

Recovery Connections

Quarterly Newsletter of the
Orange County Health Care Agency, Behavioral Health Services MHSO Office
Spring 2013



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WELLNESS • RECOVERY • RESILIENCE

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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.

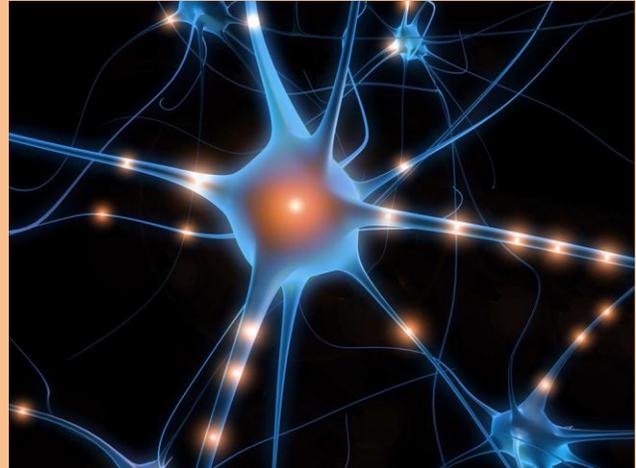
Five published studies in Australia showed that the program saves lives; improves the mental health of the individual administering the care, as well as the individual receiving the care; it expands knowledge of mental illnesses and the



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 or contact Susan Partain at (202) 684-7457 ext. 232 or 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 as 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.



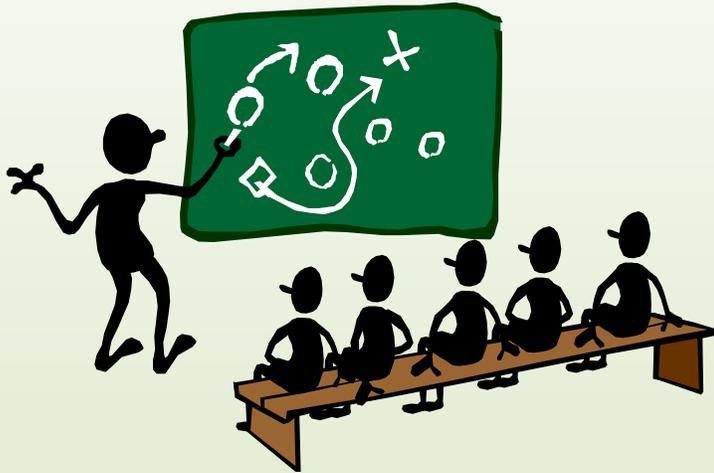
Jenny Qian, BHS Chief of Operations accepts a Board Resolution from Sabrina Noah, Policy Advisor to Supervisor Pat Bates, Fifth District

Innovation Program #8: Project Life Coach

By: Rachelle Supphatvo

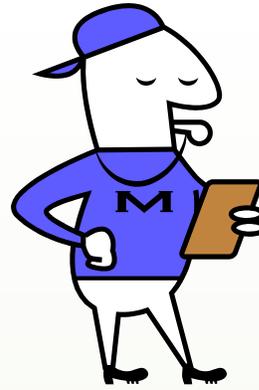
Funded by the Mental Health Services Act (MHSA), Project Life Coach (PLC) is one of the Innovation Programs designed to provide supportive employment services to individuals living with mental illness, especially those who are monolingual or with limited English proficiency. Counseling approaches utilize 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

Aug.	5	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Delhi Community Center
	6	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	28	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration
Sept.	2	HOLIDAY	BHS OFFICES CLOSED	
	3	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	5	9:00 a.m. – 10:30 a.m.	Alcohol & Drug Advisory Board Meeting	Hall of Administration
	9	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Delhi Community Center
	25	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration
Oct.	1	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	3	9:00 a.m. – 10:30 a.m.	Alcohol & Drug Advisory Board Meeting	Hall of Administration
	7	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Delhi Community Center
	14	HOLIDAY	BHS OFFICES CLOSED	
	23	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/Alcohol & Drug Board)

Health Care Agency, 405 W. Fifth St., Santa Ana, CA 92701 - Room 433 (QIPC 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

Network of Care for Veterans and Military Service Members

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

Sign up for the MHSA Office Mailing List

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

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

Social Networking with Network of Care

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

Some of these free tools include:

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

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

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

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

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

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