

COUNTY OF ORANGE  
**HEALTH CARE AGENCY**  
BEHAVIORAL HEALTH ADVISORY BOARD



Alan Albright  
OC BHAB CHAIR

MAILING ADDRESS:  
405 W. 5<sup>th</sup> STREET, Ste. 405  
SANTA ANA, CA 92701

TELEPHONE: (714) 834-5481

**Older Adults Behavioral Health Council**

20 September 2023 / 2:00 – 3:30 p.m.

HCA Training Facility  
750 The City Drive South, Ste #130 / Laguna Room  
Orange, CA 92868

OR

Join Zoom Meeting:

<https://psjhealth.zoom.us/j/7204188516>

Meeting ID: 720 418 8516

Dial by your location / +1 669 900 6833

**MEETING AGENDA**

*"Never doubt that a small group of thoughtful, committed citizens can change the world!"*  
Margaret Mead, PhD / Anthropologist

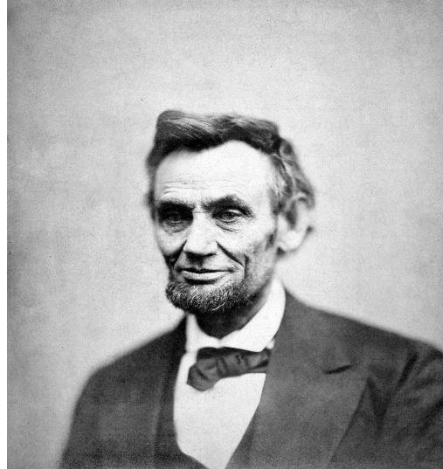
1. **Welcome and Introductions:** Karyl Dupée, Chair
2. **Public Comment:**  
*\*At this time members of the public may address the Chair regarding any item within the subject matter of this board's authority provided that no action is taken on off-agenda items unless authorized by law. Comments shall be limited to three to five (3-5) minutes per person.*
3. **Old Business:**
  - A. 1) Develop next year's Council goals by:
    - a) Reviewing Council suggestions, as to how HCA is addressing the behavioral health needs of specific older adult populations either by ethnicity, language, population type (such as formerly incarcerated older adults, low-income older adults, unhoused, older adult Veterans, etc.) based on information gathered from presentations by agencies currently offering behavioral health services for older adults.
4. **New Business:**
  - A. 1) In order to better ascertain what the actual gaps and needs are in older adult behavioral health services in Orange County, the Council is reviewing existing services and programs currently available by hearing presentations directly from local providers and contractors. This month we will hear from:
    - a) MHS Innovation Projects (Older Adult Proposal) Update – Flor Yousefian Tehrani, Psy.D., LMFT
    - b) OASIS Program and Services – Hason Vu, HCA Service Chief, Older Adults and Maria Bernal, Program Director, OASIS

- c) Re-Connect Services and OA Suicide Prevention – Christine Tran-Le, Coordinator and Joanna Constanza, Coordinator at Southern California Council on Aging, and Kevin Alexander, HCA
- d) Review revised 2023 Older Adult Behavioral Health Resource Guide.

**Adjourn / Next Meeting: Wednesday, 18 October 2023 / 2:00-3:30 p.m. / Zoom and In-Person**

**\*You may request supporting documentation distributed to the Behavioral Health Advisory Board as related to the agenda items upon request from Karla Perez, [kperez@ochca.com](mailto:kperez@ochca.com) \*In compliance with the Americans with Disabilities Act, those requiring accommodations for this meeting should notify the Behavioral Health Advisory Board's Administrative Office 72 hours prior to the meeting at (714) 834-5481\***

## Joshua Speed and Abraham Lincoln



This is a story about how one person can make a difference in someone's life. Joshua Speed was born in 1814 and became a friend of Abraham Lincoln's who had been born 5 years earlier when they were both young boys.

Abraham Lincoln was 2 or 3 years old, when his baby brother Thomas died. At age 9, his mother, great aunt, and uncle all died within the same two-week period of time due to "milk sickness". After his mother's death, Lincoln was raised by his older sister, Sarah. In 1828, when Lincoln was age 19, Sarah died. Then at age 26, one of his best friends died as well. Years later, Lincoln experienced six months of severe depression. His friends were so concerned that they "removed all razors, knives, pistols, etc. from his room and presence", because they feared he might attempt suicide. He described himself as "the most miserable man living... To remain as I am, is impossible; I must die or get better". His friend, Joshua Speed, was by his side constantly during this time, encouraging and supporting him. It was only after six months, when Speed needed to attend his own father's funeral, which involved several days of travel, that Lincoln said he felt okay enough for Speed to go to the funeral alone.

While most of us may not know who he was, the person whose life Joshua Speed helped to protect is someone who changed history and many people's lives. Joshua Speed's encouragement and friendship with our 16th president from early childhood, seems to have helped save Lincoln's life. Lincoln faced many more losses and struggles, including the tragic death of one of his sons and the horror of the Civil War. But there is no indication that he ever suffered again from that deep degree of depression, or was ever again suicidal. This story is another reminder that one person by themselves, can make a monumental difference. YOU may well be that one person! Live as if what you are doing makes a difference! (*Strozier, 2017; Institute for Health and Recovery, 2020*).

