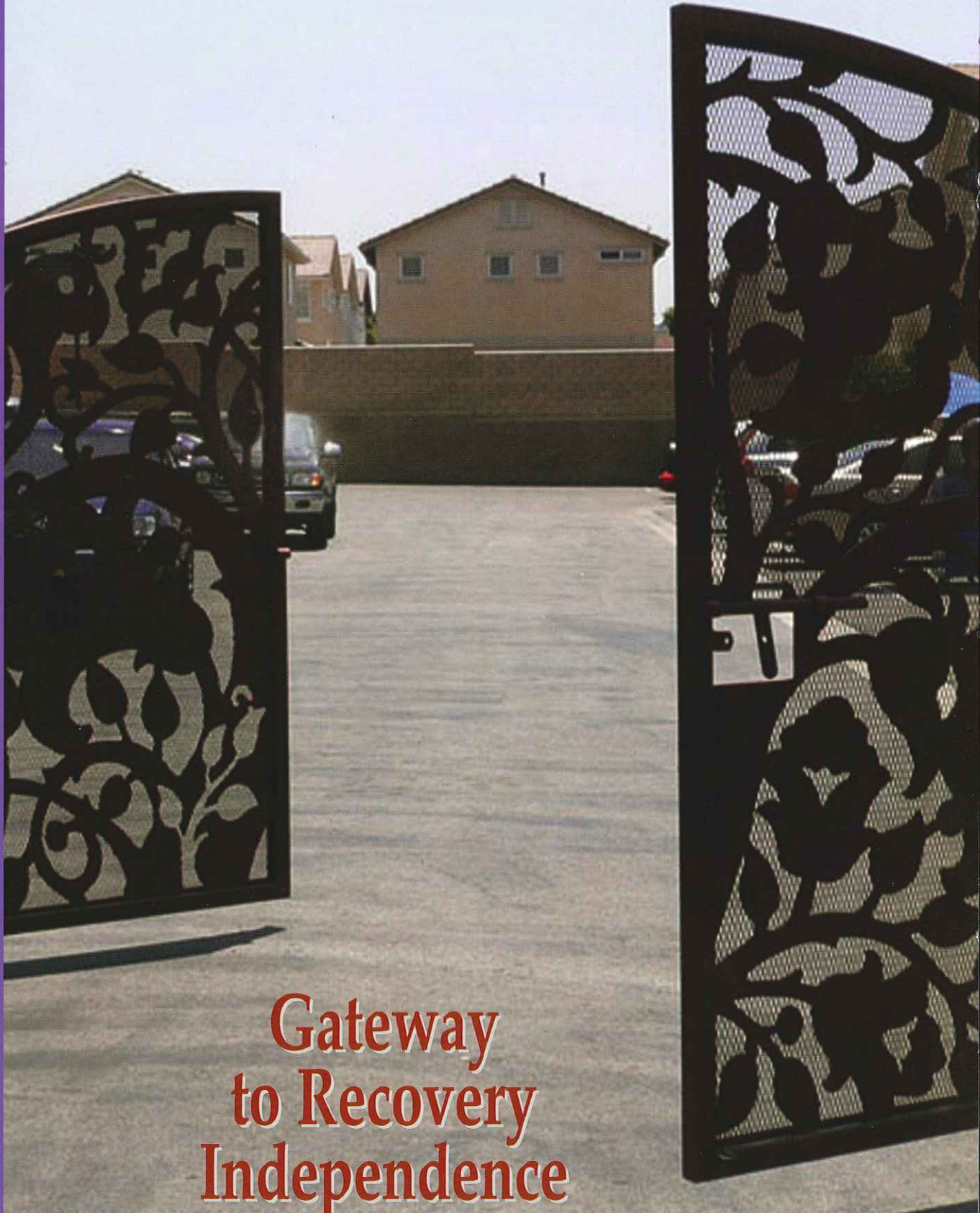


HILLVIEW

Mental Health Center



Gateway
to Recovery
Independence

HILLVIEW

Mental Health Center

Bringing Mental Health Services to the East San Fernando Valley Since 1966



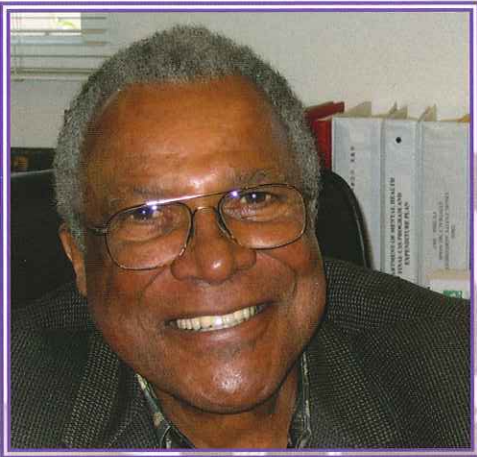
Eva S. McCraven, Ph.D.
President/Chief Executive Officer

Over 2,000 East San Fernando Valley residents suffering from mental illness pass through the gates of Hillview Mental Health Center each year. We help them regain their health and take control of their lives.

Our team of more than 80 people who care deeply about helping people achieve better mental health includes psychologists, social workers, marriage and family therapists, psychiatrists, nurses, mental health rehabilitation specialists, personal service coordinators and other supportive services staff. Together, we create a seamless support network, enabling our consumers to prepare for work, school, stable housing and more productive lives. We help them to access community services that include health care, cultural and recreational resources, and public benefits.

Eva S. McCraven has held executive positions at Hillview and its predecessor institutions for over 35 years. She became chief executive officer and president in 2004. Dr. McCraven has earned commendations from the City and County of Los Angeles and the State of California for her work in improving and broadening the reach of mental health services. The programs she developed for Transitional Age Youth are models for similar programs throughout the county.

Dr. McCraven received her bachelor's and master's degrees in health science from California State University, Northridge, and a master's degree in psychology and a doctorate in clinical psychology from Cambridge Graduate School, Los Angeles. She is an active member of numerous business, community and mental health professional organizations. Dr. McCraven served as an officer of the National Association for the Advancement of Colored People on the local and regional levels. She was honored with a "Women of Achievement" award by the local Business and Professional Women/USA.



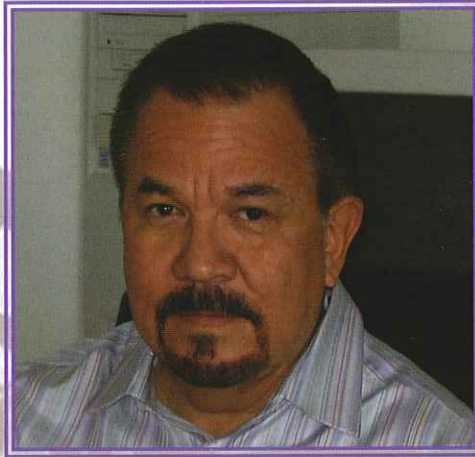
Carl C. McCraven

Founder/Chief Financial Officer

Carl C. McCraven came to the mental health field after a two-decade career in aerospace. With a bachelor's degree in electrical engineering from Howard University, he joined America's early space program. In the mid-1960s he and other San Fernando Valley volunteer leaders founded Pacoima Memorial Hospital. Mr. McCraven served as the first chairman of the board. In 1966, following new federal guidelines, he helped launch a community mental health center that evolved into Hillview.

Realizing his preference for his avocation, Mr. McCraven enrolled at California State University, Northridge, to earn a master's degree in health science, and he became associate administrator of Pacoima Memorial. In 1973, he became president and executive director of Hillview.

Mr. McCraven was president of the Southern Area Conference and the San Fernando Valley Branch of the National Association for the Advancement of Colored People. He served on the national board and is now a Life Member. Mr. McCraven's community involvement extends to leading local organizations such as the Urban League, the United Way and the American Red Cross. He has received numerous honors for his professional, volunteer

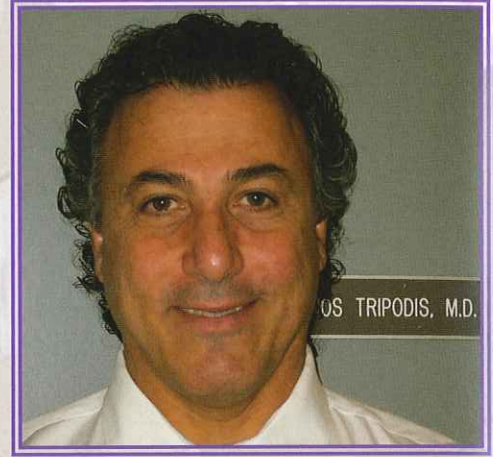


Jack L. Avila, L.C.S.W.

Clinical Director/Program Director, Transitional Age Youth

Jack L. Avila is a Licensed Clinical Social Worker with a bachelor's degree in psychology from California State University, Northridge, and a master's degree from the School of Social Work, University of Southern California.

Mr. Avila specializes in the treatment of severely and persistently mentally ill people, and he has particular expertise in working with mentally ill offenders and people on conditional release from state hospitals. He came to Hillview in 1977 as a psychiatric social worker, and later became a supervisor of a 10-bed homeless residential and outreach program. He was named clinical supervisor in 1986 and clinical director in 1995.



Konstantinos N. Tripodis, M.D.

Medical Director

Konstantinos N. Tripodis, M.D., became Hillview's psychiatrist for the agency's Partners program, now known as Assertive Community Treatment (ACT), in 1994. He was named medical director in 1995.

Dr. Tripodis earned his medical degree from the C.E.U.X. School of Medicine in Mexico and an M.D. equivalent certificate from the University of California, Irvine. He completed internship and residency programs, including serving as chief resident, at the UCLA/San Fernando Valley Psychiatry Residency Program, University of California, Los Angeles, School of Medicine. He is a published writer in the mental health field and has earned numerous awards and research grants.

Art Thrives at Hillview Mental Health Center



At Hillview, we believe that art engages people and creates positive energy. With an aim to inspire, intrigue and involve, we commissioned original artwork for our public places.

"Laura, Scattering" is the colorful tile carpet set into the reception and entry areas of the Carl C. McCraven Treatment Center. Artist Robin Brailsford was inspired by Yuzan Chinese folding papers to create 58 unique tesserae mosaic tiles of glass, gold and porcelain. Hillview used donated funds to commission the artwork.



"Soaring for Freedom," our corporate logo, originated as a Brailsford tile (above). When you visit Hillview, look for it in lobby of the Carl C. McCraven Treatment Center.

The Mission of Hillview Mental Health Center, Inc. is to help empower individuals and families affected by mental illness by assessing their needs, strengths and goals, and then working collaboratively with mental health professionals to plan services that are person-centered, culturally competent and effective in promoting recovery and the ability to live as participating members of their communities.



HILLVIEW

MENTAL
HEALTH
CENTER
I N C

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Chief Executive Officer

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Innovative and Comprehensive Support and Recovery Programs

Outpatient Clinic: Sustaining Clients' Strengths

Adults suffering from mental illness have access to psychologists, psychiatrists, marriage and family therapists, and personal services coordinators. Hillview services include outpatient crisis intervention, individual and group therapy, and medication support.

Ladders: A Means for Upward Mobility

Ladders focuses on adults 18 and older who are homeless or previously incarcerated and who have a mental illness. This intensive case-management program empowers them to pursue employment, education, permanent housing and personal growth so they can lead productive lives. Funded by state revenues from AB2034, Ladders supports participants with mental health treatment, food, clothing, medical care and personalized social services.

ACT: Assertive Community Treatment

ACT provides a 24-hour team response to people at risk for frequent hospitalizations due to long-term mental illness. The program's supportive services enable people to live in stable housing in the community, form mutually supportive peer relationships and take advantage of local educational, recreational and cultural resources to participate in the life of the general community.

Jump Start: For Transitional Age Youth

Young adults between 18 and 21 who leave foster care or the juvenile justice system rely on Jump Start for transitional housing, counseling and training for successful independent living. The program includes psychiatric care, basic life skills training, employment counseling, education assistance and guidance for accessing county social services.

Hillview Clubhouse: A Casual Drop-in Center

The Clubhouse is an informal meeting place for Hillview clients ages 18 and older to socialize. They enjoy lunch and can attend support groups on improving their life skills.

Senior Connections: In Support of Health and Well-being

This outreach program is for seniors who have lost loved ones or are experiencing physical or emotional isolation. Senior Connections offers counseling and social support services at Hillview or in seniors' homes. The goal is to help seniors improve their mental health and utilize community resources to improve their quality of life.

Hillview Village: Permanent Housing for the Formerly Homeless

Hillview was the first agency in the San Fernando Valley to build a permanent housing complex for homeless people with mental illness. Hillview Village is home to 50 low-income tenants who live independently and benefit from the unique arrangement of a supportive environment with access to mental health professionals.

*If you or a loved one
might benefit from a
Hillview program,
we invite you to
contact us for more
information.*

*Call us at
(818) 896-1161
press 0*

*Email us at
info@hillviewmhc.org*

*"Gates of Empowerment,"
by Michael Amescua, blends whimsy
with practicality. The steel driveway
gates feature papel picado, or paper
cutouts, of flowers and abstract birds.*

*The project was financed through
the Private Percent for Art, a
City of Los Angeles Department of
Cultural Affairs program requiring*

From Hillview to Recovery, Independence and Health

Clients benefit from Hillview's individualized attention, therapy and programs

Hillview's Interagency Cooperation Is the Way to Sober Success

VB was a troubled woman who wanted to regain custody of her two young children. She came to Hillview from Via Avanta, a court-ordered drug recovery program. She had overcome her addiction, but still suffered the effects of substance dependence and post-traumatic stress from abusive relationships. She was emotionally unstable, impulsive and aggressive.

At Hillview, Doris Smith, VB's case manager, and Dr. Robin May-Davis, her therapist, worked in partnership with Via Avanta to develop a comprehensive support program. VB took control of her medication. She learned to handle stress and maintain her sobriety. Barely literate, she developed the patience to improve her reading. With Ms. Smith's help, she received disability funding for housing after her recovery program graduation.

Today, VB and her children live in a sober community. VB continues treatment at Hillview and Via Avanta to manage her moods and anxiety. She has a new focus: returning to school and improving her family's life.

A Troubled Young Adult Jump Starts to Independence at Hillview

SG became emancipated from foster care while in probation camp and found himself on his own with few marketable skills or emotional resources. He was fortunate to be released to Hillview Mental Health Center's Jump Start community and

SG responded quickly to his individualized program of psychiatric care and life-skill classes. He made friends within Hillview's small community. He landed a job in just six weeks. He later capitalized on Jump Start's education assistance and enrolled at a community college.

After two years with Jump Start, SG "graduated" to his own apartment, proud of his independence.

"Everyone here has been gratified, watching him grow," says Taragene Duffy, SG's case worker. "He is a shining example to our younger Jump Start members."

Hillview's ACT Helps Put Hospitalization in the Past

PL suffered from chronic paranoid schizophrenia and had been hospitalized dozens of times before coming to Hillview in the early 1990s. His last hospitalization was in 1995.

Dr. Konstantinos Tripodis, Hillview Medical Director, credits PL's recovery to hard work in the Assertive Community Treatment (ACT) program. This rigorous case-management program marshals a treatment team to respond to emergencies. As clients progress through the program, they become actively involved in their recovery. PL responded well to staff support and took the initiative to dramatically improve his interpersonal relationships. He has held a full-time job since 2003.

PL continues to use services as needed through the ACT program. His goal is to maintain

Hillview's "Ladders" Leads to a Home, a Job and Mental Health

TW endured years of homelessness and mental illness. Through Ladders, the Hillview Mental Health Center AB2034 program, he built a future with a family, a home and a job.

TW struggled with bipolar disorder and major depression. He suffered auditory and visual hallucinations, insomnia and feelings of helplessness. His family lived in a motel, but he was homeless and unemployed. He was, he said, "about to explode."

Dr. Maxine Day and Dr. Jack Rothberg helped TW address his anger in group and individual therapy. Sharlene Perkins, a mental health rehabilitation specialist, helped him access community supportive services and served as his mediator. With Sharlene's help, TW got a Section-8 apartment for his family and found work. Later on, he even raised the money to start a business.

TW is determined to stay healthy—for himself and his family. He continues treatment at Hillview to manage his illness, particularly his anger, and to maintain his home and business.



HILLVIEW
Mental Health Center, Inc.

*A nonprofit corporation serving the
East San Fernando Valley since 1966*

12450 Van Nuys Blvd. Pacoima, CA 91331