

# BRIDGEVIEW NEWSLETTER



## Goodbye and Good luck!

We want to give a warm good bye and see you later to Care Coordinator **Kaitlyn**! We have appreciated everything she has accomplished at Bridgeview during her time here and wish her luck in her future endeavors. We look forward to getting new faces at Bridgeview and being able to introduce you to them!

We also want to give a good luck to **Lori** our employment specialist from Rise. Lori is retiring, sort of! Lori will be dropping down to part time for Rise but she won't be part time at Bridgeview! We hope she enjoys ,more time to do fun things and hope to still see her at Bridgeview occasionally! Check out the new employees later in the newsletter.

We also want to give a special thank you to **Hannah and Kayla** that helped out this summer leading support groups. We were incredibly lucky to have them and steal them away from the schools for a few months! Good luck helping students in the schools!

## Speaker of the Month!

We are so excited to have rescheduled the speaker from August! Kay King is going to be here from NAMI to talk about Creating Caring Communities. Kay will be here on Wednesday, September 28th at 1p and there will be some sweet treats!

“Learn about mental illnesses, the impact of negative attitudes and five things each of us can do to make Minnesota a better place for people who experience a mental illness. This one-hour class is for any community or organization interested in learning about mental illnesses and helping to change attitudes towards mental illnesses.”

## Changes are Happening!

With the departure of Kaitlyn, we will have to be making changes to daily operations. Transportation and Offsite activities will be put on hold until further notice. We know that this is a hard thing to take away but unfortunately we aren't able to accommodate. Be sure to check the calendar as group times and offerings have changed. We know change is hard and we are all in this transition together. This is only temporary and can't wait to see the new faces that come to Bridgeview! So remember to be kind to one another!



We will be closed on Monday, September 5th for Labor Day!



## SMORES BARS

<https://www.littlesweetbaker.com/smores-bars/>



### Ingredients:

- 2 cups (230g) graham cracker crumbs
- 1/2 cup (125ml) melted butter
- 4-6 Hershey's chocolate bars (see notes below\*)
- 4 cups (200g) mini marshmallows

### Directions:

1. Preheat oven to 350F. Line a 9x13" pan with foil and spray with non-stick cooking spray. Set aside.
2. Mix the graham cracker crumbs and melted butter together until all is moistened. Evenly and firmly pat the mixture into the bottom of the prepared pan. Bake for 8-10 minutes just until the edges are lightly browned. Turn off the oven.
3. Lay the Hershey's chocolate bars on top of the graham cracker crust and put the pan back into the warm oven for 1 minute.
4. Nestle the marshmallows into neat rows, covering all of the melted chocolate.
5. Put back in the oven and broil for 1-2 minutes until the marshmallows are golden brown. Do not step away from the oven. Keep a close eye the whole time and remove the pan from the oven as soon as it turns golden on top.
6. Let cool completely before cutting into squares with a sharp knife. You can place it on the fridge after it has cooled on the counter for 15 minutes to speed up the process.

## MEMBER MEETING MINUTES:

- Regular hours return for September! Monday-Friday 9a-3p.
- NAMI Speaker on Wednesday, September 28th at 1p! Kay will be talking about Creating Caring Communities! There will also be cookies!
- We will be closed on Monday, September 5th for Labor Day!
- Reminder that we respect our friends personal space! Please be asking before touching anyone, even if we are trying to help, always ask and respect each other boundaries.
- PLEASE clean up after yourselves! In the art studio and in the bathrooms. If you are unsure of where cleaning products are, please ask!
- Reminder that we do not ask our Bridgeview friends for money, rides, or cigarettes. If attending an offsite activity, you have to have money and minutes on your phone.
- Reminder about gossiping. We don't talk about our Bridgeview friends when they are not here. If staff hears, we will provide a verbal warning and then after that be asked to leave for the day.
- Reminder to be respectful when talking to others. It is always a good idea to remember the golden rule and treat others the way we want to be treated!
- Behavior at the last bingo was unacceptable. Everyone needs to remember to be respectful towards everyone including staff. Reminder that we need to be quiet during bingo to allow everyone to be able to hear and we will go at a speed that is fair for everyone. Reminder that bingo at Bridgeview is for fun and we won't go super fast and we may make jokes occasionally. If this behavior continues, we will cancel bingo temporarily.
- Thank you to all that came out to the Block Party. Even with the rain, we still had a good time.

# THErapy GROUPS!

To sign up for a therapy group, contact Ruth! She will get your health insurance information and make sure that you are covered for the group. Your name will be added to a list and then when the group is starting you will be contacted by the therapist to schedule an intake for the group!

**Boundaries Group:** The boundaries group is for individuals who struggle to feel in control of their life. It will benefit individuals who have difficulty identifying unhealthy relationships and making choices based on what is best for them as individuals.

**Hoarding Group:** The hoarding group is for individuals who wish to examine their individual issues with hoarding.

**Anxiety Group:** The anxiety group focuses on anxiety and healthy ways to manage it.

**PTSD Group:** PTSD groups, one for men and one for women, are for individuals who wish to start examining their individual issues with trauma.

**Anger Management Group:** Anger management group, one for men and one for women, are for individuals who wish to start examining their individual issues with anger.

**Art Therapy:** This group's focus is on learning creative, healthy symptom management skills that incorporate many artistic mediums.

**Dual Diagnosis:** The dual diagnosis group is for individuals who wish to examine their individual issues with addiction and mental illness. This group covers a variety of addictions including but not limited to: alcohol, drugs, gambling, sex, food, etc.

**DBT Informed Skills Group:** Dialectics is a way of understanding the world, a philosophy. It believes that there is always more than one way to see a situation and more than one way to solve a problem. Participants will learn a variety of practical techniques.

This group is 6 months long and each session is two hours in length. Participation also requires meeting with a DBT therapist once a week while group is running.

**Gardening and Well-Being:** The gardening and well-being group focuses on growing a garden while learning about various aspects of well-being.

**Depression Group:** The depression group focuses on depression and healthy ways to manage it.

**Mindfulness Group:** The mindfulness group is for individuals who wish to learn more about mindfulness and how to incorporate it into daily living.

**Symptom Management Group:**

Symptom management group focuses on mental health recovery. Key concepts include: hope, personal responsibility, education, self-advocacy, and support.

**Women's/Men's Talk Therapy:** We all experience moments of self-doubt and uncertainty. Even the most confident and happy people have moments where they think, "I'm such a failure." It's a part of being human. However, if you find yourself having these kind of feelings get in the way of living a healthy and happy life, it may be time to do something about it.



**Music Group with Ruth:** Join Ruth for singalongs, songwriting, and discussion about various types of music. All background & abilities are welcome!

**Anxiety Group:** This group will focus on ways to calm your anxiety, with a focus on social anxiety.

**Mental Health Support Group:** Peer support, education and encouragement.

**Self Esteem:** Provides support and encouragement for each other. The group will help you recognize your skills, abilities, and potential.

**Grief and Loss:** A support group to help navigate the world without those that we have lost.

**Gratitude Journaling:** This group allows a person to experience the good things in life.

**Writing Circle:** An informal group that covers various styles of writing.

**Coexistence group:** is a support group dedicated to addressing cultural differences between individuals. This group will discuss concepts such as the LGBTQ+ community, racial diversity, pronouns and gender identity or sexual orientation. Overall, this group will provide a chance for members to learn about ways to be mindful and respectful of these differences when they are encountered to coexist in our diverse world.



**Bridgeview Hours:**  
**Monday -**  
**Thursday: 9a-3p**  
**Friday: 8:30a-11:30a**

Anoka County  
 Crisis Lines  
 Call 763-755-  
 3801  
 Text MN to  
 741741

Call CRISIS (274747)  
 From anywhere in  
 the State of  
 Minnesota  
 to reach the local  
 County crisis team.

Mental  
 Health  
 Coalition:  
 Text:  
 COALITION  
 to 741741

Anoka  
 County Adult  
 Mental  
 Health Intake  
 Line:  
 763-324-1420

# HELLO September

*Monday* *Tuesday* *wednesday*

**5**  
**SORRY**  
**WE'RE**  
**CLOSED**

**6**  
**Anxiety Group**  
 10a - Role Playing Group  
 12p - Lunch - Tuna Melts  
 1p - **Self Esteem**

**7**  
**Coexistence Group**  
 10a - Coexistence Group  
 12p - Lunch - Pizza Casserole  
**Mental Health Support Group**

**8**  
 10a - Writing Circle  
 12p - Lunch - Cheeseburger Mac  
 1p - Music Group

**9**  
 11a - Lunch - Sandwiches

**12**  
**Grief and Loss**  
 10a - Grief and Loss  
 12p - Lunch: Tacos  
 1p - **Gratitude Journaling**

**13**  
**Anxiety Group**  
 10a - Role Playing Group  
 12p - Lunch - Mock Chow Mein  
 1p - **Self Esteem**

**14**  
**Coexistence Group**  
 10a - Coexistence Group  
 12p - Lunch - Cheesy Hashbrowns  
 1p - **Mental Health Support Group**

**15**  
 10a - Writing Circle  
 12p - Lunch - Fried Chicken  
**Fridley PD Serving!**  
 1p - Music Group

**16**  
 11a - Lunch - Oriental Chicken Salad

**19**  
**Grief and Loss**  
 10a - Grief and Loss  
 12p - Lunch: Sloppy Joes  
 1p - **Gratitude Journaling**

**20**  
**Anxiety Group**  
 10a - Role Playing Group  
 12p - Lunch - Egg Bake  
 1p - **Self Esteem**

**21**  
**Coexistence Group**  
 10a - Coexistence Group  
 12p - Lunch - Beef Stew  
 12:15p - Member Meeting  
 1p - **Mental Health Support Group**

**22**  
 10a - Writing Circle  
 12p - Lunch: Chicken ala King  
 1p - Music Group!

**23**  
 11a - Lunch - Oriental Chicken

**26**  
**Grief and Loss**  
 10a - Grief and Loss  
 12p - Lunch: Hot Dogs  
 1p - **Gratitude Journaling**

**27**  
**Anxiety Group**  
 10a - Role Playing Group  
 12p - Lunch - Spaghetti Pie  
 1p - **Self Esteem**

**28**  
**Coexistence Group**  
 10a - Coexistence Group  
 12p - Lunch - Tater Tot Hotdish  
 1p - **NAMI Speaker**

**29**  
 10a - Writing Circle  
 12p - Lunch: Taco Pasta  
 1p - Music Group!

**30**  
 11a - Lunch - Pizza  
 12p - BINGO!



*Thursday*

**1**  
 10a - Writing Circle  
 12p - Lunch - Goulash  
 1p - Music Group

*Friday*

**2**  
 11a - Lunch - Chicken Caesar Salad

- **What's your favorite way to spend a day off?** Being with family and nature.
- **What is your favorite part of your job?** Being around amazing people!
- **Do you live by any piece of advice or motto?** One of my favorite quotes: "When the power of love overcomes the love of power the world will know peace." - Jimi Hendrix
- **What is your favorite movie?** Good Will Hunting and O'Brother, Where Art Thou?
- **What is your go-to Karaoke jam?** N/A. Todd refused to answer from fear that we would make him sing.

## Meet Our Staff!



Todd, MA, LADC  
Therapist I

Todd has been at Lee Carlson Center for about 1 year. He typically offices out of our Brooklyn Center clinic but has been known to work out of multiple clinics for individual and group therapy, including groups at Bridgeview!

### How does Todd's team describe him?

- |              |                 |
|--------------|-----------------|
| • Adaptable  | • Consistent    |
| • Reliable   | • Humble        |
| • Caring     | • Introspective |
| • Perceptive | • Affectionate  |
| • Optimistic | • Welcoming     |
| • Helpful    | • Smart         |
| • Positive   | • Refreshing    |
| • Strong     | • Encouraging   |

## Meet Our Staff!



Zota, MS, LPCC  
Lead Therapist

Zota has been at Lee Carlson Center for about 1 year. Zota will be the lead at Bridgeview and clinics!

### How does Zota's team describe her?

- |              |                |               |
|--------------|----------------|---------------|
| • Adaptable  | • Generous     | • Trustworthy |
| • Reliable   | • Magnetic     | • Humble      |
| • Courageous | • Sincere      | • Witty       |
| • Efficient  | • Affectionate | • Strong      |

- **What is your role at Lee Carlson Center?** My role at LCC is Clinic Lead Therapist. I am very excited to serve in my best capacity.
- **What's your favorite way to spend a day off?** My favorite way to spend my day would be in my backyard, painting and listening to music.
- **What is your favorite part of your job?** I enjoy supporting both clients and clinicians. I also enjoy hearing how people's week are going and any fun things they did.
- **Do you live by any piece of advice or motto?** I enjoy supporting both clients and clinicians. I also enjoy hearing how people's week are going and any fun things they did.
- **What is your favorite movie?** Holiday heart.
- **What is your go-to Karaoke jam?** My favorite karaoke jam is "Treasure."



# WELCOME LARK! BRIDGEVIEW NEWEST EMPLOYMENT CONSULTANT FROM RISE!

## What people like and admire about me...

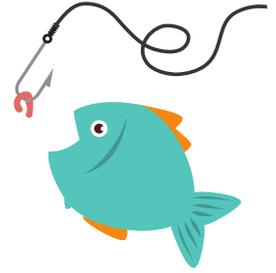
- ☉ I am friendly
- ☉ I am easy going
- ☉ I am honest
- ☉ I am empathetic
- ☉ I have a great sense of humour
- ☉ Team player
- ☉ I am dependable
- ☉ I can be flexible



## What makes me happy

- ☉ Spending time with my husband and children
- ☉ Going to art museums
- ☉ Traveling
- ☉ Being out in nature
- ☉ A nice crisp fall day

Q: Why do fish like to eat worms?  
 A: Because they get hooked on them!



Q: Why did the cloud date the fog?  
 A: Because he was so down to Earth!

Q: How do we know Peter was a successful fisherman.  
 A: By his net income!



R B Q N E O G A G H A W P T X  
 H Z H S Y T I A M A M O J N V  
 Y A Y J E L R R J M L G T A F  
 S T U K H G A P E A K A Q H R  
 C J A P N F F T R G K M Y P O  
 B E A R A W F B O R I Q E E G  
 N O I L W N E W E A U T K L K  
 N Z B E W A D E U Y D N N E V  
 E A M K R E M A M K I Y O X W  
 R O T A G I L L A U R H M V L  
 Q U U E B G X J G Y H O C I F  
 F P E S W S X N N X A M T B I  
 H A G O A T E L E E W Z C S X  
 E J B C B P H H P Y A W F C M  
 S Y S S G Y G G S N M L P L B

## ANIMAL WORD SEARCH

- Alligator
- Bear
- Elephant
- Frog
- Giraffe
- Goat
- Lion
- Meerkat



- Monkey
- Panda
- Penguin
- Polar Bear
- Stork
- Tiger
- Toad





# Ruth's Ramblings

Welcome to September, folks! In Minnesota, we consider Labor Day the unofficial start of fall. The last calendar day of summer is "...do you remember? The 21st night of September" as told by Earth, Wind & Fire.

We've got Labor Day, Patriot's Day (September 11th), the start of fall, and going back to school. If you have songs to add to our September playlist, feel free to send me an email or stop by in person at Bridgeview. Our musical repertoire is ever expanding!

## September Playlist

1. "September" by Earth, Wind & Fire
2. "September Song" by Frank Sinatra
3. "Be True To Your School" by the Beach Boys
4. "Wonderful World" aka "Don't Know Much About History" by Sam Cooke
5. "God Bless the USA" by Lee Greenwood



# Gratitude Journaling Prompts

WHAT ARE SOME CHANGES YOU HAD TO MAKE TO MAKE YOURSELF HAPPIER?

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WHAT WAS THE HARDEST CHALLENGE YOU OVERCAME?

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"Any change, even a change for the better, is always accompanied by discomforts"  
-Arnold Bennett

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

BRIDGEVIEW CSP  
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FRIDLEY, MN 55432

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## Want to donate to Bridgeview?

To contribute to the Bridgeview  
Community Support Program, please visit  
our website at [leecarlsoncenter.org](http://leecarlsoncenter.org) or fill  
out this form and mail it in!

I would love to donate to Bridgeview! I  
would like the funds to be used for:

\_\_\_\_\_  
Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Please mail donations to:  
Bridgeview CSP - Lee Carlson Center  
7954 University Ave NE  
Fridley MN, 55432



## GET A HOLD OF BRIDGEVIEW STAFF!

Bridgeview: 763-783-7440  
Monday-Friday 9am-3pm  
Bridgeview's Address:  
7920 University Ave NE  
Fridley, MN 55432

- Alyssa, Director:
  - 763-780-3036 ext. 832
- Ruth, Care Coordinator:
  - 763-780-3036 ext. 364
- Sou, Therapist:
  - 763-780-3036 ext. 609
- Transportation Line:
  - 763-783-3578
- BreAnn, Therapist:
  - 763-780-3036 ext. 16667
- Lee Carlson Center Main:
  - 763-780-3036