



Los Angeles County
Mental Health Wellness Magazine

Minds & Matters

WINTER 2015

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LACDMH BREAKS GROUND ON ARCADIA MH CENTER

On Monday, October 20, 2014, Los Angeles County Supervisor Michael D. Antonovich, representing the Fifth District, joined the Los Angeles County Department of Mental Health (LACDMH) and the Department of Public Works at the groundbreaking ceremony for the Arcadia Mental Health Center.

"It's a pleasure to be here for this event. This is money well-spent because we are helping the community," said Supervisor Antonovich.

The groundbreaking kicked off construction on the long-awaited and brand-new Arcadia Mental Health Center, funded by the Mental Health Services Act (MHSA). It replaces the current building. Once the new facility is complete by fall (September 2015), the old building will be destroyed and the land will be turned into a parking lot. The new center will be 12,000 square feet and much more efficient. It will serve up to 2,800 people in the surrounding area.

"We finally arrived at the day that change has come," explained LACDMH Director Marvin Southard. "We are now doing what we can to build a new facility to achieve the hope, wellness and recovery that the community deserves."

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Minds & Matters

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



So here we are in January. As you may know, January is named after the Roman god Janus who is usually depicted as having two faces, each looking in a different direction: one to the past, the other to the future. He is thus thought of as the god of transitions. I thought January might be a particularly apt time to look at where we have been and where we are going, and the transitions we are experiencing because we have some major, stressful changes going on, but none of them are complete yet. I will highlight just a few of these many projects.

First, we are building our Health Neighborhoods, both as a consortium of providers serving a particular community and as a community empowerment effort, addressing the social determinants of health outcomes. The work is still foundational but thanks to the work of Kathleen Kerrigan, Lisa Wicker, Kumar Menon and the service area district chiefs, those foundations are strong. Next, we are expanding our diversion efforts in significant ways. The partnership with the justice system, but especially with District Attorney Jackie Lacey, has enabled us to bring attention to the need to treat rather than incarcerate many people suffering from mental illness and addiction. Teams lead by Dr. Stephen Shea, Mary Marx, Irma Castaneda, Richard Kushi, Alisa Dunn, Helena Ditko, Kim Nall and Dennis Murata, among many others, have worked together to cobble the resources from SB 82 and various sources to expand upon what we have historically done and plan to build a “system” of diversion rather than merely a collection of good programs. Teams lead by Dr. Rod Shaner, Mary Williams and Connie Draxler, among others, added the Laura’s Law functionality to our diversion and urgent care plans.

Then there are is all of the work that is going on in all of our directly operated clinics to improve access to quality care for those individuals coming into treatment because of the opportunities afforded by the Affordable Care Act, and to provide that access to

care within the stringent timelines that the ACA requires. Carlotta Childs-Seagle has been instrumental in making sure that our partnerships with health plans are evolving in the way they need to. The Care Clinic in Long Beach developed under Cathy Warner’s leadership is just one example of the many adaptations that are being made to help us meet these needs. These access requirements are being wrestled with at the same time that IBHIS activities have reached a crescendo. Bob Greenless, Paul Arns, Leslie Blacher, Margo Morales and their teams, but also the district chiefs and program heads as well as the unions, have worked together to make sure that what could have been chaos has gone relatively smoothly. Still, all of our clinics and our administration are straining to make sure that we can get things right so that the implementation of the Electronic Medical Record supports care rather than impedes it.

All of our activities monitored by outside powers are also at a crucial stage. The DOJ monitoring of Probation is coming to a successful conclusion because of the work of Terri Boykins, Karen Streich and their teams; Katie A. is entering what we believe will be the beginning of the end game because of the leadership of Bryan Mershon and Greg Lecklitner and their teams; and the DOJ work in the jail is positioned to move forward because of the work of Drs. Shea, Marsh, Kidwell and Hough, among many others.

As I mentioned earlier, these are but a very few of the many challenges that we faced in the past that will continue to need our attention in the future. But looking back at our many successes in the past, I feel confident that we can and will meet all of the challenges as we look forward into the future. So, I want to offer many thanks to those mentioned here, and to all the other dedicated project leaders and all of the people who have worked on their teams who are taking us into a new era of service delivery.

Marvin J. Southard, D.S.W.

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Employee Recognition

Retired

October 2014

Anne Bell, 13 yrs
Elena Extra, 39 yrs
Emelita Mirabueno,
25 yrs
Hector Garcia, 34 yrs
Jacqueline Clingman,
17 yrs
June Baird, 15 yrs
Martha Lojero, 41 yrs
Mary Crosby, 2 yrs
Susan Henderson, 21 yrs

November 2014

Bonita Conway, 35 yrs
Jean Wong, 25 yrs
John Fears, 48 yrs
Stella Tilghman, 25 yrs

December 2014

Donnakay Davis , 42 yrs
Gloria Sheppard, 23 yrs
Gustavo Vintas, 13 yrs
Hareda Woods, 27 yrs
Leslie Hill, 42 yrs
Peter Jay, 19 yrs

LACDMH CELEBRATES 2014 EMPLOYEES OF THE YEAR

By Karen Zarsadiaz-Ige, Public Information Officer II

On Thursday, October 9, 2014, the Los Angeles County Department of Mental Health (LACDMH) celebrated its 2014 Employees of the Year at the newly renovated Bob Hope Patriotic Hall in downtown LA. This year, there were five individual award winners along with two winning teams.

The LACDMH Employees of the Year program is designed so employees can honor their extraordinary colleagues who go above and beyond. The HONORS Committee reviews all the nominations and scores them based on criteria aligned with LACDMH's mission and values.

LACDMH Director Marvin Southard, D.S.W., hosted the event and thanked all those who were nominated and won awards for their outstanding work. "I believe we – you – already give the best services for those who are mentally ill. I believe the quality of the work we have done so far makes things better for the people of LA County. It would not be possible without the people that we are honoring today," said Dr. Southard. "Let's give ourselves a round of applause. This applause is deserved. If we do what we do well, then we are helping to give people a chance at hope, wellness and recovery."

Here are LACDMH's Employees of the Year for 2014:

Leadership:

Manuel Rosas, Jr.

Dedicated Direct Services Individual:

Carlos Preciado

Dedicated Direct Services Team:

Santa Clarita Valley MHC FCCS Team
(Anne Stenquist & Regina Hearn)

Dedicated Support Services Individual:

Gail Sulser

Dedicated Support Services Individual:

Maria T. Mata

Dedicated Support Services Team:

IBHIS Integration Team

(Abel Rosales, Archie Wilson, Cecilia Bolanos, Charlie Wang, Cindy De Felipe, Diane Zordilla, Elsa Belloso, Genevieve Hetterscheidt, Gordon Bunch, Gregory Figaire, John Fuentes, Joseph Martinez III, Juan Fermin, Justin Taylor, Katia Kermoyan, Kim Nguyen, Martin Corral, Mohammed Abdulla, Racheal Burgess, Sylvia Liu, Thelma Gonzalez, Trinh Le, William Griffin and Zak Masud.

Career Achievement

Linda Boyd



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LA COUNTY SUPERVISORS CELEBRATE PQA WINNERS

By Karen Zarsadiaz-Ige, LACDMH Public Information Officer II

The Los Angeles County Board of Supervisors recognized the Los Angeles County Department of Mental Health (LACDMH) and several other County departments that received recognition from the Quality and Productivity Commission at the 28th annual Productivity and Quality Awards. The awards ceremony was held on Wednesday, October 22nd in the Grand Hall at the Dorothy Chandler Pavilion in downtown Los Angeles.

This year, LACDMH was involved in the following projects that received recognition for enhancing employee productivity and improving the quality of services to the public:

TOP TEN AWARD & BEST SERVICE IMPROVEMENT AWARD

The Children's Welcome Center
(Children and Family Services with Health Services, Mental Health and Public Health)

SPECIAL MERIT PLAQUE AWARDS

Burbank Mental Health Evaluation Team (BMHET)
(Mental Health)

Care Clinic Innovation Long Beach Mental Health
(Mental Health)

Hope on the Horizon: Community-Based PEI Project
(Mental Health with Community Senior Services)

Intensive Field Capable Clinic Services (IFCCS)
(Mental Health with Children and Family Services)

Evidence-Based Approach to Increase Employment
(Public Social Services with Mental Health)



MENTAL HEALTH COMMISSION SPARKLES WITH NIGHT UNDER THE STARS

By Kathleen Piché, L.C.S.W., Public Affairs Director

Over 200 LACDMH staff, clients, advocates, Los Angeles County Board representatives, community-based organizations and Los Angeles County Mental Health Commissioners gathered at Catalina's Jazz and Supper Club in Hollywood on October 23, 2014, to enjoy the 15th Annual Profiles of Hope Recognition Awards, presented by the L.A. County Mental Health Commission.

The soiree began with a social hour on the patio outside Catalina's at 5:30 PM, and moved inside the jazz club promptly at 6:30, where attendees enjoyed dinner and music provided by the highly acclaimed jazz quartet from the Los Angeles High School of the Performing Arts.

The evening program commenced with new Mental Health Commissioner Lawrence (Larry) J. Lue, who served as Master of Ceremonies. Commissioner Lue introduced Mental Health Commission Chair, Larry Gasco, Ph.D., L.C.S.W., who welcomed the crowd and acknowledged former commissioners Helen Wolff, Delores Huffman and Hayward McNeill, M.P.H., and new commissioners Songhai Armstead and Jo Graham.

Larry Lue kicked off the awards by introducing Dennis Murata, M.S.W., LACDMH Deputy Director, Planning Division, who presented the Award for Outstanding Program to Mark Masaoka on behalf of the Asian Pacific Policy & Planning Council's (A3PCON) Consumer Leadership Council and Speaker's Bureau.

Next up was Peer Advocate Reba Stevens, who presented the Outstanding Consumer Advocate Award to MC Harris, Community Worker. Reba was greatly assisted by Little MC, the awardee's son.

LACDMH Legislative Analyst Susan Rajlal introduced Patricia Russell, who accepted the award for Outstanding Family Advocate. James Jones, M.D., LACDMH Service Area 8, announced that Kedren Community Mental Health Center received the Award for Outstanding Program, which was accepted by John H. Griffith, CEO/President, Kedren Community Mental Health Center.

LACDMH Chief Deputy Director Robin Kay, Ph.D., presented the Exemplary Service Award to Kathleen Piché, L.C.S.W., Public Affairs Director.

Commissioner Judy Cooperberg and Executive Director Terry Lewis proudly introduced long-time advocate and Mental Health Commissioner Victoria Sofro, who received the award for Lifetime Achievement.

Reporter Julio Cesar Ortiz accepted the award for Leadership and Social Inclusion on behalf of Univision, Channel 34.

The last award of the evening went to television and film Director/Producer Paris Barclay, who accepted the Personal Legacy Award with his two adopted foster children. Paris was featured in the 2013 Profiles of Hope series.

Closing comments were made by Commissioner Lue, who thanked everyone for their participation. As part of a newer tradition, the Mental Health Commission Awards themselves were re-named the Isaiah, to honor the image of "logo man" (or logo person) that former Transition Age Youth (TAY) client, Isaiah Hinnerichs, created for the department in 2010. Isaiah shared his journey of being a foster youth, homeless at 14, depressed and suicidal in the original Profiles of Hope series produced by the LACDMH Public Information Office.

LACDMH LONG BEACH MENTAL HEALTH PROGRAM RECEIVES CSAC AWARD

On Wednesday, November 12, 2014, the Los Angeles County Department of Mental Health (LACDMH) was recognized by Supervisor and Chairman Don Knabe and Chief Executive Officer William T Fujioka at the Board of Supervisors' regular meeting. LACDMH received a prestigious California State Association of Counties (CSAC) Challenge Award.

LACDMH's Care Clinic Innovation – Long Beach Mental Health was the only department in LA County to receive a Challenge Award this year, beating out more than 200 entries in its population categories. CSAC's yearly statewide program honors innovation in county government.

Using its existing resources, the award-winning Care Clinic has successfully and greatly improved access and service delivery by managing client flow while incorporating basic health care screenings into an outpatient mental health setting. The Long Beach Mental Health Center created an innovative, cost-effective program that delivers care initiated by the client, avoiding lengthy waiting periods usually associated with public service demands. The Care Clinic integrates health care screenings, substance use and mental health services into the client's treatment plan to create a one-stop delivery system for various health care issues (i.e., diabetes, obesity, etc.), while continuing traditional psychotropic medication support. This project established an impressive track record for cost-effective budget savings and has been replicated across five additional adult outpatient clinic venues.

LACDMH AND TEAM SOUTHARD JOIN ANNUAL NAMI WALK



On Saturday, October 11, 2014, teams representing the Los Angeles County Department of Mental Health (LACDMH) got together for an early morning walk in support of the National Alliance on Mental Illness (NAMI).

The teams participated in the 11th annual 5K NAMIWalks event at Grand Park in downtown Los Angeles. This was the first year for the NAMIWalks 5K at the Grand Park location. LACDMH was a sponsor in this year's walk.

"The NAMI Walk moved to a larger venue this year at Grand Park. I'd like to think of this as mental health moving from the periphery to the center," said Marvin Southard, DSW, LACDMH Director.

Thousands of people joined the yearly NAMI event aimed at ending stigma and supporting NAMI programs in Los Angeles County. The 5K fundraiser, "NAMIWalks: Changing Minds One Step at a Time", helps support programs of education, research and advocacy for those who suffer from all types of mental illness, including schizophrenia, bipolar disorder, major depression, obsessive compulsive disorder and severe anxiety disorders.

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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.

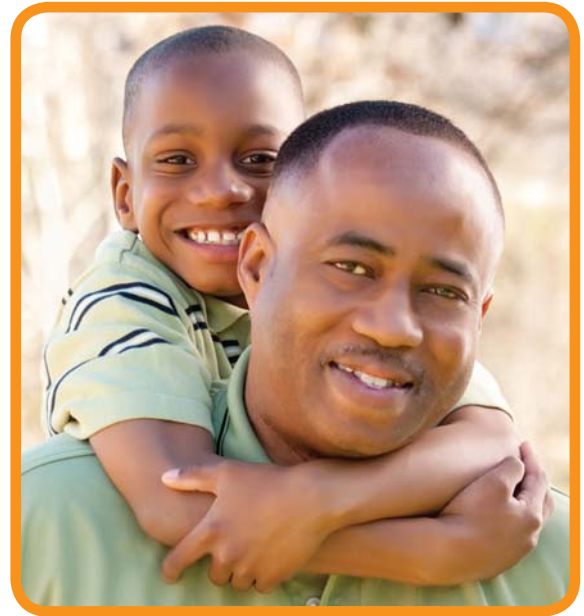
Accountability: We take responsibility for our choices and their outcomes.

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>

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Los Angeles County
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A Final Thought



GAME CHANGING WELLNESS

By Kathleen Piché, L.C.S.W., Public Affairs Director

Many of us resolve to become healthier at the beginning of a new year. After all, *wellness* is our business, right? 2015 is no exception. After two months of holiday feasting and drinking, our bodies have become weary; we're tired of rich food and too much cheer. And more than a few of us are probably a couple of pounds heavier, feeling sluggish and blue. The average weight gain over the holidays is between three and seven pounds! More if you are already overweight. Luckily, there are many ways to combat the fat, eat healthier, get moving and feel better.

We all know eating a healthy balanced diet is really the key to not only looking and feeling better, but to maintaining a healthy weight. A balanced diet means getting the right types and amounts of foods and drinks to supply nutrition and energy for maintaining body cells, tissues and organs, and for supporting normal growth and development. Everybody is a little different, so you need to educate yourself about what *your* body needs and be aware of what you are consuming; read food labels and keep track of fat, sodium and sugar consumption. Fewer calories and smarter food choices are key.

Below you will find the new dietary guidelines from the U.S. Departments of Health and Human Services (HHS) and Agriculture (USDA):

- Follow a balanced diet that is low in saturated and trans fats, cholesterol, added sugars, salt and alcohol, such as the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.
- Balance your calorie intake with exercise. Slowly decrease the amount of calories you take in while increasing exercise to prevent gradual weight gain over time. Exercise regularly and reduce activities in which you sit (such as watching TV).
- Eat 2 cups (4 servings) of fruit and 2 1/2 cups of vegetables (5 servings) per day for an average 2,000 calorie per day diet.
- Eat 3 ounces or more of whole grain products per day.
- Consume 3 cups per day of fat-free or low-fat milk or milk products.
- Get fewer than 7% of calories from saturated fatty acids.
- Avoid trans fatty acids which are unhealthy fats. They are found in fried foods, commercial baked goods such as donuts, cookies and crackers, in processed foods and in margarines.
- Limit cholesterol intake to less than 300 mg/day.
- Make total fat intake no more than 20-35% of calories. Choose "good" fats such as fish, nuts and vegetable oils containing polyunsaturated and monounsaturated fatty acids. Lean, low-fat or fat-free meats, poultry, dry beans, and milk or milk products are preferable. Total fat intake can approach 35% if most of the fats are "good" fats.
- Consume fewer than 2,300 mg (approximately one teaspoon of salt) of sodium daily, and limit added salt when you prepare food.
- Do not consume more than 1 alcoholic drink per day for women, 2 per day for men.
- Certain people should not drink any alcohol.
- Remember to maintain hydration — eight glasses of water a day (64 ounces) is what they say we need. Drink more water if you excessively exercise or drink coffee, tea or anything that acts as a diuretic. Don't stay thirsty!
- Make it a point to get 30 minutes of exercise each day (take the stairs at work or walk at lunch; many of us already do). Health and fitness data-trackers help count calories, record steps and tell you how many minutes you sit without standing. These bracelets, fuel bands and watches are available everywhere and can provide the data needed to reach your goals.

Los Angeles County is a great place for outdoor activity, like biking, hiking, skating, surfing and walking. So, start moving!