

Upcoming NEMH Events

Hispanic Heritage Month

Sept 15-Oct 15

Hispanic Heritage Month Celebration

Sept 26: 10a-2p

4th Floor, NEMHC

LGBTQ History Month

October 1-31



Mindful Writing & Music Empathy

We were met with gray, overcast skies and a windchill as we arrived at Redondo Beach, but that wasn't enough to dampen our excitement. It's a monthly euphoria that replaces the, at times, nervousness or unsureness we are so accustomed to when stepping out into the unknown. A soft breeze greets us like old familiar friends and a calm comes over. The closer we approach, the melodic rhythm of the waves soothe hurt, anxiety and lift depressive moods. With each meditative breath, the crispness of ocean air and vastness of the sights help focus our thoughts and keep things in perspective. The scent of marine life and a bustling farmer's market - with freshly popped kettle corn, along with bountiful samples; enticing merchants offer their latest crops and concoctions. Chatter and laughter of little voices playing hide and seek with the ebb and flow of water. A cacophony of sounds, scents, textures and tastes hoping to keep us, even for a few hours, in the certitude of the present.

I look forward to every group outing, which is something I couldn't imagine even a few years ago. These trips not only serve as an opportunity to get out of isolation, but to practice acquired social skills, and absorb different worlds and environments that sometimes we wouldn't otherwise have an opportunity to experience or would not feel comfortable seeking out on our own. I've found myself adapting, growing, and maneuvering these situations, environments, and groups with joyous delight. -RR



Upcoming LACDMH Events

NAMI Conference

Friday, Oct 25

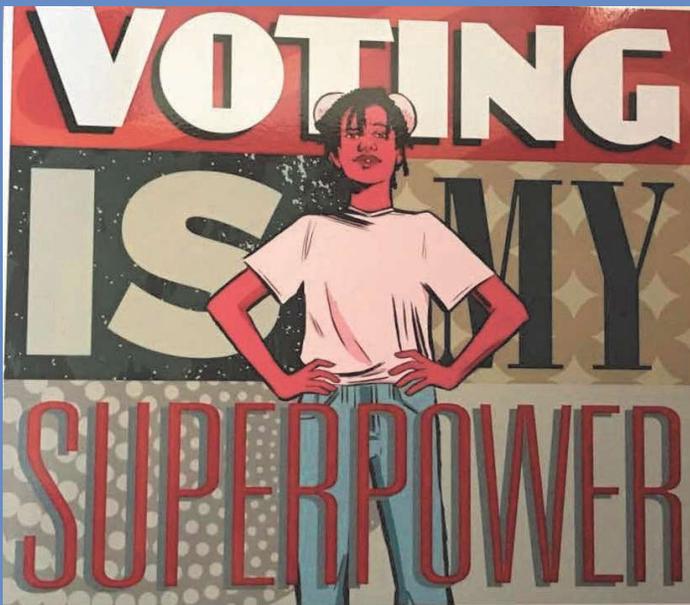
9am-4pm

California

Endowment

1000 Alameda St, Los Angeles, CA 90012

# VOTE FOR MENTAL HEALTH!



Election day is Tuesday, November 5th! Every election provides us with the opportunity to vote for leaders and laws to improve mental health services to help, individuals, families, and communities. Elected officials – from the president and Congress to city councilmembers – influence issues such as health care, housing, transportation, climate, and criminal justice which impact people affected by mental health conditions.

The National Alliance on Mental Illness (NAMI) is leading the #Vote4MentalHealth campaign to help people understand how their vote impacts people with mental health conditions and how they can act. You can take the pledge to #Vote4MentalHealth at [vote4mentalhealth.org](http://vote4mentalhealth.org).



Follow these steps to ensure your voice is heard on the issues that matter most to you:

- ✓ Register to vote! You can register to vote online at <https://registertovote.ca.gov/>. If you are registering within 15 days of the election (October 20th or later), you can same-day register at a polling station. If you're not sure of your voter registration status, you can check here: <https://voterstatus.sos.ca.gov/>
- ✓ Research! Seek information from sources that fact-check their information, such as major newspapers and broadcast news, rather than social media and cable television outlets.
- ✓ Make a plan to vote! All registered voters in California will receive an absentee ballot. You can place your ballot in the mail on or before election day, drop it off at any polling place within LA County, drop it off at a ballot drop box, or authorize someone to return the ballot on your behalf. You can also vote in person at a Vote Center, which you can locate here: <https://voterstatus.sos.ca.gov/>
- ✓ Check to make sure your ballot was received and counted at California Ballot Trax: [www.ballottrax.net](http://www.ballottrax.net)
- ✓ Encourage 5 friends or family members to vote!



## Positive Visions

Positive Visions is the Northeast's Client Counsel, led by W.O.W. (Wellness Outreach Worker) volunteers. W.O.W.s use their skills and explore their talents to benefit others. They conduct their own groups, coordinate community activities, and raise awareness through events/ resource fairs and conferences. They also come up with innovative ways to conduct outreach to destigmatize mental health and support those in need. Positive Visions has been successful in fundraising money by selling snacks, recycling plastic, and selling clients' artwork. The revenue is then used to purchase supplies for art groups, materials, donate money to NAMI Walks yearly, to go to field trips and many things. Positive Visions has helped many clients in their recovery! (L.R.)



## Men Supporting Men

Men Supporting Men is a group where men come together to support one another with their challenges and to learn how to navigate the challenges in a healthy way. The purpose of the group is to help men experience more personal growth, mental health, success, and happiness. We meet every other Friday from 10-11:30am. It is an open group by referral only- talk to your therapist or case manager if you'd like to join! -Arman Sirounian, LCSW



## Healing Garden

At Healing Garden, we come to experience the joy, peace, and serenity of the Milagro Allegro Community Garden. Surrounded by the beauty of nature, along with our facilitators Kristen and Irma, as well as our peers; it's a wonderful activity to set the tone for the rest of the week and the start of a new month. We meet at the Milagro Allegro Community Garden behind the Highland Park Theatre, on the last Monday of the month at 10am - 12 noon. We like to start with some gardening; usually someone waters the plants in our plot before everyone else arrives and we can relax on the many chairs arranged around the center of the garden area under the shady leaves of the mulberry tree. We harvest any herbs, fruits, or vegetables that are ready from our plot and do some weeding, too. Then we gather around in the center of the garden for some exercises and share positive affirmations by all the group members. Afterwards, we might get some lunch together. If we can make a salad or something with what we harvested, we might just enjoy a meal there at the garden. I enjoy the group participating as well as my own commitment on Mondays of watering and weeding our plot. I also like to enjoy the day with Oscar who is the co-founder of the garden whenever I get to see him there, which is most of the time on Mondays. I like to learn about gardening, and I have actually been gardening at my home ever since I started participating in the garden group. Welcome to all and I hope to see you there soon! -AR



*Mental Health Spotlight:  
Supporting Latin Mental Health at Northeast MHC*

Exciting news Everyone!

With the influence of Culture on Latin Mental Health Needs, we are pleased to announce updates to Psychological Testing at Northeast Mental health Center. Basic T (Bilingual Assessment and Spanish Interdisciplinary Clinical Training Program) has been informing and educating our psychological testing over the last year. Emphasizing culture and comparing Latin clientele to Latin populations when testing for psychological symptoms and profiles, this advancement in training demonstrates more focused awareness and application of culturally informed practices to our clients and an updated sense of dignity and respect to our Latin clients. As we start the second year of the program, we expect to provide better services for our Latin clients and for everyone! And being in service for the last 30 years as a therapist and then as a Psychologist, I consider this a personal career success!

Discuss any questions you may have about psychological testing with your therapist!

*-Alvaro Campos, PhD.  
Supervising Psychologist*



*Pride and Joy*

Pride and Joy is an LBGTQIA-2S+ group held every Friday at 1pm. This group focuses on self love, resilience and community. Every week we get together and have different topics to talk about. A few weeks back we talked and learned about the origins of the Pride flag and what the colors symbolize. There are also some ice breakers and group activities and potentially future field trips. This group can help those with anxiety issues, social anxiety and depression. Everyone is really kind and understanding. One of the things I enjoy about this group is being able to be myself. I am able to put my walls down and share my experiences with growing up closeted and being understood.

I really recommend this group to anyone and everyone! It's great to have a safe space to be our queers selves, and be supported by our queer community.

This is an open group by referral only. Speak to your case manager if you'd like to attend! -U.A.

**PRIDE  
& JOY**

SELF LOVE-RESILIENCE-COMMUNITY

**EVERY FRIDAY, 1PM-2:30PM**

**Facilitated by Kristin Winn, OTR/L**





## Sense-Ability

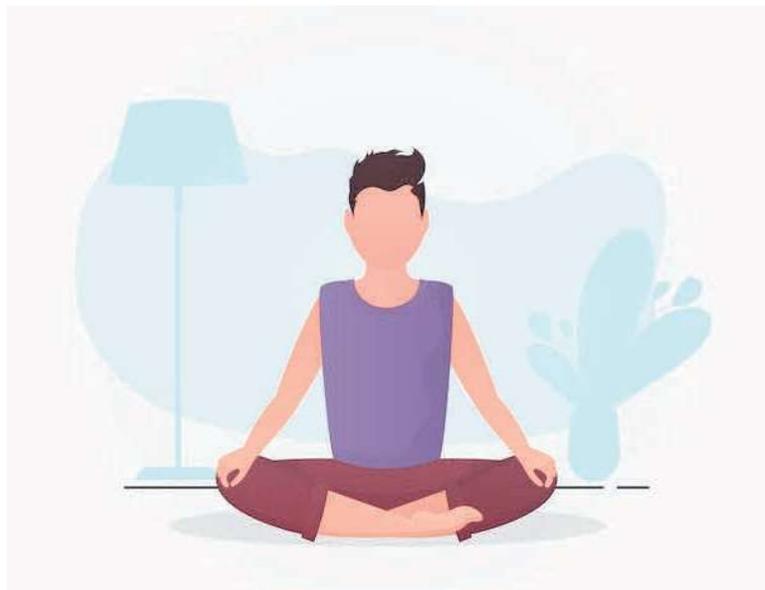
The sensibility group provides us with the necessary support to cope with issues such as anxiety, stress or depression, and other symptoms caused by traumas of mental illnesses. The facilitator, Irma, offers the necessary help and support through practical techniques that trained psychologists have created and successfully tested. The meetings begin with a brief relaxation exercise, providing security and well-being, and phrases (positive affirmations) are also analyzed, offering us another way of seeing the different difficulties of daily life. At the end of the meeting, each participant commits to and chooses a positive phrase to develop and practice in their daily life and, thus, improve the personal performance of each of the clients. I have had the pleasure of participating in the positive affirmations section, and this has helped me in my life as it gives me feedback and strength to cope with the symptoms of my own traumas. As an example of this, I had a certain reluctance to express my opinion and communicate in public, but as a result of my participation, I am gradually overcoming it. -AAR





## Sensibilidad

El grupo de sensibilidad nos proporciona el apoyo necesario para sobrellevar los problemas de ansiedad, estrés o depresión, y otros síntomas ocasionados por traumas de padecimientos mentales. La coordinadora Irma, ofrece la ayuda y el apoyo necesario, por medio de técnicas prácticas que psicólogos capacitados han creado y probado con éxito. Las reuniones inician con un breve ejercicio de relajación, proporcionando seguridad y bienestar, además de que se analizan frases (afirmaciones positivas) ofreciéndonos otra forma de ver los diferentes dificultades de la vida diaria. Al concluir la reunión, cada participante se compromete y elige una frase positiva para desarrollar y practicar en su vida diaria y así mejorar el desempeño personal de cada uno de los clientes. Yo he tenido el placer de participar en la sección de afirmaciones positivas, y esto me ha ayudado en mi vida ya que me retroalimentan y fortalecen para así sobrellevar los síntomas de mis propios traumas. Como ejemplo de esto, yo tenía cierto rechazo para externar mi opinión y comunicarme en público, y a raíz de mi participación, poco a poco lo estoy superando. -AAR





# FALL WELLNESS

## Fall Wellness Tips: Sleep your way to better health!

Getting enough quality sleep is an essential component of good heart and brain health (American Heart Association). You might not be able to control the factors that interfere with your sleep. However, you can adopt habits that encourage better sleep. Start with these simple tips from the Mayo Clinic:

### **1. Stick to a sleep schedule**

Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to be well rested.

Go to bed and get up at the same time every day, including weekends. Being consistent reinforces your body's sleep-wake cycle.

If you don't fall asleep within about 20 minutes of going to bed, leave your bedroom and do something relaxing. Read or listen to soothing music. Go back to bed when you're tired. Repeat as needed but continue to maintain your sleep schedule and wake-up time.

### **2. Limit daytime naps**

Long daytime naps can interfere with nighttime sleep. Limit naps to no more than one hour and avoid napping late in the day.

### **3. Include physical activity in your daily routine**

Regular physical activity can promote better sleep. However, avoid being active too close to bedtime.

Spending time outside every day might be helpful, too, and helps to regulate your natural circadian rhythm.

### **4. Pay attention to what you eat and drink**

Don't go to bed hungry or stuffed. Avoid heavy or large meals within a couple of hours of bedtime. Discomfort might keep you up.

Nicotine, caffeine, and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine take hours to wear off and can interfere with sleep. And even though alcohol might make you feel sleepy at first, it can disrupt sleep later in the night.

### **5. Manage worries**

Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for tomorrow. Meditation can also ease anxiety, and many are available for free online.

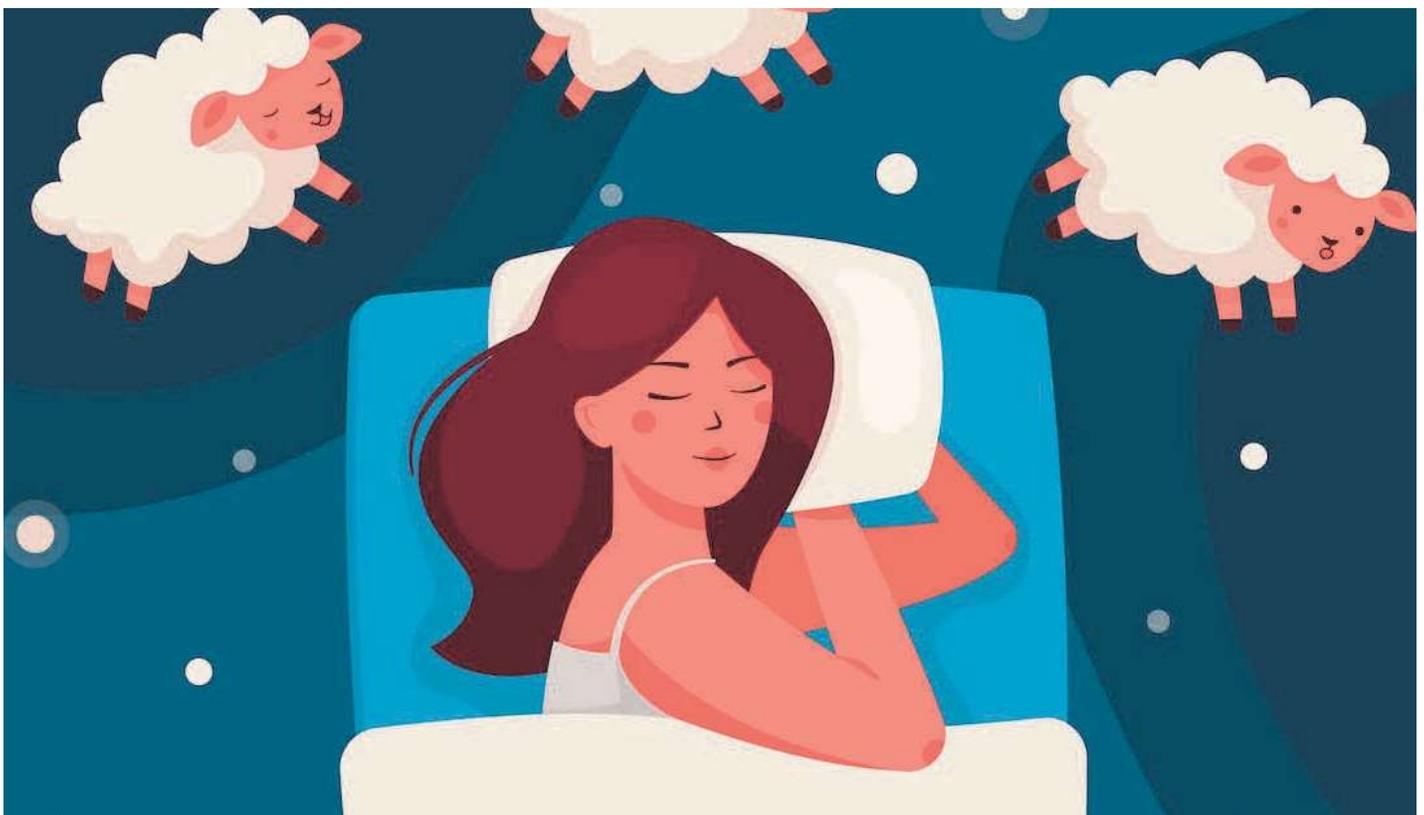
### **6. Create a restful environment**

Keep your room cool, dark and quiet. Exposure to light in the evenings might make it more challenging to fall asleep. Avoid prolonged use of light-emitting screens just before bedtime. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.

Doing calming activities before bedtime, such as taking a bath or using relaxation techniques, might promote better sleep.

*Kristin Winn, OTR/L (she/her)*

*Thank you for reading!*



# NORTHEAST MHC GROUPS

## Art

### Art Lab

Mondays, 1-3pm

### Seasonal Craft Workshop

Tuesdays, 1-3pm

### Healing Through Art

Wednesdays, 3-4:30pm

## Music and Writing

### Drumming

TBD

### Music Empathy

Every other Thursday,  
11a-12pm

### Mindful Writing

Thursdays, 1pm-2:30pm

## Health and Wellness

### Healing Garden

Last Monday of the month, 10a-12p

### Plan de Accion y Recuperacion

Mondays, 9-10am

### Vive Saludablemente

Mondays 10:30am-12pm

### Walking for Health

Wednesdays, 9-11:30am

## Therapeutic Processing

### Healing Trauma for Women\*

Tuesdays, 9-10:30am

### Mindful Mamas\*

Tuesdays, 1-2:30pm

### Wise Mind\*

Wednesdays, 1pm-2:30pm

### Men Supporting Men

Every other Friday, 10-11:30am

### Pride and Joy

Every Friday, 1-2:30pm

\*Closed group by referral only

## Recovery Skills

### Recovery, Inc.

Tuesdays, 9-10am

### Life on Life's Terms\* (FSP only)

Thursdays, 11am-12:30pm

### Dual Diagnosis

Every other Friday, 9-10:30am

### Sense-Ability

Every other Friday, 10:30am-12pm



HATIONAL  
**HISPANIC**  
HERITAGE MONTH

▶▶ **Northeast MHC & Service Area 4  
Leadership Team Presents:  
Hispanic Heritage Month Celebration!**

**Thursday, September 26, 2024  
10 AM – 2 PM**

**Northeast Mental Health Center: 4th floor**  
3303 N. Broadway, Los Angeles, CA 90031

**FREE EVENT! ALL ARE INVITED!**

Celebrate the contributions of Latinx Americans on our history and culture with art, food, music, and a mental health workshop! Leave with a full belly and pride in your community! Lunch and resources provided. Featuring:

- Free Food
- Loteria and prizes
- Workshop by Mental Health Promoters
- Cultural art display

For more information, please contact us at 323-478-8200.



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



►► **Clínica Noroeste MH y el equipo de liderazgo del Área de Servicio 4 presenta: ¡Celebración del Mes de la Herencia Hispana!**

**Jueves, 26 de Septiembre de 2024  
10 AM – 2 PM**

**Centro de Salud Mental del Noroeste: 4to piso**  
3303 N. Broadway, Los Ángeles, CA 90031

**¡EVENTO GRATIS! ¡TODOS ESTÁN INVITADOS!**

¡Celebre las contribuciones de los latinoamericanos a nuestra historia y cultura con arte, comida, música y un taller de salud mental! Se proporcionará almuerzo y recursos. Presentando:

- Comida gratis
- Taller de las Promotoras de Salud Mental
- Lotería y premios
- Exhibición de arte cultural

Para más información, llame 323-478-8200.