Team, also known as IBHT, is one of SSG's newest divisions. The division was started several months ago in response to the heavy need to coordinate behavioral health services for patients of various Federally Qualified Health Centers (FQHC) and other Clinics across the Los Angeles Area. The division, headed by Carmen Chacón, LCSW, now has two staff members who work at co-located sites with our clinic partners, as well as at their outpatient location at 1730 West Olympic Blvd. Suite 150 in Los Angeles. In addition to delivering behavioral health services to Healthy Way L.A. and other populations, The IBHT will take on the centralized phone number and referral functions for the agency's behavioral health clinics very soon! The new functions are part of SSG's effort to present a united front of all our behavioral health clinics, attract new business opportunities and improve access to care for SSG clients.

IBHT became a team officially when Hala Marsi, ACSW joined in July 2013. Ms. Marsi completed her Master of Social Work program at USC in May 2013, with a concentration in Mental Health and a particular focus on recovery from severe and persistent mental illness. Hala has returned to SSG after 2 years of previous employment, where she worked with the Development Team and the Network for Social Work Management. We were very lucky that she chose our program to grow as a clinician.

Shortly after, we were also very fortunate to include Ingrid Bañuelos, ACSW also a recent graduate from CSUN School of Social Work. Ms. Bañuelos joined SSG as an intern at Project 180 last year and accepted our offer to expand our newly and growing team at IBHT. The team has been working very hard to provide good quality clinical care.

For more information, please contact Carmen Chacón, LCSW at (213) 553 9121





Halloween Safety Tips

- When choosing a costume, stay away from billowing or long trailing fabric. If you are making your own costume, choose material that won't easily ignite if it comes into contact with heat or flame. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.
- Provide children with flashlights to carry for lighting or glow sticks as part of their costume.
- Dried flowers, cornstalks and crepe paper are highly flammable. Keep these and other decorations well away from all open flames and heat sources, including light bulbs and heaters.
- It is safest to use a flashlight or battery-operated candles in a jack-o-lantern. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of way of trick-or-treaters, doorsteps, walkways and yards.
- Remember to keep exits clear of decorations, so nothing blocks escape routes.
- Tell children to stay away from open flames. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)
- Use flashlights as alternatives to candles or torch lights when decorating walkways and yards. They are much safer for trick-or-treaters, whose costumes may brush against the lighting.
- If your children are going to Halloween parties at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.



Thanksgiving Safety Tips

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

Safety tips

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.