Los Angeles County
Mental Health Wellness Magazine

Minds & Matters

Spring 2011

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LACDMH LAUNCHES WEEKLY MORNING RADIO SHOW ON KTLK-AM (1150AM)

On Sunday, March 6th, the Los Angeles County Department of Mental Health's (LACDMH) weekly radio show premiered on KTLK-AM (1150AM). The "Free Your Mind Projects Radio Show" runs at 7:30AM-8:30AM every Sunday until May 22nd. The show is produced in partnership with Free Your Mind Projects (FYMP).

This show has featured:

•**Mia St. John**, three-time World Boxing Council champion, who has become a familiar and recognizable champion of mental health awareness. St. John is one of the individuals featured in the *Profiles of Hope* series.

•**Gary Gougis**, a LACDMH Community Worker at South Bay Wellness Center. He was spotlighted in the first series of *Profiles of Hope*, sharing story of battling depression, panic attacks and generalized anxiety disorder.

•**Robert David Hall**, actor (Dr. Albert Robbins on CBS' *CSI Las Vegas)* and musician. He is an amputee who has devoted his life to being an advocate for disability rights.

The hour-long show provides information about various mental health topics and related issues of the day, and shares real-life stories from individuals who are experiencing their own journeys of *Hope, Wellness and Recovery*.

The show is part of LACDMH's Prevention and Early Intervention (PEI) social inclusion campaign. It creates a forum to educate the public about barriers surrounding treatment for those diagnosed with mental illness, including stigma.

The "Free Your Mind Projects Radio Show" can be streamed live on www.ktlkam1150.com. If you miss a broadcast, you can also catch the podcast on the Free Your Mind Projects Website, www.freeyourmindprojects.com.

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www.dmh.lacounty.gov

Minds & Matters

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

HEALTH REFORM AND PUBLIC MENTAL HEALTH: THE FIRST WAVE

Health reform, in whatever final form it takes, will have a profound impact on LACDMH and our agency partners. The effect of parity for mental health and substance abuse services (the idea that no limitations on care can be offered by an insurer for mental health and substance abuse treatment that does not apply in exactly the same way to physical health care treatments) will be especially crucial as the number of persons covered expands. It has become evident that cost-containment for health reform cannot happen without a well-conceived delivery of mental health and substance abuse services.

But the first wave of change for public mental health services will happen through the 1115 Waiver. This waiver is the mechanism by which each state implements the federal Medicaid program within its borders. California recently re-negotiated its waiver which is titled “A Bridge to Health Reform”. The waiver is complicated with many different parts, but the area I will highlight is something called the Low Income Health Plan (LIPH).

The LIPH expands eligibility for Medicaid-like services to a population not currently eligible for Medicaid coverage: Adults who do not have current custody of children and who have incomes less than 133% of the federal poverty level. In expanding eligibility in this way, the LIPH provides for federal reimbursement for services that counties currently provide for uninsured (indigent) populations. Some counties in California currently provide more for indigents than others do. For those that do (like Los Angeles) provide a significant level of indigent services (over $120 million in our case), this provides the opportunity to do three things with the additional federal funds available.

First, to provide more services to the indigent clients we are currently serving. Second, to expand the number of indigent clients with serious mental illness whom we will serve to address their unmet needs. And third, to expand the services that we provide to a population that we have not served for many decades: persons with a mental illness, but one that is not yet at the level of severity that leaves them disabled. This third use of the resources from the LIPH in the 1115 Waiver would need to be coordinated with Los Angeles County’s efforts to integrate the care we provide more successfully with primary health care, using the resources provided by the Mental Health Services Act.

This first wave of change is happening now. We have until July 1, 2011 to prepare our systems to embrace the challenges and opportunities inherent in the LIHP. Everyone is working really hard to make sure that the wave is not experienced as a tsunami.

Marvin J. Southard, D.S.W.

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HOPE WELLNESS RECOVERY

LAC DMH
LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

Employee Recognition

Retired

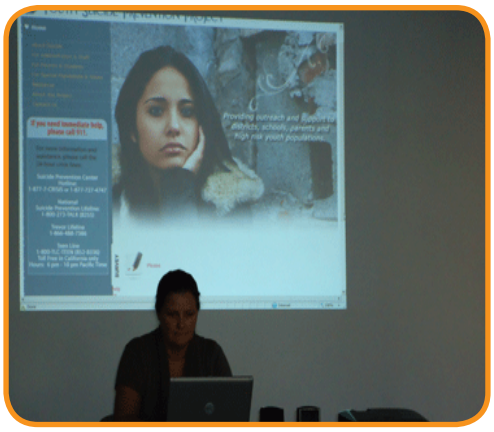
December 2010
Catherine Dixon, 17 years

January 2011
Victor Tolle, 10 years
Thor Alcyone Reyes, 10 years
Eugene Bauman, 32 years
Rosalind Cabrera, 22 years
Joseph Salinas, 30 years
Barbara Wasileski, 30 years
Pei Wang, 25 years
Marcela Manalad, 22 years
Vivian Wakiji, 9 years

February 2011
Larry Quan, 39 years
Muriel Janes, 22 years

March 2011
Leonids Jurkevics, 38 years
Vonalie Bennett, 25 years
Janet Birch, 5 years
Donald Wells, 31 years
Dorothy Jackson, 32 years
Carmen Ortiz, 20 years
Charles Ellis, 11 years
Ollie Price, 39 years
Alice James, 36 years
Rosita Nacario, 36 years
Tanya Robledo, 39 years
Maria Williams, 39 years
John Griffin, 35 years
William Peck, 25 years
Theresa Nguyen, 25 years
Albertina Kurniawan, 25 years
John Green, 13 years

PARTNERS IN SUICIDE PREVENTION MEET AND LAUNCH WEBSITE



As part of the Mental Health Services Act (MHSA) Prevention and Early Intervention (PEI) Plan, the Los Angeles County Partners in Suicide Prevention (PSP) Network met on January 21st. The gathering marked the second meeting of the Network, where more than thirty members crowded into a conference room at the Superior Court Building. They adopted a mission statement which will guide their efforts in promoting public awareness, education and engagement regarding suicide and suicide prevention in LA County.

Together with the LACDMH PSP Team, the Network will further support building the capacity of providers, systems and communities to implement effective suicide prevention strategies across all ages and for high-risk populations.

At the Network meeting, a website supporting suicide prevention in schools was launched: http://preventsuicide.lacoe.edu. The Suicide Prevention for Schools website is dedicated to educating school district personnel, parents and students on the subject of suicide prevention. The LA County Office of Education, LA Unified School District and LACDMH have joined together to provide critical online resources to all districts and schools in LA County.

GROUNDBREAKING FOR 28TH STREET YMCA APARTMENTS

Renovation is now underway to provide 49 units of permanent, supportive housing for low-income individuals. The Clifford Beers Housing and Coalition for Responsible Community Development (CRCD), supported by the Los Angeles County Department of Mental Health (LACDMH), held a groundbreaking for the rehabilitation project on Thursday, February 24th at 1006 E. 28th Street in Los Angeles.

Construction for the 28th Street YMCA Apartments was made possible with the help of funding through Proposition 63 or the Mental Health Services Act (MHSA). For this project, LACDMH is committing more than $8.1 million of MHSA Housing Program funds, including $5 million in a capital development loan and $3.1 million for operating subsidies in the form of a grant. Over the term of the loan, LACDMH with the help of its contractor, Kedren Community Mental Health, will provide $2.7 million of in-kind mental health services for tenants in 30 MHSA-funded units.

"This housing community represents a partnership with agencies that really know this community and will get the services that residents will need," said Roderick Shaner, M.D., LACDMH Medical Director. "These apartments will provide the wrap-around services we have to provide housing, mental health services and also help people find employment."

The 28th Street YMCA Apartments are expected to be completed by fall 2012. It's one of 28 new housing projects throughout LA County.

"It's exciting to see this housing," stated LACDMH District Chief, Maria Funk, Ph.D. "This is going to be a beautiful place for the people who will eventually be living here – especially after they have been living on the streets."

In Their Own Words

HOPE, WELLNESS & RECOVERY: IN MY OWN WORDS

BY MARICELA ESTRADA, PEER ADVOCATE
RIO HONDO WELLNESS CENTER

I have been living with bipolar disorder since I was 18 years old. It's been a 12-year struggle and, for me, the first step was denial. I didn't want to believe that I was "crazy". I felt stigmatized. I felt like I was so full of promise. I was an honors student at Cal State LA, but now that I was diagnosed, I felt like my life was over.

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"I feel as if my purpose in life is to send a message of hope and survival for those living with mental illnesses. "

As a result of my denial, I was in and out of mental hospitals. I set myself back, hurt my family and had to drop out of college. I refused to take my medication.

I would become manic and slip into a delusional state in which I thought the world was ending and I was the "chosen one". And when I was manically depressed, I wanted to end my life.

I had no balance. I remember the day I accepted my mental illness. It was April 20, 2003. It was my birthday, Easter morning. I had a delusion in front of my church congregation.

When I came back to reality, I said to myself, "Maricela Estrada, this is the last time you embarrass yourself and hurt yourself and everyone around you. Face it, you are bipolar.

But it's okay, life will go on. From now on, you will never skip one day without medication." From that day forward my life changed in a beautiful way.

I went back to college, earned three prestigious scholarships, graduated with my Bachelor of Arts (BA), published my memoir *Bipolar Girl*, and now, here I am, working for the Los Angeles County Department of Mental Health (LACDMH) as a Peer Advocate.

To find out more about Maricela Estrada's memoir, *Bipolar Girl: My Psychotic Self,* you can visit her Web page at http://www.eloquentbooks.com/BipolarGirl-MyPsychoticSelf.html

I love my job. I love the people I work with, and I have a passion for what I do. I feel as if my purpose in life is to send a message of hope and survival for those living with mental illnesses.

My life has propelled me to dedicate my life to working in mental health. After so many years of fighting this battle that I thought I would never win, I made it through with victory. I'm finally in recovery.

My advice to all those who have been through a similar situation is to keeping moving forward and to never lose faith in themselves.

Always remember that hope is eternal.

See your psychiatrist and case worker on a regular basis, take your meds, go to groups, and you will see the beautiful road to recovery ahead of you.

About Maricela Estrada (Source: EloquentBooks.com):

Maricela Estrada lives in Rosemead, California. She received her bachelor of arts in communications with an emphasis in public relations from Cal State University in Fullerton.

She uses her own experiences to help her work at The Friendship Line, a non-crisis talk line affiliated with Mental Health America of Los Angeles. Her next book, *Beautiful Bipolar Bisexual*, continues her story.

1115 DEMONSTRATION PROJECT - A BRIDGE TOWARDS FULL HEALTH CARE REFORM IMPLEMENTATION

The State of California has participated in the Medicaid Section 1115 Demonstration project Waiver for many years. The State received approval for the new Demonstration Project in November, 2010, which serves as a bridge towards full health care reform implementation in 2014. Two significant areas were to phase in coverage for adults ages 19-64 with incomes at or below 133% of the federal poverty level (FPL); and expand the existing Safety New Care Pool (SNCP) that was established to ensure continued government support for the provision of health care to the uninsured by hospitals, clinics and other providers.

An important stipulation was that Behavioral Health Services be an integral part of the services offered, and through the Low Income Health Plan (LIHP) a key component is the Medicaid Coverage Expansion (MCE). The MCE addresses individuals between the ages of 19-64 with incomes at or below 133% of the federal poverty level (FPL), who are not undocumented. These enrollees will receive evidence-based mental health services in community-based settings with an emphasis on prevention and early intervention. Currently, the Department of Health Service's (DHS) "Healthy Way L.A." (HWLA) is the MCE vehicle in L.A. County, and when fully implemented, DHS anticipates 130,000 enrollees in HWLA. DMH has identified three tiers of service levels to address the needs of these individuals.

Delivery of Tier 1 Services: Tier 1 clients will generally be seriously and persistently mentally ill (SPMI) with high mental health needs and either high or low physical health needs. Tier 1 clients usually will have a Global Assessment of Functioning score (GAF) of 40 and below. Tier 1 services will be delivered through LACDMH, since these enrollees have serious mental health issues and may need a full range of Rehabilitation Option services and programs

Delivery of Tier 2 Services: Tier 2 clients most likely will have low mental health needs and high physical health needs. Their GAF score usually will be between 41 and 60. Many individuals currently receive limited mental health services provided to them in a primary care setting. Most often, the mental health service provided is medication prescribed by internists and family medicine practitioners to individuals who experience acute but non-persistent moderate levels of emotional distress which has impaired their ability to function in their daily lives. Under the MCE, LACDMH proposes both an expansion and enhancement of mental health services at primary care locations. Expanded services would be delivered through the provision of evidence-based, short-term treatment by mental health clinicians while the availability and access to LACDMH funded psychiatric consultation for primary care practitioners will enhance existing services. It is anticipated that there will be at least three service delivery strategies including the following:

Co-location at DHS Comprehensive Health Centers: Integrated health/mental health services through co-location of LACDMH staff in DHS Comprehensive Health Centers;

Co-location at Federally Qualified Health Centers (FQHCs) and Public Private Partnerships (PPPs): Service integration through co-location of clinicians from LACDMH or contracted mental health agencies in primary care settings including FQHCs and PPPs;

Integrated Primary Care and Mental Health Services: Integration through delivery of mental health services by clinicians employed by FQHCs and PPPs. These services will constitute an expansion of the basic mental health services already mandated for such agencies and an enhancement of services by providing access to psychiatric consultation.

Delivery of Tier 3 Services: Tier 3 clients will have both low mental health and low physical health problems. Services will be provided in primary care settings and will generally consist of medication support, provided by a primary care practitioners. Access to LACDMH funded psychiatric consultation for primary care practitioners will enhance existing services.

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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 very 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.

HOPE WELLNESS RECOVERY

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Minds & Matters is published by the Los Angeles County Department of Mental Health
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Calendar of Events

May 2011 — Mental Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Week 19 Free Your Mind Projects Radio Show on KTLK-AM (1150 AM) from 7:30AM - 8:30AM Trail Dusters Ride	2 LACDMH'S Newest "Profiles of Hope Series" airs on KLCS/PBS (Channel 58)	3 National Children's Mental Health Awareness Day	4	5	6	7
8 Week 20 Free Your Mind Projects Radio Show on KTLK-AM (1150 AM) from 7:30AM - 8:30AM	9 LACDMH'S Newest "Profiles of Hope Series" airs on KLCS/PBS (Channel 58)	10 NPCC Spring Gala And Recognition of the 2011 DMH Outstanding Nurse	11	12 Basic Needs Resource Fair-Celebrating May is Mental Health Awareness Month	13	14 The Northeast Wellness Center Peace March
15 Week 21 Free Your Mind Projects Radio Show on KTLK-AM (1150 AM) from 7:30AM - 8:30AM	16 LACDMH'S Newest "Profiles of Hope Series" airs on KLCS/PBS (Channel 58)	17 Transition Age Youth (TAY) Conference 2011	18 Substance Abuse in Older Adults: Screening & treatment Intervention Strategies	19 Coping with Hope 2011 "Stressors of a Chronic Disease	20 TIES for Families	21
22 Week 22 Free Your Mind Projects Radio Show on KTLK-AM (1150 AM) from 7:30AM - 8:30AM	23 Antelope Valley MH & Wellness Centers Celebrate Mental Health Month	24 Antelope Valley MH & Wellness Centers Celebrate Mental Health Month Harbor-UCLA celebrates May is Mental Health Month	25 Antelope Valley MH & Wellness Centers Celebrate Mental Health Month LBMHC "May is Mental Health Month"	26 Antelope Valley MH & Wellness Centers Celebrate Mental Health Month Mental Health Commission Awards	27	28 Remembering our Veterans and Their Families, Past, Present and Future
29 Week 23	30 Memorial Day	31	1	2	3	4

A Final Thought

SPRING 2011: REACH OUT, CONNECT WITH OTHERS, CREATE A BETTER COMMUNITY

By Kathleen Piché, L.C.S.W., Public Information Office Director

Change is inevitable, they say. In the first three months of 2011, we have seen and felt change in a big way. Change in the way of health care reform at the federal, state and local levels. LACDMH is creating mental health awareness and education via Mental Health Services Act (MHSA) Prevention and Early Intervention (PEI) dollars.

We are planning mental health and substance abuse treatment trainings, combining medical and mental health care via Health Way L.A., and launching a social inclusion campaign. The social inclusion campaign focuses on designing community-based supports for people with mental illness and their families so they can achieve hope, wellness and recovery.

As part of the LACDMH social inclusion campaign, the Public Information Office (PIO) has created six new *Profiles of Hope* segments, debuting the first three Mondays in May on KLCS-TV, Channel 58 at 8PM. *Profiles of Hope* highlights six strong personalities who volunteered to tell their story and bring their recovery issues to light, in hopes of creating discussion, bringing a more educated view to the public and creating tolerance and acceptance of those diagnosed with mental illnesses and/or addiction.

Through their stories, we see how they have effectively dealt with problems – serving as an example to others that they need not delay in seeking treatment, and therefore have better outcomes. The six high-profile personalities featured are: World Champion Boxer Mia St. John, Actor and Musician Robert David Hall, Actress and Author Mariette Hartley, US Vets CEO Steve Peck, Psychiatrist Clayton Chau, M.D., Ph.D., and Actor Maurice Benard.

Additionally, every Sunday morning until the end of May, LACDMH is collaborating with Free Your Mind Projects at KTLK-AM 1150 to provide information and discussion on all things mental health. Our listenership has grown each week and web hits are climbing! Tune in at 7:30AM or listen to the podcast: www.freeyourmindprojects.com

What's in store for the rest of 2011? Ensuring that health care reform is possible financially and clinically by continuing to develop an integrated care model for LA County that brings together resources for primary care, substance abuse treatment and mental health treatment. Also, spreading the word about social inclusion so that everyone can reach out, connect with others and create a better community.