

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
EDELMAN WESTSIDE MENTAL HEALTH CENTER**

RECEIVED

JUN 08 2005

ACT TEAM PROPOSAL

ADULT SYSTEMS OF CARE

Edelman Westside Mental Health Center has a well established history of serving those consumers with greatest need on the Westside. Over the years, we have gained substantial experience with homeless individuals who suffer from mental illness and co-occurring disorders. In light of this commitment, we did not disband our ATCMS program, and continue to serve the disenfranchised mentally ill with intensive support in nontraditional settings.

As we grow and learn from current research evidence, we are very enthusiastic for the opportunity to develop an ACT team and embrace the principles of the Recovery model.

In light of limited resources, we have conducted an inventory of our current programs and have determined that the existing infrastructure supports the development of ACT and Wellness programs.

Existing Inventory of ACT Components

- Edelman has maintained an ATCMS program, staffed by a .25 FTE MD, 2FTE PSW II, 1FTE MCW and a .33 FTE SPSW.
- Edelman has a well established a Money Management program
- A Nami/Edelman Employment Project provides supported employment services that will be a priority service for ACT consumers.
- The physical plant allows for a unique space to house a Wellness Center
- A thriving Client Advisory Board is an active component of existing services
- Consumer-led groups are in place.

The ACT program will be implemented with approximately thirty consumers that are Intensive Service Recipients, IMD and hospital discharges, and those released from jail. Care Coordinators will share responsibilities related to the needs of ACT consumers, and quality-of-life issues will replace the emphasis on symptomatology. Telephone coverage

will be available 24/7, with after hours supervision provided by the Program Head and the Medical Director.

Older Adult Component

Our ACT team will incorporate an older adult component in an effort to reach out to an underserved population in the Service Area. One FTE, divided among five staff members, devoting one day to the project, is in place. We will target the homeless elderly and are currently working closely with a community agency to develop a joint plan that addresses the needs of these consumers. An orientation and training program provided by Genesis will begin in June.

Staffing

Core Component

Diane Tierney SPSW (.3 FTE)
Paul Alperin LCSW (1FTE)
LaTesa Madkins MCWII (1FTE)
Satko Luce PSWII (1FTE)
Lillian Lebas, MD (.25 FTE)

Older Adult Component

Julie Thompson SMHCRN (.20 FTE)
Steve Dobbs PSW II (.20FTE)
Wendy Douglas PSW1 (.20FTE)
Eli Selkin PSWI (.20FTE)
Paul Young PSWII (.20FTE)

WELLNESS CENTER

The Wellness Center is the least restrictive environment in the Center, and is available to consumers on a drop-in basis. It utilizes consumers as group facilitators and peer counselors for support and advocacy. Wellness goals include the utilization of the Recovery model to increase hope, promote long-term stability and create environments that promote a proactive approach to self responsibility. Consumers will lead as well as attend supportive, educational and Wellness focused groups. Consumers will be involved in decision making regarding their treatment and program development. These will be accomplished through the Client Advisory Board.

Strategies for Developing Client Run Activities

- Encourage and support the Client Advisory Board
- Seek out consumers with special skills
- Change the consumer and staff culture within the Center
- Create an open and welcoming environment

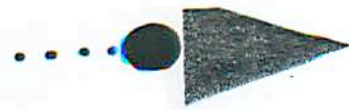
See attachment for proposed sample of Wellness Center programming

EMPLOYMENT PROGRAM

Edelman promotes the philosophy that all consumers who desire to work should be assisted in that endeavor. There are no institutional barriers to participate in the employment program, i.e., referral, level of functioning. Consumers interested in employment will choose one or all of the following groups: the Fear of Work Empowerment Group, Work Skills Group, and the consumer led Work Support Group. Employment staff will then develop an individualized employment plan with each consumer that may include support from the Department of Rehabilitation. When a position is obtained, the Fulfillment Through Employment NAMI/Edelman Project will supply a Nami volunteer to provide job support.

See attachment for program flow

Consumers may enter the ACT program from a variety of sources, i.e., Edelman's out-patient program, IMDs, hospital and Jail discharges. Act participants will have access to Money Management services and may attend a variety of Wellness groups. The Work Center will also be available to ACT consumers.



Wellness Center May 2005



Monday

- 2** Women's Support Group (10-11)
 Fear of Work Group (11-12)
 Procovery (1:15-2:30)
 Mission Accomplished (2:30-4:00)
 Relationships Group (4-5)

Tuesday

- 3** Walking Group (10-11)
 Stepping Stones (1-2:30)
 Housing Group (3-4)
 Relaxation Skills (4-5)
 Creative Ventures (3-5)

Wednesday

- 4** Wake up Call (9-10)
 Work Skills group (10-11)
 Dual Recovery (12-1)
 Project Return (2-3)
 Bowling (4-6)

Thursday

- 5** Tai Chi Classes (10-11)
 Recovery Links (12-1)
 Spirituality (1-2)
 Medication Management (1-2)
 Theatre Group (3-4:30)
 Book and Movie Review (2-4)

Friday

- 6** Work Supports (10-11)
 Art Group (9-2)
 Healthy Living with Co-Occurring Disorders (12-1)
 Well Being (2-3)

- 9** Women's Support Group (10-11)
 Fear of Work Group (11-12)
 Procovery (1:15-2:30)
 Mission Accomplished (2:30-4:00)
 Relationships Group (4-5)

- 10** Walking Group (10-11)
 Stepping Stones (1-2:30)
 Housing Group (3-4)
 Relaxation Skills (4-5)
 Creative Ventures (3-5)

- 11** Wake up Call (9-10)
 Work Skills group (10-11)
 Dual Recovery (12-1)
 Project Return (2-3)
 Bowling (4-6)

- 12** Tai Chi Classes (10-11)
 Recovery Links (12-1)
 Spirituality (1-2)
 Medication Management (1-2)
 Theatre Group (3-4:30)
 Book and Movie Review (2-4)

- 13** Work Supports (10-11)
 Art Group (9-2)
 Healthy Living with Co-Occurring Disorders (12-1)
 Well Being (2-3)

- 16** Women's Support Group (10-11)
 Fear of Work Group (11-12)
 Procovery (1:15-2:30)
 Mission Accomplished (2:30-4:00)
 Relationships Group (4-5)

- 17** Walking Group (10-11)
 Stepping Stones (1-2:30)
 Housing Group (3-4)
 Relaxation Skills (4-5)
 Creative Ventures (3-5)

- 18** Wake up Call (9-10)
 Work Skills group (10-11)
 Dual Recovery (12-1)
 Project Return (2-3)
 Bowling (4-6)

- 19** Tai Chi Classes (10-11)
 Recovery Links (12-1)
 Spirituality (1-2)
 Medication Management (1-2)
 Theatre Group (3-4:30)
 Book and Movie Review (2-4)

- 20** Work Supports (10-11)
 Art Group (9-2)
 Healthy Living with Co-Occurring Disorders (12-1)
 Well Being (2-3)

- 23** Women's Support Group (10-11)
 Fear of Work Group (11-12)
 Procovery (1:15-2:30)
 Mission Accomplished (2:30-4:00)
 Relationships Group (4-5)

- 24** Walking Group (10-11)
 Stepping Stones (1-2:30)
 Housing Group (3-4)
 Relaxation Skills (4-5)
 Creative Ventures (3-5)

- 25** Wake up Call (9-10)
 Work Skills group (10-11)
 Dual Recovery (12-1)
 Project Return (2-3)
 Bowling (4-6)

- 26** Tai Chi Classes (10-11)
 Recovery Links (12-1)
 Spirituality (1-2)
 Medication Management (1-2)
 Theatre Group (3-4:30)
 Book and Movie Review (2-4)

- 27** Work Supports (10-11)
 Art Group (9-2)
 Healthy Living with Co-Occurring Disorders (12-1)
 Well Being (2-3)

- 30** Women's Support Group (10-11)
 Fear of Work Group (11-12)
 Procovery (1:15-2:30)
 Mission Accomplished (2:30-4:00)
 Relationships Group (4-5)

- 31** Walking Group (10-11)
 Stepping Stones (1-2:30)
 Housing Group (3-4)
 Relaxation Skills (4-5)
 Creative Ventures (3-5)

Blue writing indicates staff led groups

Green writing indicates client led groups

Edelman Mental Health Center

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EDELMAN ACT PROPOSAL

FLOW DIAGRAM

