



Mental Health News

June 2017



LACDMH BREAKS GROUND FOR NEW FACILITY SITE IN LINCOLN HEIGHTS

By H. Chung So, Public Information Officer II

On May 26, 2017, Los Angeles County Department of Mental Health (LACDMH) broke ground for the new location of its Northeast Mental Health and Wellness Center.

Located on the corner of Broadway and Thomas Street in the Lincoln Heights neighborhood, the ceremony was attended by LACDMH leadership, community leaders, local residents, the property's developer and local officials, including Los Angeles County 1st District Supervisor Hilda L. Solis.

"This [facility] will bring county

services to a community that desperate needs them," Solis said.

The new center will integrate mental health resources, staff and services from the current Northeast Mental Health Center and Northeast Wellness Center – currently housed in two separate facilities.

These programs include:

- Client services
- Crisis resolution services
- Prevention and early intervention programs
- Recovery and reintegration programs
- Peer support

- Homeless outreach
- Field-based services
- Holistic wellness programs

Additionally, the new center will be co-located with Department of Health Services, allowing clients with medical and mental health issues to be evaluated and treated in one convenient location.

The ceremony also featured remarks from Arman Gabay and Gene Detchemendy from the Charles Company, the corporation developing the property, who emphasized the importance of collaboration to make this project possible.

"This is a partnership between the community, stakeholders, City of Los Angeles and the County," Detchemendy said.

The ceremony concluded with a moving story from Jessie Cho, a former client who now works as a community worker for LACDMH. Cho shared her personal experience with mental health issues, how LACDMH helped her with those challenges, and how she found meaning and fulfillment in supporting others in similar situations, first as a wellness outreach worker and then as a staff member.

"I have the kind of job that makes me happy to be working," Cho said. "One day I might help somebody consider detox. Another day I'll help somebody buy a blouse and go to lunch, and

she says 'Thanks for making me feel normal.' And that's a great feeling that I receive and give as a community worker, which keeps the cycle going."

The new center is slated to open in late 2018 and will serve the Northeast Los Angeles communities of Cypress Park, Eagle Rock, El Sereno, Glassell Park, Hermon, Highland Park, Lincoln Heights and Mount Washington. ♦



REFLECTIONS

Only by giving are you able to receive more than you already have.

- Jim Rohn



We welcome submissions of inspirational quotes, poems or passages from LACDMH employees for future editions of Mental Health News. Please send yours to pio@dmh.lacounty.gov.

IN JUNE, CELEBRATE LGBTQ + PRIDE AND PTSD AWARENESS MONTH



June is Pride Month, a month-long celebration that demonstrates how Lesbian, Gay, Bisexual and Transgender Americans have strengthened our country, by using their talent and creativity to help create awareness and goodwill.

The following brochures provide resources for the LGBTQ+ community and for mental health.



Be True and Be You: A Basic Mental Health Guide for LGBTQ+ Youth

The first brochure discusses caring for your mental health as an LGBTQ+ young adult, including information on sexual orientation,

gender identity, and coming out; healthy relationships; common mental health challenges and their symptoms.

<http://www.eachmindmatters.org/wp-content/uploads/2017/06/Be-True-Be-You-LGBTQ-Booklet-DIGITAL.pdf>.

LGBT Mental Health and Aging Support Guide

The guide provides information on mental health for older LGBT adults, including considerations around caregiving, legal affairs, rejection and discrimination, and getting the support you need as you move into older adulthood.

<http://www.eachmindmatters.org/wp-content/uploads/2017/06/LGBTQ-Mental-Health-Aging-Guide-DIGITAL.pdf>.

Post-Traumatic Stress Disorder Awareness Month Resources

Trauma is a near universal experience of individuals with behavioral health problems. The good news is that trauma is treatable — there are many evidence-based models and promising practices designed for specific populations, types of trauma and behavioral health manifestations. In light of June being Post-Traumatic Stress Disorder (PTSD) Awareness Month, check out the National Council's resources surrounding trauma on the [Trauma-Informed Care webpage](#). SAMHSA also has a collection of resources to help staff recognize and understand the vulnerabilities and triggers of trauma survivors. [Click here to see more.](#) ♦

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