



Alameda County Mental Health Services Act

SPOTLIGHT ON:

Prevention

Summer 2015



What is the Mental Health Services Act?

More than two million Californians are affected by potentially disabling mental illnesses every year. About 30 years ago, California cut services in state mental hospitals, without providing adequate funding for mental health services in the community.

To address this, in 2004 voters approved the Mental Health Services Act (MHSA), also known as Proposition 63. It places a 1% tax on personal income above \$1 million. The MHSA emphasizes transformation of the mental health system while improving the quality of life for people living with a mental illness.

What is Prevention and Early Intervention?

Prevention and Early Intervention program staff work to assist people before the development of a serious mental illness, reducing anguish for individuals and families, and the need for costly additional treatment. Mental health problems can be reduced for all age groups.

Prevention in mental health:

- Reduces risk factors
- Promotes positive thinking and problem solving

Early intervention in mental health:

- Addresses a problem early
- Supports the individual and the family

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Cover photos by, top row from left: Chantil Brown, Chantil Brown, Sherman Park. Middle row from left: Sherman Park, Sean Fitzpatrick, Tue Nam Ton. Bottom row from left: Bev Bergman, artwork by Alima, Ming Mur-Ray. Editor, Sally Douglas Arce. Designer, Nadja Lazansky.

NEW LEADERSHIP FOR OUR MULTICULTURAL COUNTY



Photo by Tue Nam Ton.

Manuel Jiménez, Jr., the director of Alameda County Behavioral Health Care Services for more than a year, came to working in the mental health field by a circuitous route. Born in Gustine, California in the San Joaquin Valley, his family moved to Arcata when he was in the second grade. His first job was delivering newspapers and his second job was working in a Mexican restaurant. He is the second to the youngest of five brothers and sisters.

After high school, Jiménez enlisted and served in the 82nd Airborne Division, an active duty airborne infantry of the United States Army. At the end of his service, he attended St. Joseph's Seminary in Mountain View. Jiménez did his pastoral assignment at the Department of Veterans Affairs Hospital in Menlo Park. There, as a Chaplain intern, he greeted people who were newly admitted to the hospital and visited people on the units. Jiménez coled a group to help in the spiritual

healing of veterans experiencing post-traumatic stress disorder.

His experiences at the VA Hospital so influenced him that he enrolled in Santa Clara University and completed a Masters degree in counseling psychology. Jiménez went on to work more than 20 years in the mental health field with children and adults in several California counties.

Jiménez has a vision for Alameda County and how to better serve individuals with a mental health concern. "We need more intervention and street outreach," he said. "And, we need more engagement

"We need more intervention and street outreach."

with the individuals who receive services." Some people go to John George Psychiatric Pavilion, Alameda County's psychiatric hospital, one or two times and end up back on the streets. Or, they are arrested once or end up in a hospital emergency room.

"I would like to see them engaged in treatment," Jiménez said. "The way people get better is when there is some person or team who they have a connection with."

To learn more about Alameda County's mental health system, visit www.acbhcs.org.

Walk for Wellness Highlights 10 x 10 Campaign

“We want to motivate people living with a mental health or substance use concern to move their body, eat well and have fun,” said Colette Winlock, Health and Human Resources Education Center’s executive director. The 4th Annual “We Move for Health” event for consumers, family members and program staff took place in May. HHREC and Alameda County Behavioral Health Care Services sponsored it.

“It’s about increasing life expectancy for persons with mental and substance use disorders by 10 years in 10 years,” Winlock said.

cardiovascular diseases, respiratory diseases, HIV and AIDS).

Experts say these illnesses and premature deaths “are largely due to treatable medical conditions” that can be turned around. For people living with a mental health or substance use concern, the challenges to taking better care of their physical health include lack of coordination between primary care and mental health services, negative attitudes and prejudice, limited access to natural foods and surroundings.

“It’s about increasing the life expectancy for persons with mental and substance use disorders by 10 years in 10 years,” Winlock said.

Darren Linzie, who has been living with a mental health concern for more than 20 years, would not miss “We Move for Health.” After some psychiatric hospitalizations, a 3-year stint at being homeless



Artwork by Darren Linzie.

and engaging in recovery, he has been working for the 10 x 10 Campaign for almost three years.

Linzie, who is an artist and created the “We Move for Health” logo featured on event t-shirts, has given up soda and sugar. “I’m already starting to lose weight,” he said. “It’s a start and I’m going to keep at it.”

For information about the 10 x 10 Wellness Campaign, call 510-834-5990 or visit <http://alamedacounty10x10.org>

THE 8 DIMENSIONS OF WELLNESS

Emotions. Coping effectively with life and creating satisfying relationships.

Soul. Expanding our sense of purpose and meaning in life.

Purpose. Personal satisfaction and enrichment from one’s work.

Connection. Developing a sense of connection, belonging and a well-developed support system.

Having Enough. Satisfaction with current and future financial situations.

Our World. Good health by being in pleasant, stimulating environments that support well-being.

Mind. Recognizing creative abilities and finding ways to expand knowledge and skills.

Body. Recognizing the need for physical activity, healthy foods and sleep.



www.samhsa.org
1-800-662-4357



Desiree Johnson, Downtown TAY Coordinator, and Erin Clark, Peer leader, put pedal power to work making healthy smoothies. Photo by Chantil Brown.

Those participating warmed up with stretching, and did Zumba and chair yoga before walking Lake Merritt and enjoying music and speakers.

In the U.S., people with serious mental health challenges die on average 25 years younger than the general population of chronic health conditions (diabetes,

Reaching Underserved Ethnic/Language Populations

Using Mental Health Services Act funding, Alameda County is working to meet people where they are at and incorporate cultural and ethnic specific values into its Prevention and Early Intervention programs.



Santiago Cuba with his father Juan Cuba, Mental Health Educator for Cultura y Bienestar. Photo by Juan Cuba.

Many immigrants and refugees in Alameda County are limited in English, which makes mental health outreach activities challenging. "If we don't think 'outside the box' on how to reach and engage these unserved and underserved communities in a culturally sensitive manner, many individuals and families could be left in the dark," said Tracy Hazelton, Prevention Manager for Alameda County Behavioral Health Care Services. "What might start as stress or anxiety may develop into a more serious mental health concern." Two of the Underserved Ethnic/Language Populations programs are described here.

Reaching the Spanish-Speaking Community

Cultura y Bienestar (Culture and Wellness) is an innovative mental health program delivering prevention and early intervention to Alameda County's Latino communities.

"We educate people in order to lower the stereotypes about mental health," said Claudia Pineda, a Cultura y Bienestar (CyB) program assistant. "Many people we serve come to us with accumulated trauma. We connect with them because we speak their language and honor their traditions and culture."

Community members face poverty, isolation, lack of employment and don't know how to connect with resources. One success story is how a single parent, who struggles with depression, was given tools through CyB one-on-one meetings. Now, she works full time.

At CyB's teen program, youth talk about bullying, violence and how

to handle stress and depression. "It has helped me know what to observe and how to approach people so they don't feel judged or scolded when talking about mental health," said Paula Cerna, a teen program graduate. "I tell people, 'You don't have to turn to alcohol or drugs. There's help out there.'"

CyB holds drumming circles. They were created with the input of the community's elders for whom drumming circles carry longstanding importance. Researchers have found that drumming helps people with a wide range of mental health concerns, including stress, anxiety and depression.

"Drumming reconnects people to their healing roots and empowers them," said Patricia Royball, CyB Supervisor.

Health educator Juan Cuba leads a weekly men's support group, where Latino men can talk about jealousy, self-esteem and what it means to be a man. "We practice how to work out conflicts without violence," Cuba said.

Cultura y Bienestar is a project of La Clínica de la Raza in collaboration with La Familia Counseling Service in Hayward and Livermore and Tiburcio Vásquez Health Center.

Hayward 510-300-3136

Oakland 510-535-8400

Livermore 510-300-3136

Union City 510-471-5880

www.culturaybienestar.com

Reaching Asians and Pacific Islanders

Asian Pacific Islander (API) Connections is a Prevention and Early Intervention project designed to improve access to services and reduce stereotypes and fears attached to mental health among API communities.

Asian Community Mental Health Services (ACMHS) focuses on more established Asian communities such as the Chinese, Japanese, Korean and Filipino.

"It's all about giving each individual hope, dignity and resources to lead healthy, empowering and



Cultura y Bienestar staff enjoying a drumming circle. Photo by Tue Nam Ton.

contributing lives,” says Pysay Phinith, API Connections assistant director. “People don’t come to us and say ‘I am dealing with depression, anxiety or trauma.’ They say ‘My children are not doing well. Or, I just lost my job and I am afraid I will not be able to pay my rent.’”

Phinith explained that many community members, when they hear “mental health” are going to walk out the door. So, ACMHS wellness coordinators work one-on-one with each person, assisting with their immediate needs such as obtaining housing, unemployment benefits and domestic violence services. Trust and respect builds and they begin to talk more about

their mental health concerns.

People attending an art class for Chinese seniors or a choir for Koreans led by a guitarist, for instance, find it easier to open up about their feelings.

For information, contact

Esther Chow

estherc@acmhs.org,

510-451-6729

**www.acmhs.org/services/
api-connections**

Community Health for Asian Americans (CHAA) works with immigrant and refugee newcomer Asian and Pacific Islander communities, including those from Burma, Mongolia, Nepal, Thailand,

Tibet, Tonga and others. These are individuals who have been unserved with little or no dedicated mental health services.

“We are not traditional mental health providers, but offer social and emotional support to newcomers,” said Amy Lam, Health



Tsering Yangkey guiding the opening ceremony for an API workshop. Photo by Sean Kirkpatrick.

Tibetans may complain that they are not sleeping well or have a stomach ache, Yangkey said. Both of these are cultural signs of distress.

She teaches Tibetan women basic English and how to cope with daily activities, like using public transportation. As she develops bonds with each person, they open up more about their mental health concerns, including depression and anxiety.

Equity Program Director. “We build resilient individuals, families and communities.”

CHAA wellness coordinators work with people who are limited in English, may be isolated and are experiencing early signs of mental health conditions.

Tsering Yangkey is a CHAA Community Wellness Coordinator who works with Tibetans. “There is a lot of sadness for the life they have left behind, stress around money and that the culture is so different,” Yangkey said.

Addressing mental health conditions, while also helping to improve daily living, greatly enhances the wellness and quality of life of many of Alameda County’s historically unserved and underserved ethnic populations, preventing the need for more intensive and costly care.

For information, contact

Amy Lam

amy.lam@chaaweb.org

510-835-2777

**www.chaaweb.org/programs/
community-engagement**



ACMHS art group prevents seniors from becoming isolated. Photo by Tue Nam Ton.

7 Programs for Underserved and Ethnic Language Populations

Afghan Coalition serving the Afghan community.

Asian Community Mental Health Services serving communities, such as the Chinese, Japanese, Korean, Filipino, Vietnamese, Cambodian and other communities.

Community Health for Asian Americans serving newcomer and refugee API communities, including people from Bhutan, Mongolia, Myanmar (Burma), Nepal, Thailand, Tibet, Tonga and others.

Center for Emerging Refugees and Immigrants serving the Cambodian community.

La Clínica de La Raza serving the Latino community.

Native American Health Center serving the Native communities.

Portia Bell Hume Center serving the South Asian communities, including people from Afghanistan, Bangladesh, India, Pakistan and Nepal.

For information, contact Tracy Hazelton, Prevention Manager, at 510-639-1285 or THazelton@acbhcs.org

Everyone Counts!

Reducing Stereotypes and Negative Portrayals of People Living with a Mental Health Concern

“Everyone Counts is about all of us taking responsibility to end discrimination and improve the quality of life for the 1 in 4 Californians with a mental health concern,” said Tracy Hazelton, Prevention Manager for Alameda County Behavioral Health Care Services.

Funded by Mental Health Services Act monies, the **Everyone Counts Campaign** activities are designed to change attitudes towards people with mental health challenges. Below are examples of current Campaign activities.

Addressing Cultural Stereotypes

Negative perceptions about mental health are significant and keep many Chinese Americans from seeking needed services. In the Cantonese-speaking **Chinese-American Wellness Support Group**, people felt safe enough to share their stories and, in doing so, did not feel so alone.

“Saving face—the ability to preserve the public appearance of respectability—is extremely important to many Chinese Americans,” said Veronica Liu, a co-facilitator of the group. People receiving mental health services may not be willing to discuss their moods or mental health concerns because of shame and the fear of dishonoring their family.

For participants, this support group was incredibly helpful in examining how community stereotypes impact the ways participants view themselves.

A new support group, held in Cantonese, begins on Sunday, Sept. 13. For information, contact Veronica Liu at 510-567-7624 or vliu@peersnet.org

Speaking Out against Stigma

Lift Every Voice and Speak (LEVS) is the Campaign’s Speakers Bureau. Individuals with lived experience of mental health challenges receive public speaking training and use these skills to speak before the public about their personal experiences with mental health.

In the speaker training sessions, participants come to a new understanding of who they are. “People are able to talk about things that



Joe Anderson (center) in a LEVS Speakers Bureau training. Photo credit by PEERS.

were traumatizing to them years ago,” said Joe Anderson, a Lift Every Voice and Speak member and program director of Black Men Speak. “People can relate to your experiences—substance use, homelessness, living on a fixed income. You no longer have to hold it to yourself and suffer privately.”

In the Speakers Bureau, participants have reduced their negative thoughts about themselves and improved the public’s understanding about what it’s like to live with a mental health concern. As Jeneé Darden, project coordinator, said, “It’s very liberating to say ‘I have this diagnosis, but it does not define me.’”



Jeneé Darden talks about the accomplishments of Lift Every Voice and Speak, a Speakers Bureau. Photo by Tue Nam Ton.

For information or to host a presentation, call 510-832-7337.

Peers Envisioning and Engaging in Recovery Services (PEERS), a client-run nonprofit, manages the Everyone Counts Campaign.

For information, contact Kelly Robinson at 510-383-1792 or KRobinson@acbhcs.org www.alamedacountyeveryonecounts.org

Mental Health Information & Resources

For Families and Caregivers— Guidance and support

Family Education and Resource Center (FERC)
Warm-line: 1-888-896-3372
www.askferc.org
 Information about support groups and Family-to-Family Classes
 Multilingual services in Oakland, Fremont, Livermore & San Leandro

Education and Advocacy Services for Alameda County Mental Health Services Users

Peers Envisioning and Engaging in Recovery Services (PEERS)
510-832-7337
www.peersnet.org

Mental Health Education and Support

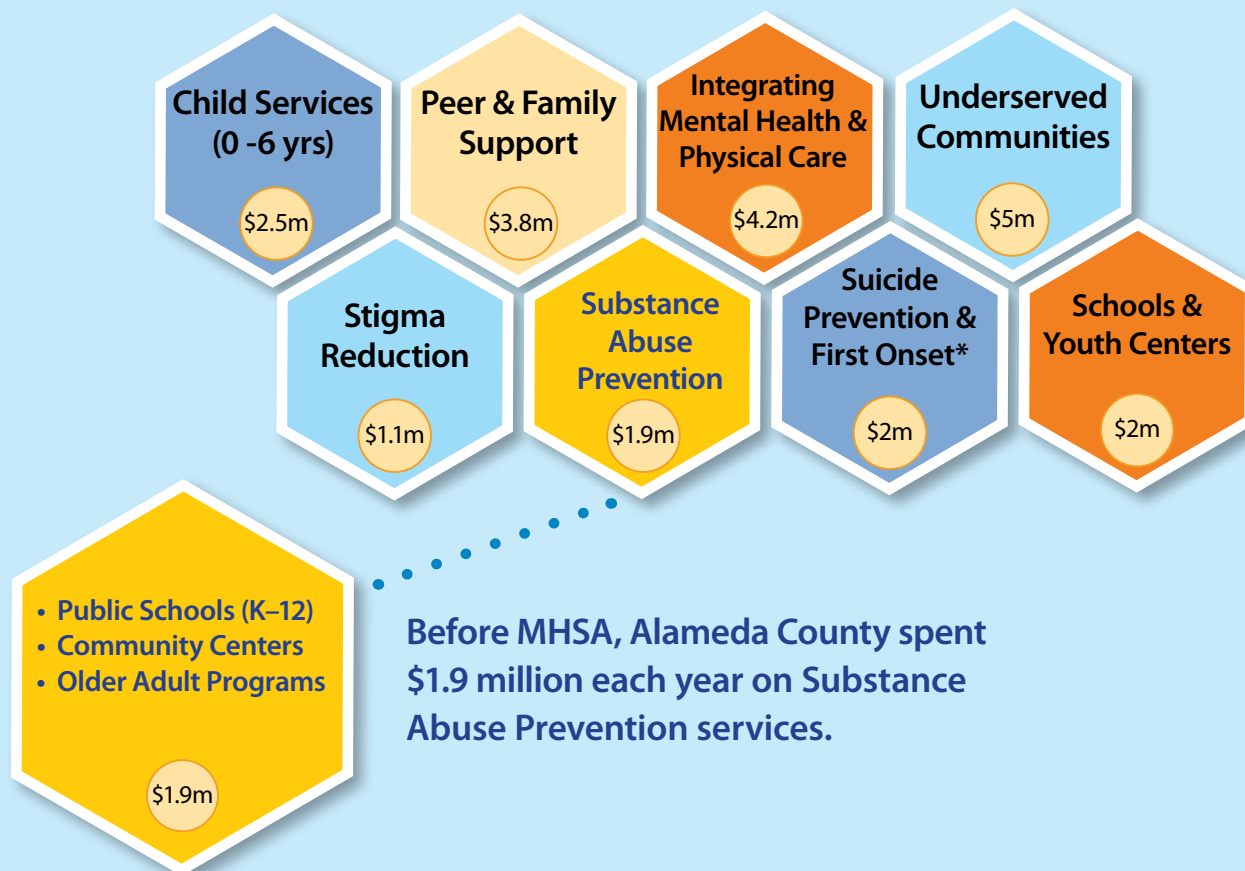
National Alliance on Mental Illness (NAMI)
 Local affiliates in Alameda County
1-800-950-6264
 M–F, 10am–6pm Eastern Time
www.nami.org

For Nonprofits and Service Agencies

Improving Outcomes for African Americans—Innovative Community-Based Learning
 Opportunities to receive funding for staff training. **510-567-8100**
www.acinnovations.org

How has the Mental Health Services Act (MHSA) expanded Prevention Services?

With MHSA funding, the county received an *additional \$20 million* (in 2014-15) to broaden Prevention and Early Intervention Services.



Before MHSA, Alameda County spent \$1.9 million each year on Substance Abuse Prevention services.

*services for young adults who are exhibiting early signs of mental illness

UPCOMING EVENTS

Early Psychosis: Prevention & Early Intervention Statewide Science Informing Policy Symposium

Thurs. Sept. 17, 8am–4:30pm
 Free, space limited
 In Sacramento
 RSVP: 916-734-4349
behavioralhealth.ucdavis.edu

Domestic Violence, Mental Health & Trauma National Conference

Fri. October 23, 9am–3:30pm
 \$65 early bird/\$70 day of event
 The California Endowment
 1111 Broadway, Oakland
 RSVP: 510-986-8600
www.asafeplacedvs.org

Be Body Positive Book Reading and Discussion about Body Image and Eating Problems

Connie Sobczak, author of “Embody: Learning to Love Your Unique Body”
 Wed. Oct. 28, 6–7:30pm. Free
 Oakland Public Library
 125 Fourteenth St., Oakland
www.thebodypositive.org

Alameda County Mental Health Board

Advocacy, review and evaluation of mental health system
 Meets 2nd Monday of each month, noon–2pm. Free and open to public.
 1100 San Leandro Blvd.,
 San Leandro. 510-567-8107

Alameda County Behavioral Health Care Services (BHCS)

Call **911** in case of a life threatening emergency

Such as...

- In immediate physical danger or harm
- In the process of a suicide attempt

CRISIS & URGENT CARE

MULTILINGUAL HOTLINE 24 HOURS A DAY—7 DAYS A WEEK

For mental health or
substance use help, call ACCESS
1-800-491-9099

ACCESS is a multilingual, culturally responsive call center that provides information, screening and referrals for mental health and substance use disorder treatment for Alameda County residents.

CRISIS SUPPORT, INFORMATION & REFERRAL—MONDAY TO FRIDAY

Para español, llame al:
510-535-6200—Oakland
510-300-3180—Hayward

中文電話線: **510 869-7200**
Bằng tiếng Việt, xin gọi:
510-869-7200

SUICIDE PREVENTION

For people having suicidal thoughts and feelings or who have a specific plan to end their life.

A 24-hour crisis line: **1-800-309-2131**

Or

Text “safe” to **20121** (4-11pm, 7 days a week)

www.crisissupport.org/programs/text-line

CRISIS INTERVENTION AND BRIEF TREATMENT

BHCS Crisis Response Program

M–F, 8:30am–5pm

North County

(Alameda, Oakland and Emeryville)

510-383-5020

South County

(All county areas not included above)

510-891-5600

WALK-IN URGENT HELP

Sausal Creek Outpatient
Clinic

2620 26th Ave., Oakland

A crisis walk-in service for adults
18 and older.

510-437-2363

M–Fri. 8am–8pm

Sat. & holidays 8am–4:30pm

Only Berkeley & Albany
residents

MOBILE CRISIS TEAM

510-981-5254

**11:30am–10 pm, 7 days
a week, including holidays**

BERKELEY MENTAL HEALTH SERVICES

Day-to-day skills and support
for individuals with serious
mental illnesses.

510-981-5290

(18 & older)

510-981-5280

(youth & family)

SUPPORT SERVICES

WELLNESS CENTERS

Welcoming and accessible drop-in services offering classes and programs, skills-building, and behavioral health services for people with a known or suspected mental illness. No appointment is necessary.

Alameda, Four Bridges
510-827-2097

Oakland, Towne House
510-658-9480

Fremont, South County
510-657-7425

Pleasanton, Valley
Wellness Center

925-484-8457

Hayward, Hedco House
510-247-8235

SERVICES FOR LGBTQ AND TWO SPIRIT PEOPLE

The Pacific Center has support
groups for youth, adults and
seniors, including individual
and group therapy.

510-548-8283

M–Fri. 10am–9pm

Sat. 10am–4pm

www.pacificcenter.org

BHCS services are primarily for people with MediCal or no health insurance. This list includes services provided by BHCS and other organizations. Not all the services listed here receive MHSAs funds.

