

LACDMH COMMITTED TO EMOTIONAL CPR GROWTH THROUGHOUT LA COUNTY

By Stella Archer



Trainings in the powerful healing process, Emotional CPR, continue to be offered by the Los Angeles County Department of Mental Health (LACDMH). In December and January, two-day trainings in both English and Spanish were attended by LACDMH and contract provider staff, parent partners, peer specialists, volunteers and clients. LACDMH has contracted with Emotional CPR (eCPR) co-creator Daniel Fisher, M.D., Ph.D., to provide trainings in this non-clinical process in February, April and May 2015.

“eCPR is a public health education program designed to teach people to assist others through emotional crisis through three steps: C = connecting, P = emPowering, and R = revitalizing,” explains Dr. Fisher. “eCPR recognizes that the experiences of trauma, emotional crisis, and emotional distress are universal; they can happen to anyone, at anytime, anywhere.”

Currently, plans are being developed for further trainings and implementation of eCPR within LACDMH and its contractors, and broadly in various underserved communities, such as LGBTQ, TAY and under-represented ethnic groups. Dr. Fisher and West Coast Coordinator Maria Ostheimer are building the eCPR movement in Los Angeles County, throughout California, across the United States and around the world.

Deputy Director of the Program Support Bureau, Dennis Murata, M.S.W., advocates Emotional CPR and sees it as characterized by respect, dignity and compassion. “It encourages and develops the ability to listen and... to establish rapport.” Sharing his vision for implementation of eCPR, Mr. Murata said: “Ultimately, we want not only our own LACDMH trainers, but also other contractors’...so we can do this on a large scale.”



Participants in the trainings state that they value eCPR as a way to process distress and deepen relationships with clients and personally. John Czernek, C.W. at Long Beach Mental Health, shared: “I experienced firsthand how the emotional journey made me feel my own emotion... and to connect to another individual... I was empowered to come up with a personal plan on how to heal from my own situation.”

Mary Gonzelez-Veleta, P.S.W. at NE Wellness Center, said: “eCPR is fantastic. It reminds us that we are all completely human regardless of titles. I love how we can do this as an organization for employees and for those we serve.”

Mr. Murata agrees that eCPR is “...an approach that could not only further the empowerment and recovery of the people that we see, but also of the individual who’s trained in this, because it’s a two-way street. There is mutual benefit from this interaction.”

Further information can be found at www.emotional-cpr.org