

Univision Joins LACDMH In Promoting e-CPR and Survivor Day

By Kathleen Piché, LCSW, Public Affairs Director



LACDMH continues to partner with Univision for a local and statewide focus on mental health and client success stories. The Spanish speaking network films and airs the segments, entitled “Una Mente, Una Vida,” on Channel 34 twice a month.

“Una Mente, Una Vida” will air as part of Univision’s regular newscasts on Friday and Saturday nights in two parts: a client interview and a clinician interview starting this Friday at 11 PM and Saturday at 6 PM. The first recorded segment, on **e-CPR**, will air December 2, 2016 at 11 pm.

The “Una Mente, Una Vida” segment on Emotional CPR (eCPR) features LACDMH Senior Community Worker, **Arthur Gomez**. Arthur is the only Spanish-speaking e-CPR trainer in LA County. E-CPR trainee **Freide Escobar** was also interviewed. eCPR is an educational program designed to teach anyone how to help someone through an emotional crisis by the use of three simple steps (C = Connecting, P = emPowering and R = Revitalizing).

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Dan Fisher, MD, Ph.D., co-founded eCPR and is lead trainer through the National Coalition for Mental Health Recovery. Dr. Fisher developed eCPR in response to his own lived experience of being diagnosed with schizophrenia. He discovered effective help could result through laymen by simply relating to others as a human being; through eCPR, one can learn how to form supportive connections that empower a person in emotional crisis so they are able to feel revitalized and quickly resume a role in their community.

As a Ph.D., Dr. Fisher was studying chemical effects in the brain, specifically asking if chemicals were responsible for emotions. Dr. Fisher's first psychotic break resulted from him feeling as though he had become one of these chemicals affecting his own body. This led Dr. Fisher to become a psychiatrist to understand his own condition and to better help others.

Three weeks after hurricane Katrina hit New Orleans, Dr. Fisher and a team of his peers visited the ravaged area to help those who had been traumatized. In working with 50 locals, he found that the non-clinical techniques he'd developed, specifically connecting, empowering and revitalizing others, were extremely helpful in mitigating crisis.

The second "Una Mente, Una Vida" taping discusses depression and suicide prevention, highlighting annual "Survivor Day."

The segment features American Foundation of Suicide Prevention (AFSP) volunteer **Guadalupe Aguilar**, who talks about losing two brothers to suicide.

Ricardo Guerra Caban, bilingual coordinator at the Didi Hirsch Suicide Prevention Center, was interviewed about helping those who have experienced the loss of a loved one from a clinical perspective.

The 18th annual International Survivors of Suicide Loss Day was sponsored by AFSP and Didi Hirsch. Additional details about Survivor Day can be found at www.survivorday.org.

In 1999, U.S. Senator Harry Reid, a survivor of his father's 1972 suicide, introduced a new resolution into the US Senate. With its passage, the US Congress designated the Saturday before American Thanksgiving "National Survivors of Suicide Day," a day on

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which friends and family of those who have died by suicide can join together for healing and support. This year there are over 350 locally organized events held throughout the US, Canada, and around the world.



Julio Cesar Ortiz, MFT, reporter from Univision spearheaded the “Una Mente, Una Vida” project, has partnered with the LACDMH PIO for over two years to produce the news segments. The goal is to increase awareness of mental health issues in the Latino community. Univision reaches over 1.2 million viewers during the 11 PM news broadcast and over 2 million during the 6 PM broadcast. Stay tuned to hear when the next segment will air.