

San Pedro Mental Health Clinic Celebrates May is Mental Health Awareness Month with Consumers, Community & Service Providers

By Maria Salas, MPA

San Pedro Mental Health celebrated its 5th Annual May is Mental Health Awareness Month Community Health and Resource Fair on May 26th 2016.



Kathleen Villagomez, Heather Ziemba, Gina Dimeglio, Jennifer Lee, Gail Sulser, Maria Salas, Belen Williams and Kathrine Lundy



San Pedro Mental Health Clinic is a directly operated mental health clinic that provides adult outpatient mental health and case management services to residents of Harbor City, San Pedro and Wilmington who have MediCal, Medicare or who are indigent.

For the past five years San Pedro Mental Health Clinic has promoted hope, wellness and recovery with the most inclusive and festive mental health awareness event in the history of our great Department while also helping to reduce stigma in our community.

This annual event is a huge collaborative effort that is all encompassing including a variety of government agencies, non-profits and service providers in the field of health, housing and social services. This allows our consumers, the community and service providers to interact and get to know each other while learning about the various resources that are available for free or low cost.

Our event has definitely grown over the years and we are all so pleased come new years' when our consumers and community partners alike begin to inquire about our May is Mental Health Awareness Month's event - *they all just love it!*



This year's phenomenal event was commemorated with approximately 200 community members, over 100 services providers and volunteers who shared a multitude of resources, provided free services and assisted in various activities including the distribution of free meals for all.

Participating service providers each bring gift baskets that are then raffled off to the community and

consumers alike. The fact that we had well over 60 participating service providers made the raffle even better as the opportunity to win was greater.

We sincerely appreciate our volunteer DJ, Mario Lopez who played the upbeat music for free and our motivational speaker, David Gonzales who inspired the crowd with his life story and message that recovery does happen!

We also appreciate the various food contributions that were made by Isaacs Café, Niko's Pizzeria, Chipotle Mexican Grill, Ports O' Call Restaurant, Curley's Café, Tres Cochinitos Restaurant and Starbucks which helped us feed all of our guests, providers and volunteers.



We especially appreciate our service providers such as Harbor Interfaith Services who were present and took several homeless VI-SPDAT's for homeless individuals; Independence at Home, a scan community service provided free carotid ultrasounds to identify people at risk of strokes while Providence Little Company of Mary conducted free Blood Pressure and Glucose screenings and US Pranic Healing demonstrated Stress Relief Exercises. A full list of participating service providers is below.

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Monique Potts, Lola Castillo, Gina Dimeglio, Juana Cabrera, Mayra Ortega, Heather Ziemba, Kathrine Lundy and Belen Williams



Rafael Garcia, Community Outreach Supervisor at Providence Health and Services

Complete List of Participating Service Providers:

1736 Family Crisis Center
211 Los Angeles County
Above and Beyond – formerly Pacific View Guest Home
American Cancer Society
American Indian Counseling
Applied General Agency – Apply for MediCare or Covered California
Beacon House (and volunteers)
Behavioral Health Services Department
BHS - Chemical Dependency & Mental Health
Carolyn Kordich Family Resource Center
Crystal Stairs
Congresswoman Janice Hahn's Office
Councilman Joe Buscaino's Office
Del Amo Hospital
Depression and Bipolar Support Alliance
Didi Hirsch Mental Health Services
DPSS CalFresh Nutrition Program and MediCal Enrollment
Fred Brown Recovery
Harbor Community Clinic
Harbor Interfaith Services
Harbor Occupational Center
Harbor View Community Services Center
Harbor Pregnancy Help Center
Health Advocates
Heritage Clinic
Hermandad Mexicana Nacional
House of Hope
Housing Rights Center
Independence at Home, a Scan community service (Carotid Ultrasound)
LA Homeless Services Authority (LAHSA)
Los Angeles County DMH: ACCESS, CHEERD & Consumer/Family Engagement
Los Angeles County Child Support Services
Los Angeles County Community and Senior Services
Los Angeles County Parks and Recreation (Wild Animal presentation)
Los Angeles County Sheriff's SHARE Tolerance team
LAPD SMART Unit

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Life Line (Free Cell Phones)
Long Beach Alliance for Children with Asthma
Mental Health America – Wellness Center
Molina Healthcare of California
NAMI South Bay
One Legacy – Organ Donor Information
Project Return Peer Support Network
Providence Little Co. of Mary Hospital (free blood glucose & pressure screenings)
ROADS Memorial Counseling Associates
SHAWL House (and volunteers)
Social Security Administration
Suicide Prevention Center
Telecare Corporation
The Children’s Clinic
Toberman Neighborhood Services
US Pranic Healing (Stress Relief Exercises)
US Vets
Wilmington Community Clinic
Wilmington Senior Center
Women in Transition Re-Entry Project
Women in Non Traditional Employment Roles (WINTER)

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We sincerely look forward to seeing you next year when we celebrate our 6th Annual May is Mental Health Awareness Month Community Health and Resource Fair on Thursday, May 25th 2017 - *make sure to save the date* ☺

If you have any questions about this fantastic annual event please contact me at msalas@dmh.lacounty.gov or 310 519-6218.

Cheers!