

Upcoming NEMH Events**Black History Month**

February 1-29

Women's History Month

March 1-31

NAMI Walk

Saturday, May 10

**NAMI Greater LA Conference**

I'm grateful to have been able to attend the Greater Los Angeles NAMI event for the first time ever. Prior to the event, I had only attended the yearly NAMI Walks, so this was a more elegant experience for me. There were many different topics for all of us to choose from, so I chose the Spanish talks. I was brought to tears and I was not alone in the room filled with many of my peers from Northeast Mental Health Center. We were moved by the testimonials of two Spanish speaking Latina mothers and their plight to get help for their young adult male children. I thought of my brother out there on the streets, untreated with mental health issues. It was inspiring to learn how NAMI helped families advocate for their loved ones to receive mental health diversion and services instead of suffering harsh prison terms. Then we ended with a lighter note when our very own service area chief, Evelio Franco, gave a very informative talk on how to support our loved ones with severe mental disorders. -AR

Upcoming Clinic Closures**President's Day**

Monday, February 17

Cesar Chavez Day

Monday, March 31

Memorial Day

Monday, May 26



Janet Chen, Northeast Mental Health's Department of Rehabilitation (DOR) representative, was part of a panel at the Greater Los Angeles NAMI Conference who work in conjunction with one another to offer opportunities for those seeking to return to work and/or school, whether it's on a part-time or full time basis. They help potential clients navigate through the legalities and procedures of the process. The panel discussed the different opportunities available, depending on the individual's interests, abilities, and circumstances. They work together to help clients with any needed potential accommodations, study aids, resume writing, job training, interview skills, and overall advising that would be needed along the way. They can also help clients discover or expand on what they're interested in or passionate about to see what path might be the most beneficial to them. -RR





GROUP HIGHLIGHTS



Art Lab

I've learned a lot about making art and choosing the best materials to use during my time participating in the Art Lab group. For example, I enjoy drawing and coloring DC and Marvel comic characters. The group facilitator saw that I was using watercolors and suggested I use acrylic paints instead. It really made a difference! We also celebrate birthdays and holidays and that makes the group fun. -R.L.



Pride and Joy

Pride and Joy meets at 1:00PM - 2:30PM every Friday. It is a fun and supportive space to create community with our fellow LGBTQIA+ peeps. Some of the events we have planned together included a field trip to the One Archives at USC, holiday potlucks, and creating an altar to queer figures who have passed away for Día de Los Muertos. Whether we are learning about our history or doing a check-in with how we are all doing, we are showing up to grow together. -MG





Healing Through Art

El grupo de arte me ha ayudado bastante en mi recuperación. Estoy muy contento y feliz ya que no me siento tan enfermo con el correcto medicamento y la comunidad. Puedo interactuar con mis compañeros y desarrollarme artísticamente y en lo personal con mi salud mental. He hecho varias pinturas, una caja y una cuna para el niño Dios que es rosita por dentro y turquesa por fuera. Próximamente estaremos trabajando en arte abstracto. -JM

The art group has helped me a lot in my recovery. I am very content and happy since I don't feel as ill now with the right medicine and our community. I can interact with my colleagues and develop artistically and personally with regards to my mental health. I have made several paintings, a box, and a crib for the baby Jesus that is pink on the inside and turquoise on the outside. We will soon be working on abstract art. - JM

Through our Lens

OUR CREATIVE ENDEAVORS

Pride and Joy

Día de los muertos altar honoring important queer people who passed away



Healing Through Art

Multimedia pieces consisting of inspirational small wood paintings, rock art, colored pencil decorative leaves, and watercolor/acrylic pumpkins and turkeys

Seasonal Craft

Projects showcasing handmade jewelry, crochet flowers, magnets, decorative pens, a Día de los muertos doll (Catrina), and a diamond painting



BEATING THE WINTER BLUES

For some, cold temperatures and lack of sunlight can lead to feelings of sadness and even seasonal affective disorder. These 7 steps may help lift your spirits and ease you out of the doldrums that can affect you during the long winter months.



WHAT ARE YOU GRATEFUL FOR?

Give thought to what you are grateful for... a beautiful snowy day, friendships, hot apple cider.



LET YOURSELF INDULGE IN LITTLE THINGS

Participate in activities that bring comfort, warmth and peace.



ENJOY THE SUNLIGHT

Natural light helps to alleviate the winter blahs.



GET ENOUGH SLEEP

A lack of sleep can take a toll on your mood - aim for 7-9 hours each night.



STAY ACTIVE

A daily 30-minute walk may help prevent depression, so get out there!



ENGAGE IN SOCIAL ACTIVITY

Even a small amount of social engagement can help you feel energized.



ADJUST HOLIDAY EXPECTATIONS

Don't let visions of perfection spoil everything. Appreciate and enjoy what you do have.



Information reviewed by
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KNOW YOUR RIGHTS

IF YOU HAVE ANY CONTACT WITH ICE OR THE POLICE—IN THE STREET, AT YOUR HOME, IN JAIL, AT WORK, OR WHILE DRIVING:



DO NOT ANSWER ANY QUESTION ABOUT YOUR IMMIGRATION STATUS, even if you are arrested, are at work, at home or are driving.



DO NOT SIGN ANYTHING without speaking to an attorney first, even if you are being detained or arrested.



NEVER PLEAD GUILTY TO ANY CRIMINAL CHARGE WITHOUT TALKING TO AN ATTORNEY about how it could affect your immigration status.



IF ICE COMES TO YOUR HOUSE:



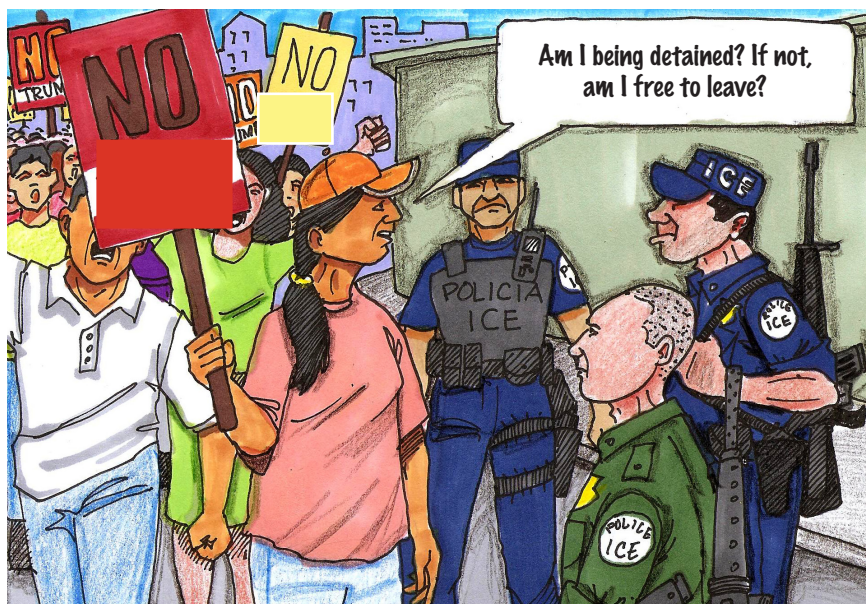
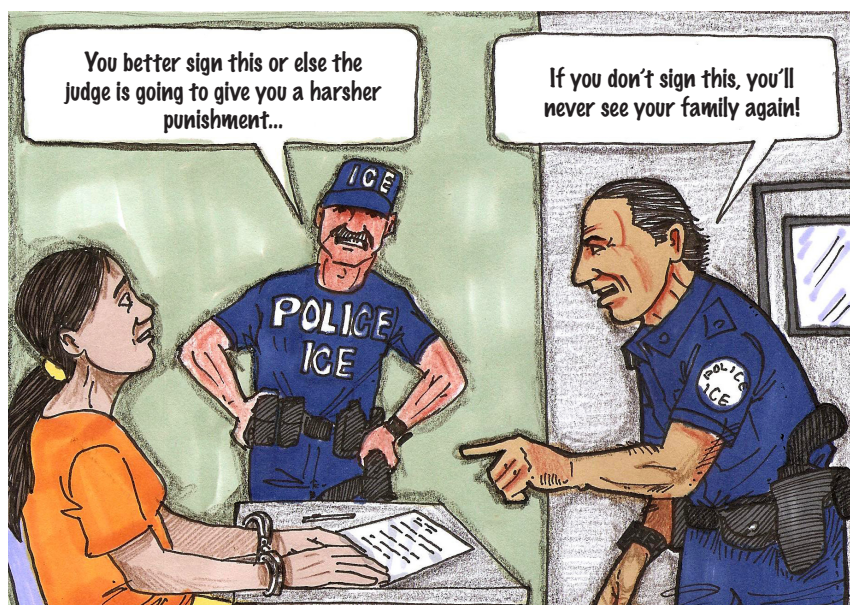
DO NOT OPEN THE DOOR. Be aware: ICE may lie about who they are.



Try to stay calm and do not lie. Just say “I do not want to answer any questions,” or “I am exercising my right to remain silent,” but nothing else.



If ICE enters your home **make sure to state that you do not consent to a search of your person or your belongings.**



IF ICE STOPS YOU IN THE STREET OR A PUBLIC PLACE:



Stay calm. Do not run! If it's possible and safe to do so, take photos, video, and/or notes of the encounter.



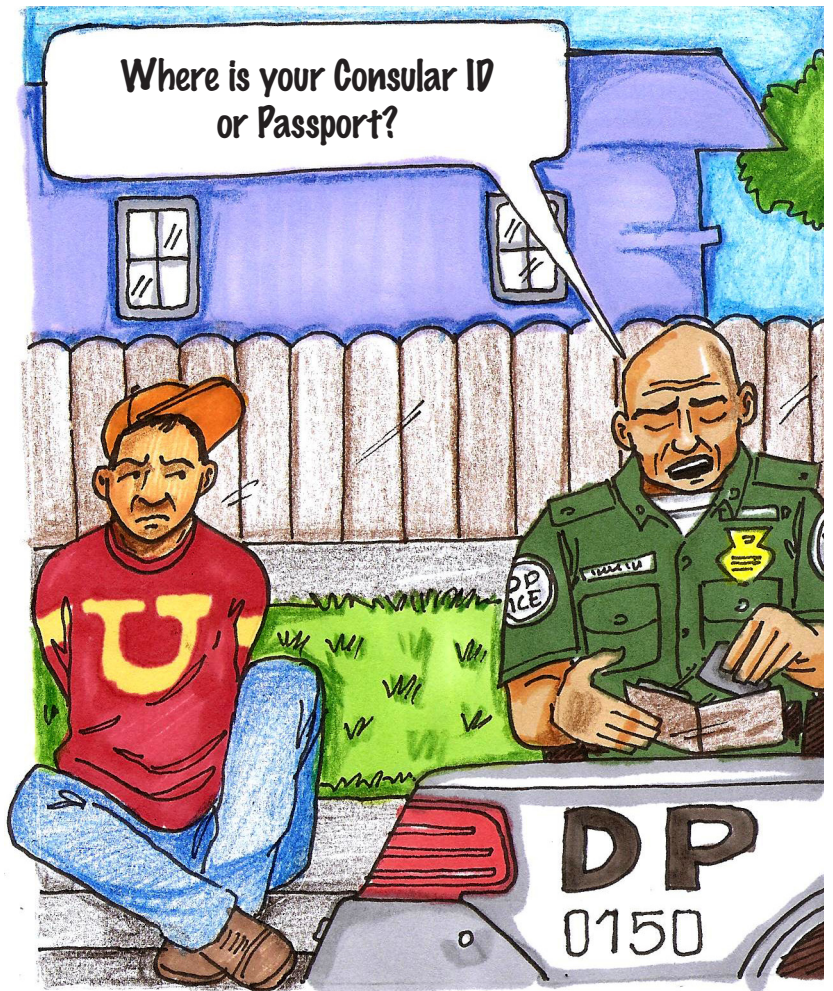
Ask if you are being arrested or detained, but do not answer any of their questions.



If they say you are not being arrested, ask if you are free to leave



Do not carry any documents from the country where you were born. Do not carry your passport, birth certificate, or consular ID. Carry a local form of picture ID instead – a driver’s license, school or work ID will do. Try to carry proof of your presence in the U.S. before February 2014 such as a phone, gas or electric bill. Do not carry any false documents.



IF ICE ARRESTS OR DETAINS YOU OR A LOVED ONE:



State that they want to speak to an attorney. **DO NOT ANSWER ANY QUESTIONS OR SIGN ANYTHING WITHOUT ONE!**

NOTE: The content of this handout does not constitute legal advice. Please consult an immigration attorney for legal advice.

CONOZCA SUS DERECHOS BASICOS

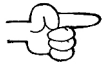
SI TIENE CUALQUIER CONTACTO CON LA MIGRA (ICE) O LA POLICIA – EN LA CALLE, EN SU CASA, EN LA CARCEL, EN EL TRABAJO O MIENTRAS MANEJA:



NO CONTESTE NINGUNA PREGUNTA SOBRE SU ESTATUS MIGRATORIO aunque este bajo arresto, se encuentre en su trabajo, en su casa o mientras maneja.



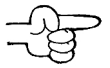
Aunque este bajo detención o arresto, **NO FIRME NADA** sin antes hablar con su representante legal.



NUNCA se declare culpable de cualquier cargo criminal sin antes hablar con un representante legal. Entérese cómo este cargo puede afectar su estatus migratorio.



SI LA MIGRA (ICE) LLEGA A SU CASA:



NO ABRA LA PUERTA. Sepa que a menudo la MIGRA miente sobre su identidad.



Trate de mantener la calma y no diga mentiras. Solo diga “no quiero responder ninguna pregunta,” o “estoy ejerciendo mi derecho de permanecer en silencio”.



Si la migra entra en su casa **dígale que no le da permiso para que registre su persona, sus pertenencias o su hogar.**



SI LA MIGRA (ICE) LE DETIENE EN UN LUGAR PUBLICO



Mantenga la calma. ¡No corra! Si es posible y seguro tome fotos, video o notas del incidente.



Pregunte si le está arrestando o deteniendo, pero no responda a sus preguntas. Si la migra responde que no es un arresto, pregunte si se puede retirar.



No cargue documentos de su país de origen incluidos pasaporte, acta de nacimiento, o matrícula consular. Lleve consigo una identificación local con su foto: Licencia de manejar, o identificación de una escuela o trabajo. Si le es posible, lleve con usted pruebas de su presencia en los EEUU desde antes de Febrero del 2014: cuentas de teléfono, gas o luz. **NUNCA** use documentos falsos.

SI LA MIGRA LE ARRESTA A USTED O A UN SER QUERIDO:



Pida hablar con su abogada. **¡NO CONTESTE NINGUNA PREGUNTA NI FIRME NADA SIN SU REPRESENTACION LEGAL PRESENTE!**



Ojo: El contenido de este folleto no constituye asesoramiento legal. Consulte a un abogado de inmigración para obtener asesoramiento legal.

NDLON
NATIONAL DAY LABORER
ORGANIZING NETWORK

Mental Health Spotlight

Meet our new Program Manager, Nancy Saucedo, LCSW!

Nancy Saucedo, LCSW, brings a wealth of knowledge and experience from years working with everyone from children to older adults within LA County social service systems. Nancy is committed to strengthening and improving Northeast's programs, staff development, and client outcomes.

She seen many changes at Northeast over her 16 years with the clinic and can uniquely serve as a bridge between our clinic's past, present, and future. If you see Nancy around the clinic, please say hello!



Gratitude Luncheon

On December 19, 2024, clients and staff gathered to share in the annual Gratitude Luncheon. This event is a yearly opportunity to connect and reflect on the year's accomplishments and recovery progress. Participants enjoyed a delicious meal and dessert, played games like Loteria, and won various raffle prizes. We even had a visit from Santa Claus himself!

Power of Connection Conference

The Power of Connection Conference which was held on October 17, 2024 at St. Anne's Family Services was a success. As soon as we arrived we were greeted and given a bag with goodies along with a yoga mat. The room was decorated with a wonderful big garland and flower vases in each table. The day started with a delicious breakfast for everyone. Once the conference started there were many speakers that shared their stories and journeys with mental health. We were handed out a booklet with their biographies along with the schedule of the event. There was a land blessing ceremony in which someone walked around with sage. The dedication of the mental health workers and volunteers was recognized with an award ceremony. They were given out certificates and a big round of applause to each one. There was a special tribute to a mental health advocate who devoted his life to helping others who recently passed away. For lunchtime we had Mexican food and great entertainment with a Mariachi. There was a photo booth in the patio along with snack carts. Throughout the conference there were raffles in which gift cards and other prizes were given away. People also had the opportunity to express themselves and read poems aloud. There were several activities to choose from such as yoga, sound bath/meditation, massages, aromatherapy, and line dancing. I am looking forward to the conference again next year! -L.R.



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

Tuesdays, 10:30am-12:00pm

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, 10:30-12pm

Vive Saludablemente

Mondays 9-10:30am

Walking for Health

Wednesdays, 9-11:30am

Therapeutic Processing

Mindfulness*

Mondays, 10:30-11:30am

Women Resiliency*

Mondays, 2:45pm-3:45pm

Healing Trauma for Women*

(Spanish/Español)

Tuesdays, 9-10:30am

Mindful Mamas*

Tuesdays, 1-2:30pm

Transitional Age Youth*

Tuesdays, 2-3pm

OCD Recovery*

Tuesdays, 3:30-4:30pm

ADHD Skills*

Tuesday, 2-3:00pm

Wise Mind*

Wednesdays, 1pm-2:30pm

Parenting*

Fridays, 9:45a-10:45am

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