



RFC WELLNESS NEWSLETTER

Health is for EVERYBODY

ALL PREVIOUS MONTHS OF THE RFC WELLNESS
NEWSLETTER ARE AVAILABLE ONLINE: [HERE](#)

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June is ...
National Posttraumatic Stress Disorder Awareness Month*

***Watch [Here](#)**

Link ***[HERE](#)**

LGBTQ+ Pride Month

Link ***[HERE](#)**



June Feature

By Julio Guerrero, LMFT

June 19th is Juneteenth



What Does Juneteenth Celebrate?

June 19th, 1865 (referred to as Juneteenth) is the day the Union soldiers arrived in Galveston, Texas, and informed the residents (former slaves) that slavery was abolished. Due to their isolation from the rest of the country, the slaves in that state were unaware of the Emancipation Proclamation that was issued by Abraham Lincoln in 1863, declaring that over three million slaves living in Confederate states would be set free. Once the former slaves heard the news, they began to celebrate with prayer, feasting, singing, and dancing. It is important to celebrate and embrace and understand our differences and celebrate our similarities and work on becoming a united people.

New York Times Article - [HERE](#)

Video By Professor Marsha Chatelaine - [HERE](#)



*"History, despite its wrenching pain,
cannot be un-lived, but if faced with
courage, need not be lived again."*

Maya Angelou

- Current Groups
- Group Highlight
- Resources
- Help Lines





Mindfulness Exercise of the Month

Chair Seated Twist

What is Chair Seated Twist?

Chair Seated Twist is an easy and accessible way to release stress in your upper body, back, and neck. All these areas tend to be impacted by stress and trauma.

How does it work?

Chair Seated Twist is a safe way to target the neck, hips, and shoulders while at the same time exercising the muscles of the back. Grounding the sit bones in the chair while extending and twisting also keeps the normal range of motion in the spine. This pose can be used while at work, at school, or on the go, and for all levels of ability.

What are the benefits?

- a) Stretch your lower back
- b) Relax tension in your neck and shoulders
- c) Provide more mobility in your hips

Step by Step:

- 1) Sit sideways on a chair with the back of the chair to your left, your feet flat on the floor, and your heels directly below your knees.
- 2) Exhale, turn to the left, and hold the sides of the chair back with your hands.
- 3) As you inhale, extend your spine upward.
- 4) As you exhale, twist your torso and head farther to the left.
- 5) Repeat steps 1 through 4, gradually twisting farther with each exhalation for 3 breaths (don't force it) and then hold the twist for 6 to 8 breaths.
- 6) Repeat steps 1 through 5 on the opposite side.

TIP: If your feet aren't comfortably on the floor for the Chair Seated Twist, elevate them with a folded blanket or a few books.

by Juliette Horwitz, AMFT

Link to Chair Twist Article [HERE](#)

Link to Video Tutorial [HERE](#)

11 Questions

Getting to know the people at RFC a little bit more...

Why 11? Because 10 was not enough!



Interview with:

Latisha Barbera
Clinical Supervisor

1. What's the hardest part about working virtually for you? What's the best part?

"The hardest part is not being able to get out of the house and not being able to feel the energy of the people I work with. A hotel is being built directly behind where I live and the banging, drilling, and other construction sounds are frustrating and distracting at times. It's hard not having the ability to pop into someone's office and vice versa. And I miss driving past my favorite Starbucks and them knowing it's me just by hearing my voice. The best part is not being in Los Angeles traffic which can easily add 30-45 minutes to my drive which also saves gas."

2. Are you an early bird or night owl?

"Early bird. Please don't call me at 11pm!"

3. What is your favorite self-care activity?

"Pedicures, getting hair done, and listening to music. I'm a huge KC Chiefs fan too. Diehard fan."

4. What is your most-used emoji?

"The heart."



5. What is your favorite holiday?

"Juneteenth, which is the day when slaves found out they were free, not the 4th of July. I love, love Valentine's Day along with Christmas because people seem to be friendlier and in good spirits."

6. What's the best piece of advice you've ever been given?

"To treat others as I want to be treated."

7. What is the thing about working at RFC that you like the best?

"I have support from my director to use my experience and knowledge. I appreciate that Juliette Stidd is open to hearing ideas and is so easy to talk to. I feel very supported in my new position at RFC."

8. Does your current car have a name? If so, what is it?

"Betsie. It's the name that my mother used for her car."

9. What was your least favorite food as a child? Do you still hate it, or do you love it now?

"Anything with bell peppers in it. I hate bell peppers, because my mother cooked everything with them when I was growing up."

10. What was the last great movie you saw? Why would you recommend it?

"Black Panther. I saw it 3 times. I'm not a movie person but a music person. The reason it was so good is because I had never seen a movie with Black comic heroes. Keep in mind I'm not into comics either. But, I loved that we were portrayed as strong people. The costumes are amazing, the humor, the action, and the good guy won. And I was glad that Black people were not portrayed in a negative manner."

11. What is your favorite dessert?

"PEACH COBBLER!"

ONE TO WATCH

LGBTQ+
TERMINOLOGY

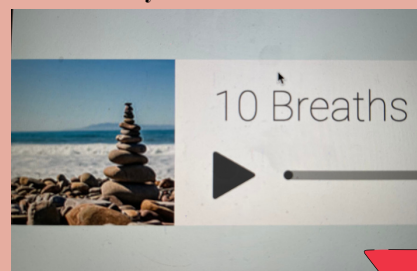


- LGBTQ+ Terminology -

Watch Free: [HERE](#)

RFC Library Pick

10 Breaths by Cleandra Martin Waldron



***Want to listen to this amazing audio?**
Head to the Richstone web site and find the Resource Library page under the Programs heading tab.
Use the password **rfcwellness**



Healthy Habit

Drinking Water With Lemon

By Rebecca Hotzel, LMFT



In our January edition, we talked about water intake and all the amazing benefits. Find the January edition [HERE](#).

Just plain water can get boring sometimes, so why not change it up a little and add some lemon???



The Cleveland Clinic suggests actually starting your day with lemon water before eating or drinking anything else!

Some benefits include:

- Aids digestion
- Supplies healthy dose of vitamin C
- Boosts immune function
- Lowers blood pressure

Cleveland Clinic Article - [HERE](#)

Dr. Berg on Top Benefits of Drinking Lemon Water Video - [HERE](#)

TED

Ideas Worth Spreading

Breaking the Silence About Childhood Trauma | Dani Bostick



"Tweety" Read



Jordan

@jordan_stratton

Follow

Just overheard someone say, "I wish I had a Kindle that never ran out of batteries."

You know. Like a book.

"Kids have a lot to gain from both reading tools [E-books vs. Print]"
Scholastic Article - [HERE](#)

NET - Narrative Exposure Therapy

Narrative Exposure Therapy (NET) is an evidenced-based treatment for trauma-spectrum disorders in survivors of multiple and complex trauma. NET builds on the theory of the dual representation of traumatic memories (Elbert & Schauer, 2002).

The goals of NET are a) to reduce the symptoms of PTSD by confronting the patient with memories of the traumatic event (exposure therapy), and b) to reconstruct the autobiographical memory and create a consistent narrative.


In NET, the client, with the assistance of the therapist, constructs a chronological narrative of his or her life story with a focus on the traumatic experiences. Fragmented reports of the traumatic experiences are transformed into a coherent narrative. Empathic understanding, active listening, congruency and unconditional positive regard are key components of the therapist's behavior to help the client connect *hot* memories that are related to the trauma (emotions, cognitions, sensory information, physiological responses) with *cold* memories (time and place) so that the trauma memories have a coherent "place" in the client's memory with gained insight. This results in trauma triggers and memories losing their "jumping out of nowhere" impact that can cause the client to react maladaptively.

BY: Su Fern Khoo, LMFT



For more information: NET Patient Guide - [HERE](#)

NET Video Link - [HERE](#)

 **We Heart Kids!**
[Barnes & Noble Summer Reading Program](#)
Info & Link - [HERE](#)

Quote of Note

Trauma is not what happens to us, but what we hold inside in the absence of an empathetic witness.

Peter A. Levine



RFC Current Groups

Please call Citlali at (310) 970-1921 ext. 101 to sign up.

Parenting/Crianza - [online/virtuales]

- Parenting class (\$15/class) - MONDAY @ 6-7 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - TUESDAY @ 7-8 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - THURSDAY @ 7-8 pm (18 week curriculum) [online]
- Parenting class (\$15/class) - SATURDAY @ 12-1 pm (18 week curriculum) [online]
- Clase para padres (\$15/clase) - MARTES @ 6-7 pm (Clase por 18 semanas) [virtuales]
- Clase para padres (\$15/clase) - MIÉRCOLES @ 5-6 pm (Clase por 18 semanas) [virtuales]

Domestic violence/Grupo de apoyo y educación para sobrevivientes de violencia domestica [online/virtuales]

- Domestic violence class for perpetrators ages 18+ (\$18/class) - WEDNESDAY @ 5-6 pm (26 or 52 week curriculum) [online]
- Domestic violence class for perpetrators ages 18+ (\$18/class) - SATURDAY @ 9-10 am (26 or 52 week curriculum) [online]
- Clase de violencia domestica para agresores (\$18/clase) - MIÉRCOLES @ 6-7 pm Clase por 26 o 52 semanas [virtuales]
- Clase de violencia domestica para agresores (\$18/clase) - SÁBADO @ 10-11 am (Clase por 26 o 52 semanas) [virtuales]
- Psychoeducation & support group for intimate partner violence (\$5/class) - MONDAY @ 5-6 pm (15 week curriculum) [online]
- Grupo de apoyo y educación para sobre vivientes de violencia domestica (\$5/clase) - JUEVES @ 6-7 pm (Clase por 15 semanas) [virtuales]

Anger management/Manejo de la ira [online/virtuales]

- Anger management class for 18+ (\$18/class) - TUESDAY @ 6-7 pm (15 week curriculum) [online]
- Anger management class for 18+ (\$18/class) - THURSDAY @ 7-8 pm (15 week curriculum) [online]
- Manejo de la ira para adultos 18+ (\$18/clase) - MARTES @ 7-8 pm (Clase por 15 semanas) [virtuales]

Health & wellness/Alud & bienestar [online/virtuales]

- Stress Management - FREE - THURSDAY @ 6-7 pm [online]
- Grief Group - 18+ FREE - MONDAY @ 7-8 pm [online]

Children & adolescents/Niños & adolescentes [online/virtuales]

- Adolescent anger management for ages 13-17 FREE - WEDNESDAY @ 5-6 pm (15 week curriculum) [online]
- Teen talk for ages 14-17 (FREE) - THURSDAY @ 4-5 pm [online]
- Teen grief group for ages 13-17 - FREE - THURSDAY @ 4-5 pm [online]
- Baby & Me/Bebé y yo - All Guardians - FREE FRIDAY @ 11 am [online]

NEW: Teen Grief Group for Ages 13-17

Thursdays, 5-6 pm

Call Citlali (our new receptionist) to grab a spot!

Resources

- **Food Bank Locator Website - [HERE](#)**
- **American Veteran Inc.**
351 East Temple St. Los Angeles, CA 90012
Tel: 909-534-5953
(Hrs: Mon-Fri 9AM to 3PM)
- **Open Door Skidrow Ministries**
419 E. 6th St. Los Angeles, CA 90014
Tel 661-208-2143
(Hrs: Sun 4-6PM & Fri 7-9PM)
- **LA County COVID-19 NEWS**
CLICK [HERE](#)
- **LA COUNTY Free HEADSPACE Access**
Headspace is a Meditation and Mindfulness App
CLICK [HERE](#)

Hot Lines

National Suicide Prevention Lifeline

1-800-273-TALK (8255) or

Live Online Chat

Teen Line - Online

Teens talking to teens

Call: 310-855-HOPE (4673)

Veterans Crisis Line,

Call 1-800-273-8255 and Press 1

Text 838255, Chat online

Los Angeles LGBT Center

Center South

Tel: 323-860-3799



Department of Children and Family Services

Child Protection Hotline

800-540-4000