

Los Angeles County – Department of Mental Health Adult System of Care



VALOR

Veterans and Loved Ones Recovery
Lance Asamura, CW

Veteran Facts

1

According to the RAND Corporation, it is anticipated that 30% of returning Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) veterans will meet full criteria for:

- 1) PTSD
- 2) Substance Abuse
- 3) Depression
- 4) Anxiety Disorders

2

According to the California Department of Veterans Affairs, the Southern California region encompassing Los Angeles and San Diego has the most returning OIF/OEF veterans in the nation.

3

Los Angeles County has the most homeless veterans in the United States. Approximately 40% of the homeless in Los Angeles County are veterans (including single mothers with children.)

4

During the 2011 Greater Los Angeles Homeless Count LAHSA reported:
⌘ 18% of the homeless in Los Angeles County are Veterans, a 3% increase from the 2009
⌘ 31% of the homeless veterans are croniclly homeless up 19% in 2009

Increasing Veteran's Services

- ⌘ DMH policy was changed on October 6, 2008 allowing veterans, regardless of military discharge status, to be seen at all directly-operated clinics.
- ⌘ No eligible veteran shall be denied mental health services, to the extent resources are available, based on his or her status as a veteran.

Purpose

- ⌘ To establish policy and procedures for screening, treating, and referring veterans to appropriate services.
- ⌘ To include County veteran's service offices and other veteran services organizations as well as public mental health.
- ⌘ To assist them in determining eligibility for federal Veterans Administration (VA).

Procedure

- » Determining if client is a Veteran:
 - » During client interview
 - » From an interview with a relative/
responsible person
 - » From income sources (VA Pension)
 - » Requesting a DD214

Veteran Affairs Discharge Status

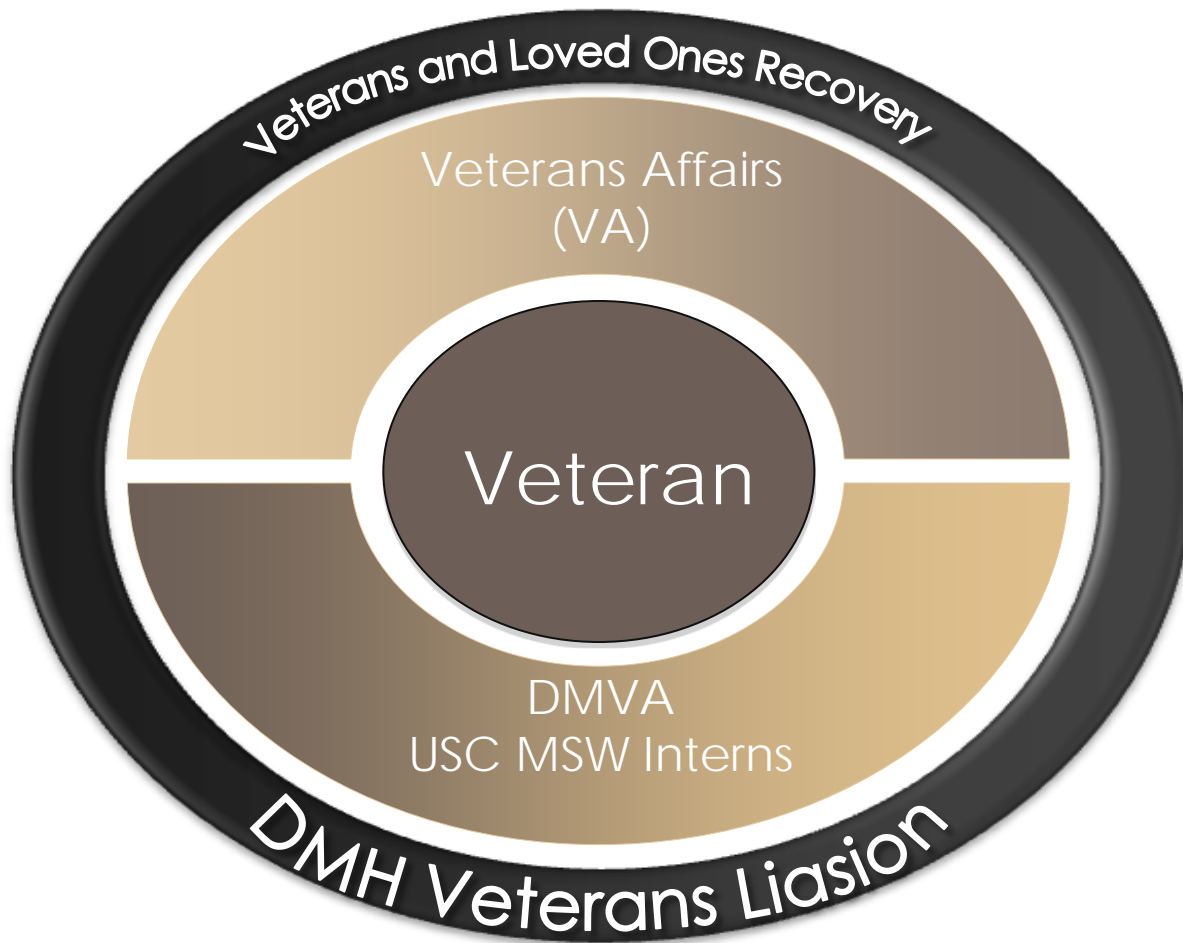
🏆 VA Eligible:

- » Honorable
- » General/Under Honorable Conditions

🏆 To be Determined by Agency:

- » Honorable Under Medical Conditions
- » Undesirable/Other than Honorable
- » Bad Conduct/Special Court Martial
- » Dishonorable/Bad Conduct/General Court Martial

Veterans Programs



VALOR

“Veterans and Loved Ones Recovery”

Carl McKnight, Psy.D., Program Head

Homeless Outreach

- » Chris Tower, MH Services Coordinator
 - » Lance Asamura, Community Worker
 - » Fallon Dennis, Community Worker

FOCUS

- » Monju Shome, MH Clinical Supervisor
- » Anh Tran, MH Clinical Supervisor
 - » Sofia Bacio, PSW
 - » Maureen Brackey, PSW
 - » Phillip Chaidez, PSW
 - » Nick Holt, PSW
 - » Karla Hubchik, PSW
 - » Briseida Perez- Gomez, PSW

VALOR Outreach

1

Provide county-wide resources coordination, linkage, and field-based services for outreach and engagement to homeless veterans.

2

Provide linkage and referral to mental health and substance abuse treatment housing resources, and employment assistance programs. In addition, advocacy and coordination of veterans' mental health resources between agencies in Los Angeles County will also be an area of focus.

3

Provide mental health outreach and engagement to homeless veterans who reside in encampment, streets, underpasses, parks, library premises, emergency rooms, and other locations where homeless persons frequent.

4

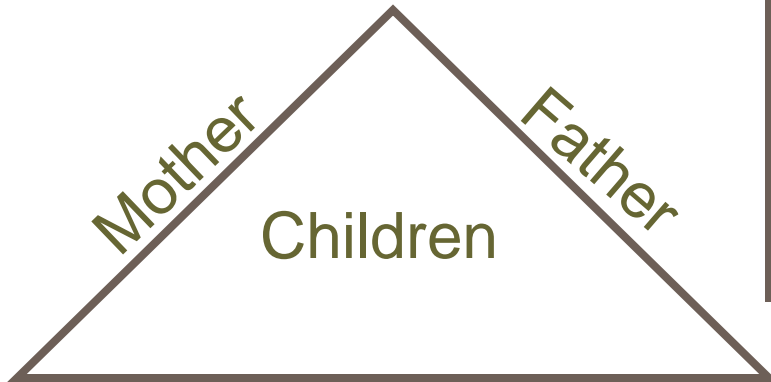
Collaborate with community providers who specialize in homeless and mental health service provision for veterans, including those that provide temporary shelter beds.

5

Pursue opportunities to replicate Project 50-like efforts specifically targeted to homeless veterans and their families, and select a specific program(s) for further development.



Families Over Coming Under Stress (FOCUS)



Relatives

My husband/wife seems different since he/she returned—how can FOCUS help us come together as a family to support and understand each other more effectively?

FOCUS teaches families how to talk about deployment experiences, suggests activities that can help parents and kids reconnect, and help families develop a plan to support service members dealing with combat stress or injuries.

I feel like I have so many different responsibilities to juggle when my husband/wife is deployed - how can FOCUS help me be the best parent I can be while my spouse is a way?

FOCUS teaches parents who remain at home how to work with their kids to solve family problems, set and achieve family goals in small, realistic steps.



Relatives

How can FOCUS help us come together as a family when I return?

FOCUS can teach families how to talk about different concerns and feelings they have before, during and after deployment. Better communication prevents misunderstandings or conflicts and helps everyone get back to normal routines or come up with new ones, if needed.

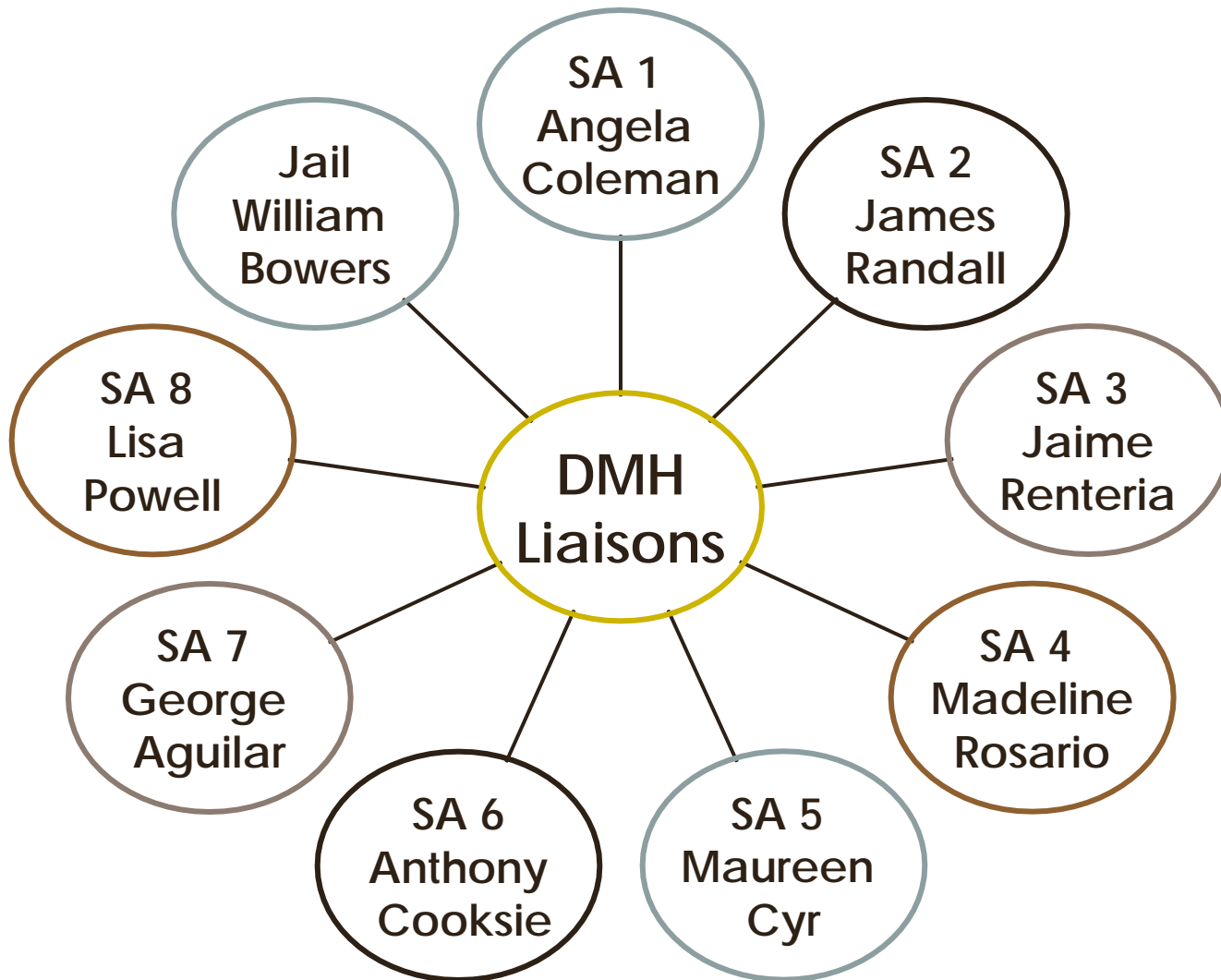
FOCUSPROJECT.ORG

Veterans Affairs Walk-in Screen Clinic

- ⌚ Vested
- ⌚ Apply for Housing
- ⌚ Case Management
- ⌚ File Claims
- ⌚ Mental Health Services
- ⌚ Substance Abuse Programs



DMH Liaison



DMH Veteran Liaison

Provide outreach and engagement to communities' un-served and under-served mentally ill population.

Welcome and engage all people needing assistance

Develop and collaborate meaningful relationships with individuals and families to identify needs and match existing resources to help ameliorate problems

Seek supports and services responsive to the particular cultural , ethnic, age, occupation or gender-identity of those needing assistance

Follow-up with consumer and their families to ensure they receive the help they need.

Recruit community-based organization and professional service providers to become part of an active, locally-based support network for people challenged by mental and/or emotional health issues

Department of Military Veteran Affairs



⚙️ Veteran System Navigator will provide targeted assistance to veterans experiencing difficulties accessing mental health treatment by referring the Veteran to DMH if they identify mental health needs.

Employment
Education

Benefits Assessments
Housing

Case Management
Substance Abuse

University of Southern California (USC)

Military Social Work Program

1

Provide assistance to the Outreach Program to assure the coordination of services for the veteran homeless population and to link veterans and their families to appropriate supports and community resources.

- 1) Assessment
- 2) 8 sessions
- 3) Refer family to a primary provider

2

Also, provide assistance in the development of the Veteran's Outreach Program and piloting mental health services at Long Beach Mental Health Clinic for veterans and/or their family members.

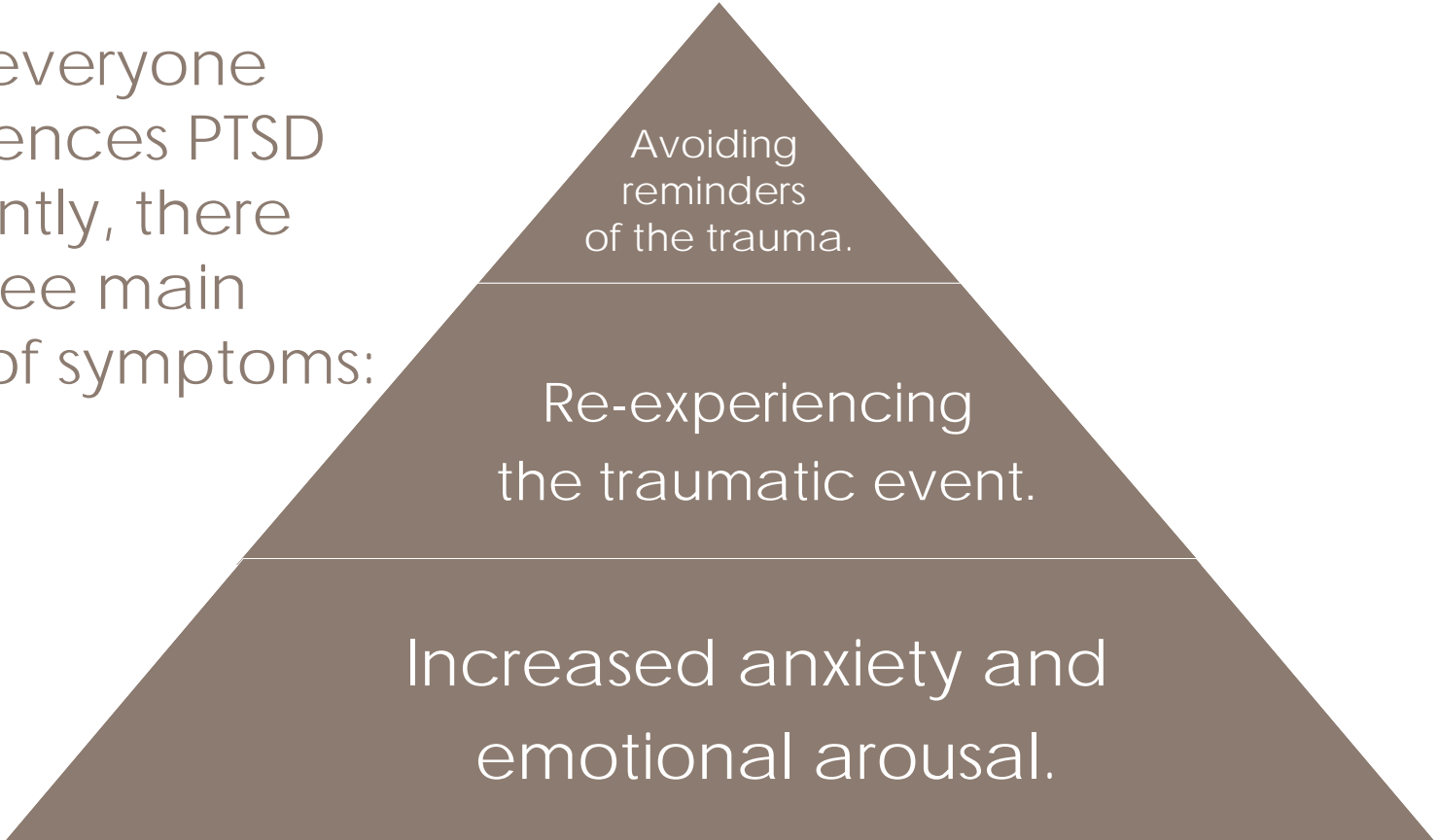


Post Traumatic Stress Disorder (PTSD)

- ❏ PTSD is the emotional response of a person that has experienced, witnessed, or been confronted with an event(s) in which they were threatened with death or a threat to the physical integrity of self or others.
- ❏ Common responses are intense fear, helplessness, or horror.

Symptoms of PTSD

While everyone experiences PTSD differently, there are three main types of symptoms:



Avoiding reminders of the trauma.

Re-experiencing the traumatic event.

Increased anxiety and emotional arousal.

Traumatic Brain Injury (TBI)

- ⚠ TBI is caused by a bump, blow, or jolt to the head or a penetrating head injury that disrupts the normal function of the brain.
- ⚠ The severity may range from “mild,” “moderate,” to “severe” .
- ⚠ Defined as damage to the brain resulting from external mechanical force, such as rapid acceleration or deceleration, impact, blast waves, or penetration by a projectile.

Symptoms of TBI:

- Persistent headaches
- Repeated vomiting
- Nausea
- Convulsions
- Inability to awaken
- Dilation of one or both pupils
- Slurred speech
- Aphasia (language difficulties)
- Muscle weakness
- Weakness or numbness in the limbs
- Loss of coordination
- Confusion
- Restlessness
- Agitation



Honoring our Newest Combat Veterans

Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) Centers

Provide assistance to Veterans and their families who served in combat after November 11, 1998.

Case management and counseling services are available.

Assist in addressing physical, emotional, and social concerns that go with being a Combat Veteran adjusting to civilian life.



OEF/OIF Centers are committed to providing appropriate and timely medical and mental health care to any eligible combat Veterans. Groups and/or individual mental health care counseling is available.

National Suicide Prevention Hotline
(800) 273 TALK (8255)
Available 24/7

REAL WARRIORS★REAL BATTLES

REAL STRENGTH

Discover real stories of courage in the battle against combat stress.

866-966-1020
www.realwarriors.net