



Mental Health News

April 2017

They know the **Five Signs**
of emotional suffering.
Do You?



CHANGE DIRECTION WITH LA COUNTY DURING MENTAL HEALTH MONTH

By Kathleen Piché, Public Affairs Director

May is nationally recognized as Mental Health Awareness Month, a time for people across the nation to come together and raise awareness about the importance of mental health.

Los Angeles County is gearing up to take action in May by joining the national campaign to Change Direction, which seeks to change the culture of mental health in America so that those in need can receive the care and support they deserve. The campaign encourages all Americans to pay attention to their emotional well-being and reminds us that emotional well-being is just as

important as physical well-being. This global campaign urges all to change the way we view mental health issues in our communities in five ways:

1. By creating **dialogue**—around barriers and access to care, encouraging care for those we love and for ourselves; and building community awareness.
2. By identifying the **five signs of emotional suffering**—including personality changes; uncharacteristic anger, anxiety or agitation; isolation or withdrawal; self-neglect or risky behavior; and hopelessness.
3. By **learning healthy habits**, such as

proper eating, sleeping, physical activity, getting emotional check-ups; engaging in positive relationships; relaxing to reduce stress; and identifying the five signs of emotional suffering and reaching out, connecting and helping others.

4. **By choosing an idea to set the stage in your community.**
5. **By getting engaged.** Register at www.changedirection.org/engage-la/; take photos and post to social media using #ChangeMentalHealth; and share with others.

As part of the **Global Summit On Mental Health Culture Change**, three inspiring, engaging days of culture change discussions and activities will bring together the entertainment community, thought leaders, stakeholders and activists. Participants will witness and take part in conversations, service projects, performances and experiences to explore the barriers across, and within, groups as they relate to mental health and culture change.

May 1 – Film Screening of “The Dinner.”

Mental health awareness month kicks off with a screening of “The Dinner,” a film based on the best-selling novel by Herman Koch. Starring Richard Gere, Laura Linney, Steve Coogan and Rebecca Hall, “The Dinner” is a powerful psychological thriller that explores the consequences of unaddressed trauma and mental illness in the lives of two families. A red carpet screening of the U.S. premiere of Oren Moverman’s eagerly anticipated film will provide the perfect beginning for this three-day series of events.

May 2 – Get Engaged

A Day to Change Direction is all about creating opportunities to engage, educate and inspire. LACDMH will focus on five populations with unique and compelling mental health challenges:

- Children and youth
- Veterans and military families
- People experiencing homelessness
- Refugees and immigrants
- At-risk seniors

Engagement activities will invite our county partners, corporate supporters, non-profit friends, celebrity champions – and everyday citizens – to join us at events across Los Angeles County.

May 3 – The Global Summit

The entertainment community joins thought leaders and stakeholders for a day filled with conversations, performances and experiences. The Summit will explore cultural barriers across and within groups – and examine innovative programs, inspirational movements and unique opportunities.

Los Angeles is Changing Direction

Many well-respected organizations around the world are focusing on mental health in new and innovative ways. The Global Summit on Mental Health Culture Change is the first of its kind in bringing together thought leaders, stakeholders, policy makers, change agents with the entertainment industry to focus exclusively on addressing culture as a primary barrier to changing the way we think about, talk about and address emotional well-being and mental health.

Get Involved

The campaign provides outreach and promotional tools to raise awareness about the five signs, as well as mental health resources for people experiencing these symptoms.

There are many ways to take action and get involved. Below are a few. For more information: <http://www.changedirection.org>.

Take the Pledge: mental illness and wellness.

Give an Hour – the organization behind the Campaign to Change Direction – created the Global Summit on Mental Health Culture Change to showcase successful efforts, forge new alliances and create a strategic vision to eradicate the fear, shame and guilt that prevents those who are suffering from receiving the compassionate care they deserve. Culture change will bring lasting change.

Tweets to Share:

- Join us in changing the culture around mental health. Learn the 5 signs at changedirection.org & post a [#changementalhealthselfie](https://twitter.com/changedirection).
- Do you know the 5 signs of emotional suffering? Find out at changedirection.org & join @MichelleObama + #PrinceHarry in raising awareness [#changementalhealth](https://twitter.com/changedirection). ♦

Healthy Habits of Emotional Well-being



Take care
Eat well, sleep well, exercise



Check in
With family, friends & counselors



Engage
You can't be healthy emotionally if your relationships aren't



Relax
Be active, meditate, garden, dance, love, cook, sing...



Know
Know the Five Signs of emotional suffering



www.changedirection.org


REFLECTIONS

Heartbeats of Hope

"During such extreme emotional states, the fundamental basis of my life was upset. During such periods it was as if my emotional heart was failing to beat normally and there were interruptions in the flow of my life. eCPR is a form of heart-to-heart resuscitation. eCPR is designed to restore the dialogical flow of life in persons whose distress has trapped them in fear, anger, and sadness."

- Dan Fisher, M.D., Ph.D. , Founder of emotional CPR (eCPR)



I chose the quote because in it I share what aspect of my lived experience led me to develop eCPR.

- Dan Fisher, M.D., Ph.D., Founder of emotional CPR (eCPR), CEO of the National Empowerment Center, board-certified psychiatrist, neurochemist, faculty member at University of Massachusetts Medical School, and author of "Heartbeats of Hope: The Empowerment Way to Recover Your Life"

We welcome submissions of inspirational quotes, poems or passages from LACDMH employees for future editions of Mental Health News. Please send yours to pio@dmh.lacounty.gov.

ARMENIAN MENTAL HEALTH T.V. TALK SHOW COMPLETES SECOND SEASON

By Kathleen Piché, Public Affairs Director



Forty-four mental health TV talk shows, entitled, "Hayatsk Depi Ners," were televised on the Armenian-Russian Television Network, ARTN/Shant for a period of six months, funded by LACDMH's Underserved Cultural Communities (UsCC) Eastern European Middle Eastern subcommittee (EE/ME). For this season, new mental health topics were introduced to educate and inform the public about common mental health issues currently impacting the Armenian community and how to access services that are offered by the Los Angeles County Department of Mental Health.

The T.V. ratings of the shows were remarkable. Based on the feedback provided by T.V. viewers, Armenian community members felt that the talk shows were culturally relevant, educational and thought-provoking. The community expressed a need for the continuation of this show.

As a result of the success of the shows, Dr. Anna Yaralyan, who is LACDMH's EE/ME UsCC Liaison, was recognized at the Pathways to Leadership Symposium on Saturday, March 4th for her work in Mental Health and her commitment to reducing mental health stigma in the Armenian community of Los Angeles County. This event was sponsored and led by the Armenian International Women's Association (AWIA) and its focus was to honor Armenian women who are influential community leaders.

The LA County Board of Supervisors proclaimed April as Armenian History Month.

"The Board officially recognizes the vast contribution of the Armenian



community to LA County's economy and culture," said Supervisor Kathryn Barger, Fifth District. "The month of April holds significant meaning for our Armenian friends and neighbors and this resolution acknowledges the challenges and accomplishments of their rich history."

"During Armenian History Month, L.A. County will celebrate the rich culture and heritage of the Armenian people worldwide and their contributions to our society as well as recognize the dark days of the Armenian Genocide," said Supervisor Janice Hahn, Fourth District.

Supervisor Barger has honored a distinguished leader of the Armenian community at each meeting of the Board until April 18th, which the Board of Supervisors proclaimed "Day of Remembrance" for the Armenian Genocide.

(Pictures are from some of the shows and a news segment about LACDMH Mental Health Talk Show, "Hayatsk Depi Ners" produced and aired by ARTN on ARTN-Shant Nightly News. This segment was recorded on Wednesday, March 8th, 2017, and aired Thursday, March 9th, 2017 at 8:30 pm.) ♦

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