

# Recovery Connections

Quarterly Newsletter of the

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

Winter 2013



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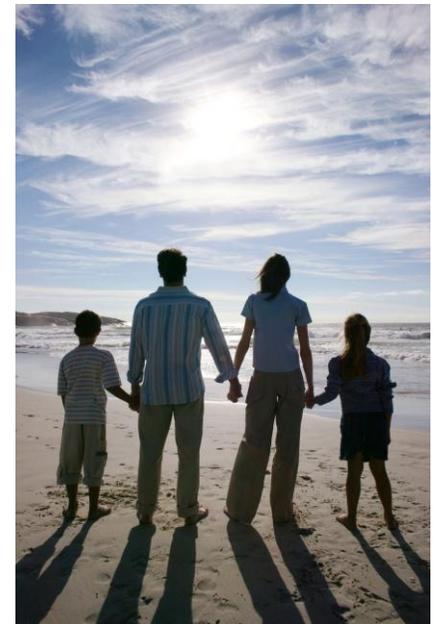
## Collective Solutions: A Family-Focused Crisis Management Program

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.



# **CalMHSa Prevention and Early Intervention (PEI)**

## **Statewide Projects**

The California Mental Health Services Authority (CalMHSa) 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. CalMHSa 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 CalMHSa to implement the PEI Statewide Projects, joining a growing membership that currently includes 47 counties. By January 2011, the CalMHSa 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 CalMHSa 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 CalMHSa, provided the MHSa Steering Committee with an update on the progress of the PEI Statewide Projects. CalMHSa 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. CalMHSa 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, CalMHSa 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

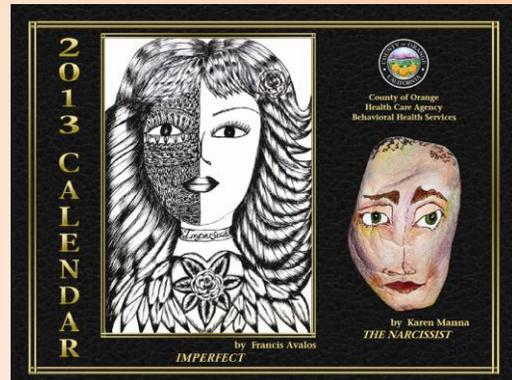
At the January MHSA Steering Committee meeting, recognition was paid to the numerous individuals who had their artwork, creative writing and craftwork published in the 2013 MHSA Calendar. Many of the artists were unable to attend the meeting, but to make sure they receive the proper acknowledgement; 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://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/>**

**MHSA Contributing Staff:**

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