



**SPIRITT Family Services**

# *Blooming Minds*

*Strengthening Minds and Communities*

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2025

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**DoubleTree by Hilton Rosemead**

888 Montebello Boulevard, Rosemead CA 91770



# Welcome

On behalf of SPIRITT Family Services' Board of Directors and staff, we thank you for joining us this afternoon and supporting our mission to *empower families, improve health and well-being, and strengthen communities.*

Today, we will recognize the Honorable Senator Susan Rubio's leadership in addressing the mental health crisis our youth are experiencing. We will be highlighting the Macias family who demonstrates SPIRITT's work in strengthening protective factors in families. Thank you for helping us enhance the safety, stability, and emotional well-being of children and their families.

With Gratitude,



**Lisa Ibañez, DSW**

Board President



**Elvia Torres**

Chief Executive Officer

## Master of Ceremonies



**Jerry Pinkston**, a longtime Los Angeles resident, has dedicated his career to education, small business growth, and community service. From supporting at-risk youth to helping local entrepreneurs thrive, Jerry's work reflects his deep commitment to uplifting others.

# Honoree

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## ***Mental Health Champion Award***

Senator Susan Rubio

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The Honorable Senator Susan Rubio represents and advocates for over one million residents in the State Legislature. She was elected to the State Senate in 2018 to represent District 22 and was reelected with overwhelming support in 2022. Previously, she served as a public school teacher for 20 years at Baldwin Park and Monrovia school districts, and was an elected official for 13 years for the City of Baldwin Park.

Most recently, Senator Rubio has introduced a bill to expand mental health education in schools. Senate Bill 531 will ensure all California students in grades 1-12 receive age-appropriate mental health education to equip them with critical knowledge and reduce stigma surrounding mental health.

Born in Juarez, Mexico, Senator Rubio is the proud daughter of a former Bracero farm worker. She attended East Los Angeles College, earned a Bachelor's and Master's Degree in Education from Azusa Pacific University, and was honored with a Doctorate Degree from the University of La Verne.



# Evening Program

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## **Registration**

Register, Raffle, Silent Auction

## **Welcome**

Jerry Pinkston, *Master of Ceremonies*

Lisa Ibañez, *DSW Board President*

## **SPIRITT's Impact on Strengthening Families**

Evelyn Casimiro & Maria Duarte, SPIRITT Staff

## **Bailoterapia: A Dance Therapy Journey**

Araceli Martinez, *Instructor*

## **A Family in Full Bloom**

Elvia Torres, *Chief Executive Officer*

## **Recognition of Honoree: Senator Susan Rubio**

Mental Health Champion Award

*Presented by Romalis Taylor, Vice President*

## **Finding Your Center**

Alfred Sun, SPIRITT's Staff

## **Closing Remarks**

Perla Pelayo, *Chief Operating Officer*





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## The Macias Family

In July 2024, Ernestina, a devoted grandmother, stepped into a role she never imagined—becoming the guardian of her three young grandchildren, ages 13, 7, and 4, after the both parents lost custody of the children due to neglect. Amid the heartbreak, Ernestina's only focus was to give her grandchildren what they had been missing for far too long: safety, stability, and unconditional love.

Through SPIRITT's Relative Support Services (RSS) Program, Ernestina found more than just resources—she found hope. With steady guidance of her case navigator, she was able to meet their most urgent needs: food, shelter, clothing, and consistent care. These essentials became the foundation for healing. As their basic needs were met, protective factors—like concrete support, parental resilience, and social and emotional competence of children—began to take root, laying the groundwork for a sense of security, improving their mental health.

Now, the eldest brings a steady presence and a playful spirit, helping to create a sense of safety and joy for his younger siblings. The 7-year-old, once too afraid to speak, now thrives at school with a newfound voice. And the youngest, only 4, who once struggled to walk, takes confident strides into each new day.

Their journey is a moving testament of how a caregiver's love and dedication can transform young lives. This is our mission in action: equipping families with the support they need to grow stronger together. Because when families are supported, mental health can bloom.





# Adverse Childhood Experiences

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**Did you experience any of the following at < 18 years old:**

- ☐ Recurrent physical abuse:
- ☐ Recurrent emotional abuse:
- ☐ Contact sexual abuse:
- ☐ Alcohol and/or drug abuser in the household:
- ☐ An incarcerated household member:
- ☐ Someone chronically depressed, mentally ill, institutionalized, suicidal:
- ☐ Mother is treated violently:
- ☐ One or no parents:
- ☐ Emotional or physical neglect:
- ☐ Parental separation/ divorce:

## Improving Self Health

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### **1. Practice Deep Breathing**

- Take a few minutes each day to slow down, breathe deeply, and reconnect with yourself. It helps lower stress and restore calm.

### **2. Set Small, Achievable Goals**

- Whether it's drinking more water, taking a walk, or writing down three things you're grateful for, small wins build lasting change.

### **3. Prioritize Rest**

- Sleep is essential for emotional and physical health. Create a simple bedtime routine that helps your mind and body unwind.

### **4. Reach Out for Connection**

- Strong social connections are key to resilience. Call a friend, join a group, or simply make time to share a laugh with someone.

### **5. Nourish Your Body**

- Small changes like choosing fruits, veggies, and staying hydrated can have a big impact on your energy and well-being.

### **6. Create Moments of Joy**

- Make time, even just five minutes a day, for something you love—music, reading, nature, art. Joy is healing, too.

# Healing Together: SPIRITT's Approach

SPIRITT's Family Centers are community hubs where those in need can access resources and supportive services. Our continuum of family-centered programs offer comprehensive prevention, early intervention, treatment, and recovery services to over 12,500 individuals annually.

SPIRITT's strength-based, trauma-informed approach, person-centered philosophy, and evidenced-based practices help improve the health of families across the following program areas:

**Community Behavioral Health Services** includes therapy for children, adolescents, adults, and domestic violence witnesses/survivors; medication support, substance abuse, and mental health services

- 224 families served in FY23-24
- Programs include Wraparound, Outpatient Mental Health and Outpatient Substance Use Treatment

**Child and Family Well-Being Services** includes assessment, referral and linkage, parenting education, emotional support, and financial resources

- 4,160 families served in FY23-24
- Programs include Prevention and Aftercare, Relative Support Services, and Partnerships for Families

**For more information call us toll-free at (855) 714-8800.**



# Special Thanks to Our Sponsors

## Blooming Hope



Celebrating the community  
is one way we serve it.



PIH Health has been dedicated to serving the community for nearly 140 years through innovative, compassionate and high-quality healthcare. We're proud to support SPIRITT Family Services. To learn how we can help you, visit [PIHHealth.org](https://PIHHealth.org) or call **562.789.5982** for a physician referral.



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## Wellness in Full Bloom



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## Wellness in Full Bloom



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## Special Thanks to Our Sponsors

### Wellness in Full Bloom







## Special Thanks to Our Sponsors

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### Flourishing Minds

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*Investing in generations to come...*

Gallagher is proud to support SPIRITT Family Services in their mission to empower families, improve health and wellbeing, and strengthen communities.

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# Special Thanks to Our Sponsors

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## Flourishing Minds

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The Law Office of  
Rose Marie Gallegos  
[www.gallegosfamilylaw.com](http://www.gallegosfamilylaw.com)



**Herald Christian Health Center**  
基督教角聲醫療中心

Are you a victim of crime? You don't have to navigate the process alone.

HCHC victim advocates are here to guide you through the recovery process.

☒ You may be eligible for state compensation for the following **crime-related** expenses:

-  Funeral Expenses  Medical/Dental Treatment
-  Mental Health Counseling  Income Loss
-  Support loss for dependents of a victim who is injured or dies  Relocation
-  Residential Security

**Contact Us:**

-  English/Spanish: (626) 872-7427  
Cantonese/Mandarin: (626) 872-7437
-  [victimsupport@hchcla.org](mailto:victimsupport@hchcla.org)
-  3401 Aero Jet Ave, El Monte, CA 91731



# Special Thanks to Our Sponsors

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## Seeds of Hope

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- City of South El Monte
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- Golf N' Stuff
- Holiday Inn: 12Sixty Modern Pub & Kitchen
- Hollywood Wax/Guinness World Record Museum
- Irene Fernandez
- Irma & Darryl Chevalier
- Irvine Park Railroad
- Knotts' Berry Farm
- Laguna Art Museum
- La Mirada Theatre of the Performing Arts
- Lazy Dog
- Lungu Law Group
- March Field Air Museum
- Natural History Museum of Los Angeles County
- Norma Yoguez
- Northgate Gonzalez Market
- Pacific Park Santa Monica
- Perla Pelayo
- PRP Wine International
- Planes of Fame Air Museum
- Shawn Herz
- Six Flags Magic Mountain & Hurricane Harbor
- Top Gulf
- USS Midway Museum

### Entertainment

- Music by DJ David Romo






## Stay in Touch

 855-714-8800

 [www.spiritt.org](http://www.spiritt.org)

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