



Ask SSG

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March - April 2007

THE HISTORY OF SSG

It is well known that SSG Programs and Divisions encompass a diversity of services. Here is a list with their dates of origin:

SSG was incorporated as a 501-c-3 private, not-for-profit organization on March 20, 1952.

AB2034 - ACT Program (Assertive Community Treatment); 2000

A-T-S Collaborative (Augustus F. Hawkins Clinic, Tessie Cleveland Community Services Corporation & SSG); 2006

Asian Pacific AIDS Intervention Team (APAIT); 1987

Asian Pacific Counseling & Treatment Centers (APCTC); established in 1977 by LAC DMH; joined SSG in 1990

- Outpatient Sites: Cerritos, San Fernando Valley, LA/Main, LA/Metro, Wilshire
- APCTC Housing Division

API Mental Health Alliance; 1997

Asian Pacific Residential Treatment Program; 1986

Benefits Assistance Clients' Urban Projects (BACUP); 1986

Census Data & Geographic Information Services (CD & GIS); 1991

Children's Dental and Outreach Project; established in 1974 at Mountain View School District; joined SSG in 1981

Court Referral Service Project (CRS); 1997

Faith In Communities (FIC); 2002

Greater West Hollywood Food Coalition (GWHFC); established in 1987; joined SSG in 1992

Homeless Outreach Program (HOP)/Integrated Care System (ICS); 1987

- Adult Outpatient Program (AOP)
- Children, Youth & Families
- Urgent Care Mental Health Project
- CASC
- Drop-In Center
- Women & Children Project

Hurting & Hungry Project; 1985

Occupational Therapy Training Program (OTTP) - Los Angeles; 1975

Occupational Therapy Training Program (OTTP) - San Francisco; 1999

Older Adults Program (OAP); 1998

Pacific Asian Alcohol & Drug Program (PAADP); 1978

PALS for Health; 1991

- Alas para tu Salud Project

Parents Neighborhood Youth Program (PNYP); established in 1985 by USC; joined SSG in 1990

- Trinity Elementary School
- Norwood Elementary School

Tongan Community Service Center; 1991



**Annual Staff & Board
Appreciation Luncheon
July 27, 2007**

SOME DATES TO REMEMBER FOR MAY - JUNE

- 5/5 *Cinco de Mayo*
- 5/13 *Mother's Day*
- 5/28 *Memorial Day Observed (SSG Holiday)*
- 6/17 *Father's Day*
- 6/21 *Summer Begins*

SSG NEWS & HIGHLIGHTS

BENEFITS ASSISTANCE CLIENTS URBAN PROJECT

BACUP is proud to announce that they received funding from DMH to open the Life Independence Future Empowerment Center. The LIFE Center will be *a multi-purpose center operated by and for mental health consumers* and grounded in the principles of empowerment, recovery, mutual support and self-help.

The purpose of the LIFE Center is to:

- Empower mental health consumers
- Promote recovery
- Build community and reduce isolation
- Promote self-help
- Stimulate meaningful activity and engagement
- Provide support
- Provide information and resources
- Promote wellness and healthy living

The LIFE Center will offer support and educational groups, recreational and healthy living activities, peer counseling and job coaching, information and referral, and volunteer opportunities.

Center enrollment information will be available soon at BACUP 213-240-8601.

CENSUS DATA AND GEOGRAPHIC INFORMATION SERVICES

Over the past year, CD&GIS has provided research technical assistance to *Koreatown Immigrant Workers Alliance (KIWA)* on its restaurant workers' occupation health and safety assessment project. On Wednesday, April 11, KIWA releases "At Risk in the Restaurant: Perilous Health and Safety Conditions in One of Koreatown's Key Industries." The report contains groundbreaking data that details Korean and Latino restaurant workers' exposure to dangerous work materials and environment that lead to incidents of workplace injuries and chronic health conditions. KIWA will use the findings to advocate for restaurant workers and to develop a curriculum to train restaurant workers and managers on how to prevent workplace injuries.

TONGAN COMMUNITY SERVICE CENTER

The TCSC will participate at the *18th Annual Pacific Islander Festival* held at Ken Malloy Harbor Regional Park in Harbor City, on May 5-6, 2007.

Sponsored by the City of Los Angeles and the Pacific Islander Community Council, the festival aims to preserve and enrich Pacific Islander culture and values. This is a time where Pacific Islanders come together as one community to revisit their traditions that contribute to the perpetuation and preservation of their people and culture. The Tongan Community Service Center will have a booth at the festival to provide outreach and education about USDA's food stamp program.

Personal Accomplishment

Congratulations to **Kathy Harvey (HOP/ICS)** on the first place victory of granddaughter **Ah'jai Cassietta Harvey** at the JAMZ National Cheerleading Competition held in Las Vegas NV on March 23, 2007. Ah'jai cheers with the Compton All Stars- they won the *Mini Pom Pom* and *Mini Hip Hop* competitions.

JAMZ cheer and dance strive to provide a safe and positive environment for kids to enhance self esteem, improve skill levels and educate teams. Congratulations Little Miss Ah'jai!

APAIT staffmember **Noel Alumit's** second novel "*Talking to the Moon*" was on the Los Angeles Times Bestseller List on Sunday, March 18 and stayed in the Top 10 for two weeks. It reached Number 4 in the Paperback Fiction category. Noel attributed his time on the prestigious Bestseller's List to some good reviews, the overwhelming support from friends, family, and SSG coworkers who bought many copies of the book.

Congratulations to **Tracy Kaku**, SSG HR Department, who recently completed the Human Resources Assistant Academy certificate program at LA Valley College.



L to R: Tim Young, Jury Candelario, Prajna Choudhury, Elena Fiallo

Congratulations to **Prajna Paramita Choudhury (APAIT)** who graduated on March 18, 2007 with a M.A. in Traditional Chinese Medicine from Yo San University.

SSG Co-SPONSORS CONFERENCE

On March 2, SSG co-sponsored the *2007 Asian Pacific American Community Research Roundtable (APACRR)* conference at USC. The theme of the conference was "**Building Community Capacity for Program Evaluation.**" Over 200 people attended the all-day conference, including staff from APCTC, APAIT, and OAP. APAIT staff also co-facilitated a research agenda discussion on HIV/AIDS and substance abuse. Other research discussions included mental health, gentrification, pathological gambling, older adults health, and voting rights. APACRR includes representatives from more than 15 community-based organizations and universities and is currently chaired by SSG Data Manager, Eric Wat. For more information on APACRR, contact Eric at ewat@ssgmain.org

SSG NEWS & HIGHLIGHTS



Healthy Living

Fitness - a good move for health

Fitness is for everyone, and best of all, it includes every kind of exercise. As long as you do it regularly, any physical activity can help you look and feel your best, and make you stronger and healthier.

Whether you're 5 or 65, it's never too early—or too late—to get started. Just keep these tips in mind:

- o **You don't have sweat it - try exercising lite.** Research shows that getting at least 30 minutes of moderate activity on most days of the week can make a significant difference in your health. You can get the same benefits by working a little harder for a shorter time.
- o **Find the right fit.** The key to getting regular exercise is to choose activities that you enjoy and feel comfortable doing.
- o **Three's company.** Aerobic exercise, strength training, and flexibility are key components of total fitness.
- o **Mix it up.** Are you already active and looking for a new routine? Or maybe you want to optimize your health and fitness level? Consider cross-training to help you reach your goal.

New!

SSG's SAFETY COMMITTEE

SSG held its first Safety Committee meeting on March 29, 2007 with 10 Programs/Divisions represented. Jack Johnson, Risk Management Consultant gave a presentation on ergonomics for computer users, (posture, computer placement, chair height, and work habits, etc.). The Committee will be identifying topics of interest and developing a mechanism for sharing information/training opportunities with staff.

The purpose of the Safety Committee is to create an agency-wide system to enhance staff's knowledge and information on safe working environments, accident and illness prevention, so that we create and maintain an interest in safety while monitoring and evaluating SSG's overall loss prevention efforts.

Our goal is to have a Safety Committee representative from each program site. If interested let your Supervisor or Project Director know. Meetings are held quarterly.

Next meeting: July 12th 10:00 am - 12:00 pm

Contact: Judy Lawyer, Safety Coordinator
213-236-9393 * jlawyer@ssgmain.org

Employee Safety

Intersection - The Turning Vehicle

SSG Human Resources Dept.

Three major contributing factors to intersection accidents are: delayed perception, speed too fast for conditions, and false assumptions. Let's examine these factors and consider the most glaring hazard at an intersection, meeting the turning vehicle.

A turning vehicle at an intersection creates a very special problem to other drivers entering and passing through the area. Vision may be limited by buildings, foliage, or other vehicles. The turning vehicle may be stopped and then decide to make his turn and cut you off. Or, you may be faced with a lawbreaker who runs a light, stop sign, or yield sign. All of these potential hazards for the turning driver require defensive driving by YOU to prevent an accident.

The shortstop has to know what he is going to do with the ball before it is hit. At any intersection that ball may come to you. What'll it be, an out or an error? Here are some suggestions that will help you to avoid intersection accidents.

- Approach all intersections prepared to yield the right of way even if it legally belongs to you. Take your foot off the gas and lightly cover the brake.
- Decide what evasive action you will take should there be a conflict and have your vehicle under complete control so you can make any necessary maneuvers.
- Keep your eyes moving to the sides and to the rear as you approach and pass through intersections.
- Don't assume that the other guy will stop. A traffic light, stop sign, or yield sign doesn't physically stop a vehicle, the driver has to apply the brakes.

Know the defense...Act in time....Prevent Intersection Accidents

Employment Opportunities

BACUP is seeking qualified current or former mental health consumers for the following positions. Please circulate to your colleagues and clients. Contact Andrew Posner at (213) 240-8601 or aposner@bacup.net.

- Program Manager
- MIS Specialist
- Office Manager
- Hospitality Host
- Group Facilitators
- Peer Counselors
- Peer Counselor/Job Coach

OTTP-LA is seeking a Clinical Therapist, fax resume to Alicia Yabana at 213-323-1570.