

## Our Mission:

To empower individuals of all abilities to take charge of their own learning and lives, making it possible for them to be competent, caring and contributing members of society; and to provide learning opportunities for families, professionals, and communities to support those efforts.

## In the Spotlight! - World Mental Health Day



On October 10<sup>th</sup>, IRL celebrated World Mental Health Day through a social media campaign. The World Health Organization states that the goal of World Mental Health Day is to raise mental health awareness and empower each of us to contribute to ensure people living with mental health vulnerabilities can live better lives with dignity.

But what is Mental Health? U.S. Center for Disease Control and Prevention defines mental health as a stage of your emotional, psychological, and social well-being, and it affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

IRL's own Abel V. sat down with IRL's Sr. Program Director of Clinical Services, Dr. Janet Lester to highlight some resources for mental health services and to learn more about IRL's Clinical Services program.

**First and foremost, Dr. Lester explained that getting enough sleep, eating healthy, exercising, and talking to others are great ways to improve your mental health daily. In addition, Dr. Lester shared that there are 24/7 hotlines available to provide outreach and services to those in need.**

- Los Angeles County Department of Mental Health's hotline number is 800-854-7771 and they can provide resources for adult mental health services.
- National Suicide Prevention lifeline is 1-800-273-8255 is staffed by Didi Hirsch in Los Angeles and they are experts at helping someone when they are feeling down or have lost hope.
- Substance abuse help line is 844-804-7500.

### Abel - How long have you been working at IRL?

Janet - I have been at this program for three years. And previously I worked at Almansor Academy back in 1989 and I also worked at Total Education Solutions in the year 2000. So, this is my third time around. Glad to be back.

### A - What's your position and what do you do for IRL?

J - I am a Senior Director for the Clinical Services program here at the Institute for the Redesign of Learning and also known as Almansor Clinical Services for our community members.

### A - How many people do you serve?

J - So right now we serve about 1,156 clients - about 956 of those are out in the field or at a one of 189 schools throughout Los Angeles and then the rest are students from Almansor Academy and Westmoreland Academy. However, pre-Covid, we were serving approximately 1,500 clients.

### A - How does your program operates?

Janet - Our program provides a full array of mental health services for children, youth, and adults aged 0-21. A therapist will engage and complete an intake with the child/youth and parent/caregiver to complete a full assessment and develop a treatment plan. Services may include: Individual Therapy, Family Therapy, Case Management, Psychiatric Evaluation, and Medication Support Services, if needed.

Scan the QR code to read the full interview on our Blog!



## IRL's Annual Thanksgiving Feast!

IRL programs are planning their annual Thanksgiving Feast cooked by the IRL staff. We will be serving approximately 400 meals to students and clients and would greatly appreciate your assistance to make this a huge, yummy success.

We are in need of boxes of stuffing, instant mashed potatoes, cans of corn, cranberry sauce, and gravy. Please drop off donations at our headquarters located at 625 Fair Oaks Avenue, #300 in South Pasadena by Nov. 12th.

You can also donate to our PayPal account and we will do the shopping for turkeys, ham, and good ol' pumpkin and apple pie! PayPal: [www.paypal.com/paypalme/IRLAlmanson](http://www.paypal.com/paypalme/IRLAlmanson) or scan the QR code!

We greatly appreciate your support and hope to make this an extra special event this year!



## Support from our Partners!

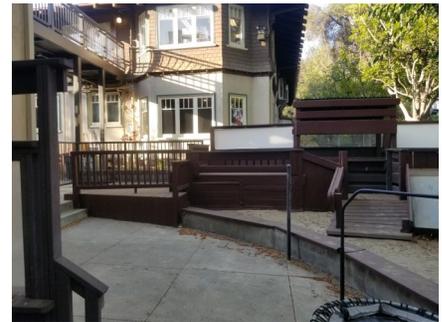
October started with off with a donation of PPE products from our community partners San Gabriel Chamber of Commerce (SGCC) and City of Hope (COH). The contributions included masks, surface disinfecting solutions (for classes and desks), gloves, and individual hand sanitizers.



These donations are helping to keep our program spaces clean while providing our clients with a safer environment to learn and to interact with their peers. A special thank you to Sandy Rosco, Executive Director at San Gabriel Chamber of Commerce and Cristal Morse, Physician Relations Liaison - Enterprise Growth and Innovation at City of Hope.

## Save the Date! 2nd Annual Online Auction - December 1-6, 2021!

IRL is having our second annual Online Silent Auction December 1-6, 2021 to raise money to complete the Westmoreland Academy's Sensory Playground. Started several years ago, the playground has gone through several revisions to make it safe for our students. Last year we raised \$7,330, however we need \$10,000 more to reach our goal to finish renovations. We are accepting sponsorships, monetary donations, and items for the silent auction, such as jewelry, gift cards, wine, events, private vacation rentals, etc. Please contact Gabriel Vazquez at (213) 607-4342 or email [gvazquez@redesignlearning.org](mailto:gvazquez@redesignlearning.org) to donate or become a sponsor!



To help support our work throughout IRL as we start the new school year, please consider donating through our secure donation link on our website ([www.redesignlearning.org](http://www.redesignlearning.org)).

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