

2019 Filipino Mental Health Well-Being Summit



L to R: ED Herbert Hatanaka, Adrea Cabrera - Alliance, Caryle Santos Buenaventura - APCTC, Denice Torres - Alliance, Tanya Sapa - Alliance, Geanie Samala - SILVER, Roseanna Low, SILVER

SSG (together with DMH and FASGI) was a proud co-sponsor of the 2nd Annual Filipino Mental Health Well-Being Summit held on April 13, 2019 at the Center at Cathedral Plaza in Historic Filipinotown, Los Angeles.

The all-day Saturday event drew over 500 participants including elected officials, service providers, community groups, consumers and numerous other stakeholders.

The following SSG Divisions participated in the summit, as follows:

- ALLIANCE, led by Director Dr. Trang Hoang. Care Coordinator Andrea Cabrera, MSW, ACSW, was part of the Planning Group and a Workshop Presenter on empowering marginalized and underserved Filipino Americans.
- Asian Pacific Counseling & Treatment Center (APCTC), led by Dr. Sheila Wu. Program Coordinator Ana Jayme, AMFT, was a Speaker at two workshops on family issues at the Summit.
- Pacific Asian Alcohol and Drug Program (PAADP), led by Dr. Leo Pandac was a Presenter at a workshop on accessing mental health services and a Moderator at a panel discussion on substance abuse.
- SILVER, led by Director Yvonne Sun, MA, LCSW. Care Coordinator Gennie David Samala, MSW, ACSW, was part of the Planning Group and a Presenter at a workshop on accessing mental health services.

Executive Director **Herbert Hatanaka** attended the event and noted “SSG’s commitment to the Filipino community goes back many decades and I am truly proud to be here today with my SSG colleagues”.

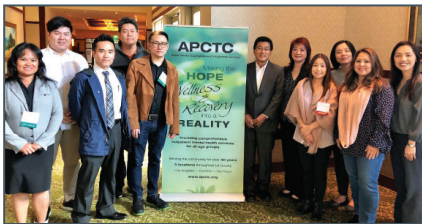




SSG

2019 APIDC Conference

SSG Silver Sponsor



APCTC Team

APCTC Speakers Bureau Shines Amid Tribute to Dr. Chong Suh

Created in 1998, the nonprofit group Asians and Pacific Islanders with Disabilities of California (APIDC) is renowned for their 2-day conferences that bring together APIs and other minority groups with disabilities and their families; mainstream service



ED Herbert Hatanaka with APIDC Board Chair Patty Kinaga

providers; API groups; elected officials; policy makers; and other stakeholders. APIDC is dedicated to giving a face and a voice to an often invisible population of API's with physical, mental and developmental disabilities. The 2019 APIDC Statewide Conference Transitions was held on March 8-9, 2019 at Disney's Grand California Hotel with over 500 participants. SSG was proud to be a Silver Sponsor for the 2019 conference.

On Day 1 the Luncheon included a moving video tribute to **Dr. Chong Suh**, the former Director of APCTC who sadly passed in 2018 after retiring from SSG/APCTC in 2017 after 33 years of APCTC leadership. Dr. Suh actively supported APIDC from their inception and created the APCTC Speakers Bureau that continues to this day and is often requested for various events and speaking engagements.

Dr. Sheila Wu (APCTC) was a member of the 2019 Steering Committee and was the moderator for the breakout session on Day 2 titled "Mental Health - Persons in Recovery From Mental Illness Can Work". Program Director **Al Choi** facilitated the Speakers Bureau that included **Peter Cho**, **Leo Lishi Huang** and **Glor Parong**. The speakers shared their personal stories of recovery and work experience that inspired everyone in attendance.

Dr. Sheila Wu noted, "Dr. Suh will never be forgotten. Her spirit and love continues to inspire all of us at APCTC. We are grateful to APIDC for recognizing her lifelong commitment to vulnerable API populations and showcasing her contributions in such a moving way".

Executive Director Herbert Hatanaka Appointed to new LA County Work Group Alternatives to Incarceration (ATI)

On April 2, 2019 LA County Supervisor **Mark Ridley-Thomas** appointed **Herbert Hatanaka** as a member of the recently formed Alternatives to Incarceration (ATI) Work Group, which is comprised of 26 key leaders and stakeholders. The ATI Work Group's mission is to provide the Los Angeles County Board of Supervisors a Roadmap, with an action oriented framework and implementation plan, to scale alternatives to incarceration and diversion so care and services are provided first and jail is a last resort. SSG has a long established record in providing forensic community based services and is considered a service leader for LA County. For more info about SSG's forensic services please contact **Hayley Levy**, Director of Administration and Clinical Services at hlevy@ssg.org.





SSG

Do you love working for SSG?

Share Your Story

Thank you to our colleagues who have already submitted stories about their experience at SSG.

We are still 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 and why they will too! 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

Annual Inspection of SSG Vehicles



All agency vehicles (leased or owned by SSG) must complete an annual inspection as mandated by SSG's insurance carrier.

Inspections will be conducted at the SSG core office parking lot during JUNE, JULY and AUGUST 2019.

5-MINUTE INSPECTION Emergency Kits will be checked and replaced as needed

Emergency instructions (glove compartment) will be checked and replenished as needed

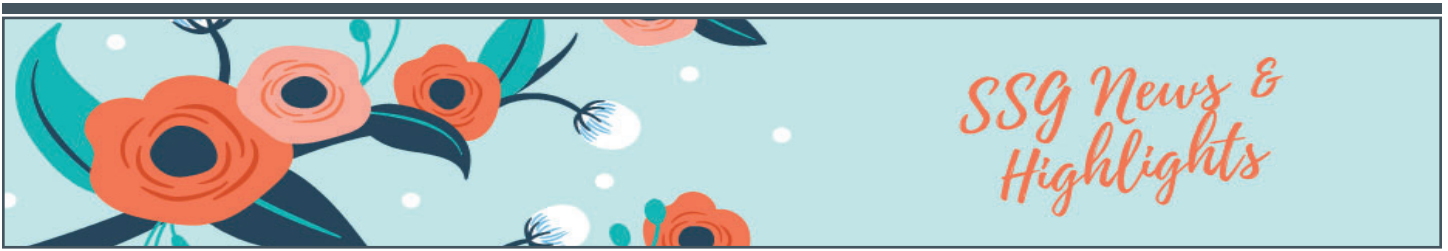
Quick interior and exterior visual inspection of vehicle

Make your reservations now! Early Bird Inspections for the first 25 vehicles will receive a **thank-you gift** provided at time of inspection (1 gift per vehicle).

Please email safety@ssg.org to set your appointment.

Please include your division name, vehicle make/model and plate number.

THANK YOU FOR YOUR COOPERATION



Thank You to SSG's Student Interns!

Each year various SSG Divisions accept student interns from various schools, colleges and universities. These students come from various disciplines including mental health, public health, occupational therapy and more. SSG Divisions gladly accept, train and utilize student interns for client services. These interns provide a valuable resource and are highly valued and appreciated. The following are the interns FY 2018-19. Much thanks to all!

SILVER

Katie Cruz, UCLA
 Jennifer Ha, CSUF
 Kyung Hong, CSUDH
 Jazmin Huerta, CSULB
 Esther Kim, USC
 Sharon Kwon, USC
 Leland Le, CSULA
 Paola Mira, CSULB
 Theadora Ricker, CSULB
 Marla Saldivar, CSULA
 Nayoung Seo, UCLA



HOPICS

Rosanna Beaumont, CSULB
 Lizette Ceja, USC
 Nursel Hussain, USC
 Lianne Laguitan, CSUDH
 Olivia Miller, USC
 Karen Ontiveros, CSULB

Carina Palacios, USC
 Vivian Pereyra, CSUDH
 Izri Preciado, CSULB
 Martha Quezada, CSULB
 Elizabeth Ramirez, CSULB



Development Team

Crystal Le, UCLA
 Lizbeth Rivas, UCLA



APCTC

Catherine De Dios, CSULA
 Fredia "Hio Tong" Lei, UCLA
 Chia Ju "Charlotte" Lin, Fuller
 Shuang "Corrina" Liu, Fuller
 Barbara Oh, UCLA



PNYP

Vanessa Gallardo, USC

APIFM

Kym Nikko De Silva, CSULA
 Juan Dimalaluan, CSULA
 Leon Foster, CSULA
 Lei Wena Herme, UCLA
 Qianhui Li, UCLA
 Melinda Liu, UC Berkeley
 Andrea Ng, UCLA
 Juny Nguyen, UCLA
 Jamie Prudencio, CSUN
 Andrea Wasawas, CSULA

PROJECT 180

Christopher Felix, CSULA
 Anika Fernandez, UCLA
 Skylar Grogan, CSUN
 Michael McIntosh, CSUDH
 Luke Pickrell, CSULA
 Mary Grace Sosong, CSUN



OTTP-LA

Monica Akaraphanth, U. of St. Augustine
 Norma Basurto, CSUN
 Bianca Callier, West Coast University
 Vangelina Cervantes, Santa Ana College
 Huy Chu, CBD College
 Orville Gallego, West Coast University
 Nicole Hiorns, USC
 Kimberly Jones, USC
 Kyle Kriyama, USC
 Katie Lidgard, CSUDH
 Allison Tanaka, Santa Ana College



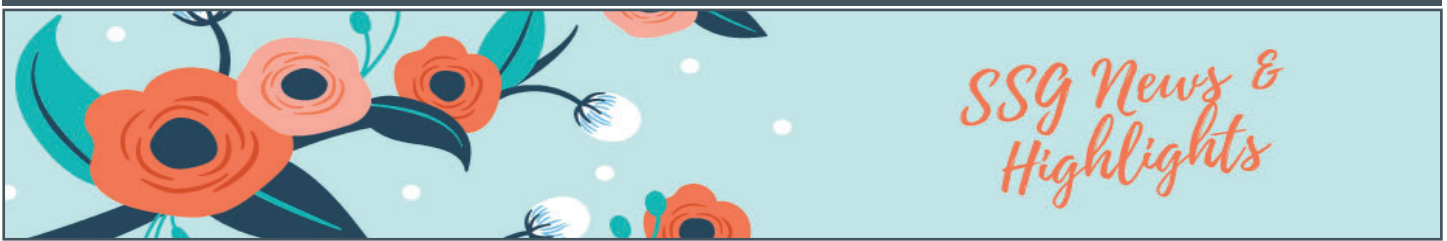
OTTP-SF

Megan Barnes, Samuel Merritt University
 Amy Burtelow, Eastern Washington University
 Tori Che, Samuel Merritt University
 Elaine Depadua, CSUEB
 Jessalyn Gagui, Samuel Merritt University
 Fan Feng, SJSU
 Charae McConnell, Samuel Merritt University
 Lily Nichols, SJSU
 Tamara Sanchez- Samuel Merritt University
 Dao Vu, West Coast University
 Rebecca Zarrabi, West Coast University

APAIT

Eduardo Carreon, LACC
 Jacklynn Guerra, GCU





SSG

SSG Intern Networking Breakfast

As the 2018-19 academic year comes to a close, nearly 40 student interns, field supervisors, division directors and SSG core staff gathered at the core office for the “2019 Appreciation & Networking Event for Interns and Field Supervisors”. SSG has a long history of providing practical experience for undergraduates and graduate level students in areas such as behavioral health, community mobilization, social justice, public health and more. The growth of our internship program has mirrored the growth of our agency. This year’s class of 70 interns is our largest to date.

Everyone enjoyed a tasty breakfast spread while making new friends and enjoying old ones. Celebratory activities were interspersed with fun raffles. Interns and the supervisors were able to capture the moment with the “All the Places You Will Go” Themes photo booth. To test the skills of problem solving, interns and their field supervisors were tested to complete the tallest structures they could out of some unorthodox materials. Groups used the various skills of their group members to create some very memorable structures. Next, students and field supervisors were challenged to a game of human bingo that brought mingling to the next level. We learned some pretty interesting facts about students and even our Executive Director.

All of our student interns and SSG field supervisors had a blast meeting each other, sharing laughs and building life-long networking friendships.





SSG

ASIAN PACIFIC AMERICAN HERITAGE MONTH

President Jimmy Carter first established Asian Pacific American Heritage Week in 1978 to nationally recognize the contributions and achievements of Asian Pacific Americans. In 1990, President George Bush extended this week long celebration by declaring the month of May as National Asian Pacific American Heritage Month. Keep an eye out for local celebrations in your neighborhood. Here are some local events in and around Los Angeles:

ASIAN PACIFIC FILM FESTIVAL | MAY 2-10

1000 W. Olympic Blvd. Los Angeles, CA 90015

The 35th LA AP Film Festival will be presented at selected cinemas. Since 1983, the festival has presented nearly 5,000 films, videos, and digital mediaworks by a variety of API artists.

AP Film Festival: <https://vcmedia.org/festival>

IDENTITY LA: A NIGHT CELEBRATING AAPI WOMEN | MAY 11, 5:30PM

Ford Theatres, 2580 Cahuenga Blvd East, Los Angeles, CA 90068

Partnered by Pacific Bridge Arts Foundation and the City of Los Angeles, this event boasts an evening's worth of performances by renowned APA artists and honors key influencers in the arts and entertainment, and honors leaders in the community.

Identity LA: <https://culturela.org/event/identity-la-a-night-celebrating-aapi-women/>

LONG BEACH: RIDING THE WAVES OF HOPE | MAY 29, 11AM-2PM

4510 East Pacific Coast Highway, Suite 600, Long Beach, CA 90804

The event integrates Mental Health Awareness Month and attendees are encouraged to wear garments representing their culture.

LOS ANGELES PUBLIC LIBRARY EVENTS | ALL MONTH

Throughout May, the Los Angeles Public libraries will have various events dedicated to the commemoration. Some events include art activities (i.e.: making lotus lanterns, origami) and film showings (i.e. Mulan). In addition, the Asian Pacific Resource Center at Rosemead Library continually strives to promote a deeper understanding and appreciation of the diverse cultures beyond this month.

Los Angeles Public Library: <https://lacountylibrary.org/asian-pacific-american-heritage-month/>



SILVER

Project 180

API Wellness Summit 2019 - SILVER Presentation

“Sharing Our Stories of Resilience”

On April 11, 2019 SSG SILVER staff members **Gennie David Samala**, MSW, ACSW and Family Advocate **Dr. Ok Yoon** presented along with **Michinari Ueki**, a Family Member from Little Tokyo Service Center, on mental health needs for older adult API community. Their presentation was titled *Addressing Mental Health in the Older Adult API Community: Building Awareness and Providing Access to Help*. Congratulations to SILVER staff on an excellent and well received presentation!



New Client Housing Project - South Park

SSG Project 180 launched their 2nd residential housing program ‘South Park’ in March 2019. This newly renovated site has capacity to house up to 20 forensic clients in collaboration with DHS-ODR. Similar to Kress House, the new housing program provides on-site wrap-around services. For more information, please contact Division Director **Emily Bell** at ebell@project180la.com.



Weber

WEBER Community Center Inaugural Art Show



On April 17th, over 65 staff, community members, families and clients, gathered at the Weber Community Center for Weber’s Inaugural Art Show. The show featured visual sketches & paintings, jewelry making, candle & wax creations and t-shirt silk screening. The show featured the work of 25 artists ranging from as young as age eight to their mid-fifties participated in the show. Many relished the opportunity to share their creations with friends, families, funders & officials from agencies such as DMH and staff from other SSG Divisions.

This was a great turnout for a show with humble beginnings. Programs throughout Weber such as the Express Art Academy and youth groups have been using art to assist clients in self-expression and to support overall wellness. As a result, client art organically grew as a component to many programs. The show honored the continued use of creativity in providing much needed services to the community and reflected the growth of clients in a visual way. Since the show received such positive feedback, Weber is considering making this an annual event. For more information about the art show contact Weber at (323) 234-4445.



OTTP-SF

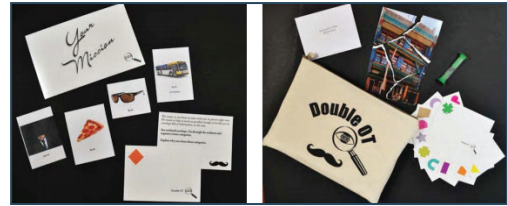
Client Success Story

When I initially began working with IC, he would often refuse to see me and had a tendency to run out of school and into the street. Despite his best efforts to push me away, he soon came to realize that I wasn't going anywhere. We began working to build rapport and trust with one another and as IC grew more comfortable with me, he started to open up. One of his goals was to find employment and he was interested in finding a job that involved customer service because he enjoyed getting to talk to and interact with people. Together, we applied online to a local coffee shop and went to submit his resume in person. After much hesitation and practicing many deep breathing exercises, he went to turn in his resume and was offered an interview for the following week. IC had a successful interview, even slipping in a coffee related joke, and was offered the job! He's now been working for three months and the transformation has been incredible. IC proudly walks down the hallways of his school telling everyone he worked over the weekend. Whereas previously IC would primarily dress in sweatpants, he now wears jeans to school and says they make him feel more confident. He's also in the process of transitioning from a supported high school setting to the charter school he previously attended. During our last meeting, he said "I think it's time that you take a step back and my manager takes a step forward on this whole job stuff", and I gave him a big high five.

Story narrated by OTTP-SF staff Nikki Mathews, MS, OTR/L in cooperation with the client.

OTTP-SF Double OT Assessment

Occupational Therapists **Christine Haworth** and **Genevieve Cyrs** from OTTP-SF have developed a dynamic assessment of occupational performance skills that has recently been acquired by Western Psychological Services. The assessment, currently called the Double OT, was initially developed by the pair 5 years ago as a way in which to address an unmet need for an engaging assessment of skills relevant to the transition to the workplace. It plays out like a spy game and provides the assessor (OT, MFT, or MSW) with the opportunity to directly observe the client's demonstration of skills (problem solving, planning, time management, etc.). In the years since its inception, the assessment has evolved and is now in use at multiple sites across the US and internationally, aiding in treatment planning for youth ages 14-24 with various diagnoses and various goals (educational, vocational, social, etc.). Genevieve and Christine are continuing to conduct research to establish an evidence base for the assessment under the guidance of Dr. Chi-Kwan Shea, the OT professor who has been mentoring OTTP-SF staff since the program began in the 1990's. If your program would have a use for this assessment and would like to participate in the research, feel free to contact Christine at christine.haworth@ottp-sf.org.



Congratulations Kizuna!

SSG Fiscal Partnership Ends 4/30/19

Special Service for Groups successfully concludes their fiscal and HR partnership with Kizuna on 4/30/19 - a partnership that officially began in October 2011 under then-Director **Craig Ishii**. The partnership held strong for over 7 productive and mutually beneficial years. Kizuna attained 501-c-3 status in 2017 and steadily developed their organizational infrastructure - to the point of directly implementing full fiscal and HR services for their staff as of 5/1/19.

Kizuna Executive Director **Stephanie Nitahara** worked closely with Kizuna Board and key SSG leadership to ensure a smooth transition for all. Says Stephanie "SSG allowed us to grow the organization to the point where we are now able to branch out on our own". For the future, both organizations look forward to continued cooperation and collaboration on continuing and new projects. SSG is proud to be a Bronze Sponsor for KIZUNA's upcoming Annual Dinner on 5/11/19 at the LA Grand Hotel Downtown.

SSG wishes great success to Stephanie and the amazing Kizuna organization!



OTTP-LA



Save the Date

The OTTP Art Show is Coming!

OTTP is gearing up for their 8th Annual Client Art Show happening on Thursday, May 16th. This festive one night only event will showcase the many talents of OTTP clients, including but not limited to painting, photography, and music! The event will also include fun activity booths and delicious food to be enjoyed by client's and their families, OTTP staff, and the local community. We hope to see you there! For more information, please contact **Dana Granado** at dgranado@ottp.org.

OTTP is Providing Youth Mental Health First Aid!

OTTP was awarded a three-year SAMHSA grant to provide Youth Mental Health First Aid in four school districts: Lawndale, Long Beach, Lynwood, and Alliance College Ready Public Schools. Youth Mental Health First Aid teaches individuals how to identify, understand and respond to the signs and symptoms of mental illness and substance abuse disorders. The training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents ages 12 - 18 years old. The team has successfully completed three trainings to the school districts. Congratulations to our Youth Mental Health First Aid Team: **Beatris Banuelos, Jorge Gomez, Melissa St. Amant and Suzanne Afuso-Sugano!**



(L to R: Long Beach Unified School District Training: Suzanne Afuso-Sugano, Dr. Erin Simon, Beatris Baunuelos, Melissa St. Amant and Jorge Gomez.)

(L to R: Lynwood Unified School District Training: Suzanne Afuso-Sugano & Dr. Maribel Martinez.)

OT Month

April was National Occupational Therapy Month! To celebrate, the OTTP OT department offered a breakfast to the staff and discussed how important meaningful, purposeful activity is in each person's life and how unique it is to each person. To focus on this concept, the department put up photos of themselves engaging in one of their favorite activities and asked all staff to add index cards stating what they enjoy doing. In addition, Stephanie Hoffman, OT Manager, Orville Gallego, OT student, and Bianca Callier, OT student, represented the profession at a career fair at San Pedro High School. A common reaction from the high school students was that they were surprised to hear about such a fun and rewarding career that you can actually get paid to do!



(L to R: Callier, Hoffman, Gallego)



BACUP

ART CORNER AT BACUP

Featured Artist, Writer, Musician
TIM COSTELLO

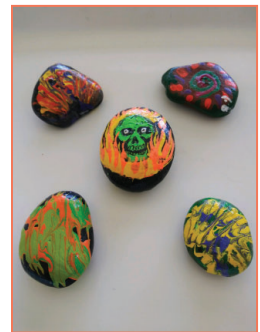
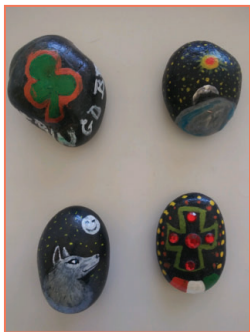
SSG-Alliance client, **Tim Costello**, has been visiting BACUP for the past four months. When Tim first arrived, BACUP’s Director, Vera Calloway, asked Tim whether he had any artistic inclinations. Tim shared that he’s not very artistic, but Calloway and the Art Corner team have since discovered he was being extremely modest back then.

Tim’s works of art have definitely “rocked” our world. Through painting images on stones, Tim has found a way to communicate with the very rocks he paints as they speak to him and inform him of what they want to be through their shapes and texture. This exchange is in many ways a continuation of the creative path Tim started ages ago in New York as a writer, artist and musician. “I’m not finished,” Tim shared. “I’d like the freedom and stability to live a creative lifestyle and see where the art takes me because creative urges never leave. I’m still exploring.”

Originally from Queens, NY, Tim moved with his girlfriend to Los Angeles in 2000 to find a place in the city’s expanding arts community. After settling in Hollywood, the relationship eventually fell apart, and Tim’s California dream headed south. Although he had 12 years of sobriety through AA, Tim relapsed and ended up moving to Culver City where he shared a space with a recovering heroin addict but still made time for writing and art. He had one stabilizing influence—a Siberian Husky named Jason—but his dog was not enough to prevent a downward spiral. The death of Tim’s beloved dog tipped the scale, and after Tim’s landlord sold the property where he lived, it led to a ten-year odyssey of homelessness, drinking and drug use.

While he sometimes found time for creativity, life on the streets saw Tim moving to different neighborhoods and encampments around Watts and Lynwood. Along with a friend, Larry, and always accompanied by another Husky, Ramona, Tim read the bible and stayed positive through divine guidance and the kindness of strangers. He had an anchor through this dog he treated better than himself, but Ramona eventually died. Tim began hallucinating severely during a period when he was not getting high. After once inviting an old woman and her grandchild to eat with him, the pair stared intensely at him without speaking and suddenly disappeared. He also saw an apparition who looked like a friend and even experienced a demonic presence which rebuked him. These events caused intense suicidal thoughts and in November of 2018, Tim called 911 ending up at St. Francis Hospital. From there he went to Gateways where he stayed over a month and began to feel creatively inspired again.

By late January, 2019, Tim’s new journey led him to Alliance’s Co-Occurring Disorder Recovery Program which introduced him to BACUP. Tim has had no urge to relapse, but his story has in no way ended. Looking to the future, Tim sees stability and the creative freedom mentioned earlier. He also hopes to own another special dog, find a life partner and add new technology to his lifestyle. Finding great inspiration in his story and motivation, BACUP salutes Tim. We hope to continue traveling with him on the path to a future of creativity, hope and ongoing recovery.





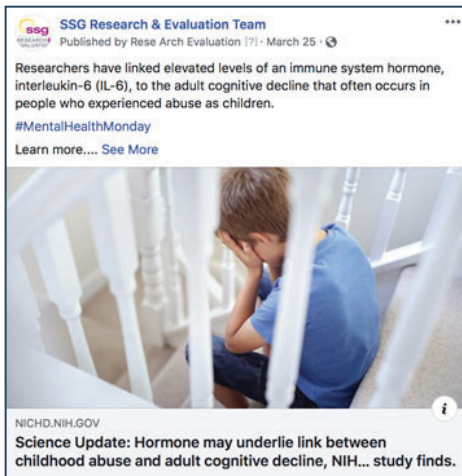
R&E



Best Wishes to Rebecca Ratzkin

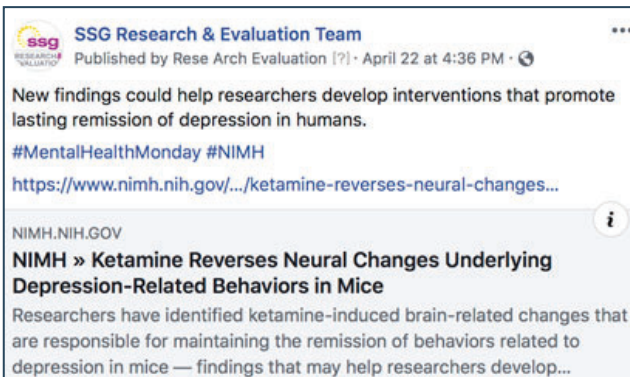
SSG bids farewell and best wishes to **Rebecca Ratzkin**, MURP who will be leaving her post as Interim Director of SSG’s Research and Evaluation Team (R&E) in May 2019. SSG thanks Rebecca for her knowledge and leadership and congratulates her on her new position as the Director of Policy and Research at Community Health Councils. SSG is pleased to announce **Brian Hui**, PhD as R&E’s new Director. Brian can be reached at bhui@ssg.org.

#MentalHealthMonday

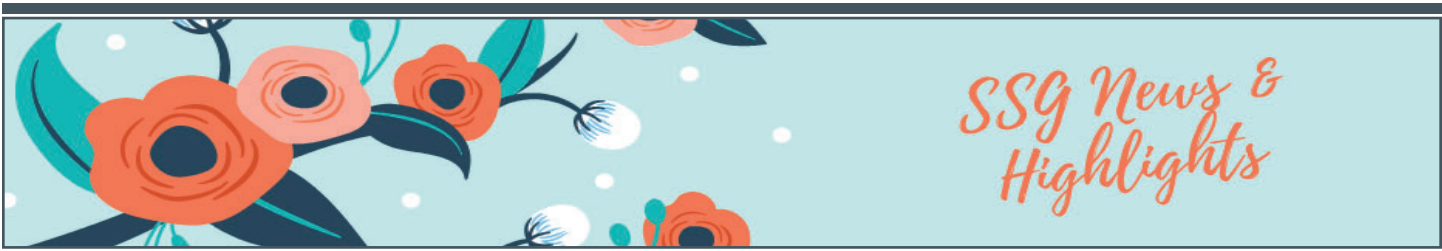


Interested in mental health science-based information? Do you want to share mental health fact sheets and brochures with the community you serve? Are you or your division on Facebook? If you answered yes to any of these questions, then Research and Evaluation Team (R&E) can help. As part of the National Institute of Mental Health (NIMH) Outreach Partnership Program, R&E works to increase access to mental health science-based information and mental health awareness among historically underserved populations. R&E is able to provide brochures and facts sheets to those who request them about different mental health topics such as depression, anxiety and eating disorders. Materials are available in Spanish and English. We encourage divisions to share brochures with communities they engage with and spread the knowledge.

If you are interested in finding out more about mental health science-based information, follow R&E on Facebook [@SSGresearch](https://www.facebook.com/SSGresearch) and join the **#MentalHealthMonday** social media drive. New findings, research participation opportunities, as well as announcements about conferences and webinars will be available using the Facebook hashtag. The **#MentalHealthMonday** hashtag could also be used to share your experience working in a mental health role among the API community, or simply to wish others well on a Monday. R&E is here to help spread the word through **#MentalHealthMonday**.



If you have any questions or comments, or wish to order any brochures or fact sheets, please contact **Tracy Moronatty**, Research Associate/Communication Coordinator at tmoronatty@ssg.org. Be sure to follow R&E on all of our platforms (Facebook, Twitter and LinkedIn) under the handle [@ssgresearch](https://www.facebook.com/SSGresearch).



The Development Team



GROWING SSG

- *Connecting Your Vision to Fundraising* -

BECOME AN EVERYDAYHERO

Do you know a group of friends that are participating in a local walk/run or fun community event? Tell them to turn it into a fundraiser and become an EverydayHero for SSG! EverydayHero is a peer-2-peer fundraising platform that makes it so easy for anyone to create a personalized fundraising page and share their story.

SSG is excited to offer EverydayHero as a fundraising tool that allows you to reach out to friends, family and a community of change makers to support your cause! As a Division, your supporters can rally for you now by creating their own fundraising page, build a team, track their progress, post updates, and share it on social media.

Become an EverydayHero by registering here:
<https://give.everydayhero.com/us/special-service-for-groups-inc/get-started>

For any questions about EverydayHero
 please email donations@ssg.org!

GRANT ANNOUNCEMENTS

From March 15, 2018 to May 1, 2018 SSG has been recommended for the following grants:*

FUNDER	PROGRAM	DIVISION
California Community Fund	San Gabriel Mountains Forever	APIFM
The New Generation Nikkei Fund	Little Tokyo Farmers Market	APIFM
The Nielsen Foundation	HEAL SGV	APIFM
UCLA Center for Health Equity	MIRACLE Project	FCJ





Other Happenings

In Honor of Earth Day

Making Every Day Earth Day: Composting without a Backyard

Adapted from <https://www.popsci.com/how-to-compost>



Did you know that, on average, composting can save 277 pounds of organic waste per person per year*? Multiply that by LA City's 4 million people, and that equals over 1.1 billion pounds of waste that avoids landfills. When organic material ends up in landfills, it decomposes underground and doesn't have access to oxygen. This causes the release of methane—a greenhouse gas that contributes to global warming and climate change. Composting curbs these effects by allowing waste to decompose above ground, where it has access to oxygen and avoids generating methane.

As large of an impact composting can have, the process doesn't require a huge backyard or lots of work. Here are some ways you can start composting even in a smaller living space:

Vermicomposting

- In a nutshell: get a bin with a lid, fill it with soil and red wiggler worms, and dump your organic matter in there. The worms will do the work to break down your garbage into something called castings, which are extremely rich in nutrients. Then you can transplant your castings into potted plants or a small garden.
- For more information: <https://lancaster.unl.edu/pest/resources/vermicompost107.shtml>

Bokashi

- If worms don't seem appealing, another popular method is Bokashi, which originated in Japan and uses a starter of specific microorganisms that break down your organic matter. Like the vermicomposting method, you need to purchase a starter of these microorganisms, but after that, it's easy to maintain. You can even add dairy and meat to the compost, and the smell according to Bokashi-ers—is minimal.
- For more information: <https://www.planetnatural.com/composting-101/indoor-composting/bokashi-composting/>

Or let someone else do the composting

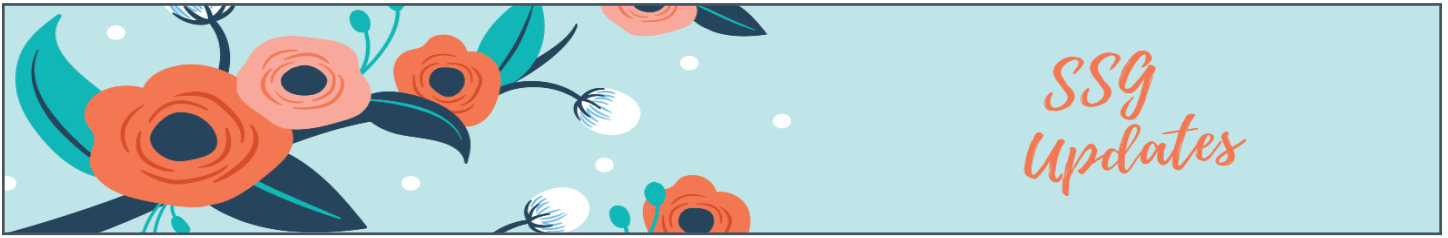
If you choose this route, collect all your compostable waste (fruit and vegetable scraps, egg shells, used tea leaves, coffee grounds, etc.) in a big reusable freezer bag. That will keep it away from everything else in your kitchen and prevent it from attracting bugs and smelling.

- Check to see if your county or a local business offers a curbside composting service
- If not, community gardens and local organizations like LA Compost have composting hubs where you can drop off your scraps
- Many local farms and even Farmer's Markets can also collect your compost material regularly

*Vázquez, M., & Soto, M. (2017). The efficiency of home composting programmes and compost quality. *Waste Management*, 64, 39-50. doi:10.1016/j.wasman.2017.03.022

Here's to helping the planet and making every day Earth Day! Happy composting!





Accomplishments

Recognition for Years of Service

SSG family, we recently started recognizing employees for 15+ years of service with SSG. As the organization continues to grow, we will instead feature these milestones in special edition agency announcements.



WAY TO GO!

Invited Speaker for Asian Student Conference



Peter Wong, Ph.D. (SSG Core) was asked to be one of the speakers at the Tri-College Asian Student Conference, Tri-CASC, organized by students from the liberal arts colleges that constitute the Tri-College Consortium in Pennsylvania. The 3-day conference was held at the elite Swarthmore College 4/12/19 - 4/14/19.

Congratulations Peter!



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
 Are YOU Ready for #NSWM30?



Download the Official Conference App!

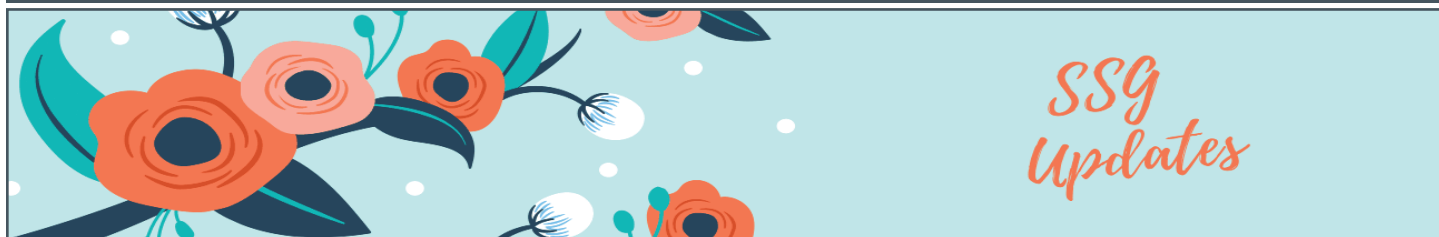
- Step 1: Download the CrowdCompass AttendeeHub app
- Step 2: Open the app and search for "NSWM"
- Step 3: Get started!

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

SOME DATES TO REMEMBER

MAY - JUNE

5/5	<i>Cinco de Mayo</i>	6/4	<i>Ramadan Ends</i>
5/6	<i>Ramadan Begins</i>	6/6	<i>D Day, WWII</i>
5/12	<i>Mother's Day</i>	6/7	<i>National Donut Day</i>
5/17	<i>National Bike to Work Day</i>	6/14	<i>Flag Day</i>
5/18	<i>Armed Forces Day</i>	6/16	<i>Father's Day</i>
5/27	<i>Memorial Day (SSG Holiday)</i>	6/21	<i>Summer Solstice (Longest day of the year)</i>



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# **0555356** 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 **May 24th** and the winners will be notified by the end of May.

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)

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.