

LACDMH Looks Over the Horizon with 15th Annual Conference on Mental Health and Spirituality



On Thursday, May 26, 2016, the Los Angeles County Department of Mental Health (LACDMH) hosted the 15th annual Conference on Mental Health & Spirituality at the Los Angeles Convention Center in downtown Los Angeles.

LACDMH District Chief Ed Vidaurri, LCSW, served as Master of Ceremonies, introducing

Acting Director Robin Kay, PhD, who welcomed the crowd.

Tibetan monks provided Buddhist chanting prior to the first keynote address by Drikung Kyabgon Chetsang, who spoke on how mental health begins with love and compassion.

The second keynote speaker of the morning was Father Laurence Freeman, OSB, who spoke about the importance and impact of meditation. He noted that, just like getting vaccinated, all should learn to meditate as children for optimal health.





The afternoon provided many concurrent workshops, and was rounded out by the third keynote speaker, former LACDMH Director Marvin Southard, DSW, now a professor at USC School of Social Work.

The conference concluded with “Together We Shine Brighter,” a celebration.

Funded by the Mental Health Services Act (MHSA), the event was open to clinicians, clients, health providers, spiritual care providers, family members and clergy as an opportunity to learn about the integration of healing elements that spiritual practice provides. More than 400 people registered for this year’s event.



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