

NEWSLETTER

Front St. Administrative Services | Front St. Inc. | 7th Avenue, LLC | Front St. Housing



August

In this edition:



An inspiring
TEDTalk focused on
childhood trauma

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DEI Data for
International
Youth Day

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Meet your
Vice President

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AUGUST 2022

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First and foremost...

I want to offer my deepest gratitude to Cole Kortlever for passing the editorial torch to me and for entrusting me to carry on her vision for the Front St. Newsletter.

I promise to keep Front St.'s core values of wellness and advocacy at the heart of this newsletter and will do my very best to keep you all informed and connected.

Thank you Cole for your guidance and for all the work you put into making this newsletter into what it is today. I promise to do you proud.

I look forward to sharing and connecting with all of you!

-Jessica Taganap

"People helping people since 1982"

Diversity Calendar

Aug 1: Lughnasad, or Lammas

A Pagan holiday that celebrates the start of the harvest season. One of eight Wiccan Sabbats in the year, Lammas is celebrated with breads and cakes to commemorate the grain season and in honor of the Celtic God, Lugh.

Aug 12: International Youth Day

Encourages governments to raise awareness about the situation of youth in their country and to inspire the public to get to know their local youth organizations.

Aug 19: World Humanitarian Day

A celebration of people helping people. It raises awareness of humanitarian assistance worldwide and advocates for the survival, well-being and dignity of people affected by crises, as well as for the safety and security of aid workers.

Aug 31: Ganesh Chaturthi

A 10-day Hindu festival that celebrates the birth of Lord Ganesha, who is the God of new beginnings and wealth. The festival is full of joyous prayer and devotion.



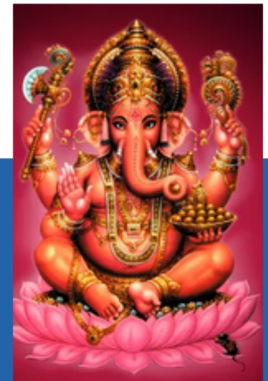
August 1



August 12



August 19



August 31

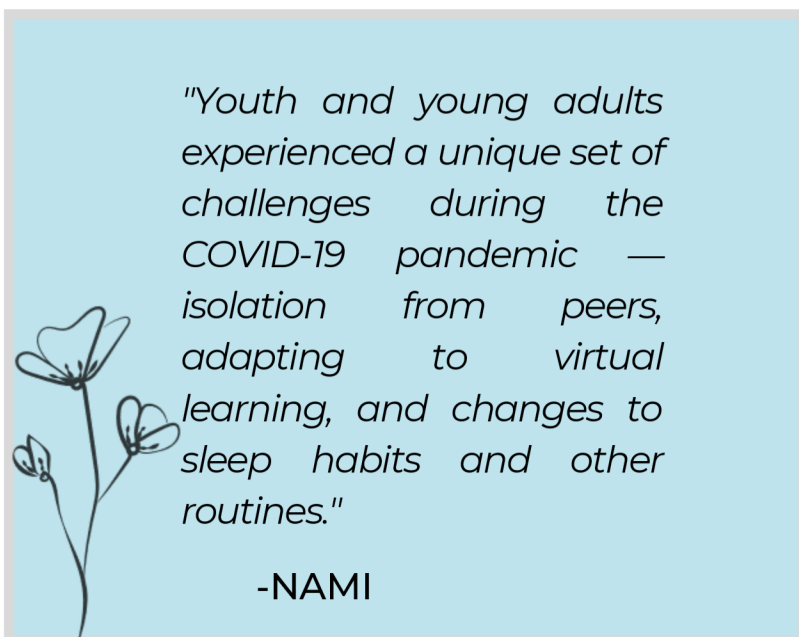
Trauma Informed Care



TIC Media Pic: In Honor of International Youth Day



In this impassioned TEDTalk, pediatrician Nadine Burke Harris asks for pediatric medicine to confront the prevention and treatment of trauma when it starts. She explains that the repeated stress of abuse, neglect and parents struggling with mental health or substance abuse issues has real effects on the development of the brain.



This unfolds across a lifetime, to the point where those who've experienced high levels of trauma are at triple the risk for heart disease and lung cancer.

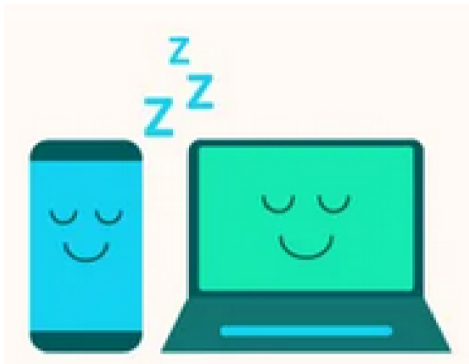
Access the video on Youtube: "Nadine Burke Harris, TEDTalk"



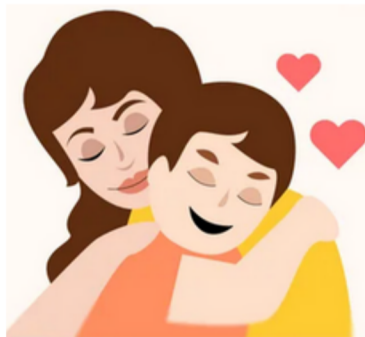
TIC Tip

theBUMP.com

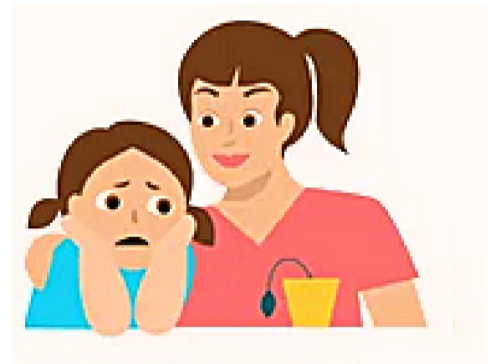
How To Promote Positive Mental Health In Your Child



Limit Screen Time



Talk to your child about their feelings



Let them know mistakes are normal

DEI Data

50% of all lifetime mental illness begins by age 14 | 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year | Over 2.5 million youth in the U.S. have severe depression, with multiracial or low-income youth at greater risk.

- Mental Health America National

TIC Meeting July Recap

In an effort to increase participation to future TIC meetings, the team has agreed to add TIC updates to monthly manager meetings instead of having a separate meeting. Suggestions to spread awareness include a monthly TIC flier or worksheet that goes out to the facilities, or a book/film club for all employees to discuss TIC content.

Teammate Feature



Preferred Pronouns: He/Him

Company: All

Started in: August 2020

Favorite Restaurants:

Akira Sushi, Mentone (Aptos),
Hideout (Aptos), Venus Spirits

Favorite Recreational Activities:

Going on walks with my
partner down to the beach!

JP BUTLER Vice President

What does serving the behavioral health community mean to you?

I have always had a sweet spot for serving the community. I worked in the nonprofit industry for over twelve years in a variety of different roles and I just loved the feeling of being a part of mission-driven work. Knowing that mental and behavioral health are two very important topics in our society today, it makes me feel good that we are a part of something critical to help people live with dignity.

What does it mean to you to be able to come to work with your full, authentic self?

If you think about it, we

spend one-third (or more) of our adult lives at work. That's an extraordinary amount of time that we spend out in the community. The thought of having to show up without your authentic self when you spend that much time of your life there is a terrible thought. I want to maintain a culture that demands everyone's authentic self because that way we naturally increase the diversity of our workforce which allows us to think differently and serve our clients better!

How do you define your identity?

I am half-Filipino, quarter-Polish, and the rest is a mix.

of English and Irish (I think). I identify as a cisgender gay male and came out when I was 26 years old.

Something you'd like the team to know about you:

I'm quite the nerd! I enjoy gaming on most/all platforms. I don't have as much time as I used to in my undergraduate degree years, but I still try to get some hours in every month. I'm also an author, a photographer, and I have my Masters in Educational Psychology.

Wellness Recipe:

Peach Blueberry Oatmeal Cups



Full of healthy fibers and protein, these breakfast cups are a great way to start your day. Dairy free, gluten free, and naturally sweetened.

½ cup almond butter
2 tbsp melted vegan butter
2 eggs
¾ cup unsweetened almond milk
¼ cup maple syrup
1 tsp vanilla
2 cups rolled oats
1 tsp baking powder
1 tsp cinnamon
¼ tsp salt
¾ cup diced peaches
¾ cup blueberries
For topping:
12 thin peach slices

Instructions

1. Preheat the oven to 350 degrees F. Line a 12 cup muffin pan with muffin liners and spray with nonstick cooking spray to prevent oatmeal from sticking.
2. In a medium bowl, mix together the almond butter, vegan butter, eggs, maple syrup, almond milk and vanilla until smooth and well combined.
3. Next stir in dry ingredients: oats, baking powder, cinnamon and salt; stir well to combine. Fold diced peaches and blueberries into the batter.
4. Evenly distribute oatmeal batter between muffin liners. Place a peach slice on top of each muffin. Bake for 25-30 minutes. Drizzle with your favorite nut butter before serving, if desired. Serves 12.

<https://www.ambitiouskitchen.com/almond-butter-peach-blueberry-oatmeal-cups/>

Job Board

FRONT ST. INC.

Santa Cruz

Healing the Streets Case Manager
Full Time

Healing the Streets Support Coach
Full Time

HSTeam Administrative Assistant
Full Time

HSTeam Peer Support Coach
Full Time, Part Time

Housing Navigation and
Sustainability Coordinator
Full Time

Mental Health Support Coordinator
Full Time

On-Call Caregiver
Part Time, On-Call

Paget Caregiver
Full Time, Part Time, On-Call

Residential Caregiver
Full Time, Part Time, On-Call

Monterey

Residential Caregiver
Full Time, Part Time, On-Call

Appointment Coordinator
Full Time

Cook
Full Time

Housekeeper
Full Time, Part Time, On-Call

Maintenance Technician
Full Time

Medication Room Nurse
Part Time

Mental Health Support Coordinator
Full Time

FRONT ST. ADMINISTRATIVE SERVICES, LLC

Santa Cruz

Maintenance Technician
Full Time

Property Manager
Full Time

7TH AVE. CENTER, LLC

Santa Cruz

Cook/Dietary Aid
Full Time, Part Time

Direct Care/Unlicensed Nursing Staff
Full Time

Housekeeper/Janitor
Full Time, On-Call

Nurse
Full Time, Part Time



JOB BOARD

Thanks for Reading!

PEOPLE
HELPING
PEOPLE
SINCE
1982



Do you have a fun recipe you would like to share for next month's edition?

Do you have a specific topic that you would like to have featured?

Contact
Jessica Taganap at
JTaganap@frontst.com
for any suggestions,
comments or concerns.

Sources:

<https://www.edi.nih.gov/more/calendar/august>

<https://www.un.org/development/desa/youth/what-we-do/international-youth-day.html>

https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI_2020MH_ByTheNumbers_Youth-r.pdf

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<https://www.mhanational.org/issues/state-mental-health-america>