



Los Angeles County  
*Mental Health Wellness Magazine*

# Minds & Matters

SPRING 2013

## In This Issue

Dr. Southard

Employee  
Recognition

Groundbreaking for  
Mosaic Gardens

Fuller Hosts Mental  
Illness and Violence  
Conference

DMH News

A Final Thought



## LACDMH HOSTS SYMPOSIUM FOR CALWORKS PARTICIPANTS

The Los Angeles County Department of Mental Health (LACDMH) Adult Systems of Care (ASOC) CalWORKs program hosted its first-ever symposium for CalWORKs participants entitled "Working toward My Future" on Tuesday, January 22, 2013 at the California Endowment in downtown Los Angeles.

More than 150 people attended the day-long symposium. The welcome and opening remarks were made by CalWORKs District Chief Dolores Daniel, LCSW, and ASOC Deputy Director Cathy Warner, LCSW. During welcoming remarks, Warner told the audience members to hold onto what makes them unique and special. "Each of you has a personal story. It's important to keep that story of yours. Do not lose your personal identity. Keep your authenticity and share your story with others," she said.

One of those individuals who shared her own success story during the symposium was Amanda Jillian-Lamond Holden. She was the keynote speaker for the event who shared her own inspirational story. Holden was a former CalWORKS participant who worked hard to become a medical doctor while raising two sons as a single mother. She stressed the importance of setting goals and staying the course with the help of support systems like family and friends. Now, Holden is an attending physician at a San Diego area hospital and married with three sons. Throughout her journey, she reminded herself of why she was working hard and the type of role model she wanted to be for her young children. "What you model now will shape them (your kids) in the future", Dr. Holden told the audience.

After the morning speaker, attendees went to workshops and also participated in a peer-to-peer session throughout the day. The goal of the symposium was to increase hope, dignity, self-work and resiliency toward employment.

hope  
wellness  
recovery

[dmh.lacounty.gov](http://dmh.lacounty.gov)





# Minds & Matters

From Marvin J. Southard, D.S.W., Director  
Los Angeles County Department of Mental Health



## ***Exodus***

On the radio, I heard President Obama speaking during his visit to Israel about the story of the Exodus of the Israelites from the captivity of Egypt through the trials of the desert to the Promised Land. He pointed out the universal appeal of the story of Passover and the subsequent exodus, and applied it to his own personal story of growing up without deep roots and the intense longing for a homeland that he experienced. The President was telling the story to make a political as well as a personal point, but it made me think of our work as well.

All human beings are on a journey to find a home and a place to belong: the Promised Land where we can all make our contribution and be appreciated for the contribution that we make. For people with serious mental illness, the obstacles to finding that home where they are respected and included can sometimes seem like the 40 years wandering in the desert. The current changes in our health care system that are bringing together primary care, mental health care and substance abuse treatment in a coordinated fashion offer us the opportunity to make the path to recovery and wellness for those with mental illness much smoother than it has historically been.

But the time is short, the challenges are complicated and numerous, and the path cannot be navigated alone; we must travel with numerous essential partners such as health systems, community agencies, ethnic communities and political powers. But I know we have the talent and the commitment within the Los Angeles County Department of Mental Health to make all the changes necessary to make our clients' path to their Promised Land a little shorter.

*Marvin J. Southard, D.S.W.*

**hope** wellness  
recovery



# Employee Recognition

## Retired

### December 2012

Beverly Byrd, 29 yrs  
Cecilia Foster, 40 yrs  
Judy Long, 25 yrs  
Debra Scalise, 20 yrs  
Anthony Richardson,  
19 yrs

### January 2013

Greg Albino Jr., 25 yrs  
Hermine Bafiera, 12 yrs  
Sherrill Lee, 38 yrs  
Greta Oducayen, 25 yrs  
Mary Tanaka, 12 yrs  
Harry Taylor III, 10 yrs  
Karen Williams, 13 yrs  
Zari Zargarbashi, 16 yrs

### February 2013

Manuel Aceves, 39 yrs  
Gwendolyn Bedell,  
35 yrs  
Chu Lee, 11 yrs  
Rita Wright, 26 yrs



## ANNUAL AWARDS LUNCHEON By Lee Gomberg, Ph.D., PSDC Secretary

The Los Angeles County Psychological Services Development Committee (PSDC) held its annual awards luncheon and training day on Saturday, December 8, 2012 at the California Endowment Center in downtown. The annual event provides an opportunity for Los Angeles County psychologists to come together for a day of training, networking and employee recognition. This year's continuing education topic was "Psychological Consultation in Behavioral Medicine and Integrated Care Settings".

The Distinguished Service Award was presented to the PSDC chair, Dr. David J. Martin, Chief Psychologist. Dr. Martin recently accepted a position with the American Psychological Association in Washington, DC.

The Psychologist of the Year Award was presented to Dr. Garrett Horne, Supervising Psychologist in Service Area 3 Psychiatric Mobile Response Team (PMRT). The Rising Star in Clinical Psychology Awards were given to Dr. Lauren Jackson from Harbor UCLA and Dr. Brian Dow from South Bay Mental Health.

The PSDC wishes to thank all of this year's presenters and event coordinators: Dr. David Martin, Astrid Reina-Patton, Gloria Sanchez, Rhea Holler, Jeanette Lantz, Annie Hsueh, Jeff Gorsuch, Robert Irvin, Jennifer Hunt and Lori Willis.

## LACDMH AND BURBANK PD MET RECEIVE AWARD



The Burbank Police Department's (BPD) Mental Evaluation Team (MET), working with the Los Angeles County Department of Mental Health's (LACDMH) Emergency Outreach Bureau (EOB), received the 2013 Outstanding Mental Health Partnership Award from the Peace Officers Association of Los Angeles.

The award was given during the Los Angeles County Centurion Awards for Excellence dinner held at the University of Southern California on Thursday, March 21, 2013.



## GROUNDBREAKING FOR MOSAIC GARDENS

BY KAREN ZARSADIAZ-IGE, PUBLIC INFORMATION OFFICER II

On Wednesday, January 23, 2013, LINC Housing hosted a groundbreaking for Mosaic Gardens in Huntington Park. The project, partially funded by the Mental Health Services Act (MHSA), will transform and rehabilitate Mosaic Gardens from a former motel into 24 new apartment homes for all ages, including former foster youth.

Los Angeles County Department of Mental Health (LACDMH) Director Marvin Southard, D.S.W., celebrated the start of construction. LACDMH is one of the funding partners for the \$10-million development which is registered with the U.S. Green Building Council.

Fifteen of the 24 apartment homes are reserved for transitional age youth (TAY) between the ages of 18-24. The new homes will give TAY a stable, healthy place to live. Mosaic Gardens will include a playground, community room, private counseling rooms and a computer lab. Families who are eligible to live there earn between 30-50% of the area median income for Los Angeles County, as established by HUD.

“The thing that is the most touching about places like this (Mosaic Gardens) is that we give families and transitional age youth a home – a community. Many of them don’t have that and it is places like this where they form a community. This is a wonderful place for young people and families. This is a benefit to the city of Huntington Park and the community,” said Dr. Southard to the audience. At the event, Dr. Southard joined LINC Housing’s president and CEO Hunter Johnson and Huntington Park’s mayor Andy Molina.

Construction for Mosaic Gardens is expected to be completed by the end of this year or early 2014. Funding for the community has been provided by a variety of sources, including LACDMH, the City of Huntington Park, Los Angeles County General Fund/Homeless Service Center Funds, Los Angeles County Community Development Commission, Housing Authority of the County of Los Angeles Project-Based Vouchers, California Department of Mental Health through MHSA, Federal Home Loan Bank’s Affordable Housing Program, a grant from Chase Bank, a construction loan from U.S. Bank, and tax credit equity from Raymond James Tax Credit Funds, Inc.

# In Their Own Words



## FULLER HOSTS MENTAL ILLNESS AND GUN VIOLENCE CONFERENCE

BY KATHLEEN PICHÉ, PUBLIC AFFAIRS DIRECTOR

Over 16 national and local speakers gathered Monday, February 11, 2013 at the Fuller Theological Seminary in Pasadena, to discuss how communities are facing the challenge of gun violence. The conference was presented by NAMI San Gabriel Valley, Fuller's School of Psychology and Pacific Clinics, and was sponsored by All Saints Episcopal Church, the Pasadena Mental Health Advisory Committee and Peace over Violence. Entitled "Facing the Crisis: Mental Illness and Gun Violence," the day began with a welcome from Dr. Winston Gooden, Dean of the Fuller School of Psychology.

Keynote speaker Marvin Southard, D.S.W., LACMDH Director, pointed out the categories we place others in, stressed the need for social inclusion, and highlighted LACDMH's participation in programs with law enforcement and LAUSD. He described the purpose and success of the department's School Threat Assessment and Response Team (START), which provides threat prevention and management services to educational institutions and federal law enforcement agencies, and is designed to prevent targeted school violence.

Local dignitaries also spoke, including: Pasadena Mayor Bill Bogaard, Pasadena Police Chief Phillip Sanchez and Pasadena Public Health Director Eric Walsh, M.D., who sees violence as a socially infectious disease. Walsh cited a 2005 Chicago study that concluded that those witnessing gun violence are 3-5 times more likely to be violent themselves.

Community-based leaders were present as well, including Gunnar Christiansen, M.D., NAMI Director of Faith Outreach, who talked about the problems of stigma related to mental illness; Reverend Ed Bacon, Rector, Pasadena All Saints Episcopal Church, who mentioned his own eight-year battle with depression and how it helps him relate to others; and Keris Myrick, Ph.D.c., President, NAMI National, Executive Director, Project Return Peer Support Network, who talked about the contact model to reduce stigma and noted that quality care and access are other areas needing attention.

Adding color and a broader view of what it's like to be diagnosed schizophrenic, Dr. Frederick Frese III, Professor of Psychology, Northeast Ohio University College of Medicine, gave the audience a history lesson on mental health and violence and pointed out that a tiny percentage of those diagnosed are dangerous. Dr. Richard Josiassen, Professor of Psychiatry and Psychology, Drexel University, presented a video-taped interview of a man that committed murder due to the psychosis he was experiencing.

Two panels in the afternoon reviewed the mental health crisis in our community and discussed gun violence as a byproduct of a violent culture.

## WELCOME TO THE LA WARMLINE

**By Michael Tredinnick, Ph.D., Supervising Psychologist, ACCESS Center**

The Los Angeles County, Department of Mental Health (LACDMH) ACCESS Center is collaborating with Didi Hirsch Mental Health Clinic and three local warmlines to provide a new talkline, the LA Warmline.

Our community partners, Project Return, Community Helpline and the Hotline of Southern California, provide services during the daytime, but at 10PM their calls all roll over to the LA Warmline. Staffed by medical caseworkers and funded by CalMHSA, this warmline is open from 10PM to 6AM. Those answering the phones, known as “listeners”, follow safe talk principles and help callers identify their main concern. They then develop their own action plan, typically within 15 minutes. Crisis calls are either referred to the ACCESS Center or to the Suicide Prevention Line, depending on the need.

The callers represent a cross section of the community. Some call for information and referrals, but many callers want to talk because they are experiencing loneliness, financial problems, relationship problems, substance use issues, and difficulties with employers or therapists. The availability of non-judgmental listeners often allows the callers to see their concerns within a manageable context and/or provides them with a straightforward approach to begin to resolve their issues or concerns. In fact, about 40% of the callers describe a noticeable improvement in their coping skills as a result of having been able to speak to a listener on the line.

The LA Warmline is already receiving about 450 calls per month and is providing a safe place to talk for both first-time and established callers. Referrals from clinicians and case managers are welcome as many clients benefit from the option of speaking to a nonjudgmental listener in the nights between their therapy sessions. This service is intended for anyone living in Los Angeles County and not necessarily a client of LACDMH services.

For further information, contact Dr. Tredinnick at [tredinnick@dmh.lacounty.gov](mailto:tredinnick@dmh.lacounty.gov).

### Contact Information:

LA Warmline	Tel: 855-952-9276	Sun to Sat, 10PM to 6AM
Suicide Crisis Line	Tel: 877-727-4747	24HRS
ACCESS Center	Tel: 800-854-7771	24 HRS
Hotline of Southern California	Tel: 562-596-5548	Sun to Sat, 9AM to 10PM
Community Helpline	Tel: 877-541-2525	Sun to Sat, 9AM to 10PM
Project Return	Tel: 888-448-9777	Mon to Fri, 5PM to 10PM

## LACDMH CELEBRATES MENLO FAMILY GRAND OPENING

On Thursday, March 7, 2013, Little Tokyo Services Center (LTSC) hosted a grand opening and ribbon-cutting ceremony for Menlo Family Apartments near downtown Los Angeles. It is one of the many housing program projects funded by the voter-passed Mental Health Services Act (MHSA) and supported by the Los Angeles County Department of Mental Health (LACDMH). The project was a development planned by both LTSC and the Koreatown Youth and Community Center (KYCC).

Menlo Family Apartments consists of 60 units with half of the units funded by MHSA and specifically targeting homeless families, homeless families with children with mental illness and homeless transition age youth (TAY). The units range from one to three-bedroom apartments.



# hope wellness recovery

## LACDMH Mission

*Enriching lives through partnerships designed to strengthen the community's capacity to support recovery and resiliency.*

## Our Values

**Integrity:** We conduct ourselves professionally according to the highest ethical standards.

**Respect:** We recognize the uniqueness of every individual and treat all people in a way that affirms their personal worth and dignity.

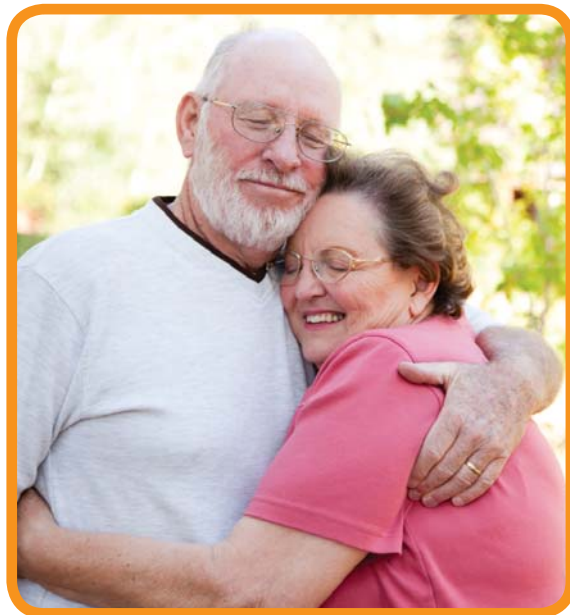
**Accountability:** We take responsibility for our choices and their outcomes.

**Collaboration:** We work together toward common goals by partnering with the whole community, sharing knowledge, building strong consensus, and sharing decision-making.

**Dedication:** We will do whatever it takes to improve the lives of our clients and communities.

**Transparency:** We openly convey our ideas, decisions and outcomes to ensure trust in our organization.

**Quality and Excellence:** We identify the highest personal, organizational, professional and clinical standards and commit ourselves to achieving those standards by continually improving every aspect of our performance.



Los Angeles County  
Department of Mental Health  
is dedicated to partnering with  
clients, families and communities  
to create hope, wellness and recovery.



<http://dmh.lacounty.gov>

Los Angeles County  
Board Of Supervisors

William T Fujioka,  
Chief Executive Officer  
Gloria Molina, First District  
Mark Ridley-Thomas,  
Second District  
Zev Yaroslavsky, Third District  
Don Knabe, Fourth District  
Michael D. Antonovich, Fifth District

Los Angeles County  
Mental Health Commission

Terry G. Lewis, MS - Exec. Director  
Larry Gasco, PhD, LCSW - Chairman  
Jerry Lubin, AICP - Vice Chair  
Delores Huffman - Secretary  
Frank C. Baron - CALMHB/C Rep.  
Barry Perrou, PsyD – Member-at-  
Large  
Victoria A. Sofro – Member-at-Large  
Herman L. DeBose, PhD – Member-  
at-Large  
Howard Askins, MD, JD  
Judy A. Cooperberg, MS CPRP  
Arnold L. Gilberg, MD, PhD  
Hayward McNeill, MPH

Los Angeles County  
Department of Mental Health

550 South Vermont Ave., 6th Floor  
Los Angeles, CA 90020  
<http://dmh.lacounty.gov>

Director: Marvin J. Southard, DSW  
Editor-in-Chief: Kathleen Piché,  
LCSW

Contributors: Karen Zarsadiaz-Ige,  
PIO II, Kimberli Washington, ITC/  
PIO, Vienna To, ITC/PIO

Minds & Matters is published by the  
Los Angeles County  
Department of Mental Health.  
For article ideas and submissions,  
e-mail [kpiche@dmh.lacounty.gov](mailto:kpiche@dmh.lacounty.gov)  
or fax to (213) 383-8284.



# A Final Thought



## AWARENESS IS COMING

BY KATHLEEN PICHÉ, L.C.S.W., PUBLIC AFFAIRS DIRECTOR

May is Mental Health Awareness Month, and this year the LACDMH Public Information Office has many powerful tools for everyone to utilize in encouraging prevention, education and awareness related to mental health issues. First, we have produced three new segments of the Emmy Award-winning television series *Profiles of Hope*. Second, we have created nine new segments of the monthly *Meeting of the Minds* video news-magazine, to debut each month throughout the year on the LA County Channel and on the LACDMH website and YouTube site (<http://www.youtube.com/user/lacdmhpio>). Lastly, we are launching a mental health awareness campaign associated with a lime green ribbon and bracelet, featuring L.A. Laker Metta World Peace as our spokesperson.

The new *Profiles of Hope* series highlights the stories of singer/actor Rick Springfield, actress/model/writer Mariel Hemingway and award-winning film/television director Paris Barclay. All profiles speak honestly on various public and private issues relating to themselves and their families on their road to hope, wellness and recovery, including barriers related to psychosis, depression, suicidal ideation, addiction, same-sex marriage and foster child adoption. The series will be broadcast on KLCS-TV and on the County Channel in May 2013, and will be available online and through the Public Information Office.

The ten-minute episodes of *Meeting of the Minds* will again feature three segments: *Mental Health Minute*, hosted by Karen Zarsadiaz-Ige, LACDMH Public Information Officer II, informing us on current issues related to mental health in general; *Message from the Director*, featuring Marvin Southard, D.S.W, LACDMH Director, who speaks about current news related to the department; and *Walk the Talk*, interviews I have conducted with current and former clients who have overcome almost every setback and hardship imaginable, including homelessness, trauma, depression, suicidal ideation, anxiety, substance use and personality disorders. The interviews are meant to inspire others in the community to openly discuss their problems and seek help if necessary. Studies show that early intervention improves outcomes.

The lime green ribbon campaign will be promoted with actual ribbons and bracelets to be distributed throughout the community to promote a constant visual awareness of mental health issues. Metta World Peace will continue advocating for children's mental health by speaking to local L.A. schools and traveling to Washington, D.C. to promote Congresswoman Grace Napolitano's Mental Health in Schools Act (<http://napolitano.house.gov/press-release/rep-napolitano-metta-world-peace-promote-mental-health>). World Peace already has a website dedicated to the lime green ribbon: <http://www.limelightmentalhealth.com/>.