

BRIDGEVIEW NEWSLETTER

November 2022, Vol. 45

Stay Connected, Stay Supported, Stay Well

~Thanksgiving Meal~

Please join us on Tuesday, November 22nd for a Thanksgiving meal, Bridgeview style! This meal is open to all Bridgeview members but no guests, please. Hope to see you all there!



Bridgeview will be **closed** on:
Tues, Nov. 1st - staff training
Thurs, Nov. 24th - Thanksgiving
Fri, Nov. 25th - Thanksgiving



Kim - Care Coordinator

Welcome, Kim!

"I am from Woodbury and graduated from the University of Minnesota Twin Cities with a bachelor's degree in psychology. I love doing any kind of art, building lego sets, spending time with friends and family, listening to music, and watching true crime documentaries. I love plants; getting new ones and taking care of them!"



Pet Friends of Bridgeview: Ari Grace

This month's featured pet is Ari Grace! Ari is a regular Bridgeview visitor along with her owner, Kim. Ari's friendly furry face and fashion sense make her a favorite of many members and staff.



Want to see more pets?
Check out page 7!



Bridgeview members enjoyed an offsite trip to Springbrook to enjoy the 60 degree October weather!



MEMBER MEETING MINUTES

- **BV closed November 1st, 24th, and 25th**
- Reminder about no smoking on the grounds of Bridgeview, or having cigarettes out while you are inside Bridgeview. We will provide one reminder of appropriate areas to smoke. If you smoke on the grounds of Bridgeview after one reminder, you will be asked to leave for the day.
- Please refrain from asking people for cigarettes, money, or rides. We will provide one warning and after that you will be asked to leave for the day.
- Nov offsite activities – Bowling (Nov 4), Feed My Starving Children (Nov 11), and Bingo (Nov 18)
- Therapy groups starting – Anxiety, Indoor gardening, Art, Symptom Management
- Transportation reminder: Bridgeview closes at **3:00pm**. The building needs to be empty for cleaning and staff preparation time. If you are scheduling a ride, it has to be scheduled no later than **2:30pm**. You may be asked to wait outside or walk down to the clinic to wait if it is after 3:00pm.
- Storage: We are not able to store things for members, so plan to bring a bag with any items you may need to keep on you. Please remember to use the members-only fridge in the back instead of the kitchen fridge and be sure to label everything. Please ask if you need labeling supplies. Be sure to wash your own dishes in the sink in the back. If you notice cleaning supplies are needed, please ask. For food safety inspection purposes, the kitchen area needs to be used by staff only. Please ask if you need anything or need an exception

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



NOVEMBER 2022

Bridgeview Hours
Monday - Friday: 9a-3p

<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>
Oct 31st	Nov 1st 	2 12p - Lunch - Egg Bake 1p - Mental Health Support Group	3 10a - Writing Group 11a - Music 12p - Lunch - Spaghetti Pie 1p - Mental Health Support Group	4 11a - Lunch - Chicken Caesar Salad 11:45a - Offsite - Bowling (\$6-9)
7 10a - Grief and Loss 12p - Lunch - Sloppy Joes 1p - Gratitude Journaling	8 10a - Anxiety Group 12p - Lunch - Taco Pasta 1p - Self Esteem	9 12p - Lunch - Cheesy Hashbrowns 1p - Mental Health Support Group	10 10a - Writing Group 11a - Music 12p - Lunch - Fried Chicken 1p - Mental Health Support Group	11 11a - Lunch - Sandwiches 11:45a - Offsite Activity - Feed My Starving Children (volunteer)
14 10a - Grief and Loss 12p - Lunch - Chicken Mac Pasta 1p - Gratitude Journaling	15 10a - Anxiety Group 12p - Lunch - Goulash 1p - Self Esteem	16 12p - Lunch - Tater Tot Hotdish 12:15p - Member Meeting 1p - Mental Health Support Group	17 10a - Writing Group 11a - Music 12p - Hot Dogs with Fridley PD 1p - Mental Health support Group	18 11a - Lunch - Pizza 12p - BINGO 
21 10a - Grief and Loss 12p - Lunch - Pizza Casserole 1p - Gratitude Journaling	22 10a - Anxiety Group 12p - Lunch - Thanksgiving Meal 1p - Self Esteem	23 12p - Lunch - Chicken ala King 1p - Mental Health Support Group	24 	25 
28 10a - Grief and Loss 12p - Lunch - Tacos 1p - Gratitude Journaling	29 10a - Anxiety Group 12p - Lunch - Mock Chow Mein 1p - Self Esteem	30 12p - Lunch - Cheeseburger Mac 1p - Mental Health Support Group	 LEE CARLSON CENTER™ For Mental Health & Well-Being	

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

- Alyssa, Director:
 - 763-780-3036 ext. 832
- Ruth, Care Coordinator:
 - 763-780-3036 ext. 364
- Cindy, Care Coordinator
 - 763-780-3036 ext. 526

- Sou Vang, Therapist:
 - 763-780-3036 ext. 609
- BreAnn, Therapist
 - 763-780-3036 ext. 667
- Lee Carlson Center Main:
 - 763-780-3036

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): 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, 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





Creative Corner



If you would like to have your creativity featured in the Bridgeview newsletter, please talk to Ruth or Cindy

Gratitude, by S.M.

Children make me happy and I'm grateful for them. I love their innocence, their curiosity, and their unfiltered honesty.

When I'm around children my heart feels happy. Children don't mind if you're socially awkward a bit silly; they accept you just as you are.

That acceptance is what makes me love children so much ; I never feel inadequate around them. They always seem to know how deeply I care for them and they return that care tenfold.

One way that I can tap into that happiness on a daily basis is to take the thank you cards and photos I've received throughout the years from the families of the children I've looked after and hang them on my refrigerator.

"Taking Care"



*RUNNING by Mama Ethel

When I was really little, I ran away from bugs and mean people
 I was afraid of being alone
 At the time I ran toward drawing and painting beautiful pictures
 I dreamed about beautiful clouds and people laughing with joy
 When I got a little older, I ran away from bullies at school
 When I ran, I expected that I had to learn how to fight and defend myself
 At the time, I ran toward friends at school who I could trust and some I couldn't
 When I ran, I hoped for good friendship and love
 Today when I run, I run away from bad influences and people who don't care for each other
 More than anything I wish I could run from people who are greedy and don't care for each others' feelings
 Today when I run, I run toward my future of loving and giving to each other
 More than anything I wish I could run to a world who care.

Mama Ethel's piece is from the Writing Circle, a member-led group at Bridgeview on Thursday mornings



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 rlindquist@leecarlsoncenter.org

Batman (below) and Skye (right) belong to Meghan in our ARHMS department



Max (above) and Stella (left) belong to our Bridgeview member, Liz

Bambi (above) and Luna (left) belong to our Bridgeview member, Sarah

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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!