



Resilience
Social Work

RESILIENCESOCIALWORK.COM

RSW NEWS

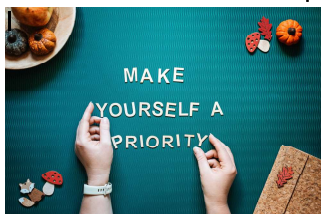
September 2024

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Founder's INSIGHTS

Summer flew by and I hope you had a chance to enjoy the sunshine, beauty of nature, sense of excitement, discovery, relaxation, and the opportunities of connection it brings. As we get ready to welcome fall, and go back to our busy routine, it is important to remember that taking care of ourselves needs to be part of our scheduled routine.



By the way, did you follow our social media 30 day Self-Care challenge campaign last month? How did you do? Did you notice any changes in your attitude, interactions, or emotions? We hope that you

implement some of the tips shared in the challenge into your self-care routine throughout the year to continue to thrive and improve your overall wellbeing.

I know it is challenging to find the space in our busy life for it, but I can say that I completed all the tasks in the challenge, and feel more connected with myself, and more relaxed. I also had a chance to reconnect and go on little adventures with friends to fill my cup which helped in reminding me of how much I need that for my overall wellbeing. Therefore, I highly recommend to spend time with the ones in your life that make you feel free to be genuinely you and allow for silliness, joy, discovery, reassurance and support and bask in the benefits of all that goodness.

Let's have an amazing transformative fall in which we thrive at being our best selves.


Marilyn Mejia-Peña, LCSW

Celebrating Resilience and Recovery

To all who walk the path of recovery, we salute your strength and resilience.

This month, we celebrate your monumental strides and the inspiring journey you continue to navigate. Recovery is not a destination, but a profound transformation, and each day you choose hope and healing, you light the way for others.

Your
well-being
matters!

To find support and other resources go to
<https://findtreatment.gov/>



Community Partner Spotlight



RSW would like to highlight our community partner Latino Health Access' Children Youth Engagement Program (CYE) for their excellent work in raising suicide prevention awareness. Jovenes Unidos from CYE submitted a TikTok for a state-wide Never a Bother campaign summer challenge and won First Place! This was part of their Youth Suicide Prevention Media and Outreach Campaign Program with Sierra Health Foundation where youth from 34 different organizations participated. Go check out the full campaign at <https://neverabother.org/>

For consultation, training requests, client referrals, questions or comments
e-mail info@resiliencesocialwork.com, message via www.resiliencesocialwork.com or call 562-384-9299.

SEPTEMBER IS NATIONAL SUICIDE AWARENESS MONTH

Let's refresh our understanding of the warning signs and also explore our approaches that help meet the needs of the community. Suicidal ideation doesn't have a one-size fits all set of symptoms. While some signs are universal, cultural nuances in how distress is expressed can vary widely.



Recognizing the Signs

Early intervention involves recognizing subtle signs of hopelessness, withdrawal from social activities, and behavioral changes, particularly in vulnerable groups, to foster a supportive community that addresses mental health struggles openly and compassionately

Why Early Intervention Matters:

Early intervention in mental health strengthens community ties, reduces stigma, and improves access to care by promoting awareness, overcoming barriers, and integrating services with other community support.

Strategic Community Engagement:

Providing training for community leaders and ensuring accessible, culturally nuanced resources can create a more supportive environment for those at risk.

Every conversation we have, every resource we share, and every supportive network we build can significantly impact someone's life. Let's use this month to renew our commitment to understanding and addressing mental health comprehensively and compassionately. Together, we can build a framework that not only supports but empowers individuals across all communities. Stay informed, stay engaged, and let's make a difference together.

NO JUDGMENT.
JUST HELP.

TEXT, CALL, CHAT

988

For crisis support please call the National Suicide Prevention Lifeline: 800-273-TALK (8255) or dial 9-8-8 to be connected to mental health crisis response support.

If you just want to talk to someone who can offer support and listen to you when it is not an emergency you can use a warmline.

In California call CalHOPE warmline at **(833) 317-HOPE (4673)** or in **Spanish at (833) 642-7696** or use their chat app at <https://calhopecconnect.org/> Monday-Friday 8 a.m. to midnight.

Additional services and online support can be found at <https://togetherca.org> and <https://neverabother.org>

Remember to visit our website at www.Resiliencesocialwork.com for up to date trainings/workshops, resources, and helpful wellness tools.

Follow us on socials for mental health awareness campaigns and lives @resiliencesocialwork and tiktok @resilience.socialwork

Now ENROLLING

Enrollment is open for the following:

MEN SURVIVORS OF DOMESTIC VIOLENCE GROUP

When: Tuesdays at 6:00 PM (10 Weeks)

Where: Virtually

Cost: Free

(call 562-384-9299 or sign up at resiliencesocialwork.com)

FILL YOUR CUP WOMEN'S CIRCLE

When: Tuesday, September 17 at 6:00 PM

Where: 10601 Walker St., Suite 170, Cypress CA 90630

Cost: \$25

(enroll at resiliencesocialwork.com)

GRIEF AND LOSS SUPPORT GROUP (Spanish)

When: Wednesday, September 18 at 6:00 PM

Where: 10601 Walker St., Suite 170, Cypress CA 90630

Cost: Pay what you can \$1-15 at event (enroll at resiliencesocialwork.com or call 562-384-9299)

Honesty Hour: Writings from the heart

Life long learning means that the downloads don't stop.
Being a child of the stars means I will always be guided.

I see now

I trust now

Newest epiphany: I have spent my year seeking to be seen
I see now, that, that was only a phase in this journey-
necessary to move out of victimhood and into survivorship.

I see now that my need to feel seen was on survivorship,
for all the times I was invisible, I needed to be sure I was alive.

I see now, that, that need has been met.
I see now, that I have evolved beyond seeking validation.
I see now, that trauma healing is lifelong
I see now, that after being seen is being honored=
received for me, as me

I now exist.

It's time for me to thrive.

Written by: Vivian Phan, LMFT

