

Ridin' the Rails to Alcatraz

The boys living at KBYH's STRTP took a trip on Amtrak from Bakersfield to San Francisco last month. The boys were ecstatic to take a trip by train and see the infamous Alcatraz Prison. There's something magical about being in a train, and sometimes the magic is outside in the landscape that the train traverses into the heart of our state. Alcatraz Island offers a close-up look at the site of the first lighthouse and US built fort on the West Coast. Rich in history, there is also a natural side to The Rock—gardens, tide pools, bird colonies, and bay views beyond compare. The boys had such a great time! This was a 1-day turn-around trip on the Amtrak. They returned to Bakersfield the same day arriving in town just before midnight. This was a great opportunity to show our boys how to use the Mass Transit System to get around California and a way of skill building for something they can use for the rest of their life.

Kern Bridges is All About Building Lifelong Positive Memories



ISFC Corner



Teens & Substance Use

Substance use by teens can have a huge impact on the health and well-being. The American Academy of Pediatrics (AAP) recommends screening for substance use in children starting at 9 years of age.

Alcohol, marijuana and tobacco are substances most commonly used by adolescents. By 12th grade, 2/3 of students have tried alcohol. About half of 9th-12th grade students reported using marijuana. Among 12th graders, close to 2 in 10 reported using prescription medicine without a prescription.

Common reasons adolescents use drugs: boredom, peer pressure, social anxiety, trying new things, boosting concentration and grades, and to control weight.

We recommend focusing on what makes the adolescent start using rather than focusing on trying to stop the use.

Use the following three skills to help:

1. Identify triggers
2. Successful decision making
3. Develop positive relationships

Upcoming Trainings

August 18, 6:00-8:00pm

“Managing Aggressive Behavior” with Mark Dominguez. RSVP to: mark@kernbridges.com

September 4, 9:00 - 11:00 am

“Effects of Domestic Violence on Children and Nonminor Dependents” with Marina H. RSVP to: marina@kernbridges.com

CPR/1st Aid

CPR and First Aid trainings are on an as needed basis at this time. Contact your KBYH Social Worker if you need to renew your certification.

ISFC Training & Support Group

Trainings are open to any Kern County approved ISFC Resource Family and are held via Zoom. RSVP to Carrie Wombacher: carrie@kernbridges.com

“Substance Use/Abuse ”

August 24, 2021
6:00 pm - 8:00 pm

August Celebrations

Child Birthdays

- Isis T. 8 6 years
- Victoria G. 13 18 years
- Damirrah L. 14 6 years
- Jose M. 19 18 years
- Jaxton S. 19 9 years

Resource Parent Birthdays

- Susana Nuno 4
- Chris Boss 19
- Rosalio Nuno 30

Anniversaries

- Frank & Frances Cortez
 - August 15 10 years
- Pablo & Ashley Reyes
 - August 13 2 years



KBYH Staff

Staff Birthdays

- Michael O'Doherty 17
- Crisol Jimenez 20
- Jim VanderZwan 23
- Abraham Nesheiwat 25

KBYH Staff Anniversaries

- Keisha Davis 6 20 years
- Alfredo Hernandez 8 3 years
- Fernando Ortega 9 8 years
- Bobby Brown 13 3 years
- Saxton Zachary 13 2 years
- Judy Pilchard 20 7 years
- Briana Ceja 24 1 year
- Patricia Garcia 24 1 year
- Shannon Martinez 24 1 year
- Diana Gil 27 7 years

*Happy
Anniversary*

SAFETY

Wearing a Helmet

Helmets help to prevent head injuries. Your child should wear a helmet that fits properly for the following sports or activities:

- Playing contact sports, such as lacrosse, ice hockey, football
- Riding a skateboard, scooter, or inline skates
- Batting or running on the bases during baseball or softball games
- Riding a horse
- Riding a bike
- Sledding, skiing, or snowboarding



Your local sporting goods store, sports facility, or bike shop will be able to help make certain the helmet fits properly. The National Highway Traffic Safety Administration also has information on how to fit a bike helmet. Almost all major medical organizations recommend against boxing of any sort, even with a helmet.

Older children should always wear a helmet when riding a snowmobile, motorcycle, scooter, or all-terrain vehicle (ATV). If possible, children should not ride on these vehicles. After having a concussion or mild head injury, your child may need a helmet. Be sure to talk with your provider about when your child can return to activities.

-Taken from: medlineplus.gov





Youth Spotlight: Jeremiah O.

This month Kern Bridges would like to acknowledge Jeremiah O., who has successfully graduated from the ISFC program. Jeremiah will be starting his freshman year at Highland High School this coming up school year and lives in the Mathews-Vega home. Jeremiah is funny, adventurous, and very respectful. He has worked really hard on all of the goals that were set at the start of the program and has had a positive impact on everyone who has worked with him. Kern Bridges is so proud of Jeremiah and we look forward to see what the future holds for him. Thank you for being great J.O.!

New KBYH Resource Family: The Nuno's

KBYH would like to introduce and welcome our newest resource family, Susana and Rosalio Nuno. Mr. and Mrs. Nuno come to Kern Bridges with 12 years of foster care experience. They have 5 children in their home. Carlos is a 16 year old whom they have Legal Guardianship. Gabriela is 14 years old and the Nuno's biological daughter. The Nuno family adopted Diego (5), Daniel (4), and Karina (2) in 2018 and 2020. The family recently moved to Bakersfield to be closer to family. Welcome to the KBYH family!!!