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# Recovery Connections

Quarterly Newsletter of the  
Orange County Health Care Agency, Behavioral Health Services Center of Excellence  
*Fall 2010*



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**Orange County Health Care  
Agency, Behavioral Health  
Services, Center of Excellence**  
600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701  
Phone: 714-667-5620  
Fax: 714-667-5612  
<http://ochealthinfo.com/mhsa>

## Groundbreaking for new Facility in Orange!



From left to right, Julie Poulson, former Health Care Agency Director; Dave Riley, Health Care Agency Director, Bill Campbell, Supervisor 3<sup>rd</sup> District, Dr. Cecile Dillon, Chair of Orange County Mental Health Board; Rob Richardson, Deputy CEO; Dr. Steven Mayberg, Director of Department of Mental Health

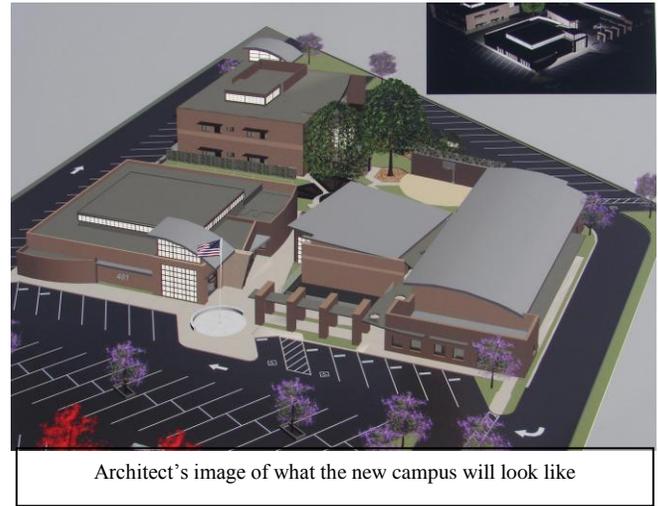
The Mental Health Campus Groundbreaking event was an absolute success! On October 12, more than 100 people attended the groundbreaking ceremony at 401 S. Tustin Street in the City of Orange, to witness this long awaited celebration of the County's newest MHSA funded project.

The site will be home to a campus consisting of three buildings that will serve as a Wellness Center, Crisis Residential Center, and an Education and Training Center for consumers and family members.

The 7,600 square foot consumer-run Wellness/Peer Support Center will offer programs and activities that are client-driven and grounded in the recovery model. The Center has a member driven Advisory Board that directs the activities, provides recommendations for ongoing program development, and creates the Center's rules of conduct. At its current location in Santa Ana, the Wellness Center has a membership of almost 1,000. Some of the programs and activities include peer support, social outings,

health and wellness classes, and various types of recreational activities. This program serves consumers who are in recovery and assists them with their integration into the community. The ultimate goal of the Wellness Center is to reduce reliance on the mental health system and to increase self-reliance by building a healthy network of support.

The 9,250 square foot Crisis Residential Center will serve as an alternative to hospitalization for acute and chronic mentally ill persons. This will be a voluntary program offering services 24 hours a day, seven days a week. The facility will house a total of 15 beds for both



Architect's image of what the new campus will look like

Chair of Orange County Board of Supervisors; Dave Riley, Director of Orange County Health Care Agency; Dr. Steven Mayberg, Director of Department of Mental Health; Dr. Cecile Dillon, Chair of Orange County Mental Health Board; and Mark Refowitz, Deputy Agency Director of Orange County Health Care Agency.

Appreciation and recognition was given to Julie Poulson, former Director of the Orange County Health Care Agency for her relentless work on the creation of this project and without whose vision and passion, this project might not have come to fruition. Members of the community, various organizations and the many consumers involved developing the new facility were also recognized and thanked for all their help and support throughout the life of this project.

The next step will be the construction of the three buildings, which is estimated to begin by the end of 2010. Estimated date of completion for the Campus is late fall of 2011; so we look forward to see you all at a ribbon cutting ceremony!



Behavioral Health Deputy Director, Mark Refowitz welcomes the gathered crowd to the groundbreaking event.

male and female adults and is designed for short-term crisis interventions for clients who are in psychiatric crisis and cannot be safely and effectively managed on an outpatient basis. These are clients that would otherwise be admitted to an emergency room or incarcerated. Services will include; crisis intervention, individual and group therapy, psychiatric medication, food, housing, linkage to medical care, and social supports in the community.

The 7,500 square foot Education and Training Center will provide support to consumers and their families who aspire to have a career in mental health services. The program offers education and training to develop the skills needed to work in the public mental health system. The Recovery Education Institute program consists of five basic components; workshop courses, pre-vocational courses, college credit courses, extended education courses and student advisement. The program will also offer a variety of certificated courses such as computer literacy, recovery coaching, and interviewing skills that would be helpful in seeking work in the public mental health system, as well as providing a pathway to entering an Associate of Arts (AA) degree or Consumer Employee Training Certificate Program.

The ceremony included remarks from Bill Campbell, Vice



From left to right: Nazeer Nazari, Denise Culler, Norma Catley, Don Haylock, Joy Torres, Judy Adams, Theresa Boyd, and Sue Watson pose with the shovels and helmets used in the

# MHSA Success

“Samuel”

Samuel was initially referred by the Extensive Support and Treatment Program and has been enrolled in the Youth Offender Wraparound (YOW) for 13 months. Here is his story.

Samuel is an 18 year old male who reports being traumatized due to early exposure to severe verbal and physical abuse, and to witnessing his brother being murdered by rival gang members at a family event when Samuel was 11 years old. He has been arrested 18 times and placed in custody 11 times in the past four years for charges such as possession of a gun, stealing from stores, gang terrorism, and running away from group homes, as well as from the police.



Since his enrollment in YOW, Samuel has participated in weekly therapy where he has confronted traumatic memories and verbalized underlying pain from his past. Samuel has since been able to appropriately express feelings to his parents, and collaborate with them to create rules for him to live at home. Samuel has also attained his General Educational Diploma (GED), successfully completed a certification in Customer Service (where he scored in the 80<sup>th</sup> percentile), enrolled in college, and has participated in family events.

Samuel also reports not associating with gang peers or visiting the neighborhood since his release. Samuel is working with YOW's Employment Coordinator weekly to create and successfully complete a resume, and practice interviewing in order to find employment.

## “Whatever It Takes”

By “Cindy”

I remember as a teen I would either sleep too much or talk and move around too much. My mom would always tell me to slow down and calm down. She always suspected that I had some kind of a mental illness, but I always refused to believe it and hid my symptoms from her. Through the years, my father died and I fell into a major depression. I started using alcohol and drugs to ease all the pain and ended up getting pregnant. At an early age my little girl was taken away from me, and due to my drug use, I never got her back. I became homeless and unemployed and lived on the streets for nine years of my life. I got in so much trouble with the law due to my drug use and drug possessions that no one would hire me.



I had been running from my mental illness and my problems long enough, I was done! I wanted a way out, and in February 2010, I got my break while standing in front of the judge at West court.

Once the judge offered me the chance to become a member of the Whatever It Takes (WIT) program, I knew this was the opportunity I had been waiting for. I accepted the offer and started attending the WIT program diligently. I can't explain how this program has changed my life! These people do everything and anything to help you get on your feet. I first got assigned to a caseworker who asked me about my history, my needs, and my goals. I was then seen by a psychiatrist who told me I had Bi-polar and Depression, which really explained my uncontrollable mood swings and racing thoughts since childhood. I then started attending weekly groups to help me stay clean and sober, as well as learning problem solving skills, coping skills, communication skills, and so much more.

The people at WIT helped me with food, shelter, clothing, transportation, doctors, medication, probation, and any other appointments I had. They gave me guidance and helped me figure out how to straighten out my life. WIT is a life changing program, I couldn't have done it without these caring people. They truly do Whatever It Takes to help you!

## Iranian Culture: Implications for Mental Health Treatment

By Negar Doroudian

When assessing clients, mental health professionals always strive to develop a trusting relationship in order to maximize client input and involvement. Iranian clients are no different; however, in order to gain the trust of an Iranian client, the care provider needs to demonstrate an understanding of the Iranian culture. One way to do this is to treat the professional encounter as a warm, social setting by offering water, tea, or coffee to the client. Although the setting should be warm and informal, Iranians should always be addressed by their formal last name. The professional or paraprofessional care provider must find a balance between formality and social warmth and acceptance before touching on a client's history.

After some brief socialization, the care provider should ask the client what's going on and what brings them in. It is helpful to start with the presenting problem first, and then develop a psychosocial history. For Iranian clients, their psychosocial history is very private and not privy to just anyone; they must build rapport and trust before sharing such intimate details of their life.

When clinicians and care providers interact with a client, each party is assessing the other. A way for care providers to show that they are attentive and listening to the client's needs and concerns is by breaking down their issues and repeating their concerns to them. It is very important for the client to

feel the treatment provider is knowledgeable about the subject at hand. The Iranian culture values education tremendously, and Iranians will only trust and be truthful if they are convinced that the clinician is experienced and knowledgeable.

It is important to keep in mind that often, the presenting problem the client shares initially may not be the actual problem that is bothering them. This is normal; it takes a long time for Iranians to build trust, but eventually their problems will unfold and the opportunity will lend itself.

Some factors to consider when working with Iranian clients: Iranians expect immediate results, so it is important to give these clients coping exercises and concrete tools to deal with their immediate issues while the provider sees how willing the client is to engage in long term goals. Also, Iranians, for the most part, externalize blame and seldom take personal responsibility, so the care provider must be patient and non-confrontational. A good rule of thumb is to provide an ego boost before discussing anything that could be construed as criticism.

There is a great amount of heterogeneity among the Persian population, with different rates of acculturation and capacity to benefit from conventional talk therapy. Some Iranians may be more responsive to conventional therapy methods, and others will be responsive to more tangible forms of treatment that focus on skill development. Therefore, proper assessment is crucial in identifying not only the nature of the problem, but also the nature of the client.



Paintings above are both by Jean Grace.  
Jean is currently receiving services through Telecare in Anaheim.

# Crisis Intervention Training Conference

By: Bradley Hutchins



From left to right, Dr. Joshua Taylor, Health Care Agency; Captain Dan Cahill, Orange PD; Chief Robert Gustafson, Orange PD; Officer Tina Dunabeck, Orange PD; Retired Police Chief and Dean of Goldenwest Criminal Justice Academy Ron Lowenberg; Captain Dave Hill, Orange PD

This past August 11<sup>th</sup>, at the Crown Plaza Hotel in Garden Grove, Orange County was proud to host the 1<sup>st</sup> Annual Southern California Crisis Intervention Training (CIT) Conference, entitled “Building Bridges.” The all day event began with a thoughtful discussion by Chief of Police for the City of Orange, Robert Gustafson. Through his own personal experience of being out in the field, he was able to understand some of the problems, and how trainings like this one would benefit everyone in the community.

From here, attendees had their choice of four different breakout sessions. Each session was given once in the morning and again in the afternoon, so that everyone would be able to attend the two trainings they found most interesting.

Workshop 1: How a CIT Program Can Reduce Officer Injuries. Given by Sgt. Troy Boser and Dr. Agi Schenley, both of the Santa Clara Sheriff’s Department, this training presented information on how to reduce the use of officer force and injuries during encounters, as well as how law enforcement and mental health personnel can work together, and

how to develop a CIT program.

Workshop 2: The Veterans Perspective. Given by Retired Gunnery Sgt. and Marriage and Family Therapist Glen Sutch, M.A. along with a panel of veterans provided information on various issues for returning veterans, mental health workers, and law enforcement’s need to know, what to do when confronting a veteran during a crisis situation.

Workshop 3: Success Stories from Consumer and Family Members. A panel of consumers and family members presented their success stories and shared their thoughts on the benefits of having CIT trained officers.

Workshop 4: Orange County Centralized Assessment Team, Reducing the Paperwork Nightmare. This training was given to help law enforcement utilize mental health staff in the field to assist with the reduction of reports and time on a mental health call. Presenters from both the Centralized Assessment Team (CAT) and the Psychiatric Emergency Response Team provided overviews of the services they provide.

The Center of Excellence looks forward to continuing annual CIT Trainings throughout Southern California in the years to come.



Chief Gustafson makes his Keynote Address

# Understanding Disparity and Disproportionality in Health and Human Services Conference

By: Bonnie Birnbaum, MHSA coordinator

On November 9 and 10, the Center of Excellence and the Prevention and Intervention Division of Behavioral Health held an “Understanding Disparity and Disproportionality in Health and Human Services Conference.”

Approximately 350 people attended the two-day conference which focused on disparities and disproportionality in four major service areas: social services, mental health, substance abuse, and physical health. Issues related to the cause of disparities in each area

were discussed and solutions explored. Keynote speakers included Cynthia Billups, Miguel Gallardo, Victor Kogler, and Dorothea William-Flornoy.



Cheryl Alexander and Rick Kopps perform the skit “Unpacking the Invisible Knapsack.”

One novel feature of the conference was that several times, attendees were divided into small groups of about 20 people. Each group discussed the same questions; then, the group facilitators presented the highlights of the discussion in his or her group during a panel discussion in front of the whole audience.

There was a lot of similarity in proposed strategies for reducing disparities and

disproportionality in each of the four service areas. Examples of strategies included the following:

Reform the payment structure, to improve health insurance coverage, particularly for substance abuse treatment.	Reduce actions based on stereotypes and prejudice.
Provide treatment in a way that is more culturally responsive.	Provide peer support and mentoring.
Improve the communication between provider and client	Increase education for both providers and clients.
Increase client empowerment; see treatment as a partnership.	Increase integration of care and co-location of services, including virtual co-location.
Expand outreach to ethnic minority communities and improve engagement with clients; build trust.	Make it easier to apply for multiple services with one application.
Improve communication between service providers.	Provide information to primary care physicians on services available in the community.
Expand benefits counseling at primary care and mental health services sites.	Improve outreach to special populations, such as older adults.
Provide a welcoming environment.	Provide services at night and on weekends so that people who are working can have easier access.

There are plans for another conference next year, which would include education and the criminal justice system along with the four areas included this year.

# A Stately Affair – ALTERNATIVES CONFERENCE 2010

By: Richard Krzyzanowski, Consumer Employment Support Specialist

The Lion Dancers entered from the back of the room and wound through tables filled with people just finishing their dinners – toward the small stage at the head of the room. Bobbing and weaving, the two “lions,” resplendent in red and gold, mounted the stairs, followed by drummers and other costumed characters, as hundreds applauded.

“Don’t worry,” said the emcee, “We told the hotel staff that they’re service animals!” And so, with a clash of cymbals and the thunder of drums, the creatures sprang to life and gave a unique Orange County flavor to the opening of *Alternatives 2010*, a five-day, annual conference presented primarily by mental health consumers for consumers who had come from across the country and around the world.

More than 1,200 participants came to the Hyatt Regency in Anaheim between September

29 and October 3, hailing from almost all of the United States and other countries, including Costa Rica, Spain, Canada, Mexico, Great Britain, New Zealand and even Iceland, making this the largest annual gathering of consumers in the world. *Alternatives* had been held in Orange County once before, more than 15 years ago. This one had the second-highest attendance in the event’s more than 20-year history.

Time-honored and international in scope as it was, however, this year’s event had a distinctively Orange County feel resulting from the hard work, support and participation of many local consumers, mental health professionals and others.

Beginning with the traditional Vietnamese Lion Dance presented by the Thien An Performing Arts Group of Westminster, the opening evening also included welcoming remarks by Mark Refowitz, the Health Care Agency’s deputy agency director for Behavioral Health Services, as well as California State Senator Lou Correa. Correa was awarded the annual “Pat on the Back Award,” an honor reserved for friends and supporters of the consumer community, for his ongoing work in increasing awareness of mental health issues and fighting stigma both in Sacramento and at home.

Dr. Clayton Chau, Director of the Center of Excellence, offered his own welcome at the start of the next day’s full schedule of workshops, institutes,

caucuses, performances and plenary sessions. Later that morning, Chau co-presented a workshop with Suzie Xuyen Dong-Matsuda, on *Vietnamese Approaches to Wellness and Recovery*. The workshop was given in Vietnamese, with translation provided for English speakers, in an attempt to enfranchise Orange County’s important Vietnamese community, as well as give English-speakers the chance to experience what its like to have information translated for them from another, primary language.

This linguistic experiment was repeated in a couple of Spanish-language workshops, as well, further distinguishing this year’s conference for its cultural boldness. One of these latter workshops was co-presented by Maria Ostheimer, who also sat on the *Alternatives 2010 Advisory Committee* and was instrumental in getting many conference materials translated into Spanish.



Wellness Center Director Patti Pettit and consumer advocate Sue Watson organized and coordinated the approximately 150 volunteers -- mainly from Orange and Los Angeles counties – who played a huge part in making the conference a success.

Behavioral Health Services’ Center of Excellence and Prevention and Intervention divisions provided significant support by helping to register and fund the attendance of more than 100 Orange County consumers and consumer professionals.

Yours truly did his part behind the scenes and at the mike to contribute to the conference, giving a workshop, “Behind the Mask,” on how the arts can be used to fight stigma, and emceeing a Performing Arts Showcase that included a presentation of “Dress Warm,” a play written and performed by consumer/family members and produced through the STOP-GAP Theater company.

Following the close of the event, the national organizers held several meetings to debrief, during which they repeatedly emphasized that, of the many host counties they have worked with over the years, Orange County was unrivalled in the levels of support and cooperation that it offered. All the people involved in making this conference so successful can take pride in their collaborative achievement.

<b>Jan.</b>	<b>26</b>	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Planning Commission Room
<b>Feb.</b>	<b>1</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	<b>7</b>	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee	Downtown Community Center
	<b>21</b>		<b>HOLIDAY – Center of Excellence Closed</b>	
	<b>23</b>	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Planning Commission Room
<b>Mar.</b>	<b>1</b>	9:30 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	<b>7</b>	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee	Downtown Community Center
	<b>23</b>	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Planning Commission Room

**Location Address:**

**Downtown Community Center, 250 E. Center St., Anaheim, CA 92805 (MHSA Steering Committee Meetings)**

**MHSA Office Training Room and Conference Room, 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)**

**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](http://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 of 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 is an attempt to bring 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/](http://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/mail>

**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. 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 & Service Members, Mental/Behavioral Health, Developmental Disabilities, and more!

**Sign up today at**

<http://community.networkofcare.org/>

**MHSA Contributing Staff:**

Bonnie Birnbaum      Bradley Hutchins - Editor  
 Negar Doroudian      Hiromi Williams - Layout  
 Richard Krzyzanowski

# Recovery Connections

Quarterly Newsletter of  
Orange County Mental Health Services Act (MHSA) Office  
Summer 2010



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MHSA Calendar



**MHSA Office**

600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701  
Phone: 714-667-5600  
Fax: 714-667-5612  
<http://ochealthinfo.com/mhsa>

## MENTAL HEALTH ASSOCIATION (MHA) OF ORANGE COUNTY 16<sup>th</sup> Annual “Meeting of the Minds”

Jeannine Loucks, Mental Health Association (MHA) Leadership Chair, brought together over 30 agency representatives to form the planning committee for the 16<sup>th</sup> Annual “Meeting of the Minds,” Conference held May 13, 2010. A record number of 900 individuals, including 300 mental health services consumers, enjoyed the day. The goals of the Conference included raising awareness of mental health issues, learning new skills, increasing cultural sensitivity, reducing stigma, sharing resources, and strengthening relationships – all to improve the quality of life for mental health services consumers.

The Orange County Health Care Agency, Behavioral Health Services, Prevention and Intervention Division and the Orange Police Department provided major underwriting support and sponsorship for the conference, demonstrating their commitment to education on mental health issues.

After a ten-year stay at the Disneyland Hotel, the conference settled into the Hyatt Regency, Orange County where additional space and an extensive network of breakout rooms were available.

The Conference included a Resource Fair featuring 54 exhibitors that brought an array of information and resources to inform Conference goers. The Consumer Art Show, chaired by Judy Adams, featured 26 artists, who enhanced the Grand Ballroom with



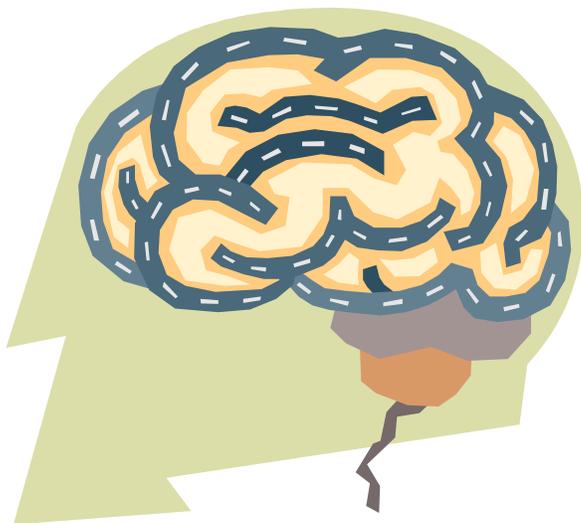
their creative and beautiful works of art.

Victoria Maxwell provided the keynote presentation: a one-act play that captured her personal journey with bi-polar disorder, including her experiences with doctors, friends, and family.

In addition to the keynote speaker, the conference offered morning and afternoon workshop sessions, where 22 programs with various speakers and topics were presented. There was a two-part workshop on Wellness and Recovery with Part 1 addressing weight management, in particular, learning about the risks/benefits and side effects of available prescription and over the counter diet pills. Part 2 of the Wellness and Recovery workshop took a different approach to health, focusing on incorporating music into an individual's daily activities as a part of the healing process. A third, separate, recovery-based workshop broke down the seven steps in the recovery

model and the five principles of the model that are used to maximize overall wellness and independence. Both on a state and national level, use of this model and these principles have led to successful mental health treatment.

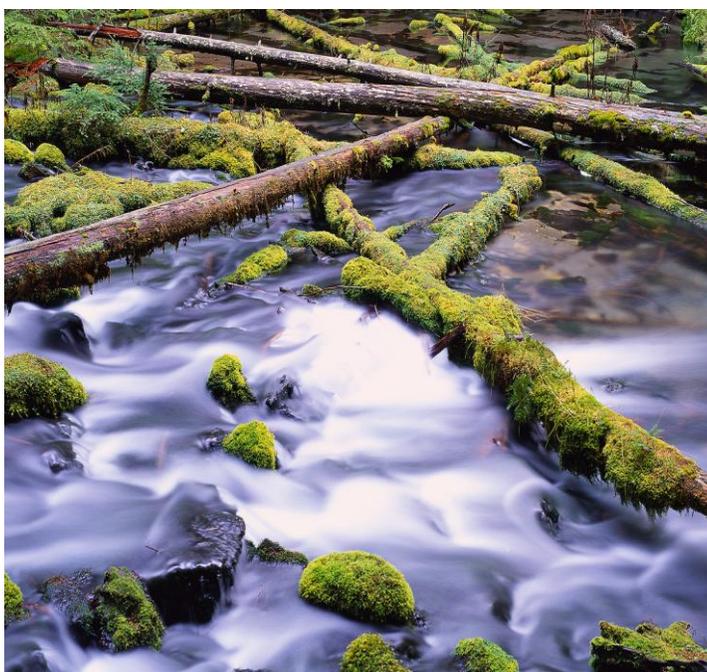
Other Workshops focused on a variety of topics including strategies to work with agencies and neighborhoods to develop affordable housing for special needs target populations; mental health issues pertaining to returning combat veterans and the implications these issues may have for law enforcement officers; and early detection of dementia and Alzheimer's disease. These are just a small glimpse of the topics covered at this year's event and provide an idea of what the conference can offer should you decide to attend next year.



### **The Creek Doth Speak**

By Tomaso DeBenedictis

The bubbling water in the creek speaks to me. Flowing over rock as I sit atop a log. The trees so still, yet I so ever will to hear the creek speak. Refreshing and renewing, rolling, flowing on from beginning to end; or does it ever? Softly it tumbles, yet loudly it speaks. Have you come to seek something here? Or were you already aware? Assurance within was always there, as I gazed upon its beauty.





## Innovation Plan Approved!

This past June 24th, the Oversight and Accountability Commission (OAC) approved Orange County's Innovation Component Plan. The Plan was developed over the past year by holding 29 stakeholder planning meetings that consisted of 78 separate community groups with a total of 392 individuals. The planning process included participants from a variety of ethnicities, linguistic groups, consumers, family members and providers in the County. After stakeholder meetings were completed, 92 project proposals were submitted. A subcommittee consisting of members of the MHSA Steering Committee was appointed and reviewed each proposal, ranking ten as the priority projects that would be selected in this plan. The overarching question to be answered by all ten projects is: ***“Can a well-trained consumer/family member be an effective paraprofessional in all clinical settings?”***

Below is a brief description of each project, as approved by the MHSA Steering Committee and the OAC.

### Innovation Project 1: Integrated Community Services

This project will provide mental health care at primary medical care community clinics, using trained consumer mental health workers supervised by licensed mental health staff. It will also provide psychiatric consultation to primary care physicians on prescribing medication. At behavioral health sites, clients will be assigned to Medical Care Coordinators who will be consumer employees. This project provides two different approaches to integrating physical health, mental health and alcohol/substance abuse treatments. The project also provides an opportunity to compare the outcomes from both approaches.

### Innovation Project 2: Family Focused Crisis Management



The aim of this program is to assist families in learning, as soon as possible, about the support services that are available to families that have a loved one with mental illness.

The project will use trained paraprofessional consumer and family member staff to provide short-term case management, facilitate family communication, and share knowledge and resources to assist in empowering the family as a whole.

### Innovation Project 3: Volunteer to Work

This community-based, consumer-run program will use trained consumer mentors to support, role-model, and assist individuals in finding volunteer opportunities that match their unique skills and goals and that are likely to lead to employment. An innovative aspect of this program is that it relies heavily on „Outreach Groups’ that are facilitated by consumer employees who have interests similar to those of group members. It is hoped that HCA will be able to contract with a consumer-run organization to provide this program.

### Innovation Project 4: OK to Be Me

The program will assist LGBTQ youth and their families who are in need of mental health services. Peers will provide home visits to engage and assist in obtaining services for isolated high-risk individuals from the LGBTQ community in Orange County. The innovative component of this project is the utilization of the Promotora Model, where transitional age youth (TAY) and adult peers are trained and employed to assist in providing outreach, education, and linkages to mental health and co-occurring disorder services.

### Innovation Project 5: Vet Connect

The project will provide one centralized contact/place for community providers to collaboratively interact to educate each other and to maximize access to services needed by veterans. The project will demonstrate



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whether or not co-located services will increase access to health and supportive services for veterans with post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), and severe depression, including those with a dual diagnosis of substance abuse disorders. The bulk of outreach and support services will be provided by employed, veteran, peer mentors who are in recovery from mental health conditions.

### **Innovation Project 6: Community Cares Project**

There are many people in Orange County with serious or mild mental illness that are not being served by either the public mental health system or by private providers. This project seeks to fill that gap by establishing a network of private mental health providers who will be organized into a system that offers pro-bono services to those who can't afford to pay for them. The program will use trained consumers and family members to provide outreach services to make this system available to those in need. A licensed professional clinical supervisor and trained peers will recruit mental health professionals who will offer to treat at least one client each for free. The licensed clinical supervisor will also assess clients and match them to the pro bono providers.



### **Innovation Project #7: Training and Research Institute**

This project will establish an Institute that will apply for public and private grant funding to leverage non MHSA funds to support education and training activities that fall within the scope of MHSA goals and guiding principles. It will also be a mechanism to secure funding to continue successful MHSA Innovation projects once the original MHSA funding has been exhausted. The intent is for the Institute to eventually become self-sustaining. The Training Institute will be in partnership with, but separate from, the County's Behavioral Health Department. This project will answer the basic learning question of whether this is a viable method for securing additional funding for programs that may not be able to be fully funded by MHSA dollars.

### **Innovation Project #8: Project Life Coach**

Project Life Coach is a program for underserved monolingual or Limited English Proficiency Latino, Iranian and Asian/Pacific Islanders with mental illness. The goal is to help such mental health consumers to gain employment at local ethnic businesses as a method of maintaining or developing their integration within the community in which they live. This program will use family strengthening and counseling approaches, provided by trained consumer and family member peer mentors as paid employees, and community collaboration between and among ethnic businesses and ethnic service providers to promote employment and improve the functioning of persons with mental illness.

### **Innovation Project #9: Training to Meet the Mental Health Needs of the Deaf Community**

Currently, Orange County does not have any training programs that address the mental health needs of the Deaf community. This project will utilize an existing accredited mental health worker certificate training program to train individual consumers and family members from the deaf community using ASL as the primary language. This innovative program is designed to prepare individuals from the Deaf community with the necessary skills to become mental health workers and peer mentors. This effort is expected to improve outreach to and engagement with consumers from this community. An expected outcome is to increase the number of Deaf and Hard of Hearing clients accessing care and improve the quality of existing services

### **Innovation Project #10: Consumer Early Childhood Mental Health**

This project is for children in the County age six and younger who have exhibited social, emotional, and behavioral health problems, as well as their families, with an emphasis on those in underserved groups. This project will provide brief behavioral intervention services to families of young children using trained consumers and family members. Using paraprofessionals to provide linkages and services, and to intervene earlier in the diagnostic process is expected to improve treatment outcomes, reduce disparities, and increase access to services.

# Dr. Casey Dorman Retires from MHSA

By: Bradley Hutchins

This past July, Orange County Behavioral Health staff and diverse members of the Orange County mental health community had to say “happy trails and farewell” to Dr. Casey Dorman. During the past five years, Dr. Dorman has been an instrumental figure in obtaining Mental Health Services Act (MHSA) funding, and in developing plans, programs, trainings and participating in other types of projects, while working within the Health Care Agency’s Behavioral Health Department.



Dr. Dorman was integral in the development of the initial 2005 Orange County Community Services and Supports three-year plan, which got the ball rolling on new services and programs throughout the County. He has also helped to establish the MHSA Training Department; directed the Orange County Workforce Education and Training (WET) stakeholder process and plan development; and brought in \$17.1 million for the Workforce Employment Training plan. He also took a leadership role in planning and writing the MHSA Innovation Plan, which brought in an additional \$21 million.



In addition to the funding he has been able to obtain for the County, Dr. Dorman’s contributions to the consumers in the County have been priceless. Examples of his achievements include: directing programs that have trained more than 200 consumers to be mental health

paraprofessionals, training law enforcement officers in CIT, and helping to ensure that the NAMI Family-to-Family course and the Consumer Training Program curriculums were translated into Vietnamese, Farsi, Arabic, and Korean in order to better serve the multicultural community. In addition, he brought the first deaf and hard-of-hearing full-time training staff member into the County, developed consumer employment support services with the MHSA Training Department, and developed the concept of a Training and Research Institute, which will seek grant funding to maintain and expand MHSA programs. Reflecting his love of the arts, he also helped in the planning, implementation and funding of the Stigma Elimination Art Festival.

Dr. Casey Dorman’s achievements and accomplishments on behalf of the Health Care Agency, as well as the community as a whole will not soon be forgotten. In addition to his many achievements, he has built strong personal connections to many consumers, family members and staff. He has mentored students and colleagues who will continue to be grateful for the impact that he made on their lives. On behalf of all who had the privilege of working with Dr. Dorman and those who will benefit from the ongoing legacy of his work, we wish him the best in his retirement and in all future endeavors.

## A Stately Affair

By Richard Krzyzanowski

Consumer Employment Support Specialist

A few people clung to scraps of shade beneath the trees, while the rest of us roasted in the sun as the morning wore on at Centennial Park in Santa Ana.

The latest flock of graduates of the Pacific Clinics Consumer Training Program had a nice canopy to shelter under, and they sat comfortably awaiting their official transformation into mental health paraprofessionals. They were the seventh class to make the journey, bringing the total number of graduates from this HCA-contracted program to more than 200, all bright and highly motivated people from diverse ethnic, educational and economic backgrounds. Some recent grads even completed the coursework in special classes conducted in Korean and Arabic.

It was their day, but they had to share the spotlight, just a little bit, because things are moving fast in the world of mental health consumer employment and that day was an outstanding example of how many threads -- tying together people and programs, Sacramento and Santa Ana -- are intersecting to tell a story of systems transformation right here in Orange County that is being closely followed across the state as well as the nation.

Much of the first part of the ceremony was given over to honoring Dr. Casey Dorman, the outgoing County MHSA Training Director and Workforce, Education and Training (WET) Coordinator, who was set to retire the very next week after 18 years with the HCA. It was a fitting venue, because Dr. Dorman has been an engine of systems transformation within the agency, and a champion of consumer employment. The graduates paying tribute to him that day represented the fruits of his labor, and it was only right that they have the chance to thank the man in large part responsible for the opportunities awaiting them in the future.



One of the keynote speakers was Behavioral Health's Deputy Director Mark Refowitz who, as he lauded Dr. Dorman and congratulated the grads, received a phone call from Dr. Clayton Chau, Director of the Center of Excellence, who was in Sacramento at the Mental Health Services Oversight and Accountability Commission meeting. Refowitz had been at the previous month's Commission meeting, making a presentation on our County's WET activities, mainly focusing on issues of consumer employment and supports.

The call came at the perfect time, allowing Refowitz to announce the Commission's approval of the County's Innovations plan, which will fund ten innovative projects, ALL of which involve the use of consumers and family members, most of them in key, paid positions. For the program graduates that day, as well as for the many who had gone before, and are still waiting for that golden employment opportunity that they had studied and trained so hard for, this was truly good news.

As many consumers will tell you, two major milestones along the road of recovery have to do with hope, and the empowerment that comes through employment. On that special morning, there was a wonderful synchronicity bringing together one man about to conclude his professional journey with a class of students about to begin theirs; combining the thoughts and actions of mental health leaders in Orange County with the beneficiaries of their work; and illustrating how the ongoing conversation between Sacramento and Orange County results in genuine change here, on the ground.

It was a gathering of stigma-busters and change agents. It was a morning of hope, and many eyes from across California will be on us as we take the next steps.

## MARIPOSA ENAMORADA

By: Maricela R. Loaeza

Mariposa enamorada vuelve a mí,  
un paraíso escondido te aguarda,  
una rosa blanca y rosada  
te espera por la ventana  
y yo ansío tu regreso  
despertar de la mañana...

Levanta el vuelo y vuelve  
en el huerto hay hortalizas  
y en los jardines  
hay jazmines, azaleas,  
rosas de diferentes colores...

En tu paraíso se aproxima el invierno,  
el mío la primavera  
está floreciendo,  
mariposa enamorada vuelve a mí  
yo aun te espero.



"Ariana" (left) "Laura" (right)

Both by: Maricela Loaeza

# MHSA: Making a Difference

From MHSA Coordinator, Bonnie Birnbaum

When Proposition 63 was approved by California voters in November of 2004, the hope was that this new infusion of funding for mental health services would make a difference in the lives of many people living with serious mental illness, particularly those who are members of unserved and underserved populations.

Outcomes data on the effectiveness of Full Service Partnership programs shows overall positive impacts on important life domains/functions, including education, employment, incarceration and hospitalization. (Please see article page 9.)

In addition to the data, we are also looking at the personal stories of clients who have had major success in achieving recovery as a result of the services they received. We are putting together a collection of these stories so that the community can see the life-changing impact MHSA has had on individuals of all ages, ethnicities, and backgrounds. We would also like to include art work or poetry that clients have produced.

If you, or anyone you know, would like to participate in the project, let Brad Hutchins or Negar Doroudian know. They can be reached at the MHSA Office (714) 667-5600. If you would like to tell your story but prefer to have it appear anonymously, that can be arranged.

The stories, artwork, and poetry may be used in several different types of media: on the MHSA website, in the newsletter or in a booklet that will be produced this fall. Some stories may be shared at the state level.

We would like the community and our legislators to understand how valuable these services are to promoting recovery and wellness. Please help us get the word out!



## MENTAL HEALTH AND THE IRANIAN CULTURE

By: Negar Doroudian

Similar to other cultures, Iranians have their own unique “idioms of distress” or verbal expressions in communicating mental health concerns or problems. These idioms are based on body or somatic experiences and expressed by using different organs of the body to represent a specific emotion or feeling. Iranians see mental health well-being as the result of one’s physical well-being. A healthy body results in a healthy mind.

When an Iranian person feels mental anguish, they describe it in physical forms. For example, someone who is depressed will say “my heart hurts;” someone experiencing a lot of stress may say “my nerves are crushed;” and someone experiencing anxiety might say “my stomach is worried.” Thus, it is important to pay attention to physical or somatic complaints and to avoid minimizing’ physical expressions or complaints. By incorporating improvement of an Iranian individual’s physical well-being into addressing mental health issues, it is possible to treat psychologically-based somatic complaints.

Iranian culture is family-centered; there is a strong sense of family and loyalty towards one’s immediate and extended family. The family harmony and well-being takes precedence over the individual’s well-

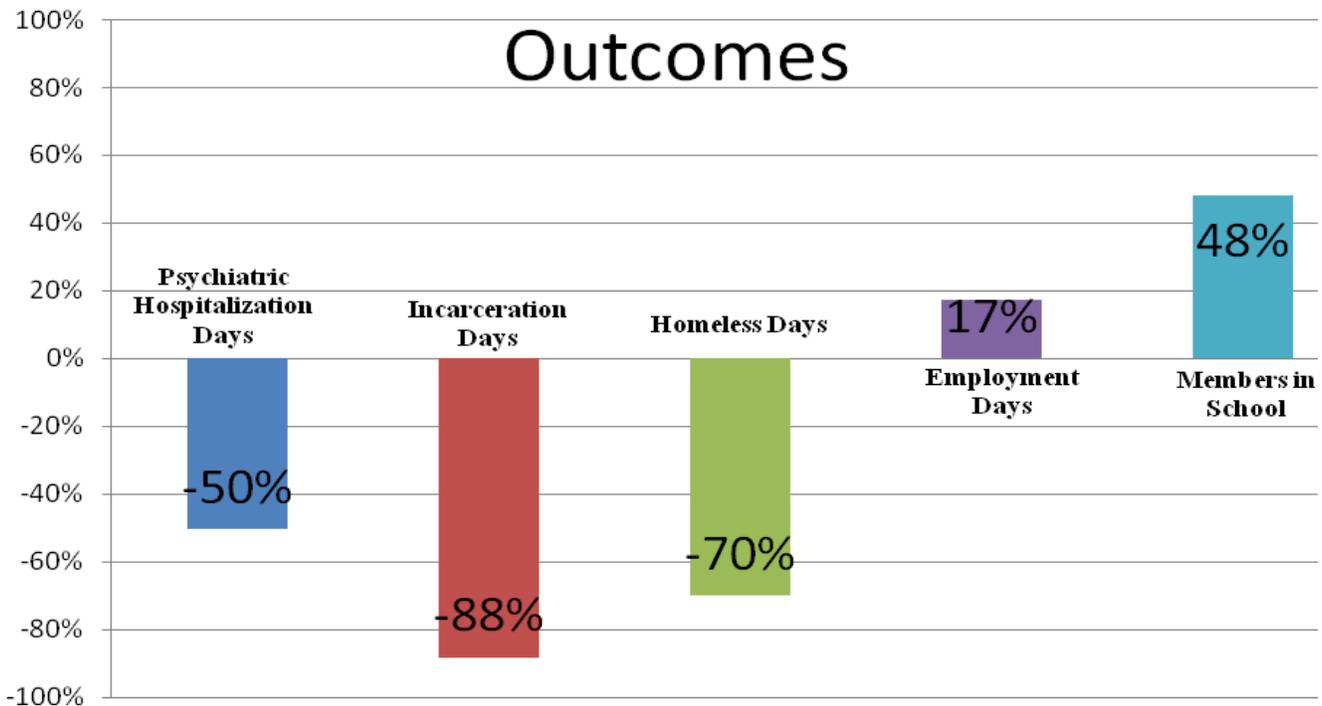
being, therefore, it is common to see psychological problems denied in order to avoid hurting family members’ feelings, particularly one’s elders or parents.

Mental illness, which is often considered beyond one’s control, and viewed as a genetic affliction, brings shame upon the family and is considered an imperfection. Since it is considered an illness, and genetic in nature, everyone in the family shares the negative stigma and somehow feels afflicted as well. Mental illness in one member of the family reflects poorly on the other members of the family. Family members blame themselves for any members’ mishaps and mental problems, and feel that the mental illness has brought shame to the family as a whole.

Therefore, the family does their best to hide the affliction from the rest of the community, and maintains utmost secrecy. Giving away family secrets is not justified, even when it is necessary to help the person suffering from mental illness. The family as a whole copes by assigning a sick role to that member and begins to accommodate them in that role, avoiding and/or delaying professional psychiatric help. Within the Iranian community, mental illness has a very negative stigma attached to it, as it is perceived to be untreatable and life-long. Understanding how Iranians look at mental health issues will guide a service provider in knowing what to focus on and what to consider when assessing a client for the first time.

# Adult Full Service Partnerships

## Outcomes



Provided by: Adult and Older Adult Performance Outcomes Department (APOD)

The above graph represents data collected for participants of Adult Full Service Partnerships (FSPs) in the County for a 12 Month period ending in April 2010. It compares the data for the year prior to enrollment in an FSP to post enrollment data while controlling for tenure. As you can see from the graphics, participants in FSPs have had a significant decrease in potentially negative scenarios (psychiatric hospitalizations, days incarcerated, and days homeless). Conversely, outcomes for positive scenarios (days employed and members receiving education) have had significant increases. These measures give a glimpse into the numerous successes that FSPs are showing in their initial years. We look forward to sharing additional information as it becomes available

## 2011 Calendar Contest Winners!

On May 26<sup>th</sup>, the Orange County Wellness Center held an Art Show and Contest for the 2011 MHSA Calendar. Submissions included paintings, poems, music, photographs and other works of art. After review by the judges, submissions were selected to receive awards and to be included in the 2011 Calendar. Below is a list of the winners.

### Art Winners:

1. "Seven Years" by Judy Adams
2. "Little Dancer" by Chris Dovey
3. "Untitled" by Judy Adams (craft)
4. "My Own Time" by Julian Rodriguez (craft)
5. "Lunar New Year" by Tho Be (craft)
6. "Untitled -55 points" by Bridgette Nguyen
7. "Serendipity" by Tina Basgall
8. "Cathedral" by Brian Gregory Atkin
9. "Fun" by Lisa Becker
10. "He Wept" by Shannon Bengis
11. "Home Stead" by Mary Watt
12. "Dream Board" by Wanda Sarabia
13. "Beautiful Flower" by Khe Ngo

### Poetry Winners:

1. "Whisper" by Keith Torkelson, First Place
2. "Channels of Water" by Tomaso DeBenedictis, Second Place
3. "After the Beach" by Brian Gilbert, Third Place Tie
4. "Blow Out the Candles" by Chris Dovey, Third Place Tie
5. "Me and Albert" by Brian Gilbert, Third Place Tie
6. "Essay" by Tho Be, Sixth Place
7. "Nay Say" by Judy Adams, Seventh Place
8. "Rocky Coast" by Brian Gilbert, Eighth Place
9. "Stigma" by Myra Kanter, Ninth Place
10. "Abundant Life" Tomaso DeBenedictis, Tie for Tenth Place
11. "Two in Bush" by Judy Adams, Tie for Tenth Place
12. "Egret Egret" by Tomas DeBenedictis, Eleventh Place
13. "Always Enough" by Judy Adams, Twelfth Place

The Mental Health Board Arts Committee thanks all of those who submitted their work and sends congratulations to all those who will have their work published in the calendar next year.

## MHSA Office Calendar of Events

<b>Sept.</b>	6		<b>HOLIDAY – MHSA Office Closed</b>	
	7	9:30 a.m.	CAAC Meeting	MHSA Office Training Room
	13	1:00 p.m.	MHSA Steering Committee	Downtown Community Center, Anaheim
	22	9:00 a.m.	Mental Health Board General Meeting	Hall of Administration
<b>Oct.</b>				
	4	1:00 p.m.	MHSA Steering Committee	Downtown Community Center, Anaheim
	5	9:30 a.m.	CAAC Meeting	MHSA Office Training Room
	11		<b>HOLIDAY – MHSA Office Closed</b>	
	28	9:00 a.m.	Mental Health Board General Meeting	Hall of Administration
<b>Nov.</b>				
	1	1:00 p.m.	MHSA Steering Committee	Downtown Community Center, Anaheim
	2	9:30 a.m.	CAAC Meeting	MHSA Office Training Room
	11		<b>HOLIDAY – MHSA Office Closed</b>	
	24	9:00 a.m.	Mental Health Board General Meeting	Hall of Administration
	25-26		<b>HOLIDAY – MHSA Office Closed</b>	

### Location Address:

Downtown Community Center, 250 E. Center St., Anaheim, CA 92805 (MHSA Steering Committee Meetings)

MHSA Office Training Room and Conference Room, 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)

### 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](http://www.orange.networkofcare.org/mh/home/jobs)

### Network of Care for Veterans and Service Members

The Network of Care for Veterans and 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 of 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 is an attempt to bring 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/](http://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. 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 specific for an organization or cause.

**Create Private Groups:** You can create groups for your organization's internal staff or for a private community.

**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 & Service Members, Mental/Behavioral Health, Developmental Disabilities and more!

### Sign up today at

<http://community.networkofcare.org/>

### MHSA Contributing Staff:

Bonnie Birnbaum      Bradley Hutchins - Editor

Negar Doroudian      Hiromi Williams - Layout

Richard Krzyzanowski

# Recovery Connections

Quarterly Newsletter of  
Orange County Mental Health Services Act (MHSA) Office  
Spring 2010



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### MHSA Office

600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701  
Phone: 714-667-5600  
Fax: 714-667-5612  
<http://ochealthinfo.com/mhsa>

## Wellness Center Offers New Opportunities



Wellness Center

This past October 1, 2009, Orange County was proud to announce the opening of the Orange County Wellness Center located at 1910 Bush St. in Santa Ana. The Center held a grand opening on January 14, 2010, which was attended by more than 200 people and included a certificate presentation by Supervisor Janet Nguyen’s Office.

The Center serves consumers who have achieved a high level of recovery and offers programming that is culturally and linguistically appropriate. Many groups and classes are offered. Examples of topics include personalized socialization, relationship building, assistance in maintaining benefits, employment goals, and exploring educational opportunities. The Wellness Center is grounded in the recovery model and facilitates and promotes recovery and empowerment through its staff and their interaction with members.

Currently there are more than 500 members of the Wellness Center, and in February, there were more than 1,000 member visits. The Wellness Center is

**(Wellness Center)**

open Monday – Saturday from 8 a.m. to 5 p.m., except on Friday when the Center remains open until 7:30 p.m. Friday nights are used for social parties, giving members an opportunity for special events like birthday parties, 80’s parties, and holiday parties, such as St. Patrick’s Day.

Individualized wellness recovery action plans, peer support, social outings, and recreational activities take place on a daily basis. Every day the Wellness Center has a list of events and activities offered for that day. Examples of social outings include trips to Santa Monica, Venice Beach, and the Great Park in Irvine.

The Wellness Center uses a model of peer to peer support in a non-judgmental environment. As the Wellness Center grows, a variety of weekend, evening, and holiday social activities will be provided. These activities will potentially increase socialization and encourage integration into the community.



The programs and opportunities at the Wellness Center have grown dramatically from when the Center originally opened. Based on input from members about what they wanted, the Wellness Center has seen the number of groups offered increase from about 40 upon its inception, to 65 as of March! Groups are divided into three areas: spiritual, emotional, and social. Opportunities currently offered include bowling, hiking, job support, arts appreciation, yoga, poetry, nutrition, and gardening just to name a few.

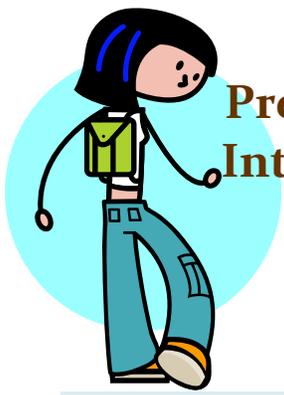
The philosophy of the Wellness Center draws upon members’ personal and cultural strengths and provides delivery of non-direct services in a manner that is trusted by, and familiar to, many of Orange County’s ethnically and culturally diverse populations. Staff members are fluent in Spanish, Vietnamese and Farsi. The majority of Wellness Center staff are individuals who are or have been consumers of mental health services.



The Wellness Center is a space for people to develop opportunities for socialization and growth in other areas of life outside the mental health system. It is a safe place where people can explore their potential in ways that have been either inaccessible or perceived as impossible in the past. “People come here to engage in social situations and participate in activities instead of sitting at home doing nothing; members go out and find an identity” says the Wellness Center Program Director Patti Pettit. The members and staff are proof of recovery and represent a step toward a more transparent and transformative system.

Eligibility requirements to become a member of the Wellness Center include being: at least 18 years old, a resident of Orange County, and a past or current recipient of mental health services. If you would like more information, please call (714) 361-4860.





## Prevention and Early Intervention Update: New Programs Implemented

About a year ago, Orange County’s Prevention and Early Intervention (PEI) Plan was approved by the State. The Plan included a total of 33 programs, each of which was associated with one of eight broad categories. The PEI team has been moving diligently toward getting many of the 33 programs up-and-running. Programs are either county-operated or contracted. Currently, six county and four contracted programs are already in full operation.

### County-Operated Programs

The six county-operated programs include the Children’s Support and Parenting Program (CSPP), Stop the Cycle Program (STC), Connect the Tots (CTT), the Orange County Postpartum Wellness Program (OCPW), “Drop Zone” and the Veteran Court Program.

**CSPP** helps guide children whose parents are mentally ill and/or abuse substances. Services include family group sessions, age-appropriate children/teen groups and a parent’s group. For information on the program, referral for services, or suggestions for a future site please contact (714) 480-4678.

**Stop the Cycle** addresses the needs of families that have at least one adolescent family member involved in the juvenile system and one or more children not involved in the justice system. Participants are referred by the Probation Department. The program enhances protective factors for the children, improves parenting skills for the parents, and builds an ongoing system of support for the whole family. The program links family members to group sessions with age-appropriate sessions for children and youth. For information about the program, please contact (714) 480-4678.

**Connect the Tots** is pilot program that works with families in the Magnolia School District. The program may soon be expanded to include other school districts. Connect the Tots addresses the mental health needs of children who are preparing to enter school. Children and family members are screened to assess their level of need. They are then provided case management services, parental education, and referrals to outside services as needed. For further information, please contact (714) 480-4678.



### Orange County Postpartum

**Wellness Program** addresses short term treatment of new mothers who have moderate to severe postpartum depression. The program uses case management, along with individual and group therapeutic services. Referrals for this program come from agencies, clinics throughout the County and individuals in the community. For additional information, please contact (714) 480-4678.

### Veteran Court and “Drop Zone”

The new Veteran Court program is structured similarly to the Drug Court. Participants not qualified for VA services will be case managed and followed through any necessary treatment by a BHS/MFT Intern, a veteran.

The final County operated Prevention and Early Intervention program, “Drop Zone” at Santa Ana City College, is covered in depth on page 6 of Recovery Connections.

The PEI team also began some Capacity Building initiatives and recently provided an electronic Behavioral Health Directory (<http://ohealthinfo.com/behavioral>) with listings of county and county-contracted programs. The information is available to residents to access via Orange County Network of Care [www.orange.networkofcare.org](http://www.orange.networkofcare.org).

## Programs Provided by Contract Agencies

The four programs currently operated by contract agencies are the stage performances of “Dress Warm,” the parent education-based Triple-P Program, Positive Behavioral Intervention Supports Program and the Violence Prevention Education Program

**Dress Warm’s** stage show is currently booked for 40 performances at middle and high schools throughout the County. For a more detailed overview of the performance, please see the article in this issue of “Recovery Connections” on page 7.



**Triple-P** is a structured training program for parents to teach them how to intervene to address their children’s problem behavior. The program currently consists of 20 community agency staff members who are using training techniques to achieve positive results with parents and family members. Additional trainings are being planned in the near future.

## Positive Behavioral Intervention Supports Program and Violence Prevention Education

will be offered in partnership with the Orange County Department of Education (OCDE) and the University of California, Irvine (UCI) to Orange County children faced with behavioral, emotional, and academic challenges. Both of these programs are designed to reduce truancy, bullying, and gang involvement as well as improve academic achievement, and provide positive behavioral strategies.

## Upcoming PEI Programs

In addition to the contract programs, a number of Requests for Proposals (RFPs) have been issued for the Crisis Prevention Hotline, the Warm Line Network Services, Survivor Support Services, *Promotora*, the Socialization Program for Isolated Adults and Older Adults, and Outreach and Engagement Services.

## The Crisis Prevention Hotline

provides toll-free, 24-hour, immediate, confidential, culturally and linguistically appropriate over-the-phone suicide prevention services to any Orange County resident who is in crisis or experiencing suicidal thoughts.

**Warm Line Network Services** offers telephone-based, non-crisis services to anyone who is struggling with mental health issues and is looking for a respectful, caring, and understanding person who has been through a similar journey either as a mental health or substance abuse services consumer or a family member.

**Survivor Support Services** provides education, information, support, referral, and follow-up care to those who have attempted suicide and to family members loved ones of those who have attempted or committed suicide. The program is designed to reduce the incidence of suicide attempts and the development of mental health disorders.

**The *Promotora* Program** recruits trusted and respected community members to serve as Community Health Workers, also known as *Promotoras* who will receive intensive training on mental health promotion, education, and practices. They would then engage underserved county residents and those who have a high vulnerability for developing mental illness and promote emotional well-being for them and for the community.

## The Socialization Program for Isolated Adults and Older Adults

trains and sends friendly Visitors into the homes of disabled adults over 26 years of age and older adults over 55 years of age, who are socially isolated for any reason. The Visitors establish relationships with the isolated adults, assess their vulnerabilities, connect them with appropriate community resources and encourage them in individualized, group socialization activities outside the home.

**Outreach and Engagement** is designed for people, young and old, who are at risk of developing a mental illness or display early signs of emotional, behavioral, or mental instability or co-occurring disorders. Services provided include outreach, engagement, information dissemination, education, referral, and structured interventions to strengthen protective factors and prevent the progression of mental illness.

Staff of the new Prevention and Intervention Division of HCA Behavioral Health Services is very excited about starting these programs and looks forward to unveiling new programs during the next year.

# From a Mental Health Patients' Rights Advocate: Myra Kanter

Hello, my name is Myra Kanter, and I am a Mental Health Patients' Rights Advocate and Registered Nurse for the County of Orange. I also have the privilege of being a Mental Health Consumer with a diagnosis of Bipolar Disorder. This past October 2009, California's disability protection and advocacy system called "Disability Rights California" ([www.disabilityrightsca.org](http://www.disabilityrightsca.org)) granted me a scholarship to the national mental health consumer conference known as ALTERNATIVES 2009, held in Omaha, Nebraska.



*Myra Kanter (left) and Community Health Asst. II Melody Marler (right)*

At the ALTERNATIVES conference, I had the honor of meeting patients' rights advocates, mental health consumers, family members of consumers and professionals from across the Country. We shared much in common, despite our immense cultural and geographic diversity.

At the workshop on Self-Stigma, I was amazed at how much I stigmatize myself. Like many others, I feel less important, less intelligent, less talented, less effective, less gifted, less capable, less valuable, less worthy, less productive, and less competent. We just don't feel worthy of existence of life, living, taking-up space, or of breathing, at times. I know this sounds amazing, but it's true.

This year, ALTERNATIVES 2010, will be held locally in Anaheim, California, from Wednesday, September 29, through Sunday, October 3, 2010. I strongly



*Myra Kanter (left) and Chief, Behavioral Health Operations Mary Hale (right)*

encourage attendance / participation by each and every member of the Orange County mental health community. That is why I'm sharing my experience with you. So consumers, professionals, family members, and any other interested parties can SAVE THE DATE and plan to attend. As Conference information becomes available, it will be listed on the National Empowerment Center's web page at: [www.power2u.org](http://www.power2u.org). There is a fee to attend the Conference, and hopefully these details will be available soon.

I would like to encourage others to immerse themselves in issues that reflect the pulse—the heartbeat—the spirit—indeed, the essential-energy of the consumer movement in our Nation and the World Community, by attending the ALTERNATIVES 2010 conference.

I walked away from the Conference with a renewed inner knowledge that mental health consumers are intelligent, worthy, unique, beautiful (handsome), and capable of accomplishing anything they put their minds to.

To be a mental health consumer is to be a chosen member of a precious, specially-trained, elite, skilled, and fearlessly brave social group. The more I'm exposed to others with mental illness and/or mental health concerns—as I was at ALTERNATIVES—the more proud I am to acknowledge that I am one of them (and work in this field)!

# MHSA Success

By: William Romero

When I was first born I had stayed with both parents and family members. After five years, my parents divorced. I had lived with my dad until I was seven years old. When I was seven-and-a-half years old I was given to my Aunt.

I lived with my Aunt for a year and a half. When I was living with my Aunt, she had started using drugs. When she was on drugs there was a lot of physical and mental abuse. She had tortured and beat me and my cousin. It came to a point where I had to become hospitalized. I had to testify against her in court. She then was put in prison.

I was taken to a foster home for almost a year. I then moved from that home, and was placed in another home for four years. When I was there, I learned discipline. I became obedient and learned a lot of skills, which I still carry with me until this day. Brotherhood was a strong value that I learned. We were no longer group home kids. We had become a band of brothers.

When I started high school I moved from the home.



Family solutions had many homes available for foster youth. I then lived in a home for a couple months and moved again. By the time I was 15 years old, I ended up in Juvenile Hall. I was released on

probation and moved into another home. I lived in Boystown for one year. When I emancipated, I moved back to my family and started working. I was a high school graduate with a 3.0 grade point average. I learned a trade, working with tile setters. I got involved with a lot of construction work.

Things ended up different a couple years later. I had turned my back on my family for some time and went my own way. I then had a hard time keeping a job and I started living in homeless shelters. Being homeless was hard, but I overcame those struggles.

I got involved with Providence and they gave me a roof over my head. They pointed me to the right direction. I'm still struggling right now because I don't have a job, but I still strive to be better because I'm still alive and that is all that matters now.

## “Drop Zone” opens at Santa Ana College

On January 26, the Orange County Board of Supervisors approved an MOU between Orange County HCA/Behavioral Health Services and Rancho Santiago School District to develop a center for veterans at Santa Ana Community College (SACC). The ‘Drop Zone’ will be open to the more than 300 veterans currently registered at SACC. This program will be focused on providing prevention and early intervention services to veterans with behavioral health concerns.

The goal is to provide assistance with issues that might impact their success at college and in their reintegration to the community and family life.

Space will be provided in the Veteran Services Resource Center on the SACC campus. The ‘Drop Zone’ will be staffed with HCA volunteers (graduates of the Pacific Clinics CTP, who are also veterans). They will be supervised on site by a HCA/BHS MFT Intern, who is also a veteran. The staff will be able to assess, and link veterans to programs or services on campus for assistance. If school resources are not available, other community, county, or VA resources can be contacted to help the veteran. In addition, we plan to develop a Vet2Vet Program (a peer led mutual support group) for veterans on campus.



For more information, contact **Glen Sutch** by e-mail at [gsutch@ochca.com](mailto:gsutch@ochca.com)

# Dress Warm Shown to Orange County Students

By: Martin Vuong



*Dress Warm Performers at Eckhoff Auditorium*

Every day, we usually greet each other with one form or another of the typical “How are you today?”. Sounds like a simple question? Yet, the responses might be far from simple. Why? Because our responses are based on our feelings, experiences, and perceived reality. While some of us go through life without a glitch, others are not as fortunate. For them, reality is that they must face the painful truth that they have a mental condition, which might stay with them a long time. What is more troublesome is having to bear the burden of enduring the stigma associated with having such a *condition*.

With the desire to confront this social injustice, the County of Orange Health Care Agency, Behavioral Health Services, Prevention and Intervention Division collaborated with Stop-Gap Theater Company - an award-winning, non-profit theatre company that has provided therapeutic and educational theatre programs to children and adults throughout Southern California since 1978 - to produce a theatrical play called “Dress Warm.” Dress Warm is a short version of the play called “Third Tree From The Left” that was performed by the same theatrical company in 2009 and received great reviews from the community.

Dress Warm is an engaging and interactive play about four people’s journeys with mental illness and recovery. Through their stories, people will get to learn the truth about mental illness; be more aware of and informed about it; discover ways to seek help; and learn about the local resources available.

Dress Warm has been on tour since February 11, 2010 to bring its message of hope and compassion into various middle and high school classrooms throughout the County. Designed with the students in mind, each play is approximately 50 minutes long consisting of a 30-minute theatrical performance followed by a 20-minute dialogue. The play also includes a pre-and post test, resource guide distribution, and a follow-up survey. To date, Dress Warm has been well-received wherever it visited. The Prevention and Intervention Division is planning to bring Dress Warm to other community locations beyond the classrooms.



Painted By: Dusty Whitlow, Laurel Ingham, Frank Blanding, and Kent Ray

## “The Meadows of Life”

By: Jeanie Louise Smith

There was a time,  
When I felt bad,  
When I felt sad,  
Clinging on to all I had

I’ve had my ups and downs  
When all I did was frown.  
All along the while,  
But now I can smile.

I was in a band  
Do you hear the sound?  
I’ve lost 35 pounds!

I have friends,  
And a boyfriend too,  
Hopefully they’ll stay,  
With me till the end;  
And all the meadows and valley of life I go through

# From the MHSA Coordinator: Bonnie Birnbaum, DrPH

As we all know, change is inevitable. Those of us involved in working with the Mental Health Services Act (MHSA) for the past five years have seen changes in requirements, programs, and funding levels. However, one of the most significant changes has been the development of an expanded continuum of services for individuals living with mental illness or at risk of mental illness.



We have been able to use the Capital Facilities funding to construct a state of the art three-building campus on Tustin Street in Orange. Once completed, these facilities will house our Wellness Center, Adult Crisis Residential Program, and our Education and Training Institute. The Technological Needs funds have allowed the County to make progress toward an electronic medical record system that will enhance client care. Workforce Education and Training funding has provided a variety of programs and supports to enable more clients and family members to eventually work in the public mental health system.

The programs that have been implemented with the Community Services and Supports and the Prevention and Early Intervention funds have been used to expand existing services and provide new services. These new services have allowed us to develop a continuum of care starting from providing services to those individuals who have not yet been diagnosed to a multi-level service system for adults with serious mental illness and children and youth with serious emotional disturbance. Behavioral Health can now offer an array of services that enables clients to obtain the most appropriate level of care. *This is transformation.*

MHSA funding steadily increased up until the current year. There is a two year lag between the tax year for which the money is collected and the year for which the funding is allocated to counties to provide services. The economic recession of the past couple of years has just started to show up as decreases in allocations for MHSA-funded services. In addition, State budget deficits have resulted in significant cuts in other mental health, substance abuse, and supportive services that are needed by the population served by MHSA.

Orange County has been successful in minimizing the impact of these cuts in funding and has built a Prudent Reserve that will allow MHSA services

in the County to be sustained even if the economic recovery occurs slowly. However, the decrease in revenues has made us unable to expand new programs and services as much as had been previously expected.

As we move forward, change will continue to occur. Within the constraints of the resources available, MHSA will play an important role in strengthening and expanding the transformation of public mental health services in Orange County and throughout California.

## **“A Year with Depression” By: Joji Kamimura**

Gray Clouds, budding trees  
Crack from the window, I see  
A toddler walking

## **“When I was Lost Without You” By: Jeanne Louise Smith**

Freedom. God and my music,  
One day I thought it was all lost  
and so was I.  
First they took away my  
freedom!  
God was still here,  
But I cried for everyone possible!  
He answered my prayers again!  
Music, my radio, saved me too!  
Thanks God for bringing it all  
back!  
I have plenty of friends to solve  
my loneliness,  
I’ve learned a lot!  
God-I will love you always!

# Providing Services for Iranian Clients

## By Negar Doroudian

In recent years, we have seen a rapid increase in Iranian immigrants who have recently migrated to the US and seek services at the county level. To provide effective mental health treatment, a healthcare provider should know the cultural background of the group of people they serve. When immigrants come to this country, they bring many of their customs and traditions with them, and more often than not, they don't speak or understand the English language. To ensure effective communication and assess the client's needs accurately, healthcare providers should familiarize themselves with their client's culture, customs and traditions, as well as ensuring access to interpreters.



It is important for mental health providers to familiarize themselves with the most common cultural ideas that characterize this population. These are the concepts of “Tarof” “Time” and “Taboo” as understood and practiced by Iranians. You may think of Tarof as “rules of social etiquette.” For example, a person will act as if they have no needs, and you will have to try and figure out what their needs really



are. They may also bring you food and gifts as a thank you for the services you are providing. The concept of time is somewhat different too. For an Iranian it is custom and somewhat fashionable to be late; 8am could mean anywhere between 8 a.m. and 8:45 a.m. therefore, you must let them know that you have a limited time set aside for them and, if they don't make it, they lose their turn. Finally, it is important to understand that discussing or admitting to mental health issues is a taboo in the Iranian society, and most Iranians will downplay such issues. Thus, it is important to ask a lot of questions and dig deep in order to get a full picture of the client's needs.



The “County Family” has always encouraged cultural competency and provides several culturally competent trainings throughout the year for staff, so that our consumers are given the best treatment possible with the least amount of discomfort. It is, therefore, in everyone's best interest for service providers to take advantage of these opportunities and become educated about the communities and people they serve.

## MHSA Office Calendar of Events

<b>June</b>	1	11:00 a.m.	CAAC Meeting	MHSA Office Training Room
	7	1:00 p.m.	MHSA Steering Committee	Downtown Community Center, Anaheim
	10	7:30 a.m.	Mental Health Board - Study Meeting	HCA Headquarters
	23	9:00 a.m.	Mental Health Board General Meeting	Hall of Administration
<b>July</b>	<b>5</b>		<b>Holiday</b>	<b>MHSA Office is closed</b>
	6	11:00 a.m.	CAAC Meeting	MHSA Office Training Room
	8	7:30 a.m.	Mental Health Board – Study Meeting	HCA Headquarters
	12	1:00 p.m.	MHSA Steering Committee	Downtown Community Center, Anaheim
	28	9:00 a.m.	Mental Health Board General Meeting	Hall of Administration
<b>August</b>	2	1:00 p.m.	MHSA Steering Committee	Downtown Community Center, Anaheim
	3	7:30 a.m.	CAAC Meeting	MHSA Office Training Room
	12	1:00 p.m.	Mental Health Board – Study Meeting	HCA Headquarters
	23	9:00 a.m.	Mental Health Board General Meeting	Hall of Administration

### Location Address:

Downtown Community Center, 250 E. Center St., Anaheim, CA 92805

HCA Headquarters, 405 W. 5<sup>th</sup> Street, Suite 512 Santa Ana, CA 92701

MHSA Office Training Room and Conference Room, 600 W. Santa Ana Blvd., Suite 510 Santa Ana, CA 92701

Hall of Administration, 333 W. Santa Ana Blvd., Santa Ana, CA 92701

### 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](http://www.orange.networkofcare.org/mh/home/jobs)

### Network of Care for Veterans and Service Members

The Network of Care for Veterans and 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 of 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 is an attempt to bring 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/](http://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. 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 specific for an organization or cause.

**Create Private Groups:** You can create groups for your organization's internal staff or for a private community.

**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 & Service Members, Mental/Behavioral Health, Developmental Disabilities and more!

Sign up today at

<http://community.networkofcare.org/>

### MHSA Contributing Staff:

Bonnie Birnbaum      Bradley Hutchins - Editor  
Negar Doroudian      Hiromi Williams - Layout

# Recovery Connections

WINTER 2009

Quarterly Newsletter of the Orange County Mental Health Services Act (MHSA) Office



Health Care Agency  
Behavioral Health Services

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Mental Health Services Act

600 W. Santa Ana Blvd. Ste. 510

Santa Ana, CA 92701

Tel: (714) 667-5620

Fax: (714) 667-5612

[mhsa@ochca.com](mailto:mhsa@ochca.com)

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



MHSA Office Staff

From left (front row): Nicole Ramirez, Hannah Ngo, Karla Amezcua,  
Anthony Perera, Hai Tran and Cheryl Sannebeck

From left (back row): Bonnie Birbaum, Juan Corral, Kate Pavich,  
Sharon Torres, Cort Curtis, Keith Erselius and Benny Luna

## Exciting Times

by Kate Pavich

2008 was a year full of excitement and promise. We enjoyed first-time events like the Multicultural Art Fair, Consumer Employment Summit, MHSA Art Exhibit and Open House, Vietnamese Community Stigma Reduction Picnic and the Cultural Competence Symposium. We published our first newsletter, "Recovery Connections" and the MHSA 2009 art calendar; we created an on-line art gallery for pictures and poetry; and developed resources on the Network of Care website. We also provided the following specialized training: behavioral issues for school personnel; domestic violence and family psychoeducation for staff; and mental health issues for law enforcement. In addition, we offered the National Alliance on Mental Illness (NAMI) Provider training, a benefits planning workshop for consumers, and a conference for veterans, "Another Kind of Valor." In 2008, we also obtained funds for our 3-Year Workforce Education and Training (WET) Plan along with an additional allocation and funding approval for Capital Facilities and Technology and for the Prevention and Early Intervention (PEI) planning process. 2009 has proved to be just as exciting as we received approval for our comprehensive Community Services and Supports programs. We also expect to have our PEI plan approved, as well as our capital project at 401 S. Tustin Street in Orange. We are looking forward to the Wellness and Peer Support program finally becoming a reality, starting a crisis residential program, launching new Recovery Centers, offering opportunities for artistic expression in our Recovery Arts program and continuing to develop employment for consumers and family members. The coming year should prove to be a busy and exciting time, in which we create programs, build possibilities, and offer support to strengthen the fragile journey of recovery.

If you would like a copy of Recovery Connections please contact MHSA Office at (714) 667-5620 or send an e-mail to [mhsa@ochca.com](mailto:mhsa@ochca.com).

## *A Rainy Day Tradition*

By C.L. McElroy

It looks like rain,  
His eyes they sparkle  
As the rain falls, chills the air  
My rainy day tradition begins.

Working and kneading the dough  
Filling my home with the warmth  
And aroma of the freshly baked loaves  
Warmly welcoming him in from the storm.

## *Morning*

By Ron Zupsic

Flowers blooming, people laughing, leaves  
are rustling, through the wind

Morning dew shrouds the ground as you  
hardly hear a sound people scurrying trying  
to get ready for their day

Hurrying to find them on their way.

## *Thank You*

By Patrice Lindsey

Time has passed slowly  
Yesterday I could only hope for a tomorrow  
Today my tomorrow is here  
I see the world in a new light  
It's a blessing I hold close to my heart  
I am free –thank you—I am free.



By Tho Be

## *A Father's Journey*

By George Nguyen

### Cuộc Hành Trình Của Một Người Cha:

Con gái tôi bị bệnh tâm thần phân liệt, hiện đang được điều trị tại Westminster Clinic. Trong 6 năm liên tục, tôi khuyến khích con tôi và cùng đi với cô ấy tới sinh hoạt hằng tuần tại Club House dành cho bệnh nhân người Việt. Từ năm 2005 đạo luật Dịch Vụ Sức Khỏe Tâm Thần được phổ biến rộng rãi trong các cộng đồng sắc tộc của Quận Cam. Sự kiện này đã thu hút sự chú ý của tôi. Nhận thấy đây là cơ hội để nói lên nguyện vọng của cộng đồng Việt nam với ngành Y tế tại địa phương. Tôi đã dành rất nhiều thì giờ để tham dự các buổi hội họp dành cho những người quan tâm đến sức khỏe tâm thần. Tôi là thành viên của Ủy Ban soạn thảo kế hoạch lập Trung Tâm Lành Mạnh, là hội viên Ủy Ban Cố Vấn Cộng Đồng, và là hội viên Ủy Ban Chỉ Đạo của Đạo Luật Dịch Vụ Sức Khỏe Tâm Thần của Quận Cam.

Tôi đã đem kinh nghiệm của người cha trực tiếp chăm sóc con bị bệnh tâm thần, để đóng góp vào nỗ lực thay đổi hệ thống sức khỏe tâm thần tại Quận Cam. Đồng thời tôi cũng học hỏi được rất nhiều từ các cộng đồng bạn. Với những kinh nghiệm và kiến thức thu được từ các quá trình lập kế hoạch của Đạo Luật Dịch Vụ Sức Khỏe Tâm Thần, tôi đã cùng với các gia đình bệnh nhân thành lập hội Yểm Trợ Sức Khỏe Tâm Thần Việt Nam tại Quận Cam (OCA-VMHAS). Con gái tôi đang trên con đường phục hồi. Nguyện vọng của cô là tiếp tục học ở đại học về ngành Tâm lý để sau này phục vụ bệnh nhân.

### A Father's Journey:

My daughter has schizophrenia, and she is currently being treated at the Westminster Clinic. For six consecutive years, I have continuously encouraged my daughter and gone along with her to attend the weekly activities for Vietnamese consumers at the Westminster Clinic's Club House. Since 2005, Mental Health Services Act (MHSA) information has been widely disseminated to different ethnic communities in Orange County, and this occurrence of social importance has attracted my attention. Realizing this is an opportunity to advocate for the Vietnamese community's aspirations to the local mental health community, I have spent a lot of time attending different stakeholder meetings. I have been a member of the Wellness Center Planning Committee, Community Action Advisory Committee, and MHSA Steering Committee.

I have taken the experience of a father, who is the primary caregiver of his daughter, to join efforts to transform the mental health system in Orange County. At the same time, I have also learned a lot from other ethnic communities. With the experience and knowledge gained from the MHSA planning processes, other family members and I have established the Orange County Association for Vietnamese Mental Health Awareness and Services (OCAVMHAS). Now, my daughter is on the road to recovery. Her aspiration for the future is to continue her education in the field of psychology at the university so that one day she can serve other consumers.

## Success Stories

### In Home Crisis Stabilization (IHCS)

Seventeen year old "Karen" (not her real name) had been taken to the hospital emergency room by her parents because "Karen" was making suicidal statements and was noticeably depressed. She had been hospitalized six times in the last two years. "Karen" reported a depressed mood for at least the past four years. In the weeks leading up to the hospital evaluation, she reported feeling increasingly depressed, hopeless, and had plans to either overdose on pills or cut herself.

"Karen" was not hospitalized due to the fact that she was not an imminent danger to herself or others and she had the ability to contract for safety. However, the Children and Youth Services (CYS) on-call clinician who had evaluated her wanted "Karen" and her family to have additional support in the home. The In Home Crisis Stabilization (IHCS) team received a call from the on-call clinician at 1:30 a.m. on our 24-hour crisis line (714-225-4100) and an IHCS clinician responded to the call within one hour. Our IHCS team member met "Karen" and her family at the hospital and presented our services to them. He reassured the family that IHCS would be able to provide in-home support to "Karen" and her family. He explained that we would be able to meet with them as frequently as needed. In addition, he explained that he could help link the family to other resources. He described the 24-hour "Family Line" that any family members could call when they needed assistance.

While working with the IHCS team, "Karen" and her family received in-home services including individual therapy for "Karen," family therapy, and the opportunity to be linked with other community services. Interventions were aimed at alleviating her symptoms of depressed mood, flat affect, low self-esteem, and poor impulse control which preceded her cutting behavior and suicidal thoughts. The IHCS therapist and "Karen" met three times a week and worked on coping skills she could use when she began to have suicidal thoughts or felt the desire to cut. He taught her how to identify her negative thought patterns and how to implement coping strategies in order to prevent the urge to cut. She also learned alternative coping strategies including using a journal to write down her feelings, reading a book to distract herself when upset, and calling the "Family Line" to speak with an IHCS team member about her feelings.

Due to the IHCS treatment being short-term, he linked the family to a long-term CYC therapist. As transportation became an issue he showed "Karen" how to get to the CYC clinic by riding the bus. He practiced this with "Karen" until she felt comfortable on her own. During the time he spent working with "Karen" and her family, "Karen" was able to reduce the frequency of her suicidal thoughts and desire to cut. She reported that the therapy with the IHCS worker was beneficial and helped shape her willingness to continue with her new long-term therapist at CYC. Her parents benefitted from the IHCS services by learning new ways to help their daughter cope with her depression and by having more open lines of communication with "Karen".



Carlo Saint-Augustine, another MHA success story, is sharing his consumer perspective at the MHA Steering Committee meeting on September 8, 2008.

Just a little over a year ago, I was homeless and helpless. Everyday of my life started with a quick wash up in a Starbuck's restroom. I felt so low, I thought of my beautiful home filled with my beautiful things, lost along with all of my keepsakes. I had three generations of family memories lost due to an unpaid storage bill. I felt guilty, stupid, ugly and depressed. I can remember how it didn't matter if it was light or dark outside, it all seemed like one big piece of time to me. It didn't matter. I was trapped in an unyielding depression. I was trapped in poverty and homelessness, and I slowly began despising who I had become. I can remember how I would sit in the dirty car which was also my home, and watch as people lived their lives. I had no belief that I would ever be a part of the life I was watching again. I was angry with myself, as I sat watching I would say things to myself like, "you stupid dirty pig, you are worthless and ugly, you are taking up air by breathing, you don't deserve to breathe good air." My faith in God would not allow me to commit suicide, but I did pray that He would let me die. Something changed! Proposition 63 and Telecare. Telecare made things happen. The apartment I live in, the clothes I am wearing, my dishes, pots and pans. My internship with Senator Lou Correa made that happen too. They directed me to the Consumer Training Program. I attended the 14-week certificate program, and here I am! What's next? I expect a lot of good things in my future. I want to thank Telecare for all they done for me. They truly empowered me to help myself live well within the community. For what they have given me that can't be put into words, I will always remain eternally grateful.

Paula Wagner, Telecare and Orange.



By K.N.

## Untitled

By Joana Amaro

Although it hurts to accept it  
You are right,  
That in love or in hatred  
You can never lead your heart.

But with all honesty, I tell you  
Never doubt my love,  
Because for you, I would die  
If only you would ask, my love.

Sincerity is summarized  
In one single work called love  
And its not about what I say or yell out  
But what I am willing  
To do for your love.

The more I know you, the more I love you,  
Thoughts of you are amazing  
You are sweet, you are amazing  
I adore you, there is nothing I can reproach.

(Transmitado en Español)

Aunque me duela aceptarlo  
creo que tienes toda la razón  
que tanto en el amor como el odio  
no se manda el corazón

Mas en verdad te digo  
nunca dudes de mi amor  
por que por ti moriría  
si me lo pidieras amor

La sinceridad se resume  
en una palabra llamada amor  
y no es lo que diga o grite  
si no lo que este dispuesto  
ha hacer por tu amor

Entre mas te conozco mas te amo  
lo maravillo se de tu pensar  
eres dulce eres maravillosa  
te adoro nada te puedo reprochar

## Thoughts on PEI

By Tho Be

We participated in the Mental Health Services Act (MHSA) Prevention and Early Intervention (PEI) meetings and eight PEI workgroups during August and September of 2008. The speakers talked about their services and experiences. We listened attentively and gave our opinions and suggestions.

We think PEI is a very important component which can help prevent mental illness in the community, especially in children and young people. With my knowledge of PEI I believe I can help others. I can introduce others to PEI services. I understand the early symptoms of mental illness. I pay close attention to my nephew who appears to show symptoms of mental illness: no friends, always feels bored, very dependent on his father and does not want to study. His father, however, denies there is a problem with his son. I convinced the father that his son should participate in MHSA related meetings. The son recently graduated from the mental health worker class offered by Pacific Clinics through MHSA and will be starting his internship in January 2009. His teacher pays attention to him, and the boy has made new friends and smiles often. There is a clear change in his life. I believe PEI is an important component, and its services must be expanded.

## Mental Health and Spirituality Initiative

Orange County will be assisting the California Institute for Mental Health (CIMH) in distributing a Mental Health and Spirituality Initiative survey. This survey of mental health clients and family members is being conducted to document the interests and needs of service recipients regarding spirituality. For more information about the Initiative, go to [www.mhspirit.com](http://www.mhspirit.com). Results from this survey will be online July 2009.



By Keith E. Torkelson

## Arts Calendar of Events

### September 21, 2008 - March 15, 2009

American Quilts: Two Hundred Years of Tradition. Bowers Museum of Cultural Art. (714) 567-3600, [www.bowers.org](http://www.bowers.org)

### November 15, 2008 - April 19, 2009

Passages: Photographs of Africa by Carol Beckwith and Angela Fisher. Bowers Museum of Cultural Art. (714) 567-3600, [www.bowers.org](http://www.bowers.org)

### November 14, 2008 - January 17, 2009

All Media 08 at Irvine Fine Arts Center. (949) 724-6880

### First Sunday of each month in 2009

Target Free First Sundays: on the first Sunday of every month, visitors to the Bowers Museum can enjoy free access to the museum, Kidseum, and all activities all day, thanks to Target corporation. Visitors may have to wait outside for admission to prevent overcrowding.

### January 16, 2009

Join Casa Romantica Cultural Center and Garden for a fabulous day of museum hopping and wine in Los Angeles. Tickets: \$89 Member; \$100 Non-member. For details visit <http://www.casaromantica.org/> or (949) 498-2139 Ext. 10

### February 5, 2009

"That Loving Feeling" Jefferson Transitional Artworks. 5 p.m. to 8 p.m. during downtown Arts Walk.

### February 13, 2009

MHSA call for Artwork! The MHSA Office is currently accepting art submissions until February 13, 2009 to feature on the program cover of the MHSA regional coordinators' meeting in April. Visit [www.ochealthinfo.com/mhsa](http://www.ochealthinfo.com/mhsa) for details or contact the MHSA office.

### April 18 - May 17, 2009

Imagination Celebration, an annual spring festival of the arts for children, teenagers, and families, is presented by Arts Orange County and the Orange County Department of Education.

For details visit <http://www.ocimaginationcelebration.org/>

### Art Slam 2009, a slide exhibition of art by artists with disabilities, is now accepting entries.

Presented by the Arts and Disability Network and the Fine Arts Museums of San Francisco. For assistance in preparing entries contact [mkudritzki@mednet.ucla.edu](mailto:mkudritzki@mednet.ucla.edu) or (310) 825-3715. For details visit <http://www.cimh.org/Services/Special-Projects/Recovery-Arts-Program.aspx>

### Pier Plaza Art-A-Faire

Pier Plaza Art-A-Faire is an arts and crafts event showcasing handmade original artwork every Friday and select weekends throughout the year at Pier Plaza in Huntington Beach, California. Visit <http://www.hbartafaire.com/> for details and upcoming events.

## Internet Resources

<http://www.lagunabeacharts.org/>

<http://www.sparkoc.com/>

[http://culturemob.com/orange\\_county](http://culturemob.com/orange_county)

<http://artscenterorange.org/>

<http://www.artsoc.org/>

<http://artscenecal.com/>

<http://www.orangecountyfinearts.com/>

<http://www.aplaceforart.org/>

*Dates/times are subject to change. Please verify date/time before attending any event. Admission fees may apply to some events. This list was compiled by MHSA office using various sources and is provided for informational purposes only. The MHSA office is not responsible for its content and accuracy in any way, and does not promote or endorse any organizations listed in it.*

## Consumer Perspective

### A Different Kind of New Year's Resolution

By Theresa Boyd

It's everywhere - on the radio, on tv, in the waiting room at my chiropractor's office, in line at the grocery store - the negative chatter. "We're in hard times and it's going to get worse." A newspaper headline read, "*Recession taking toll on mental health.*" The article seemed to say that alot more people are going to need mental health benefits and counseling.

Perhaps getting mental health services will be the new "in thing." Working on wellness every day (*like we patients all do now*) will become acceptable for *everyone* and that will be the new chatter in the waiting room or supermarket line. (Did I mention that since 2002 I've worked on the Stigma Elimination Task Force?)

Do you know what the number one mental illness is? Anxiety. Anxiety is worry and clouded thinking turned into negative physical energy.

Our whole country seems to be in a state of anxiety. There's a saying, "*You don't get over it - you get through it.*" How do we get through it? We challenge the negative chatter that creates anxiety. We stop the negative chatter and replace it with positive proclamations. So if you happen to overhear, "We're in hard times and it's going to get worse (*immediately add on to it*) BUT WE WILL GET THROUGH IT."

For the past few months I've been reading a classic book by Norman Vincent Peale called, "*The Power of Positive Thinking.*" In it the author talks about "*The Seven Day Mental Diet.*" No, not the kind of New Year's Resolution you're thinking about. This diet is a word diet. Resolving to not say any negative word or depressing remark for at least a week. This diet doesn't cost a thing and you can still enjoy your favorite treats.

If you slip, just start again right away with no penalty. In a matter of time you will see a change in yourself. *A man becomes what he thinks.*

**"All manner of things will be well."**

## Recovery Arts Program

The MHSA Recovery Arts program explores ways for consumers and family members to display their artwork and participate in activities that broaden their artistic landscape. Our consumers have shared how important this program is to them and have stated: "I feel like I have something to offer now," "Thank you so much for re-igniting and supporting my passion for taking pictures. It has been a blessing," and "I've reclaimed a part of myself and this is keeping me in recovery." Upcoming events include: providing artwork for flyers and program announcements, an art show for Transitional Age Youth (TAY) and a tour of the Jefferson Transitional Program. This program runs an art gallery, provides classes and is actively involved in producing media events and art presentations throughout Riverside County.

## MHSA Office Launches an Art Gallery

The MHSA Arts Gallery, a part of the MHSA Recovery Arts Program, is now available at <http://ochealthinfo.com/mhsa/gallery.html>. Instructions on how to submit artwork to the MHSA Art Gallery can also be found on this website. This is a venue for persons in recovery and their family members to share their artwork with others. Each month the Art Gallery features several pictures, as well as writings created by persons in recovery. The artwork will be archived at the end of each month, and new art will be posted for the following month. Send your art and writing to us and we will share your personal artistic vision.



By Albert Santana



By Theresa Boyd

**The Union of Vietnamese Student Associations (UVSA)  
Tết Festival 2009 “Spring of Hope”  
Hội Tết Sinh Viên “Xuân Hy Vọng”  
Year of the Buffalo | Năm Kỷ Sửu**

The Union of Vietnamese Student Associations (UVSA) is proud to host the 27th Annual Tết Festival of Southern California. Tết, the Lunar New Year, marks the beginning of spring and is the most observed holiday within the Vietnamese community. As a means to preserve culture, the Vietnamese American community celebrates Tết through a vibrant array of traditional foods, ceremonies, and customs. UVSA staff and members contribute thousands of hours organizing the festival as a means to strengthen cultural awareness among the youth, build future leaders for the community, and fund community programs and projects across the Southern California region. Attracting over 100,000 patrons annually, the Tết Festival of Southern California remains the largest cultural event in Little Saigon and stands as the largest Tết Festival in the entire country. Visit Tết Festival on web at [www.tetfestival.org](http://www.tetfestival.org).

**When:**

Fri, January 30 (2 p.m. - 10 p.m.)  
Sat, January 31 (10 a.m. - 10 p.m.)  
Sun, February 1 (10 a.m. - 9 p.m.)

**Location:**

Garden Grove Park  
9301 Westminster Blvd  
Garden Grove, CA 92844-2752

General Admission: \$5  
Children's Admission: \$4 (4ft and under)  
Infants (with stroller): FREE

Guests with Áo Dài's, traditional attire, & military uniform will receive FREE admission on Saturday, Jan. 31 from 10 a.m. to 2 p.m.

## Save the Date

**15th ANNUAL MEETING  
OF THE MINDS CONFERENCE**  
hosted by the Mental Health Association (MHA)  
May 12, 2009  
8 a.m. – 4 p.m.  
Disneyland Hotel, Anaheim, CA

MHA hosts the largest mental health conference held in Orange County. This conference features a resource fair with over 50 exhibitors, 20 timely workshops, networking lunch, keynote speaker and continuing education hours. 800 persons attended in May 2008. Workshop proposals are currently being accepted for the 2009 conference. If you wish your workshop to be considered by the Meeting of the Minds committee, please visit the MHA website at [www.mhaoc.org/specialevents](http://www.mhaoc.org/specialevents) for details.



## Job Board

Orange County Network of Care has launched a Job Board which persons in recovery and their family members can use to find job opportunities in behavioral health and other disciplines. Employers also have the ability to post their job openings on real time with a click of a button. No need for a user name or password! Check out this new feature today by visiting the Network of Care homepage. The Job Board is an important addition to the other existing tools such as My Folder Personal Health Record, Community Calendar and the Message Board. Visit Orange County Network of Care at <http://orange.networkofcare.org>

## MHSA Office Calendar of Events

### January

5	1:00 p.m.	MHSA Steering Committee meeting
6	11:00 a.m.	CAAC* Business meeting
8	7:30 a.m.	Mental Health Board Study meeting
11	n/a	30-day public comment period ends for Capital Facilities project proposal
19	HOLIDAY	MHSA Office is closed
20	9:00 a.m.	Community Services & Supports Stakeholder meeting – Children 405 W. 5 <sup>th</sup> Street, Room 512 Santa Ana, CA 92701
20	10:30 a.m.	Community Services & Supports Stakeholder meeting – Transitional Age Youth 405 W. 5 <sup>th</sup> Street, Room 512 Santa Ana, CA 92701
21	n/a	30-day public comment period ends for PEI Draft Plan
22	9:00 a.m.	Mental Health Board Public Hearing on PEI Draft Plan 10 Civic Center Plaza (333 W. Santa Ana Blvd., Santa Ana, CA 92701)
22	1:00 p.m.	Community Services & Supports Stakeholder meeting – Adults 600 W. Santa Ana Blvd., Room 525 Santa Ana, CA 92701
22	2:30 p.m.	Community Services & Supports Stakeholder meeting – Older Adults 600 W. Santa Ana Blvd., Room 525 Santa Ana, CA 92701
28	9:00 a.m.	Mental Health Board General meeting
29	9:00 a.m.	A follow-up Stakeholder meeting for FY 09-10 Community Services and Supports Growth Funds for Children's services 405 W. 5th Street, Suite 433, Santa Ana, CA 92701

### February

2	1:00 p.m.	MHSA Steering Committee meeting
3	11:00 a.m.	CAAC Business meeting
12	HOLIDAY	MHSA Office is closed
16	HOLIDAY	MHSA Office is closed
20-22	Varies	Client Forum Crown Plaza, 1221 Chess Drive, Foster City, CA 94404 Start time: 2/20 at 1 p.m., 2/21 & 2/22 at 9 a.m.
25	9:00 a.m.	Mental Health Board General meeting
26	11:30 a.m.	Spring Fling – 15th Annual Thomas F. Riley Mental Health Community Service Awards Luncheon The Turnip Rose Grand Newport Plaza 1901 Newport Blvd., Costa Mesa

### March

2	1:00 p.m.	MHSA Steering Committee meeting
3	11:00 a.m.	CAAC Business meeting
12	7:30 a.m.	Mental Health Board Study meeting
25	7:30 a.m.	Mental Health Board General meeting

CAAC meetings take place at 600 W. Santa Ana Blvd., Ste. 510 Santa Ana, CA 92701

MHSA Steering Committee Meetings take place at Delhi Community Center, 505 E. Central Ave. Santa Ana, CA 92707

Mental Health Board Study Meetings take place at 405 W. 5th Street, Room 512, Santa Ana, CA 92701

Mental Health Board General Meetings take place at the Hall of Administration, 333 W. Santa Ana Blvd., Santa Ana, CA 92701

\* CAAC = Community Action Advisory Committee

# Recovery Connections

Quarterly Newsletter of Orange County Mental Health Services Act (MHSA) Office

Summer 2009



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MHSA Office Calendar of Events

MHSA Office  
600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701

714-667-5620 (Phone)  
714-667-5612 (Fax)  
[mhsa@ochca.com](mailto:mhsa@ochca.com)  
<http://ochealthinfo.com/mhsa>



## What Are You Doing This Summer?

By Kate Pavich, MHSA Coordinator

As kids, we ran through sprinklers, played in the Santa Ana riverbed, and saved up money to buy a frozen chocolate bar from the Good Humor ice cream truck. Now we are more likely to run inside the movie theater to see the latest block buster movie and get our ice cream in an air conditioned building. This summer at MHSA we will be busy planning our new Tustin campus – finalizing the design, securing construction, providing a Wellness Center update, reviewing the proposal for the Crisis Residential program, and releasing a Request for Proposal (RFP) for the Education and Training programs that will be housed there. We will also be releasing an RFP for our new Peer Mentoring program, completing as many Mental Health and Spirituality surveys as possible, organizing our community Health Expo to be held on 9/24/09 and submitting our Technological Needs Project Proposal (see article on page 6). We will continue providing opportunities for artists, musicians, and writers in our Recovery Arts program. It is wonderful to see the rich variety of art being created and hear remarkable music and poetry. We will be hosting an “Erase Stigma Art Festival” from July 11 – August 23. This festival will celebrate mental health awareness and will include drawings of artist Robert Crumb, the work of local artists, an original play created by consumers, a film festival and art workshops – and these events are all free! So this summer find ways to run through the sprinklers, be part of our exciting art festival, and treat yourself with kindness.

## 2009 MHSA Art Fair and Calendar Contest



The second annual Mental Health Services Act (MHSA) Art Fair and Calendar Contest was held on May 21, 2009. The sun was shining, the jacaranda trees were in bloom and visitors enjoyed being outdoors. The fair was held on the front lawn of the Old County Courthouse and featured visual arts, crafts, writing and music by members of the mental health community. The lawn was filled with bright blue canopies, artists networking with their peers, proud family members, community providers, and county staff. Musicians offered live entertainment with music ranging from hip-hop and acoustic guitar to an acappella song in Vietnamese. Winners of the calendar contest will be featured in the 2010 MHSA Art Calendar and at an art exhibit in October. The MHSA Office sponsored the event to highlight mental health awareness and to support the use of art in the recovery process. We would like to congratulate the exhibiting artists and thank them for sharing their extraordinary gifts with the public. Please visit the MHSA homepage at [www.ochealthinfo.com/mhsa](http://www.ochealthinfo.com/mhsa) for more information on the MHSA Recovery Arts Program, the MHSA online art gallery and to learn about upcoming events.

**MHSA Recovery Arts**

**FELICIDAD**

By Maricela Loaeza

Felicidad llega a mi vida  
vestida de blanco  
una rosa en su pelo decía:  
cántale al Dios eterno...

Que la felicidad la traigo conmigo  
adherida a mi paraíso  
gorjea coplas al viento  
y resplandece en lo azul del cielo.

Felicidad pregunta:  
¿Quién para amar tiene el corazón abierto?

**(English Translation)**

**HAPPINESS**

Happiness comes to my life  
clad in white,  
a rose in its hair said:  
sing to the eternal God...

Happiness I bring with me,  
holding fast to my paradise,  
it chants its verses to the wind  
and blazes in the blue sky.

Happiness asks:  
Who has a heart open to love?



*Flora Envisage* by Judy Ann Adams

**MHSA Recovery Arts Program**

The MHSA Recovery Arts program is a great way for persons in recovery to demonstrate their unique talents that have helped in their personal recovery process. See how you can submit your art by visiting <http://ochealthinfo.com/mhsa/arts-program.htm>

**Arts Calendar of Events**

**June 26 – August 30**

2009 Art-A-Fair Festival  
777 Laguna Canyon Rd., Laguna Beach, CA 92651. (949) 494-4514.  
[www.art-a-fair.com/](http://www.art-a-fair.com/)

**July 8 – August 31**

Festival of Arts/Pageant of the Masters  
650 Laguna Canyon Road, Laguna Beach, CA 92651.  
[www.foapom.com/](http://www.foapom.com/)

The Festival is a juried exhibit of fine, strictly original works by 160 gifted artists, while the Pageant is a spectacular stage production of living art re-creations.

**July 11 – August 23, 2009**

Erase Stigma - An Art Festival Celebrating Mental Health Awareness  
This free event includes exhibitions, film screenings and art workshops.  
California State University Fullerton (CSUF) Grand Central Art Center.  
125 N. Broadway, Santa Ana, CA 92701

**October 10, 2009**

A Night in Fullerton  
The city's annual celebration of the arts, "A Night in Fullerton" offers free music, art and dance programs at numerous locations around the city.  
[www.cityoffullerton.com/residents/community\\_events/a\\_night\\_in\\_fullerton.asp](http://www.cityoffullerton.com/residents/community_events/a_night_in_fullerton.asp)



*Gardened Again Tended* by Mark Doyle

**Consumer Perspective****Zero-Tolerance of Stigma toward People-of-Difference**

By Myra Kanter, Mental Health Consumer/Patients' Rights Advocate

Let's start a new age, with both an ancient and new cause, during these threshold years of the new millennium. Let's start the practice of zero-tolerance of stigma toward people-of-difference. Stigma is when we harbor or project negative attitudes, beliefs, and opinions toward others—simply because they are different. People-of-difference are those we perceive as different from us due to varied/diverse personal characteristics and/or life experiences (histories). Personal characteristics include: age, color, culture, ethnicity, gender, language, physical health, nationality, occupation, mental status, political affiliation, sexual orientation, race, size, and religion. Life experiences include: socioeconomic status, educational background, emotional trauma, family unit, housing situation, legal issues, skills/job training, medical problems/disorders, religion, spirituality, and up-bringing.

Each of us, our neighbors, and our loved ones are people-of-difference with unique personal characteristics and life experiences. Difference is natural, genetic, normal, unavoidable, and desirable to the human condition. As a species, for over 200,000 years we have thrived due to its scientific, sociological, and spiritual precepts. We have a natural/easy tendency to polarize ourselves to people-of-difference. This creates both a mental and physical chasm between "us" and "them". This distancing leads to social marginalization where people-of-difference are deprived of personal power, existential acknowledgement, and material goods. Meaningful participation is withheld from social programs, access to community services, and government policy formation/implementation.

In order to eliminate stigma we need to be vigilant of our attitudes, beliefs, and opinions toward people-of-difference. Tolerance is an active process—not a passive state! We need to be willing to learn, change, open our minds/our hearts, and grow. It's not unusual that an intellectual, emotional, and spiritual rebooting, so to speak, are necessitated on a daily basis. Historically stigmatized people-of-difference have made some of mankind's most profound contributions to art, science, spirituality, government, literature, and music. When we polarize ourselves from people-of-difference, the actualization of mankind's potential is hugely thwarted. And humanities growth and evolution come to a screeching halt.

One person at a time, we can eliminate stigma. One person, like one atom, is profoundly powerful and capable of renewing the face of the earth. Remember photo's of the enormous mushrooming cloud resulting from the one atom of the atomic bomb? One person's efforts can set into action a domino effect of mushrooming transformation! Together—with effort and vigilance—we can eradicate the infectious and fatal disease-of-stigma.

***A Success Story at Casa de La Familia***

By Elizabeth Rivas, Outreach Coordinator

I was doing outreach in the area of Minnie street when I met our consumer. She was suffering from a severe depression, anxiety, sleep problems and bipolar symptoms. She told me of several attempts of suicide in her past and could no longer hold a job due to her problems. She was crying, very desperate and told me she could no longer "take it." She explained that she was no longer able to cook, clean, take care of herself and do simple things such as ironing her clothes. She told me about the fear she felt on a daily basis and that she could not take care of her family any longer.

I was able to find a friend of hers and we took her to Evaluation and Treatment Services (ETS) for emergency services. She was evaluated and then sent to Memorial Hospital of Anaheim. After she was released I was able to assist her with an appointment at the Orange County Adult Mental Health Services clinic in Santa Ana, and she was accepted to receive help.

She is now taking medication and seeing a doctor for her bipolar disorder. I have been visiting her often and she is doing so much better. At my last appointment with her, she was excited to tell me she can now iron her clothes and take care of her household. She is enjoying her life and is looking forward to getting a job and helping other people with the same problems she has had. She is very grateful for the services that were provided for her, which helped her regain her life back.

*Obision* by Lan Arms

**Full Service Partnerships Update**

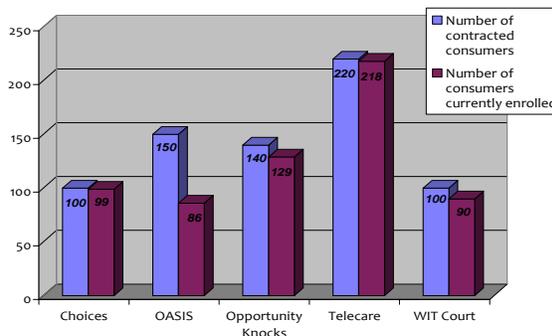
**Adult and Older Adult Full Service Partnerships**

Full Service Partnerships (FSP) are programs designed and implemented in order to assist the target population in achieving high levels of recovery through following evidence based and best practices. FSPs provide culturally competent services that include case management, benefits acquisition, crisis response, intervention and stabilization, medication evaluation and supports, and effective ongoing mental health services. These programs also provide a full array of recovery support services to include but not limited to housing, employment, education, peer support, and transportation.

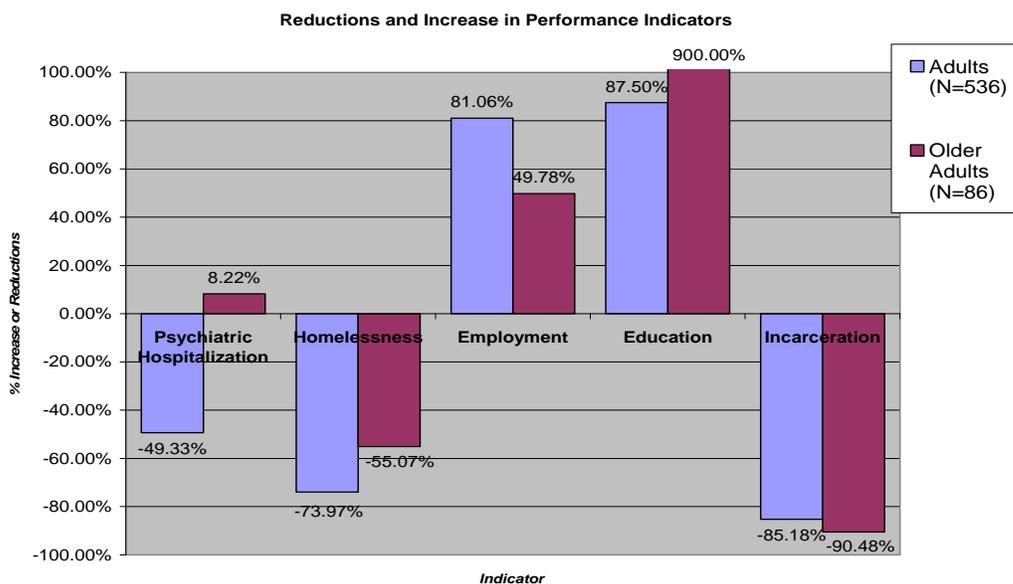
**Profile of FSP Enrolment**

Contracted Consumers vs. Current Census: April 30, 2009

The FSPs are at or near capacity for enrollments. Orange County has a total contracted minimum capacity of 710 slots for Adult and Older Adult FSPs. All Adult FSPs have currently reached their minimum contracted capacity and the older adult FSP (OASIS) has 64 remaining open slots.



**Performance Indicators and Outcomes: How are FSP Clients Doing Since Enrollment?**



- Since enrollment, there has been a 49% decrease in the number of psychiatric hospital days for adult FSP clients, which translates to a savings of \$ 2,148,664 per year for Orange County. For older adults, there was a slight increase (of 8%) in psychiatric hospital days since enrollment. The homeless elderly have historically been passive and less visible and as a result are hospitalized less. Now that more services are available, they are receiving appropriate mental health services in an appropriate setting. As more seniors are engaged over time, the hospitalization rate is expected to drop.
- Compared with the year prior to enrollment, Adult FSPs have reduced the number of days clients were homeless by 74%. The Older Adult FSP, OASIS, has reduced days spent homeless by 55%. Elderly homeless have often gone unseen but are now getting connected to and receiving services for their needs. This explains the slight rise in Psychiatric Hospitalization.
- Employment has increased 81% and 50% for adults and older adults respectively.
- Since enrollment, the number of adults who are in school has increased by 87.5% and the number of older adults increased by 900%.
- Adult FSPs reduced incarceration by 26%. Using the average daily cost of housing an inmate in the Orange County jail (\$82.39), this translates into a yearly savings of approximately \$1,575,379. For older adults, the incarceration rate was reduced by 90%, translating into a cost savings of \$ 31,308 per year.

**MHSA 2010 Calendar Contest Finalists****Congratulations to the Finalists of the MHSA Art Fair and Calendar Contest**

The MHSA Office would like to thank all those who participated in the event and submitted their artwork for the contest. We received excellent entries from very talented individuals, and the finalists were selected by a panel of judges.

The finalists for the 2010 MHSA Calendar Contest are:

**Art Finalists**

- Mark Doyle – *Gardened Again Tended*
- George Tegerstrand – *American Spirit*
- Timothy Swift – *The Koi Pond*
- Brian Gregory Atkin – *Lovely Angel*
- Judy Ann Adams – *Flora Envisage*
- Micaela Falcon – *Sunflower, Hummingbird, The Family*
- Kevin Burroughs – *Tongues of Fire*
- Lisa Hughes – *Spirit of Democracy*
- Chris Dovey – *Moonlight Drive/Moonlight Bay*
- Alejandra Cadenas – *Lola-Foxxx*
- Mark Delos Reyes, Dusty Whitlow, Maria Gonzalez and Frank Blanding – *Untitled*
- James Bolton – *Viking*
- Maricela Loaeza – *Untitled*
- Lan Arms – *Obision*
- Theresa Boyd – *Westminster Roses*

**Crafts Finalists**

- Khe Ngo – *Red Lantern*
- Tho Be – *Lily Kusudama*
- C. L. McElroy – *Earrings and Bracelet*
- Judy Adams – *Kitty's Reflection*
- Ana Tutilla – *Conservemos la Naturaleza*

**Writing Finalists**

- Kymberli Kercher-Smith – *Storms of the Mind*
- Beverly Reynolds – *Blue Meteor*
- Vivian DeLeon – *I Am Here on Purpose*
- Maricela Loaeza – *Felicidad*
- Khe Ngo – *Dreaming in Spring*
- Judy Ann Adams – *Reflections*
- Joni Penn – *HOPE*
- Vivian DeLeon – *The Clock Ticks*
- Richard Church – *People*
- Joni Penn – *DANGER*
- Amy Niles – *All I Really Want*
- Judy Ann Adams – *I Need Spring Brake*

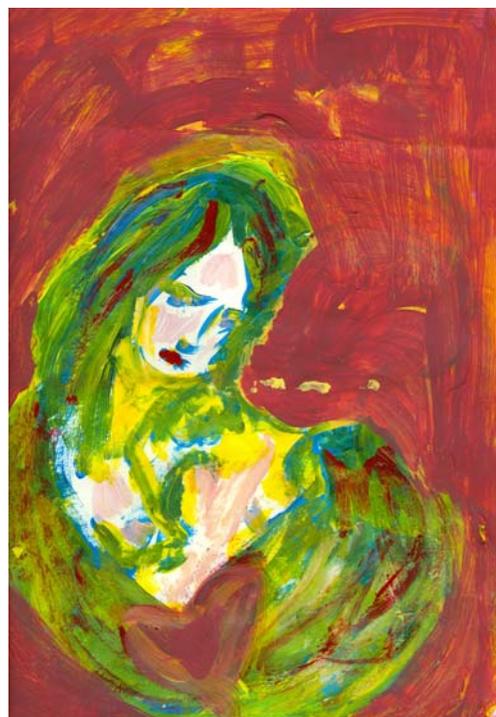


*Untitled* by Krystyna McMurty

**HOPE**

By Joni Penn

Gloom, doom, darkness, lost?  
 Look up in the heavens 'til your eyes meet the power.  
 The search... Quietness of souls render an echo.  
 Know your heart, and its glow.  
 Guidance down a path you create...  
 Creation of all is a gift of unique separateness.  
 Yet oneness exists. A guiding hand awaits.



*Untitled* by Ursula Platt

**Nghệ Thuật: Người Bạn Thân Nhất của Tôi**

"Khi tôi cảm thấy buồn, tôi làm thủ-công và tôi hát một mình. Sau đó, tôi chia sẻ những tác-phẩm nghệ-thuật của tôi và tôi hát cho mọi người thưởng-thức. Tôi đã thuật lại câu-chuyện về động-cơ khiến tôi làm nghệ-thuật. Hiện giờ tôi cảm thấy hạnh-phúc và tự-tin nơi mình. Dần dần, tôi đang đóng góp với tất cả tấm lòng." T.B.

**MHSA Technological Needs Component to Develop an Electronic Health Record**

By Kathleen Murray, MHSA Technological Needs Coordinator



We are excited to announce our plan to move forward with our first MHSA Technology project. The goal of this project is to implement an integrated Electronic Health Record (EHR) system for Orange County Behavioral Health Services (BHS) that will support the overall goals of the Mental Health Services Act (MHSA) to promote wellness, recovery and resiliency. To help counties accomplish this goal, the California State Department of Mental Health has made available MHSA funds to allow the counties to build the necessary technology infrastructure, as well as support the development and implementation of the EHR system.

Orange County BHS currently has an application that already provides Registration, Scheduling, Billing and Laboratory (for Public Health Services only) functionalities. These are all individual elements of an integrated EHR system, however what is missing are the clinical documentation and medication management components. In addition, our current EHR application is built upon a hardware and software platform that has been in use for over five years, and is approaching or has reached technological product obsolescence. Consequently, it is not able to support any new functional development to ensure compliance with State and Federal regulations, or to support the expanded usage of the system, or to allow any manner of interfacing/interoperability with other non-County organizations.

Our approach in executing this project includes a two-step scenario – the first step is the build-out of the technology infrastructure to provide us with the necessary platform on which to develop the functionality we need. Upon the completion of this first step, we will proceed with the second step which will be to further enhance the existing EHR system to include the clinical documentation and medication management components resulting in a fully integrated and functional EHR which is able to interface and/or interoperate with non-County clinics.

The current proposal includes a request for approval of funding for the initial step of the technology infrastructure build-out. The expected timeline for this step is 2009-2010, and the cost is estimated to be \$3,828,767. This project has been approved by the MHSA Technology Advisory Committee. Information about this project has been presented to the Community Action Advisory Committee (7/7) and to the Mental Health Board (6/24) at their meetings. It will also be presented to the MHSA Steering Committee (8/3) and consensus on proceeding will be requested. Once approved by these stakeholder groups, we plan to present the project for approval to the County Board of Supervisors. Although efforts are currently underway to standardize program processes and develop clinical requirements documentation, the proposed timeline for the build and implementation of the clinical documentation and medication management components of our full EHR is 2011-2014.



Casa de la  
familia

**Getting to Know Casa de La Familia**

(714) 204-6504

[www.casadelafamilia.org](http://www.casadelafamilia.org)

Recently, Elizabeth Rivas, an outreach coordinator for Casa de la Familia, spent some time with the Recovery Connections editorial staff to discuss the services offered at Casa de la Familia.

**Could you give us a brief description of Casa de la Familia?**

Casa de la Familia is a non-profit organization that encompasses two distinct programs. One program is for Victims of Crime and the other is our Outreach and Engagement program. The Outreach and Engagement program is a subcontract under the Orange County Mental Health Services Act. We literally walk the streets of Santa Ana and neighboring cities to educate and inform the community about mental health services. Our focus is to identify severely, chronically, mentally ill consumers and link them to services provided by the County of Orange, full service providers or other non-profit agencies that can assist the consumer.

**Could you describe the types of services provided at the clinic?**

We specialize in the treatment of post-traumatic, anxiety, and depressive disorders of children, adolescents, adults, and the elderly, as well as human trafficking victims where we provide crisis intervention and long-term individual and family therapy. On an as needed basis, we also provide home visits. We refer consumers to services that best fit their needs, whether it is a County clinic or other non-profit agency.

**Are there special services available for the homeless?**

We have various resources available for shelter, food, clothing and medical services.

**What are the demographics (i.e. ethnicities, age groups, etc.) of the population you serve?**

We serve the severely, chronically, mentally ill adult, Hispanic community.

**What type of insurance do you accept?**

We work closely with agencies that accept Medi-Cal, private, or no insurance.

**Past Events****Save the Date****California Conferences on Mental Health & Spirituality**

Attended by a small group of Orange County MHSA staff and consumers, this conference was a two-day event held in downtown Los Angeles. This event was a collaboration of partners in and around the Los Angeles area who are currently providing resources to consumers, those obtaining services, and those looking for ways to provide services that include spirituality. An innovative approach to business as usual, this conference provided new awareness to those attending. Keynote speakers were pioneers in the spirituality field who have learned through experience that there is a large group of people in our communities who entrust the clergy with their personal matters, including mental health. They have found ways to connect the public with services beneficial to their health, including spirituality, as a component in their recovery. Attendees each brought back different messages from the keynote speakers, and workshop speakers that resonated with them on their own personal journeys to incorporate spirituality and/or religion into services they provide or receive.

**Vietnamese Mental Health Symposium**

The Vietnamese Mental Health Symposium was held on May 2, 2009 in Westminster, CA. Dr. Clayton Chau from the Health Care Agency was the keynote speaker, and the MHSA Office was also represented at the symposium. The topics addressed at the symposium included enhancing knowledge of mental health and mental illness, and learning more about community resources for mental health issues. This was also a forum for religious and community leaders, mental health professionals and individuals with mental illness and their families to exchange views, share knowledge and create a network of care.

**Community Action Advisory Committee Elects the New Executive Board Members**

The Community Action Advisory Committee (CAAC) was established to advise the Health Care Agency (HCA) Behavioral Health Services Division on issues related to the delivery of



Orange County mental health services funded through the MHSA. The CAAC also assists HCA in ensuring that MHSA funded services are of high quality, accessible, culturally competent, client-driven, cost-effective and consumer/family/recovery/resiliency focused. On June 2, 2009 CAAC members re-elected their current Executive Board members for another 1-year term.

The Executive Board includes:

Kymberli-Kercher Smith - President  
 Tho Be - Vice President  
 Denise Cuellar – Secretary

**Transitional Age Youth Conference  
A Bridge to Independence for  
Young Adults**

July 18, 9009

9:00 a.m. – 4:30 p.m.

California State University, Fullerton  
 Titan Center  
 800 N. State College Blvd.,  
 Fullerton, CA 92834

Free Registration and Parking.

Registration: 8 a.m. to 9 a.m.

Conference starts at 9 a.m.

**2<sup>nd</sup> Annual Vietnamese Family Fun Day  
Health and Resource Fair**

July 25, 2009

9:00 a.m. – 1:00 p.m.

Sigler Park  
 7200 Plaza St.  
 Westminster, CA 92683

**Celebration Recovery Picnic**

Hosted by the Mental Health Association of Orange County

August 1, 2009

11:00 a.m. – 3:00 p.m.

Centennial Regional Park  
 3000 W Edinger Ave,  
 Santa Ana, CA 92704

**Community Health Expo**

Hosted by the MHSA Office

September 24, 2009

10:00 a.m. – 2:00 p.m.

Delhi Center  
 505 E. Central Ave  
 Santa Ana, CA 92707

Vendors interested in representing at this fair are asked to contact the MHSA Office at (714) 667-5620

**3<sup>rd</sup> Annual Asian Pacific Communities'  
Health and Resource Fair  
"Living Healthy, Living Longer"**

September 26, 2009

9:00 a.m. – 1:00 p.m.

Garden Grove Community Meeting Center

11300 Stanford Ave.  
 Garden Grove, CA 92840

**NAMI Walks**

September 26, 2009

Huntington Beach Pier

Check-in: 8:00 a.m.

Start time: 9:00 a.m.

[www.NAMIWalksOC.org](http://www.NAMIWalksOC.org)

**MHSA Office Calendar of Events**

<b>July</b>			
6	1:00 p.m.	Canceled: MHSA Steering Committee	Delhi Community Center
7	11:00 a.m.	CAAC Meeting	MHSA Office Training Room
9	7:30 a.m.	Mental Health Board - Study Meeting	HCA Headquarters
21	9:00 a.m.	Technology – Advisory Committee Meeting	MHSA Office Conference Room
22	9:00 a.m.	Mental Health Board General Meeting	Hall of Administration
24		Technology Project Proposal 30-day Public Comment period begins	
<b>August</b>			
3	1:00 p.m.	MHSA Steering Committee	Delhi Community Center
4	11:00 a.m.	CAAC Meeting	MHSA Office Training Room
13	7:30 a.m.	Mental Health Board - Study Meeting	HCA Headquarters
24		Technology Project Proposal 30-Day Public Comment period ends	
25	9:30 a.m.	Board of Supervisors Hearing – Technology Project Proposal	Hall of Administration
26	9:00 a.m.	Mental Health Board General Meeting	Hall of Administration
<b>September</b>			
1	11:00 a.m.	CAAC Meeting (Business Meeting)	MHSA Office Training Room
7	Holiday	MHSA Office is closed	
10	7:30 a.m.	Mental Health Board - Study Meeting	HCA Headquarters
14	1:00 p.m.	MHSA Steering Committee	Delhi Community Center
23	9:00 a.m.	Mental Health Board General Meeting	Hall of Administration
24	9:00 a.m.	Health Expo hosted by the MHSA Office	Delhi Community Center

**Location Address:**

Delhi Community Center, 505 E. Central Ave., Santa Ana, CA 92707

HCA Headquarters, 405 W. 5<sup>th</sup> Street, Suite 512 Santa Ana, CA 92701

MHSA Office Training Room and Conference Room, 600 W. Santa Ana Blvd., Suite 510 Santa Ana, CA 92701

Hall of Administration, 333 W. Santa Ana Blvd., Santa Ana, CA 92701

**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](http://www.orange.networkofcare.org/mh/home/jobs)

**Network of Care for Veterans and Service Members**

The Network of Care for Veterans & 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 is a meaningful part of the health of the veteran. The Network of Care for Veterans & Service Members is a one-stop-shop for virtually all services, information, support, advocacy, and much more. This public service is an attempt to bring 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/](http://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://ohealthinfo.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 that was developed to help service providers and organizations. 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 specific for an organization or cause.

**Create Private Groups:** You can create groups for your organization's internal staff or private community.

**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 & Service Members, Mental/Behavioral Health, Developmental Disabilities and more!

Sign up today at

<http://community.networkofcare.org/>

# Recovery Connections

Quarterly Newsletter of the Orange County Mental Health Services Act (MHSA) Office



Health Care Agency  
Behavioral Health Services

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MHSA Office Calendar  
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Mental Health Services Act

600 W. Santa Ana Blvd. Ste. 510

Santa Ana, CA 92701

Tel: (714) 667-5620

Fax: (714) 667-5612

[mhsa@ochca.com](mailto:mhsa@ochca.com)

<http://ohealthinfo.com/mhsa/>

## Music to Our Ears

by Kate Pavich, MHSA Coordinator

In the movie, "The Soloist", Nathaniel Ayers, faces incredible challenges trying to cope with his passion for music and his mental illness. We see a man in desperate need of support. MHSA has been trying to provide that support and like the movie it has been a noisy and hectic time. But like Nathaniel Ayers, we have persevered. Our Annual Plan Update was approved by the Mental Health Board for \$20 million to fund 6 new and 7 expanded programs and our PEI Plan was approved by the State to fund new 8 projects, including a total of 33 programs. We hosted the MHSA Coordinator's meeting and our consumer-artists provided an amazing and inspirational art presentation, we invited "Art Works" at Jefferson Transitional Programs to perform their consumer drama, "Scrambled Eggs", and we are preparing for our second annual art fair and calendar contest. We will also be participating in the Meeting of the Minds conference and the 2009 California Conference on Mental Health and Spirituality as well as conducting a 6 week art festival celebrating mental health awareness. In the midst of all the noise there remains a desire to do more to support mental health recovery and that is music to our ears.

## Art Fair and Calendar Contest

The MHSA Recovery Arts program allows persons in recovery to share their unique talent and passion for art. The MHSA office published its first consumer Art Calendar in 2009, and this year the Art Fair and Calendar Contest will be held on May 21, 2009. The event will take place on the lawn at the Old Orange County Courthouse at 211 West Santa Ana Blvd., Santa Ana, CA 92701 from 10 a.m. to 3 p.m. The winners of this writing and art contest will be featured in the MHSA 2010 Art Calendar. The contest is open to all persons in recovery and their family members. The event is free and open to the public. Come and experience the wide range of talent our mental health art community has to offer. For individuals who are interested in participating in this event, applications are available by visiting the MHSA Office website ([www.ohealthinfo.com/mhsa](http://www.ohealthinfo.com/mhsa)) and clicking on the MHSA Recovery Arts Program or contacting the office at (714) 667-5620 or [mhsa@ochca.com](mailto:mhsa@ochca.com).



By Maricela Loeza

If you would like a copy of Recovery Connections, please join the MHSA Mailing list by visiting the MHSA homepage at [www.ohealthinfo.com/mhsa](http://www.ohealthinfo.com/mhsa) or contact the MHSA office at (714) 667-5620.

## My Journey with Bipolar Disorder

by Annette

In 1990 my husband and I moved to Seattle from Orange County as he accepted employment there. I was in good health at the time, but approximately six months into my life in Seattle, I contracted an infectious disease with pleurisy (inflammation of the lining of the lungs) type symptoms. I had been an avid tennis player, and this disease affected my quality of life. I recovered in about six months, and I returned back to my normal life. I was feeling well for about a month before I had to return back to the doctor with reoccurrence of the symptoms. I was again diagnosed with the same disease. This time, however, I became very depressed and attempted suicide with an overdose of pills. I was soon referred to a psychiatrist, and she prescribed an antidepressant. Within 24 hours I had a manic episode and needed to be hospitalized.

The next five years were very difficult for me. I did not tolerate the combination of medications I was on and required many hospitalizations. Finally my doctors decided that due to their inability to find the proper combination of medications and the Seattle weather warranted that I should move back to Southern California. Fortunately my new psychiatrist in California found the right combination of medications to stabilize me. I have not had any problems regarding rapid cycling or depression for the past year and a half. I continue to experience some side effects which I have learned to live with.

I have been volunteering at the Depression and Bipolar Support Alliance of Orange County (DBSAOC), as well as acting as the Treasurer of the DBSAOC Board. Volunteering has become an integral part of my recovery. I am also an alternate member of the Orange County Mental Health Services Act Steering Committee representing DBSAOC. I am also involved in the multi-ethnic task force and nonprofit networking agencies in the county. I have found that the more I am active in groups such as this, the more satisfaction I receive, as well as being able to maintain stability.

Unfortunately 10 years ago, our only son was also diagnosed with bipolar disorder, as well as rapid cycling. During one manic episode he attempted to strangle his father. He was arrested and placed in the mental health ward of the Santa Ana jail. As part of his probation, he was told to take prescribed medications and see a psychiatrist at least once a month. Once his probation ended though, he would no longer take his medications or see the doctor, let alone admit to the fact that he was bipolar. Seven years have passed since then, and he is now having more frequent episodes of rapid cycling. He stays in his room and only comes out to heat up food and then eats in his room. Unfortunately we are unable to force him to do anything in regards to seeking treatment as he is 30 years of age, and his father and I will not put him out on the street.

I have experienced both ends of the spectrum, the patient as well as the family member, and the most difficult one has been the latter. My son is very intelligent (IQ over 135) and could very well have become quite a success as far as his life accomplishments are concerned. He, however, does not accept the diagnosis, let alone medications or doctors who could help him. I have experienced the success of being able to control my disorder and only hope that others such as my son will also be able to experience the same success.



By Cynthia Sitton



## Getting to Know Nhân Hòa Clinic

(714) 539-9999

Recently, Trang Huynh, program manager of Nhân Hòa clinic, took some time off of her busy schedule to speak with Recovery Connections about the services offered at the Nhân Hòa clinic.

**Q. Could you give us a brief description of Nhân Hòa clinic?**

A. Nhân Hòa Clinic is a comprehensive healthcare clinic that was founded in 1992 by a group of Vietnamese professionals who responded to the needs of the underserved Vietnamese population/community.

**Q. Could you describe the types of services provided at the clinic?**

A. We provide general primary care, dental and optometry, mental health, and health education.

**Q. What type of mental health services are provided at the clinic?**

A. We provide mental health services for adults, children and transitional age youth (TAY). We have three programs: adult outreach and engagement; children and TAY outreach and engagement; and Full Service Partnership (FSP) for ages 26 and younger. We are a part of the Asian Pacific Islander (API) collaborative and work closely with Korean Services Community (KSC) and Orange County Asian and Pacific Islander Community Alliance (OCAPICA).

**Q. Are there special services available for the homeless?**

A. The adult outreach and engagement program focuses in finding and outreaching to homelessness in the community. In this program, adults are linked to community and housing programs available in the community.

**Q. What are the demographics (i.e. ethnicities, age groups, etc.) of the population you serve?**

A. We mainly serve the Vietnamese population, but we do not turn others down. We help the underserved and unserved.

**Q. What languages are spoken by your staff?**

A. Currently we are proficient in Vietnamese, Spanish, and English.

**Q. What type of insurance do you accept?**

A. We accept those with insurance and those without insurance depending on the need.

## Ilusiones

By Maricela R. Loaeza

Ilusiones blancas  
me esperan sonrientes  
sus brazos abiertos  
desean que estreche  
sus sentimientos  
y que les forje  
en su vida un destino bonito.

Anhelan historias  
de jardines inmensos  
que tengan un camino  
de sueños floridos...

Se prenden a mí  
con la única esperanza  
de que les construya  
un mundo distinto.

## Happy Expectations

(English translation)

Smiling and waiting for me  
are those happy expectations  
whose open arms  
desire me to embrace  
their own sentiments  
and that alone I forge  
in their lives a lovely destiny.

They long for stories  
of immense gardens  
and pathways filled  
with flowery dreams

They cling to me  
with only hope:  
that I will build for them  
a different world.



By Theresa Boyd

## Past Events

### Tết Festival

The MHSA Office was represented at the 27th Annual Tết Festival of Southern California held at Garden Grove Park from January 30 to February 1, 2009. An estimated crowd of over 100,000 visitors attended the 3-day long festival. It was hosted by the Union of Vietnamese Student Associations (UVSA). The festival was meant to strengthen cultural awareness among the youth, build future leaders for the community, and fund community programs and projects across the Southern California region. The MHSA office utilized the opportunity to outreach to the local Vietnamese community regarding the various mental health services available to them in Orange County.

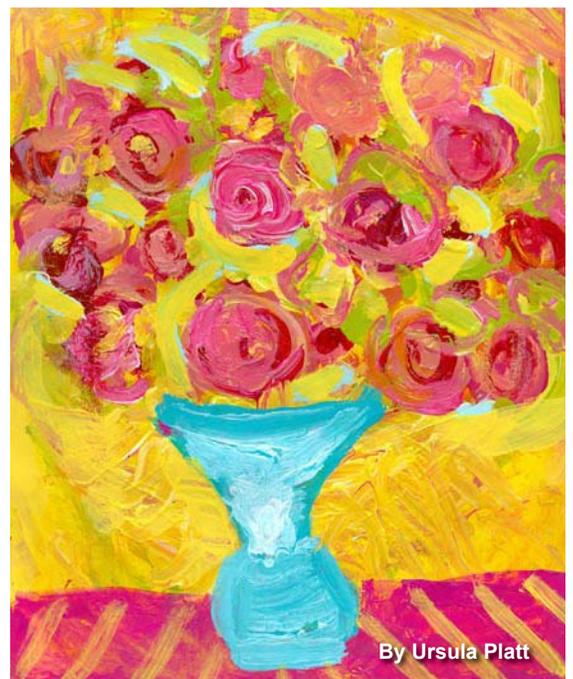


### Client Forum

Several volunteers sponsored by the MHSA office attended the Client Forum held in Foster City, CA from February 20-22, 2009. This was an annual event hosted by the California Network of Mental Health Clients, and this year's theme was Healing Trauma – "We Can Do It!" Supporting Each Other, Raising Awareness, Empowering Our Movement.

### Spring Fling

The Mental Health Association of Orange County (MHAOC) hosted the 15th Annual Mental Health Community Service Award Celebration Luncheon on February 26, 2009 at the Turnip Rose Grand Newport Plaza. Nominated candidates were honored for their outstanding contributions to mental health in Orange County. The Thomas F. Riley Community Service medallion was awarded to the following individuals chosen by a volunteer panel of judges: Client: Judy Adams; Professional: Clayton Chau, MD., Shannon Peterson; Volunteer: Karen Blanco, Ph.D.



By Ursula Platt



### MHSAs Coordinator's Meeting

Orange County hosted the MHSAs Coordinator's meeting on April 16 in Laguna Beach, CA. The MHSAs office provided an interactive arts presentation featuring artwork, music, poetry, photography, and a discussion of the artists' inspiration. Theresa Boyd, Tho Be, Kymberli Kercher-Smith and Tim Swift shared their art and the creative process behind their work.

### "Scrambled Eggs"

"Scrambled Eggs" is a drama based on true experiences dealing with mental illness and the journey from 'dark days' to 'hopes & dreams'. Members of the Jefferson Transitional Programs - Art Works provided a live performance at the Community Action Advisory Committee (CAAC) meeting on May 5, 2009. Art Works believes through this artistic expression, wellness and recovery can be cultivated. They hope that through this project the stigma of those who carry a mental health diagnosis will be reduced. The CAAC members found this performance to be a very powerful way to address the many challenges experienced by individuals undergoing treatment and recovery from mental illness. The MHSAs Office would like to thank Art Works for this inspirational performance. For more information on the program, please contact (951) 683-1279.



## Arts Calendar of Events

### May 3, 2009 – September 6, 2009

Illumination: The Paintings of Georgia O'Keeffe, Agnes Pelton, Agnes Martin, and Florence Pierce  
Orange County Museum of Art. (949) 759-1122

### May 12, 2009

We Art the Change Art Show: At the Orange County Mental Health Association Meeting of the Minds Conference. (714) 547-7559

### May 21, 2009

Mental Health Services Act Art Fair and Calendar Contest  
10 a.m. to 3 p.m.

Old Orange County Courthouse, 211 W. Santa Ana Blvd., Santa Ana, CA 92701. (714) 667-5620  
For Event Flyer and Registration Form visit <http://ochealthinfo.com/mhsa/arts-program.htm>

### May 24 – June 7, 2009

Orange County Mental Health Community Art Exhibit: The Showcase Gallery at South Coast Plaza Village.  
3851 S. Bear St., B-15, Santa Ana, CA 92704. Applications for MH consumer artists due May 8, 2009

Thank you to all our talented artists who generously share your gifts. We appreciate you so much!

## Internet Resources

<http://artscenecal.com/Listings/Orange/Orange.html>

<http://www.theartlist.com/index.php>

*Dates/times are subject to change. Please verify date/time before attending any event. Admission fees may apply to some events. This list was compiled by MHSAs office using various sources and is provided for informational purposes only. The MHSAs office is not responsible for its content and accuracy in any way, and does not promote or endorse any organizations listed in it.*

## Consumer Perspective

By Thach Dang

Trước đây, khi còn ở Việt Nam, con được hưởng hạnh phúc của mái ấm gia đình, nhưng khi bố con bảo lãnh con qua Mỹ (năm 2007) thì cuộc sống của con đã thay đổi một cách nhanh chóng. Trong thời gian con học lái xe bố con dạy với tính cách rất cộc cằn, tức là hay la mắng con trong khi đang lái xe. Có lần đang làm bếp lúc thái thịt xong con không biết cách cột bao rác thì bố con đã đánh con rách miệng chảy máu.

Ít lâu sau đó khi chuyển qua tiểu bang Texas thì bố con vẫn với tính cách cộc cằn đó hay la, hay đánh. Với sự chịu đựng của con người có giới hạn con đã rời gia đình và đến ở nhà của cậu con ở bên miền đông nước Mỹ. Nhưng cũng chỉ được thời gian ngắn rồi sau đó con trở lại Cali ở nhà dì của con được vài tháng. Nhưng vì có mâu thuẫn nên con đã dọn ra và trở thành homeless. Nhưng may mắn thay là có anh Joe Lê và các anh chị khác đã tận tình tìm nhà ở cho con và thế là con có nhà ở cho tới nay.

Anh Joe và các anh chị khác rất tốt với con. Các anh chị đã tìm bác sỹ và có thuốc cho con uống. Đặc biệt anh Joe đã cho con vé đi xe bus tháng cho con. Các anh chị rất thương con và coi con như đứa em út trong gia đình. Chương trình FOCUS† của Nhân Hòa. Anh Joe đã tận tình tài trợ cho con tiền nhà, tiền ăn rất là nhiều và con đã rất biết ơn về những điều đó. Điều quan trọng hơn hết là con phải hết sức học tập và làm việc siêng năng chăm chỉ để báo đáp công ơn ấy.

Xét một cách toàn diện thì chương trình đã cho con rất nhiều cơ hội để vươn lên trong cuộc sống còn nhiều khó khăn này. Con xin chân thành cảm ơn rất nhiều mà chương trình FOCUS của anh Joe đã giúp đỡ con.

(translated by Joe Le)

In the past, when I was living in Vietnam, I enjoyed the happiness of family life, but when my father sponsored me to come to the US (in 2007), my life changed quickly. While I was learning to drive a car, my father taught me with a very aggressive attitude, often yelling at me while I was driving. One time after I finished slicing meat when I was cooking, he struck me because I did not tie the trash bag correctly, causing my mouth to bleed.

Shortly thereafter, we moved to Texas, and my father continued to be aggressive toward me, often yelling and hitting me. Because every person has limits, I left my family and went to live with my uncle in the eastern part of the US. I lived there for a short time and then, returned to California to live with my aunt. Due to many misunderstandings, however, I moved out and became homeless. I was fortunate enough to find Joe (Le) and other committed workers who found me housing.



By Tho Be

Joe and other providers have been very good to me. They have linked me to doctors and medication services. Joe has provided me with monthly bus passes. The providers care about me a lot and treat me as if I am the youngest sibling in the family. I am especially appreciative of the program (Nhan Hoa Clinic at Project FOCUS†) for providing me with housing and meals. The most important thing for me is to put all of my effort into working and studying diligently to make their efforts worthwhile.

Overall, the program has given me many opportunities to overcome the challenges that I still face in my life. I am sincerely appreciative of all that Project Focus has provided to me.

† For Our Children's Ultimate Success (FOCUS).

## Save the Date

### Mental Health Association of Orange County Meeting of the Minds

May 12, 2009  
8 a.m. to 4 p.m.  
Disneyland Hotel  
1150 Magic Way  
Anaheim, CA 92802  
(714) 547-7559

### Mental Health Services Act Art Fair and Calendar Contest

May 21, 2009  
10 a.m. to 3 p.m.  
Old Orange County Courthouse  
211 W. Santa Ana Blvd.  
Santa Ana, CA 92701  
(714) 667-5620  
For Event Flyer and Registration Form  
visit <http://ohealthinfo.com/mhsa/arts-program.htm>

### Southern California Mental Health & Spirituality Conference

June 4 & 5, 2009  
California Endowment Center  
1000 North Alameda street  
Los Angeles, CA 9012  
(510) 451-4000  
Hotel reservations: (800) 991-7249  
Cut-off date for the group rate \$140 (single or double)  
is Friday, May 1, 2009.

### A Stigma Elimination ARTS FESTIVAL Celebrating Mental Health Awareness

July 11 – August 23, 2009  
Grand Central Art Center & Yost Theater, Santa Ana, CA  
125 N. Broadway, Santa Ana 92701  
(714) 567-7233  
<http://www.grandcentralartcenter.com>

### 2<sup>nd</sup> Annual Vietnamese Family Fun Day Health and Resource Fair

July 25, 2009  
9 a.m. to 1 p.m.  
Sigler Park  
7200 Plaza St.  
Westminster, CA 92683

Del MHSa y Salud Mental "No puedo dar lo que no tengo, y no puedo recibir sin esperanza y fe."  
Y eso es que nos da el MHSa. -*W. Gonzales*

## Success Story

### A Success Story at Support Transitional Age Youth (STAY)

Joe (not his real name), age 18, was referred to the Support Transitional Age Youth (STAY) due to significant impairments in his life functioning. With a diagnosis of anorexia and depression, at 6 feet tall, Joe weighed just 115 lbs. Joe was very shy and hesitant to leave his house; so when his Personal Services Coordinator (PSC) set up their first meeting he naturally agreed to meet Joe at home. At their first meeting, the PSC noted that Joe's clothes were dirty, ripped, and appeared to be two sizes too large. In addition to his poor hygiene, Joe reported that he struggled in school, had no job and described himself as lonely and isolated from friends. He expressed sadness that there was no one he could talk to about his personal thoughts and feelings. He felt he was a burden on his family and had no hope that things would ever change. At the first meeting, Joe disclosed suicidal ideation to the PSC. The County's Centralized Assessment (CAT) Team was called to do an assessment and Joe was hospitalized.

After a brief psychiatric hospitalization, Joe was referred to Children and Youth Services (CYS) for mental health services. He continued to meet with his PSC on a regular basis. They formed a partnership in which Joe was able to express his needs. With encouragement, he began to look to the future and determine changes he wanted to make. Joe was fortunate to have a supportive mother on his team. Working together, Joe, his mother and the PSC located an anorexia group for Joe. With education and support from the group, he was motivated to gain 40 lbs in four months.

With support and encouragement from his PSC, Joe was able to leave his house, at first only to walk outside, later to walk in the neighborhood and eventually to venture into the community with his PSC. As they spent time in social interactions, with modeling and coaching from the PSC, Joe's social skills improved. He was less shy and returned to school to complete his high school education. He wanted a job and was linked with resources to help him complete job applications and improve his interview skills.

A year later, Joe has transitioned out of the STAY process. He has maintained his weight gain, his clothes are no longer too big and his hygiene has improved. He completed high school and is considering attending college. He has maintained competitive employment for the past nine months.

## MHSA Office Calendar of Events

### May

5	11:00 a.m.	CAAC Meeting (Business Meeting)	MHSA Office Training Room
8	10:00 a.m.	MHSA Recovery Arts Planning Meeting	MHSA Office Conference Room
11	1:00 p.m.	MHSA Steering Committee	Delhi Community Center
12	8:00 a.m.	Meeting of the Minds	Disneyland Hotel
14	7:30 a.m.	Mental Health Board - Study Meeting	HCA Headquarters
21	10:00 a.m.	Art Fair and Calendar Contest	Old Orange County Courthouse
27	9:00 a.m.	Mental Health Board General Meeting	Hall of Administration

### June

1	1:00 p.m.	MHSA Steering Committee	Delhi Community Center
2	11:00 a.m.	CAAC Meeting (Business Meeting)	MHSA Office Training Room
11	7:30 a.m.	Mental Health Board - Study Meeting	HCA Headquarters
24	9:00 a.m.	Mental Health Board General Meeting	Hall of Administration

### July

6	1:00 p.m.	MHSA Steering Committee	Delhi Community Center
7	11:00 a.m.	CAAC Meeting (Business Meeting)	MHSA Office Training Room
9	7:30 a.m.	Mental Health Board - Study Meeting	HCA Headquarters
22	9:00 a.m.	Mental Health Board General Meeting	Hall of Administration

#### Location Address:

Delhi Community Center, 505 E. Central Ave., Santa Ana, CA 92707

HCA Headquarters, 405 W. 5th Street, Suite 512 Santa Ana, CA 92701

MHSA Office Training Room and Conference Room, 600 W. Santa Ana Blvd., Santa Ana, CA 92701

Hall of Administration, 333 W. Santa Ana Blvd., Santa Ana, CA 92701

HCA Laguna Beach Clinic, 21632 Wesley Drive, Laguna Beach, CA 92651

Disneyland Hotel, 1150 Magic Way, Anaheim, CA 92802

Old Orange County Courthouse, 211 W. Santa Ana Blvd. Santa Ana, CA 92701

#### Network of Care Online Job Center

This is a site for individuals in recovery and their family members to find local job opportunities related to mental health. Recruiters and employers may also 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](http://www.orange.networkofcare.org/mh/home/jobs)

#### 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>

#### MHSA Recovery Arts Program

The MHSA Recovery Arts program is a great way for persons in recovery to demonstrate their unique talents that have aided them in their personal recovery process.

See how you can submit your art by visiting <http://ochealthinfo.com/mhsa/arts-program.htm>

#### Call for Artwork

If you are a person in recovery or a family member your artwork could be featured on the MHSA Online Art Gallery, MHSA Recovery Connections newsletter, MHSA 2010 Stigma Elimination Artist Calendar, brochures, flyers, posters and other future MHSA related events.

For submission instructions and guidelines please visit the MHSA Online Art Gallery at <http://ochealthinfo.com/mhsa/gallery.html>.

For questions, please contact the MHSA Office at (714) 667-5620 or [mhsa@ochca.com](mailto:mhsa@ochca.com).

#### May is Mental Health Month

2009 Mental Health Month: Live Your Life Well. Visit Mental Health America for more information <http://www.mentalhealthamerica.net/go/may>



# Recovery Connections

Quarterly Newsletter of the Orange County Mental Health Services Act (MHSA) Office

Fall  
2008



Health Care Agency  
Behavioral Health Services

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MHSA Office Calendar of Events



600 W. Santa Ana Blvd. Ste. 510  
Santa Ana, CA 92701  
Tel: 1-714 - 667-5620  
Fax: 1-714 - 667-5612  
[mhsa@ochca.com](mailto:mhsa@ochca.com)  
<http://ochealthinfo.com/mhsa/>



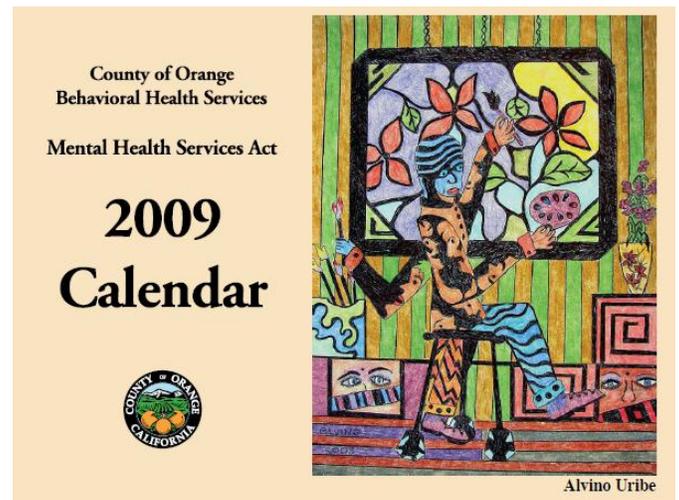
## A CHANGE OF SEASON

By Kate Pavich, MHSA Coordinator

It's getting cooler. Leaves are turning color, the days are shorter, and Fall is here. For some this is an exciting time – the red and gold colors, the smell of burning leaves, apples, and cinnamon, and a schedule full of holiday activities. This is a time of energy, planning, and new things. For others all the color, movement and expectations are too much. The season brings up feelings of sorrow, regrets about past decisions, and sad memories. Whether you experience excitement or depression, it is important to stay connected to your support system and remain involved with interests that encourage recovery. The MHSA office has a number of opportunities in which you can participate this season, including training classes and internships, being part of an advocacy group or stigma reduction project, contributing articles, poems or art to the MHSA newsletter or on-line art gallery, and sharing ideas regarding MHSA services and funding. Whatever this season represents to you we hope it will be a time of healing and wellness.

## MHSA 2009 CALENDAR

We are very excited about publishing our first consumer art calendar, featuring finalists from our March 29, 2008 art and writing contest. We want to thank each of the artists and writers for sharing their gifts in this very special project.



If you would like a copy please contact MHSA Office at 1-714-667-5620 or send an e-mail to [mhsa@ochca.com](mailto:mhsa@ochca.com).



## SỰ HỒI TƯỢNG

By Khe Ngo

Trước đây, ở Việt Nam tôi đã bị hành hạ từ thể xác đến tinh thần một thời gian lâu dài, cho đến bây giờ tôi vẫn còn bị ác mộng. Nhờ Đạo Luật Sức Khỏe Tâm Thần 63, tôi đã được điều trị, chăm sóc chu đáo từ thể chất, tâm-thần đến đời sống... Cuộc sống gia đình tôi đã ngày một tốt đẹp hơn. Con gái tôi đã tốt nghiệp đại học và có một việc làm theo ý mong muốn. Tôi không thể tưởng tượng đó là sự thật. Gia đình tôi xin cảm ơn nước Mỹ và phục vụ đất nước này theo khả năng của mình.

(English Translation)

## REMEMBRANCES

By Khe Ngo

Before in Vietnam, our minds and our bodies were abused for many years. Even now we have nightmares. But thanks to the Mental Health Services Act, we are well cared for. My family life has changed and gets better and better. Our daughter graduated from the university and she has a job that she likes. We cannot imagine that this is true. My family appreciates everything and says: "Thanks America." We will serve this country with all of our abilities.

## HOPE DEFERRED NO MORE

By Karen L. Manna

Hearts that love, arms that hold  
 Hands that heal, shape, and mold.  
 Visions of who I can be,  
 Thoughts that struggle to break free.  
 Calming storms, turning tide,  
 Feelings ebb nor can hide.  
 Voices clamoring to be heard,  
 Hope again, uttered Word.

## ACHIEVING DREAMS

By Minh-Ha Pham, Psy.D., MHSA Training Program

Something good has come from having dreams;  
 The higher ideals often require tender sacrifices  
 Beyond precious time and even ways of looking at the world.  
 Compromises are weighed and at times paid with a price;  
 But dreams don't just come true without endearing passion,  
 The wholehearted kind that surpasses devotion and dedication  
 They require a gentle tending and weaving  
 And a blueprint of enduring resilience and tenacious patience  
 Dreams are made and planted like a seed,  
 That within every ending is a new beginning,  
 And meant for more to be created, achieved and conquered...

(Spanish Translation)

## EL SECRETO

By Shebuah Burke

## THE SECRET

By Shebuah Burke

I live with a secret;  
 I guard it with my life  
 I weep alone in darkness –  
 Must this be my life?

When the sadness comes  
 I cannot see the light  
 Even though I know it's there  
 I have no strength to fight

I love my family  
 They say there is support  
 But if I tell others how I feel  
 I fear they'll take my little  
 children

If I tell others how I feel  
 I think they will leave me  
 Think I am crazy  
 And be afraid of me

I struggle to survive  
 Praying for the strength  
 Until my secret is heard  
 And I am set free

Vivo con un secreto:  
 Lo cuido con mi vida  
 ¿Lloro sola en la oscuridad –  
 Debe esta ser mi vida?

Cuando llega la tristeza  
 No puedo ver la luz,  
 Aunque se que esta allí  
 no tengo el poder de luchar

Amo a mi familia  
 Y dicen que hay apoyo  
 Pero si admitir mi problema  
 Tengo miedo perder a mis  
 pequeños

Si les digo mi problema  
 Me creo que se dejaran de mi,  
 y pensaran que estoy loca  
 y tengan miedo de mi

y lucho para sobrevivir,  
 y rezo para tener la fuerza  
 hasta que oigan me secreto  
 y me sienta liberada



By Robert Fuhrman



# MHSA Recovery Success Stories

## YOUTHFUL OFFENDER WRAPAROUND (YOW) PROGRAM

“Enrique” (not his real name) is a 16-year old Latino male referred to the Youthful Offender Wraparound (YOW) Program by the Mentally Ill Offender Crime Reduction program. Enrique has a history of substance abuse and behavior problems. Enrique broke into someone’s house, often stayed out at night, and continued to use drugs despite the effects on his physical and psychological problems. He has been in juvenile hall in the last year, truant, and been evicted from homes. His thinking was distorted and he rationalized his behavior and shunned responsibility.

When Enrique first joined the program, he was staying out late until 3 am on a regular basis and was rude and argumentative with his mother. He was frequently truant from school and in danger of being expelled.

He was also actively involved in a tagging crew and drinking on a daily basis. After working with the YOW program on a weekly basis, Enrique has shown significant progress in improving his behavior.

He has an improved relationship with his mother and has voluntarily been home on time for the first time this week. He has also not missed school for an entire week and has improved his overall performance while there.

Enrique reported he has stopped drinking and begun to show a renewed interest in participating in soccer as an alternative to alcohol abuse. Recently he officially left his tagging crew and has been spending his time improving his relationship with his family and girlfriend.

Enrique states: *“Anyone that tries to help me or my family out, is always going to have my respect. I think this program has been very good to me and the staff has never judged me or made me feel like they look down on me. Even when I mess up, you guys are not jumping on my back or getting on my case. You just act all chill with me and make me feel alright. I’ve never had anybody do that for me before and it makes me want to do good.”*



## A NOTABLE SUCCESS AT WHATEVER IT TAKES

“Joe” (not his real name) is a 43-year old African-American male with a serious psychiatric history. Before Joe became part of the Whatever It Takes (WIT) Full Service Partnership (FSP) he was homeless for five years, and was wandering the streets, wearing bizarre clothing. During this time, Joe had numerous arrests due to his behavior problems and lack of insight into his mental health symptoms.

At first Joe was extremely guarded and resistant to mental health treatment. After establishing a relationship with WIT staff, Joe agreed to receive psychiatric treatment and became medication compliant.

Since enrolling with WIT Joe has received assistance with obtaining Social Security Disability benefits. He has also reunified with his family. He established a positive relationship with them, and they are now an important part of his support system.

He has enrolled in Adult Education with assistance from WIT and looks forward to a career as a personal assistant in the future.



Daylight savings time ends on  
November 2.

Remember to set your clocks  
back one hour.

*Recovery Connections* is published quarterly by the Orange County Mental Health Services Act (MHSA) office. If you would like to contribute an article, have questions/suggestions or would like to subscribe to this newsletter please contact MHSA Office at:

MHSA Office  
Attn: *Recovery Connections*  
600 W. Santa Ana Blvd. Ste. 510  
Santa Ana, CA 92701  
Tel: 1-714 - 667-5620  
Fax: 1-714 - 667-5612  
[mhsa@ochca.com](mailto:mhsa@ochca.com)

### Editorial Staff:

Keith Erselius, Hannah Ngo, Kate Pavich,  
Anthony Perera and Nicole Ramirez

### Contributing authors:

Shebua Burke, Theresa Boyd, RB Church, Tony Delgado, Robert Fuhrman, Jim Harte, Richard Krzyzanowski, Karen L. Manna, Khe Ngo, Kate Pavich, Anthony Perera, Minh-Ha Pham, Nicole Ramirez, Patricia Rogers, Kevin Smith, Kymberli Kercher-Smith, Dan Weisburd.

## MHSA STEERING COMMITTEE



The MHSA monthly Steering Committee meeting took place on September 8 at Delhi Community Center. It was well attended with over one hundred participants including committee members and the Public representing various community organizations. Pictured above is Mark Refowitz, Behavioral Health Services Director, providing local/State updates for MHSA. A consensus was reached on several important decisions during the 3-hour long meeting. The next Steering Committee meeting is scheduled for October 6 from 1pm to 4pm at the Delhi Community Center.

More information on Steering Committee meetings can be found on the MHSA Office web site <http://ochealthinfo.com/mhsa/>.

## OCAVMAS PICNIC AT MILE SQUARE PARK



On September 12, 2008 the Orange County Association for Vietnamese Mental Health Awareness and Support (OCAVMAS) held a picnic for consumers and family members. President, George Nguyen, said this was an occasion for everyone to “meet, learn, and have a good time in a relaxing environment”. It was also a time to work on reducing the stigma associated with mental illness. Over 120 people attended and were treated to a program of poetry, music, and tai chi exercises, lottery gifts, and a wonderful lunch, including moon cakes. They also received information and met staff from the Mental Health Services Act office, Outreach and Engagement, Cultural Competency, the Adult Mental Health clinics in Santa Ana and Westminster, the Centralized Assessment Team and Nhan Hoa. The picnic provided an opportunity for consumers and their families to share experiences, discuss what resources have helped them, and as one family member said, “It was a chance to come together, meet other people and not be afraid.”

## ART EXHIBIT AND MHSA OPEN HOUSE

On Wednesday, September 24, 2008 the Mental Health Services Act (MHSA) Office held an Art Exhibit and Open House. This special occasion honored consumers who participated in the March 2008 Art Fair. The event allowed the public to view the original art and writing of finalists, featured in the MHSA 2009 calendar. Painting, sketching, photography, multi-media pieces, ceramics, and glassware were on display, as well as poems and inspirational thoughts by consumers. Mark Refowitz, Director of Behavioral Health Services, conducted the awards ceremony and recognized the artists for their “museum quality work”. This exhibit provided an opportunity to meet the artists and observe the talent and creative vision of artists who are living with mental illness.



Finalists of the MHSA Office Art Fair posed for a picture at the MHSA Office Art Exhibit and Open House held on September 24, 2008.

## ARTS CALENDAR OF EVENTS

### RECURRING EVENTS

First Thursday

The Artist Eye Laguna Gallery, Laguna Beach. (949) 497-5898. [www.orangecountyfinearts.com](http://www.orangecountyfinearts.com)

First Saturday 7pm-11pm

Art Walk at Artists Village--Avantgarden, (714) 558-8843. <http://www.orangecountyfinearts.com/>

First Thursday

Art Walk. (949) 683-6871, [www.firstthursdaysartwalk.com](http://www.firstthursdaysartwalk.com)

First Sunday and Third Tuesdays of every month. Free Days For Santa Ana Residents to the Bowers Museum

### SEPTEMBER

September 8-November 25

Festival of Arts Exhibition. (949) 464-4268, [www.lagunafestivalofarts.org](http://www.lagunafestivalofarts.org)

September 28-November 1

Dawn Arrowsmith 'Path/Collage' Exhibition (949) 724-6880, [www.irvinefinearts.org](http://www.irvinefinearts.org)

September 21, 2008-March 15, 2009

American Quilts: Two Hundred Years of Tradition. Bowers Museum of Cultural Art. (714) 567-3600, [www.bowers.org](http://www.bowers.org)

### OCTOBER

October 5, 2008 - January 7, 2009 8:30 a.m. - 5:00 p.m. Daily

Belles of Capistrano. (949) 234-1315 or [www.missionsjc.com/events.html](http://www.missionsjc.com/events.html)

October 18 6pm

Pins, Pots & Possibilities Artists' Pin Auction. Fullerton Downtown Plaza. (714) 447-7484

October 18-December 21

Exhibition "2332" Huntington Beach Art Center. (714) 374-1650, [www.surfcity-hb.org/Visitors/art\\_center](http://www.surfcity-hb.org/Visitors/art_center)

October 22 11:30 am – 12:30 pm

Mental Health Arts Committee Discussion. Contact Danielle Hopson (714) 834-5481 or [dhopson@ochca.com](mailto:dhopson@ochca.com)

Bear Street Gallery Exhibit, Continuing Indefinitely

Orange County Fine Arts. (714) 825-0592, [www.orangecountyfinearts.com](http://www.orangecountyfinearts.com)

### NOVEMBER

November 6. 6pm to 8pm

Show your campus ID for free admission to the 2008 California Biennial at Orange County Museum of Art

November 23 12pm to 4pm

Family Arts Day: Multicultural Holiday Celebration! At Orange County Museum of Art. (949) 759-1122

November 22 & 23 and 28,29 & 30 December 6 & 7 and 13 & 14

Sawdust Festival Winter Fantasy 2008 in Laguna Beach. (949) 494-3030. [www.sawdustfestival.org](http://www.sawdustfestival.org).

### ART COMPETITIONS

The Negative Space fine art photography show <http://www.c4fap.org/cfe/2008negativespace/negative.asp>

Creativity Competition <http://www.mosaicglobe.com/>

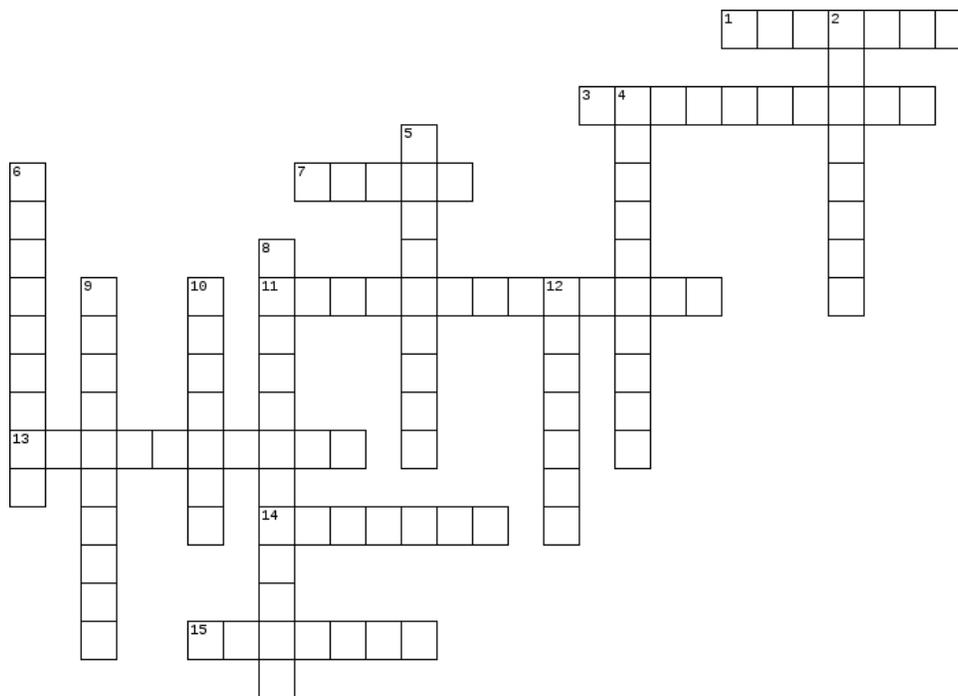
Embracing our Differences <http://www.embracingourdifferences.org/>

Women In Photography International 2008 Juried Competition <http://womeninphotography.org/>

Visit <http://www.theartlist.com> for additional art competitions.

Mission San Juan Capistrano - display arts in barracks gallery in the year 2010. <http://www.missionsjc.com/arts.html>

## TEST YOUR KNOWLEDGE OF MENTAL HEALTH



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### Across

1. people who help us medically
3. keep us busy and help us learn new skills
7. like spades and rummy and uno
11. help us move on to a better place
13. an important part in recovery
14. socializing with others
15. helps our providers know how to help us

Created by Nancy Nelson, CTRS.  
 (Adopted from [www.classhelper.org](http://www.classhelper.org))

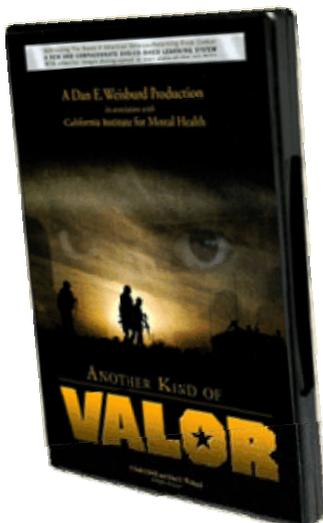
### Down

2. what you do with your mind
4. helps us deal with our problems
5. help us understand our illness
6. lets us know how the medicine is working
8. help us get our meds right
9. a chemical support
10. it helps us improve our selves
12. a relaxing, learning, and thinking activity

Answers can be found on page 8

## ANOTHER KIND OF VALOR

Executive producer Dan E. Weisburd



Copyright ©

Another Kind of Valor is a powerful new DVD/CD integrated learning system using dramatic vignettes on DVDs and a learning CD. Nine compelling docudrama vignettes venture into unfathomable minefields of the mind and explore the behavioral manifestation of Veterans and their families with deep emotional wounds as they battle 'their invisible enemy within'. The contents of the CD include documents, web links, interviews and resources to empower participants to provide effective services to Veterans and their families. The DVDs and CD are recommended as an interactive learning process for mental health professionals, family advocates, police officers, emergency responders, judges, teachers, doctors, and Veterans helping other Veterans. Through common tragic scenarios, the series serves as a catalyst for spirited discussion and collective examination of the mind-altering experiences of our Veterans and their families. To order your copy contact California Institute of Mental Health (CiMH) at

1-916-379-5329

[jhernandez@cimh.org](mailto:jhernandez@cimh.org)  
<http://www.cimh.org>

## CONSUMED! CONFRONTING STIGMA

By Richard Krzyzanowski, Consumer-Employee Advocate

I recently had the honor of being asked to represent the County by joining the Stigma Elimination Task Force, a coalition of organizations and individuals including mental health professionals, consumers, family members and members of the community at large who are interested in challenging the many prevalent stereotypes and misconceptions about mental illness and how it affects lives.

I gladly accepted the opportunity to join in a collaborative effort that has the motto, "Opening Minds About Mental Illness," partly because it dovetails nicely with my Consumer-Employee Advocate's job. A large part of my work involves education, which means engaging our coworkers in conversations that explore the issues surrounding the integration of consumers into the mental health workplace. Some of these conversations can be quite challenging, and most are both productive and enjoyable.

These conversations – **especially** the challenging ones – are necessary to acknowledge and address the forms stigma takes within our profession, which I believe can be stiffer and more pernicious than the stigma to be found in the general public. Some of its taproots lead to assumptions formed before the arrival of consumers and family members in the university classrooms and professional associations, while others run to the actual work experience mental health professionals have had within their clinics or offices.

So, unlike the types of stigma generated by popular culture, our professional stereotypes are not necessarily based in ignorance, but in points of view often built upon quite respectable foundations. And so, as a consumer-employee who wants to challenge misinformation, but in a collaborative manner, I strive to engage my colleagues in an exercise of mutual transformation. I say "mutual," since I fully appreciate that I am asking people to rethink some fundamental ideas which may actually have served them well, up to a point, and so I need to be sensitive to the fact that I may be asking a lot of them. The other part of this mutuality comes from the fact that I usually learn and grow myself as a result of these exchanges.

Ultimately, I believe that we could spend a million words trying to make such points, yet nothing will equal the power of example. When people do good work which is recognized by both colleagues and the people we serve, and others can say that, "Oh, by the way, that excellent case manager (or supervisor or psychologist) also happens to be a consumer..." we will have come a long way.

Richard Krzyzanowski is the Consumer Employee Advocate for HCA's Behavioral Health Services. He can be reached at 1-714-667-5607 or via e-mail at [krzyzanowski@ochca.com](mailto:krzyzanowski@ochca.com)

## CONSUMER PERSPECTIVE

By Kimberli Kercher-Smith



Well...feel it beginning. I am beginning to feel that familiar urge to isolate and stay safely hidden under my blankets, my drapes and windows shut denying entrance to any sunlight and my lights off with only the light from the TV providing enough dim illumination so I don't walk into the wall when I eventually gather enough energy to go to the restroom. I don't feel like answering my phone, carrying on conversations, opening potentially distressing mail, or eating. I struggle to complete everyday routines, ruminate about the possible catastrophic outcomes of upcoming family get-togethers, and run an ongoing list of my "failures and mistakes" from the last year. All of this has traditionally been the beginning of a deep depression. Yes, it is *that* time of year again...the Holiday season!

Thankfully I am further along with my personal recovery, am well aware of this pattern, and have developed coping skills to allow me to detour from that path toward depression, not only survive the season, but to walk through it gaining confidence and actually enjoying being alive. I would like to share some of the coping skills I have discovered work for me with hope that if you or someone you know find yourself/themselves struggling through the Holiday season in a similar way, that individual knows that they too can discover their own treasure chest of coping skills.

- By focusing on topics other than mental illness I can carry on positive conversations that subtly provide the benefit of showing family members that there is much more to me than my mental illness.
- I volunteer at a local church during the holiday season handing out food to those who are in need.
- I can call a peer or two and see if they want to get together. Some examples are: concerts, light displays, craft demonstrations at local art stores, getting some hot chocolate and walking around the local mall or attending a holiday reading at the local library, etc.
- And finally I use my coping skill of creating art to try to keep myself from sinking. One Christmas, I chose to make little angels out of various materials I discovered in my art supplies.

I have often found that first step is the hardest but I can choose to focus on others during this time while being patient with myself and I am able to experience the holiday spirit and blessings once again.

**MHSA OFFICE CALENDAR OF EVENTS****OCTOBER**

2	8:00 am	The Housing Resource Forum
4	8:00 am	NAMI* Walk at Huntington Beach Pier
6	1:00 pm	MHSA Steering Committee meeting
7	11:00 am	CAAC** Business meeting
9	7:30 am	Mental Health Board Study meeting
13	HOLIDAY	Columbus Day - MHSA Office is closed
21	11:00 am	CAAC Meeting
22	9:00 am	Mental Health Board General meeting

**NOVEMBER**

3	1:00 pm	MHSA Steering Committee meeting
4	11:00 am	CAAC Business meeting
11	HOLIDAY	Veterans' Day – MHSA Office is closed
13	7:30 am	Mental Health Board Study meeting
18	11:00 am	CAAC Meeting
26	9:00 am	Mental Health Board General meeting
27	HOLIDAY	Thanksgiving – MHSA Office is closed
28	HOLIDAY	MHSA Office is closed

**DECEMBER**

1	1:00 pm	MHSA Steering Committee meeting
2	11:00 am	CAAC Business Meeting
11	7:30 am	Mental Health Board General meeting
16	11:00 am	CAAC Meeting
25	HOLIDAY	Christmas – MHSA Office is closed

**Meeting Locations**

The Housing Resource Forum will be held at Anaheim United Methodist Church, 1000 S. State College Blvd. Anaheim, CA 92806

CAAC meetings take place at 600 W. Santa Ana Blvd., Ste. 510 Santa Ana, CA 927014

MHSA Steering Committee Meetings take place at Delhi Community Center, 505 E. Central Ave. Santa Ana, CA 92707

Mental Health Board Study Meetings take place at 405 W. 5<sup>th</sup> Street, Room 512, Santa Ana, CA 92701

Mental Health Board General Meetings take place at the Hall of Administration, 333 W. Santa Ana Blvd., Santa Ana, CA 92701

\* NAMI = National Alliance on Mental Illness

\*\* CAAC = Community Action Advisory Committee

**COMING SOON!****ART GALLERY**

The MHSA office will soon be launching an Art Gallery on its website (<http://ochealthinfo.com/mhsa/>) to feature art and writing created by consumers and family members. Frequently visit the MHSA office website to learn more about this and other activities taking place at the MHSA Office.

**JOB BOARD**

Orange County Network of Care will soon be launching a Job Board which consumers and family members can use to view and apply for jobs in behavioral health and other disciplines. The Job Board will be an important addition to other existing tools such as My Folder, Community Calendar and the Message Board.

Visit Orange County Network of Care at <http://orange.networkofcare.org>

**NETWORK OF CARE FOR VETERANS AND SERVICE MEMBERS**

The States of California and Maryland have partnered with Trilogy – the creators of the Network of Care for Behavioral Health – to develop a website and virtual community for comprehensive information and resources specifically targeted to serve veterans and service members. The website will be designed to meet the mental-health needs of returning veterans, other service personnel, their families and their communities. Development of this site is expected to be completed during the fourth quarter of 2008 (from Trilogy Inc. news release).

Visit Orange County Network of Care at <http://orange.networkofcare.org>

Answers to crossword puzzle on page 6.

**ACROSS:** 1. Doctors 3. Activities 7. Cards 11. Socialworkers 13. Recreation 14. Talking 15. Testing

**DOWN:** 2. Thinking 4. Counseling 5. Education 6. Bloodwork 8. Psychiatrist 9. Medication 10. Therapy 12. Reading

**October 10<sup>th</sup> is World Mental Health Day**

Visit [www.wfmh.org/OOWorldMentalHealthDay.htm](http://www.wfmh.org/OOWorldMentalHealthDay.htm) for more information

**November 22<sup>nd</sup> is National Survivors of Suicide Day**

Visit <http://www.afsp.org/> for more information

# Recovery Connections

Quarterly Newsletter of Orange County Mental Health Services Act (MHSA) Office

Summer 2008



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CAAC elects its new executive  
board

MHSA Office

600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701

714-667-5620 (Phone)

714-667-5612 (Fax)

[mhsa@ochca.com](mailto:mhsa@ochca.com)

<http://ochealthinfo.com/mhsa>



MHSA's newsletter is back with a brand new look. It is published quarterly and will reach County Behavioral Health Services staff and consumers. Congratulations to Kymberli Kercher-Smith, winner of the Name Our Newsletter contest. Kymberli's winning entry, Recovery Connections, was judged the most appropriate name by a panel of judges and the Consumer Action Advisory Committee.

## MHSA OFFICE AND MHSA TRAINING PROGRAM HAVE MOVED!

The Mental Health Services Act (MHSA) office and MHSA Training program have a new home now. They are located at 600 W. Santa Ana Blvd. Their new contact information is listed below. The phone numbers for the staff have also changed. Please make a note of these changes.

### MHSA Office

600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701  
Phone: (714) 667-5620  
Fax: (714) 667-5612

E-mail: [mhsa@ochca.com](mailto:mhsa@ochca.com)  
<http://ochealthinfo.com/mhsa>

### MHSA Training Program

600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701  
Phone: (714) 667-5600  
Fax: (714) 667-5612

E-mail: [mtrainingprogram@ochca.com](mailto:mtrainingprogram@ochca.com)  
[http://www.ochealthinfo.com/Behavioral/  
trainingactivities/](http://www.ochealthinfo.com/Behavioral/trainingactivities/)

## HOPE TO TRANSFORM LIVES

By Kate Pavich, MHSA Coordinator



Maricela Loeza

The faces at our last community meeting expressed one clear message – hope. Hope that there would be answers and their lives would get better. Hope that they would find support and they would be able to earn a living. Hope that the darkness was ending and there really was light at the end of the tunnel. The mission of the MHSA Office is to ensure that individuals and families experiencing mental illness have the hope they need to transform their lives. Through our Community Action Advisory Committee, stakeholder meetings, and recovery training, consumers and family members have offered their stories, their dreams and their hearts to change our mental health system. We have been given a clear vision about the kinds of services that are needed and the programs that must be created to support recovery and encourage resiliency. We are excited about our new Workforce Education and Training Plan, our Capital Facilities project on Tustin Avenue, and the 2009 MHSA art calendar. We are looking forward to developing permanent supportive housing, establishing a workforce of peers and family members, and designing critical prevention and early intervention programs. Together we are creating a community that embraces possibilities for healing and wellness.

If you would like to get involved in MHSA activities or have any questions, please call (714) 667-5620.

### Consumer/Family Member Vocational Training Program

Pacific Clinics and Santa Ana Community College have collaborated with the Orange County Health Care Agency to implement a training program for mental health consumers and family members. The goal is to enable these individuals to work in the public mental health system and become service providers or operators of consumer-run services. As of June 2008, approximately 75 consumers and family members will have completed the classroom portion of the program. In September another 25 students will participate in the program.

Program participants have been very positive about the quality of this program and have enthusiastically recommended the program to others who might be interested. For further information about the program and registration for future sessions, please contact the Program Director, Steve Bush, at (714) 712-8346.



### CONSUMED! STORYTELLING AND THE FINE ART OF DISCLOSURE

By Richard Krzyzanowski, Consumer-Employee Advocate



I participated in a training a while ago, the purpose of which was to better inform HCA staff and contract providers about the "ins and outs" of working with consumers, specifically in the contracting process. In general, I thought the content excellent, although I always feel a bit strange to be part of such conversations in which consumers are discussed in the third person, all the while being hyper-aware of the fact that, for me, consumers are not a "they," but a "we." Looking back, I wish I had disclosed, but the situation made me feel rather circumspect, and I suspect I allowed another small opportunity to educate my colleagues slip past. The decision to disclose is always a very personal one. It is always a calculated risk and an act of courage.

When I was in the midst of a severe, life-changing mental health crisis several years ago, I shared my predicament more readily and fully with my close friends and some coworkers before I did the same with members of my own family. I felt the bonds which tied me to those special people were more flexible --more forgiving-- than were my baggage-laden family ties. I was often surprised by the reactions I received. Some to whom I disclosed obviously were very uncomfortable with the specter of mental illness passing so close by, while others stepped up to the plate to reaffirm their friendship and offer their support. Many times, the reaction was not what I had expected from that particular person.

Calculated risks. One observation offered at the training I mentioned earlier was that consumers often feel it valuable to share something of our personal stories, especially at the beginning of a relationship or collaboration. There are myriad reasons for this, often having to do with the stigma and lack of validation many of us have experienced both in the course of our treatments and in society at large. We also offer our stories by way of explanation, especially in a professional, behavioral health setting, because we know that our roles and relationships are changing significantly and we hope our experiences and insights will contribute to a profound transformation of the environment we all now share.

On another level, as a former journalist and newspaper editor, I was engaged for 20 years in the great game of being objective when I relayed the news. Ultimately, I failed, eventually concluding that there is no such animal as "objectivity." I decided that we all have our own experiences and points of view, and the best we can do is to share these openly with others so that, at least, they can judge our information in light of our honest disclosures. It is in this spirit that I share these few thoughts with you, as I work to develop the Office of the Consumer-Employee Advocate, dedicated to supporting fellow consumer-employees who, like myself, find themselves working "on the inside." Yes, it can be a little strange at times but, in my experience, it's not a bad place to be at all.

Richard Krzyzanowski is the Consumer Employee Advocate for HCA's Behavioral Health Services. He can be reached at (714) 667-5607, or at [rkrzyzanowski@ochca.com](mailto:rkrzyzanowski@ochca.com). He welcomes your comments and suggestions, and is available to assist all consumer employees, their coworkers and supervisors

## Multicultural Community Art Fair

On March 29, 2008 consumers and family members participated in their first community art fair at the Delhi Center in Santa Ana. Over fifty artists of all ages and cultural groups enjoyed a day of fun, music, poetry and of course, art. The artwork included painting, sketching, photography, multi-media pieces, ceramics, glassware, and jewelry. Authors also showcased poems, songs, and inspirational thoughts. The art and writing entries were judged and finalists will be included in the Mental Health Services Act (MHSA) 2009 calendar. The event drew a crowd of over one hundred artists and visitors. The art fair was sponsored by the MHSA Office, Mental Health Association, National Alliance for Mental Illness (NAMI), and the Multicultural Art Guild. We want to thank all those who made this event such a wonderful success, especially Judy Adams, the driving force behind this project. The finalists for the MHSA 2009 calendar are listed below.

### Finalists of Arts Competition (listed in alphabetical order)

Judy Adams	Mark Doyle	Jane Park
Lan Arms	Robert Fuhrman	Joni Penn
Brian Atkin	Patrick Jackson	Victor Romo
Tina Basgall	Maricela Looreza	Fred Snider
Theresa Boyd	C. L. McElroy	Tim Swift
Chris Dovey	Mildred Nicholson	Alvino Uribe

### Finalists of the Writing Competition (in alphabetical order)

“A rainy day tradition” by C. L. McElroy  
 “Bipolar Disorder” by KJ Anderson  
 “Esperanza” by Maricela Loaeza  
 “Hope Deferred No More” by Karen L. Manna  
 “Internal Fire” by Kymberli Kercher-Smith  
 “Life is a Quilt” by Vivian De Leon  
 “Prism” by Batyah Prock  
 “Reclamation” by Kathy Clink  
 “Remembrances” by Khe Ngo  
 “Thank You” by Patrick Lindsey  
 “The Black and White of It” by Judy Adams

### Finalists of Crafts Competition (listed in alphabetical order)

Judy Adams	Lan Arms	Tho Be	Tim Swift
Joanna Amaro	Larry Baldovin	Beth Hodson	



C. L. McElroy

### INTERNAL FIRE

By Kymberli Kercher-Smith

Where did I learn my ingrained belief that if I benefit from or feel good about something that I do or say that I am being a bad selfish person? Who says? When I reminisce, I can create a long list of influential, book-smart people in my life that contributed that perception of my intentions. But who they are and why they verbalized that are not what I question. Instead, I question why I am so willing to allow myself to believe other people’s biased opinions over my own first-hand experiences, feelings, and innate knowledge of my true, pure motivations. Since I have an intense desire to alter my misguided self-image, belief of who I should be and am, I once again ask... who says I’m a bad selfish person? Not me! Not anymore! If anything, I am selfish in a positive, life-giving way...I take care of myself, and in doing so fuel the fire within me that can spread to give new energy to a flickering flame of another, or re-ignite or give first fuel to fires lying dormant within others.

## Network of Care for Behavioral Health By Anthony Perera, MHSA Office



Network of Care is an Internet based community resource for consumers, County staff, and providers. It also offers important information on diagnoses, insurance, and advocacy as well as daily news concerning behavioral health. It also features a **Community Calendar** to post local community events, a **Message Board** to communicate with peers and a **My Folder** to securely store personal health information and if desired, share them with a trusted friend or relative. To set up a **My Folder** simply create a new user ID with a password. Inside **My Folder** you can create and print out an **Emergency Card** containing your emergency contact information. You may also request a wallet-size plastic emergency card be mailed to you at no charge to you. If you’re a provider, you can also build your own free web page. Click on

**For Providers** link on the bottom of the home page to take you to the Providers section. Visit Network of Care today and learn what it has to offer! Network of Care home page <http://orange.networkofcare.org> E-mail: [networkofcare@ochca.com](mailto:networkofcare@ochca.com)



Jane Park

**INSIGHT**

By Sarah Moss

Some things we cannot control, and focusing where we can control – the attitude we choose and our actions enriches our self.

If you do not think much of yourself, then you will find someone who doesn't think much of you and agree with them.

**RECLAMATION**

By Kathy Clink

What do you do as the mania ends, when the images fade and you've lost all your friends?

Filled with pain beyond words, a life frozen in time. What do you do when you find a lost mind?

**HOPE**

(English Translation of ESPERANZA)

Wait for hope for love waits don't leave your soul for life ends...

Don't go away in the house There are white irises that bring life to the purity of those that love

You are the well being, the hope of those that no longer have anything

**KITES, KITES**

By Margarita Noguera

Kites, where are they? I saw them this morning, Blue, red and yellow Dancing in the air, Though one got loose to a far away place...

I know the children Are behind the moon Watching, waiting.... Hoping home become safe again, No fire, no violence, no fear.

Kites, higher than the clouds Are waiting for them It is not time for games And the kites dance a lonesome waltz

Did you see the kites this morning? A whispered voice answered, "They are gone Behind the moon"

**LOVE FORCE**

Judy Bonin

Love is a force Where did mine go? He took not the love I intended It came searing back With fire and fury Branding me, upended!

**ESPERANZA**

By Maricela Loaeza

Espera Esperanza, el amor aguarda no te salgas del alma que la vida se acaba...

no te vayas; en la casa hay lirios blancos que avivan la pureza de los que aman...

Tu eres el bienestar, la esperanza de los que ya no tienen nada.



Tim Swift

## MHSA OFFICE CALENDAR OF EVENTS

### JULY

- 1 11:00 am CAAC\* Meeting
- 7 1:00 pm MHSA Steering Committee
- 10 7:30 am Mental Health Board Study Meeting
- 9:00 am Public Hearing on Capital Facilities & Technological Needs Component Proposal
- 15 11:00 am CAAC Meeting
- 23 9:00 am Mental Health Board Meeting

### AUGUST

- 4 1:00 pm MHSA Steering Committee
- 5 11:00 am CAAC Meeting
- 14 7:30 am Mental Health Board Study Meeting
- 19 11:00 am CAAC Meeting
- 27 9:00 am Mental Health Board General Meeting

### SEPTEMBER

- 2 11:00 am CAAC Meeting
- 8 1:00 pm MHSA Steering Committee\*\*
- 11 7:30 am Mental Health Board Study Meeting
- 16 11:00 am CAAC Meeting
- 24 9:00 am Mental Health Board General Meeting

\*CAAC = Consumer Action Advisory Committee

\*\*Due to Labor Day Holiday on September 1, MHSA Steering Committee meeting will take place on September 8

Public Hearing on Capital Facilities and Technological Needs Component Proposal will take place on July 10, 2008 at 9:00am at Orange County Hall of Administration 333 W. Santa Ana Blvd. Santa Ana, CA 92701

A draft of the proposal is available for public review at Orange County Public Libraries and online at <http://www.ochealthinfo.com/mhsa/>

## FAITH

By Minh-Ha Pham, Psy.D.  
MHSA Training Program

Call it whatever you would please;  
Faith isn't anything any science could touch or measure.  
But you can feel it in the heart.

It is what keeps hope going,  
people trying and trusting

to believe in the goodness of life and others.  
It is often greater than any sum of its parts,  
and beyond the wonder of genetic blueprints.

Faith provides the gift of resilience to weather the storm,  
the courage and strength to bridge dividers  
and overcome adversity.

It has a sibling named "compassion," with the ability to seek  
understanding,

to embrace the true meaning of goodness,  
where people's souls can find  
a place of safety

to rest their cares on the gentle softness of inner peace...

## CONSUMER PERSPECTIVE

By Tho Be



Before, we always stayed home. We did not want to have contact or to talk with anyone. Pacific Clinics recommended that I participate in a ceramics group. I only made ceramics but did not talk to any one. Then some of the consumers were invited to attend an MHSA meeting. We were afraid to go but the MHSA Office urged us to participate. They picked us up and took us home, translated everything into Vietnamese and encouraged us to share ideas and listen to ideas from other consumers. We felt respected; we believed in ourselves and did not feel the stigma of mental illness. We went to the Westminster Clinic and began to invite Vietnamese consumers and families to participate in MHSA meetings. Little by little, we began to feel happy, to believe in ourselves and to contribute to the mental health field with our hearts. My English has improved and now I am the Vice-President of the Community Action Advisory Committee. I want to say thanks to the MHSA Office and their staff.

(Vietnamese Translation)

Trước đây, tôi thường hay ở nhà. Tôi không muốn tiếp xúc hay nói chuyện với bất cứ một ai. Pacific Clinics đã đề nghị tôi nên tham gia vào nhóm làm đồ gốm. Tôi chỉ ngồi chăm chú làm, mà không chuyện trò với một ai. Sau đó, một số bệnh nhân được mời đến tham dự buổi họp do Văn Phòng Đạo Luật Dịch Vụ Sức Khỏe Tâm Thần tổ chức. Chúng tôi rất sợ đi họp, nhưng Văn Phòng MHSA đã thúc đẩy chúng tôi nên tham dự. Họ đã đưa đón chúng tôi tận nhà, dịch lại tất cả sang tiếng Việt cho chúng tôi hiểu, khuyến khích chúng tôi chia sẻ những ý kiến, những kinh nghiệm và lắng nghe những ý kiến của chúng tôi. Chúng tôi cảm thấy được tôn trọng, chúng tôi tự tin và không còn mặc cảm về bệnh tâm thần của mình. Chúng tôi đã đến Bệnh xá Westminster để mời những bệnh nhân và thân nhân của họ đến tham gia những buổi họp do MHSA tổ chức. Dần dần, tôi bắt đầu cảm thấy vui vẻ, tự tin và đã đóng góp một cách tích cực vào lãnh vực tâm thần. Khả năng Anh văn của tôi có tiến bộ và hiện tại tôi là Phó Chủ Tịch của Ủy Ban Cố Vấn Hành Động Cộng Đồng (CAAC). Tôi muốn nói lời cảm ơn đến Ban Lãnh đạo và toàn thể nhân viên Văn Phòng Đạo Luật Dịch Vụ Sức Khỏe Tâm Thần (MHSA).

To contribute an article to Consumer Perspective, send your article to [mhsa@ochca.com](mailto:mhsa@ochca.com)

Recovery Connections is published quarterly by the Orange County Mental Health Services Act office. If you would like to contribute an article, have questions/suggestions or would like to subscribe to this newsletter please contact the MHSA Office at:

County of Orange Health Care Agency  
Behavioral Health Services  
MHSA Office  
600 W. Santa Ana Blvd. Ste. 510  
Santa Ana, CA 92701

Phone: (714) 667-5620

Fax: (714) 667-5612

E-mail: [mhsa@ochca.com](mailto:mhsa@ochca.com)

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

Editorial Staff: Keith Erselius, Kate Pavich, Hannah Ngo, Anthony Perera

Contributing authors: Tho Be, Judy Bonin, Kathy Clink, Maricela Loaeza, Sarah Moss, Margarita Noguera, Kate Pavich, Minh-Ha Pham, Kymberli Kercher-Smith, Richard Krzyzanowski

### CONSUMER ACTION ADVISORY COMMITTEE (CAAC) ELECTS ITS NEW EXECUTIVE BOARD MEMBERS

CAAC was established to advise HCA Behavioral Health Services on issues related to the delivery of the Orange County mental health services funded through the MHSA. CAAC also assists HCA in ensuring that MHSA funded services are of high quality, accessible, culturally competent, client-driven, cost-effective and consumer/family/recovery/resiliency focused.

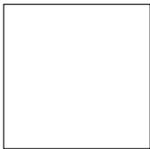


CAAC members elected their new executive board members on June 17, 2008. A sincere thank you goes out to the outgoing executive members (Robert Reid – President, George Nguyen – Vice President and Kymberli-Kercher Smith – Secretary) for their dedicated service during the past term. New executive board: (pictured from left) Kymberli-Kercher Smith - President, Tho Be - Vice President and Joy Torres – Secretary.

Consumers/Family Members, communicate with your peers using the Message Board on Network of Care.  
Visit: <http://orange.networkofcare.org> and click on **Message Board** link



County of Orange  
Health Care Agency  
MHSA Office  
600 W. Santa Ana Blvd. Ste. 510  
Santa Ana, CA 92701



# Recovery Connections

Quarterly Newsletter of the

Orange County Health Care Agency, Behavioral Health Services Center of Excellence

Fall 2011



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Calendar of Events



Orange County Health Care Agency, Behavioral Health Services, Center of Excellence  
600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701  
Phone: 714-667-5600  
Fax: 714-667-5612  
<http://ochealthinfo.com/mhsa>

## The Recovery Education Institute Helps Take Learning to the Next Step!

By: Nicole Demedenko Lehman

The Recovery Education Institute (REI) in Orange County provides education based services to individuals receiving services from HCA Behavioral Health Services systems of care. Other qualifying factors include being an Orange County resident and over the age of 18. The Recovery Education Institute opened in late 2010 and will be moving to the new campus facility early in 2012 to share space with the Wellness Center and the Crisis Residential Center.



The Recovery Education Institute provides educational opportunities on numerous levels. Currently, workshops and classes are being taught in the community in Adult Mental Health Clinics and other community partner locations. REI's students are provided academic counseling, one on one tutoring, and have access to an internet ready computer lab.

The Recovery Education Institute plans on offering several types of education, ranging from pre-vocational, extended education and personal wellness to college accredited classes through Alliant International University. By meeting its student's educational goals, whether by providing ongoing wellness classes or assisting students in moving on to post secondary education, the Recovery Education Institute supports individuals in meeting their educational hopes, dreams and aspirations.

### Classes and Workshops

(Classes are available throughout Orange County and are provided in AMHS Clinics and community settings. If you are interested, please call 714-978-1005 or e-mail Allison at [McQueen@recoveryinnovations.org](mailto:McQueen@recoveryinnovations.org))

### Wellness Recovery Action Plan (WRAP)

WRAP was developed by Mary Ellen Copeland to help people who live with mental health challenges, to design their own recovery plan. The curriculum consists of eight class sessions that assist people in developing a WRAP that will meet their unique recovery needs. The class covers the five key concepts:

Hope, Personal Responsibility, Education, Self Advocacy, and Support. WRAP classes are provided in a supportive environment where people can share and build relationships that promote recovery.

### ***Wellness and Empowerment in Life and Living (WELL)***

WELL classes address finding and continuing wellness in all aspects of daily life. The curriculum consists of 15 class sessions that use a holistic approach to promote mental, physical, social, financial, spiritual and general wellness. Each individual's strengths and experiences are valued and used to help themselves and others succeed in reaching recovery goals. WELL class is a time to listen and be heard. As skills are gained, recovery grows.

### ***Self-managing Wellness (formerly known as Medication for Success)***

Self-managing Wellness consists of four classes covering the Recovery Pathways; identifying symptoms, side effects and big feelings; managing side effects; and talking with your doctor to become a partner in your care. The class has two creative exercises to help you develop your ideal wellness lifestyle.

### ***My Life in Pictures:***

Students examine their recovery journey through photography and journaling. Class members study



their environment and use photographs that represent a symbol of their recovery process. Students will write about their photographs and share their stories.

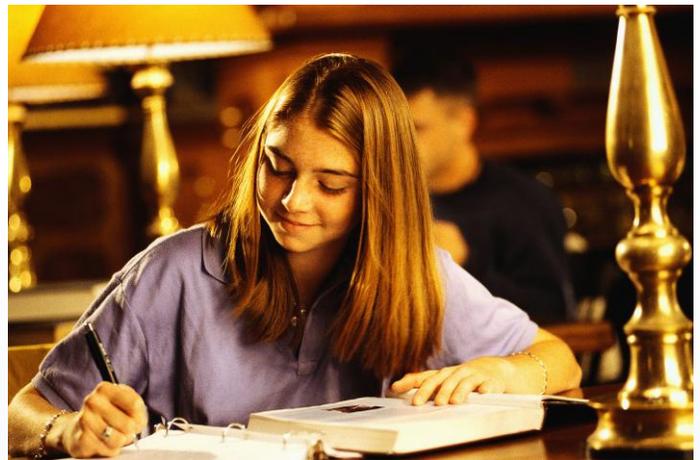
## **Extended Education**

### **Workshops**

(One to two hour workshops available throughout Orange County provided in AMHS Clinics and community settings)

### ***Values for Recovery and Beyond***

In this workshop, through discussion and activities, the facilitator introduces participants to the five recovery pathways of Hope, Choice, Empowerment, Spirituality, and Recovery Environment. Workshop emphasis is on ownership of one's recovery process and application of the five pathways throughout recovery. Participants are encouraged to apply and share their personal



experiences to assist and understanding each of the five pathways.

### ***Principles for Success in Helping Professions***

In this workshop, the facilitator will guide participants through discussion and activities that assist individuals in understanding the importance of ethical considerations in recovery environments. Workshop emphasis is on responsibilities and expectations of licensed and non-licensed professionals in various settings.

### ***Recovery R&R: Roles and Responsibilities In Recovery Environments***

In this workshop, the facilitator will guide participants through discussions that challenge individuals to examine the role, function, and responsibility of behavioral health professionals. Workshop emphasis is on the five recovery pathways, and the impact of individual social beliefs and attitudes in recovery environments. Participants will be encouraged to explore how their personal values, beliefs, attitudes, and biases can help or hinder the healing process in recovery environments.

### ***Leadership and Cooperation in Recovery Environments***

In this skill-building workshop, the facilitator will guide participants through discussion and activities that will assist individuals to contribute meaningfully in group settings. Workshop emphasis is on maximizing individual strengths and abilities. Attendees will participate in small group activities that encourage leadership, cooperation, mutual respect, and a positive recovery environment.

### **Away With Words! –Non-Recovery Language vs. Recovery Language**

In this workshop, the facilitator will guide participants through discussions and activities that will assist in developing, improving, and polishing communication skills in recovery environments. Workshop emphasis is on establishing trust, building rapport, and establishing boundaries. Participants will also take part in interactive group activities that encourage use of recovery language and active listening.

### **How to Communicate with your Supervisor**

In this hands-on workshop the facilitator will guide participants through activities that allow participants to take an inventory of their recovery experience and work experience, as well as other attributes. Workshop emphasis is on encouraging participants to apply their recovery experience to future employment and educational goals. Participants will be guided in the development and use of employment seeking tools such as resumes, cover letters, and employment search websites.

## Update on Construction



**Construction Progress July 2011**



**WHERE: 401 Tustin Ave. Orange, CA**



After months of waiting, the ribbon cutting ceremony at the Tustin Facility is right around the corner! The ribbon cutting ceremony is currently scheduled for the first week in December. The new facility will be home to the Wellness Center, Crisis Residential Center, and the Education and Training Center (Recovery Education Institute). This is the first campus of its kind in all of California, so this is a momentous occasion, and we look forward to seeing everyone there to celebrate MHSa. Please keep checking the website for future information as we get closer to the big day!

## Culturally Sensitive Providers for Iranian-Americans Seeking Mental Health and Supportive Services

By: Negar Doroudian

With the increasing number of Iranians seeking physical health and behavioral health care, Farsi has become a threshold language in Orange County. A threshold language is identified as the primary language of 3,000 Medi-Cal beneficiaries or five percent of the Medi-Cal beneficiary population (whichever is lowest) in an identified geographic area such as Orange County.

New Iranian immigrants who lack English language skills have always faced the challenges of finding government services that can be explained to them or understood in their native language. However, due to the influx of new Iranian immigrants and a considerable increase in the need for Medi-Cal services, the County of Orange has recently begun publishing forms, documents and services in Farsi.

In addition, several Behavioral Health Services and Social Service agencies have started addressing the needs of the Iranian population by providing translators and Iranian speaking staff to ensure effective services for this underserved population.



In recent years, organizations such as OMID Institute, ACCESS California Services, and Multi Ethnic Collaboration of Community Agencies (MECCA) have prided themselves on providing multilingual Behavioral Health and Social Services to the underserved Iranian-American population.

“OMID” means “hope” in Farsi. OMID Institute is an Iranian-based behavioral health agency that caters to the underserved and distressed Iranian-American families in Orange County. It provides a myriad of behavioral health and social services, including but not limited to: individual, couple and family counseling; psychological testing; educational seminars; employment readiness programs; legal

counseling; and classes, such as ESL for their non-English-speaking clientele.

ACCESS is an Arab-based social service group that primarily caters to the Muslim population, which includes people from Iran, as well as several other nations. ACCESS staff consists of bilingual individuals who assist in several languages, including Farsi. ACCESS focuses on services that include, but are not limited to: case management; employment and tax preparation assistance; afterschool programs for children; legal aid and immigration services for new immigrants; and financial assistance for food, housing and medical needs.

Another new organization dedicated to the underserved populations in Orange County is MECCA. MECCA is a coalition of community agencies committed to enhancing the quality of life for the underserved Iranian, Korean, Latino, Arab, Pacific Islander, and Vietnamese communities in Orange County. MECCA provides physical and mental-health care, youth counseling, and senior care, case management and advocacy to just name a few, in all five threshold languages.

To better serve the Iranian-American population and provide proper linkage, it is important to know about the available multicultural resources and agencies in Orange County. This article named just a few of the agencies that work with this underserved



population; however, for additional information about community-based organizations providing assistance and linkage to services, please visit the Network of Care website at <http://orange.networkofcare.org/mh/home/index.cfm> and the Mental Health Service Act homepage at <http://ochealthinfo.com/mhsa>. These websites provide information on additional resources.

# MHSA – Stop the Cycle

Theresa's son was having problems with the law and eventually got on probation about a year ago. As a concerned parent with limited resources, guidance and support, Theresa turned to the courts and probation to ask for some help and guidance as to how she could deal and cope with her son's troubles, as well as her other children. Probation referred Theresa to a program called "Stop The Cycle," a Prevention and Intervention program that is funded by MHSA dollars to help the parents and siblings of youth involved in the juvenile justice system.



The following quotes are from an interview with Theresa who

wanted to share her story with us. "The program taught me communication and consequences; it taught me how to talk with my children and show them love. It also taught me patience and how to give encouragement to my son to build his self esteem so he can gain strength."

Program participants meet one time per week, two hours a day, for 12 weeks. They are given books to read, assignments to complete, and lectures and group discussions to participate in.

Theresa stated, "the program is very positive, there is no judgment from anyone, everyone respects each other's opinions. The program gave me confidence and knowledge to work with all my kids. Before I used to scream at them, and now I have learned to talk with them. Everyone in the house is more cooperative and relaxed. I love this program and feel so happy to have the program exist. This program helps a lot of parents."

Soon after successfully completing the 12-week program, Theresa decided to volunteer her time and become a mentor for the participating families. "I volunteered because this program helped me a lot and changed my life. This program has changed the lives of many families and I hope it always stays here."



The Multi-Ethnic Collaborative of Community Agencies (MECCA) in cooperation with HCA's Prevention and Early Intervention Division hosted a Stigma Arts Reduction Event on June 23. It was held at the Bowers Museum; approximately 500 individuals attended





Approximately 400 people attended this year’s picnic, held on Saturday, July 30 at Centennial Park in Santa Ana. In various forms, the picnic tradition has a history of more than 15 years in the Orange County mental health community.

Attendees were able to enjoy a variety of diversions, including: carnival-style games such as a ring toss, hula-hoop pass and water balloon toss; a watermelon-eating contest emceed by Dr. Clayton Chau from the Health Care Agency’s (HCA) Center of Excellence; face painting by Minnie Lucas of the MHA; musical entertainment by *House Blend*; a stand offering free popcorn and a hot dog lunch.

Most importantly, however, participants enjoyed a day of fellowship and activities that – other than the recovery-oriented event title had little to do with their roles in the mental health world. Just like anyone else, they were simply having a good time in the park.

“If you looked around, you wouldn’t know who was a provider or who was a client,” said Helen Cameron, executive director of HOMES Inc. “That, to me, was a successful *Celebration Recovery*.”

Cusmano agreed. “Overall, this was the best picnic ever, thanks to the incredible support we had.”



That support included sponsorship by an array of entities, such as Califame, Brand New Day, HOMES Inc., Depression Bipolar Support Alliance (DBSA), NAMI Orange County, MHA, College Community Services and Telecare.

Other community partners included BMD Rescare, College Hospitals, Patients’ Rights Advocacy Services, the Wellness Center, the HCA, Providence STAY and the Stigma Elimination Task Force.

“I was proud to see all of these agencies working together,” said Raul Fernandez of HOMES, Inc.

“We are all grateful for each other,” added Cusmano. “Everyone was magnificent.”

## **CELEBRATION RECOVERY PICNIC: THE ‘OTHER SIDE’ OF MENTAL HEALTH**

*By Richard Krzyzanowski  
Consumer Employment Support Specialist*

“No literature allowed!”

That was the ruling I received, after little or no discussion, from the planning committee for the annual *Celebration Recovery* picnic, when I suggested that this year’s event might include display tables with information about mental health services and programs.

It was the consensus of the group that there are plenty of other events and places at which we bombard each other with our fliers and brochures. The picnic was supposed to be different: It was supposed to be *fun*.

“This is a whole other side of mental health,” said Sandy Cusmano, planning committee chair and director of development for the Mental Health Association (MHA) of Orange County. “Everyone felt very comfortable; very free to have a good time.”



# Innovations: Orange County Community Cares Project (OC CCP)

By: Meghan Hayhoe

In Orange County, about 171,000 adults and 60,000 children have a diagnosable mental illness that is not severe enough to qualify for public mental health services. In addition, the private mental health system requires insurance or substantial resources to afford treatment, making thousands of individuals unable to pay for services. Although there are several mental health professionals willing to provide therapeutic services on a sliding scale, there is no system in place making it easy to link individuals to these providers.

The Orange County Community Cares Project (OC CCP) is designed to help individuals in need by creating a network of private practitioners who offer pro bono mental health services. In order to be successful and make a difference in the amount of untreated individuals who are unable to afford services, OC CCP needs private providers who are willing to offer their clinical skills and expertise to those individuals who are in underserved or unserved populations, as well as uninsured. OC CCP focuses on providing cultural, ethnic and linguistic specific mental health treatment to , children, Transitional Age Youth (TAY), adults, older adults, and deaf and hard of hearing. OC

CCP provides outreach and assessment and follow up services and matches potential participants to providers who fit their specific needs.

Lack of financial resources is a major barrier for thousands of individuals seeking treatment and OC CCP helps to eliminate that barrier and link those individuals to the services they need. If you are a private health care provider (LMFT, LCSW, Psy, etc.) and would like to provide pro bono services to participants in Orange County, please contact Nhung Phan at:

Phone: (714) 517-6100

Fax: (714) 517-6139

Email: npahn@ochca.com.

Join Us!



The above painting is by Jean Grace from Telecare in Anaheim



ORANGE  
COUNTY

As the previous issue of Recovery Connections mentioned, Didi Hirsch is now providing a 24/7 Suicide Crisis Hotline for Orange County. The Suicide Prevention Center, founded in Los Angeles in 1958, was the first agency in the country to provide a 24-hour suicide prevention crisis line by using community volunteers to answer the calls. Didi Hirsch organization, established in 1942, joined the Suicide Prevention Center in 1997 to deliver mental health services. The Hotline staff now includes 150 trained volunteers. Hotlines across the nation and around the world are following this same model of using community volunteers.

Within the past fiscal year, the Hotline processed over 5,000 calls from Orange County phone numbers, an

increase of 40% from the previous year. The number of calls to the Hotline continues to be on a rise, with an average of 400-500 calls per month.

Having delivered over 11,000 presentations already, Didi Hirsh offers customized suicide prevention education to Orange County organizations and the community at large. To access these services, contact Rick Mogil, at 310-895-2326 or [rmogil@didihirsh.org](mailto:rmogil@didihirsh.org).

If you, or someone you know, has thoughts of suicide, do not hesitate to call this toll-free line anytime, day or night:

**1-877-7CRISIS (1-877-727-4747)**

Staff members are highly trained professionals, and they offer multi-lingual support.

Sept.	5	HOLIDAY	CENTER OF EXCELLENCE CLOSED	
	6	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	12	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Downtown Community Center
	28	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Planning Commission Room
Oct.	3	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Downtown Community Center
	4	9:30 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	10	HOLIDAY	CENTER OF EXCELLENCE CLOSED	
	26	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Planning Commission Room
	31	8:00 a.m. – 5:00 p.m.	Disparity Conference	TBA
Nov.	1	8:00 a.m. – 5:00 p.m.	Disparity Conference Day 2	TBA
	1	9:30 a.m. - 11:30 a.m.	CAAC Meeting	Center of Excellence
	7	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Downtown Community Center
	11	HOLIDAY	CENTER OF EXCELLENCE CLOSED	
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	24-25	HOLIDAYS	CENTER OF EXCELLENCE CLOSED	

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Visit this new resource at

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

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

**MHSA Contributing Staff:**

Bonnie Birnbaum      Bradley Hutchins - Editor  
 Negar Doroudian      Richard Krzyzanowski

# Recovery Connections

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

Spring 2011



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Orange County Health Care  
Agency, Behavioral Health  
Services, Center of Excellence  
600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701  
Phone: 714-667-5600  
Fax: 714-667-5612  
<http://ochealthinfo.com/mhsa>

## Orange County Veteran's Mental Health Conference

By: Bradley Hutchins



Newport Harbor American Legion Post 291 Honors Rifle Squad & Color Guard

The attendees all rose as the Color Guard walked in with Flags pointed forward; the national anthem began, and the 1<sup>st</sup> Annual Orange County Veterans' Mental Health Conference at the Crowne Plaza Hotel in Garden Grove ran March 28-29 had officially started. Health Care Agency Director Dave Riley welcomed more than 359 attendees, who represent over 50 entities such as veterans organizations, Orange County Social Services, Orange County Probation, Orange County Public Defender, Orange County District Attorney's Office, Department of Corrections, Department of Rehabilitation, Superior Court of Orange County, the National Guard, the California Military Reserve, Department of Veteran Affairs, and many other local organizations, departments, and colleges.

This important conference came together after months of meetings and discussions concerning gaps in service for veterans, topics to be covered, speakers and intended audience.

The first day's presentations began with Vietnam Veteran Carlos Mendez speaking briefly about his experiences upon returning to civilian life. Following, was the first keynote speaker, Dr. James Bender from the Department of Defense. Dr. Bender spoke on treating traumatic brain injury, post traumatic stress disorder (PTSD), and stress reactions affecting human performance. He gained expertise on the subjects as a Captain in the Army.

After a brief break in which attendees were able to visit numerous booths outside the main ballroom, the second keynote address was given by Master Sergeant Stephanie Weaver from the Substance Abuse and Mental Health Services Administration (SAMHSA). MSG Weaver has 18 years of military experience in the New Hampshire National Guard, Active Army and California National Guard. In September 2010, she was selected as the National Guard Counterdrug Liaison to SAMSHA. MSG Weaver discussed issues regarding substance abuse in the military.



Vietnam Veteran Carlos Mendez read a poem with Maureen Robles

The afternoon session began with the Health Care Agency's own Deputy Agency Director, Medical Services, Ron Norby discussing the Veterans' Administration from a National Viewpoint. Norby recently came to HCA after spending 32 years with the VA. Afterwards, Roberto Reid discussed Military Culture and Brian Batchelder, MSW of Veterans Services for Orange County presented information on combat stress in theater, as well as transitioning to civilian life.

The evening presentation was a treat for all in attendance. Movie clips from the documentary "Brothers at War" was shown, and Producer Jake Radinmatcher talked about the film afterwards. The film shows scenes in Iraq, where his two brothers were deployed. Also, in the film one of the producer's brothers discussed the impact on his family.

On the second day, attendees could choose between attending a three-hour presentation on Eye Movement Desensitization Reprocessing (EMDR) or attending a series of 30-minute workshops. The workshops included Long Beach VA Suicide Prevention; VA Criminal Justice Outreach Program; NAMI's Warmline and Family to Family programs; a presentation from the Garden Grove Veterans Center and a presentation from the Veterans Service Office.

After a lunchtime presentation by Dr. Stephen Wyman from the Long Beach VA on current behavioral health issues for veterans, two breakout sessions of four workshops were conducted. Topics included Orange County's Combat Court; Another Kind of Valor/Suicide Discussion; Military Families; and Military Sexual Assaults.

After the second session of workshops, the conference drew to a close. Attendees left the conference with a better understanding of the growing veteran population and the issues faced by returning veterans. The Center of Excellence would like to recognize all of those who helped make this conference successful and looks forward to seeing how it continues to grow in the years to come.



Col. Rabb asks a question to Jake Radinmatcher after viewing scenes filmed for his documentary.

# EACH DAY — I LIVE A LIFETIME!

By Myra Kanter

Each day I awaken & fall asleep a hundred-zillion times,  
Each precisely unfolding upon a wilderness tapestry called: Time.

Each "Instant" freshly created, newly discovered, then startlingly revealed,  
Each mysteriously overflowing with beliefs, stigma, mistakes, "look," & ideals.

Each roaring, uncontrollably speeding; yet visibly, totally, & unquestionably still,  
Each magnificently beautiful, brilliantly diverse, profoundly complex, & "yes", Mentally Ill.

Each too full-of-potential / too "lazy," too expensive / too impoverished; too good / too bad;  
too wasted / too precious; too hopeless / too creative; too sick / too ill; too "mad" / or too sad.

Each forever saved as intricate embroidery; ornate heirlooms woven within the mind,  
Each transforming: energy, matter, consciousness, people, events, & time.

Each sculpting caverns; inspiring, & permanently altering the very Body of the Soul,  
Each explored with confidence, assuming complete, & total awareness of the whole.

Each shuffled like sediment, settling into thought forms; repelled, then dispersed,  
Each jerked & recaptured into an accelerating chaos called: Universe.

Each unknown totally explored, exploited; while simultaneously untouched, & brand new,  
Each forever far too old / too young; too prolonged / too fleeting; too many / or too few;

Each chanting harmoniously, in rhythm, with the advancing pulse of Creation's drone:  
"There's enough Reality, for each of us to have our own;

Each blindly marching forward, staggering, sun burned, & windblown,  
reciting the refrain: "& there's enough love, for when we have to share One alone!"

Each eternally different; yet intimately, infinitely, & exactly the same.  
For the heart of each soul echoes one Cosmic refrain: "All that is. Is!"

## MHSA SUCCESS STORY

By: Anonymous

I was 19 years-old and I was homeless. I lived in my car and was struggling to go to school. Eventually, I had to drop out because there was no way I could keep going to school while living in my car. Everything was just so hard. I had it with everything and felt like I was alone. Even though I had friends and family, no one could help me with my living situation. It was always, "Oh I'm so sorry this is happening," or, "I'd help you if I could."

I was sad and angry. It was like I knew people, but no one could help. I swore to myself that if I ever had a friend that was homeless, I'd take them in ... or at least help them in some way. Besides that, my family was far away, and I knew my mom couldn't afford to have me back at the house.

Getting a job is hard when you're in your car. I felt like I had lost just about everything and that no one cared. So I'll be honest, mentally things weren't going too well, but before things became too overwhelming (not

like it wasn't already), I was referred to stay in a crisis residential home. It was nice and I had a place to stay, but it would only be for six weeks. As my time was ending there, I was set up with a Transitional Aged Youth (TAY) Specialist from Providence Community Services. They got the ball rolling soon after, and I was transitioned out of that crisis home to a Room and Board.



Other than housing, Providence provided me with help paying my rent, counseling, and a job. I'm not going to sugar coat anything and say that it's perfect, but it's definitely something worth waiting for (once you're put on the waiting list). The TAY Specialists check on you on a weekly basis to see how you're doing. They're almost like a friend; someone that you can talk to about your problems. And they listen! Sometimes, you can hang out, and they guide you through your goals to help you complete your process.

I'm almost on my way out after being only a little over a year in, and I've gotten pretty far in my journey with the help I received. If I hadn't received their help and guidance, I honestly don't know where I'd be.

# Education Initiative Program

By: Negar Doroudian

*"I can't tell you how excited I am to be graduating with a Masters in Marriage and Family Therapy this May! Thank you MHSA!"*

by: anonymous graduating student

The Workforce Education and Training (WET) component of the Mental Health Services Act addresses the shortage of qualified individuals who provide services in the County's Public Mental Health System. The Education Initiative Program (EIP) offers financial aid for those interested in attending undergraduate, graduate and certificate educational programs that will lead to a career in the public mental health system. Recipients are required to repay their support by agreeing to work for the Orange County public mental health system for one year for every year of support received.



The Education Initiative Program enhances the ability of public behavioral health service providers to recruit, promote and retain staff in specified professional positions that are hard to fill because of a shortage of trained staff or lack of staff with the threshold language skills necessary to provide quality care. Due to a need for additional bilingual/bicultural Farsi, Korean, Spanish and Vietnamese speaking staff, there is an emphasis on providing these financial incentives to potential employees who could help meet the need for a more diverse workforce or increase the inclusion of consumers and family members in the workforce. Since its inception in 2008, 30 lucky individuals have enrolled into the "Education Initiative Program," and by May 2011, 10 individuals will have graduated with their Bachelors or Masters Degree.



A fair and inclusive selection process will be used to determine each individual's eligibility to receive compensation. Priority consideration will be given to the most qualified applicants best suited to meet the current hard-to-fill, linguistic needs and demands of publicly-funded mental health clients in Orange County. The most recent application process took place this past spring, with approximately 30 students applying. The applications are being reviewed and notifications are currently being sent out.

For more information on this great opportunity and to learn about future application time periods, please look on the County's MHSA website or contact Nicole Ramirez "Tuition Reimbursement Specialist" for WET EIP at 714-667-5600. "Change your life and make a difference!"



# the OC WarmLine

By: Bradley Hutchins

On July 27, 2010, the Orange County Board of Supervisors approved the agreement with the National Alliance on Mental Illness, Orange County (NAMI-OC) for Warmline Network Services.

Warmline Network Services, funded by Mental Health Services Act Prevention and Early Intervention, primarily provides confidential, phone-based, non-crisis supportive services to anyone who is struggling with mental health and substance use issues. Crisis calls are typically linked with appropriate resources such as Crisis Hotline, Orange County Crisis Assessment Team or 911. Callers could expect that their calls are answered by caring individuals who have had similar experiences with mental health and/or substance use either as consumers or family members. Since program inception, staff at Warmline processed approximately 3,000 phone calls—3.5 times higher than year-to-date expectation. In February 2011 alone, the Warmline broke its own record by registering a record high of 630 calls.

Warmline operates seven days a week, 16 hours a day, from 8 a.m. to midnight (including holidays). A web-based online chat feature (LiveChat) is also available for those with computer access. In addition to providing supportive information on mental health, substance abuse and co-occurring issues, Warmline staff can answer any questions that callers may have regarding access to behavioral health services, advocacy, and volunteer opportunities. Presently, services are available in multiple languages, such as English, Spanish, Vietnamese, Korean, Farsi, Arabic, and Chinese. If you or someone you know could benefit from this program, please call 877-910-WARM or 877-910-9276. To those who prefer to chat online, please check out this feature by visiting NAMI-OC's website at [www.namioc.org](http://www.namioc.org).

Mental health concerns?

Services provided by:  
 **NAMI** Orange County  
National Alliance on Mental Illness

The OC WarmLine is here to help.

The OC WarmLine provides a supportive, empathetic ear in time of need and offers guidance and information about available mental health and substance abuse services.

**877-910-WARM**  
(toll free)

Multiple languages and TTY available.

WarmLine services are FREE to the public.  
Funded by Orange County Health Care Agency.

the OC WarmLine

# **Providing Mental Health Services for Iranian Clients**

**By: Negar Doroudian**

In providing mental health services to an Iranian client, it is important to begin with an educational component, in which the clinician explains the rationale for and type of treatment and educates the client about the steps the client and therapist will take together to reach the client's goal. The client should understand that "therapy" is a collaborative process whereby the client has to take initiative, follow assignments, and put effort into the process of change. Iranians are very skeptical about mental health treatment and often look for short cuts; so the therapist really needs to be clear and informative about the treatment process.

Other influential factors that affect treatment planning with Iranian clients include the client's age, diagnosis, and level of acculturation, as well as the client's access to a support network of family and friends.

Acculturation level impacts all aspects of therapy with Iranian clients. It is influenced by client's age at the time of immigration to the U.S., history of immigration, the client's socioeconomic status, level of education, and employment. Less acculturated and educated clients look for advice and solutions to their problems from the therapist. These clients want the therapist to tell them what to do and solve their problems for them. For these clients, depending on the nature of their problems and diagnosis, often a solution focused supportive format of counseling and consultation seem to be more effective than an introspective, explorative approach.

Clients who are less acculturated, less educated, lack support in their community and have a more significant diagnosis will require a more active and directive form of treatment such as Solution-Focused Therapy or Rational Emotive Behavioral Therapy. These clients need to be empowered to come up with ideas about how to deal with and solve their problems. Many times a combination of pharmacotherapy and counseling is required for optimal results. It is also recommended that for clients without a support network, the therapist also act as a case manager to facilitate linking the client to other supportive services. More often than not, Iranian

clients will not follow up with recommendations if they are simply referred out and left to their own devices to connect with other services. They believe that the therapist did not care enough to "hold their hand" and help them get the resources they needed, so they tend to discontinue therapy readily, seeking other therapists or professionals who would "care enough" to ensure their support and a helping hand.

If the client is more educated, acculturated, has a good support system, and has some insight into their mental health condition, explorative, insight-oriented approaches may be better suited to get optimal results. Many times, assisting clients in exploring their hidden motivations and exploring the thoughts behind their actions can be useful in defining their role in their family and community. Addressing boundary issues and/or cultural challenges with them will often help them find answers to their mental health issues.

Iranian clients put a lot of importance on the connection between the mind and body; therefore, addressing healthy living styles or habits as part of a stress management protocol tends to resonate with Iranian clients. Encouraging the client to improve his or her diet, sleeping, and exercise habits can be an effective way to help them with their treatment since such practices are culturally valued.

Another important consideration is that Iranians don't have a "culture specific" healing method, and are often open to alternative forms of medical treatment, such as acupuncture and holistic medicine.

When treating Iranian children or the elderly, it is important that influential family members and caregivers are invited to sessions sporadically so that they are involved with the client's treatment. This involvement will ensure that family members understand the needs and mental health condition(s) of the client, as well as learning ways in which they can support the client in their therapeutic journey.

Developing a meaningful relationship with the clients and their family members is an important component in treatment, particularly when the client's issues are embedded within the family system and the therapist needs to address systemic issues by involving the client's family.

## Resilience in hard times

By Richard Krzyzanowski

Consumer Employment Support Specialist

In reflecting on what I'm seeing and hearing up in Sacramento, there isn't much I can offer in terms of factual or strategic information that isn't readily available from lots of other sources and that won't be outdated by the time these drops of ink dry on the page.

So, I propose to use these next few inches to share my own reflections, as both a consumer and a mental health professional caught up in the crises that seemingly define our times.

Now, we are *all* stakeholders in California's mental health world – whether professionals, clients of mental health systems, parents or other family members, or simply concerned members of the community. Yet, our responses – and proposed solutions – to the crises involving a reduction of resources and the changes they may bring, vary widely according to not only which stakeholder constituency we affiliate with, but how much of a “stake” we “hold.”

And the stakes are high, including possible reduction or elimination of programs often begun with high hopes, and into which a lot of hard work has gone; loss of jobs; compromises in people's health and support networks; setbacks to the well-being of families and communities.

None of us look forward to facing significant reversals or loss, and those with greater resources can often weather the storm better than those with little. It is the way of the world that those with the least usually suffer the most in times of struggle.

So, reviewing the constituencies listed above, who would that be? Why the consumers, of course, right? Aren't we the ones who face the direst setbacks in terms of our own wellness and

services, not to mention negative impacts on employment opportunities in the mental health professions or on the peer-run programs we have worked so hard to create.

Yet, although the reality includes these possibilities, we need to acknowledge that the days of “consumer as victim,” with all of the implied helplessness and disempowerment that stereotype implies, is now a half-truth at best.

Since before passage of Proposition 63, consumers as individuals and through our organizations have played a leading role in bringing significant change and growth to mental health systems and practice. We are major players in the game, and not only do we have as much to lose as any mental health professional or program manager, in many cases we *are* those people.

And let's not forget where we started: socially stigmatized, poverty stricken, disenfranchised in the very decision-making conversations that often decided our fates, the meetings that eventually led to the formation of an organized consumer movement were initially held in campgrounds and public parks because that was all we could afford. Now, some of these same organizations have seats at the tables where state and even national policy is designed and decided.

As individuals, those in the consumer community also know about personal struggle, as well, and we have many examples of how adversity can be overcome and of the value of resiliency in achieving wellness.

For all of these reasons – and more – consumers need to be moved out of the “victim” category and into the “leadership” categories of our mental health communities. Within our collective toolbox lie the experience, resilience, judgment and vision necessary to help lead us beyond our current challenges.



<b>Jun.</b>	<b>22</b>	9:30 a.m. – 11:30 a.m.	Mental Health Board General Meeting	Planning Commission Room
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**MHSA Contributing Staff:**

Bonnie Birnbaum      Bradley Hutchins - Editor  
 Negar Doroudian      Hiromi Williams - Layout  
 Richard Krzyzanowski

# Recovery Connections

Quarterly Newsletter of the  
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Winter 2011



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Orange County Health Care  
Agency, Behavioral Health  
Services, Center of Excellence  
600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701  
Phone: 714-667-5600  
Fax: 714-667-5612  
<http://ochealthinfo.com/mhsa>

## Orange County Celebrates Veterans!



**Top Picture:** Korean War Veteran Lawrence (Larry) Kerzman of the 11<sup>th</sup> Marines of the 1<sup>st</sup> Marine Division tells of his experiences in the conflict, as well as his return home.

**Bottom Left:** Vietnam Veteran Speaker SGT (Ret.) Frank Orzio, USMC reads a poem to the crowd to express his feelings on coming home after being injured.

**Bottom Right:** The crowd gives a standing ovation for World War II Veteran LT (Ret) James V. Powers.

On November 3, the Orange County Health Care Agency held an "OC Veterans Celebration" at the Old County Courthouse in Santa Ana. Speakers from World War II, The Korean War, The Vietnam War, Gulf War, and Operation Iraqi Freedom/Enduring Freedom all gave testimonials about adjusting to life upon coming back from the war zones. In addition, four members of the Board of Supervisors, Sheriff Hutchens, and representatives from Social Services, Orange County Community Services, and the Health Care Agency were all on hand to help recognize the veterans in our community.

# Community Art Fair Calendar Contest

On August 17, the Orange County Wellness Center held a 2011 Community Art Fair Calendar Contest. There were 35 pieces of art, 14 crafts, and 55 writings submitted and displayed. A three-person panel in each category judged each piece of art based on its own merit. The three scores from the judges were then averaged and ranked on the highest scores. The art categories (art/crafts) were looked at in terms of originality, design, use of media, and use of color (when applicable). The writing entries were judged on concept of idea and technical qualities.

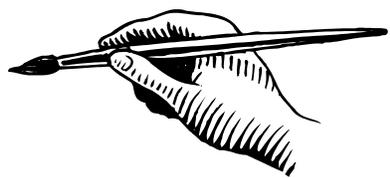
The Top Place in each division:  
 Art Division: "Face to the Sun" Photography by Theresa Boyd  
 Craft Division: "Zion" by Julian Roman  
 Writing Division: "The Commons" by Karen Manna.

In addition, each of these pieces have earned a spot in the 2012 Mental Health Services Calendar

- Art Division**
- "Garden in Windstorm" by Vivian De León
  - "Alone" by Sandy Dee
  - "Betty Davis" by Julio Galarza
  - "Kelsey's Smile" by Daniel Gibbs
  - "Elephants" by Claudia Goodwin
  - "Street Musician" by Dan Joyce
  - "Serenade" by Karen Manna
  - "Paranoia" by Brigitte Nguyen
  - "Disconnected" by Vanessa Rodriquez
  - "Beauty" by Wanda Sarabia
  - "Summer Dream" by Tim Swift
  - "A.E.B.L." by Keith Torkeson
  - "Fan Dance" by Sung Kim Hee
  - "Lady in the Hat" by Chris Dovey
  - "Tree of Life" by Milton Schnitger
  - "Betrayed" by Anissa Angelic Garcia
  - "1AZ (A=Z)" by Victor Romo
  - "Sunflower" by Nhan Phan
  - "Red Orchids" by Linda Saslow
  - "Salt Breeze" by Brian Gilbert
  - "Fruit" by Tho Be
  - "Gone Fishing" by Belynda Davis
  - "Seeing Blue" by Shebuah Burke

- Craft Division**
- "Feather Duster Central" by Stephanie Banner
  - "Jewelry with Handmade Polymer Clay & Porcelain Beads" by Cassandra Chatmon
  - "South West Bowl" by Mindy Costello
  - "Tree of Recovery" by Robert McLane
  - "Origami Color Blossom" by Alejandra Pereyra
  - "Mosaic" by Marco Santillan
  - "Up, Up, and Away" by Kristen Nord
  - "Beach Salvage Art" by Marty Naftel

- Writing Division**
- Morning's Choice" by Shebuah Burke
  - "Recovery Pride" by Craig Costello
  - "Tao" by Misty Day
  - "WIND" by Vivian De León
  - "Find Another Me" by Brian Gilbert
  - "La Soledad" by Claudia Goodwin
  - "Panecito Blanco (Little White Bun)" by Maricela R. Loeza
  - "Hope" by Debbi Odel
  - "Success is Mine" by Mitchell Alex Smith
  - "Midnight Dancer" Joy Torres
  - "Down Fences (Euphemism for Stigma)" by Harley David Word



Thanks to all those who submitted their work and congratulations to all of those who will have their work published in the upcoming calendar!

## **Institute for Peer Services draws Consumer-Professionals from across State**

*By Richard Krzyzanowski  
Consumer Employment Support Specialist  
Center of Excellence*

One of the most transformative aspects of the Mental Health Services Act, with its real-world efforts to find practical ways to implement Recovery values, has been to approach people with lived experience of mental health issues and interest them in careers in the behavioral health professions.

Now, the relatively easy part of this enterprise comes at the front end, and I often find it inspiring to see how many people reach a stage in their recovery at which they regain some measure of their health and strength, and they begin looking for ways to “give back” and help others in ways that they have been helped. I find this deeply human, and deeply honorable.

Building the structures that can make that happen, however, and then maintaining such structures, is where things get tricky and require sustained effort focused on training, education, creating or securing employment opportunities, and then making sure our workforce finds safety, opportunity and meaningful satisfaction in a time of rapid change and fundamental transformation.

None of this would be possible without the full commitment and partnership of the community of people with lived experience. In all its aspects, this undertaking requires those of us who identify as such to cross a very important boundary: We must go beyond that point at which we rely on the help of others and begin to build on our own strengths as we work towards making our own vision – individually and collectively a reality.

In Orange County, we have worked to make this happen in a variety of innovative ways. In 2008, we hosted a statewide *Consumer Employment Summit*, bringing leaders from the consumer community together with county mental health directors and human resources directors for two days of brainstorming and mutual education.

This August, the Health Care Agency’s *Center of Excellence* sponsored its second *Institute for Peer Services: Peer-to-Peer Professional Conference*, offering a day filled with speakers, panels, workshops and institutes presented by and for client/consumers and former consumers of behavioral health services who also are, or aspire to become, behavioral health professionals and service providers.

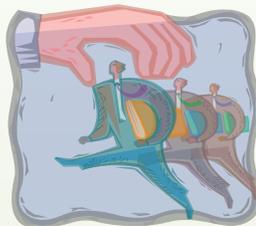
This year’s conference, held at the Delhi Center in Santa Ana, brought more than 200 participants from across California to learn from each other and share their experience in this transformative period in mental health.

The conference provided practical, empowering information about the skills, supports and strategies needed for people with lived experiences of mental health and substance abuse recovery to thrive in the workplace and, by doing so, help to transform the behavioral health professions in positive ways.

For each *Institute for Peer Services*, the *Center of Excellence* assembles a collaboration of recovery oriented behavioral health agencies dedicated to the training and support of behavioral health consumer professionals. This year, participating agencies included College Community Services’ Wellness Center, Telecare Corporation, Recovery Innovations of California, the Health Care Agency’s Alcohol and Drug Abuse Services, Pacific Clinics Consumer Training Program, OC Human Resources Equal Opportunity Access Office, and Project Return Peer Support Network

Workshops and institutes offered included topics such as Dialectical Behavior Therapy, the Americans with Disabilities Act, Peer Support and Supervision, Recovery in the Workplace, Professionalism for Consumer-Employees, Return-to-Work Rules, Personal Responsibility in the Workplace, and Mental Health First Aid. A panel presentation, *Peer Professionals Speak on Workplace Supports*, also was presented.

The *Institute for Peer Services* represents not only the progressive efforts we have made on the home front, but once again illustrates the leadership role Orange County continues to play as California pioneers new territory in behavioral health.





## OC ACCEPT is here for you!

OC ACCEPT (Acceptance through Compassionate-Care, Empowerment, and Positive Transformation) is an exciting new program funded by the Mental Health Services Act Innovation component. It provides community-based mental health and supportive services to individuals who are struggling with and/or identify as a Lesbian, Gay, Bisexual, Transgender, Intersex, or Queering (LGBTIQ) and the people important in their lives. OC ACCEPT seeks to provide a safe environment, with acceptance and compassion for individuals, assisting them to express their feelings, build their resilience, feel empowered, and connect with others for support. Another goal for OC Accept is to raise awareness and reduce stigma by providing education about the LGBTIQ population to the community at large.

OC ACCEPT can help address the challenges that many LGBTIQ community members face, such as isolation, grief, anxiety, depression, bullying, lack of family support, and many other hardships that may arise. OC ACCEPT is currently providing peer mentorships, community-based supportive services, short-term individual and/or family counseling, case management, outreach and engagement services, support and discussion groups. If you would like more information on this program, please contact Hieu Nguyen at 714-517-8862 or via email at [hnguyen@ochca.com](mailto:hnguyen@ochca.com).

This poetry was submitted by an individual who identifies as a transgendered female and receives services from OC ACCEPT. She uses her poetry to express herself as she struggles to navigate her transition and build resilience in the face of social stigma and discrimination toward individuals who are transgendered.

### Silver Coins

Adapted from Engel (Angel) by Rammstein  
By OC ACCEPT Participant Tomi Anne Timm

My time and season came on me  
Declare my heart for all to see  
Then judging by my outward form  
You bind me with your simple norm

Your words like coins fall to the ground  
They sound the same all colored brown  
But in my heart I come to see  
His silver coins are always guiding me

You look and do not understand  
A woman's heart beats in that man  
Despising mocking passing by  
Not knowing she will never die

Your stares like coins fall to the ground  
Always the same all colored brown  
But in my eyes a few can see  
My woman's heart is always guiding me

{An adaptation using my metaphor of The Stream of Change.}

# “...Different”

By: OC ACCEPT Staff  
Lamar Smith, MA., PsyD Intern

Growing up as a gay youth, you tend to get the message that you're a little....different, but I always found a way to rationalize my difference as an asset. I didn't like sports, but that was because I was an intellectual, more likely to be found amongst a pile of books than a pile of trophies. I took to cameras and had a flair for dramatic poses, so naturally I was simply a born actor. When the other boys took interest in skateboarding tricks, I was far too mature and aloof to dedicate hours to learning to jump a curb that one could easily walk over. Call it only-child narcissism or an unconscious defense mechanism, but either way my reframing of my differences helped me get through my childhood relatively unscathed.

However, not every LGBTIQ (Lesbian, Gay, Bisexual, Transgender, Intersex, and/or Questioning) person is that fortunate. Many are plagued by uncertainty and

doubt, seeing their differences as an inescapable mark that casts them in the role of a social pariah, condemned to a fate of familial rejection, cultural stigma, and in some cases even condemnation from their religious community. With little or no support, negative social messages, and institutional barriers, many LGBTIQ people suffer from depression, anxiety and a host of other behavioral health issues as they struggle to accept and embrace an identity that so many around them judge them as negative.

It is for this reason that I feel so strongly about the work I now do with OC ACCEPT (Acceptance through Compassionate-Care, Empowerment, and Positive Transformation). Working with the LGBTIQ population provides a service that I did not have as I grew into acceptance of my sexual orientation. The comfort of having a place where it is safe to talk about your sexual orientation, gender identity, and the way they impact other aspects of your life without feeling like you'll be judged is a resource/support many LGBTIQ individuals yearn for. It makes it feel okay to be a little...different.

# The Kiosks are Coming!

By: Keith Torkelson, MS, BS, PMHW  
MHSA Technological Needs Advisor

Dear consumers and family members, I am pleased to announce the development of computer kiosks which are more than half way to completion. A multi-disciplinary team has been working for two years to bring MHSA funded computer resources to Health Care Agency clinics. I would like to thank the Project Manager, Joanne Yang, our coordinator Kathleen Murray, and the entire team for their tireless effort in completing this very important project.

Consumers and their families will have access to computer resources, which enables the option of viewing one's personal health records and Network of Care. The kiosks will aid in increasing county infrastructure and support the goals and provisions of MHSA.

The kiosks will contribute to community-based facilities that support integrated services and will be both culturally and linguistically appropriate. Information from the kiosks will be readily available and help to promote family empowerment. MHSA envisions the kiosks as portals to the Network of Care, which will help lead to facilitating peer-to-peer interactions.

The idea for the kiosks came about after MHSA stakeholders indicated that they supported development

and expansion of computer resources. This project is a strategic step in the personal electronic health record movement and is part of the "right information in the right place at the right time" goal. From my own, personal experience, technology promotes recovery and gives a sense of empowerment. These kiosks are secure and will enable consumers and family members to have a chance to engage and learn more about the global scheme of things in relation to health.

MHSA has already been providing computer resources through the Community Services and Supports component with a computer lab at the Wellness Center. The new kiosks will be at Health Care Agency clinic sites, as well as at a few MHSA program sites throughout the county. The kiosk computers will have access to the internet, as well as Microsoft Office programs. Kiosk users will find that the computer's interface will have Spanish and Vietnamese capabilities to keep up with the linguistic and cultural goals of MHSA.

There is no exact date for when the kiosks will be rolled out, but it is safe to say that the operations should begin sometime in 2012. Special thanks to the technology advisory committee who helped put together this system that keeps to the main concept of providing a wonderful tool for consumers and their families to discover computers and computer mediated learning and literacy.



# Changes in MHSA Steering Committee Structure

By: Bonnie Birnbaum, MHSA Coordinator

The Mental Health Services Act Steering Committee is a 65-member body made up from diverse organizations, consumers, and family members who are stakeholders in the provision of MHSA-funded services and programs. The Committee assists the County by making recommendations regarding MHSA allocations, so funds will be used to provide services and programs for identified needs and priorities. It also identifies challenges in the development and delivery of MHSA-funded services and makes recommendations for strategies to address these challenges. In addition, the Committee reviews all MHSA funding proposals to ensure that funding is allocated to services for identified needs and priorities. All meetings are open to the public.

At the November 7, 2011 meeting of the MHSA Steering Committee, a change in organizational structure was approved. Previously the Committee met monthly. It will now change to a schedule of meetings every other month. On months when the Committee is not meeting as a whole, newly formed sub-committees will meet. The purpose of sub-committee meetings is to:

- Provide detailed information on MHSA services to a sub-group that has a special interest in programs for a specific age group or has a special interest in programs funded by a particular MHSA component.
- Increase stakeholder participation and involvement in decision making.
- Empower subcommittees to make recommendations on service needs and types of programs.

There will be four groups established in line with the age group of clients served and the MHSA component:

- Community Services and Supports: Adults and Older Adults
- CSS Children and TAY
- Innovation/Workforce Education and Training
- Prevention & Early Intervention (PEI staff would also attend CSS meetings to answer questions about how PEI programs impact CSS service.)

Interested stakeholders who are not on the Steering Committee, may also attend meetings. Each sub-committee will decide on the role of non-Steering Committee attendees at its meetings. Dates and locations of the sub-committee meetings will be posted on the MHSA website.

At sub-committee meetings, staff will provide in-depth information on programs. Sub-committee chairs will then make recommendations on behalf of the subcommittee to the entire MHSA Steering Committee on issues regarding the allocation of new funds or cuts in funding. This new structure will begin in February. After several months in operation, this new way of doing business will be evaluated and changes made, if needed.

Beginning in January, all Steering Committee and Steering Subcommittee Meetings will be held at the Costa Mesa Community Center located at 1845 Park Ave. in Costa Mesa.

# Meet the New Center of Excellence Testing Unit!

The Center for Excellence, through the direction of Forouz Farzan Psy.D is heading up the new group of interns for this upcoming year. The staff will be conducting services related to determining the presence of malingering/factitious disorders; assess for substance abuse/dependence; assess personality, psychopathology, personality functions; provide information for differential diagnosis and treatment recommendations; screen for neuropsychological status and or traumatic brain injuries; assess intellectual ability, academic achievement status and learning disabilities; assess, diagnose and offer treatment recommendations for PTSD; in addition to many other testing and assessment services. Below is a brief description of the interns working in the program.

Erin Burch is a 2nd year graduate student at the Chicago School of Psychology-Los Angeles Campus working toward her Psy.D in Clinical Forensic Psychology. She earned a Bachelor of Arts degree in Psychology and Criminal Justice from the University of Michigan.

Lorena Monserratt is a doctoral student at Fielding Graduate University. For the past 10 years, she has been involved in research related to nicotine and Alzheimer's disease at the University of California, Los Angeles, which helped to expose her to the fascinating world of neuroscience and neuropsychological testing.

Cedria Roberson is a 5<sup>th</sup> year Psy.D candidate at Alliant International University. Her experiences include psychological testing and treatment for various populations such as children and families, acquired and traumatic brain injury patients and dual diagnosis substance abuse clients.

Scott Nelson is a 4<sup>th</sup> year doctoral candidate in the Clinical Psychology Psy.D program at CSPP-Alliant, Los Angeles. He has previously completed his undergraduate work at Santa Ana College, transferring with honors to Chapman University to complete his B.A. in Psychology before entering graduate school. He has worked primarily with children and families, including severely emotionally disturbed kids in group home settings and family therapy work at outpatient county contract agencies.

Nhung Phan earned her BA in psychology from California State University, Fullerton and her MA and PsyD in Forensic Psychology from Alliant University. She is currently working to administer neuropsychological, psychological, intelligence and related mental health assessments to clients referred to the Mental Health Services Act from clinics seeking help in diagnostic and treatment plans. Previously Nhung has practiced at the Juvenile Drug Court and elementary schools, in addition to providing psychotherapy to geriatric clients.

For additional information on the services offered or for a referral, please contact Forouz Farzan at 714-834-3121.



# Calendar of Events

<b>Dec.</b>	<b>5</b>	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Costa Mesa Community Center
	<b>6</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	<b>26</b>	HOLIDAY	CENTER OF EXCELLENCE CLOSED	
<b>Jan.</b>	<b>2</b>	HOLIDAY	CENTER OF EXCELLENCE CLOSED	
	<b>3</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	<b>9</b>	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Costa Mesa Community Center
	<b>16</b>	HOLIDAY	CENTER OF EXCELLENCE CLOSED	
	<b>31</b>	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration
<b>Feb.</b>	<b>6</b>	1:00 – 4:00 p.m.	MHSA Steering Committee Subcommittees	Costa Mesa Community Center
	<b>7</b>	9:30 a.m. -11:30 a.m.	CAAC Meeting	Center of Excellence
	<b>13</b>	HOLIDAY	CENTER OF EXCELLENCE CLOSED	
	<b>20</b>	HOLIDAY	CENTER OF EXCELLENCE CLOSED	
	<b>22</b>	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)

**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](http://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/](http://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://ohealthinfo.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. 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/>

**MHSA Contributing Staff:**  
 Bonnie Birnbaum      Bradley Hutchins - Editor  
 Negar Doroudian      Richard Krzyzanowski

# 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](mailto:bhutchins@ochca.com). The booklet is also posted on internet at: [http://ohealthinfo.com/docs/behavioral/mhsa/Resources/Reports/MHSA\\_5\\_Year\\_Booklet\\_WEB.pdf](http://ohealthinfo.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://ohealthinfo.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 appreciated 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

<b>May</b>	<b>1</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	<b>7</b>	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Costa Mesa Community Center
	<b>24</b>	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration
	<b>28</b>	HOLIDAY	CENTER OF EXCELLENCE CLOSED	
<b>Jun.</b>	<b>4</b>	1:00 p.m. – 4:00 p.m.	MHSA Subcommittees Meetings	Costa Mesa Community Center
	<b>5</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
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**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](mailto: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](http://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/](http://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://ohealthinfo.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/>**

**MHSA Contributing Staff:**

Bonnie Birnbaum     Bradley Hutchins - Editor  
Negar Doroudian

# Recovery Connections

Quarterly Newsletter of the  
Orange County Health Care Agency, Behavioral Health Services MHSa Office  
Spring 2013



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Calendar of Events



WELLNESS • RECOVERY • RESILIENCE

Orange County Health Care Agency, Behavioral Health Services, Center of Excellence  
600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701  
Phone: 714-667-5600  
Fax: 714-667-5612  
<http://ochealthinfo.com/mhsa>

## Safe Communities Meeting Draws Crowd



Supervisor Spitzer addresses attendees at the Safe Communities meeting.

On Wednesday April 17, the Health Care Agency in collaboration with Supervisor Todd Spitzer and the City of Irvine, hosted a Safe Communities Meeting at the Lakeview Senior Center in Irvine. The meeting was held because of the recent violent acts that have been occurring across the nation. Residents were given the opportunity to listen to mental health experts on warning signs and prevention.

In addition, local residents who have been directly impacted by violent acts in their communities provided information from their point of view. Diane Osborn's brother-in-law was recently killed while on his way to work in what is known as the Tustin Freeway shooting spree that transpired this past February. Another speaker included was Paul Wilson, whose wife Christy was one of eight killed in the Seal Beach salon shooting spree in 2011.

The meeting was attended by approximately 175 people, with members of the health care community and law enforcement on hand to discuss behaviors, mental illnesses and substance/narcotics use. Information tables were set up and pamphlets were handed out to those interested in learning more about specific topics.

The Health Care Agency speaker made sure to spread the word about the county non-crisis support line for mental health and substance use at 714-991-6412; as well as a crisis prevention hotline at 877-727-4747.



Irvine Mayor Steven Choi



Teresa Renteria, Service Chief of the OCCREW Program speaks on the early warning signs of mental illness.



A former graduate of the Phoenix House Program and Geoff Henderson, Regional Administrator of Telecare speak on the early signs of substance use.

## Sunglasses

By Brian Gilbert

Rain has passed.  
Dark clouds  
Hang over  
My thoughts.

Wait!  
A triangle spot of blue sky  
Passes into my vision

Two images form,  
Makes a pair  
Of sunglasses

Is this portent  
That I must be  
Shielded from  
What is to come?

Or a reminder;  
Wear eye protection  
In harmful sunrays



# Mental Health First Aid

One in four Americans lives with a mental health problem each year. Yet, up to two-thirds go without treatment. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

In 2001, Mental Health First Aid was created in Australia by Tony Jorm, a respected mental health literacy professor and Betty Kitchener, a nurse specializing in health education at the University of Melbourne.

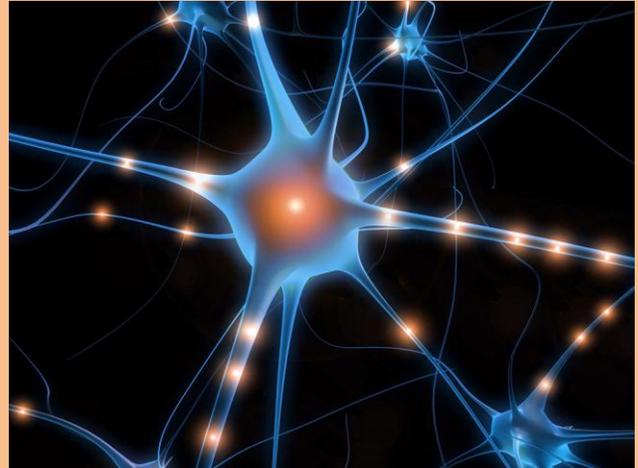
Five published studies in Australia showed that the program saves lives; improves the mental health of the individual administering the care, as well as the individual receiving the care; it expands knowledge of mental illnesses and the



various treatments for them; increases the services provided and reduces overall stigma by improving mental health “literacy”.

In order to increase public understanding of these disorders and improve treatment for those affected by them, the National Council for Community Behavioral Healthcare piloted Mental Health First Aid in 2008. The program has been replicated in England, Scotland, Canada, Hong Kong, Ireland, and Singapore in addition to the United States.

The Mental Health First Aid program is an interactive session which runs 12 hours. Mental Health First Aid certification must be renewed every three years. This course introduces participants to risk factors and warning signs of mental health problems, such as depression, anxiety, psychosis, eating disorders and substance use disorders and builds



understanding of their impact, as well as reviewing common treatments.

Specific audiences for the trainings vary, but should reflect people with little to no mental health background, due to the basic introductory nature of the course. Some of the organizations that can benefit from this course include, but are not limited to: hospitals, chambers of commerce, faith communities, school personnel, police department, fire department, corrections staff, nursing home staff and mental health support staff, families and the general public.

The National Council envisions that Mental Health First Aid will become as common as CPR and First Aid training during the next decade. The National Council certifies community providers to implement Mental Health First Aid in communities throughout the United States. Each Mental Health First Aid site develops individualized plans to reach their communities, but all deliver the core 12-hour program and each participating site undergoes tight credentialing to guarantee fidelity to the original, tested model, while also maintaining the flexibility necessary to reach its unique citizens’ needs and demographics.

In 2011, several county employees and county contractors were given the opportunity to take

Continued on page 4



the five day training to become certified trainers, and since then, the demand for trainings from outside agencies has sky rocketed. Currently, the County of Orange has partnered with Pacific Clinic's Recovery Education Institute to provide monthly trainings for REI students and the general public at 401 S. Tustin in Orange. To find out more about this training and to register, please call Center of Excellence at 714-667-5608.

To find a mental health first aid training provider near you, please go to: <http://www.mentalhealthfirstaid.org/>  
For more information about the program or to request the instructor training, please visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) or contact Susan Partain at (202) 684-7457 ext. 232 or [susanp@thenationalcouncil.org](mailto:susanp@thenationalcouncil.org).

## Mental Health Month 2013 Board Resolution

**WHEREAS**, the month of May is observed nationwide as Mental Health Month; and

**WHEREAS**, the theme for Mental Health Month 2013 is Pathways to Wellness; and

**WHEREAS**, research suggests that 1 in 4 adults struggle with a treatable mental health condition each year; and

**WHEREAS**, mental health is essential to everyone's overall health and well-being; and

**WHEREAS**, all Americans experience times of difficulty and stress in their lives; and

**WHEREAS**, promotion and prevention are effective ways to reduce the burden of mental health conditions; and

**WHEREAS**, our overall well-being is tied to the balance that exists between our emotional, physical, spiritual and mental health; and

**WHEREAS**, there is a strong body of research that supports specific tools that all Americans can use to better handle challenges, and protect their health and well-being—such as following a healthy diet, engaging in regular exercise, practicing relaxation, and getting plenty of rest; and

**WHEREAS**, mental health conditions are real and prevalent in our nation; and

**WHEREAS**, with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and

**WHEREAS**, treatment success rates for mental health disorders (60% to 90%) surpass those of other medical conditions such a heart disease (45% to 50%) and other chronic diseases (NIMH, 2002); and

**WHEREAS**, each business, school, government agency, faith-based organization, healthcare provider, and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts;

**NOW, THEREFORE, BE IT RESOLVED**, that the Orange County Board of Supervisors does hereby proclaim the month of May 2013 as Mental Health Month and urges the local citizens, government agencies, public and private institutions, businesses and schools to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions.



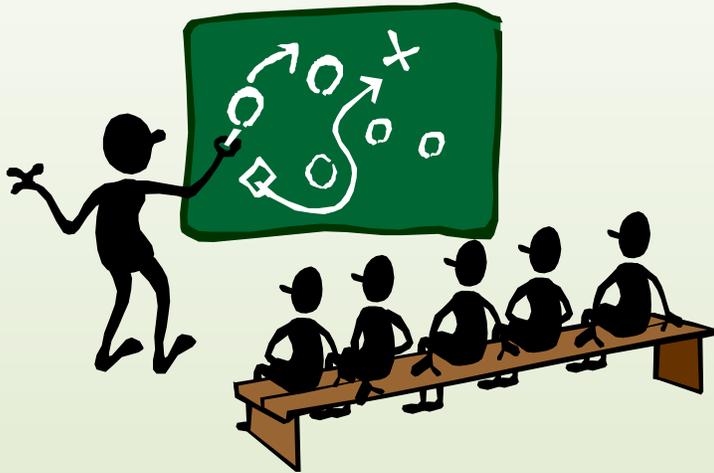
Jenny Qian, BHS Chief of Operations accepts a Board Resolution from Sabrina Noah, Policy Advisor to Supervisor Pat Bates, Fifth District

# Innovation Program #8: Project Life Coach

By: Rachelle Supphatvo

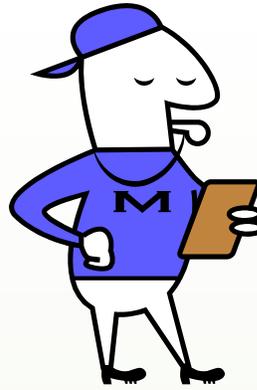
Funded by the Mental Health Services Act (MHSA), Project Life Coach (PLC) is one of the Innovation Programs designed to provide supportive employment services to individuals living with mental illness, especially those who are monolingual or with limited English proficiency. Counseling approaches utilize family strengthening techniques, participants, clinicians, and peer specialists, as an innovative therapeutic intervention to promote recovery.

Project Life Coach works with participants by providing supportive employment services. Collaboration between participants, peer specialists, clinicians and employers is the key. The program provides initial and ongoing



supportive services throughout employment process to ensure job retention. The program also increases job seeking skills.

Project Life Coach consists of an array of services provided by the clinicians and peer specialists. Clinicians provide the initial intake enrollment and assessment. They also provide brief individual counseling as it relates to employment, volunteer work, vocational training, and/or educational goals. They provide psychoeducation to community and potential employers hiring participants. Peer Specialists work mostly with the participants. They provide case management, support with job skills, and linkages to community based organizations. Each participant is provided with a clinician and a peer specialist to work with, while being enrolled in the program. A participant can work with Project



Life Coach even if he/she is working with other supportive employment agencies. A participant can be enrolled in Project Life Coach for up to a year.

One of our success stories comes from a Latino male participant who we can

refer to as Mr. J. Mr. J was a self-referral who was on probation for a non-violent felony committed several years before. Mr. J indicated that he is currently in treatment with one of the County's Adult Mental Health facilities. He was very eager and motivated to go back to work, but needed some support so he could retain his employment. We enrolled Mr. J into PLC and began working with him on job leads and finding resources so that he could continue with his education. Mr. J surprised the staff because he was coming into PLC with a Bachelor's degree and a Master's Degree, in addition to wanting to finish another Masters in Addiction Specialist. PLC provided job leads, and with Mr. J's motivation and persistence landed a job as an Outreach Coordinator for a recovery center. Mr. J continues to be a participant at PLC and wants to stay enrolled because he states he enjoys working with the staff and feels much support.

Project Life Coach started in July 2012. To date, PLC has served 73 participants, with 48 currently actively enrolled. Project Life Coach considers all referrals from the community. For more information about the program and/or eligibility requirements, please call the main line at 714-517-6100.



# LGBTQ Mental Health Conference

Tuesday, May 7, 2013 was a historic day as OC ACCEPT (Orange County Acceptance through Compassionate Care, Empowerment, and Positive Transformation), in association with the County of Orange Health Care Agency, hosted the first Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) Mental Health Conference in the County. The event, which was held at the Delhi Cultural Center in Santa Ana, drew in more than 250 attendees from all walks of life. From mental health professionals to county administrators and LGBTQ community members, the Delhi Center was buzzing with excitement!

The day opened with OC ACCEPT staff members engaging in a skit illustrating how Orange County is the forerunner of LGBTQ services. It continued with guest speaker Poshi Mikalson from the "LGBTQ Health Disparities Project," addressing the challenges of the LGBTQ communities being underserved in California. Morning and afternoon workshops were focused on gender identity; families and youth; bullying and coming out; spirituality within the LGBTQ community; sexual health; and intersection of identity. Participants were given many opportunities to learn and engage in thought provoking dialogues about these topics. In addition, during the working lunch, OC ACCEPT presented "Gen Silent," a moving documentary on issues faced by elder LGBTQ individuals. To everyone's surprise, Stu Maddox, an award-winning documentarian and LGBTQ advocate made an appearance and provided updates on the documentary subjects. The last keynote featured Rosayne Blumenstein, who addressed the audience by sharing her lived experience. She illustrated the bravery and resiliency of the LGBTQ communities in overcoming challenges. OC ACCEPT closed out the conference with their very own innovative video segment, "Word on the Street," summarizing participants' responses and capturing the conference's activities throughout the day. Never before has Orange County seen such a vibrant conference from its speakers to its rainbow-adorned centerpieces.

**"This conference is cutting edge and informative on the latest issues for LGBT and mental health."**

**"I'm going to recommend this training to my employer."**

**"Gen Silent was very moving!"**



**"Terrific event. Well organized and excellent content. Thank you – time well spent!"**

**"Great lunch, great presentations; very useful and beneficial."**

# Board of Supervisors Approves FY 13/14 Plan Update MHSA

On June 18, 2013, the Orange County Board of Supervisors approved the FY 13/14 Update to the County's Mental Health Services Act (MHSA) Plan. The Plan provides funding, personnel, and other resources in support of county mental health programs. The goal of these programs is to reduce the long-term adverse impact of untreated serious mental illness and serious emotional disturbance through the expanded use of successful, innovative, and evidence-based practices. Components of MHSA include Community Services and Supports, Workforce Education and Training, Capital Facilities and Technology, Prevention and Early Intervention, and Innovation.

The Plan was developed through an extensive community planning process with input from many diverse stakeholders. Orange County has received MHSA funding since 2005. This funding has been used to provide approximately 100 new programs that enhance the mental health wellness of our community. Approval of the Plan will allow those programs/services to continue at current funding levels, as well as to implement eight new Innovations Projects. The eight new Innovations Projects are subject to the approval of the Statewide MHSA Oversight and Accountability Commission. The total amount of funding approved is approximately \$104,000,000.

The entire FY 13/14 MHSA Plan Update may be found on the MHSA website at <http://ochealthinfo.com/mhsa>.

## MHSA Success Story!

This participant is a survivor of suicide of a family member, as her husband died by suicide last year. When this occurred, she was completely devastated. She started dating her husband when she was 13 years old, and they had recently celebrated their 38th wedding anniversary. During their marriage, they were close and happy throughout most of their lives together. Over the years, her husband suffered from debilitating episodes of depression; but after a short period, he would regain his cheerfulness and go back to his positive self. This last time it did not happen. She felt she had no answers or peace for his abrupt ending of their life together. After some time, a friend handed her a phone number for the Didi Hirsch Survivors After Suicide Program. The clinical therapist returned her call. She described the therapist as a compassionate, caring and knowledgeable professional.

On that first call, the therapist told her something that helped her understand her husband's terrible sickness and ending; she said some people with depression do not get better. This gave her some peace. The clinician also reassured her that it was not her fault. She thought she had failed to help him get better. The Survivor Support program of eight group sessions helped this survivor tremendously. She believed this small group was a place where she could talk and listen to shared experiences from others. Every week she gained insight and understanding related to her emotional wellbeing. A survivor co-facilitating the group showed her that a person can also have a side of happiness even after a devastating loss. Her participation in the group gave her a chance to see a different aspect of the situation. After completing the eight weekly sessions, she now looks forward to the bi-monthly meetings. These meetings have a reenergizing effect on her. Slowly, with the help everyone in the group, she is finding answers to her questions.

# Calendar of Events

<b>Aug.</b>	<b>5</b>	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Delhi Community Center
	<b>6</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
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Health Care Agency, 405 W. Fifth St., Santa Ana, CA 92701 - Room 433 (QIPC Meetings)

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**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/>

**MHSA Contributing Staff:**

Bonnie Birnbaum      Bradley Hutchins - Editor  
Hieu Nguyen          Rachelle Suppiphatvo

# Recovery Connections

Quarterly Newsletter of the

Orange County Health Care Agency, Behavioral Health Services Center of Excellence

Winter 2013



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Orange County Health Care  
Agency, Behavioral Health  
Services, Center of Excellence  
600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701  
Phone: 714-667-5600  
Fax: 714-667-5612  
<http://ochealthinfo.com/mhsa>

## Collective Solutions: A Family-Focused Crisis Management Program

In 2012, Collective Solutions, another of the 10 Mental Health Services Act Innovations Programs began serving the public. It is a 16-week program that provides community-based supportive services to family members struggling with managing and coping with the behavioral health disorder of a loved one. While many programs offer direct services to individuals suffering from a mental illness, Collective Solutions is an innovative program that works primarily with family members of the person who is living with a mental health diagnosis to provide supportive, therapeutic, and case management services. The goal of the program is to assist family members in building coping skills, raising awareness about mental health, facilitating positive communication, and developing a plan of action for managing crisis situations related to a loved one's mental illness.

Services are provided by a team of Master's level clinicians and peer mentors. Peer mentors are graduates of the Paraprofessional Mental Health Worker Certification Program that are trained to implement an evidence-based practice while working with participants. This bilingual team currently provides services in English, Spanish, and Farsi.

Referrals to Collective Solutions can be made by calling the Innovations main line at 714-517-6100 or faxing a completed referral form to 714-517-6139. Forms can be obtained through participating community agencies. Walk-ins and calls from the community are also accepted. Requirements: participants must have a family member age 16 or older, newly or previously diagnosed with a mental health disorder; the family is in a state of crisis as a result of the loved one's illness, and all participants are residents

of Orange County. Services include: case management, outreach and engagement, family counseling, peer support, and education groups.



# **CaIMHSA Prevention and Early Intervention (PEI)**

## **Statewide Projects**

The California Mental Health Services Authority (CaIMHSA) is a Joint Powers Authority (JPA) formed in 2009 by counties to efficiently deliver mental health projects. Member counties jointly develop, fund, and implement mental health services, projects, and educational programs at the state, regional, and local levels. CaIMHSA is currently developing and implementing PEI programs, on a statewide or regional basis, in alignment with the "Guidelines for PEI Statewide Programs" issued by the Mental Health Services Oversight and Accountability Commission (MHSOAC) and the State Strategic Plans for:

- Suicide Prevention
- Expanding resources for student mental health and,
- Reducing stigma and discrimination related to mental illness.

In July 2010, the County of Orange became a member of CaIMHSA to implement the PEI Statewide Projects, joining a growing membership that currently includes 47 counties. By January 2011, the CaIMHSA PEI Statewide Projects Implementation Work Plan was approved by the MHSOAC. Upon Work Plan approval, requests for proposals and applications (RFPs/RFAs) were released for 24 separate programs. These proposals were evaluated by subject matter experts, and the selected proposals were approved by the CaIMHSA Board of Directors in summer 2011. Contracts were negotiated by early December 2011 and statewide project implementation of the three initiatives is underway.

Last summer, Ann Collentine, Program Director for CaIMHSA, provided the MHSOAC Steering Committee with an update on the progress of the PEI Statewide Projects. CaIMHSA has a four year plan to implement and oversee the statewide projects funded with one-time monies. Year 1 was focused on developing the foundation and planning for the success of the projects. CaIMHSA is currently in Year 2, which focuses on contract management and project implementation, communication, and quality improvement. Subsequent years will focus on these areas, plus evaluating project outcomes, sustainability, and demonstrating evidence of impact.

Thus far, CaIMHSA programs have resulted in:

- Broadening mental health skills/knowledge/attitudes across initiatives
- New and/or expanded programs (e.g. training, awareness/understanding and service provision)
- Material and financial resources for PEI
- Cross-system collaboration, policies & protocols

Current efforts in Orange County include: Suicide Prevention training and expanded hotline services available in Korean & Vietnamese. School personnel are receiving professional development to enhance their ability to respond to the mental health needs of students. In May 2012, several media campaigns that focused on stigma reduction were launched; the first campaign focused on youth ages 14-24 years old. Information on these campaigns can be found at [www.Reachout.com](http://www.Reachout.com)

Please visit [www.calmhsa.org](http://www.calmhsa.org) and <http://www.yourvoicecounts.org/> to learn more about and get involved in the PEI Statewide Projects.

“To commemorate those who suffered the effects of Hurricane Sandy in New York, New Jersey & all other New England states.”

## “First Responders”

By: Tomaso DeBenedictis

First responders hit the screen, what a team they are!  
The tunnels are flooded, where is the boardwalk? – Roller Coast in the ocean, what a notion.  
Jagged horizon line, the roaring ocean resounding, waves are mounting.  
Jersey Shore re-arranging; the great lakes quaking.  
New York City skyline, lights are flashin’.  
Queens ablaze with fire. Hudson River in such a quiver, East River flowin’ over too.  
Not a plane in the sky, the subways a halt.  
Lower Manhattan, mid and upper Staten Island awash.  
Coney Island disfigured. Lady Liberty standing tall.  
Give me your huddled masses; all the classes are in the same boat.  
Atlantic City, what a pity, all the casinos shutdown.  
My favorite restaurant, delicatessen too, all board up; can’t wait til it reopens.  
Water flooding ground zero 9/11 what in heaven’s name!  
Dear Lord bring us together in one accord we pray.  
The shoreline reshaped sand everywhere from Breezy Point to Montauk.  
A thousand mile wide storm sure isn’t the norm for hurricane weather.  
Things will get better. Let’s get together and love one another.  
When the storm is over come on over for dinner, we’ll get it together; couldn’t get much thinner round here.  
In times like these we need a Savior, in times like these we need an anchor; be very sure, be very sure your anchor holds and grips the solid rock!  
In times like these we are all first responders.



## People

By Myra Kanter

Among my favorite people in the world, are dogs.

Having few expectations of each other, we value:

Genuine feelings, truthful dialogue, soulful eye-contact, meaningful friendships, kind gestures, soft touches and unconditional acceptance.

We fill each other’s time with:

Love, tolerance, purpose, compassion, loyalty, laughter, affirmation, comfort, peace, anticipation and joy.



# 2013 MHSA Calendar

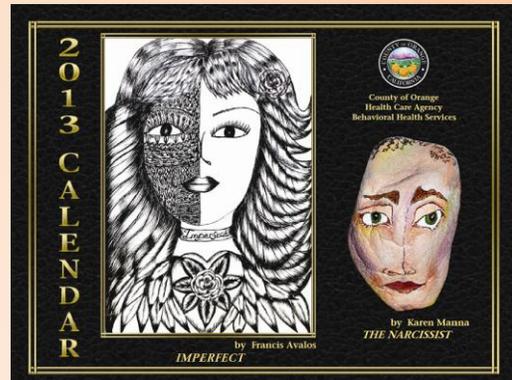
At the January MHSA Steering Committee meeting, recognition was paid to the numerous individuals who had their artwork, creative writing and craftwork published in the 2013 MHSA Calendar. Many of the artists were unable to attend the meeting, but to make sure they receive the proper acknowledgement; the following is a list of the artists.

**Artwork Category:** Francis Avalos \* Linda Bird \* Theresa Boyd \* Shebuah Burke \* Belynda Davis \* Chris Dovey \* Julio Galarza \* Ron Gassaway \* Daniel Gibbs \* Keith Hansen \* Sonia Inns \* Brigitte Nguyen \* Marty Naftel \* Wanda Sarabia \* Milton W. Schnitger \* Chantel Sejourne-Daitch \* Brandy Wing \* Andrea Yanulaytis

**Craftwork Category:** Emily Balise \* Tho Be \* Cassandra Chatmon \* Julian Cuellar \* Anissa Angelic Garcia \* Paul Jordan \* Khe Ngo \* Marco Santillan

**Writing Category:** Craig Costello \* Beverly Cunningham \* Vivian De Leon \* Joe Garcia \* Adam Goldman \* Melody Marler \* Debbi Odel \* James Onuska \* Joy Torres

For those artists that have not yet received their certificate, please send an email to [mhsa@ochca.com](mailto:mhsa@ochca.com) or call 714-667-5600 and one will be sent to you.



## Dr. Clayton Chau Leaves HCA for Caloptima

This past December, Dr. Clayton Chau left the Health Care Agency for an opportunity to become the Medical Director for Behavioral Health Services at CalOptima. Dr. Chau worked for the County for more than 18 years and held many different positions, eventually becoming the Director of the Center of Excellence, which includes the Office of Cultural Competency and the Mental Health Services Act Coordination Office.



Dr. Chau received accolades for his work throughout the county, state and entire country. Last year, he was given the National Council's Visionary Leadership award for advocacy work with people living with mental illness. As a Vietnam refugee himself, he has

worked to set up an organization to help family members of those suffering from behavioral health disorders.

Prior to working for the County, Dr. Chau earned his undergraduate degree from UC Irvine, his medical degree from the University of Minnesota, as well as a Ph.D. in Clinical Psychology from Chelsea University in London.

CalOptima provides publicly-funded health plans coverage for low-income families, seniors and people with disabilities in Orange County. It currently serves more than 418,000

members and has a network of more than 6,000 primary care doctors and specialists as well as services in 27 hospitals.

Everyone at the Health Care Agency wishes Dr. Chau the very best in all future endeavors, and we look forward to collaborating with him in his new position.

# Spirituality Conference Held in Orange County

On Oct. 4, 2012, the Orange County Health Care Agency's Center of Excellence held its 1<sup>st</sup> Spirituality Integration Conference. The conference was well-attended, with more than 260 individuals filling the Delhi Community Center in Santa Ana. Conference attendees included Medical and Behavioral Health Multidisciplinary Professionals, Interns, Clergy, Peer Paraprofessionals, Educators, Consumers, Family Members, and Community Members.

In June of 2008, numerous County authorities in California contributed funds to launch a Spirituality Initiative based in the Center for Multicultural Development at the California Institute for Mental Health in Sacramento (CIMH). The goals of the Initiative are as follows:

1. Increasing awareness of spirituality as a potential resource in Mental Health wellness, recovery, and multicultural competency
2. Encouraging collaboration among faith-based organizations, Mental Health Service providers, consumers, family members, and communities in combating stigma and decreasing disparities in access to services for diverse populations



The Threshold Choir entertains during the lunch break.

The APA Code of Ethics lists Religion as a multicultural issue along with age, gender, race, ethnicity and sexual orientation, some have said it is actually unethical not to address this issue in Behavioral Health treatment.

Bringing this initiative to Orange County has long been a vision of Health Care Agency Director Mark Refowitz and former Associate Medical Director Dr. Clayton Chau. In response to this, a Spirituality Integration Committee was formed at the Center of Excellence to bring this vision to fruition. The goal was "Educating Health Service Providers on the Importance of Integrating Spirituality with Behavioral Health as a



Keynote Speaker Dr. Gloria Morrow addresses the audience.

Component of the Recovery Process." The Mission Statement was "To Provide Culturally Competent Health Services by Including the Integration of Behavioral Health and Spirituality." In response, an advisory board was formed which consisted of educators, medical and behavioral health providers, clergy of various faiths, and family members. Monthly trainings have been offered on various religions, spiritual practices, and spiritual integration with Behavioral Health. The year culminated with Behavioral Health Services' 1<sup>st</sup> Spirituality Integration Conference. Dr. Gloria Morrow and Dr. Edward Shafranske, Nationally renowned speakers, authors, and educators, provided the main keynote addresses on the topic of Integrating Spirituality and Behavioral Health. Their presentations were very well received.

Five workshops with highly professional facilitators were offered:

1. Professional Multidisciplinary Panel and Case Discussion,
2. Responding to Religious and Spiritual Material in Psychotherapy: An Interactive Workshop
3. An Introduction to Mindfulness
4. A discussion on Spirituality and Religion
5. Consumer Panel Discussion: A Front Line View.

Special music was provided at lunch time by the "Threshold Choir"; - A nonprofit group of singers who serve to bring ease and comfort to those at the thresholds of living and dying. Their simple songs, sincere kindness, and gentle voices moved many attendees to tears, and they received a standing ovation. The singers are quick to say

they are not performers and they write many of their songs which are sung acappella and are in tune with the recovery movement.

Some positive comments on the evaluations included "Excellent conversations for front line



Peggy Rowe Ward gives a presentation on an Introduction to Mindfulness.

mental health providers," "Great workshops, please repeat;" "Hope this discussion continues to grow and expand in Mental Health with the faith community," (a clergy member), "Exceptional caliber;" "Glad the County created such a wonderful conference;" "Thanks for acknowledging spirituality as an important part of assessment and treatment;" "All presenters were amazing, looking forward to next year;" "Deeply value this wonderful, beautifully generous gift of this conference," "This felt like going to a retreat, excellent conference, so glad to attend, so easy to lose touch with our own spirituality;" "Balanced, scholarly, excellent;" "Great to be in the room with well-informed professionals;" "Do it again next year, make it two days to be able to attend all the workshops."



### **Hope**

*For every heart that has known hurt,  
Hope casts a light  
That shines through darkness  
To find a path  
To a healing place.  
Hope is the golden thread  
That gathers courage and strength.  
It is where a soul can be restored through  
forgiveness.*

*Hope brings the magic of Spring;  
Renewal through the wonder of transformation,  
Awakening dormant hearts  
With real meaning, at last  
Minh-Ha Pham, Psy.D.*



# MHSA Planning for FY 13/14

By: Bonnie Birnbaum, DrPH, JD

Planning for the use of MHSA funding in FY 13/14 is currently in process. Both the planning process and the format of the plan have changed this year. The MHSA Steering Committee changed its schedule to meet every other month. In the alternate months, subcommittee meetings were held. Subcommittees are organized by component and/or age group. This allowed smaller groups to take a more detailed approach to studying the subject area related to their particular interest. It also increased stakeholder participation in decision making.

The subcommittees went through extensive review of information and discussion of the proposed programs and budgets relevant to individual subcommittees. Each subcommittee developed a set of recommendations to the whole MHSA Steering Committee regarding the budget and programs for its particular component/age group.

At the January 7, 2013 Steering Committee meeting, the subcommittee recommendations for FY 13/14 were approved. Some notable changes from FY 12/13 include:

- The Community Services and Supports (CSS) budget was adjusted to more closely resemble actual program expenditures.
- The Workforce Education and Training (WET) funding was adjusted so that it reflects only the WET programs currently in operation. Over the years since the original WET Plan was developed, some programs have been dropped due to difficulties with implementation or other circumstances. WET was one-time funding. Since the original WET funding was allocated, no new funding for WET has been provided. Thus, to maintain the current WET programs, unused CSS monies from prior years were allocated to sustain current WET programs.
- New Innovation ideas were approved for possible funding. The Steering Committee approved a total of eight ideas:
  1. Proactive On-Site Engagement in the Collaborative Courts to Offer Access to Mental Health Education Programs to Reduce Recidivism.
  2. Religious Leaders Mental Health First Aid.
  3. Access to Mobile/Cellular/Internet Devices in Improving Quality of Life.

4. Veterans Services for Military/Veteran Families and Caregivers.
5. The Brain & Your Health Education Exhibition and Resource Center.
6. Skill Sets for Independent Living & Project
7. Healthy Ideas Partners: A Community Collaboration Addressing Depression in Older Adults.
8. Retreats for the Caregiving Families.

- Programs for the Prevention and Early Intervention component had been restructured and the budget approved earlier in the year. Thus, no new action was needed at the January meeting.
- The Steering Committee approved the entire MHSA FY 13/14 recommended plan.

Now that the MHSA Steering Committee has approved the programs and budgets, staff will move forward with writing a draft plan. There is some additional flexibility in the way the FY 13/14 Update can be developed. The intent is to make the new Plan more “reader friendly” and include illustrations, client quotes, and success stories. Selected programs will highlight their outcomes data using pie charts and bar graphs.

Once the draft is complete, there will be a 30-day public comment period. Following that period, the Mental Health Board will hold a Public Hearing on the Plan. The Plan will then be considered by the Orange County Board of Supervisors. Upon approval by the Board, the Plan will be submitted to the State’s Oversight and Accountability Commission (OAC).

The OAC is responsible for approving the expenditure of MHSA funding on Innovation projects that were not previously approved. It is expected that all approvals will be granted before the start of FY 13/14 on July 1, 2013.

Behavioral Health Services wishes to thank to the community members who participated in the planning process. Through their dedication and hard work, this Plan will bring much-needed services to those in Orange County living with or at high risk of developing a mental health diagnosis.

<b>Mar</b>	<b>4</b>	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Delhi Community Center
	<b>5</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	<b>27</b>	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration
<b>Apr</b>	<b>1</b>	1:00 p.m. – 4:00 p.m.	MHSA Subcommittee Meetings	Delhi Community Center
	<b>2</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	<b>24</b>	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration
<b>May</b>	<b>6</b>	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Delhi Community Center
	<b>7</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	<b>22</b>	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration

**Location Address:**

**Delhi Community Center, 505 E. Central Ave. Santa Ana, CA (MHSA Steering Committee and Subcommittee 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)**

**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](http://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/](http://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://ohealthinfo.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/>**

**MHSA Contributing Staff:**

Bonnie Birnbaum      Bradley Hutchins - Editor

# Recovery Connections

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Winter 2014



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WELLNESS • RECOVERY • RESILIENCE

**Orange County Health Care  
Agency, Behavioral Health  
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## Mental Health Services Act Three-Year Plan Will Include New and Expanded Programs

Based on projections of MHSa revenues for the next three years, it was determined that there will be about \$25 million per year available for expansion of existing programs and/or implementation of new programs to address identified unmet needs for services. These funds are a combination of projected revenue increases and unspent funds from prior years. The Health Care Agency worked with the Mental Health Board to develop preliminary recommendations, which were then reviewed and discussed by MHSa subcommittees and the MHSa Steering Committee. In addition, a public input process was held in December to obtain additional ideas for new/expanded programs. Approximately 90 comments were received. The information from the public input process was then considered by MHSa Subcommittees and the entire MHSa Steering Committee. As a result of this community planning process, the following program expansions and additions are included in the Three-Year Plan, which starts July 2014.

The following Community Services and Supports (CSS), programs will be added or expanded.

1. Program for Assertive Community Treatment (PACT) Expansion – Current caseloads at the Adult Outpatient Clinics have been growing and creating large client to staff ratios. The plan would add 33 clinical staff to the program at five locations. PACT provides assessment, linkages, individual and group therapy, extensive case management, advocacy, medication support and a variety of other recovery based services for adults.
2. Children's Crisis Residential – The program offers temporary, short-term placement into a structured environment. Admissions are voluntary and available 24/7 depending on availability. This was one of the initial programs funded by MHSa, but has been limited in size to just six beds, causing the waiting lists to build up. This expansion will provide 12 new beds in a facility that is already licensed.
3. Children's In-Home Stabilization – The program provides in-home crisis response therapy, case management, and rehabilitation services focusing on

Continued on page 2

- maintaining family stabilization and preventing moving the child to a hospital or home placement. The number of client families to use the services has nearly doubled in the five years it has been operating. Expansion of the program will add six new direct staff members to the eight in place.
4. Wellness Center (South County) – With the success of the Wellness Center located at 401 S. Tustin in Orange, the recommendation was made to open a new Wellness Center located in South Orange County. Many potential clients who would like to access Wellness Center services are unable to find adequate transportation to the existing site because of the distance. Opening a new location with similar programs will help advance the goals of the clients to achieve a higher level of recovery.
  5. Transportation – Since the inception of MHSA, transportation has always been an issue for many clients. This service will help those who have a difficult time securing transportation needed to get to appointments to assist them in recovery. The program will be handled through a subcontractor and pay for the vans and drivers needed to transport clients on a greater scale than previously possible.
  6. Laura’s Law Program/Assisted Outpatient Treatment – This program has been called for by numerous members of the community. It is designed to assist those clients who are resistant to obtaining and/or maintaining treatment. This is an intensive program that will help not only the individual with a mental illness, but their families as well. The services will provide a “whatever it takes” approach to attaining recovery, including having access to a team member 24/7. The hope for this program is that the clients will be able to get help before they become a danger to themselves or others and prevent a revolving door of homelessness, hospitalizations, and incarcerations.
  7. Adult/Transitional Age Youth In-Home Crisis Stabilization Program – This approach has been very successful with children and adolescents in crisis. This new program will provide similar services for TAY and adults living at home. The program will provide 24/7 in-home crisis response and short term in-home therapy, case management and rehabilitation services that focus on family stabilization and prevention of a hospitalization or home placement.
  8. FSP Expansion – FSP’s have experienced an increased need for services, as well as an increase in operating costs. With the additional funding, FSPS in all age groups will be able to improve their services and enroll new clients.
  9. Mental Health Court (Probation Officers) – With this funding, five probation officers, ½ a supervisor and ½ a clerical support position can be hired to be working for the adult mental health courts. Research has shown that collaborative/supervision/case management services by probation officers are identified as the best/promising practices.
  10. Drop in Center – This will establish a drop in center in Central Orange County that will be accessible to the persons currently residing in the Santa Ana/Civic Center Plaza area. There are many mentally ill homeless in this area who are unable to access the current MHSA drop in center.
  11. Housing for Homeless – This program will likely purchase a small house for homeless adults with severe mental illness. The goal is to provide them with a safe, structured environment for a few months. This will be linked to an opportunity for full time permanent housing afterward.
  12. Housing and Year Round Emergency Shelter Services – This program will dedicate funding for mental health beds in a planned year-round emergency shelter or any other shelter opportunity program. The shelter will be used as a point of entry for potential MHSA clients.
  13. Orange County Children with co-occurring mental health and chronic/severe acute illnesses. – This program will offer specialized mental health services provided with an integrated health care system that is coordinated with medical treatment. There is an extensive wait list for those eligible for these programs. Incorporated within this program will be outpatient mental health clinics for children,

as well programs to improve the treatment of eating disorders in adolescents.

14. Outpatient Mental Health Services Expansion: Children and Youth – Youth referrals have been growing rapidly as more families become eligible for services. Currently for every Medi-Cal covered family, two additional families that do not have Medi-Cal are in need of services. This program will increase the ability of these clinics to take on bigger caseloads of families that wouldn't otherwise be able to receive treatment and services.

The following Prevention and Early Intervention (PEI), programs will be added or expanded.

1. BHS Mental Health Counseling Program – This program was recommended by community stakeholders, and will assist clients by providing resources on a short term basis for counseling and psychiatric services for those who do not meet the current criteria for services at a community clinic.
2. Orange County Post-Partum Wellness (OCCPW) Program – The OCCPW program has seen increases in enrollment by 40% in just two years. The waiting list has grown to more than 40 mothers in the last six months. The program will be able to add more positions, remove the waiting list and increase the number of clients from 120 to 160. The program will also now be able to address the needs of pregnant women, as well as new mothers who are at risk for depression.
3. Socialization Program – The Socialization program has been operating for three years and has been found to be successful in services to both adults and older adults. This program will be solely for the older adult specific program. With the additional funding, 922 additional home visits can be made, 49 educational groups and 106 socialization groups can be formed.
4. A K-12 Coping skill to manage stress – A program consisting of evidence-based mindfulness has shown success in piloted OC schools. With 12-20% of children having a diagnosed anxiety disorder, coping skills are necessary to promote resiliency amongst students.
5. Continue funding Statewide Projects – CalMHSA initiatives for suicide prevention, student mental health, and stigma reduction have been able to provide services to Orange County residents, stretching dollars 35-50% further by purchasing materials across counties.
6. Continuation of the Warmline for after-hours services – With local MHSA funding, the warmline has been providing needed phone services to those in non-crisis situations from 8 a.m. – 11 p.m. The statewide funding is expected to end June 30, 2014. The additional funding will allow us to continue services in the crucial 11 pm – 3 am time period.

As this article illustrates, the Mental Health Services Act continues to go through changes to help better the lives of the clients and the entire Orange County community. The new growth funding programs will continue to advance the goals that the voters envisioned when MHSA was first passed.

# Triage Grant Awarded to Orange County

The Health Care Agency is pleased to announce that the Mental Health Services Oversight and Accountability Commission has approved the County's proposal to augment Triage Services in Orange County. The grant was written in collaboration with the Hospital Association of Southern California. It will provide \$3 million annually for triage personnel, including licensed professionals, peers, and support staff to expand the number of mental health personnel to provide crisis support services, including crisis triage, targeted case management, and linkage to services for individuals with mental illness who require a crisis intervention.

Triage personnel will be stationed in various locations, including (with hospital consent) hospital emergency departments and emergency shelters. Once a crisis situation has been identified, clinically-trained, designated personnel will assess the patient and make a recommendation for the appropriate level of care. Persons with lived experience (peers) may assist adult voluntary clients in accessing the recommended type of care in the community and provide follow-up and support to make sure that the client is stable.

This grant is authorized under SB 82, Investment in Mental Health Wellness Act 2013. The goal of expanded crisis stabilization services is to reduce emergency room utilization and inpatient hospitalization. The County has also submitted a separate application for \$11 million in one-time grant funding to provide additional infrastructure for Crisis Stabilization and Crisis Residential Services. That grant is administered by the California Health Care Financing Authority. It was submitted on January 22, 2013 and is currently under review.

When implemented, the Triage Grant will fund a minimum of twelve designated, clinical personnel, who will be located in consenting hospital emergency departments with high volumes of patients presenting with psychiatric emergencies. The County will contract with hospitals and other providers to hire and manage these personnel. At least two of the designated clinical personnel will serve children and youth. Designated clinical personnel will refer patients not requiring inpatient treatment to case workers and peer support personnel who will assist patients in accessing appropriate-level-of-care services in the community, through an established warm hand-off protocol. Peer support services will be provided through contract with a community-based organization. One or more psychiatrists will be used to provide consulting services.



# Volunteer to Work begins serving those who want to get back to work

Volunteer to Work, the final Innovation project from the initial group of 10 projects has been implemented and has begun serving members of the community who would like to return to the workforce with, volunteering being the key advantage. The program is run by Goodwill industries and currently has an office at 12419 Lewis St., Suite 102 in Garden Grove. They do however, serve the entire County.

A recent study found that volunteering is associated with a 27% higher odds of employment, with statistics stable amongst all genders, races, ethnic categories of age, time metropolitan area and unemployment rate. The program uses volunteer experience as a stepping stone towards supported employment. One of the

main keys to this goal is the use of the peer support system. Peers work with the clients to help them develop a plan for themselves on the type of work they are interested in, as well as providing support through groups.

Goodwill has developed three training course tracks for the clients enrolled: computer skills, social skills, and career development skills. In addition to each of these tracks, the clients help out at different events in the community such as a beach clean-up day.

In order to join the Volunteer to Work program, you must be a resident of Orange County and be 18 years or older. Client must be receiving mental health services, be willing and able to volunteer for 90 days, and be able to focus conversations on

volunteer positions to start, not paid positions upon entry.

Since the program began, Volunteer to Work has had 40 persons actively enrolled in the project with 14 volunteer placements in the community. Two persons have graduated from the program, meaning successfully completing 90 days at a given site. Graduation from the program may mean

a competitive wage position, but that isn't always the case.

The experience gained from the program is used as a starting point to gain relevant experience, skills, and network at the volunteer position site. If employment isn't reached at graduation, VTW staff link the

consumer with e-works, a public supported employment program (one stops), Project Life Coach (another Innovations program), or help them with the next step which might be to continue in their volunteer position.

Volunteers have been placed in sites such as Veteran's First; Heritage Museum, THINK Together, Dayle McIntosh Center; Delhi Center, Project Cuddle; and Goodwill of Orange County. Volunteer Coordinators look to find a volunteer opportunity that the client is interested in so that there will already be a level of motivation before the volunteer puts in their time. To date, clients in the program have provided 367 hours of volunteering.



By Tomaso DeBenedictis

A most memorable event that took place on April 15, 2013 in the United States of America; making a profound affect around the world. The immoral act of terrorism that of Boston Marathon Bombing. An event that changes history; and what we learn from it. Through tear drops and bloodstains we have become stronger, more loving, caring and patriotic. This is a patriotism day remembrance. We learned to not let fear overcome us. We are a resilient people, courageous and overcoming. In our grief and pain we still have a great future and hope. We have a renewed look at our own morals as individuals and that of our nation. We stand strong and united that God has not given us a spirit of fear, but power, love and a sound mind.

We can stand firm remembering and keeping in our hearts the inscribed moving words of the eight year old boy who died at the scene, Martin Richard and together exclaim,

“No more hurting people”

PEACE

May we always resolve with fervency as our National Anthem concludes with- Oh Say does that Star-spangled banner yet wave or the land of the free and the home of the brave.

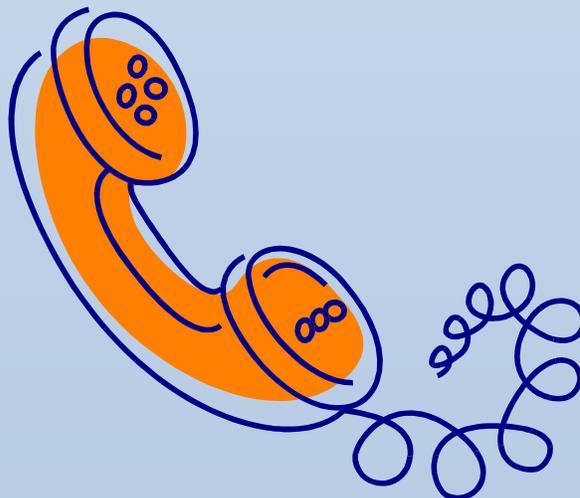
## Referrals to OCLINKS Continues to rise

According to statistics for the OCLINKS Phone/internet log, the number of unduplicated persons accessing the new system have risen considerably in the last few months. In November 2013, OCLINKS had a total of 297 non-repeat callers, and assisted 20 persons via the online chat function. The number of persons use the services in January rose to 494 persons calling in, and another 26 through the online chat. The main points of contact for persons accessing the new line have come from multiple different resources, but the predominant points of contact have come from the Internet, another from the Internet, another Community Agency and the Orange County Probation Department. About half of the persons accessing OCLINKS are doing so on behalf of another person (261 out of 520).

Demographics for the users accessing the line show a majority of persons age 40-59. However, persons of all ages from 16-17 to 60+ also participate. A majority of the participants (483/520) identified themselves as

an English speaker, with the next highest language of those using the service being Spanish, with 30 persons.

The Health Care Agency is very pleased with these statistics, and fully expects continued growth in the number of persons accessing the service in the months ahead as word spreads. To access the services yourself, please call 1-855-OCLINKS (625-4657), or log on to [www.ohealthinfo.com/ocklinks](http://www.ohealthinfo.com/ocklinks)



# Upcoming Events

## Meeting of the Minds

Mental Health Association of Orange County  
20<sup>th</sup> Annual Meeting of the Minds Mental Health Conference  
May 13, 2014  
8:00 am – 4:30 pm  
Anaheim Marriott

MHSA hosts the largest mental health conference in Orange County. This conference features a resource fair with over 60 exhibitors, 24 timely workshops, networking lunch, keynote speaker, author and speaker, Carol Kivler. Last year's conference was attended by 800 people.

For more information and to download a registration form, please go to [www.mhaoc.org](http://www.mhaoc.org)

## Art with Impact

The Art with Impact event is scheduled for April 25, 2014 from 11:30 a.m. to 1:30 p.m. at Santa Ana College.

The event is part of a series of events hosted on college campuses designed to reduce stigma and mental illness and encourage early intervention for emerging mental health issues.

At the event, three short films about mental health with professionally facilitated small and large groups will be presented to the audience.

To view the videos beforehand, please click here:

<http://www.artwithimpact.org/awi/winners>

The remaining event will be a panel discussion which typically includes a student who shares their lived experience, a counselor from the school and/or someone from the county as well as a representative from the Mental Health Services Oversight and Accountability Commission (MHSOAC).

For more information on the event please visit [www.artwithimpact.org](http://www.artwithimpact.org) or view their Facebook page [www.facebook.com/artwithimpact1](http://www.facebook.com/artwithimpact1).



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<b>Mar.</b>	<b>3</b>	1:00 p.m. – 4:00 p.m.	MHSA Subcommittee Meetings	Delhi Community Center
	<b>6</b>	9:00 a.m. – 10:30 a.m.	Alcohol & Drug Advisory Board Meeting	Hall of Administration
	<b>26</b>	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration
	<b>31</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
<b>Apr.</b>	<b>3</b>	9:00 a.m. – 10:30 a.m.	Alcohol & Drug Advisory Board Meeting	Hall of Administration
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<b>May</b>	<b>1</b>	9:00 a.m. – 10:30 a.m.	Alcohol & Drug Advisory Board Meeting	Hall of Administration
	<b>5</b>	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Delhi Community Center
	<b>19</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
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**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/Alcohol & Drug Board)**

## 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/](http://www.orange.networkofcare.org/veterans/)

## Sign up for the MHSA Office Mailing List

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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/>

## MHSA Contributing Staff:

Bonnie Birnbaum      Bradley Hutchins - Editor

# Recovery Connections

Quarterly Newsletter of the

Orange County Health Care Agency, Behavioral Health Services MHSA Office

Summer 2014



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WELLNESS • RECOVERY • RESILIENCE

Orange County Health Care Agency, Behavioral Health Services, Center of Excellence  
600 W. Santa Ana Blvd., Ste. 510  
Santa Ana, CA 92701  
Phone: 714-667-5600  
Fax: 714-667-5612  
<http://ochealthinfo.com/mhsa>

## Historic Day for Mental Illness in Orange County

May 13, 2014 served as a very exciting day throughout the state of California, but especially here in Orange County. The state was recognizing the day as “Each Mind Matters” in Sacramento with a rally on stigma elimination that brought more than 1,500 to the capital building with community leaders from all over the state sharing ideas and resources. To learn more about the each mind matters campaign, please visit their website [www.eachmindmatters.org](http://www.eachmindmatters.org)

Here in Orange County May 13, was the day in which the MHSA 3-year FY 2014/15-2016/17 Plan was approved by the Board of Supervisors. The Plan had been a continuing work in progress since last fall when it was determined that there would be additional funds available for new and expanded programs in the amount of approximately \$25 million. After a thorough planning period and with programs ideas to help meet unmet needs in the community, the Steering Committee was able to approve the expansion of certain programs as well as approve new programs in the Community Services and Support (CSS) and Prevention and Early Intervention (PEI) components.

One of the new programs was Assisted Outpatient Treatment (AOT), or as it is more commonly known, “Laura’s Law”. The Board of Supervisors approved a resolution for AOT to be funded beginning in July. Many constituents have asked for Laura’s Law to be implemented in the years since it was written into law, but due to funding restrictions, the opportunity for most counties to start the program was limited. With the passage last year of SB585, which allowed MHSA dollars to be used, to fund portions of an AOT program with the leadership of the MHSA Steering Committee, the Mental Health Board, and other community stakeholders, the funding was approved.

Be sure to look for future issues of Recovery Connections, check the MHSA website, or come to future Steering Committee meetings to get updates on how the AOT program is developing.

# Farewell

By: Bonnie Birnbaum

On July 11, 2014, I retired from my job with the County of Orange. It has been an honor to have worked with such a dedicated group of individuals who have devoted their efforts to improving both access to behavioral health services and the quality of care.



I was part of the team that began implementation of Proposition 63 (Mental Health Services Act) in January 2005. For the past 10 years, I have worked with the community, Mental Health Board, MHSA Steering Committee, service providers, county staff and many other behavioral health stakeholders to transform our local behavioral health system into a recovery-based system that truly meets the needs of the community. Although there is yet much to be done, I believe that Orange County has made much progress in expanding the types of services provided and improving access to those services.

I will miss many of the people that I have worked closely with over the years, but I know that I am leaving the MHSA Coordinator position in good hands. Jeffrey Nagel, Ph.D. will fill the MHSA coordinator position. Jeff brings a wealth of experience and expertise to the position, and I know that, with your support, he will continue to make improvements in the continuum of services provided and the manner in which they are delivered.

Thank you to all who have worked closely with me, helped me to grow, and enabled me to be successful in this job. This has been a wonderful opportunity for me, and I will always remember this time fondly and as a collaborative effort between many individuals with a common goal. Orange County is an excellent example of how people working together can create change.

## Welcome the new MHSA Coordinator

The MHSA office would like to officially introduce Dr. Jeffrey Nagel as the new MHSA Coordinator. Dr. Nagel previously worked with Behavioral Health over 10 years ago as head of the Children's System of Care. Since then he has spent time as Chief of Compliance Officer and Deputy Agency Director in charge of Financial and Administrative services. Since coming over to MHSA on June 13, Dr. Nagel has dedicated himself to learning as much as possible about the history of MHSA, the different components and programs, and the upcoming regulations being drafted by the Oversight and Accountability Commission. Dr. Nagel is looking forward to working in Behavioral Health again, and hopes to have a great working relationship with both consumers and staff.





# MHSA Success Story

A few years ago I was incarcerated in Orange County Jail, also known as OCJ. For the third time in less than two years, I was picked up by Garden Grove police. They received a disturbance call, and when they reported to the scene, I along with some other kid ran. Needless to say they caught me. I was on the run and had warrants out for my arrest, so I gave them a fake name. The kid that I was with told them my real first name and they figured out I was lying. I had been under the influence of Meth for the past month and was coming down. I had every intention of turning myself in that day, but didn't want to come down in the loop, so I figured I'd get stoned and turn myself in. I never got the chance. The cops told me I had a warrant and they were taking me to jail. I spent about a month in jail. I was released to Providence and was picked up straight from jail. I don't remember much due to my using, but I do remember that day. I had no place to go when I got out, and was starting from scratch once again. I was placed in sober living. I spent a year in sober living, and within that first year, I enrolled in college and got two part time jobs. It has now been almost two years, and I am still going to school full-time, I now have my own one bedroom apartment for which I pay my own rent, I still have both of those part time jobs; and I am looking forward to starting a new position very soon. I will be two years clean off of Meth in five days, and on my way to graduating from the program at Providence.

Before I got into Providence, I had a lot of potential but I never used any of it. I started using at age 13, and that was all I knew for a long time. Providence helped me realize that I can do anything with myself, despite what I have been through and what I will go through in the years to come. Providence taught me to be self-reliant and to put forth the effort toward the goals I have set for myself. Providence was the stepping stone in allowing me to have the life I live today. I am truly grateful to Providence showing me that all of my dreams are possible with a little hard work and dedication. I am also forever grateful to my personal services coordinator (PSC) for her patience and dedication. She is an awesome hard working woman and a wonderful role model to a girl like me. Thank you!



This issue of Recovery Connections is printing some artwork that was submitted for use some years ago and recently rediscovered. We hope you enjoy a look back at these great pieces of art!

The first piece to the left is entitled "The Happy Land" by Albert Santana

To the right, is a work entitled "Glass Floats and Sea Shells" by Mildred Nicholson



## "The Keys to Contentment"

By: Dean Southerland

There are no new truths  
Everyone goes on  
Rediscover the old ones  
This happens at varied rates, if it happens  
at all  
It is because we are on our individual's  
life's path, with freewill  
Take Pause and consider more  
**TOLERANCE, PATIENCE, and ACCEPTANCE**

# Orange County Students Create Award Winning PSA's for MHSA!

Recently the state held a contest for student directors to create Public Service Announcements on Suicide Prevention and Ending the Silence of Mental Illness. High Schools and University of California Colleges submitted videos and were judged by region, with those winners competing at a statewide contest. Here are the local winners and links to the site where you can watch their videos. Schools in Orange County competed in Region 9, which included Imperial County and San Diego County.

First Place Regionally (tie) and Third Place for Statewide Contest Suicide Prevention Category:  
Canyon High School: "Hey Taylor" Filmmakers: Kimberly Stratton, Stephen Garcia, Cassidy Foelsch and Nick Jackson: <http://vimeo.com/92755737>

First Place Regionally (tie) San Juan Hills High: "Through the Tunnel" (Category: Suicide Prevention)  
Filmmaker: Will D'Epagnier <https://vimeo.com/92759013>

First Place Regionally and Third Place for Statewide Contest, Ending the Silence Category - Canyon High School: "If We All Speak Loud Enough" Filmmaker: Nick Walker: <http://vimeo.com/92756723>

Second Place Regionally for Ending the Silence Category, Corona del Mar High School: "It Does not Define Me" Filmmaker: Ellen Naruse <http://www.youtube.com/watch?v=rGJKCtnaNd8>

Third Place Regionally for Ending the Silence Category - Canyon High School: "Meet Kiersten"  
Filmmaker: Katie Maynard [http://www.youtube.com/watch?v=h-RMAAt4\\_BRI](http://www.youtube.com/watch?v=h-RMAAt4_BRI)

The County is very proud of all of the contest participants. To learn more about the PSAs and to view all of the different videos from throughout the state, please visit the website:  
<http://www.directingchange.org/>



# Oversight and Accountability Commission

## Draft Regulations

As many of you already know, the development of MHSA Regulations are underway, and the Proposed PEI Regulations were posted with a public hearing held on July 24. The link below will connect you to several documents including:

1. **Notice of Proposed Rulemaking** which provides details on the public hearing and how to make comments
2. **Initial Statement of Reasons** which explains the specific purpose and rationale for each regulation
3. Proposed **PEI Regulations**

Also attached is a visual guide for understanding the rule-making process and timeline.

[http://www.mhsoac.ca.gov/Laws\\_Regs/PEI.aspx](http://www.mhsoac.ca.gov/Laws_Regs/PEI.aspx)

in the long awaited regulations set to come out by the Mental Health Services Oversight and Accountability Commission (OCA). The draft regulations for the Innovations were also released on July 11. To view the regulations use this link: [http://www.mhsoac.ca.gov/Laws\\_Regs/INN.aspx](http://www.mhsoac.ca.gov/Laws_Regs/INN.aspx)

## HCA Welcomes New Staff Members to MHSA Programs

Recently Behavioral Health went through a reorganization that set up three function area directors. Adult Behavioral Health Services is headed by Annette Mugrditchian; Children, Youth and Prevention Behavioral Health Services, headed by Brett O'Brien; and Authority & Quality Improvement Services, headed by David Horner.

The reorganization enabled promotions and hires of new managers. Bhuvanna Rao was promoted to Administrative Manager II in Children, Youth and Prevention BHS. She has been with the Health Care Agency for 15 years working in both Public Health and Alcohol and Drug Abuse Services. She will be overseeing contracted prevention and intervention programs.

Dawn Smith was promoted to Administrative Manager II in Children, Youth and Prevention BHS overseeing county operated prevention and intervention programs. Dawn is a licensed clinical social worker and has been working with the Health Care Agency since 2001 first as a care coordinator and then as a service chief.

Finally, the Health Care Agency was happy to welcome back Anthony Delgado as Division Manager of Adult and Older Adult Services. Anthony previously worked for the Health Care Agency, but left in 2013. When this position became available, he knew where he wanted to go and the entire BHS division is happy to have him on board again.

# Community Action Advisory Committee Elects New Officers for the Upcoming Year!

On June 30, the Community Action Advisory Committee (CAAC) held its annual elections for the executive board, President, Vice President and Secretary. Those running for each position gave brief speeches to the members in attendance explaining why they wanted to be elected. After the votes were counted, Denise Cuellar was elected as President, Tho Be was elected Vice President and Ana Tutila was elected as Secretary. Each member brings years of experience as a mental health advocate. Denise and Tho both currently sit on the Mental health Services Act Steering Committee. Denise has been providing the CAAC update to the Steering Committee for the past year and with the election will continue to do so. Tho served as CAAC president this past year and wanted to continue her time on the executive board. Ana is new to the CAAC board, but has been a member of the advisory committee for 8 years. She is a devoted mother, and passionate about the consumers in the community. The MHSA office looks forward to working with them on the agenda of the community consumer stakeholders.

## Upcoming Events to Watch for Later this Year!

The Health Care Agency's Workforce, Education and Training Department is busy year-round putting together a vast array of Trainings and Conferences. They hold month Mental Health First Aid trainings, different aspects of Spirituality Trainings, as well as understanding client culture!. In addition, later this year there will be a Spirituality Conference, as well as a Veteran's Conference. If you would like to learn more about what is on the calendar of events, or would like to receive updates from the department on upcoming trainings, please email [HCACenterofExcellence@ochca.com](mailto:HCACenterofExcellence@ochca.com) ask to have your contact information added to the distribution list.



# Calendar of Events

<b>Aug.</b>	<b>4</b>	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Delhi Community Center
	<b>7</b>	9:00 a.m. – 10:30 a.m.	Alcohol & Drug Advisory Board Meeting	Hall of Administration
	<b>25</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	MHSA Office Training Room
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<b>Sept.</b>	<b>1</b>	HOLIDAY	BHS OFFICES CLOSED	
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	<b>29</b>	9:00 a.m. – 11:30 a.m.	CAAC Meeting	MHSA Office Training Room
<b>Oct.</b>	<b>2</b>	9:00 a.m. – 10:30 a.m.	Alcohol & Drug Advisory Board Meeting	Hall of Administration
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