

MINDS & Matters

Helping Others Through Charitable Giving has its Rewards

The Department of Mental Health's charitable giving campaign is off and running once again with many fun events scheduled through the November 6, 1995 ending date. Many staff throughout the Department have been coordinating activities, collecting books, and cooking on their own time to ensure a successful campaign once again.

The April 29, 1995 March of Dimes Walk-A-Thon included 44 departmental employee walkers and dozens of volunteers from several clinics. The spirit of volunteering shined bright at the Rio Hondo Community Mental Health Center as 28 clients and staff from the Imperial Manor's Supplemental Rate Program filled 5,000 bags with promotional items from sponsors such as Thrifty Drugs, Baskin-Robbins and K-Mart. The clients assisted further by distributing the bags on the day of the event as well as cleaning up the park at the end of the day. Two residents of the facility completed the eight mile walk with the staff from Rio Hondo.



Department of Mental Health walkers put their best foot forward.

Contributions for this event totalled nearly \$3,000, placing the Department in tenth place Countywide. The Board of Supervisors presented Dr. Crowell, and Team Captain Angel Baker with an award for the Department.

On July 25, 1995, Dr. Michael Thein of Intensive Case Management was the lucky winner of the Departmentwide 50/50 Raffle. The event raised \$1,560 of which \$780 will be donated to charity.

August 2, 1995 was a sweet day at Sixth Street when the campaign sponsored a Bake Sale. For employees who prefer food for thought,

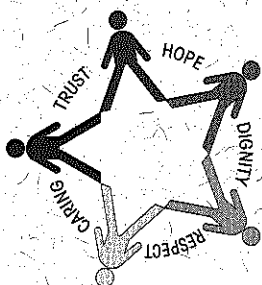


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Imperial Manor's Supplemental Rate Program Administrator Joy Sanders, and son Joe Semo, and consumers Wilfredo Perez (left) and Paul Moore (right).

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Los Angeles County's Mental Health Court Program Reaches Out to the Incarcerated Mentally Ill

The Mental Health Court Program identifies and assists mentally ill individuals who have been arrested and are entering the legal system. The Program currently includes eight mental health clinicians serving fifteen Municipal and Superior Courts throughout Los Angeles County. The mental health courts that benefit from the Program are: Central Arraignment, Compton, Hollywood, Inglewood, Lynwood, Torrance, Downey, San Pedro, Long Beach, West Los Angeles, Santa Monica, Beverly Hills, Van Nuys, Pasadena, and the East Los Angeles Court.

In addition to providing assistance to the incarcerated mentally ill, the mental health court workers act as a resource for the courts. They conduct mental health evaluations, provide crisis intervention, and advise the court as to the mental status of the clients. Court workers link clients with mental health services in jail and/or integrated services in the community. More importantly, they assist the court in recognizing the special needs of the incarcerated mentally ill and in developing strategies and plans tailored to the needs of this population.

The Court Program also provides an alternative sentencing option which allows mentally ill defendants to serve jail sentences in one of three mental health residential treatment centers. Mentally ill clients who are referred for alternative sentencing are evaluated by Program staff at County jail facilities. Clinicians facilitate placement by recognizing appropriate candidates, coordinating placements with judicial officers and treatment centers, and by obtaining a court order which allows other Program staff to transport clients from jail to the treatment centers. The Court Program monitors each of the client's progress and participates in the discharge planning to ensure continuity of care and to minimize reentry into the legal system.

The Court Program is available to assist clinicians with clients who become involved with the legal system. If you have questions or would like additional information, the Court Program staff can be reached at (213) 478-8232. ☆

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A Book Sale was held two weeks later. August 22, 1995 was a Barbecue Sale, that was absolutely finger-lickin' good. Sherrill Lee, the charitable giving coordinator at Sixth Street, plans another 50/50 Raffle and a Jazzercise Workout for charitable event damage control.

In addition to Departmentwide continuing Candy Sales, facilities and clinics are making this year's events tasteful and fun, a few examples include: Melinda Rodriguez, Coordinator at Antelope Valley Mental Health, reports on a successful Parking Lot Sale; Deanna Goodlow, Coordinator at South Bay Mental Health, reports the success of their Zesty Italian Luncheon; Dora Barrera and Alice Ying, Coordinators at Long Beach Adult, sponsored a White Elephant Sale; Lisa Song and Randi Alpern, Coordinators at Santa Monica West, cooled off their facility with an Ice Cream Sale and Bake Sale; Mary Garcia, Coordinator at the Virgil facility, held a Hot Dog Sale and sponsors a Snack Bar that will remain open through the charitable giving period; Nga Dang, Coordinator at TRC, has an ongoing Penny Drive; and, Clover Hamilton, Coordinator at San Antonio, has a Western Barbecue planned.

Due to the limited space in the newsletter, we are unable to mention all the coordinators and past and future events, but the Department would like to extend our heartfelt thanks to each and every person who is participating in the campaign. ☆

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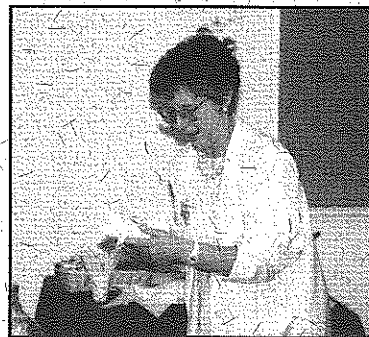
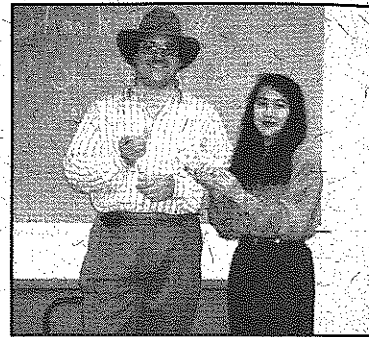
50/50 Raffle winner Dr. Michael Thein and charitable giving coordinator Lorna Fiji.

Lillian Hardy prepared and served the barbecue.

Sherrill Lee, Chair of the Campaign, distributes the candy.

Dr. Crowell at the Bake Sale.

Barbara Banh browsing at the Book Sale.



Many of the experiences in treating children at the San Antonio Mental Health Clinic contradict the notion that child consumers are primarily psychotic or developmentally impaired. The Clinic often finds that children displaying maladaptive behaviors suffer from traumatic family experiences and frequent bouts with depression, anxiety or biologically-based problems; the Clinic believes that the maladaptive behaviors mask these problems. As a result of these findings, the Clinic developed the Multi-Family Group Therapy Program. The Program operates on the assumption that many of the parents of a disordered child also engage in various behaviors to mask their own problems, including feelings of low self-esteem. These feelings inhibit the parents ability to guide their children towards more desired behaviors.

The Program is based on the premise that effective therapeutic intervention requires action on the part of parents. They suggest that parents need to assume the role of healthy authoritative figures and teach, demonstrate and insist that their child develop control over powerful emotions and oppositional behaviors. The process begins with the parent consistently taking the choices of misbehavior away from the child through clear, unwavering communication of the desired behavior and consistently supervising compliance. The Program developed a set of rules for parents to follow to effectively work with their children; examples of common problems and situations and the correct responses are taught and practiced.

As a result of parents practicing the rules of the process, many of the children no longer project the intense, often painful, internal conflicts onto their parents, teachers, peers and siblings. When the parent is effective in this new role and the misbehavior stops, the child's depression usually surfaces within weeks, and the child becomes more willing to communicate feelings with both parents and therapists.

Multi-Family Group Therapy Program at San Antonio Mental Health Clinic



Multi-Family Group Therapy Program. From left to right: Sukeda Day, LCSW, Diane Rodriguez, MSW, and Dolores Spielman, MSW.

The Multi-Family Group Therapy Program reports that working with families, parents and children, proves to be highly effective in changing unacceptable behaviors. Parents are more successful in their parenting, and therefore children become more able to follow directions. For questions regarding the Program, you may contact the clinic at (310) 806-4921. ☆

Cross-Cultural Exchange of Mental Health Issues

Los Angeles County AMI President, Luis Garcia, recently organized a cross-cultural exchange of mental health issues with representatives of the Department of Mental Health in Guadalajara, Jalisco, Mexico. A team of five AMI members and two DMH staff traveled to Guadalajara and met with Dr. Jaime Orozco, the Department Head of Mental Health in Guadalajara.

Guadalajara, with a population of approximately 1.7 million people has one major public psychiatric hospital with 330 beds, a psychiatric unit within a general hospital, one major private psychiatric hospital that also serves neighboring Northern states, and several small private hospitals to meet the needs of the mentally ill population. Until 1986 the psychiatric hospital was the only treatment center in the Nation. Mexico's government estimates that 1% of its population suffers from mental

illness; like Los Angeles the mentally ill are more likely to live in urban rather than rural areas. Dr. Orozco reports that their programs rely heavily on prevention.

An important distinction between the cultures is the degree of family involvement. In the Latino culture, it is common for Latinos to remain in the family home with their spouses and children for their entire lives; this is viewed in their country as positive behavior, particularly for single women. The American culture, including acculturated Latinos, by contrast, places great emphasis on individuals, including those with mental disabilities, achieving independence and leaving their home.

The visit made it clear that the success of the mental health system in Guadalajara is contingent on the support provided by the families of the mentally ill, not unlike the system here. ☆

The Children and Family Services Bureau AB 3015 Systems of Care Project has been providing services to children and families who are severely emotionally disturbed (SED) and involved with multiple public agencies. A long-term goal of the Project is to develop, in conjunction with other agencies serving families and children, a more complete system of care.

The Bureau is pleased to announce that the linkage between the local Family Preservation Networks and both the East Los Angeles and Antelope Valley has been formalized. This means that the services provided by each program will now be enhanced by linking the resources of each with one another. In addition, the Therapeutic Foster Homes that were identified and trained to serve AB 3015 children are now in the process of being certified. These specialized foster homes will provide children at risk of being placed in a group home with more options and services tailored to their individual needs.

The Adult Services Bureau reports that 14, of approximately 50 awards, granted as a result of the Continuum of Care Homeless 1995 Competition, were awarded to Adult Services Bureau contract providers. The grants total nearly \$12.7 million and will fund services to people who are homeless.

Didi Hirsch has joined forces with a coalition, including private facilities, that will provide outreach and case management services, particularly targeting homeless people who are substance abusers and mentally ill.

ASB is pleased to announce that PARTNERS Integrated Service Agency Program has been selected as a 1995 National Association of Counties Achievement Award (NACo) winner.

The Critical Care Bureau is pleased to announce that the Hospital - Community Linkage Program at LAC+USC was selected to receive a 1995 NACo Achievement Award.

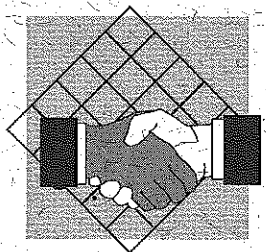
The Program Support Bureau's Community Support/Homeless Division reports that the Los Angeles Substance Abusing Mentally Ill Project (LA SAMI) has been selected as a 1995 National Association of Counties Achievement Award (NACo) winner. The Project's purpose is to improve awareness/access and enhance services for dually-diagnosed consumers. In addition, the Child Abuse and Neglect Services Program received a 1995 NACo Achievement Award.

Jail Mental Health Services reports that Sybil Brand Institute submitted a proposal to the Sheriff's Custody personnel for restructuring service delivery on the acute mental health modules. The aim of the proposal is to provide more services, including group and recreational therapy, to the most acutely disturbed segment of the inmate/patient population.

The Office of Managed Care Planning reports that their participation in the Statewide managed care planning has included the development, by the California Mental Health Director's Association Information Systems Work Group, of a report highlighting the information system requirements for managed mental health care. These requirements have now been outlined. The report will be presented at the meeting of the CMHDA Managed Care Committee. Final recommendations will be made and Statewide efforts can move forward.

Happy Halloween





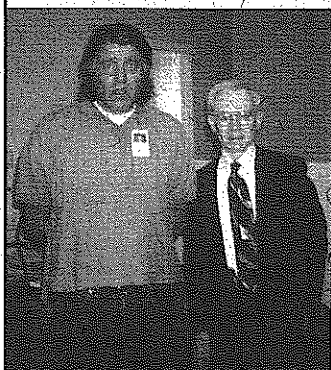
KUDOS FOR *colleagues*

The Kudos For Colleagues section for this edition recognizes the individuals that have been singled out by the tHank yoU Gang Squad (H.U.G.S) at the Critical Care Bureau. Kudos and congratulations to all of you.

Beverly Carter
Staff Assistant I, pictured below center with Jean Terrazas, left and Tom Lawson, right.
"always extends a helping hand to fellow workers when needed"



Amalia Rodriguez
Sr. Community Worker II (camera-shy)
"is a giving person, open to suggestions, always helping out where needed"



Thomas Sanchez
Community Worker (Part-Time), pictured at left with Tom Lawson.
"always dependable and on time"

Raquel Maya
Transcriber Typist, pictured below with, from left to right, Audrey Isser, Teresa Nguyen, Raquel and Tom Lawson.
"is one of the hard working staff who always looks out for everybody's safety as well"



From left to right, Darlene Thomas, Sarah Minden, Gregory Fractious, Shirley Michaels and Hareda Woods.

Shirley Michaels
Head Clerk, pictured above.
"has been instrumental in developing the various statistical reports of patient's activities at Metropolitan State Hospital and the Mobile Response Programs"

Gregory Fractious
Psychiatric Tech II, pictured above.
"exemplifies his commitment and dedication to the delivery of mental health services"

Darlene Thomas
Word Processor I, pictured above.
"worked closely with the Metropolitan State Continuing Care Placement Unit to develop a tracking and monitoring system of all patients from the State hospital"

Sarah Minden
Psychiatric Social Worker I, pictured above.
"assisted in developing a program to address the issue of adolescents who turn eighteen while in the state hospital"

Benjamin Crocker, M.D., pictured at right, receiving his hugs.
"is a dedicated and hardworking psychiatrist"



Vivian Watts, R.N., pictured below.
"extends herself to really make a difference in her consumers' lives"

Jesse Palacios, Sr.
Community Worker, pictured below.
"reaches out to others offering his expertise"



From left to right, Dolores Daniels, Vivian Watts, Jesse Palacios, Sr. and Stephanie Alexander.

CROWELL'S *corner*



In the July 1995 Minds & Matters I warned that the prevalent desperation and fear created by the dreadful County Health Budget shortfall would discourage thoughtful, creative, problem solving just when we need it most. I urged that we not let fear overcome creativity. So it is with great satisfaction that I can today report that the leadership in the Department of Health Services (DHS), and especially the four heads of the Department of Psychiatry, have worked with us very creatively to bring about a thoughtful downsizing of the mental health program in DHS without destroying or destabilizing these very vital resources needed and used by the entire County.

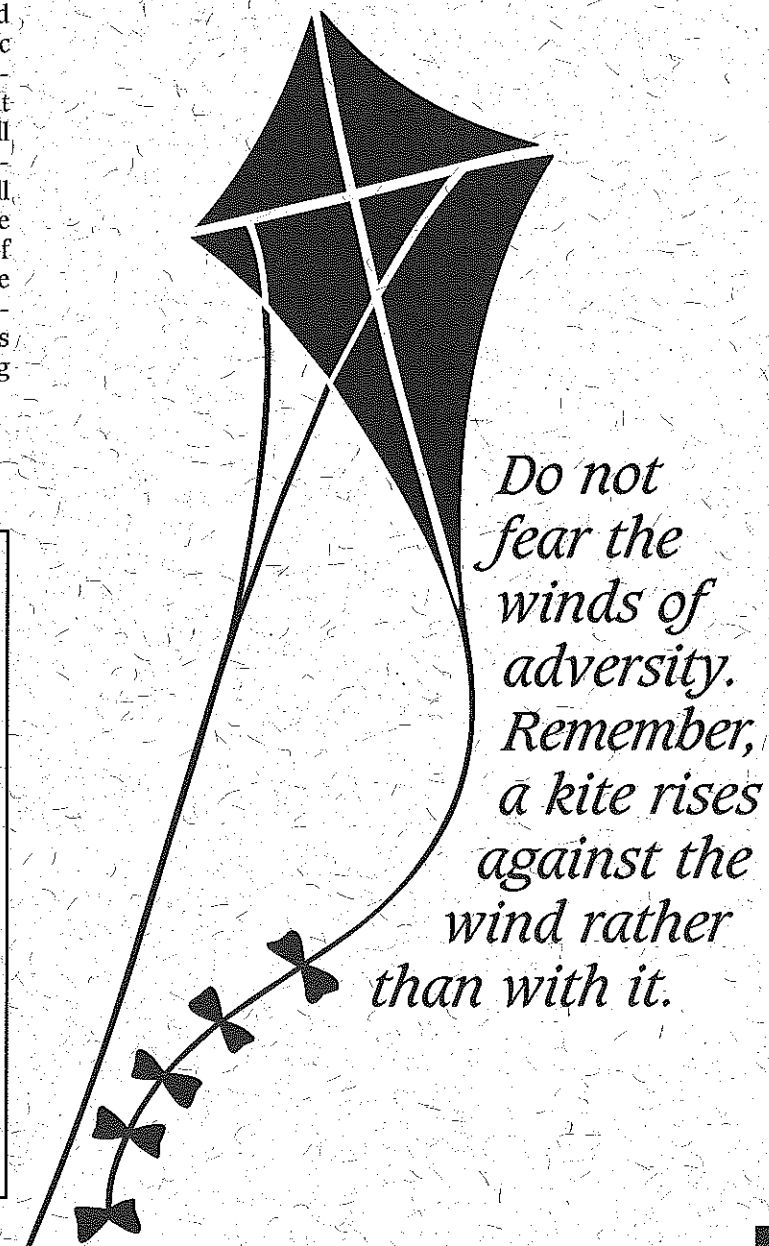
The inpatient programs at Harbor, Hawkins, Olive View and LAC+USC Medical Center will be continued with their unique identity and maintain geographic accessibility. The DHS-operated non-hospital programs for adults as well as children and youth at Hawkins and LAC+USC will also continue. While all of the programs will be reduced, everyone is working to streamline and increase the efficiency of all parts of the Countywide system so that the same number of persons may receive treatment, in spite of the reduced resources. All parts of the system are pro-actively increasing their collaborative problem-solving efforts. We can honestly say that changes that have been needed for a long time are happening as a result of this crisis.

Of course the County as a whole has not been able to prevent great losses. Closure of Comprehensive Health Centers and Health Clinics and significant hospital-based ambulatory care downsizing will make it harder for our mental health patients to get their other necessary health care. As I write, the efforts to find creative solutions through public/private partnerships and other enhanced funding designs may mitigate some of these problems as well. We certainly hope so.

In times of crisis it is particularly important that communication be clear, and that all uncertainties be identified so that appropriate information can be shared. Please don't hesitate to let me know those areas where you feel there are unanswered questions, as well as to let us know the successes and problems you are experiencing as we go through this massive change. As I said before, let's keep the blood flowing to our brains to make sure we are as creative, and proactive in solving problems as we can possibly be. As always, I appreciate your dedication and commitment to keep making progress, in spite of great obstacles. ☆

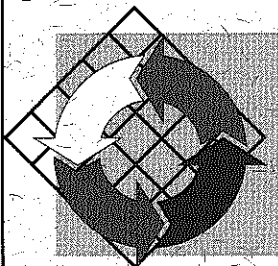
MINDS matters is published by the LA County Department of Mental Health on a regular basis. Articles, comments and suggestions are encouraged. Please write or call:

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Do not fear the winds of adversity. Remember, a kite rises against the wind rather than with it.

POTPOURRI



October 5, 1995 is National Depression Screening Day

As a function of Mental Health Awareness Week, the Department is pleased to participate in the national screening event once again. The following clinics will be conducting depression screenings: *Antelope Valley Mental Health, Association League of Mexican Americans, El Centro Mental Health, Glendale Family Services, Long Beach Asian Pacific, Pacific Clinics, Santa Monica West Mental Health Center, Skid Row Mental Health Center, and West Valley Mental Health Center.* If you have any questions contact Kathy House at (213) 351-5296.

Early Intervention Program Receives Outstanding Agency Award

Los Angeles Child Guidance Clinic's Early Intervention Program was awarded the United Way Metropolitan Region's 1994-95 Outstanding Agency Award in the category of Health and Mental Health Services. The award recognizes the Program's commitment to services for children five and under.

Child and Adolescent Program Collaborates on Projects

The Long Beach Child and Adolescent Program is participating in two collaborative projects. SUNOCCAP (Service Use Need Outcome Cost Child Adolescent) is a large multi-site national study of mental health needs and resources for children and youth, funded by Congress. The resulting data will assist Congress as well as other mental health entities in future planning. MAARYC (Multi Agency At Risk Youth Committee) is an early prevention effort with a goal to identify early indicators for youth at risk.

State DMH Employees 10th Reunion Scheduled

The Tenth Anniversary Reunion of Former State Department of Mental Health Employees is scheduled for Monday, October 9, 1995 from 11:00 am to 2:00 pm, at the Travelodge Marina Resort at the Long Beach Harbor (near the Queen Mary). The cost is \$20 per person and includes a banquet lunch, program and parking. All former State DMH employees including retirees are welcome. For more information contact Barbara Wallace at (213) 738-4635, Chuck Lewis at (213) 738-4715 or Tom Lawson at (213) 226-5726.

Fond Remembrances of a Friend

The Community Living Program held a memorial ceremony in honor of the memory of Tom B., a past graduate of the Program. Planning for the ceremony was a joint effort by both Program staff members and consumers. A graduate of the Program provided guitar music, while fruit salads and pastries, prepared by past and current students, were served. The ceremony provided a supportive environment in which people could share their memories and mourn the loss of a friend.

El Centro de Amistad Executive Director Appointed

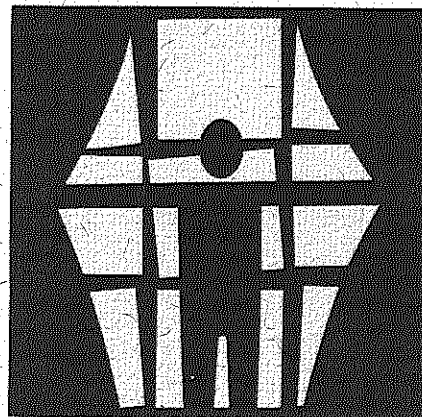
El Centro de Amistad appointed Edward V. Moreno as the new Executive Director.

"Breakthrough" Group Founded for Consumers and their Families

San Fernando Mental Health's Drop-In Center started hosting a new group for consumers and their family members. The group is called "Breakthrough" and was formed to meet the needs for advocacy and networking for consumers and their families. The group meets on the second and fourth Tuesday of the month from 6:00 to 8:00 pm.

CAMI Conference Scheduled

The California Alliance for the Mentally Ill (CAMI) Annual Conference is scheduled for October 27 & 28, 1995 at the Los Angeles Marriott in Los Angeles.



DEPRESSION
IT'S AN ILLNESS, NOT A WEAKNESS.