

CONNECTING OUR COMMUNITY

June 2024



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



LACDMH Wraps Up Take Action for Mental Health Awareness Month Celebrations

Thank you to everyone who attended our *Take Action for Mental Health L.A. County* events throughout May and June. This campaign, which coincides with Mental Health Awareness Month, promotes well-being through sharing resources, teaching skills, and inspiring action for self-care and supporting others. LACDMH and its partners brought communities together by hosting over 180 events across Los Angeles County that offered resources, food, music, and fun for all ages. We look forward to hosting more *Take Action* activations in the future, and encourage you check out the *Take Action* site at takeactionla.com to learn more about the campaign and the numerous mental health supports available to L.A. County residents and communities.



Celebrations Continue with Juneteenth and Pride Month

Join LACDMH for our upcoming [Juneteenth Community Celebration](#) at Earvin "Magic" Johnson Park on June 29 and [Rainbow Resilience](#) Pride Month Gathering at The Abbey on June 30. Both events are free, open to the public, and will feature mental health resources, fun activities, giveaways, music, and more!



LACDMH Cuts Ribbon at Pointe on La Brea Apartments

LACDMH Director Dr. Lisa H. Wong joined Emilio Salas, Executive Director of the Los Angeles County Development Authority; Catherine Landers, Housing and Homeless Deputy for Third District County Supervisor Lindsey P. Horvath; Fernando Morales, Deputy Chief of Staff for Los Angeles Councilmember Katy Yaroslavsky; and EAH Housing leadership for the grand opening and ribbon-cutting of the Pointe on La Brea apartments in Hollywood on May 6.

The event took place on the apartment building's rooftop overlooking much of the surrounding La Brea Avenue community, including a view of the Hollywood sign. The celebration featured live music from a guitarist and hors d'oeuvres. Dr. Wong spoke about the importance of community in providing housing to those in need. After the speakers finished, the event moved to the ground-floor courtyard for the ribbon-cutting.

[Continue reading about Pointe on La Brea.](#)



Friends of the Children Launches in Long Beach

On May 16, LACDMH joined Friends of the Children - Los Angeles (FOTC - LA) to celebrate the launch of a new location in Long Beach, expanding the mentorship program's reach in the Long Beach and South County community. FOTC is a national nonprofit organization that selects and invites youth with unique talents, interests, and dreams who face multiple systemic obstacles to be paired with a paid, professional mentor called a Friend. FOTC hires and trains Friends to support youth from as early as age four through high school, for 12+ years, no matter what.

FOTC-LA is a unique program that provides mentoring to youth facing significant challenges, particularly those at risk of entering the foster care system. The program incorporates a 2Gen approach, which includes supporting both the youth and their parents/caregivers. FOTC-LA is devoted to "impacting generational change by empowering youth who are facing the greatest obstacles through relationships with professional mentors."

[Read more on this partnership.](#)



Ali Britton's Journey of Well-being

Alexandria Britton (Ali) has experienced behavioral health issues all her life. She began therapy at age four, and although initially diagnosed with Oppositional Defiant Disorder and ADHD, her symptoms and diagnoses increased with age to include depression; audio, visual and tactile hallucinations; and personality disorders.

Throughout her childhood, she was bullied, hyperactive, and unable to follow directions. She never understood why she behaved the way she did, so how could others? She never felt “normal” or accepted or had any friends. Her mother worked as a flight attendant, and often left her care to an alcoholic grandmother who ignored her, exacerbating her condition.

[Click here to follow Ali's journey.](#)

LACDMH in the NEWS



Our ongoing efforts to promote mental health awareness and assist the most vulnerable among us continue to receive positive attention in the media. In case you missed it, check out some highlights of the excellent stories and representation by our subject matter experts:

- Dr. Wong was interviewed by [KABC-TV](#) and Chief Medical Officer Dr. Curley Bonds by [KTLA-TV](#) on well-being tips, mental health resources and LACDMH's *Take Action L.A. County* campaign.
- [Los Angeles Times](#), [LAist](#) and [Witness LA](#) published stories about L.A. County's proposed budget for fiscal year 2024-2025, which will increase funding and the workforce for mental health programs.
- [LAist](#) published a guide on L.A. County's mental health crisis services, including LACDMH's crisis response programs and partnerships.
- LACDMH's 24/7 Help Line and American Indian Counseling Center were included in the [Los Angeles Times](#)' guide to mental health and substance use disorder resources for marginalized communities.
- Program Manager Dr. Makesha Chambers-Jones was featured in a [Spectrum News](#) story about LACDMH's recently-opened Antelope Valley Child and Adolescent Program, the first County-operated mental health program for youth in the Antelope Valley region.

- [Spectrum News](#) also covered LACDMH's collaboration with Food Access LA and Creative Mind Mapping to educate residents on the connection between healthy eating and mental well-being at multiple farmers markets throughout the County.

Let's get social @LACDMH!



Thank you for taking the time to read and engage with this issue of **“Connecting Our Community,”** a bi-monthly online publication focused on the latest information and news from the Los Angeles County Department of Mental Health. Visit dmh.lacounty.gov for more resources.

We welcome your comments, story ideas, and recommendations at pio@dmh.lacounty.gov.