

Recovery Connections

Quarterly Newsletter of the
Orange County Health Care Agency, Behavioral Health Services Center of Excellence
Spring 2012



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Ribbon Cutting Celebrates the Completion of the 401 Tustin Facility!



Surrounded by those who helped make the 401 Tustin Facility possible,
Supervisor Bill Campbell cuts the ceremonial red ribbon.

On a warm, sunny April 19, the Health Care Agency and the Mental Health Services Act marked a very special occasion for consumers throughout Orange County, when the red ribbon was cut and the 401 Tustin Facility was officially opened. The three-facility campus will house the Wellness Center, Crisis Residential Center and an Education and Training Center.

The ceremony included words of appreciation by Supervisor Bill Campbell, Interim HCA Director Mark Refowitz, HCA Interim Behavioral Health Director Mary Hale, Former Chair of the Orange County Mental Health Board, Theresa Boyd, and current Vice Chair of the Mental Health Board, Richard McConaughy.

Supervisor Campbell recounted the process that the County used to achieve this successful project. It all started with a resident inquiring about parking spaces in the Santa Ana riverbed. From there, the Supervisor and county staff began a long process of securing the site from the Social Services Agency and moving forward in building design and eventual construction.

Services at the new campus will begin at different times; the Wellness Center is set to move in May 19, Crisis Residential and the Education Center will begin operations during the first week of July.

Wellness Center Director Patti Pettit is looking forward to the new site, “The building was planned and designed exactly for our Wellness Center. The Art Room will have a sink and lots of storage. The space will allow us to serve more members in a comfortable environment.”



Attendees gather in the living room area of the first floor of the Crisis Residential Center. The doorways in the background lead to shared bedrooms.

The Crisis Residential Center will truly be a blessing for those who are in need of short-term services and cannot be effectively managed on an outpatient basis. The 15-bed facility will be operated 24 hours a day for male and female adults. Services will prevent unnecessary



HCA Staff give a demonstration on the new “Smart Boards” in the Education and Training Classrooms.



The Wellness Center Choir kicks off the Ribbon Cutting Ceremony with a rendition of “Downtown.”

hospitalizations and incarcerations. Services will include crisis intervention, individual and group therapy, psychiatric medication, linkages to medical care and social supports in the community.

The third building is the Education and Training Center, which will provide support to consumers and their families who aspire to have a career in mental health services. There will be five basic



Attendees walk through the main hall of the Wellness Center.

components to the educational programs offered: workshop courses, pre-vocational courses, college credit courses, extended education courses, and student advisements.

Following the ceremony, attendees were invited to tour the new buildings and ask staff any questions.

MHSA Brief News

Five-Year Report: After many months writing and editing, the Center of Excellence is pleased to present the MHSA Five-Year Progress Report, "Touching Lives and Transforming Care." The report covers all of the MHSA components from implementation to the present. Data on outcomes is provided for some of the major programs. In addition, consumer success stories are provided, giving the client's perspective on specific programs.

If you would like a hard copy of the booklet, please contact Brad Hutchins at bhutchins@ochca.com. The booklet is also posted on internet at:

http://ochealthinfo.com/docs/behavioral/mhsa/Resources/Reports/MHSA_5_Year_Booklet_WEB.pdf

Innovation Projects continue to be rolled out: The Health Care Agency is happy to announce that both the Family-Focused Crisis Management and Early Childhood Mental Health Projects have been implemented and began serving consumers in the County. Both projects are funded through the Innovation component of MHSA and have a time frame of three years. For more information about these projects and who qualifies please take a look at the MHSA Innovation website at:

<http://ochealthinfo.com/mhsa/innovation>

Integrated Community Services Innovation Program

The average life span of a person with mental illness is 25-30 years shorter than for someone without a mental illness. This is an incredibly powerful and disturbing statistic. The Integrated Community Services (ICS) Program was developed to bridge this gap. The goal of the program is to fully integrate physical and mental health care in order to improve a client's overall wellness.

Developed in partnership with the Asian Health Center (AHC), Korean Community Services (KCS) and the Orange County Health Care Agency (HCA), the ICS Program represents a new and innovative approach to community health that could serve as the future model for healthcare reform. In today's traditional healthcare model, patients with physical and mental health care needs are typically viewed in one dimension: either through the lens of their primary care physician or through a mental health lens. Patients struggle to navigate these separate healthcare silos, often leaving one of their health

needs unmet.

The integrated health care model aims to address the unmet needs of patients by providing a direct service network of mental and physical health professionals under one roof. Integrated care is not only one of the most effective methods of preventative health; it provides an avenue for individuals to address mental health issues that are sometimes masked by physical ailments. The ICS Program brings together culturally and linguistically competent providers, who deliver primary medical care and mental health services in complete coordination. The goal of the program is to increase access to, use of and coordination of medical and mental health services for the community. AHC and KCS provide the primary care team for the program that will travel to HCA Behavioral Health clinics, county home, in Santa Ana, Westminster and Anaheim.

Three Medical Care Coordinators from AHC and KCS are also placed full time at each of these clinics. HCA BHS provides the community home with behavioral health support that includes full-time Clinicians and part-time Psychiatrists placed at each of the community clinics. The exchange

and integration of complementary services gives the ICS program the resources to provide “whole health care,” comprehensive physical and mental health services at each location.

Clients are referred to the program through their Orange County Clinic Counselor, Care Coordinator, Registered Nurse or Psychiatrist. These staff can refer a client to the program when they become aware that a client has a chronic health condition that may not be being addressed, for whatever reason. Many clients have no insurance and cannot afford care. Some clients have insurance but have not gone to their doctor regularly due to access and transportation issues, fear, anxiety about going to a different facility, etc. By having services located in his/her home clinic, the hope is that a warm hand off and a welcoming medical team will increase the likelihood of clients showing up for their regular medical visits.

The ICS medical treatment services are delivered by a Medical Doctor and two Registered Nurses who rotate days at the Santa Ana, Anaheim and Westminster clinics. A Medical Care Coordinator is

also located Monday through Thursday at each of the three clinics to provide support to program clients. This bilingual and bicultural team provides services in English, Spanish, Vietnamese, and Korean.

Everyone who is referred to the program is seen or an appointment is made for them. Currently, the program is averaging about 10-15 clients per week. In addition, ICS staff is beginning support groups for these clients.

Referrals to the Integrated Community Services, community home, can be made by calling Asian Health Center at 714-640-3473 or Korean Community Services at 714-449-1125. Requirement: Clients must be MSI or Medi-Cal eligible or enrolled and in need of both primary care and mental health services. Services include, but are not limited to: medical care, MSI enrollment assistance, mental health therapy, psychiatric services, medication management, case management, peer support and support groups.

Health Care Agency Director Dave Riley Retires, Mark Refowitz named Interim Director.

After 34 years of service to Orange County, HCA Director Dave Riley retired this past January. A retirement celebration was held at the Old County Courthouse on January 11, and attended by hundreds of employees, family, and friends. The Center of Excellence and everyone at MHSA thanks Dave for his years of leadership, especially during the last several years as new programs were implemented, and the 401 Tustin facility project plan was finalized.

A month after Dave’s retirement, HCA announced that Deputy Agency Director for Behavioral Health Services, Mark Refowitz was named Interim Health Care Agency Director. Everyone at MHSA is familiar with the work that Mark has done over the years. He has been with Orange County since 2004 and has participated in the development of MHSA programs and projects since day one. We all look forward to continuing to work with Mark, but understand that with his new position come increased responsibilities. He is looking forward toward the challenges and opportunities that

comes with being HCA Director, and through teamwork, he expects the department to emerge stronger and better prepared for the future.

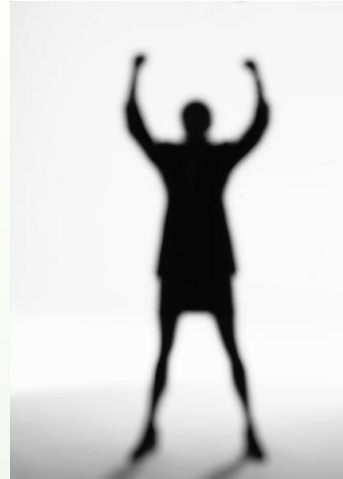


Dave Riley addresses the crowd at the Old County Courthouse as his family looks on.

MHSA SUCCESS STORY

Jackson is a 17 year old male who experienced family discord during childhood, having feelings of hopelessness and anger. His use of alcohol and drugs began a progression that eventually led to involvement in a gang. Jackson had two Juvenile Hall placements during a 12-month span for trespassing and being an accomplice to armed robbery. Since the Youth Offender Wraparound (YOW) Program linked him to therapeutic services, he has faithfully attended family therapy sessions one time per week, in order to help improve his family dynamic. Jackson has also improved his ability to verbalize feelings of frustration and sadness with members of his support systems, as well as family members. He has also been able to work with the

employment coordinator to develop a resume and find employment, which he has maintained for five months, as well as enrolling in a community college in Criminal Justice. His goal is to become a probation officer to help young people avoid the mistakes he made in the past.



The Woman Within

By anonymous.

When I was young, I always felt different from the outside world. I learned to live in my own world. My world was different from the world of Man (meaning unbalance – a break in masculinity and femininity). The world of man is filled with unspeakable things. No understanding of the deeper things in life. The cruelty and harshness of this world breaks my heart. So, living in my own world, I have obtained the wisdom and knowledge of the deeper things of life – of the human soul – more specifically my own soul. In my Universe of world, I have acknowledged the feminine energy or female within. She (inner self) has always been there whispering words of wisdom and advising me on certain things – not letting others Oppress me. Also, not letting those old religious thoughts suppress my feelings – the female within.

The female within or divine feminine entity has always been my comforter. As we know, the female is the gentle, compassionate merciful and Life Giving Being, and She is perfection in the balance of life, whether it be a divine light within man or a companion – to create a balance in all areas of life. She has even manifested in poems and stories I have written and/or am writing.

So you see, the female within has been constantly present throughout my life, and she begs to be freed – to come out from the prison that has kept her shackled for many years. That prison of religiousness – of oppression and suppression!

Being a transgendered person is not a phase, but a journey toward self-recognition, respect, and most of all self-discovery I like to compare it to a diamond in the raw. It needs to be cut out, grinded, and polished, and the beauty of that gemstone will surface.

New MHSA Steering Committee Structure

By: Bonnie Birnbaum, MHSA Coordinator

In an effort to provide an additional opportunity for MHSA Steering Committee member input, the Steering Committee has now developed Subcommittees that are organized by MHSA component and by age groups within Community Services and Supports (CSS). The role of each Subcommittee is to make recommendations on services and level of funding for MHSA programs.

The four Subcommittees are:

- CSS Children and Transitional Aged Youth (TAY)
- CSS Adults and Older Adults
- Prevention and Early Intervention (PEI)
- Workforce Education and Training (WET) and Innovation (INN)

Members of the MHSA Steering Committee and Alternates may join the Subcommittee(s) of their choice. Members of the public who would like to become Subcommittee members may apply to become members of one or two Subcommittees. There are two time slots for Subcommittee meetings, so two Subcommittee meetings are held simultaneously during each time slot. Thus, individuals can join up to two Subcommittees. Subcommittee members are expected to make a commitment to participate for at least one year. Meetings are held on even numbered months on the first Monday afternoon of that month. Meetings are open to the public. The Steering Committee as a whole meets on odd number months on the first Monday afternoon.

The Subcommittees met for the first time on February 6. Each Subcommittee chose one or more Chairs. Data on program budgets and past expenditures was reviewed in preparation for developing recommendations on program funding in FY 12/13. Recommendations are based on the premise that the total amount available in FY 12/13 will be approximately the same as the amount in FY 11/12.

Although the Subcommittees recommended to continue level funding for most programs, the Adult and Older Adult CSS Subcommittee proposed to increase the funding for Centralized Assessment Teams/Psychiatric Evaluation Response Teams (CAT/PERT).

These services provide assessments of individuals who may be in crisis and link these individuals to appropriate services. Such programs have proved effective in diverting seriously mentally ill persons from jail and hospitalization. The Subcommittee proposed to double the size of the current program through the use of MHSA contingency funds. Contingency funds are available to help counties address any unexpected changes in need and/or program costs. Current annual spending for Adult CAT/PERT is approximately \$2 million. This proposal, which would increase CAT/PERT funding for Adults and Older Adults to \$4 million for FY 12/13, was presented to and approved by the MHSA Steering Committee on March 5.

Take a Moment

By: Tomaso DeBenedictis

The small pleasure, such healing effects, sunrises and sunsets, favorite food, the flowers around, all that is there to enjoy surrounds us.

Helping someone appreciate the closeness of caring. With every stride we walk this life of constant surprises.

Seize the moment as it comes, a face that smiles, a genuine voice; enthusiasm makes the day. We have the hope from day to day, the progress made along the way.

A time for work, a time for play, a time to rest and heal. Replenish your being in creative ways; as you do you'll be amazed; the small pleasures enlarge your vision to see the providence that was meant to be.



"Street Musician" by Dan Joyce

Update:

The Center of Excellence Testing Unit has a new location! As mentioned in the previous newsletter, the Testing Unit conducts an array of services in the determination of need for, and recommendation to obtain mental health services.

For additional information on our services and/or for a referral, please contact

Forouz Farzan, Psy.D.

PH: 714-517-6100

Fax: 714-517-6139

2035 E. Ball Rd., Ste. 100 C
Anaheim, CA 92805



California Psychology Internship Councils' Meet and Greet from this past February.

Calendar of Events

May	1	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	7	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Costa Mesa Community Center
	24	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration
	28	HOLIDAY	CENTER OF EXCELLENCE CLOSED	
Jun.	4	1:00 p.m. – 4:00 p.m.	MHSA Subcommittees Meetings	Costa Mesa Community Center
	5	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	27	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration
Jul.	3	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	4	HOLIDAY	CENTER OF EXCELLENCE CLOSED	
	9	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Costa Mesa Community Center
	26	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration

Location Address:

Costa Mesa Community Center, 1845 Park Ave. Costa Mesa, CA 92627 (MHSA Steering Committee Meetings)

Center of Excellence, 600 W. Santa Ana Blvd., Suite 510 Santa Ana, CA 92701 (CAAC Meetings)

Hall of Administration, 333 W. Santa Ana Blvd., Santa Ana, CA 92701 (Mental Health Board Meetings)

NAMI Orange County invites you to the presentation of "In Our Own Voice," a public speaking program in which two people living with mental illness share their stories of recovery and hope. The event will take place on May 8 from 3:00 p.m. – 4:00 p.m. at Fullerton College located at 321 East Chapman Ave. (near North Lemon Street) Building 400, Room 410. For more information please contact Kristen Pankratz, MSW at 714-544-8488 ext. 108 or kpankratz@namioc.org

View and Post Jobs with Network of Care

This is a site for individuals in recovery and their family members to find local job opportunities related to mental health. Recruiters and employers are encouraged to post job opportunities on this site at no cost. Visit the Network of Care Online Job Center at www.orange.networkofcare.org/mh/home/jobs

Network of Care for Veterans and Military Service Members

The Network of Care for Veterans and Military Service Members is part of a growing awareness and effort to take a community approach to the needs of returning veterans; to ensure that they are a valuable part of a healthy community; and that the community has a meaningful role in the health of the veteran. The Network of Care for Veterans and Service Members is a one-stop shop for virtually all services, information, support, advocacy, and much more. This public service brings together critical information for all components of the veterans' community, including veterans, family members, active-duty personnel, reservists, members of the National Guard, employers, service providers, and the community at large. Visit this new resource at www.orange.networkofcare.org/veterans/

Sign up for the MHSA Office Mailing List

Would you like to stay current with what's happening at the MHSA Office? Then join the MHSA Office Mailing List today.

Visit <http://ochealthinfo.com/mhsa/maillinglist.htm>

Social Networking with Network of Care

The Network of Care has implemented one of the most advanced and easy-to-use social networking platforms in the nation. It was developed to help service providers and organizations, as well as community members. Veterans, older adults, kids at risk, behavioral-health consumers, and residents working to make their communities healthier can benefit from a broad range of tools.

Some of these free tools include:

Create Community Groups: You can create online support groups specifically for an organization or cause.

Create Private Groups: You can create groups for your organization's internal staff or for a Community group

Media: Your organization can view videos or upload your own to share.

Forums: You can read, create, and subscribe to a broad range of forum topics. Some current discussions include: Veterans and Service Members, Mental/Behavioral Health, Developmental Disabilities, and more!

Sign up today at <http://community.networkofcare.org/>

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