



2019 OPEN ENROLLMENT STARTS SOON!

Change, add, drop... It's your choice!

This is the one time each year that you can elect to make changes to your SSG Medical, Dental, Vision, Life, Critical Illness, Accident, and FSA insurance coverage.



**Open Enrollment is open from
March 18, 2019 to midnight Friday April 5, 2019!**

There will be "Live" sessions near you as well as on-line, pre-recorded webinar options. Please RSVP for the "Live" sessions as space is limited! The notification sent on March 11 includes details of the meeting locations.

Questions about your current insurance plans?

Contact the Employee Support Center for dedicated support and advocacy year-round.

Email: LosAngeles.ESC@ajg.com | Phone: (855) 670-2222

SSG NEWS & HIGHLIGHTS

SSG

Black History Month

As we celebrate Black History Month, it's important to reflect on the generations of brave individuals who fought and continue to fight injustice by fearlessly sharing their talents, wisdom, and strength with the world. Let us remember that Black history is American history, and let us remember that honoring the contributions of Black Americans is a year-round practice.

Miss Major Griffin-Gracy, often referred to as Miss Major, is a trans woman activist who has dedicated over 50 years of her life to advocating for trans women of color. She is a symbolic mother and grandmother to many. A respected leader of the 1969 Stonewall riots, Miss Major is also a survivor of Attica State Prison. It was during this time that she saw firsthand the indignities faced by people of color and transgender individuals in the criminal justice system. Miss Major went on to serve as the founding executive director of Transgender, Gender Variant, Intersex Justice Project (TGIJP), a nonprofit organization that supports trans, gender-nonconforming, and intersex people in and out of prisons, jails, and detention centers. More recently, she established the Griffin-Gracy Educational Retreat & Historical Center in Arkansas, aka "House of GG." It is the first educational and historical center solely dedicated to transgender and gender nonconforming people in the US. To this day, Miss Major continues to be a bold community leader and elder, lending her voice to amplify how poverty, race, and gender intersect with issues related to incarceration, employment, and mental and physical health.



"I'm concerned about the things that are happening to my community that've been going on ever since I realized I was not like everybody else. It becomes a matter of when those things happen, what do you do? Do you run and hide, do you let stuff go on? And it's hard to do that if you care about people. So I just want to make sure that things are better, and not just for me and my folk, but for everybody." - Miss Major

SSG Testimony to the Board of Supervisors

On February 12, SSG Executive Director, **Dr. Herbert Hatanaka** appeared and submitted expert testimony on the development and practice of community-based behavioral health care and restoration for justice in front of the Los Angeles County Board of Supervisors. Dr. Hatanaka was joined by Division Directors **Emily Bell** (P180), **Dr. Trang Hoang** (Alliance), **Veronica Lewis** (HOPICS) and **Dr. Sheila Wu** (APCTC) in support of motions to address mental health and substance abuse in the County justice system. We're happy to report that both motions #4 and #11 sponsored by Supervisors **Sheila Kuehl** and Supervisor **Hilda Solis** were passed by the LA County Board of Supervisors.



The "New Era" of the Los Angeles County Board of Supervisors

SSG NEWS & HIGHLIGHTS

SSG

Risk & Liability Seminar

On February 4th, over 60 division leaders and managers attended a risk and liability seminar at SSG's core office. **Ann Shanklin** and **Brian Johnson** from the Non-Profits Insurance Alliance traveled from the San Francisco Bay Area and conducted a half-day session on developing a risk awareness culture and the potential contractual liabilities in contracting. Preliminary reviews were very positive. A post survey of the attendees revealed that 87% found the training to be very useful for their work. Please contact **Naomi Kageyama**, Director of Risk Management & Special Projects at nkageyama@ssg.org for more information.



SSG Fundraising Campaign



'52 Forward

MARCH 20, 2019

SSG was incorporated on March 20th, 1952 and has since grown into a family of 20+ divisions offering a diverse range of services. To celebrate this day together, SSG divisions and core office are highlighting SSG's milestones and its bright future with our '52 Forward campaign. It all counts down to our 67th anniversary on Wednesday, March 20, a designated 24 hours of no processing fees for SSG. On this day only, 100% of contributions will go directly towards moving our mission forward. Save the date and spread the word to donate at www.ssg.org/donate on March 20th.

SSG's Development Team is working with multiple Divisions on fundraising strategies and campaign execution for '52 Forward.

For more information about how your Division can get involved with agency campaigns please contact devteam@ssg.org.

SSG NEWS & HIGHLIGHTS

SAVE THE DATE

SSG Intern Networking Luncheon



CARF Meeting



AGENCY ANNOUNCEMENT

DO YOU LOVE WORKING FOR SSG? SHARE YOUR STORY!

We are looking for several staff testimonials to be featured on the “Employment” page of the new SSG website. We hope to provide prospective employees with an opportunity to learn more about all the reasons why YOU love working for SSG!

If interested, please provide thoughtful responses to at least TWO of the following prompts:

1. My favorite part about my job is:
2. A fond memory I have from working at SSG is:
3. My job at SSG allows me to make an impact because:
4. Something I’ve learned about myself and/or others from working here:

Please also provide your name, division, position, and year you joined SSG. The first 10 employees to submit their testimonials will receive a \$25.00 Gift Card!

Please email your submission to dmalaklopez@ssg.org

Please note: If your testimonial is selected, your name and photo will be on the website

SSG NEWS & HIGHLIGHTS

APAIT

Quest 2019

On December 15, 2018, APAIT produced the annual Ms./Mx. Quest advocacy pageant held at the David Henry Hwang Theater at East West Players, Little Tokyo. This year's winner featured the first ever indigenous Miss Quest winner **Yue Begay** from APLA Health and Mx Quest winner **Adam** from the Wall Las Memorias Project. The winners will embark on a year of ambassadorship to raise awareness impacting the trans and gender-non-conforming community. This year's strong candidates fielded causes including homelessness, reclaiming colonized roots of indigenous peoples, hate crime victimization, xenophobia, transphobia, spiritual freedom, and racism.



Double Lunar New Year Celebrations

APAIT ushered in the New Year by participating at the Lunar New Year Pride Festivals held concurrently in Chinatown and downtown Los Angeles called the Golden Dragon parade, and in the streets of Westminster, Orange County for the Tet Festival, on February 9th, 2019.



APAIT Tet Festival parade contingent
in Westminster, Orange County, 2/9/19.



APAIT Tet Festival parade contingent
in Westminster, Orange County, 2/9/19.

APAIT Publishes Two New Studies!

APAIT's research, evaluation and development (RED) team has been working with its academic partners to publish its research and program outcomes and demonstrate the impact of their work. Recently, two of APAIT's projects were published in the following peer review journals.

- **Establishing the feasibility, acceptability and preliminary efficacy of a multi-component behavioral intervention to reduce pain and substance use and improve physical performance in older persons living with HIV - Journal of Substance Abuse Treatment, Volume 100.** <https://doi.org/10.1016/j.jsat.2019.02.003>

HIGHLIGHTS:

- o The intervention targeted older persons living with HIV (PLWH), and combined cognitive behavioral therapy, tai chi and motivational text messaging (CBT/TC/TXT).
- o The study was done in partnership with a community HIV service provider.
- o The intervention reduced days of heavy drinking, one aspect of pain, and improved physical performance.
- o Findings demonstrate that the CBT/TC/TXT intervention is feasible to implement, acceptable and has preliminary efficacy for reducing substance use and pain and improving physical performance among a vulnerable population of older PLWH.

- **Daily factors driving daily substance use and chronic pain among older adults with HIV: An exploratory study using ecological momentary assessment - Alcohol, Volume 77.** <https://doi.org/10.1016/j.alcohol.2018.10.003>

HIGHLIGHTS:

- o Ecological momentary assessment measured daily pain and substance use.
- o Alcohol use emerged as the only substance associated with both driving pain and responding to pain.
- o Findings point to key targets for psychosocial interventions.

Congratulations to APAIT on this prodigious accomplishment!

SSG NEWS & HIGHLIGHTS

R&E

Research and Evaluation Team is
in South Los Angeles!

The SSG R&E Team has been working with community partners and residents in South Los Angeles as part of First 5 LA's Best Start Initiative. Best Start is a ten-year, capacity building place-based project where community members are at the center of policy and systems change work. Some of the things communities are seeking to impact are parent-school relationships, homeless family services and resources, public safety, green spaces, and food access. R&E is serving as the Data, Learning and Improvement Liaison in Best Start's Region 2, consisting of four communities in South LA: Broadway-Manchester, Compton-East Compton, West Athens, and Watts-Willowbrook. Our role is to help foster community residents' research and evaluation skills, provide general technical assistance to other Region 2 contractors, and guide regional evaluation efforts.

Our approach is flexible and customized for each community, aligning with our core value to make our work community and culturally responsive. For example, in West Athens, we have provided survey design support and survey software training, and in Compton-East Compton, we will be conducting in-depth asset mapping exercises.

Our approach in Watts-Willowbrook has been more intensive, as we have taken a "train the trainer" approach to working with individuals within the community partnership membership. These self-selected Data Coordinators have participated in one-on-one hands on training sessions with R&E Analysts and Associates on topics ranging from research and question design to interpretation, analysis and reporting that reflect community needs. There are now three Data Coordinators in Watts-Willowbrook, and after several months of training, they were able to create and present an evaluation activity to their leadership group, and then bring to the larger community partnership.

Please check out our website (www.ssgresearch.org) or follow us on Facebook, Twitter, or LinkedIn @SSGResearch for more info and updates on Best Start and other R&E projects.



BACUP

ART CORNER AT BACUP

Featured Artist
GLADYS CORTEZ



Her paintings are visually striking, and observers of her work may notice a hint of mystery nestled in the midst of nature's creation. Heavy black trees exude strength through melancholy skies offering a view into the life of BACUP artist, Gladys Cortez.

While visiting at BACUP's May 2018 Luau, Gladys took part in art activities and quietly observed surroundings that were new and intriguing to her. BACUP staff and

Gladys herself did not know at the time that she had found her second home and would return frequently to create art reflecting her recovery journey.

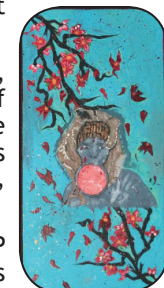
In kindergarten, the artist began drawing and creating art. She started painting in the fifth grade but had been mercilessly bullied throughout school. A negative experience with a judgmental school therapist prevented her from continuing treatment until many years later when her early onset depression and anxiety became too unbearable.

Treatment at Enki-Pico Union offered positivity, hope and that very first introduction to BACUP. In a conversation with BACUP Director Vera Calloway, Gladys said, "What I like about BACUP is there are arts and crafts, and I can fully express myself through painting without being judged. After that first visit, I knew I had to come back. Plus, coming here helps me process depression and anxiety."

Art Instructor Juan Burgueno, Jr. provides encouragement so Gladys can build on her central theme using trees as a spiritual connection to nature. Stemming from molestation as a child, these trees symbolize growth and life flourishing despite experiences fraught with negativity and pain.

With the lifelong support of her mother, Gladys will continue expressing herself through art. While it started as an escape from reality, her progress as an artist has led toward a life fulfilled through color, spirit, trees and BACUP.

*This interview was submitted by BACUP in cooperation with featured artist Gladys Cortez.



Art Photography by Juan Burgueno

SSG NEWS & HIGHLIGHTS

ALLIANCE

Narrative Medicine at SSG Alliance



In December, Alliance staff participated in a pilot Narrative Medicine workshop series, where staff had the opportunity to review literary texts, exchange insights and share personal and cultural experiences. The mission of Narrative Medicine is to provide a clearing where staff can gather to find meaning and connection, build cultural and narrative competence, and heal from the gradual wear of work and life.

Tiffany O'Bannon, Program Coordinator, stated of her experience, "It was beneficial in helping to process personal experiences in a different context. It was also calming."

SSG Alliance partnered with **Jonathan Chou**, who received his MS in Narrative Medicine from Columbia University in 2015, to complete the pilot and are now planning additional workshop series within SSG and beyond. If interested, contact **Hala Masri** at hmasri@ssgalliance.org for more details.

Cultural Competency Performance

SSG Alliance invited the Colleagues performance group to help lead its February cultural competency training. Written by **Christopher Aguilar**, *Stan D* is a powerful play inclusive of various cultural themes. It tells the story of an individual's journey through mental illness with the goal of reducing stigma. Staff had the opportunity to reflect on the performance and its application to our service to consumers.



OTTP-LA

2019 OTTP Art Calendar Fundraiser

The Numbers Are In!



Congratulations to OTTP-LA who recently completed their 3-month long 2019 OTTP Art Calendar Fundraiser. A huge thank you to all staff who supported this project through donating and spreading the word about the fundraiser to friends and family, because of you this inaugural fundraiser was successful in more ways than one. Not only did OTTP-LA raise over \$4,500 to go directly towards supporting their programs, but they also began developing a substantial donor base, initiated a successful 10-week email campaign, and distributed over 200 calendars that are now in the hands and homes of OTTP supporters throughout Los Angeles and beyond! OTTP-LA was able to see this success all while staying authentic to their values and keeping their client's stories and artwork at the forefront of the campaign. Now, OTTP-LA is gearing up for their 8th annual Art Show, which will feature client performances and artwork displays that may even be featured in the 2020 OTTP Art Calendar! Save the date, this one night only event will be held on Thursday, May 16th at 7pm at the OTTP Youth Center.



SSG NEWS & HIGHLIGHTS

APIFM

API Forward Movement Launches Healthy Eating Workshops at Castelar Elementary in LA Chinatown



In late January 2019, Asian Pacific Islander Forward Movement (APIFM) launched multiple healthy eating workshop series at Castelar Elementary School in Los Angeles's Chinatown neighborhood. Each series is at least six weeks long, and aims to promote healthy eating behaviors such as increasing fruit and vegetable intake, reducing sugar intake, and choosing whole, unprocessed foods more often. The workshop series are currently offered in three first grade classes, two second grade classes, four third grade classes, and two fifth grade classes.

APIFM nutrition educators now visit classes on a regular basis to lead interactive nutrition curriculum and healthy recipe-making. In several series, the curriculum also integrates basic gardening skills to teach students how vegetables are grown. "This program educates our students on eating and living a healthier life. The hands-on activities get our students motivated to make things on their own," shared Castelar Principal Wing Fung.

These workshops are part of APIFM's broader Healthy Eating & Active Living (HEAL) program, which is made possible by funding from Los Angeles County Department of Public Health's Champions for Change - Healthy Communities Initiative. Champions for Change aims to improve the health of families and communities in California, especially those that are at greater risk of obesity, high blood pressure, and type 2 diabetes.



**The Network for Social Work Management's
30th Annual Management Conference**
May 29 - June 1, 2019
Lake Shore Campus, Mundelein Center
at Loyola University Chicago

The Annual Management Conference is uniquely positioned to bring together social work and human service leaders, international experts, researchers, and practitioners in an informative event resulting in attendees at all levels leaving with cutting-edge social service management strategies. You will have ample opportunities to network with colleagues at the conference venue and at social gatherings offsite. The conference will feature plenary sessions, invitational presentations, and workshops. For more information visit: <https://socialworkmanager.org/programs/annual-management-conference/>

Register Today for Early Bird Rates!

Your registration to NSWM's conference is an investment in your professional development.

Registration Code: NSWM2019

Student/Retiree/Unemployed and Group discounts available!

E-Mail us at info@socialworkmanager.org or call Idalia at extension 1870 for more information.

SSG NEWS & HIGHLIGHTS

AP Recovery

New Client Housing Location
Haven House

SSG AP Recovery launched their new housing program "Haven House" with capacity to house up to 18 single female adults with residential support services. The lease for the renovated site in South LA was signed on 2/21/19 and residents will move in March 2019. This site also includes on-site outpatient and supportive services. For more information please contact Division Director Angela Kang at akang@aprtpt.org.



APCTC

Making Connections in Alhambra



L to R: Dr. Sheila Wu, Honorable Mayor Adele Andrade-Stadler, Dr. Lan Nguyen-Chawkins, Dr. Trang Hoang

Adele Andrade-Stadler was sworn in as Mayor on February 25th, 2019 - making her the first Latina to serve at the head of Alhambra's city government. The new mayor promised to "fight for what's right" and to be personally available to residents at Alhambra's Sunday farmers markets. SSG divisions in SPA 3 are excited to welcome the new mayor and look forward to working together in this community.

Division Collaboration

AATF Lunar New Year Cultural Festival

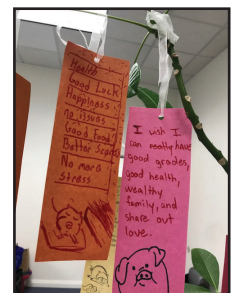


SSG recently co-sponsored the AATF Lunar New Year Festival that took place on February 8, 2019 at the Rustin campus in Riverside, CA. SSG RCC decorated a table and provided fun giveaway items to participants. They joined many other groups representing Chinese, Filipino, Indian, Indonesian and Korean communities. Throughout the event, there were performances of taiko drums, lion and dragon dances, Kung Fu demonstrations, Filipino folk dances, fashion show of Indonesian garments, and storytelling of the Chinese New Year and its zodiac. Overall, this was a wonderful event and a great opportunity to promote mental wellness.

APCTC

Wishing Tree Celebrating the New Year

APCTC Alhambra Center organized a Wishing Tree event for children and families to celebrate the Lunar New Year which fell on February 5, 2019. APCTC's celebration event was held Feb. 4 - 8, 2019 at their Center in Alhambra. Children and families engaged in creative writing of hopes, plans and wishes that were then hung upon the wishing tree. The wishing tree was filled with these colorful paper wishes for the enjoyment of all. Paper lantern-making was another fun craft that added to the festivities. In the Chinese zodiac this current year celebrates the Pig (Earth Pig) and is the twelfth in the 12-year cycle.



SSG NEWS & HIGHLIGHTS

Other Happenings

What does self-care mean to you?

SELF-CARE. We've all heard about it, but what does this actually mean? SSG Core shares their versions of self care and invite you to reflect on how you take care of your mental, physical or emotional self.

The only way I think I can give myself some self-care is by getting away from everyone. As a mom, a daughter, a head of household, employee and friend; alone time at the park running and listening to music is the best medicine to keep going. - Ana G. HR

"Self-care to me is about getting myself in my own zone. A good playlist gets me there." - Idalia G. NSWM

I practice self care by riding my bicycle to work and avoiding the stress of traffic. - Edwin M. HR

"For me, self-care is being kind to yourself even when you are not eating all the right foods or taking all the right breaks you are forgiving of yourself. You give your self that flexibility of making those mishaps because you know that you have to hustle sometimes." - Tracy M. R&E Team

For me, self-care is an expression of self-love in small moments. Drawing boundaries and saying no, watering my plants (which is often a good reminder for me to drink water too!), going for a walk and calling a good friend to catch up. - Huong P. Dev Team

THE LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH, SPECIAL SERVICE FOR GROUPS, AND FILIPINO AMERICAN SERVICE GROUP, INC. PRESENT:

2nd Annual FILIPINO MENTAL HEALTH WELL-BEING SUMMIT

Saturday
April 13, 2019 8:00am-5:00pm

Healing the Present Through Remembering Our Past & Empowering Our Future

Location **The Center at Cathedral Plaza**
555 West Temple Street
Los Angeles, CA 90012

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.

Free Registration is Open
Register on Eventbrite

10 Things to clean out after the new year!

- 1) Expired beauty products
- 2) Extra un-used coats (donate)
- 3) Unmatched socks
- 4) Refrigerated condiments (check those dates!)
- 5) Old batteries (or change all the batteries)
- 6) Bridesmaid dresses or old suits
- 7) Old catalogs & magazines
- 8) Extra children's toys (donate)
- 9) Re-used holiday wrapping that's been re-used one too many times
- 10) Your perpetual "fix it" pile



**SPRING
HAS
SPRUNG!**



SSG NEWS & HIGHLIGHTS

The Development Team

GROWING SSG

- Connecting Your Vision to Fundraising -

HOPICS WINTER SUPPLY DRIVE UPDATE

Thank you to all who participated in the HOPICS Winter Supply Drive! Thanks to your generosity, we gathered 36 ponchos, 24 beanies, 2 comforters and 7 jackets/coats for outreach teams to hand out to individuals who are experiencing homelessness during this cold, wet winter.

We are honored to spearhead a group effort to provide desperately needed items to fellow community members.

Have an idea for the next employee gift drive?

Let us know at devteam@ssg.org!

GRANT ANNOUNCEMENTS

From Jan. 15, 2018 to Mar. 15, 2018 SSG has been recommended for the following grants:*

FUNDER	PROGRAM	SSG DIVISION
CITY OF LOS ANGELES DEPARTMENT OF AGING	FAMILY CAREGIVER SUPPORT CITYWIDE	SILVER

SSG PERSONAL UPDATES

SSG

SSG Newsletter Scavenger Hunt

Hi SSG family! Here is the 3rd Connecting the Dots - SSG Newsletter Scavenger Hunt. Are you ready to win some prizes?! The multiple choice challenge will be hosted on an online game app called Kahoot! The scavenger hunt will begin as soon as the SSG newsletter is emailed out - be sure to read this newsletter first. The first 4 SSG employees to answer all 3 questions in challenge 1, plus a 4th bonus question in challenge 2 quickly and correctly, will each win a \$25 gift card! If you've won 2 consecutive times you must sit out the next round.



Instructions: Please visit: <https://www.kahoot.com> on your smart phone, click on "Play!" at the top and enter the following game pin# **0549456** to access the challenge. You will need to download the free app. When the game begins it will ask you to create a "nickname". **Be sure to use your SSG employee number listed in ADP.** The **timed** challenge will begin as soon as you click "Ok, go!". You'll need to be fast! Members of the SSG Newsletter Committee are not eligible. The quiz will be open until noon **March 25th** and the winners will be notified before at the end of March.

Happy reading & Good luck!

SSG Employee Assistance Program (EAP) Offered Through **aetna** Life Assistance Program

How to Access:

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

Benefits:

- Face-to-Face Assistance (3 sessions)
- Support & Referral Services
- Discounts on Health & Wellness Services
- Confidential (information not shared with SSG)

SOME DATES TO REMEMBER MARCH - APRIL

3/10	Daylight Saving	4/1	April Fool's Day
3/17	St. Patrick's Day	4/7	World Health Day
3/20	International Earth Day	4/15	Tax Day
3/24	National Puppy Day	4/19	Passover & Good Friday
3/29	National Small Business Owners' Day	4/21	Easter

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 approve of this, then 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 inquiries at lmcgowan@ssg.org.