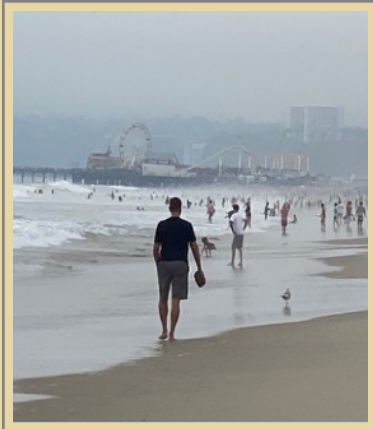




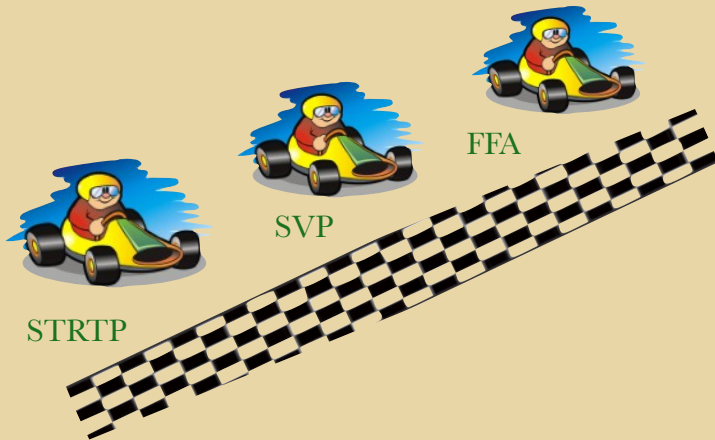
TELEPHONE
661-396-2301

FACSIMILE
661-396-2349



Summer Time Fun

Kern Bridges' STRTP's had a very adventurous and eventful start to their summer break. One of many events that took place last month was an outing to Santa Monica Beach. While at the beach the boys participated in numerous activities such as boogie boarding, playing frisbee, and digging up sand crabs. Additionally, the boys went paint-balling in San Louis Obispo. For many of our boys, this was their first time ever paint-balling and they had a blast! Also, last month, our boys went to the Wax Museum, Magic Mountain, and Dave & Busters. Getting our boys outdoors is our mission and our passion when it comes to activities. When we travel, our boys experience unique activities that expose them to real life adventures.



"Your self-sacrificing devotion to your purpose in life and your unwavering faith will carry you through times of difficulty" MLK.

ISFC Minute

Teens & Substance Use

Substance use by teens can have a huge impact on their 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 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

July 14, 6:00-8:00pm

“Trauma Informed Care and Attachment”
with Carrie W.

RSVP to carrie@kernbridges.com

August 18, 6:00-8:00pm

“Managing Aggressive Behavior” with
Mark Dominguez

RSVP to mark@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. RSVP to Carrie Wombacher
carrie@kernbridges.com

July 27, 6:00-8:00pm

“IEP and Education ”



July Celebrations

Child Birthdays

- Freeland S. 1 17 years
- Micah M. 7 17 years
- Ryder B. 14 17 years

Resrouce Parent Birthdays

- Mohesky Palencia 8
- Brenda Quintino 19

KBYH Anniversaries

- Laura Cruz-12 years
- Luirelys Mirena-2 years



KBYH Staff Birthdays

- Fernando Ortega 23
- Willie Smith 28

KBYH Staff Anniversaries

- Sean Brown 1 year
- Mike Ramirez 6 years
- Ronnie Wofford 16 years
- Trina Smith 13 years
- Carrie Wombacher 11 years
- Joe Ortega 21 years

**S U M M E R
C A R N I V A L**

Thursday July 22
5:30-7:00pm
5500 Fruitval Ave.

GAMES ★ **Activites**
PRIZES ★ **MUSIC**
FOOD & ★ **Free Book**
FUN ★ **Fair**

Free event welcome to children ages 3-11 and their caregiver(s).
Sponsored by The Young Women of the Bakersfield Stake,
Church of Jesus Christ of Latter Day Saints
Please contact Heather Reed (661-703-8153) if you have any questions



HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash





Youth Spotlight: Joycie B.

Kern Bridges Child of the Month

We proudly present Joycie B. as this month's Child of the Month. Joycie resides in the Palencia & Hernandez Resource Family Home along with her foster siblings. She is a quiet, social and highly energetic young girl with a warm and pleasant personality. Joycie loves to engage in self-directed and group activities. She especially likes to play with her foster sister. Joycie successfully completed her last quarter in school and is looking forward to attending school again this fall.

Community Partner Spotlight: Beth Heisy

This month, KBYH would like to recognize CASA worker Beth Heisy. CASA, or Court Appointed Special Advocates, are trained volunteers that advocate for foster children through the juvenile court system and ensure that the needs of the children and youth are being met. CASA also has a Family Finding component where volunteers receive additional specialized training to assist foster youth in finding biological family they may have been separated from during the process of going into foster care. Beth has been working with a sibling set of three brothers for over three years. Beth began the dual role of family finding for these young men shortly after she met them. In the time Beth has been advocating for these youth, she has kept the boys in touch with each other as they moved placements, attending many meetings, and coordinated their needs and services in every way. Beth has been cultivating a relationship with a maternal aunt and uncle of the youth for over a year, and the family finally all met at the end of June. Beth's background as a school librarian and teacher for 40 years (now retired) helped her understand some of the challenges foster youth face and helped her become an amazing advocate. KBYH thanks you, Beth, for all that you do!