



July 2017



UNIVISION AND LACDMH PARTNER IN PROMOTING “UNA MENTE UNA VIDA” AND JULY PHONE BANK

By Kathleen Piché, L.C.S.W., Head, Marketing & Communications

LACDMH continues its unprecedented outreach in Spanish-speaking communities by partnering with Univision to highlight client success stories and mental health programs. The Spanish speaking network has filmed over ten segments of “Una Mente, Una Vida,” and is airing them every Sunday at 6 pm during the months of June and July on KMEX, Channel 34.

The segments were recorded during the months of May and June, including a broadcast news segment with Jonathan Sherin, M.D., Ph.D, LACDMH Director, who discussed the fact that Los Angeles County and DMH clinics are “safe zones” for undocumented consumers.

The previously recorded “Una Mente, Una Vida” segments feature LACDMH clients and

clinicians talking about diagnoses and recovery processes, including depression, anxiety, trauma, substance use, homelessness and anxiety. Because of the current immigration climate, the Mexican Consulate was also featured in one of the segments. Thanks to all who participated, including Miriam Brown, Ana Suarez, Anabel Rodriguez, Karla Torres, Sandra Martinez, Jeanelli Acuna, Luz Pelayo, Juanita Ortega and Mabel Munoz.

To increase the impact of this awareness campaign, LACDMH and Univision will host a phone bank on July 27th, from 5 pm to 11:30 pm, to answer calls from the Spanish-speaking community on mental health and immigration.

Julio Cesar Ortiz, MFT, reporter from Univision spearheaded the “Una Mente, Una Vida” project, has partnered with the LACDMH Public Information Office for five years to produce the news segments. The goal is to increase awareness of mental health issues in the Latino community. Univision reaches over 2 million viewers during the 6 pm broadcast. ♦



QUOTE OF THE MONTH

We know that mental illness is not something that happens to other people. It touches us all. Why then is mental illness met with so much misunderstanding and fear?

- Tipper Gore



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.

NATIONAL MINORITY MENTAL HEALTH MONTH BRINGS ATTENTION TO DISPARITIES AND WAYS TO ADDRESS THEM

By H. Chung So, Public Information Officer II



July may be well known for festive fireworks and summer vacations, but did you know that it is also National Minority Health Awareness Month? Officially announced by the U.S. House of Representatives in 2008, this month-long event aims to improve outcomes and reduce disparities in mental health by promoting public awareness of mental illness and enhancing access to treatments among minority populations.

The nonprofit Mental Health America has identified numerous mental health disparities in minority groups, using data from federal sources and studies. These statistics include:

- Latino high school youths are more likely to report suicidal thoughts and suicide attempts, compared to non-Latino whites.
- African-American adults are 20 percent more likely to report psychological distress than adult whites.

- Individuals in the LGBTQ community are three times more likely than cisgender, straight individuals to experience a mental health condition.
- Compared to the general population, Native Americans are more than twice as likely to experience post-traumatic stress disorder and are also more likely to abuse alcohol and other drugs.
- 1 in 2 Asian Americans will encounter difficulty accessing mental health treatments due to language barriers.
- Minority groups, overall, are less likely to have health insurance and are less likely to seek out and receive treatment for mental illnesses.

To address these issues, the National Alliance on Mental Illness (NAMI) encourages people and organizations to engage in conversations about mental illnesses to reduce stigma, seek

available mental health resources in their communities and advocate for better services and more research to address minority groups' mental health needs.

For more information or to get involved, check out the following resources about National Minority Mental Health Awareness Month:

[U.S. Department of Health and Human Services' Office of Minority Health](#)
[Each Mind Matters](#)
[Mental Health America](#)
[NAMI](#)
[National Network to Eliminate Disparities in Behavioral Health](#)

Los Angeles County Department of Mental Health is committed to improving access to mental health treatment for the county's diverse populations and communities. To learn more about our ongoing efforts to provide culturally and linguistically responsive services, visit our [Cultural Competency webpage](#). ♦



EachMind MATTERS

SUICIDE PREVENTION SKILLS BUILDING WEBINAR: MEN AND MEANS

Tuesday, August 8, 2017

1:00 PM - 2:00 PM PDT

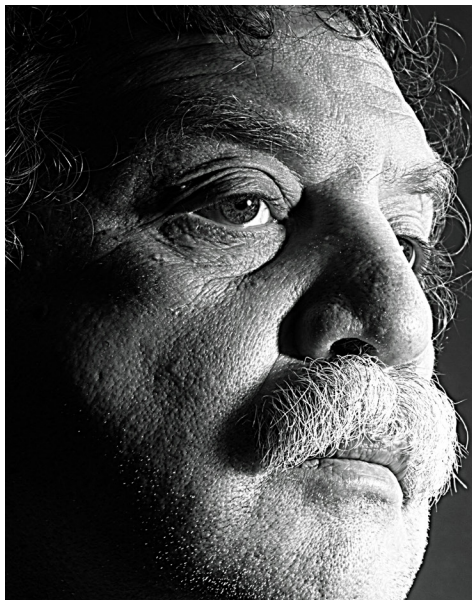
Register Today!

Men - especially middle aged and older white men - are at disproportionately high risk of suicide compared to other groups. Although men in the middle years are 19% of the population, they account for 40% of suicide deaths. If we are to see the change we want to see, we must begin to focus efforts on reaching and helping men. This focus needs to include non-traditional partners and fresh approaches.

This webinar will provide information about suicide and suicide prevention among men.

Join the webinar to:

- Hear about strategies and resources for reaching men, and their helpers (friends, family, coworkers)
- Learn about strategies and resources to reduce access to lethal means
- Ask questions and share your own activities and lessons learned



This webinar series is hosted by Each Mind Matters: California's Mental Health Movement and is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students. These initiatives are funded by counties through the Mental Health Services Act (Prop 63) and administered by the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families and communities.

[Register here.](#) ♦

Los Angeles County Department of Mental Health, Public Information Office

550 South Vermont Ave., 6th Floor
Los Angeles, CA 90020
<http://dmh.lacounty.gov>

Editor-in-Chief:

Kathleen Piché, L.C.S.W.,
Public Affairs Director

Contributors:

Ebony Campbell, STC/PIO
H. Chung So, PIO II
Vienna To, Graphic Arts Aid/PIO

E-mail: pio@dmh.lacounty.gov

Fax: (213) 383-8234.

Social media:

