



Los Angeles County
Mental Health Wellness Magazine

Minds & Matters

SUMMER 2015

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HEALTHCARE INTEGRATION QUESTIONED AT TOWN HALL

Approximately 600 employees gathered via WebEx, AT&T conference call and in-person at LACDMH headquarters on April 29th to hear leaders from Los Angeles County Public Health, Health Services and Mental Health departments answer questions around healthcare integration, a directive proposed by the LA County Board of Supervisors.

LACDMH co-hosted the live event with the Service Employees International Union (SEIU). LACDMH staff sent questions via e-mail prior to and during the town hall which were read aloud and answered by one or more panelists, including: Marvin Southard, D.S.W., LACDMH Director; Alexander Li, M.D., DHS; and Kristin Mondy, DPH.

Alina Mendizabal (SEIU 721) acted as Master of Ceremonies, introducing the panelists. Of the many town halls she has attended, she said, "LACDMH's town hall was by far the BEST town hall of the six and I look forward to any future continued collaborations together."

Dr. Christina Ghaly, M.D., DHS, was also on-hand to answer questions and was impressed by the scope of the town hall held at LACDMH. "Thanks so much for your work in making the event so successful. It was amazing having so many sites be able to listen and contribute," she said.

Dr. Li added: "Appreciate the collaborative effort and especially the amazing participation of the LACDMH staff."

If you missed tuning into the town hall held on April 29th, you may watch it on the LACDMH intranet here: <http://dmhhqportal1/sites/th/default.aspx>. You can keep up with the integration by checking on the LA County website here: <http://priorities.lacounty.gov/health/>.

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Minds & Matters

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



INDEPENDENCE DAY

My wife and I watched a Netflix movie last weekend called *Words versus Pictures*. It didn't get great reviews, but I liked it. The premise was that two prep school teachers, one a poet and the other a visual artist, get into a contest about what is more powerful to the human psyche – “words” or “pictures”. Of course, the answer was that they are complementary; each does things in communicating that the other cannot do even as they accomplish some things in common. For some reason, this and the time of year sparked me to think about the relationship between independence and dependence. I am obviously a “words” person with no talent (other than appreciation) in the visual arts.

“Independence” is usually, especially in July, construed as the good concept: strong, upright, self-reliant and American; but, as we in mental health know, independence, if taken too far, can lead to isolation and pathology. Dependence is often thought of as a bad thing: weak, vulnerable and even unreliable; but, in truth, we cannot be fully human

and members of any kind of community unless we learn how to be able to depend on others and have others able to depend on us. So like “words” and “pictures” for communication, the fullest development of human potential and flourishing comes from a balance of dependence and independence. As Hillel says in *Ethics of the Fathers*: “If I am not for myself, who will be for me? But if I am only for myself, who am I? If not now, when?”

So as we celebrate Independence Day this year, I hope we balance our appreciation of independence with an appreciation of how much our mutual dependence upon one another makes both personal and political independence possible. I also hope we can celebrate our work at LACDMH of allowing individuals, families and communities to depend on our help, allowing them to achieve wellness and recovery, so they can be both “for themselves” and “for others”.

Marvin J. Southard, D.S.W.

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Employee Recognition

Retired

April 2015

Debbie Frazier, 29 yrs
Lourdes Marquez, 39 yrs
Michael Maloney, 32 yrs

May 2015

Carlos Guzman, 12 yrs
Rosalie Reyes-Moreno,
23 yrs
Stephen Shea, 21 yrs
William Drucker, 19 yrs

June 2015

April Snell, 16 yrs
Delia Doherty, 15 yrs
Lisa Colbert, 10 yrs
Lynn Siegel, 15 yr
Yoko Takasumi, 4 yrs

LACDMH RECOGNIZES 2015 OUTSTANDING NURSES

By Karen Zarsadias-Ige, LACDMH Public Information Officer



On Tuesday, May 12, 2015, the Los Angeles County Board of Supervisors recognized outstanding nurses from throughout the county's departments, including the Los Angeles County Department of Mental Health (LACDMH). The ceremony is an annual tradition and is part of the celebration for Nurse Recognition Week.

At the Board of Supervisors' presentation, the Supervisors thanked all the county's nurses for their dedication and contributions. Each Supervisor took the time to recognize several individual nurses that won Outstanding Nurse Awards from the various departments, including Mental Health, Health Services, Public Health, Fire, Sheriff and Children and Family Services. They also received scrolls as part of the special recognition.

A luncheon hosted by the LACDMH Nursing Professional Concerns Committee (NPCC) followed the Supervisors' meeting. The 2015 Annual Spring Gala and Nurse Recognition took place at the Proud Bird Restaurant near LAX. This year's theme for Nurse's Week was "Ethical Practice — Quality Care".

Chris Collins, RN, Chair, LACDMH NPCC, hosted the spring gala. LACDMH Medical Director Rod

Shaner, M.D., led a discussion and lecture, "Interdisciplinary Supervision and Consultation in LACDMH", during the lunch program. He then thanked the nurses for their hard work and presented certificates to all the honorees and the winner.

This year's LACDMH Outstanding Nurse Award was presented to Barbara Hollis, SMHCRN EOB/PMRT SA1.

This year's nominees were also recognized, including:

Myrna Cauquiran, MHC RN South Bay
Eusebia Changcoco, MHC RN, Hollywood MHC
Christopher Chigbolu, Sr. MHCRN, EOB
Veronica Dale, NP, West Valley Wellness
Patricia Daughtrey, MHC RN, Compton
Rachelle Diaz, MHC RN, EOB LET/PMRT
Dianna Hamed, MHC RN, SMART/CAMP
Katy Ihrig, MHC RN, Santa Clarita MHC
Marvin Leiva, MHC RN, SFMHC
Leonardo Mangilit, MHC RN, EOB PMRT
Dora Palacio, MHC RN, Rio Hondo MHC
Ashanti Parker, MHC RN, Compton MHC
Maureen Reilly, MHC RN, SMART/CAMP
Maral Sarkissian, MHC RN, Hollywood MHC



LACDMH CELEBRATES AVALON APARTMENTS OPENING

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

On April 2, 2015, LACDMH joined A Community of Friends (ACOF), and multiple service and funding partners to commemorate the official opening of Avalon apartments, partly funded by the Mental Health Services Act (MHSA).

Dora Leong Gallo, CEO, ACOF, welcomed the crowd of dignitaries, providers and residents, noting that it was through seed money from the Department of Mental Health that help start ACOF over 20 years ago. With the creation of ACOF, the agency has developed 41 permanent supportive housing developments for those with mental illnesses in LA County and other Southern California counties.

Dora introduced L.A. County Board Supervisor Mark Ridley Thomas, Second District, who led the crowd in repeating “Permanent supportive housing works,” emphasizing the effectiveness of the housing-first model and urging attendees to play a part in ending homelessness in Los Angeles County. Dora then introduced Ray Brewer from the U.S. Department of Housing and Urban Development (H.U.D.), and Marvin Southard, D.S.W., LACDMH Director.

Dr. Southard reinforced Supervisor Ridley-Thomas’ mantra that permanent supportive housing works, and pointed out that the MHSA Housing Program has created over 2,000 permanent supportive housing units with MHSA funds in LA County, over half of all such units built in California. Dr. Southard noted that vision and partnership were key ingredients in making such huge strides in providing local housing for those without a home and a mental health diagnosis. He quoted Malcolm Gladwell’s *David and Goliath*, stating, “Wounds that communities suffer sometimes become their greatest strengths.”

Other speakers included: Sean Rogan, Executive Director for the Housing Authority of the County of Los Angeles (HACoLA); Debbie Burkart, National Equity Fund; Clifford Sheipe, To Help Everyone (T.H.E.) Health and Wellness Centers; Jasmine Roach, Avalon resident; and John Griffith, Ph.D., President/CEO of Kedren Community Health Center. Dr. Griffith remarked on the attractive, spacious new units, “When I arrived here today, they said there were two units left, so I put my name on the list.”

Avalon apartments is a 55-unit supportive housing development located in unincorporated Los Angeles, now a home for 37 individuals and families who have been homeless and have been diagnosed with a mental illness. The three story structure features five

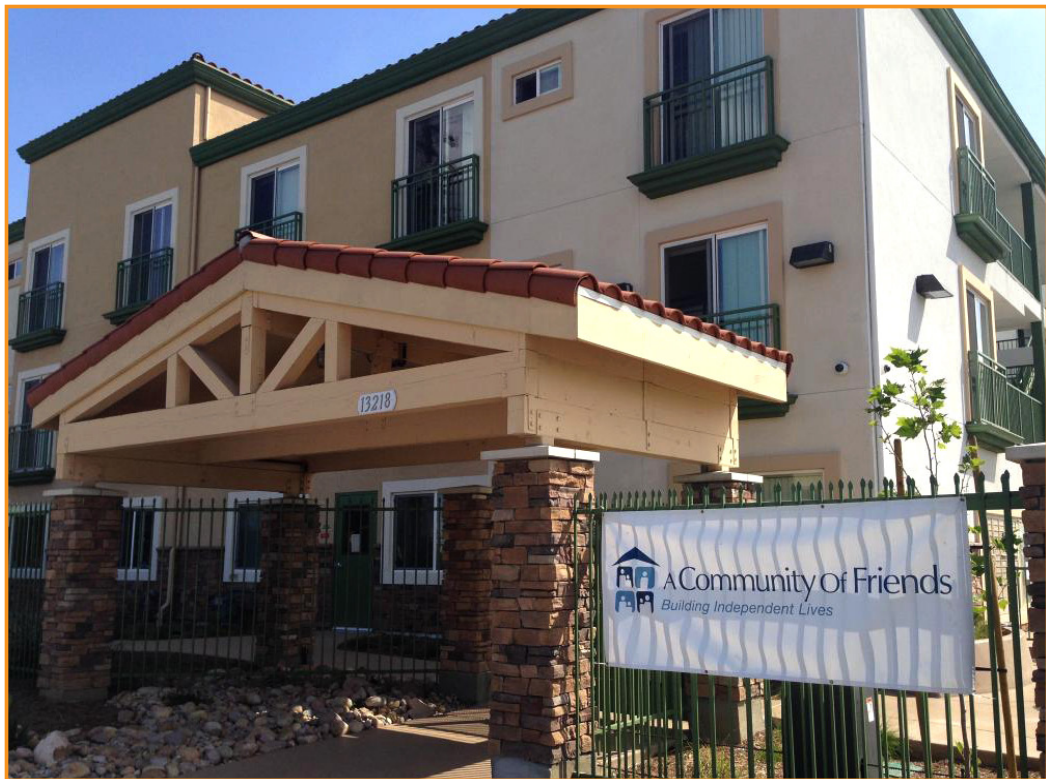
(5) accessible units for MHSA eligible tenants with physical and/or visual/hearing disabilities. All other units are adaptable, if additional accessible units are needed. The development includes 13 one-bedroom units, 22 two-bedroom units, and 20 three-bedroom units.

Avalon Apartments provides supportive services to all special needs tenants, with the goal to improve day-to-day living and housing stability. Service partners include Kedren Community Health Center and T.H.E. Health and Wellness Centers.

Arthur Bluford, resident, became homeless when his mother died. He lived on the street at 88th and Avalon for six years but did not lose the hope that things could change. One day he dialed 211, was referred to Kedren Community Health Center and was enrolled in an F.S.P. program. Arthur's depression improved and he could not believe he was first in line for a home at Avalon. When asked how having a permanent home with integrated services at the residence affected him, he stated, "I'm able to be me. People here are like family. I'm blessed."

The 20.6 million-dollar project received capital development funding from LACDMH via MHSA dollars, HACoLA and the California Tax Credit Allocation Committee/Low Income Housing Tax Credits. Rental subsidies are provided through the HACoLA Shelter Plus Care and project-based Section 8 programs. The John Stewart Company manages the property and the project architect was KDG Design.

Los Angeles County Department of Mental Health (LACDMH) recognizes and prioritizes the need to provide permanent supportive housing and on-site supportive services for homeless tenants with mental health disabilities. The services provide an enriched living experience for tenants to improve and maintain physical and mental health, gain increased independence, reduce homelessness and live in a safe and secure housing environment. These "wrap around" services are provided in partnership with LACDMH and local non-profit organizations to increase self-sufficiency, develop independent living skills and promote an interactive and vibrant living community. Services are also designed to promote recovery, wellness and resiliency.



14TH ANNUAL CONFERENCE ON MENTAL HEALTH & SPIRITUALITY

By Karen Zarsadiaz-Ige, LACDMH Public Information Officer

On Thursday, May 28, 2015, the Los Angeles County Department of Mental Health (LACDMH) hosted the 14th Annual Conference on Mental Health & Spirituality at the Los Angeles Convention Center in downtown Los Angeles.

Funded by the Mental Health Services Act (MHSA), the event was open to clinicians, clients, health providers, spiritual care providers, family members and clergy as an opportunity to learn about the integration of healing elements that spiritual practice provides. More than 500 people registered for this year's event.

An opening blessing from American Indian Changing Spirits Drum Group kicked off the conference, followed by an invocation from Ven. Lama Nima. A welcome was provided by Los Angeles County Supervisor Mark Ridley-Thomas, Second District; LACDMH Director Marvin Southard, DSW; and Wesley Rod, MP, MPH, Director of the Los Angeles County Department of Public Health Substance Abuse Prevention and Control.

Hanumantha Damerla, MD, presented *Hinduism, Mental Health and Spirituality; An Integrated Perspective* during the morning key note session. The Rev. Ronald David, MD, served as the afternoon keynote speaker with his presentation, *Love, its Meaning, Manifestations and Relationships to Health*. The day concluded with a Buddhist blessing chant from the Hsi Lai Temple. There were also workshops held during the all-day conference, including discussions about Post-Traumatic Stress Disorder, yoga and spirituality.

LACDMH PARTICIPATES IN WOMEN'S HEALTH COMMUNITY DIALOGUE EVENT

By Karen Zarsadiaz-Ige, LACDMH Public Information Officer

On Monday, April 6, 2015, the Los Angeles County Department of Mental Health's (LACDMH) Older Adult System of Care participated in an event presented by the Los Angeles County Department of Public Health's Office of Women's Health and the Los Angeles Alliance for Community Health and Aging.

LACDMH is member of the Alliance, along with the Los Angeles County Community and Senior Services, Partners in Care Foundation and the City of Los Angeles Department of Aging. The Alliance's mission is to increase accessibility and reach of evidence-based health promotion programs for at-risk, marginalized, older adult residents, caregivers and families in Los Angeles city and county through collaboration among community organizations and health systems.

The April 6th community dialogue, entitled *Mind, Body, Spirit: Integrating Behavioral and Physical Health*, took place all morning at the California Endowment, bringing together experts in the fields of women's health. A plenary panel, *The Intersection of Physical and Behavioral Health in Creating Healthier Individuals and Communities*, kicked off the morning event. It was then followed by concurrent workshops, ranging in topics from Alzheimer's disease to caregiving, service integration and wellness.

LACDMH Deputy Director Carlotta Childs-Seagle, LCSW, moderated a workshop, *Best Practices on Service Integration & Programs*. The panel included Sarah Gelberd, MD, LACDMH Senior Physician and Medical Director, Older Adult System of Care Bureau and GENESIS; Louise Ye, MD, Fellow in Geriatrics at LAC+USC Medical Center; Eliette Montiel, LCSW, LACDMH Psychiatric Social Worker, Older Adult System of Care GENESIS; Crystal Cianfrini, PhD, LACDMH/DHS Collaboration Program Head; and Stacy Ma Du Bois, LCSW, LACDMH Mental Health Clinical Supervisor, LACDMH/DHS Collaboration Program.

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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.



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A Final Thought



STATEWIDE EFFORTS TO SPREAD AWARENESS CONTINUE

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

Many of us have heard of *Each Mind Matters*, the statewide campaign in English and Spanish to reduce stigma and discrimination around mental health issues, but do you know that a multitude of resources are available to anyone at any time through the campaign website? <http://www.eachmindmatters.org/resources/>

You may be surprised at the tools available for specific groups, including law enforcement, Under Represented Ethnic Populations (UREP), veterans, LGBTQ, students and college staff. There are stories of recovery on video to inspire, an ongoing blog and new tools, such as apps and animated booklets.

The site offers all of us a way to take action and get involved. If social media suits you, Tweet about it. If you'd like to commit to talking to others about mental illness and spread the word, take a pledge — you may be chosen as pledge of the week!

Resources available via the *Each Mind Matters* website include:

- A booklet talking about ways to cope, myths and facts for LGBTQ (Down the booklet today!).
- A video series (<http://www.eachmindmatters.org/video-highlight/animated-videos-help-start-conversations-about-mental-health/>) designed to start conversations about mental health across California.
- A guide for law enforcement officers in suicide prevention (<http://www.sprc.org/sites/sprc.org/files/LawEnforcement.pdf>).
- Blog and Twitter feed.
- Ulifeline.org: Your online resource for college mental health.

Check out the EachMindMatters.org today and get info on mental health challenges, suicide prevention, diverse communities, children and families, young adults, fostering a thriving workplace and helping communities to reduce barriers to hope, wellness and recovery.