

# Recovery Connections

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

Winter 2011



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## 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 Shebua 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 Shebua 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:**  
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