



April 2020, Vol. 3

VIRTUAL BRIDGEVIEW

Stay Connected, Stay Supported, Stay Well

LETTER FROM A PEER!

Hello Bridgeview Family,

We're facing a difficult situation with the Corona Virus and unfortunately our lives has been severely interrupted. I understand how difficult this can be to not have the human interactions we are used to, plus the change of ordinary lives can be overwhelming in itself. Our automatic response is to give up, roll up in a ball, in a corner like a turtle and cry. Well, we can't give up hope, we'll get through this. We need to stay connected with each other and our families. We need to keep our morale up. So as a family we need to stick together, if you are able and have other members numbers check in on each other! If you have the technology and the know how, please do the online support groups. Also if you're struggling, please reach out to staff.

My thoughts are with y'all!

Maria D

NEED A COMPUTER?

There are amazing organizations that help low income individuals get computers and internet.

Check out PCs for People - they are located in St. Paul and you can purchase online! They have eligibility requirements, so contact them at 651-354-2552! You can also check them out online at www.pcsforpeople.org



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For Mental Health & Well-Being



Easy Chili Recipe

<https://www.iheartnaptime.net/easy-3-ingredient-chili/>

Ingredients:

- 1 pound ground beef , cooked and drained
- 15 ounce can chili beans , undrained
- 10 ounce can diced tomatoes with green chiles (I use Rotel or Hunt's Seasoned Diced Tomatoes in Sauce for Chili)

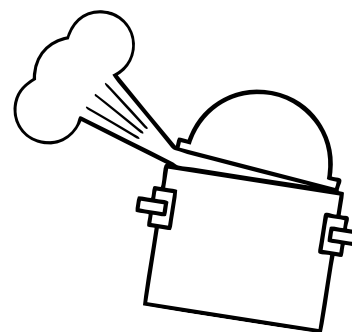
Instructions:

1. Mix the meat, beans and tomatoes together in large pot. Bring it to a boil over medium heat and then bring heat to medium low and allow to simmer for about 30 minutes.
2. Salt and pepper to taste. Enjoy with your favorite toppings such as cheese and sour cream.

Notes

- For a little heat, use medium Rotel. For mild, use plain diced tomatoes or mild Rotel. If you'd like even more heat, add in a little chili powder or hot sauce.
- You could also combine in a crock pot and cook on low for 3-4 hours.
- When adding other ingredients, the key is to keep the ratios 1 pound of meat, 1 can of beans, 1 can of diced tomatoes. If it's too thick, just add a small can of tomato sauce, along with a little chili powder.

Prep time: 5 mins
Cook Time: 30 mins
Total Time: 35 mins
Calories: 210kcal
Carbohydrates: 14g
Protein: 19g
Fat: 8g
Saturated Fat: 3g
Cholesterol: 49mg
Sodium: 568mg
Potassium: 650mg
Fiber: 3g
Sugar: 5g
Vitamin A: 64IU
Vitamin C: 6mg
Calcium: 46mg
Iron: 3mg



Resource Corner:

Food:

- Hunger Solutions offers the statewide Minnesota Food HelpLine to help you find food resources for your family. Call 1-888-234-1268 or visit their website at hungersolutions.org
- Do you have SNAP? Call and apply for SNAP benefits.
 - Find the nearest SNAP outreach partner by calling the Minnesota Food HelpLine at 651-486-9860 in the Twin Cities metro area or 888-711-1151 outside the metro area.
- Concerned about your county services or need resources for food? Check out the Anoka County website for updates during this time!
 - <https://mn-anokacounty2.civicplus.com/3862/COVID-19-Impact-on-Anoka-County-Services>

Medical/Mental Health:

- Minnesota Department of Health has set up a public hotline that is open every day 7 a.m. to 7 p.m. The hotline number is 651-201-3920.
- Crisis Lines:
 - If you are experiencing a mental health crisis and live in Anoka County please contact Anoka County Crisis Line: 763-755-3801 or text MN to 741741. If you are experiencing a mental health crisis and live in Hennepin County please contact COPE at 612-596-1223. If you are experiencing a mental health crisis and live in Isanti County please contact the crisis line at 800-523-3333.
 - Minnesota Warmline: call toll-free 877-404-3190 or text "Support" to 85511 from 5pm - 10pm !

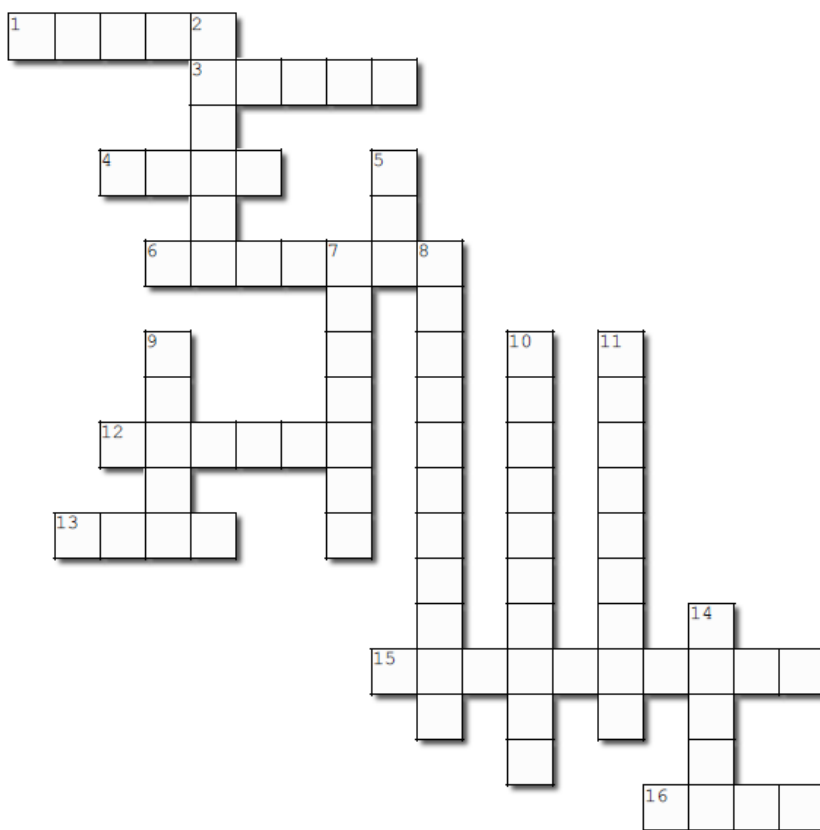


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For Mental Health & Well-Being

Activity Page!

Bridgeview

Complete the crossword puzzle below.



Word Bank:

- Laura
- Lisa
- Open
- Supported
- Kaitlyn
- Bridgeview
- Alyssa
- Lindsey
- Anoka
- Any
- Groups
- Bobs
- Newsletters
- Art Studio
- Large
- Bingo

Created using the Crossword Maker on TheTeachersCorner.net

Across

1. Which county do you have to live in to get a ride on the Bridgeview van?
3. Who leads most support groups at Bridgeview?
4. Who makes sure we get enough to eat?
6. Who is the best Care Coordinator this side of the Mississippi?
12. Support _____ happen daily at Bridgeview.
13. What can't Bridgeview Staff wait to do?
15. Best Drop-In Center
16. Where does Bridgeview get their meals from?

Down

2. Who is the director for Bridgeview?
5. Which county do you have to live in to be a member of Bridgeview?
7. Who provides licensed therapy at Bridgeview?
8. What is sent out typically monthly that details what is happening at Bridgeview?
9. Which conference room are most of our groups held?
10. Location of our Art 101 groups
11. What do Bridgeview Staff hope to make members feel while they are at Bridgeview?
14. What happens once a month on a Saturday at Bridgeview?

Check out our local Anoka County Parks website!
They have scavenger hunts, learning oportunities, coloring sheets,
and so much more!

Visit them at <https://www.anokacounty.us/3863/Virtual-Parks>



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For Mental Health & Well-Being

MAILING ADDRESS:
LEE CARLSON CENTER FOR
MENTAL HEALTH & WELL-BEING

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Org.
U.S. Postage
PAID
Permit #217
Anoka, MN

BRIDGEVIEW CSP
7954 UNIVERSITY AVE.
FRIDLEY, MN 55432

RETURN SERVICE REQUESTED

Bridgeview Donation Network

To contribute to the Bridgeview Community Support Program, please complete this form and return it to Bridgeview.

☐ Yes! I would like to donate funds to Bridgeview. Date: _____

What I would like it to be used for: _____

☐ I would like to contribute: ___\$5 ___\$10 ___\$15 ___\$20 Other amount \$____

Name: _____ Signature: _____

Address: _____

Please mail donation to:
Bridgeview CSP - Lee Carlson Center
7954 University Ave.
Fridley, MN 55432
Please donate online at our website!

Support Groups!

- Art 101
 - Monday's at 11:00a
 - Wednesday's at 12:30p
- Anxiety
 - Monday's at 1:00p
 - Thursday's at 11:00a
- Healthy Lifestyles
 - Monday's at 2:00p
- Gratitude Journaling
 - Tuesday's at 11:00a
 - Thursday's at 2:00p
- Mental Health Support Group
 - Tuesday's at 12:30p
 - Thursday's at 12:30p
 - Friday's at 2:00p
- Relaxation
 - Tuesday's at 2:00p
- Women's Self Esteem
 - Wednesday's at 10:00a
- Wellness Wednesdays at 11:00a
- Grief and Loss
 - Wednesday's at 2:00p
- Men's Group
 - Friday's at 10:00a
- Fun Fridays at 1:00p

Get a hold of

Bridgeview Staff!

Bridgeview: 763-783-7440

Monday-Friday 9am-3pm

- Alyssa, Director:
 - 763-783-3036 ext. 832
- Lindsey, Therapist:
 - 763-780-3036 ext. 859
- Lisa, Program Assistant:
 - 763-780-3036 ext. 364
- Laura Wallace, Certified Peer Support Specialist:
 - 763-780-3036 ext. 377
- Kaitlyn, Care Coordinator:
 - 763-780-3036 ext. 526
- Dani, Intern:
 - 763-780-3036 ext. 366

To sign up for a support group, give us a call with your email address and we will get you set up!



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facebook.com/LeeCarlsonCenter



leecarlsoncenter.org

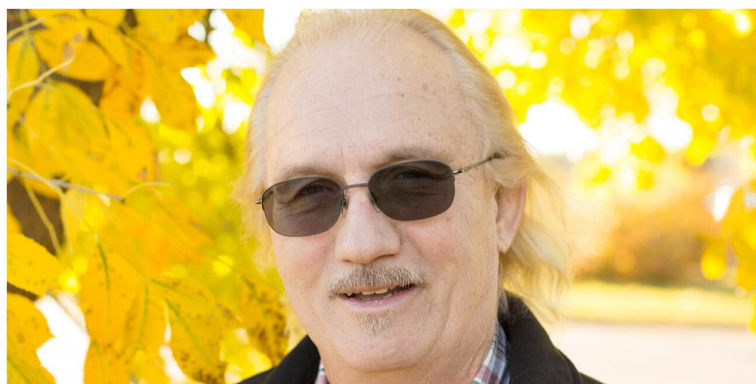


@Lee CarlsonCent

CBT: Cognitive Behavior Therapy
DBT: Dialectical Behavior Therapy

Severe & Persistent Mental Illness Therapists

We have a variety of therapists available in our clinics.
Here are a few who see adults with SPMI.



Paul Hildebrandt, Ph.D., LP

Education: MA, University of Wisconsin- River Falls
Ph.D Union Institute, Cincinnati OH

Paul uses both behavioral and cognitive behavioral approaches in working with people. He tend to use an approach where he helps individuals identify problems and issues, then engages in shared problem solving with the individuals. Paul has a broad range of experience in working with issues related to anxiety, depression, severe and persistent mental illness, special education needs, aging and family therapy.



Matthew Lindberg, MA, LPCC

Education: MA, Adler Graduate School

Matthew's approach is client centered. He works hard to meet the client where they are. Matthew also utilizes a holistic and family systems approaches. He is Adlerian trained and utilizes mindfulness based stress reduction and yoga when appropriate. Mathew also draws from CBT and DBT skills. Matthew is trained in EMDR and works with clients who have experienced trauma. He has 18 years of experience in the mental health field working with individuals of all ages. Matthew works with individuals who struggle with anger, anxiety, attention, autism, depression and substance abuse. He also enjoys working with parents and working with family systems.



Lindsey Moe, MA, LPCC

Education: MS, St. Cloud State University

Lindsey takes a very client-centered approach. She believes that each client benefits from sorting out the thoughts that clutter their sense of purpose and she takes a narrative approach in helping clients rescript their stories and identify strategies to overcome obstacles. She incorporates many components of CBT, DBT, and motivational interviewing along the way. Lindsey has a particular interest in women's issues. She has volunteered as a sexual assault advocate and co-facilitated a sexual assault survivor's support group at St. Cloud State University in the past. She also has many years of experience working with adults with SPMI and is currently completing training in DBT.



Corinne Segal, MA, LPCC

Education: MA, Adler Graduate School

Corrine's approach to therapy is based on collaborative work with clients. She is open to many religious and spiritual traditions. Corrine works with people from about 9 years old to seniors, and with families. Her experience covers anxiety, depression, Autism, FASD (Families Moving Forward), ADHD, blended families, addiction, emotional and behavioral issues, depression, anxiety, SPMI, addiction, domestic violence, parenting, homelessness, and attachment.

FRIDLEY

7954 University Avenue NE
Fridley, MN 55432

COON RAPIDS

10091 Dogwood Street NW, Suite 110
Coon Rapids, MN 55448

BROOKLYN CENTER

5540 Brooklyn Boulevard
Brooklyn Center, MN 55429

Member instructions for using Teams for Telehealth

Member instructions for using Teams for Telehealth

Why Virtual?

Whether you are receiving Virtual therapy, exclusively or an adjunct to office visits, it is an easy way to get the support you need. Virtual Counseling is similar to FaceTime, and allows you to have access to support from the comfort of your own home.

1. Before your session
 - You will receive an email invitation for your group time.
 - Please RSVP "Yes" to the invitation.
2. At the scheduled time, please click the link in the email and it will take you to the App or website.
 - Accessing Microsoft Teams
 - If using a phone or tablet: Download "Microsoft Teams" from your app store.
 - You do not need to make an account. Select "Join as guest."
 - If using web browser (Microsoft Edge and Google Chrome only): click the link in your email from the invitation. You will not need to download the app.
 - Select "Join on the web instead"
 - Select "Allow" to let Microsoft Teams use your mic and camera for calls and meetings on this browser.
 - Make sure video and audio are enabled (white circle is on the right).
 - Click "Join as Guest"
 - Enter in your FIRST name only
 - Once the group leader has also joined, you will be given the option to start your video.

Tips for a great Online Group appointment:

- Make sure you are in a quiet environment and free of distractions
 - Optional: Download a white noise app and place it outside of the room for privacy and confidentiality.
- Use headphones for better call audio
- Make sure you are using a fast internet speed or Ethernet cable
- Close out of unused programs
- Use the latest version of your web browser
- Adjust the lighting so you can be seen clearly

