

PACIFIC CLINICS

Advances Magazine | Winter 2020



Jenifer Lewis Q&A

Actress, Author,
Activist

.....
492 Television Shows
68 Movies
4 Broadway Shows
.....

Champion of
Mental Health

EXCELLENCE IN EDUCATION

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A MESSAGE FROM THE PRESIDENT AND CEO

A Holistic Approach to Wellness

Dear Friends,

Pacific Clinics remains committed to helping those we serve live healthier and more fulfilling lives. To achieve this, we focus on continuous program enhancements and embrace a holistic approach to mental health. Our services include an array of mental and behavioral health programs and supportive services, including housing, transportation, meals and education. This issue of *Advances* is dedicated to the latter - our breadth of educational programs, including:

- Early education for children and their families supported through our Head Start/Early Head Start program. Serving birth to five years of age, this program offers accessible childcare and learning environments, health screenings and behavioral health services.
- School-based programs support over 325 schools across Southern California and provide convenient access to mental health services for students and families.
- For adults, we offer educational and employment programs through our Pacific Clinics Training Institute. In Orange County, our Recovery Education Institute supports those with lived experience, and their family members, in completing college coursework for personal and professional advancement.

It is our core belief that quality mental health care and education should be accessible to all and, through these programs, we help individuals reach their goals.

We are also pleased to share an exciting interview with actress and author, Jenifer Lewis. Many know Jenifer from the hit sitcom *Black-ish*. She is also a staunch advocate of mental health and recipient of Pacific Clinics' Champion of Mental Health Award for sharing her experience in the award-winning autobiography, *The Mother of Black Hollywood: A Memoir*. In a time where mental health stigma is prevalent, her brave and inspirational tell-all story offers candid insight about the path to wellness and recovery.

Our work is possible because of the many partners that support our mission and commitment to improving the lives of the people we serve. Thank you for your continued support.

We hope you enjoy reading this issue of *Advances* and learn more about our life-changing work.

Sincerely,



James J. Balla, MBA
President & CEO

THANK YOU!

Pacific Clinics was voted Best Local Nonprofit,
Best Local Charity and Best Place to Work



MENTAL HEALTH
THERAPY



CASE
MANAGEMENT



HEALTH
NAVIGATION



HOUSING
PLACEMENT



EMPLOYMENT
SERVICES



EARLY EDUCATION
& TRAINING

GIVING CHILDREN A HEAD START

One Step at a Time

The first thing you might notice walking into one of Pacific Clinics' Head Start/Early Head Start classrooms are the colors. Whether it is colorful images on the wall, sets of multi-colored blocks stacked on a table or a bright rug where children gather with their teachers, colors are everywhere. And they are there by design.

Those colors, along with posters that describe the weather, the alphabet in clear, tall letters and a series of geometric shapes, are all part of the focus on high-quality classrooms that are central to Head Starts' success. Together, they create a learning environment proven to engage young children's curiosity and fascination, while helping develop their social and emotional skills in preparation for school.

“All of our teachers put a great deal of thought and preparation not only into their curriculum and what they will be teaching children each day, but also how their classroom environment supports their learning and engagement. A high-quality classroom with highly intuitive and educated teachers fosters their interests and supports their development, but doesn't end there. Kids learn in many different ways, and the classrooms at Pacific Clinics' Head Start/Early Head Start centers are designed to support our students' social and emotional development.”

– Kim Zitter, Lead Teacher

Head Start began in 1965 as part of the federal War on Poverty program championed by President Lyndon Johnson. Initially intended to provide children birth to age 5 from low-income families with a combination of early education, health services and additional support for families, in recent years as many as one-third of 3 and 4 year olds living in poverty in the United States have been enrolled in a Head Start program. Early Head Start, designed for children birth to 3 years, focuses more intently on the social and emotional development needs of newborns and toddlers.

Over the past half century, repeated research on children who attended Head Start/Early Head Start has shown the wide range of benefits: increased high school graduation rates, greater college attendance, better long-term health and even better parenting skills when they start their own families. That last benefit hints at one of the newer findings by researchers into early learning programs. They create benefits for multiple generations. It turns out it is not just the children who attend high-quality early care and learning programs that have better health and educational outcomes – their children show similar positive benefits, even if they don't also attend a preschool program before entering kindergarten or first grade.

Head Start/Early Head Start also incorporates early math and science lessons, as well as language and literacy curricula. The program also offers proven social-emotional learning, as well as additional life-changing health, wellness and family support programs, broadly known as wrap around services. The agency's experience with mental health screenings and in-home family support services enables us to seamlessly tie these programs together, making them easily accessible for the families of students in Head Start/Early Head Start.

“Providing Head Start/Early Head Start for the families we serve connects well with our other behavioral health services and enables us to provide families another critical support that has both immediate and lasting benefits as we serve the youngest, most vulnerable members of our community at the most impressionable time of their life,” says Head Start Director Wassy Tesfa, MA. “Our goal always is to help change lives for the better. Through this comprehensive program we facilitate lifelong results.”

A final benefit for families is the opportunity to receive medical and dental exams. Healthy students are far more likely to thrive and do well in school, without an increased number of absences due to pain, illness or the need to see a doctor or dentist contributing to lower grades and poorer outcomes.

“We have learned much from our years of providing behavioral health services, early care and education programs. The importance of Head Start/Early Head Start and its impact on students, their families and caregivers is monumental,” says President and CEO Jim Balla, MBA. “Research reinforces this, and you can observe it in the classroom, when a young child discovers something new or conquers a challenge or problem. Those are the moments that remind our teachers, and all of us, of the importance of early education for all of our children.” ■

Pacific Clinics' Head Start/Early Head Start program provides early education and childcare for children birth to 5 years of age, prenatal and parenting support.

Children can be registered at any time during the school year. The program is free for income-eligible families.

Programs are offered in these service areas: Alhambra, Altadena, Arcadia, Eagle Rock, Glassell Park, Glendale, Highland Park, La Crescenta, Montrose, Pasadena, Rosemead, San Marino, Sierra Madre, South Pasadena, Sunland, Tujunga and Whittier.

Call 818-949-0019 to learn more and enroll.



750
 Children Served by
 Head Start/Early
 Head Start Programs

MEDICAL AND DENTAL EXAMS



91%

Head Start Students
 Received Medical Exams



88%

Head Start Students
 Received Dental Exams

71%

Early Head Start
 and Child Care
 Partnership Students
 Received Medical Exams

55%

Early Head Start
 and Child Care
 Partnership Students
 Received Dental Exams

SCHOOL READINESS

SOCIAL DEVELOPMENT

26%

Start of School Year

79%

End of School Year

LANGUAGE AND LITERACY

24%

Start of School Year

71%

End of School Year

COGNITION, MATH AND SCIENCE

28%

Start of School Year

71%

End of School Year

PROGRAM OUTCOMES



81%

Provides Families the
 Tools to be Successful
 Caretakers



79%

Uplifting for
 Family Transitions



76%

Strengthening
 Parent-Child
 Relationships



72%

Families Feel Engaged
 in the Educational
 Process



69%

Overall Family
 Well-Being

RECOVERY EDUCATION INSTITUTE

Gives Students a Second Chance



REI Students in Classroom

More than 37% of students with a mental illness drop out of school, according to national mental health statistics – making this the highest dropout rate of any group. As these students grow older, it becomes increasingly difficult to obtain and maintain employment or go back to school to complete their high school degree or GED.

Recovery Education Institute (REI) is designed to give many who have a mental illness a second chance.

REI provides students the opportunity to receive an education, obtain college credits, pursue various careers and achieve goals, all free of charge.

“The majority of the students who attend classes are between the ages of 45-60 years old,” says REI Education Director Victoria Rivett, MA. “REI has been a place for students to reinvent themselves, change careers, or find purpose.”

Robert McLachlan, 58, was introduced to REI through a Department of Housing and Urban Development - Veterans Affairs Supportive Housing case worker. Robert suffers from borderline personality disorder, bipolar disorder, PTSD and severe depression.

Before he was diagnosed, Robert was living in Reno, Nevada and drinking two cases of beer per day. Having contemplated suicide on several occasions, a family member reached out and invited Robert to stay with her until he got better and back on his feet.

In 2006, he was diagnosed at the Veterans Affairs Hospital in Long Beach. Through interventions, such as dialectical

behavior therapy, one-on-one and group therapy, Robert accepted his illnesses and decided his diagnosis was not going to stop him from going back to school.

“Who’s going to take me and put me back in school? And for free?” Robert says. He recalled being a struggling student and didn’t think he could be successful in school at his age.

Once enrolled in 2016, he was unstoppable and earned straight A’s.

“Now, I feel empowered,” he says. “I plan on getting my bachelor’s degree and becoming a social worker in mental health.”

REI students come from all walks of life, but they share a curiosity to learn about mental health.

Another student, Noelia Cisneros, is a 20-year recovering addict and learned about REI from fellow Narcotics Anonymous members. She was interested in learning more about mental health because a close family member experienced mental illness and substance abuse.

After working in quality control as a production planner, Noelia is now earning her certification as a mental health worker and drug and alcoholic counselor. “I want to help kids stay healthy and tell them about the terrible effects drugs and alcohol have on individuals,” she says. “I just want to help people recover.”

Classes prepare students to enter certification programs, vocational programs and college settings at no cost to eligible students. Through partnerships with Saddleback College and Santiago Canyon College, REI offers mental health worker and alcohol and drug counselor certifications.

Students can register for classes and work with an academic advisor to map out their journey without the stress of navigating classes or filling out financial aid paperwork on their own.

Located in Orange, California, REI was established in 2012 and shares its campus with two Orange County supported programs – The Wellness Center and Treehouse – that provide activities for individual well-being, as well as a safe and stable environment for those who are experiencing a mental health crisis and want to avoid hospitalization.

“Since we were established, we’ve served more than 2,000 students,” says Rivett. “As of the last fiscal year 2018-19, 567 students enrolled in classes. We are grateful to support so many people and make a positive difference in their lives.” ■

EDUCATING OUR COMMUNITY

Since 1926



Staff celebrated newly licensed clinicians through the Clinician Pathways Program offered to new Pacific Clinics employees.



REI staff can be found around campus making it a welcoming environment for students.



Whittier school-based program staff meet clients and their families for counseling services.



Clients from the El Monte program graduate to a lower level of care.



Pacific Clinics Training Institute provides hundreds of trainings throughout the year to staff and community partners.



Head Start/Early Head Start educators learn how to incorporate STEM in classrooms.

Jenifer Lewis

Q & A



Jenifer Lewis, is an actress, author, activist and Pacific Clinics' 2019 Champion of Mental Health. Currently appearing as Ruby Johnson on ABC's hit TV show *Black-ish*, Jenifer has maintained a successful and legendary career across television, music and theater. She has appeared in nearly 500 television episodes, 68 movies and four Broadway shows.

Meeting at her beautiful Sherman Oaks home, Jenifer and Myeisha Peguero Gamiño, MA, vice president of public affairs and advocacy, talk about overcoming a diagnosis of bipolar disorder, her award-winning book *The Mother of Black Hollywood: A Memoir* and her commitment to helping others by sharing her courageous story.

What prompted you to write this book?

It was the biggest challenge of my life to write this book. I wanted to write the book because I knew I had an amazing story, an amazing life to share. I knew by writing the book I could help people. I got everything I wanted and what else is there to do but to give it back? I have lived the spectrum, from great poverty to great success – movies, television, Broadway, and concerts all over the world – but my greatest success of all is that I'm happy. I'm happy because I have the wherewithal to give back through telling my story. I've lived a thousand lifetimes in this lifetime, and if I can do it, anyone can.

Why are you passionate about mental health?

The passion comes from wanting to help others. It took a long time before I sought help, but I did it and found happiness. So can you.

How did therapy help you?

For 33 years I woke up with mostly tears in my eyes. I finally sought therapy, but there would be therapy sessions where I would just sit there and not talk. I was too scared to bring up my childhood, or a betrayal from a man, a death of a brother. I thought if I agreed to take medication it would dim my light, but it didn't. The medication puts you in a stage where you

can listen, where you can organize your thoughts. And with the tools from talk therapy, it gave me everything I needed for a good life. My therapist held the torch for me - the light at the end of the tunnel. But first, you have to want to get well. No one can do it for you. I thought my knight in shining armor was going to show up and take care of everything. Thinking your teacher, mother or uncle can save you, but that was a fairy tale. It has to come from within. The work has to be done inside of you and it starts with 'I want to be well.' I found the strength to seek help and encourage others to do the same. If you don't take care of yourself, how can you be strong for those who you love?

Why the title, *The Mother of Black Hollywood*?

I have played on-screen mothers to Whitney Houston, Tupac, Angela Bassett as Tina Turner, Gabrielle Union, Kevin Hart, and Morris Chestnut. For over 30 years, I have been cast as a mom to many actors and I love that I can continue to do what I love each day and entertain.

What have you learned from readers during book signings across the nation?

I am humbled because I learned that the book helped a lot of people. I shared my experiences and I told my truth about the molestation, the sex addiction, the bipolar disorder, the poverty and the dysfunction. It was not easy, but I did it – I shared my story. Nina Simone had power. Billie Holiday had power. Winnie Mandela had power. And when I pass from this plane, I want someone to say Jenifer Lewis had power.

There is a letter to readers at the end of the book where you explain that you wrote the book because you “owe.” What did you mean when you wrote that letter?

I walked through fires to get where I am today. I owe it to others to share this story and hope that a piece of it helps them seek help, find clarity in their own lives, or even helps them laugh. I owe because someone helped me and I want to help others.

“Because I have survived, I owe. Because I still have a smile on my face and am in good health, I owe. Because I live with bipolar disorder and thrive, I owe. Because I made it to the other side of sex addiction, I owe. Because my generation has left behind a world of chaos and environmental deterioration that the next is being made to clean up, I owe. Because while my role as the Mother of Black Hollywood started out as just that—a part to play—the platform has afforded me the opportunity to have so many young people come to me seeking answers to why, how, what, when... please, Miss Lewis? I owe. I owe it to the world to share what I have learned on my journey.”

– Excerpt from Jenifer Lewis:
The Mother of Black Hollywood

Visit www.pacificclinics.org/2019-champions-mental-health to watch Pacific Clinics’ tribute video honoring Jenifer Lewis, Champion of Mental Health. ■

According to the National Alliance on Mental Illness (NAMI), bipolar disorder affects approximately 5.7 million Americans averaging 25 years of age. Bipolar disorder, previously referred to as manic depressive disorder, is a mental illness that causes periods of depression and high intensity mood swings. During these mood swings, an individual behaves or feels extremely happy, sad or mad. This illness differs between individuals however, it can be caused by genetics, brain structure or seasonal depression and other mental illnesses.

If you or someone you know is experiencing bouts of extreme highs or lows, depression or is suicidal please reach out to someone you trust, or seek help from a qualified mental health professional.

National Book Club Conference ‘Book of the Year’ Award Winner

“SCINTILLATING, YET HEARTFELT.” —VANITY FAIR

JENIFER LEWIS

THE MOTHER OF BLACK HOLLYWOOD

A MEMOIR



The Mother of Black Hollywood

Available at Amazon.com
AudioBook narrated by Jenifer



@jeniferlewisforreal



@jeniferlewis



@jeniferlewisforreal

Staff Spotlight

Lisa Lansing, MSW, LCSW, Divisional Director of Child and Family Specialty

Lisa lives and breathes child and family services. Her passion for mental health and ability to tackle hardships that youth and their families experience keeps her motivated and dedicated to the impactful work Pacific Clinics is doing in the community.

Her 18-year career with Pacific Clinics, and numerous educational accolades, speak to her loyalty and commitment to the profession. As a divisional director, she supervises 100 staff and manages the operations of four sites in Glendale, Pasadena and El Monte. Her division provides services that include Head Start/Early Head Start, school-based programs, Department of Child and Family Services (DCFS) family preservation program, Hye-Wrap, as well as full service partnership (FSP) for intensive care treatment.

Over the years, Lisa has found that depression, suicidal ideation and anxiety are the most prominent and persistent challenges young people grapple with often as a result of trauma. She also has learned that working with children, and providing them with coping skills, is imperative as you're able to prevent many of the challenges they may face as an adult.

*“Give me tea parties, Candy Land
and dress up any day of the week.”
– Lisa Lansing*

Lisa finds joy in coming to work because there are distinct challenges every day. She comments, “Every scenario is different. No two situations are the same. I love helping children. Give me tea parties, Candy Land and dress up any day of the week.” Imparting her wisdom, experience and clinical know-how onto her staff and collaborating on behalf of children and families are what she looks forward to day in and day out.

“Lisa is an integral part of the children and family services division,” says Vice President of Clinical Services, Housing and Employment Laura Pancake, LCSW. “Her guidance and collaboration helps her staff grow professionally and has a profound impact on the families we serve.”

When Lisa is not at work, she is spending time with her husband and son, as well as her two dogs, or volunteering at animal shelters in Pasadena. ■

PREVENTING SUICIDE BY *Educating Children and Families*

As suicide rates continue to increase, prevention is key. Pacific Clinics' school-based services for youth and teens focuses on meeting clients where they're at – in school, at home or in the community.

In 2017, 5,016 males and 1,225 females between the ages of 15 and 24 took their own lives in the United States, according to the Journal of the American Medical Association – the highest number on record. Contributing factors, such as social media, societal pressures and mental illness diagnoses of depression and anxiety are thought to have led to the increase.

“Working with elementary through high school-aged students, we're able to observe and catch behaviors early on that could be harmful, if not addressed. The best defense against suicide is prevention and education,” says Armando Ruan, LMFT, program director.

To help address this growing problem, Pacific Clinics has partnerships with more than 325 schools.

This year-round program serves almost 1,000 students who suffer from mild to severe mental illnesses, such as depression, anxiety, post-traumatic stress disorder, bipolar disorder and schizophrenia.

Each child has a support team of therapists, mental health workers, school counselors, teachers and their families. Pacific Clinics staff pride themselves on ongoing outreach to educate and assist parents and teachers. Additionally, staff attend school district meetings to advocate for students and families to foster a stronger, more inclusive and understanding community.

“The best defense against suicide is prevention and education.” – Armando Ruan

It's imperative to catch potentially harmful issues early in a child's development. Clinicians work to remove barriers to children's education so they can focus on succeeding and performing well in school. They also participate in parent/teacher meetings and consult with teachers and counselors to ensure that there is full support of the student. Staff understands that one person alone can not fully address suicide prevention efforts. The participation and active involvement of families, schools and communities are critical to support students.

Once the student graduates, staff will help them transfer into a transitional age youth or adult program, where they can continue to improve and build their independent skill set.



Although suicide is a difficult topic to discuss, it is even more difficult losing someone to it. The signs differ from individual to individual however, below are select common indicators:

- Withdrawing from friends or family
- Expressing unusual anger
- Changed behavior
- Feeling hopeless
- Increased substance use

If you suspect that someone may be suicidal, the first step is to reach out and ask if they are experiencing suicidal thoughts. This may be difficult, but by asking the question and listening to the response, you are starting an open and honest dialogue and creating a safe environment for them to share their feelings. ■

*If you believe that someone needs help, it is important to let them know that you care and encourage them to seek treatment from a qualified therapist or doctor. You can also call the **National Suicide Prevention Lifeline at 800-273-TALK (8255)** or text **CONNECT to 741741** to message a trained crisis counselor.*

PASADENA COMMUNITY FOUNDATION

Supports Older Adults' Urgent Needs

Pacific Clinics is expanding its services for older adults in Pasadena with serious mental illness, substance use or prescription medication issues, thanks to a \$10,000 grant from the Pasadena Community Foundation (PCF).

Although 13.3 million low-income individuals receive Medi-Cal and Medicare, many rely on supplemental income like Social Security and are not always able to pay for urgent medical-related needs. The grant from PCF will help provide various living expenses, such as deposits for affordable housing, household items and home modifications for disability access, as well as medication, food, eyeglasses, dental care and durable medical equipment. These basic living items will significantly improve quality of life and reduce symptoms of depression and anxiety among those Pacific Clinics serves.

Older adults are often referred to Pacific Clinics when they are transitioning from hospitals or nursing homes, have

recently become homeless or are extremely vulnerable and do not have family or caregivers.

With the support from PCF, we will have the capacity to serve up to 100 older adults in Pasadena.

Founded in 1953, PCF is an advocate for local philanthropy and is dedicated to improving the lives of people in the greater Pasadena area. PCF helps donors maximize the impact of their charitable contributions – strengthening the community, preserving cultural resources and assisting those in need. ■



SHELTER PARTNERSHIP

Fighting Homelessness Together

According to a recent report, there are nearly 59,000 residents in Los Angeles County experiencing homelessness and the number continues to rise. However, with community partners like Shelter Partnership, homeless individuals have hope. Pacific Clinics recently honored Ruth Schwartz, co-founder and executive director of Shelter Partnership, during a donor appreciation luncheon for her commitment, dedication and long-term partnership.

Shelter Partnership launched in 1985 with powerful community leadership – late Mayor Tom Bradley, then Los Angeles County Supervisor Edmund Edelman, and past United Way President Frances McNamara – behind its mission of fighting homelessness in Los Angeles County.

To date, Shelter Partnership has donated more than \$2,000,000 in home goods, clothing and other items to meet the immediate and basic needs of Pacific Clinics' clients. Additionally, their S. Mark Taper Foundation Shelter Resource Bank has distributed more than \$250,000,000 in new goods to over 700 agencies.

Ruth and her team have led research studies, policy work and assisted in the development of affordable housing throughout Los Angeles making a long-lasting and meaningful impact in the region. ■



L-R: Geoffrey Kehlmann, Young Professionals Associate Board Chair, Shelter Partnership; Jim Balla, President and CEO, Pacific Clinics; Ruth Schwartz, Co-founder and Executive Director, Shelter Partnership; John DeFazio, Board Chair, Shelter Partnership; Richard Dominguez, Board Chair, Pacific Clinics

TELEHEALTH: *Connecting at the Touch of a Button*

Telepsychiatry is sweeping across state lines, reducing barriers to treatment, saving costs and streamlining communication among medical staff.

As mental health needs grow, access to services and treatment become increasingly difficult. However, telepsychiatry provides instant mental health services via video or telephone to clients no matter where they live. “We’re always looking for ways to improve treatment delivery for consumers and streamline processes for staff. Telepsychiatry does both,” says Executive Vice President & Chief Clinical Officer Shawn Caracoza, LCSW. “We’re very excited and pleased that this service helps individuals near and far.”

During Pacific Clinics’ initial stages of implementing the program, six sites were designated and fully equipped with video conferencing communications. Three were provider sites – where the prescriber and nurse provide treatment – and the other three were receiving sites where nurses and consumers come into the office to conduct their session via teleconference. Pacific Clinics has now expanded the program to 11 sites.

Although we offer sites where prescribers can conduct their sessions, they have the flexibility to see consumers in the comfort of their own home or office. This extends the delivery of care, reduces staff travel, and allows staff to follow up with consumers instantly. As an added benefit, it also allows providers to cover each other’s appointments if one is out of the office. In a given day, a prescriber can have up to 11 appointments, and potentially more.

At the crux of telehealth and telepsychiatry are nurses who ensure each appointment runs efficiently and with medical efficacy.

Similar to an in-person appointment, the nurse will prep the room and greet the consumer; conduct vital signs; take notes; make sure that the individual is comfortable and understands what took place and the next steps; as well as gather signatures and conduct any necessary follow-up. Additionally, the nurse is able to identify and communicate any concerns to the prescriber in real-time and submit lab orders or send prescriptions to a pharmacy electronically. For complex cases, telepsychiatry allows treatment teams to collaborate and communicate together.



“The majority of our clients who received telepsychiatry services have transitioned seamlessly after the initial session. There has not been a difference in treatment with telepsychiatry, as they would have received the services via face to face,” says Director of Nursing Andrew Sanchez, DNP, RN, FNP-BC.

There is no age limit to receive telepsychiatry services. Children and adolescents with parental or guardian consent can receive services.

Carolina Lara, a licensed psychiatric technician, works with children and adolescents who receive intensive services. She shares that most of the people she sees are comfortable conducting their sessions via teleconference. Telepsychiatry also gives consumers instant access to their prescriber or psychiatrist rather than waiting for an available appointment. If the consumer is experiencing an episode or needs to speak to their therapist, they’re able to do so with a click of a button.

Coordinator of Nursing Service Vicki Broussard emphasizes that with ongoing education and seeing telepsychiatry work for themselves, consumers are more at ease with the new technology and see the value in it.

“We hope to increase the number of prescribers and make this an agency-wide program,” Broussard says. ■

15

Locations Provide
Telepsych and
Telehealth Services

3,693

Telehealth Sessions
Provided to Date

826

Unique Consumers
Participated in Telepsych
or Telehealth Services

2,795

Hours of Service
Provided

5 WAYS TO COPE WITH FEELING LONELY DURING THE WINTER



HEALTHY WHOLE WHEAT BROWNIES

This dessert is delicious and healthy. It uses whole wheat flour for the added fiber, vitamins and minerals; substitutes applesauce for sugar and reduces the amount of butter while still creating a moist and delicious treat.

¼ cup	tablespoons canola oil
1 cup	whole wheat flour
1/3 cup	unsweetened cocoa powder
1 ¼ teaspoon	baking powder
1 teaspoon	salt
¼ teaspoon	baking soda
½ cup	packed light brown sugar
1 ½ cup	unsweetened applesauce
1 large	egg
6 oz	semi-sweet chocolate chips
¼ cup	chopped nuts (pecans or almonds)
	cooking spray

1. Preheat oven to 350°F. Spray an 8-inch square baking pan with cooking spray.
2. In a medium bowl whisk together flour, cocoa, baking powder, salt and baking soda.
3. In a large bowl stir together the brown sugar, applesauce and egg.
4. In a heat proof bowl, microwave the chocolate chips for 40 seconds until chocolate melts. Whisk in canola oil.
5. Combine chocolate mixture with sugar mixture. Stir in flour mixture.
6. Pour into pan and top with nuts.
7. Bake for 40 minutes or until a toothpick can be inserted in the center and comes out with moist crumbs.
8. Let the pan cool on a wire rack. Cut into 16 squares.

*Submitted by Nina Paddock, MPH, RDN,
Head Start Comprehensive Services Manager*

During the winter months, it's the time to be with family and friends, celebrating traditions and eating delicious treats. However, for some, this can be a difficult time of year. Whether you live far away, are estranged from family or don't have many friends, no one should feel lonely. Program Director **Audrey Read Brown, LCSW**, offers five helpful ways to cope.

Find community.

Rekindle connections with family and friends or join an in-person or online group.



Sometimes all it takes is a phone call or a simple "hello". Make the first move.

Attend local events.

Check the parks and recreation event listing in your neighborhood. They have a plethora of activities for the community. Sometimes surrounding yourself with other people is just what you need.



Call a warm line.

Not as urgent as a hotline, warm line, volunteers are trained to listen to daily struggles. Sometimes you just need someone to listen and they're there to do just that – listen.



Volunteer your time.

Instead of focusing internally, volunteer your time to help another person. Perhaps someone who is feeling lonely as well.



Do things you enjoy.

Think of activities that put a smile on your face. Hiking, writing and cooking are wonderful options. See our brownie recipe on this page for a cooking idea.





How Many?

Count the animals and write the number

Cuenta los animales y escribe el número



A 

D 


G 

J 

B 

E 

H 

K 

C 

F 

I 

L 

ANSWERS/RESPUESTAS: A=5, B=5, C=3, D=6, E=3, F=7, G=3, H=9, I=5, J=3, K=3, L=8



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Arcadia, CA 91006
(626) 254-5000
www.pacificclinics.org

1 IN 5 PEOPLE WILL EXPERIENCE A MENTAL ILLNESS... YOUR SUPPORT MAKES OUR WORK POSSIBLE.

Everyone deserves access to high-quality, integrated care to overcome the effects of trauma or mental illness. Pacific Clinics provides free and low-cost services to eligible children, adults and families to help them live healthier, more fulfilling lives.

TREATMENT | SUPPORT | EDUCATION | ADVOCACY



*Save the Date: Champions of Mental Health Annual Fundraiser
Saturday, June 6, 2020 at Annandale Golf Club*

Serving the community since 1926. Programs available in Los Angeles, Orange, San Bernardino and Ventura counties.

STAY CONNECTED!     

626 254-5000 | www.pacificclinics.org/give