



SHOUT OUT
"Nothing About Us Without Us"



Your Mental Health Matters



YOU ARE
NOT
ALONE

#MoreThan *enough*

Mental Health Awareness Month has been observed in the U.S. since 1949. Every year during the month of May, National Alliance on Mental Illness (NAMI) joins the national movement to raise awareness about mental health. NAMI fights stigma, provides support, educates the public, and advocates for policies supporting millions of people in the U.S. affected by mental illness.

This is an opportunity for all of us to come together and remember the inherent value we each hold — no matter our diagnosis, appearance, socioeconomic status, background, or ability. Everyone should know that if all

you did was wake up today, that's more than enough. No matter what, you are inherently worthy of more than enough life, love, and healing. Showing up just as you are, for yourself and the people around you, is *more than enough*.

If you or a loved one is experiencing or affected by a mental health, substance use, or suicidal crisis, please call or text '988'

Additional Mental Health Resources:

How Right Now: Find resources and support based on your emotions.

Take Action LA County: The Take Action Initiative aims to unite LA communities around mental health and empower you and those around you to find support. Find community events near you!

LA County Department of Mental Health: Services and resources available for LA County communities such as first responders, LGBTQ+, Veterans, Educators, etc.

San Bernardino County Department of Behavioral Health: Services offered include Urgent Care, Substance Use Disorder and Recovery Services, Outpatient Clinics, Office of Patients' Rights, and other services and support.

San Bernardino County Resource List: Different locations in San Bernardino County for mental health supports and services

[Mental Health Podcasts](#)

[Mental Health Books](#)

[Mental Health Toolbox](#)





Employment Services Program Manager Shannen Torres and SCRS Advocates Teira Walton, Jacqueline Toscano, and Bavly Botrous attended various Mental Health Awareness outreach events in LA County during the month of May. Our SCRS advocates provide community outreach to share resources with those a part of the disability community, their families, or community members to increase SCRS visibility.

Los Angeles County Department of Mental Health was hosting these events to help LA County residents proactively get support for their mental health. If you would like to attend and find out more about mental health resources head over to the [Take Action](#) website. There will be events that you can participate in

Employment Services

Paid Internship Partner of the Month

Roxy has partnered with SCRS to facilitate paid internship and volunteer opportunities for participants of Employment Services in Downey. Additionally, Roxy actively provides participants with food donations as needed and is always available to provide feedback regarding intern work performance. Thank you, Roxy!



Happy Birthday, Angelo!

Arcadia Employment Services hosted a birthday celebration for Angelo. Angelo was excited to share his special day with his peers and SCRS staff. Angelo started the ES program in August 2022. Angelo is very kind and has a great sense of humor. He enjoys participating in mock interviews and group discussions during training. In the near future, Angelo will begin a paid internship program at the [Gilb Museum of Arcadia Heritage](#).



From Paid Internship to Employment

The featured consumer transitioned from Job Readiness training into the Paid Internship Program (PIP) with Staples. The consumer has also worked at Staples while attending community college and has demonstrated a strong work ethic and great customer service. As a result of his hard work, his PIP supervisor decided to hire the consumer directly. As of May, the consumer is no longer an intern but a member of the Staples team. Way to go!



Life Skills and Recreation

Consumers pictured are learning how to prepare snacks with assistance from Direct

Support Professional Dennis. In addition, ES Downey has begun to incorporate Social Recreation to encourage social interaction and build confidence among consumers.



Through life skills training, consumers have the opportunity to gain increased independence in their daily lives.

Educating Disability Groups through Education (E.D.G.E)



This month, Karla A. was awarded two scholarships for the Spring 2023 semester. The first is the *Darlene Gomez Memorial Scholarship*, which awards \$500 to eligible students who receive services from Cerritos Colleges' Student Accessibility Services (SAS) department. The second is the *John R. Jackson & Daniel J. Family CTE Scholarship*, which awards \$1,000 to eligible students pursuing a degree in Education.

In addition to the latter scholarship, Karla was personally awarded a free laptop and printer; valued at an additional \$1,000. Karla's exceptional work ethic and genuine passion for learning have been contributing factors toward receiving this outstanding achievement.



Karla's ability to advocate for herself inside and outside the classroom has contributed to her personal independence and academic success. Karla plans to continue her education by transferring to a four-year university within the next academic year.



In July 2022, Juan M. did not know what degree to pursue when he started the E.D.G.E. program. He enrolled in Mt. San Antonio Community College as an undeclared student. Juan has now decided that he would like to transfer to a four-year university and become an elementary school teacher. Juan spoke to several universities at the Mt. SAC university fair and decided he would like to transfer to either Cal State Fullerton or Cal Poly Pomona. This month, Juan also attended both campuses for a tour offered through the Mt. SAC transfer center. He could see the layout of Cal Poly Pomona and Cal State Fullerton and what it's like to be a university student.

CELEBRATING



Anne Carey
25 YEARS AT SCRS-IL

Anne joined SCRS on May 19, 1998, and has never looked back. She has been recognized year after year for her ability to find permanent employment opportunities for thousands of SCRS consumers throughout her career. In this section, we asked Anne Carey a few questions about the last 25 years!

Tell me about yourself and what inspired you to work for an organization such as SCRS.

"Before coming to SCRS, I was in multi-unit restaurant management, working 60 to 70 hours a week, so I got out and got into job development for supported employment. Then I came across the opportunity at SCRS, and it was such a better opportunity than working for commission only!"

Do you remember your first day working for SCRS? What was it like? How have you seen SCRS change in the last 25 years?

"I definitely remember my first day! I had a caseload of about 90 clients, I didn't have anyone training me, and luckily, I had already been doing the job in a different respect. The most notable changes have been switching from paper to digital files. We used to have paper files that we used to carry around with us in our trunks, which was a complete nightmare. Another big change is that there needed to be more time for finding people jobs, developing jobs, and helping people maintain their jobs because most of my time consisted of intakes and

billing. SCRS has shifted its focus, and our priorities changed, which gives me more time to find and help our consumers maintain permanent employment. Throughout the pandemic, I discovered that my job became easier as many people stayed home to homeschool their children or did not want to return to work, which created opportunities for individuals with disabilities. There was a shift in power from employers to employees or job seekers that I noticed."

Describe the most rewarding part of being an employment specialist.

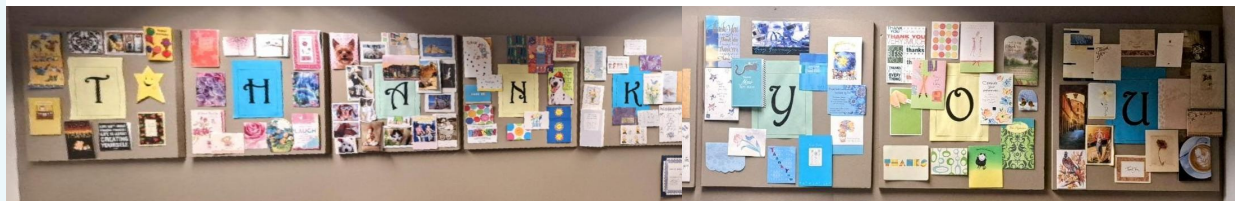
"The most rewarding part is when you help find someone like that, great job! Seeing them build up their self-confidence, independence, and belief in themselves is truly the most rewarding part."

Being committed to your role at SCRS for 25 years is a great accomplishment; discuss how you stay empowered to do the work you do. Have you ever felt burned out or discouraged from the job?

"I've never felt burnt out, as I do some things to prevent that, so I'll turn my phone off by 8:00 PM. I set boundaries with my clients and take a day off every month to give myself a long weekend. I focus on keeping a positive attitude, but when I have a rough day, I always try to remember the big picture and how awesome this job is. SCRS lets us do things in the way that works best for us. My job gives me a sense of freedom and independence that allows me to appreciate it more. My health also keeps me empowered. I teach a weekly aerobics class; I participate in yoga classes, stay active, and have healthy eating habits."

Based on your experience, do you have any advice for up-and-coming SCRS employees?

"Boy, oh boy, you know, seize every opportunity! You can become an expert in your position to go above and beyond for your clients. Being an expert will make you the go-to person in your position. Definitely set your boundaries with your clients and maintain those boundaries. I think for me, this was a bit of a struggle because I care so much about my clients, but I've learned a lot about boundaries just by making mistakes. Learn from your mistakes and maintain a healthy work-life balance. Try to be as healthy as you can in terms of exercise and sleeping enough. Remember to take a step back and look at the big picture that we work for an amazing company, and that shouldn't be taken for granted. Be appreciative and show gratitude always."



In her office, Anne has sheets of paper spelling "Thank You" with all the thank you cards around the letters. These are cards she has received from her consumers over the years!



Join us in celebrating May's work anniversaries! Thank you for your contributions and dedication to SCRS.

*Tiera Walton - 5 years
Crystal Garibay - 4 years
Shannen Torres - 4 years
Liam Matthews - 3 years
Daniel Theodore - 2 years
Cameron Stockard - 2 years
Darnesha Reddic - 1 year
Rudy J Contreras - 1 year
Diana Macedo - 1 year*



Congratulations to our May 2023 "Above and Beyond" Employee!

Abigail Aragon

Interested in nominating an SCRS Employee for going above and beyond?

Above & Beyond recipients can be nominated by SCRS-IL consumers, employees, management, volunteers, community partners, and stakeholders. Click [here](#) to nominate the next employee of the month!

Upcoming Events

REGIONAL JOB FAIR

SIMMS PARK

16614 Clark Ave, Bellflower, CA 90706

Saturday June 3rd 2023

9:00 AM to 1:00 PM



SECTORS

Healthcare
Information Technology
Manufacturing
Hospitality
Aerospace
Trade & Logistics
Business & Professional Services
and Many More!

Dress for Success
Bring Resumés
On-the-Spot Job Interviews
Resumé and Interview Tables

SCAN ----->
to Pre-Register



Hotline: (562) 273-9882



The SELACO WDB's Adult and Dislocated program is fully funded by a grant award totaling \$2,780,913 (100%) from the US Department of Labor with \$0.00 (0%) financed from non-federal sources. SELACO WDB and the EDD, an equal opportunity employer/program, are partners in this event. Auxiliary aids and services are available upon request to individuals with disabilities. Requests for services, aids, and/or alternate formats need to be made prior to the event by calling 1-562-403-2125. TTY users, please call the California Relay Service at 711.



YOUTH LEADERSHIP SUMMIT

**FOR STUDENTS WITH
DISABILITIES**
July 16 - 21, 2023



**APPLICATION
INFORMATION AVAILABLE
AT:**

www.scrs-ilc.org/yls

For additional information and
how to complete the application

**PLEASE EMAIL OR CALL US
AT:**

Email: yls@scrs-ilc.org

Phone: 626-587-5010

Join SCRS-IL Youth Leadership for a five-day leadership program for students with disabilities, held at Cal Poly Pomona University.

Develop advocacy and leadership skills of SCRS alumni and professionals with disabilities and create a "Personal Futures Plan" to help you achieve your future and education, independent living and career goals.



***Date subject to change. YLS is an in-person event, Los Angeles County COVID protocols apply.**

SAVE THE DATE **2023**
Sunday, October 8th
10AM TO 3PM



Disability Pride Parade & Festival



EAST LA CIVIC CENTER
WWW.DISABILITYPRIDELA.COM



SCRS-IL | 133 N. Altadena Avenue, #425, Pasadena, CA 91107

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