



Los Angeles County
Mental Health Wellness Magazine

Minds & Matters

SUMMER 2014

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LACDMH PARTNERS WITH UNIVISION FOR LIVE MENTAL HEALTH AWARENESS PHONE BANK

The Los Angeles County Department of Mental Health (LACDMH) partnered with Univision to host a phone bank on Thursday, May 29th from 5:30PM-11:30PM on Channel 34 in Los Angeles. The event helped create awareness and discussion of mental health issues affecting the Spanish-speaking communities. The telethon was simultaneously viewed live in Los Angeles, Orange, Riverside, San Bernardino, Ventura and Kern counties. LACDMH staff was interviewed live during the six-hour event and nearly 40 Spanish-speaking volunteers participated in answering calls and giving mental health referrals, including the ACCESS line (1-800-854-7771).

"Few things are more confusing and frightening to a family or an individual as the emergence of mental health symptoms. Sometimes this confusion leads to the tragic mistake of self-medication with alcohol and drugs. But knowledge is power: Univision is stepping forward to bring the knowledge that we should not fear mental illness because it can be treated," said LACDMH Director Marvin Southard, D.S.W.

Since January 2014, LACDMH and Univision's Senior Mental Health Reporter, Julio Cesar Ortiz, M.F.T., have worked together on a bi-weekly segment for its nightly news show, entitled "Una Mente, Una Vida," a discussion of mental health issues and decreasing the stigma associated with the diagnosis of mental illness. Julio Cesar Ortiz, M.F.T., and the LACDMH Public Information Office (PIO) collaborated on the project, committing to several months of featured stories. Univision reaches over 1.2 million viewers during the 11PM news broadcast and over 2 million during the 6PM broadcast.



dmh.lacounty.gov





Minds & Matters

From Marvin J. Southard, D.S.W., Director
Los Angeles County Department of Mental Health



EACH LIFE MATTERS

As the summer of 2014 draws to a close, one of the news items drawing attention everywhere, but especially in our mental health world, has been Robin Williams' death by suicide. I suspect each of us has our own personal appreciation of Robin's work from the time of *Mork and Mindy* to the movies that he has worked on that have not yet been released. What I remembered most on hearing of his death was that my very first public speech when I began working at LACDMH 16 years ago included an appreciation for his portrayal of a therapist in *Good Will Hunting*. I said that it represented a new benchmark in what was then a relatively new trend in Hollywood portrayals of mental illness and therapy in ways that were realistic and sympathetic. Luckily, that trend has continued.

I knew that I, along with Dr. Shaner and others in the mental health community here in Los Angeles, was likely to be asked about Robin's suicide and about depression and stigma. I struggled a bit with what might be the most important message to convey at this sensitive time. So then I happened to do a lucky and smart thing. I took the opportunity to ask the question: "What is the most important message that I should try to convey?" I asked this question to a meeting of the Executive Committee of the Mental Health Commission at which a number of clients were present.

I gave them my pitch ("depression is a serious disease – like diabetes – that usually responds to treatment, but when it does not, tragedies like this can occur") and I received a number of strong and articulate comments from people with lived experience of serious depression who were in that room. In summary, this is what they told me the message should be: "Each life matters. No matter who you are and what you are going through, you are personally valuable and that your life matters even when it does not feel like it." And then everything else flows from that fact of the infinite value of each life. Therefore, we must care for ourselves. Therefore, we must speak up when we are hurting. Therefore, we must seek help when we need it.

But there is another corollary... Since each life matters, so then our work at LACDMH matters in a crucial way. I have had the chance to visit a few clinics recently and I have seen firsthand the dedication of our staff and the difficulties that we face in this time of rapid and profound change. But it is worth it. Plowing through the difficulties and overcoming the obstacles are worth whatever it costs us because we are working for the hope, wellness and recovery of people. And, because each one of their lives matters.

Marvin J. Southard, D.S.W.

hope wellness
recovery



Employee Recognition

Retired

April 2014

Christina Damia, 14 yrs
Jeannette Trejo, 26 yrs
Julia Carreon, 39 yrs
Kathy Silbert-Sanders,
36 yrs
Lana Tseng, 34 yrs

May 2014

Barry Edelman, 6 yrs
Charlene White, 13 yrs
Douglas Ware, 6 yrs
Emmanuel De La Cruz,
7 yrs
Ronald Scotland, 25 yrs

June 2014

Angelica Rybandt, 19 yrs
Annie Fortson, 44 yrs
Ben Mijuskovic, 19 yrs
Lawrence Hurst, 19 yrs
Maurice Zabary, 12 yrs
Thomas Miley, 6 yrs
Warren Procci, 40 yrs

LA COUNTY NURSES HONORED DURING NATIONAL WEEK OF RECOGNITION

This year, National Nurses Week honored nurses with the theme “Nurses Leading the Way.” National Nurses Week ran from May 6 to May 12, and remembers the birthday of Florence Nightingale, founder of nursing as a modern profession.

On Tuesday, May 13, 2014, the L.A. County Board of Supervisors (BOS) recognized nurses from multiple county departments, including LACDMH, DCFS, LAFD, LASD and DHS, by holding a morning breakfast and recognition ceremony with department heads and nurses of the year from each department. It was followed by a formal presentation of proclamations and scrolls signed by all five Supervisors to each nurse during the BOS meeting. LACDMH Director, Marvin Southard, D.S.W., and Chief Deputy Director, Robin Kay, Ph.D., were present to honor the LACDMH nurse of the year.

After the BOS recognition, the LACDMH Nursing Professional Concerns Committee (NPCC) honored their own by holding the 2014 Annual Spring Gala and Nurse Recognition at Almansor Court in Alhambra, which included lunch, an educational seminar with LACDMH Medical Director Roderick Shaner, M.D., entitled *The RN's Role in the Use of Medication-Assisted Treatment (MAT) for Clients with Substance-Use Disorders*, and an official award ceremony.

The LACDMH nurse of the year, Rebecca “Mabek” Montoya Yumul, accepted her award, along with a paperweight for working at LACDMH for over 25 years.

2014 nominees recognized included:

- Chris Collins, SMHCRN, West Valley Mental Health
- Donna Dasig, SRMHCRN, San Fernando Valley Mental Health
- Lisa Nau, MHCRN, West Valley Mental Health
- Marta Tsegaye, MHCRN, West Valley Mental Health
- Mildred Shrubbs, PMHNP, Rio Hondo Mental Health
- Mimie Gervacio, MHCRN, Rio Hondo Mental Health
- Nancy Corona, MHCRN, Northeast Mental Health
- Tina Robinson, MHCRN, Downtown Mental Health
- Patricia Attalla, MHCRN, San Fernando Mental Health, FSP
- Vicky M. Fong, RN II, Jail FIP

2013-14 PSDC LUNCHEON AWARDS CEREMONIES



The Los Angeles County Psychological Services Development Committee (PSDC) held its annual luncheon and continuing education event at the California Endowment Center in March. The title for the continuing education portion was *The Roles of Psychologists and Healthcare Providers in Affordable Care Act Programs: Integrating Medical and Mental Health Services*.

Chief Deputy Director, Robin Kay, Ph.D., delivered this year's plenary address. Fernando Gonzalez, Ph.D., ABPP-RP, QME, Chief Psychologist, Co-Director of Training and Director of Neuropsychology Laboratory Rancho Los Amigos National Rehabilitation Center, Aida Saldivar, Ph.D., ABPP-RP, QME, and Charlotte Anne Sydora, Ph.D., also from Rancho Los Amigos National Rehabilitation Center, were presenters for the workshops addressing medical/psychological co-morbidities.

This year, the PSDC recognized the work of Dr. Tony Beliz, Deputy Director of Emergency Outreach Bureau with an award plaque for his many contributions to the Department of Mental Health and the County of Los Angeles. Also recognized were the award recipients for Psychologist of the Year, Dr. Michael Tredinnick, and Rising Star in Clinical Psychology, Dr. Li-Ting Chao.



LACDMH AND STATE CREATE MULTICULTURAL PUBLIC SERVICE ANNOUNCEMENTS

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

As part of Los Angeles County Department of Mental Health's (LACDMH) anti-stigma/social inclusion campaign, the Public Information Office (PIO) is pleased to announce a partnership with the California Mental Health Services Administration (CalMHSA) to create two public service announcements (PSAs) in Korean and Mandarin. Since 2004, LACDMH has been trying to reach Under Represented Ethnic Populations (UREP) to address the stigma associated with having a diagnosis of mental illness; to create open discussion and encourage those needing help to seek it early to achieve the best outcomes.

The PSAs were taped on May 28th in Arcadia and on June 3rd at the El Portal Theater in North Hollywood. The 30-second PSAs focus on reaching out and helping someone if they're experiencing symptoms of anxiety, depression, anger, frustration or having thoughts of suicide. The take-home message is to talk to someone and help others achieve their own Hope, Wellness and Recovery.

Actress and comedienne Margaret Cho filmed an anti-bullying PSA in both English and Korean, encouraging those who may be bullied to be themselves and seek help if necessary. Cho has personal experience of being bullied growing up on Haight Street in San Francisco, the daughter of Korean immigrants. She also experienced body image and addiction issues after the first

Asian sitcom "All American Girl" failed in 1994. In relation to her bisexuality, she has been questioned by both the gay and straight communities. Since 2009, Cho has starred in the television show "Drop Dead Diva," and just finished filming a pilot for FOX with Tina Fey and the producing team from "30 Rock." Cho is also a fashion designer, author and singer-songwriter, but is best known for her stand-up comedy routines about race and sexuality.

Emily Wu, a client advocate, completed a PSA in Mandarin and English, directed toward Mandarin-speaking communities, to deliver an anti-stigma and anti-discrimination message. Wu was born in Arkansas, the daughter of Taiwanese immigrants. She moved to San Marino in the 2nd grade and can identify the origin of her depression at that time. In the PSA, she encourages others to not "suffer in silence," and to break the stigma attached to not talking about problems in the Asian culture. Thanks to Jennie Ko for translation assistance.

Each PSA highlights the "Each Mind Matters" campaign, a grassroots mental health movement growing across California. The campaign encourages social inclusion and seeks to combat stigma and discrimination in those diagnosed with a mental illness. To view the PSAs, please visit <https://www.youtube.com/user/lacdmhpio>



METTA WORLD PEACE MOTIVATES JUVENILES IN DETENTION

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

On Wednesday, May 21, 2014, former NBA player Metta World Peace visited Barry J. Nidorf Juvenile Hall to instill hope and motivation into several groups of detained teens awaiting court proceedings. World Peace covered many topics, from dysfunction in the home to making conscious, better choices.

LACDMH staff and LA County Probation worked together to bring World Peace to the Hall. Starting out in the chapel, World Peace spoke to a gathering of young men and women about “knowing their (life’s) purpose,” and explained that each of them should not leave the facility without thinking beyond their release and choosing a more positive, specific direction in life.

The kids asked World Peace many questions about his own anger, how he broke the cycle of his own dysfunctional upbringing and why he changed his name. World Peace stressed that the group should become “conscious” of their actions; to consider

the consequences of their actions prior to reacting in anger, as he did when a fan threw a cup of beer on him during an NBA game and he went into the stands to fight back.

World Peace stated that his mother took him to a therapist when he was eight years old and he has been in and out of treatment since. He stated, “It was the best thing she could have done for me.”

World Peace practices daily meditation to relieve stress and tension in his life and body. After winning the NBA World Championship in 2010 with the LA Lakers, World Peace was in a place in his life where he felt he needed to change others’ perception of him, reflecting his personal growth. When asked why World Peace, he said he had several other names in mind but stated, “What’s better than World Peace?”

DMH News

ANNUAL TAKE OUR DAUGHTERS AND SONS TO WORK DAY AT LACDMH HEADQUARTERS



The Los Angeles County Department of Mental Health (LACDMH) and Los Angeles County Community and Senior Services (CSS) partnered for the annual Take Our Daughters and Sons to Work Day at LACDMH headquarters on Tuesday, April 22, 2014.

This year was the event's largest group to date with over 50 children and their parents/guardians assembled into the 2nd floor conference room to hear speakers and see presentations from LACDMH staff and department affiliates.

13th ANNUAL CONFERENCE ON MENTAL HEALTH & SPIRITUALITY



The Los Angeles County Department of Mental Health (LACDMH) held its 13th annual full-day conference on mental health and spirituality, entitled *The Year of Transformation*, on Thursday, May 29, 2014. Over 500 attended the event that took place at Concourse Hall, inside the Los Angeles Convention Center.

The annual conference is for clergy members who want to learn about mental health issues to better serve their congregants, and mental health workers who

want to learn more about using spirituality in treatments. All faiths were welcome to participate in the conference funded by the Mental Health Services Act (MHSA).

Edward Vidaurri, L.C.S.W., LACDMH District Chief, emceed and introduced the speakers for the day which began with a call to prayer by Hafuz Ameer, Chanter at Islamic Center of Inland Empire and Alberto Fayad, Lead Chanter of St. Nicholas Antiochian Orthodox Cathedral. The invocation was given by Rabbi Susan Goldberg of Wilshire Boulevard Temple.

LACDMH Director Marvin Southard, D.S.W., received a special recognition award and gave a welcoming speech along with LACDMH Conference Chair Adrienne Cedro-Hament, L.C.S.W., and Entertainment Industries Council, Inc. (EIC) Program Manager Adel Nur.

"The focus of this conference is to attempt to build bridges, connections and collaborations between department programs (LACDMH) and faith communities. Informing them on what we do and giving them information on working with people with mental health and emotional problems because they are more likely to go to their spiritual leaders than us," said LACDMH's Edward Vidaurri, L.C.S.W.

hope wellness recovery

LACDMH Mission

Enriching lives through partnerships designed to strengthen the community's capacity to support recovery and resiliency.

Our Values

Integrity: We conduct ourselves professionally according to the highest ethical standards.

Respect: We recognize the uniqueness of every individual and treat all people in a way that affirms their personal worth and dignity.

Accountability: We take responsibility for our choices and their outcomes.

Collaboration: We work together toward common goals by partnering with the whole community, sharing knowledge, building strong consensus, and sharing decision-making.

Dedication: We will do whatever it takes to improve the lives of our clients and communities.

Transparency: We openly convey our ideas, decisions and outcomes to ensure trust in our organization.

Quality and Excellence: We identify the highest personal, organizational, professional and clinical standards and commit ourselves to achieving those standards by continually improving every aspect of our performance.



Los Angeles County
Department of Mental Health
is dedicated to partnering with
clients, families and communities
to create hope, wellness and recovery.



<http://dmh.lacounty.gov>

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A Final Thought



GOD IS IN THE DETAILS

BY KATHLEEN PICHÉ, L.C.S.W., PUBLIC AFFAIRS DIRECTOR

One of my favorite quotes of all time is “God is in the details,” originally spoken by Ludwig Mies van der Rohe, a bare-bones architect and pioneer of modern architecture. “God is in the details” resonates because it’s important to look at all things closely; if we superficially observe anything, we may miss the greatest, most wondrous things about them.

Think of a favorite movie, one with a great story and what is remembered about it. Often what stands out is a specific scene or, better, a single line, such as, “You had me at hello” from *Jerry Maguire*, or “I’ll be back” stated by ex-Governor Schwarzenegger when he acted as a cyborg in *The Terminator*. There are detailed scenes and lines we could sight in remembrance of the great and wondrous talent Robin Williams that highlight the gift of joy and laughter he gave to the world. One of Williams’ quote that I particularly like is, “You’re only given a little spark of madness. You mustn’t lose it.” Williams would not have been so dazzling if it weren’t for his “spark of madness.”

The essence of recovery can be similar. We create treatment plans specific to an individual. We do not endorse a one-size-fits-all model. It’s important to note all the intricacies and variables for the best possible outcomes, including what a community can contribute within a context of social, financial and spiritual supports. In order for hope, wellness and recovery to happen, we must focus on specific needs for the individual within a larger community that can interact with the individual. The individual benefits from the community and the community benefits by actions of the individual. Often there is something vital in making recovery happen that is different for everyone; it may be a special caseworker or doctor, or finding a job or the right place to live. Whatever holds the plan together and keeps recovery progressing is what people remember. One detail may be the spark that ignites the hope necessary to stay the course.

I recall a client telling the story of a psychiatrist that stepped in to help after a receptionist told her she wouldn’t get an appointment to be seen for weeks. The client needed help immediately and refused to leave. She wasn’t in need of an emergency room but did need to speak to someone that day. One of the clinicians was gracious enough to do this, and, many years later, this is the one step – the one person – that the client remembers the most in relation to her own recovery. We remember those who make a difference.

Perhaps Williams said it best in a line from *Good Will Hunting*, where he played psychiatrist Sean Maguire who helped a young, troubled genius, played by Matt Damon, find direction in his dysfunctional world: “You’ll have bad times, but it’ll always wake you up to the good stuff you weren’t paying attention to.” And the good stuff? God’s in there.