

Los Angeles County Department of Mental Health

The Los Angeles County Mental Health Academy: Supporting the Needs of Culturally Diverse Communities

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The Mission of LACDMH

To assist persons with mental health problems develop:

- *Hope*
- *Recovery*
- *Wellness*

Through:

- *Treatment*
- *Support*
- *Developing meaningful use of their time*



Prevention and Early Intervention Services

- **Early Interventions** are services that provide early treatment to reduce the severity of an illness.
- **Evidenced Based Treatments** are proscriptive and which have been shown through clinical studies to be highly effective on a consistent basis.
- **May be provided by a non-traditional mental health provider**



Community Presentations

DMH provides presentations at no cost to publicize its services and to encourage good mental health.

Examples:

- Suicide Prevention
- Stigma Reduction
- Targeted School Violence Prevention
- Varieties of Mental Illness
- Mental Health Services



Legacy



“Anything that supports hope, wellness, and recovery is something that a public mental health system ought to do.”

Dr. Marv Southard, DSW,

Former Director of

Los Angeles County Department of Mental Health



Los Angeles County DMH

The Los Angeles County Department of Mental Health recognizes the important role spirituality can play in a consumer's mental health recovery, and respects and supports consumers and families/parents/caregivers who seek to use spirituality as a resource.

“Enriching lives through partnership designed to strengthen the community’s capacity to support recovery and resiliency”.



Collaborating with the Faith Community

DMH seeks collaboration with the Faith Community because many people with mental health problems turn to their faith leaders for help first.

– For Clergy and DMH

- The annual Mental Health-Spirituality Conference
- Interfaith Clergy and Mental Health Roundtables-Monthly
- Faith-Based Advocacy Counsel (FBAC) - monthly

– For Clergy and Faith Communities

- Service Area Clergy Breakfast/Training Meetings
- Mental Health training of Chaplains (Pilot)
- Mental Health Academy (aka Clergy Academy)



Collaborating with the Faith Community

Through collaborating with LACDMH, Faith Community Leaders can:

- Learn about mental health problems to develop their own skills in helping others or to educate their congregation
- Learn about mental health services and how to access them
- Together provide programs in their faith community on prevention and maintaining good mental health



Spirituality: Source of Resilience for People with Mental Health Issues

- One quarter of people experiencing the symptoms of a mental disorder first turn to clergy for help

Health Services Research, 2003



LACDMH

Multi-pronged Spirituality Approach



- Spirituality Assessment Trainings for Staff
- Faith-Based Advisory Committee
- Annual Mental Health & Spiritual Conference
- Roundtables for Staff/Clergy
- Spiritual Self-Care Manual & Toolkit for Clients
- Mental Health Academy (aka Clergy Academy)



Spirituality as Culturally Competent Recovery-oriented Care



- Spirituality has been identified as a resource, especially for many individuals from historically underrepresented ethnic and racial groups (Gillum & Griffith, 2010).
- Spirituality may influence individualized approaches to recovery among consumers (Bellamy et al., 2007; Lindgren & Coursey, 1995).
- 98% of California's County Behavioral Health Directors agree that spirituality is an important element of multicultural competence for mental health providers (California Mental Health & Spirituality Initiative, 2010)



LACDMH Adapting Spiritual Care to Fit Culturally Diverse Communities

- Address spirituality and religion as part of multicultural competence.
- Develop mental health services in collaboration with the faith community.
- Develop a strategy for opening dialogues between mental health, faith-based communities, and diverse general population.



Combating Mental Health Stigma through Education: Mental Health Academy

- Based on Prevention and Early Intervention Activities Supported by DMH
 - Community Education
 - Support for Community Leaders
 - Developing Community Partners
 - Engagement of Faith-Based Community
- The foundations of our services are Hope, Wellness and Recovery



Mental Health Academy Goals

- Promote mental health awareness and foster resiliency.
- Reduce stigma and decrease risk factors by increasing timely access to quality mental health and integrated services.



Mental Health Academy

- The Clergy Academy was officially launched on Wednesday, January 29, 2014 at the White Memorial Medical Center.
- Using an interactive, instructional approach, our highly skilled trainers offer a series of workshops on a variety of topics. Some courses are available in Spanish and Mandarin.
- Instructors are LACDMH staff with clinical experience or specialized trainers from the community trained in the coursework.
- Sessions range from 90 minutes to 3 hours and require a commitment of 10 sessions to complete a full series.
- Participants receive certificate of attendance; chaplains receive continuing education credits recognized by BCCI.



Mental Health Academy Content

We offer a variety of topics to help people cope with difficult life situations.

12-Step Groups

Addiction

Bullying/Harassment

Complementing Caring

Congregations

Conflict Resolution

Counseling 101*

Crisis Management

Depression and Anxiety

Domestic Violence*

Effective Communication

Emotional Sobriety

Gangs

Healthy Workplaces

Homelessness*

Life Transitions

Loss and Grief

Mental Health 101*

Mindfulness

Moral Injury & PTSD

Navigating the LACDMH System*

Parenting Skills

Pornography Addiction

Psychological First Aid*

Self-Care

Sexual Abuse

Substance Abuse

Suicidality*

Support Groups

Other Topics as Requested

* **Core Curriculum**



Evaluation of First Cohort at Seven Faith-Based Organizations

- Between May and August 2015 a team of faculty and graduate students from the University of Southern California, School of Social Work completed a research project that focused on program evaluation of the Clergy Academy.
 - Aim 1: Further develop the infrastructure and procedures for operating the Clergy Academy to enhance quality control
 - Aim 2: Determine the initial successes and areas for improvement
- Participants who enrolled in the first seven courses completed surveys and participated in focus groups.
- Ten individual interviews were conducted with Clergy Academy coordinators and session facilitators.



Evaluation Outcomes

- Dispelled cultural misconceptions about healthy/unhealthy behaviors
- Provided support and peer assistance to people within the community with mild or brief mental health concerns

“At work I’m able to show what I’ve learned about stress and show them different ways to deal with their issues.”

“I was able to help a friend who was diagnosed with cancer after taking the course.”



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