



Welcome to the summer 2022 edition of our BRIDGES Bulletin, where you can find out what we've been working on and learn about opportunities to connect with our work!

You're Invited! To the second annual BRIDGES Healing Together Family Fair

Let the countdown begin!!

We are looking forward to seeing you and your family for our free, in-person event that includes: family-friendly art & games, face painting, giveaways, blood pressure checks, and plenty of family resources from our partners. We will also have a limited number of free food boxes available for families from [TopBox foods!](#)

Our Partners:



CAROLE ROBERTSON CENTER
for Learning



The Encompassing Center
Living Your Best Life with positive mental health outcomes

Erikson Institute



NEW MOMS
HOMES · JOBS · STRONG FAMILIES

NOWPOW



Saturday, August 27th, 2022
10 a.m. - 2 p.m.

Douglass Park
corner of California & Ogden Ave.
by playground

Bus #18/#157 or pink line to California

RSVP encouraged:
[QR Code]

Or visit:
redcap.link/BRIDGESrsvp

Don't forget your mask!
(extras will be available)



2021 Healing Together Family Fair



Meet our Patient Navigator

Patient navigation is a cornerstone of the BRIDGES system.

Recognizing that it is often far too difficult for parents and caregivers to find the support they need for themselves and their children, we knew we'd need someone to help connect families with resources. That's where Greda Erazo, the BRIDGES patient navigator, comes in. Greda connects families from Rush University Medical Center, Lawndale Christian Health Center, and the community with home-visiting, mental health resources, and supports for their essential needs like childcare and job training.

There are many meaningful great things that I can say about the BRIDGES family but will sum it up in a few sentences. Having the opportunity to make a positive contribution to society gives me great pleasure and makes me grow as a person. Having access to programs that help me help other families is phenomenal, and working with leaders that model good behavior and treat families the way you would treat any important relationship in your life is just priceless.



Greda Erazo
BRIDGES Patient Navigator

Hear more of what Greda had to say about her role as a patient navigator during a recent interview with Rush*:

What drew you to the work of a patient care navigator?

Being able to guide patients through various aspects of the health care system, making sure they are well informed and receive adequate care. Making sure families get the most out of the programs being offered through [initiatives like BRIDGES] - preventing early trauma to improve adult health.

Can you give us an example from your work that explains how a patient care navigator goes beyond the expected for patients?

I have many examples, but the one that sticks out the most is a patient who I received from the Franciscan homeless shelter located on Harrison Avenue. The patient had no primary care doctor, no insurance, and had health issues. As time passed, I was able to order share rides for the patient to make it to the community health center for free care. I kept an eye out for the patient even after hours.

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Later, the patient was able to receive Medicaid, and from there I was able to establish the patient at Rush with primary care. Eventually, the patient was connected to care management at Rush and later received assistance for an apartment. The patient is currently managing his own health in an exceptional manner.

What do you want others to know about the work of a patient care navigator?

The patient care navigator/clinical resource is a role that is long overdue in the health care of a patient. We are many times the one who closes the gaps in care, identify many needs based on assessment tools that we use and relay important information to the clinical care teams... We go over and beyond to assist our families in meeting their health care needs. We have great communication skills and love what we do.

*Featured in "Patient Care Navigators Provide Empathy, Compassion and Understanding to Patients," published by *Rush News* on July 11, 2022.

BRIDGES Training Updates



This Spring, BRIDGES CPT members Vikki Rompala and Marcy Safyer led two virtual trainings on the [DC:0-5](#) diagnostic classification system of mental health and developmental disorders of infancy and early childhood. Over 40 providers across multiple disciplines attended these trainings, which aimed to prepare the workforce to diagnose emotional health challenges in infants and young children and bill for the services they need to support their growth.

If you missed out on this training opportunity, you will have another opportunity later this year! Email Avelina Padin (avelina_c_padin@rush.edu) if you'd like to be kept up-to-date about upcoming DC:0-5 training opportunities.



Circle of Security
INTERNATIONAL
Early Intervention Program for Parents & Children

Circle of Security training continues! So far, we have trained 40 providers and parent leaders in Circle of Security, and have plans to train an additional 25-30 BRIDGES providers and parents by the end of 2023.

The Encompassing Center is now offering Narrative Exposure Therapy for perinatal clients!

Jennifer Smith of the Encompassing Center is now offering Narrative Exposure Therapy (NET) to pregnant and postpartum clients suffering with posttraumatic stress disorder (PTSD). NET is a manualized, short-term trauma therapy (4-12 sessions) that integrates exposure and testimony therapy to construct an individual's autobiographical memories of traumatic events.

[The Encompassing Center](#) provides free mental health treatment to residents of East and West Garfield Park, Near West Side, and North Lawndale. Interested in learning more? Contact the Encompassing Center at 312-320-6363.

Jennifer Smith received her training in perinatal NET from Dr. Natalie Stevens, a member of the BRIDGES leadership team. Hear what she had to say about her training experience, and keep an eye out for future NET training opportunities in 2023!



The NET training was a beautiful experience that allowed me to tap into the cognitive, affective and sensory memories of the person across from me. NET helps clinicians to stay focused, engage in active listening, inquisitive questioning and positive regard with their client. It feels like you are there with the client and allows a space for them to visually explore through the lifeline, reduce PTSD symptoms, and redefine their own story.



Happy Summer from BRIDGES

For general inquiries related to BRIDGES, please contact us as BRIDGES@rush.edu