

# Recovery Connections

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

Summer 2009



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MHSA Office Calendar of Events

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## 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:  
¿Quien 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**

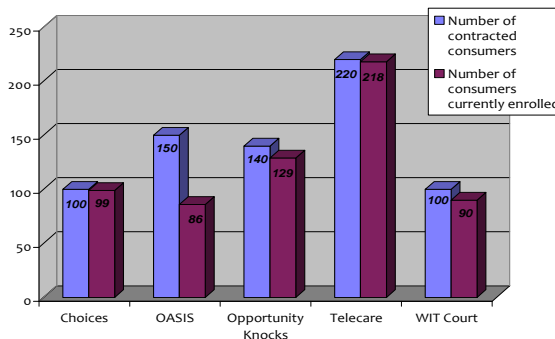
**Adult and Older Adult Full Service Partnerships**

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.

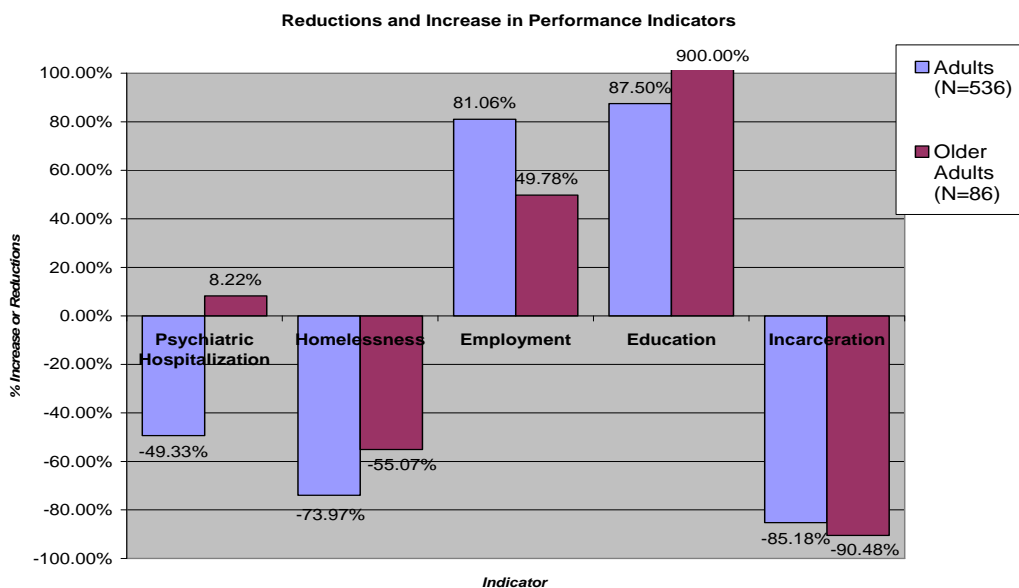
**Profile of FSP Enrolment**

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*

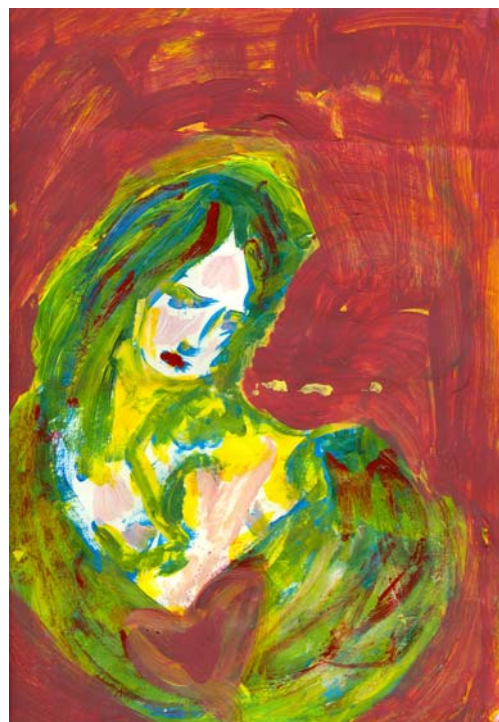


*Untitled* by Krystyna McMurty

**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****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

**Save the Date****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/>