

BRIDGEVIEW NEWSLETTER

Stay Connected, Stay Supported, Stay Well



~Halloween Party~



Calling all Bridgeview members! Join us on Monday, October 31st for our annual Halloween party from 11:00am-2:00pm! Our schedule of events will include scary-oke (spooky karaoke), ghoulash, games, and of course, a costume contest. We will announce the winner at 12:30pm, so please come by 12:00pm to be entered. A reminder that costumes need to be appropriate and not scary for Bridgeview. If you have questions, please ask prior to the party. Hope to see you all there!



We will be **closed** on **Tuesday, November 1st** for a staff training.

We ❤️ Our Pets!

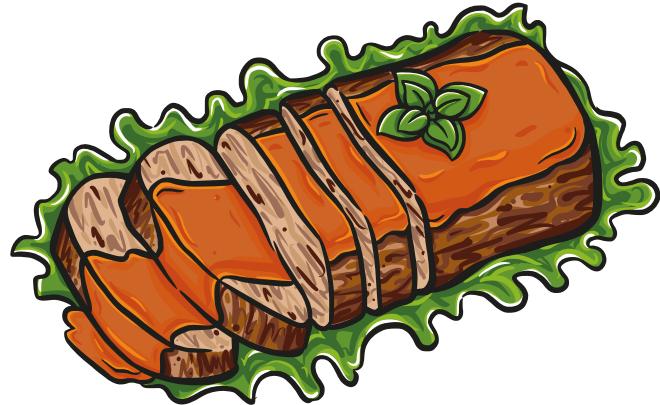
We are putting together a slideshow of Bridgeview members and staff pets! If you would like to include your loved one, please bring in a picture or send one to Ruth at r.lindquist@leecarlsoncenter.org



MOM'S MEATLOAF

Directions:

1. Preheat oven to 350 degrees
2. Chop 1/2 cup onions
3. Mix together:
 - a. 1 lb ground beef,
 - b. 1 egg,
 - c. 1 cup crushed croutons,
 - d. 1/2 cup Parmesan cheese,
 - e. 1/3 cup ketchup,
 - f. 1/2 cup chopped onions,
 - g. 1/4 cup Italian dressing
4. Place in loaf pan
5. Drizzle ketchup on top
6. Bake at 350 degrees for 60 minutes
7. Enjoy!



MEMBER MEETING MINUTES:

- Reminder about no smoking on the grounds of Bridgeview, or having cigarettes out while you are inside Bridgeview.
- Please refrain from asking people for cigarettes, money or rides!
- Halloween Party on Monday, October 31st – costume contest, ghoulash for lunch, scary-oke (spooky karaoke), and games
- Oct offsite activities – Waldoch Farms pumpkin patch and Springbrook
- Therapy groups starting – Art therapy
- Come on in and meet our new care coordinator, Cindy, and our new intern, Nikki!



GET A HOLD OF BRIDGEVIEW STAFF!
BRIDGEVIEW: 763-783-7440
MONDAY-FRIDAY 9AM-3PM

- | | |
|--|---|
| <ul style="list-style-type: none"> • Alyssa, Director: <ul style="list-style-type: none"> ◦ 763-780-3036 ext. 832 • Ruth, Care Coordinator: <ul style="list-style-type: none"> ◦ 763-780-3036 ext. 364 • Cindy, Care Coordinator <ul style="list-style-type: none"> ◦ 763-780-3036 ext. 526 | <ul style="list-style-type: none"> • Sou Vang, Therapist: <ul style="list-style-type: none"> ◦ 763-780-3036 ext. 609 • BreAnn, Therapist <ul style="list-style-type: none"> ◦ 763-780-3036 ext. 667 • Lee Carlson Center Main: <ul style="list-style-type: none"> ◦ 763-780-3036 |
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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:
COALITIO
N to 741741

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

october

Bridgeview Hours:
Monday - Friday: 9a-3p

monday

tuesday

wednesday

thursday

friday

3	4	5	6	7
10a - Grief and Loss 12p - Lunch - Pizza Casserole 1p - Gratitude Journaling	10a - Anxiety Group 12p - Lunch - Tacos 1p - Self Esteem	10a - Coexistence Group 12p - Lunch - Garlic Chicken Lo Mein 1p - Mental Health Support Group	10a - Writing Group 11a - Music 12p - Lunch - Beef Stew 1p - Mental Health Support Group	11a - Lunch - Sandwiches 1p - Fun Fridays
10	11	12	13	14
10a - Grief and Loss 12p - Lunch - Cheesy Hashbrowns 1p - Gratitude Journaling	10a - Anxiety Group 12p - Lunch - Spaghetti Pie 1p - Self Esteem	10a - Coexistence Group 12p - Lunch - Egg Bake 1p - Mental Health Support Group	10a - Writing Group 11a - Music 12p - Lunch - Taco Pasta 1p - Mental Health Support Group	11a - Lunch - Chicken Pasta Salad 11:45a - Offsite Activity - Waldoch Farm
17	18	19	20	21
10a - Grief and Loss 12p - Lunch - Hot Dogs 1p - Gratitude Journaling	10a - Anxiety Group 12p - Lunch - Fried Chicken 1p - Self Esteem	10a - Coexistence Group 12p - Lunch - Tater Tot Hotdish 12:15p - Member Meeting 1p - Mental Health Support Group	10a - Writing Group 11a - Music 12p - Sloppy Joes with Fridley PD 1p - Mental Health support group	11a - Lunch - Chicken Caesar Salad 11:45a - Offsite Activity - Springbrook Nature Center
24	25	26	27	28
10a - Grief and Loss 12p - Lunch - Cheeseburger Mac 1p - Gratitude Journaling	10a - Anxiety Group 12p - Chicken a la King 1p - Self Esteem	10a - Coexistence Group 12p - Lunch - Chili 1p - Mental Health Support Group	10a - Writing Group 11a - Music 12p - Lunch - Chicken Mac Pasta 1p - Mental Health support group	11a - Lunch - Pizza 12p - BINGO 
31	Nov 1st			
Halloween Party 11a-2p! 11a - Scary-oke 12:30p - Costume Contest Vote 12p - Lunch - Ghoulash 1p - Games				



LEE CARLSON CENTER™
For Mental Health & Well-Being

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 group is 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 (indoors and outdoors): 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.



SUPPORT GROUPS!

Music Group with Ruth: Join Ruth for singalongs, karaoke, 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, member-led 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




ARMHS Groups

- ARMHS groups are available for ARMHS clients to receive additional ARMHS services in a group setting.
- The current ARMHS group will work through Enhanced Illness Management and Recovery (E-IMR). E-IMR is a recovery-oriented intervention that combines two evidence based practices; Integrated Dual Disorder Treatment (IDDT) and Illness Management and Recovery (IMR).
 - This approach is to help group members and clients manage their illnesses, find their own goals for recovery, and make informed decisions about their treatment by teaching them the necessary knowledge and skills.
 - Topics include: Recovery Strategies, Practical Facts about Mental Illness and Substance Use Disorders, The Stress-Vulnerability Model, Coping with Stress, Building Social Support, Using Medication Effectively, Coping with Problems and Symptoms, Healthy Lifestyles, Developing a Plan for Staying Well, and Getting Your Needs Met in the Health Care System.
- **Who is eligible for ARHMS groups?**
 - a. Clients who receive ARMHS services through Bridgeview
 - b. Clients who receive ARMHS services outside Bridgeview
 - c. Bridgeview members who are on the ARMHS waitlist



NEW FACES AT BRIDGEVIEW

Cindy - Care Coordinator

Welcome, Cindy!
"I am so excited to join the Bridgeview Team! Having been an ARMHS worker/health practitioner has helped me prepare for this new role as a Care Coordinator. In my spare time, I like going on walks, indoor plants and gardening, dabbling with art materials, cloud gazing, and sitting by the river enjoying nature. I'm looking forward to leading groups and spending time with members and having fun together."



Nikki - Clinical Social Work Intern

Welcome, Nikki!
"I am a clinical social work intern from St. Catherine University. I enjoy going out to eat, watching the Food Network and HGTV. I love meeting new people and getting to know their strengths and interests. I'm really looking forward to learning new skills that will assist me with advocating for the Bridgeview Members here at Lee Carlson Center."





Ruth's Ramblings



Hello, everyone! This spring and summer, we've been practicing an extremely entertaining art form: karaoke! We had a lot of fun on Friday mornings during summer hours singing songs like "Kokomo", "Karma Chameleon", "I Wanna Dance with Somebody", and even some Ozzy Osborne. Below are some of my favorite karaoke jams. If you have any of your own to add, or that you want to try out here at Bridgeview, please let me know!

5. "You've Really Got A Hold On Me"
Smokey Robinson and the Miracles
4. "Sweet Dreams" by Patsy Cline
3. "Oh, Darlin" by the Beatles
2. "Somebody to Love" by Queen
1. "Goodbye, Yellow Brick Road" by Elton John



Gratitude Journaling Prompt

Describe a time
that you felt
proud of yourself



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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!