Commemorating the 25th Anniversary of LA’s Civil Unrest

Saturday, April 22 will mark the 25th anniversary of the civil unrest that took place in South Los Angeles and other parts of LA. The South LA community and over 35 community-led organizations are coming together for **Future Fest** - a rally, march, and community festival to commemorate the past and build community commitment to a vision for South LA’s Future. SSG is honored to take part in the two events that will commemorate this historic political moment. We invite all staff and partners to join us for either or both events.

**South LA is the Future - Rally and March (April 29th, 10:30 AM-1:00 PM)**

**Future Fest - Community Festival (April 29th, 1:00 PM - 5:00 PM)**

Join us in committing to working towards a future that is innovative, inclusive and rooted in community-led transformation. The Rally Point starts at 10:30 am at Florence and Normandie with a march to 81st and Vermont (1.5 miles). The Future Fest is 1 pm to 5 pm at 81st and Vermont (in front of Community Coalition). RSVP at: [http://tinyurl.com/mrsxyyg](http://tinyurl.com/mrsxyyg)

More information is available at: [http://www.southlaisthefuture.com](http://www.southlaisthefuture.com)

South Los Angeles Building Healthy Communities (SLA BHC) collaborative is a part of The California Endowment’s 10-year strategic initiative supporting the development of safe and healthy communities. The SLA BHC is composed of more than 35 community partners focused on uplifting a collective voice, elevating unique models of organizing and community leadership, developing community power, and creating community-based solutions to systematic oppression. SSG’s Research and Evaluation Team has been supporting the SLA BHC partners with learning and evaluation.

**Lessons from LA’s Civil Unrest: 25 Years of Recovery, Revitalization and Resilience (April 29th, 7:30 PM)**

SSG is co-sponsoring this event, which is being organized by **Supervisor Mark Ridley-Thomas** as part of a year-long commemoration of the 25th Anniversary of the Empowerment Congress. At 7:30 PM, we anticipate that over 500 members of the community will converge at the intersection of Adams Boulevard and Western Avenue, and proceed to the southeast corner of the intersection for a candlelight vigil.

We will convene on the site of a gas station that burned down exactly 25 years ago for an evening of collective healing. There will be a brief program comprised of spoken word and choir performances, as well as remarks by a diverse group of up-and-coming elected officials.

SSG would like to organize a group of guests to take part in this evening of reflection and renewal. Transportation to and from the event will be provided for SSG guests. For more information and to RSVP, please contact **Dianna Malak Lopez** at [dmalaklopez@ssg.org](mailto:dmalaklopez@ssg.org).
The Art Corner

The Art Corner is a distinctive focal point for anyone who visits BACUP. Upon first exiting the elevator, visitors are greeted straightaway by the colorful images which make up the wooden BACUP banner and work of art. This welcome statement infuses one with a reputation that Bacup has established in Los Angeles County: that is, BACUP is cool but not pretentious; edgy but not over-the-top.

Under the guidance of artist and visionary, Juan Burgueño, Jr., the Art Corner is an integral and engaging part of BACUP as a whole. Pieces of art ranging from large paintings to small sketches grace the walls from end to end. Art lives and breathes at BACUP, and Burgueño is the catalyst who helps clients’ creations materialize and invites all visitors to sit and make or admire art for just a few minutes or for hours at a time. The Art Corner’s Drawing Center offers instruction on sketching and drawing under the tutelage of artist John Boudreau. Hundreds of budding artists have found a home away from home where they can relax and find support from staff and each other and gain sustenance from the wellspring of artistic talent at BACUP.

Client Jorge told us, “The Art Corner was a launching point for me. I was able to get along with people, and that prepared me for what I’m doing in my life currently—going to school.” As happened with Jorge, the Art Corner empowers clients to take a visual journey through their recovery from mental illness—traveling from hopelessness to wholeness and wellness on the road toward artistry and triumph.

WCC

Black Vision of Wellness Program

Client Art

This art piece was painted by Mack S., who is enrolled in Weber Community Center’s Black Vision of Wellness Program. Mack utilizes art as a form of self-expression in his healing journey. Weber’s Black Vision of Wellness Program is an Integrated Service Model committed to eliminating stigma associated with chronic medical conditions, mental illness, and substance abuse through the use of evidence-based, culturally-competent, and holistic approaches. The program uses an African-centered philosophy to promote wellness and development. The program serves African and African American individuals residing in South Los Angeles, and who struggle with chronic medical conditions and mental health challenges. Weber’s Black Vision of Wellness Program is unique in that it provides both traditional and non-traditional mental health services, such as acupuncture, reiki, and tai chi. Clients who enroll in the program are able to get their spiritual, mental, emotional, and physical health needs met.
Congratulations and best wishes to Judy Lawyer, LMFT, Safety Resources Coordinator for SSG’s Risk Management Department who will be retiring at the end of May 2017. Judy recently celebrated 30 years of service with SSG (Connecting the Dots Issue Sept-Oct 2016).

Judy has had a long and industrious career at SSG starting with her initial role as Director of the American Indian Housing Project in 1986. In 2003 she accepted a position at SSG’s Core Office first with the Development Team and later with SSG’s Risk Department. She emerged as the innovator and leader for SSG’s overall Safety Program when the agency sought national accreditation through CARF, an accreditation service organization renowned for their rigorous standards for health and human service providers. Judy worked closely with HR, Risk, Development and Behavioral Health Divisions to promote and develop uniform safety protocols and standards throughout SSG.

Judy’s background and expertise in direct service programming was a tremendous asset to the SSG Development Team from 2003-2014. Her understanding and knowledge of ‘nuts and bolts’ of service delivery was often parlayed into effective program design for proposals. During this period Judy’s organizational skills and attention to detail ensured that grant proposals were completed and assembled not just correctly but also with finesse. These same skills contributed great to SSG’s annual insurance renewal process, insurance certificate requests and tracking of SSG sites/locations. She assists Divisions with various matters including building safety, vehicles and emergency plans. She was also trained and certified to perform ergonomic work-site assessments which has been greatly appreciated by many.

Judy is a true team player and one who has always taken pride in her work with clients and co-workers. She embraces challenges with grit and humor. This is very evident in her first post-SSG adventure - travelling to Spain to embark on “The Way” a 47 day trek averaging 16 miles per day. She jokingly remarked “...I will literally take one step at a time into my new retired life”. With this and other adventures to come Judy is looking forward to a lively and fulfilling life voyage. She is looking forward to spending time with new and old friends and family including her grandson Steven.

SSG’s mission as a nonprofit service provider is to empower and serve communities in need through caring, compassion and competence. Judy has always epitomized this mission in everything she does.

She will always be part of the SSG Family.

All the best Judy!
The “Los Angeles March and Expo for Science” is taking place Saturday, April 22 in Downtown Los Angeles. The Research and Evaluation (R&E) team are coordinating a voluntary group to participate. All Divisions are welcome to voluntarily join for a sign-making party and participation in the March and Expo.

For those who may be unfamiliar, the March for Science is occurring all over the world on Earth Day in response to the wholesale attack on scientific consensus on issues like climate change, as well as the gutting of science and social science funding. There is also a stated recognition by organizers that valuing all immigrants is essential for a civil society.

Please visit the official LA March for Science website, which answers questions such as “What Good does a March do?” and “Why are we Marching?” http://marchforsciencela.com/

Feel free to get in touch with Dr. Casey MacGregor, (cmacgregor@ssg.org) from R&E if you want to learn more.

**SSG NEWS & HIGHLIGHTS**

**R&E**

**Connecting the Dots**

**2017 Sustainable Earth Decathlon (SED2017)**

CYPHER is excited to announce that we will host SED2017 in coordination with the Governor’s Office of Planning and Research (OPR), Governor’s Office of Business and Economic Development (GO-Biz), the California Energy Commission (CEC), Air Resources Board (ARB), and Tecdonor. SED2017 is a participating event in Columbia Memorial Space Center’s 2017 City of STEM program.

**What:** SED2017 CleanTech Forum and Showcase  
**When:** Apr 26-27, 2017, 9am-5pm  
**Where:** Los Angeles CleanTech Incubator http://laincubator.org/  
**How:** Reserve tickets at https://cypher-sed.eventbrite.com.

**Event Highlights**
- Apr 26-27: CleanTech Forum to discuss barriers and solutions to “green tech” access in low income communities with tech firms and key local stakeholders. California Energy Commission will have ‘green tech’ funding and career opportunity booths
- Apr 26-28: VIP reception during lunch; mingle with founders of tech firms in renewable energy, ‘green’ transportation, and ‘smart building’ and key ‘green tech’ and workforce development stakeholders from the local and state levels. Only 15 tickets available per day. Purchase ticket from eventbrite page.

**About SSG/CYPHER**

Conscious Youth Promoting Health & Environmental Resilience (CYPHER) is an incubator for grass-root CleanTech in developing and least developed places. We focus on ‘innovations at the nexus of food, energy, and water system’ (INFEWS) because of their cross-cutting relationship with human and planetary health.
Dear Friends and Supporters,
As many of you know, APIOPA (Asian and Pacific Islander Obesity Prevention Alliance) was started in the early 2000s by fierce advocates of our communities. Our founders were fired up by the need to include APIs in the work focused on addressing the obesity epidemic. Hence the focus on obesity prevention within our name. This explicit emphasis was an important tool for pushing public health conversations to include the real health needs and cultural specificities of our communities, aspects that were constantly left out of the discussion.

Since then, APIOPA’s work has broadened and flexed to ensure APIs are not only represented within, but also lead efforts to address a range of health and environmental justice issues. Many of you know us for this work; whether it’s our food justice activism through our CSA and collaboration with local Asian American farmers, or our environmental justice work with youth leaders in San Gabriel Valley. Many of you have even participated in or supported our active living programs, like Bike to Japan and our monthly hikes. More recently, we have also expanded to ensure that discussions on key issues like transportation and access to local parks include our faces, our voices, our cultures, and our languages. Our team is constantly working to ensure that API community members always have a seat at the table and are part of the leadership in our communities. It’s this passion for amplifying the needs of our communities and moving our leadership forward that motivates us. To honor these core motivations, we are officially changing our name.

Effective today, APIOPA becomes API Forward Movement.

Forward: With the current state of our country and the new administration, we are faced with leadership that wants to move us backward--to roll back the rights and access we have fought so hard for in the name of racial, social, economic, and health justice. We are challenging this affront with a clear emphasis on pushing forward. Pushing forward to protect the basic rights of our diverse, immigrant families and beloved communities. Pushing forward to expand those rights and enhance access to the resources we all need to live healthy, vibrant lives in empowered communities. We want to be forward in our approach to advocacy and justice and to support everyone in looking forward with hope for a better tomorrow.

Movement: Localized, grassroots organizing in our Southern California API communities is the foundation for our work, because we are committed to building movements for healthy change. We want to continue fusing advocacy, education, and leadership development so that the people who are directly impacted are the people driving not only the conversation but also the change. And for us, as a health justice group, movement means getting both physically and politically active. When we hike, bike, walk or roll together, we aren’t just exercising--we are also actively facilitating one another’s growth to become local health activists who are part of a larger movement for healthier communities.

Our new mission is clear: Forward Movement is here to cultivate, healthy, long-lasting, and vibrant Asian and Pacific Islander communities through grassroots organizing. This identity honors the work we have already been doing--working with API community members throughout Los Angeles County, Orange County, and beyond to increase access to healthy foods and healthy environments--and conveys our ongoing commitment to tackling, as organizers, the root causes and systemic issues that inform our ability to live healthy lives.

Thank you for being part of the APIOPA family up to this point. We can’t wait to keep building together as API Forward Movement.

In Solidarity,
The API Forward Movement Team
Mayor Garcetti’s Fall Friday Nights 2016

Fall Friday Nights implements programming at 8 sites across the city providing Angelenos with free extended recreational, cultural, educational, and resource-based programming. The Trauma Recovery Center was invited to facilitate trauma informed care workshops to communities most impacted by gang-related violence, poverty, and unemployment. March 2017, the Trauma Recovery Center was recognized with a message from our Mayor and received a certificate of appreciation.

Read more about this event here: http://empowerla.org/mayor-garcettis-fall-friday-nights-2016/

AL-IMPICS 2017

The Power of Dreams 2017

On Saturday, September 9th, the Los Angeles Al-Impics will host its annual event of celebrating individuals in recovery from alcohol and drug use through athletic competition. The Los Angeles Al-Impics Host Planning Committee invites you and your family to join us at Los Angeles Harbor College, 1111 Figueroa Place, Wilmington 90744. We are seeking volunteers to assist in various event areas, such as: weightlifting, track & field, kidz/teen zone, among others.

If you would like to volunteer at the event, please e-mail al-impics@hopics.org.

KPCC AirTalk Voter Cram Session on Measure H

On March 1, 2017, KPCC’s AirTalk host Larry Mantle hosted Veronica Lewis, Division Director at HOPICS and other experts in the field of homeless services for a voter cram session focused on the primary nominating election on March 7, which asked L.A. County voters to decide on Measure H. Measure H proposed to implement a quarter-cent sales tax to fund homeless services. The cram session, which was hosted at The Crawford Family Forum in Pasadena, allowed proponents, opponents and experts on the Measure to break down the details and answer questions from voters. Among the topics discussed was how the money would be spent and the kinds of oversight needed to avoid waste or misuse. In addition to Ms. Lewis, other panelists included Chris Ko, Director of Homeless Initiatives at the United Way, Rebecca Prine, Founder of Recycled Resources for the Homeless, Rina Palta, KPCC correspondent covering Southern California’s social safety net and Jack Humphreville, columnist at CityWatch. Since the convening, LA County voters went on to approve Measure H with over 69% support. The initiative is expected to generate $355 million a year for 10 years to fund mental health, addiction treatment, health care, job training, affordable housing and other programs and services for the homeless; it is projected to end homelessness for 45,000 people within five years. Congratulations to Veronica Lewis and the HOPICS staff who worked tirelessly to get the word out about the importance of this initiative and promote the goal of ending homelessness in our county.
Growing SSG

CONNECTING YOUR VISION TO FUNDRAISING

Did you know?
These 3 nonprofit marketing tools are your keys to success!

1. Website
   Everything you do should drive people to your site. Why? Let’s think in terms of the 3 M’s: Mission, Marketing, and Mobilization. Directing a consumer or potential donor to your website can be done in dynamic ways. Think of something fun like a how-to video, a success story, or a blog.

2. Email
   Whether you are sending out newsletters, e-blasts, or fundraising appeals, mix up the content that you are marketing to your constituents. Some examples of mixed content are a case for support, how to get involved, sharing the impact of a current project, or surveys. Don’t forget: Your constituents won’t know to donate unless you make “the ask.”

3. Social Media
   You might not like it, or have time for it, but you definitely need it to build relationships with your followers and most invested supporters. This is a tool that can help you expand your network, reach and impact. As your following begins to grow, you will see more successful fundraising.

- Sincerely DT -

Grant Announcements

See our latest highlights below and stay tuned for more!

Since December 1, 2016, SSG has been recommended* for the following grants:

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<tr>
<th>Funder</th>
<th>Program</th>
<th>SSG Division</th>
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<tbody>
<tr>
<td>Los Angeles County Arts Commission 2017-2018</td>
<td>Community Impact Arts Grant</td>
<td>WCC</td>
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<tr>
<td>Orange County Health Care Agency</td>
<td>HIV Housing Services + Transitional Housing</td>
<td>APAIT</td>
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<td>California Victim Compensation Program</td>
<td>Federal Government (Victims of Crime Act</td>
<td>HOPICS - Trauma Recovery Center</td>
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<td>(CalVCP)</td>
<td>(VOCA) funds)</td>
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<td>Asian Pacific Community Fund</td>
<td>Operating Grant</td>
<td>API Forward Movement</td>
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*Note that some contracts are pending official approval.
Happy Social Work Month!

This year OTTP’s Social Workers embraced the Social Work campaign, “Social Workers Stand Up!” The month of March recognizes social workers who stand up for millions of people every day. They work with different people who are experiencing mental health crises, illnesses, our veterans, children, families and communities.

On March 29, 2017 the OTTP LA Social Workers organized an amazing Talent/Hobby Show in honor of Social Work month. They did a great job of sharing with staff all of their wonderful talents!! Our Social Workers run, sing, dance, create art and do much, much more!!! Thank you to our Social Workers who showed us how to “Stand Up” for our clients, families and communities.

SSG Behavioral Health Training

SSG Shines As Newly Designated ‘Family Connections’ Trainers

Dr. Sheila Wu, Assistant Director APCTC together with Dr. Diane DePanfilis, Professor and Developer of ‘Family Connections’ led a presentation called ‘Adapting Family Connections in LA: Co-Creation by the Developer and Community’ during the Evidence-Based Practices Symposium held in Long Beach on April 3-4, 2017 co-sponsored by CIBHS and LA County DMH. This 2-day symposium drew in behavioral health specialists and professionals throughout the State and beyond - focusing on prevention and early intervention services. SSG was recently awarded a contract from DMH to provide training in the Family Connections model with Dr. Wu and Dr. DePanfilis as lead trainers.

SSG is proud of being part of LA County’s Prevention and Early Intervention (PEI) Plan that was first approved in 2009. Providing mental health education, outreach and early identification (prior to diagnosis) can mitigate costly negative long-term outcomes for mental health consumers and their families.
Some Dates to Remember for May - June

5/5     Cinco De Mayo
5/14    Mother’s Day
5/29    Memorial Day (SSG Holiday)
6/2     National Doughnut Day
6/5     World Environment Day
6/18    Father’s Day
6/21    Summer Solstice
MEDICAL EMERGENCY **DRILL**
AT THE CORE OFFICE

**CHECK**
- Anyone can do this
  - Is it safe?
  - What’s wrong?
  - Is anyone available to help?

**CALL**
- Anyone can do this
  - Call 911
  - Activate CODE BLUE

**CARE**
- Trained - Current First Aid, CPR & AED Certificate
  - Trained for type of care you give

APRIL IS **DISTRACTED DRIVING**
AWARENESS MONTH
National Safety Council - www.ncs.org

*“It Was Just…”*
It was just a quick call
It was just a short trip
It was just one drink
It was just a picture
It was just an email
It was just a glance
It was just a text
It was just a bite

‘Just’ is all it takes

**THINK BEFORE YOU ACT**

Quarterly Safety Training &
Drill Calendar
For Safety Reps from all Divisions/Program Sites
July 13th @ 10:00 am
October 12th @ 10:00 am

Unannounced Annual Drill Calendar
  - February - Fire
  - March - Medical
  - May - Bomb Threat
  - August - Active Shooter
  - October - Earthquake
  - November - Power Outage

National Safety Council - www.ncs.org
Safety in the Field

THE NEIGHBORHOOD

#1
Drive around the block and note the surroundings

#2
Is there a safe place to park

#3
Where would you go in an emergency

#4
Pay attention to No Trespassing and Beware of Dog or Owner signs

#5
What's happening on the street
* People fighting, drinking, loitering or wearing gang colors
* Only use your cell phone if safe
April is Stress Awareness Month
http://foh.psc.gov/calendar/stress.html

Take time to unwind...
Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is invaluable. It's healthy to relax, renew, and rejuvenate.

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses—from headaches to stomach disorders to depression—and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

The Fight or Flight Response
The sympathetic stress response is a survival mechanism that is hardwired into our nervous systems. This automatic response is necessary for mobilizing quick reflexes when there is imminent danger, such as swerving to avoid a car crash.

When you perceive a threat, stress hormones rush into your bloodstream—increasing heart rate, blood pressure, and glucose levels. Other hormones also suppress functions like digestion and the immune system, which is one of the reasons why chronic stress can leave you more vulnerable to illness.

Danger triggers the stress response. Unfortunately, so can work conflicts, concerns over debt, bad memories, or anxiety in general. Although one bad day at work won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk for disease.

Combat Your Stress
If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions and focus your mind on something that makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Relax and Recharge
Be sure to carve out some time to relax and take care of yourself each day— even just 10 to 15 minutes per day can improve your ability to handle life's stressors. Also, remember that exercise is an excellent stress reliever.

Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started:

- Take a walk
- Read a book
- Go for a run
- Have a cup of tea
- Play a sport
- Spend time with a friend or loved one
- Meditate
- Do yoga

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.
**Too high? Too low?**

*Vision needs, monitor height & neck pain.*

**WORKSTATION ASSESSMENTS**
for Desktop and Laptop Computer Users
- Posture and Work Habits
- Chair and Computer Adjustments
- Use and Placement of Office Equipment
- Product Recommendations
- Stretching

Ask your Supervisor to schedule an appointment with:
Laura Horton, Human Resources Coordinator, at safety@ssg.org

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**SSG’ Employee Assistance Program (EAP)**
Offered Through

*aetna* Life Assistance Program

**Achieve Work/Life Balance**
- Face-to-Face Assistance (3 sessions)
- Support & Referral Services
- Discounts on Health & Wellness Services

**How to Access:**
- By Phone: 855.283.1915
- Online: www.mylifevalues.com
- Website user name and password: RESOURCES

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**Your Name or Picture May Appear in SSG’s Newsletter and Website**
If you participate in an agency event and an article or picture from that event is submitted for publication, your name and/or picture may be included. If you do not want your picture or name to be included, please refrain from being photographed at events and let your supervisor know not to include your name in articles. You may also contact Tonie Diaz in the HR Dept. at adiaz@ssg.org or Leah McGowan for newsletter publishing and donation inquiries at lmcgowan@ssg.org.