

Pacific Clinics

SUMMER 2013 | www.pacificclinics.org

ADVANCES

▶ **Researcher, Committee
Help Clients live longer
and Healthier Lives**

Also in This Issue:

Getting There Early
*PC's Prevention and Early
Intervention Efforts Tackle Mental,
Physical Health Concerns Early*

A Message from the President and CEO and the Chairwoman of the Board



*Susan Mandel, Ph.D.
President and CEO, Pacific Clinics*

Our nation has experienced several tragedies recently in which young men have developed a degree of rage significant enough to have them commit mass killings. Their states of mind apparently went unnoticed, or unaddressed, by members of the community around them. This was certainly true in Arizona, Colorado, and Connecticut and, evidently, in the latest incident even closer to home in Santa Monica.

We would never say that with sufficient mental health services available in our country we would have been able to prevent all these incidents of violence; that would be a foolish prediction to make. However, we can say that there might have been a chance to avert these horrible situations with better awareness and early intervention.

Our agency began in a school district basement in 1926 to provide care for children who otherwise would not have been able to receive it. Pacific Clinics has always been a child and family-focused agency. The mental health system then was entirely devoted to services for adults, which were provided mostly in hospitals.

We have since become more sophisticated about prenatal care, including the importance of nutrition and concerns about ingestion of alcohol or other kinds of substances. Enhanced understanding of early childhood development issues in general has led to an expansion of programs for children from birth to age seven. Pacific Clinics recently established a mobile van staffed by a therapist who provides Parent/Child Interactive Therapy to families with children generally between ages two and seven.

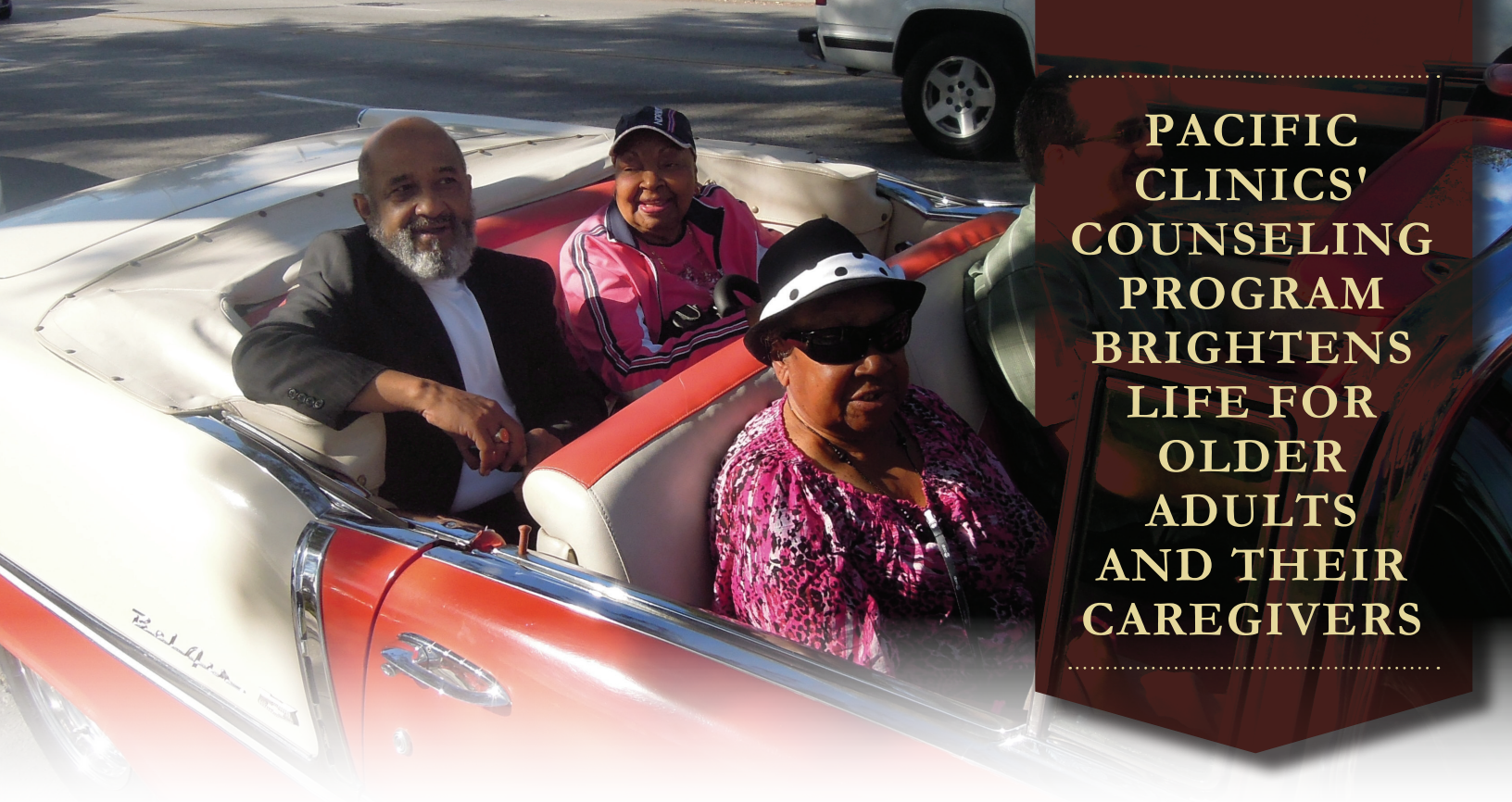
One of the questions we are asked frequently is how we deal with infants and mental health. We obviously cannot detail here just how our agency does that, but we can tell you with great pride that there is a unit of Pacific Clinics' Child Specialty Services Division that focuses entirely on children from birth to age five. In one article in this issue, you will read about some of those therapists, their work in that program and how their expertise is being recognized. With our commitment to services for this age group, we hope to strengthen the evidence and outcomes to support our belief that early intervention can make a difference in a child's life down the road.

Who knows if we can prevent another Newtown or Aurora, but we certainly can try to make a difference in our young clients' lives. Whatever we do to prevent a family's tragedy in our own communities will make all of us feel that we have made a commitment and a contribution to the betterment of this country. We hope that you will continue to support Pacific Clinics and its work in early childhood development and treatment; our nation is now making this more of a priority and we want to be in the forefront of advancing the care of young people.

We look forward to your reading all the articles in this issue, which also feature intervention-related activities with other age groups we serve.



*Zaven Kazazian
Board Chair, Pacific Clinics*



PACIFIC CLINICS' COUNSELING PROGRAM BRIGHTENS LIFE FOR OLDER ADULTS AND THEIR CAREGIVERS

Clara Johnson never stopped caring for her community over the many years she lived in Pasadena – she taught pottery classes at the local senior and community centers, volunteered on civic committees and was a Pacific Clinics mental health peer counselor for older adults in the 1990s. But about a year ago, something happened in her life that made her stop caring about a lot of things.

Johnson says she lost a lot of independence when she was unfairly evicted from an apartment where she had lived for years.

She moved to a retirement home that promised to care for her daily and medical needs but didn't. Johnson's untreated diabetes landed her in the hospital three times. The third time she was hospitalized, a caring doctor was able to convince her to leave the home.

Shortly thereafter, Johnson received a helping hand from Brighter Tomorrows, a new Pacific Clinics (PC) Prevention and Early Intervention (PEI) program that targets low-income older adults, such as Johnson, who are beginning to experience depression, anxiety, or other emotional distress related to life transitions or crises. Caregivers for older adults are also a

focus of the program, which is funded by the Los Angeles County Department of Mental Health through the California Mental Health Services Act.

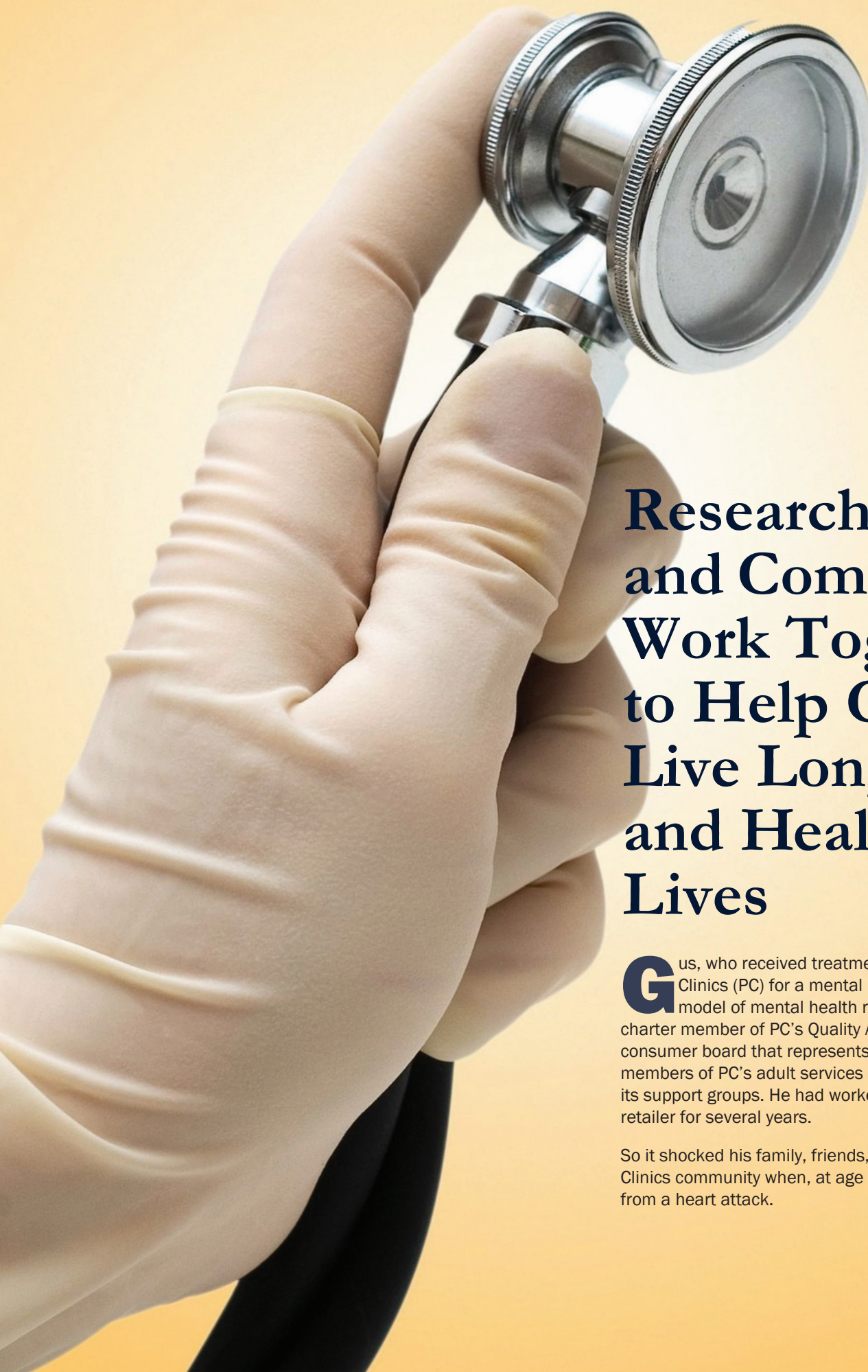
Mental health therapists visit Johnson and other clients in their homes, at senior centers or in PC offices to provide counseling over a 15-20 session period that typically lasts six months or less. Clients receive individual psychotherapy but they can also receive medication as well as referrals and information about housing or other community resources they might need.

Most of Brighter Tomorrows' clients are not in need of psychiatric care but more intensive Pacific Clinics' programs are available – including the Older Adult Program – should a client need it.

Brighter Tomorrows, which also receives referrals from partner organizations that serve older adults and families, opened at Pasadena Family Services in July 2012 and has begun serving seniors and family members at other Los Angeles County Clinics programs. Counselors who speak Spanish and Armenian are also available.

In November 2012, Johnson started receiving counseling from Marina Mankikian, M.S.W., a clinician who works with PC's Pasadena Family Services' Brighter Tomorrows.

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Researcher and Committee Work Together to Help Clients Live Longer and Healthier Lives

Gus, who received treatment from Pacific Clinics (PC) for a mental illness, was a model of mental health recovery. He was a charter member of PC's Quality Assurance Board, a consumer board that represents clients and family members of PC's adult services program sites and its support groups. He had worked with a national retailer for several years.

So it shocked his family, friends, and the Pacific Clinics community when, at age 53, Gus died from a heart attack.

Sadly, Gus' story is a common one. The average life expectancy of a mental health client is 54 years old, which is 25 years younger than the mortality rate for average Americans; most deaths are due to chronic pulmonary or cardiovascular diseases and diabetes. Sharon Duris, a licensed psychiatric technician and divisional director of PC's East Valley programs, where Gus was a client, expresses what she and other agency leaders have realized over the past few years.

"No matter how well clients are doing with their mental health issues, we need to find the resources to do more about focusing their attention on physical health as well," Duris says. "Clients who receive mental health or substance abuse treatment or both from Pacific Clinics routinely reach a certain level of recovery. But if physical health is not tended to, their wellness and their lives can be put in jeopardy."

Pacific Clinics – which is already known for its focus on the physical health of mental health consumers – is again leading the way to find out what more can be done to improve client's health. A new study, and a related Physical Health Screening Committee, are focused on increasing the number of clients who receive physical health screenings. For the first time at Pacific Clinics, consumers are providing input on the physical screening process, which could track a consumer's blood pressure, weight, cholesterol, and other key health indicators.

Sharat "Sharu" Parameswaran, M.D., a Robert Wood Johnson Foundation clinical scholar, selected Pacific Clinics consumers as the focus of his study. Dr. Parameswaran, whose nickname is Dr. Sharu, explains that one of his research interests has been finding solutions to improve the lifespan and health of mental health clients.

"The mortality statistics are shocking," says Parameswaran, who is based at UCLA to conduct his research for the prestigious foundation. "They show that these early deaths are not caused by mental illness, but largely by cardiovascular disease. Physical health issues for persons with mental illness are getting missed."

Since 2007, Pacific Clinics has addressed the physical health of its clients with an innovative

"Clients who receive mental health or substance abuse treatment...routinely reach a certain level of recovery."

~ Sharon Duris

program, which is what motivated Dr. Sharu to pursue his study for the foundation at PC. The program features peer Health Navigators, or trained Pacific Clinics staff members, who encourage clients to take care of their physical health. For instance, Health Navigators accompany consumers to doctors' appointments or make sure they keep follow-up appointments. The program's ultimate goal is to encourage consumers to address and maintain their health on their own.

Health Navigators have gained recognition in the region's mental health care community. For instance, several Los Angeles County Department of Mental Health staff members and other local community agency personnel have received Health Navigator training through the Pacific Clinics Training Institute.

Like Health Navigators, Parameswaran's study and the related committee are another step in the right direction.

"The committee's structure is "very innovative" because it consists of corporate and clinical program directors, line staff including nurse practitioners and licensed psychiatric technicians, and consumers," emphasizes Laura Pancake, PC's Corporate Director of Employment Services and committee co-chair. "Consumer input has never been taken into consideration before in regard to developing guidelines for their own physical health screenings," she adds.

Parameswaran asked the committee at a recent meeting, "What would you like to see happen as a result of this committee's work?"

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"I would really like to get younger people to start taking their health seriously rather than just worrying about the medications' side effects."

~Betty Dandino

Betty Dandino, a committee member and past president of the Quality Assurance Board (QAB) consumer group, recalled Gus' untimely death and stressed that more needs to be done to help people with mental illness live longer, healthier lives.

Dandino, 70, only started taking care of her diabetes eight years ago but the results have paid off. She was taking three medications for her diabetes but has slowly stopped taking each one and now manages it through nutrition and exercise.

"I would really like to get younger people to start taking their health seriously rather than just worrying about the medications' side effects," says Dandino, who took advice from a nutritionist. "I feel a lot better and I feel like I could go to 100 now."

With that in mind, she recently invited Parameswaran to make a presentation to her fellow QAB members about what causes life-threatening diseases and what can be done to prevent them.

Parameswaran and Dandino hope that raising such awareness among the QAB representatives will encourage more consumers to receive physical health screenings.

Committee member Samantha James-Perez, a licensed psychiatric technician and medication services supervisor at PC's Child & Adolescent Intensive and Milieu Outpatient Programs in Monrovia, works with children age seven and older in a daily after-school setting. Diabetes, asthma, obesity, food allergies, epilepsy, and other illnesses also have a negative effect on children's mental health, she explains. "In addition, it's just as common for their mental illnesses – ADHD, depression, psychosis, and others – to affect the physical health of these children."



Dolly Ehlen, a nurse with Pasadena Family Services Outpatient, measures a child's height for a physical screening.

Susan Mandel, Ph.D., Pacific Clinics President and Chief Executive Officer, agrees that there is a need to focus on the overall well-being of consumers through better integration of mental and physical health care. "The physical screening committee's work is vital in this regard but there are many challenges," she says.

For example, access to primary care can be a barrier since physicians are sometimes reluctant to take on patients with mental illness. "Many do not accept Medi-Cal, which is often our consumers' only choice in paying for health care services. In addition to that, many of the new drugs for mental illness have side effects that cause weight gain and even diabetes."

In addition, Mandel says, "for the integrated health care concept to be successful and increase life expectancy rates, the practice must be accepted by more consumers. A lack of income or insurance, as well as cultural beliefs and language barriers, might keep a mental health consumer from visiting

a medical doctor. Severe depression, fear, paranoia and other mental illnesses might also prevent a client from accessing medical care, which is why consumer input to the committee is so crucial.”

“For example, the committee is researching what role other consumers can play in educating, motivating and supporting their peers,” Pancake says. “What should a screening include? Who should conduct them? How do we assist consumers with addressing the health needs and issues identified as a result of the screenings?” she asks. “Getting these issues resolved will be the key to developing a workable tool for staff to use across the agency most effectively,” she adds.

“We have to find the ways to engage consumers in addressing all aspects of their health,” Pancake says. “Doing nothing about the shortened lives of people like Gus is just not acceptable.”



At the time, Johnson had just found a place to live in San Gabriel with a friend’s daughter who cares for people in her home. Moving there, rather than with relatives in the Inland Empire, enabled Johnson to stay near the Pasadena area so she could continue participating in the community activities she cherishes.

Nevertheless, Johnson still felt depressed because of the eviction.

Although she initially rejected the idea that Pacific Clinics could help her, she now recalls how much Mankikian’s calm demeanor and support helped her talk about the upheaval in her life. It also helped Johnson realize that she still had the inner strength to start feeling like the person she had always been.

“It’s difficult when you feel you are losing control, especially when you are an independent person like Clara has always been,” Mankikian explains. “But I have definitely seen Clara’s community spirit revived.”

For instance, Johnson rejoined the Black History Month committee organized by Pasadena’s Jackie Robinson Center. During a parade on Martin Luther King Day weekend, Johnson proudly rode in a jazzy 1957 Chevy convertible with Slettie Jones, L.C.S.W., PC’s former Corporate Director of Older Adult Services, and other community members.

Theresa Destito, L.C.S.W., Director of PC’s Pasadena Older Adult Program, said Brighter Tomorrows can help an individual cope and thrive through a difficult time.

“It can prevent major mental health issues from developing down the line,” Destito says. “We help the client gain or improve coping skills in order to regain a sense of stability in his or her life.”



Professional Endorsements
for **Birth-to-Five**
Program Specialists

*Three are Certified for their Work
—★ with PC's Youngest Clients ★—*

Researchers who study the cognitive abilities of humans are constantly looking for indications of when certain brain processes begin. A new French study reported in the Los Angeles Times has revealed that as early as four or five months old, babies “appear to have the internal architecture in place to perceive objects in adult-like ways.” As difficult as it is to assess what infants and even toddlers are thinking, it may be even more of a challenge to address their feelings and emotional health, particularly in children that have experienced trauma, neglect or abuse and are exhibiting behaviors not considered healthy or “normal”.

A growing number of specialized Pacific Clinics (PC) mental health therapists are doing just that. Three of them — Esther Chon, Ph.D., Bridget Tremblay, M.S., and Cristina Vasquez, M.A., of PC’s Children’s Specialty Services Division based in Pasadena — have reached levels of competency in working with children under five that have garnered an endorsement from the California Center for Infant-Family and Early Childhood Mental Health.

Chon, Tremblay, and Vasquez are among only 23 Center-endorsed therapists in Los Angeles County. These specialists as well as others have been working with trainer and mentor Barbara Stroud, Ph.D., over the past three years. Dr. Stroud is an associate of the California Center at the highest endorsement level as a specialist & reflective practice mentor. It was Stroud’s enthusiastic endorsement of PC’s commitment to expand and enhance its services for infants and toddlers from birth to 3-years-old that drew these young therapists to join PC’s staff. The Child Specialty Division now has 12 Birth-to-Five therapists, who work with children in this age group.

Esther Chon, Ph.D., a psychologist whose level of licensure and more than 1,000 hours of experience and training has qualified her for the California Center’s endorsement as a mental health specialist, said her training led her to study attachment theory at UC Berkeley. “Childhood attachment can define



From left: Dr. Esther Chon, Bridget Tremblay and Cristina Vasquez with some of the toys they use in their therapeutic work with young children.

characteristics that will shape the child’s sense of self and how they carry out relationships with others,” she notes.

Attachment theory has led to a new understanding of how, at a very young age, children develop different styles of attachment, based on experiences and interactions with their caregivers. “If the earliest experiences of infants with their caregivers are somehow frightening to them, this can cause them to have what is called ‘disorganized attachment,’” Dr. Chon says.

“A parent or caregiver’s failure to connect and bond with the child is also a common problem we see when

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evaluating our youngest clients,” she explains. “We try to work with the families before the situation gets worse. The types of therapy we provide and processes we use with children younger than three and their caregivers have to be entirely different than with older children.”

Many of the cases that the Birth-to-Five team work on, however, are with children who are in preschool or early grade school. The referral usually comes as a result of a child’s uncontrollable behavior, such as tantrums or fighting, that takes place in a Head Start or other early school setting.

The cases are frequently the result of the Department of Children and Family Services getting involved in a family crisis. The youngsters may have been removed from the care of their birth parent(s) and placed in foster care or with a close relative. PC staff members are called upon to evaluate the child and address a wide range of issues including pre-and-post-natal physical health; feeding, sleeping and temperament patterns; past and current family systems including absent parents; current daycare or preschool situations and more.

“Some of the infants we do see are those whose mothers are known to have used alcohol or drugs during their pregnancies,” Tremblay explains. “Those practices are known to affect the brains of newborns, so the county brings us in right away, even sometimes in the Neonatal Intensive Care Units, since a lot of drug-affected babies are premature.”

“These children will be affected by this their entire lives,” she continues. “But we try to make it easier for their current caregivers, who often are foster parents, to connect with them. Whoever the caregivers are, we try to make the effects less traumatic and difficult for both them and the child.” The team also connects families with resources that might help them as the child develops, such as doctors that specialize in children affected by prenatal drug use.

Young children may also have been part of a household where drugs were used and who were physically affected by them. Vasquez, who is the

most recent of the three staff to receive the California Center’s endorsement, explains that many of the cases involve some level of neglect or abuse by one or both of the biological parents.

“In some, of course, the trauma affecting the child can be the result of an accident, a death or deaths in the family, poverty, homelessness or other factors,” she says. “Whatever the situation might be, the clinician must work through that trauma and its effects on the child and caregivers to restore the child’s self-concept and positive attachments with the adults in his ‘new’ world, whether it’s biological parents, relatives or foster caregivers.”



PC’s Birth-to-Five teams usually visit clients and perform therapy in a foster or relative’s home. Some travel as far as Riverside County or the Antelope Valley. At PC’s East Pasadena offices on Foothill Boulevard, the teams and clients make use of a cheerfully decorated special playroom dedicated to children ages five or younger. Among the toys, dolls and stuffed animals, a slightly deflated wading pool holds several brightly colored balls for the children. “I have to apologize for the condition of the pool right now,” Vasquez explains with a chuckle. “One of my clients took a bite out of it.”

Once Vasquez and Tremblay complete a total of 3,000 hours of service and training and pass the state tests to qualify for marriage and family therapist licensure, it will elevate their California Center endorsement status from trans-disciplinary infant-family and early childhood mental health practitioner to mental health specialist. Chon plans to complete the hours and credit she needs to rise from the specialist level to reflective practice status.

“Then I look forward to being able to teach and supervise others,” she says.

Wherever their additional work and training hours takes them at PC and in their professional lives, Chon, Tremblay and Vasquez, as well as other Birth-to-Five staff members, are committed to helping PC’s youngest clients grow into healthy, well-adjusted young people with positive family relationships.

Pacific Clinics El Cholo Fiesta Brunch

Clinics' El Cholo Fiesta Brunch raises money for mental health services

More than 300 people attended Pacific Clinics' El Cholo Fiesta Brunch fundraiser on May 19 in Pasadena.

The event promoted public awareness about mental health and raised money to help support the many programs and services that Pacific Clinics, its Portals division and the Pacific Clinics Foundation provide to more than 15,000 consumers throughout Southern California.

Special guests included former USC Trojan football star Anthony Davis and emcee Robert Kovacic, co-anchor of the NBC4 weekend news and an award-winning journalist.

Lanthia D., 29, a Pacific Clinics client, also spoke at the event about her experience with the organization. In high school, she had severe depression and suicidal thoughts.

"After graduation, I began cutting myself," said Lanthia, who was homeless for almost two years. "It was the only way to relieve the pain I felt from voices with messages that said 'I wish you were dead' ... and worse."

In 2010, she began receiving Pacific Clinics services. Lanthia was assigned a peer partner (an employee that lives with a mental illness and is now helping others) and a nurse practitioner to address her physical needs. In addition, Pacific Clinics staff members helped her find a home.

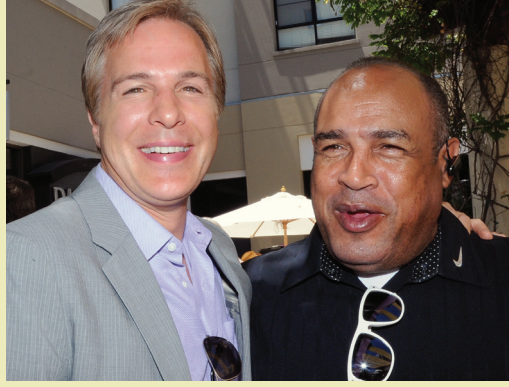
Lanthia enrolled in the Paraprofessional Mental Health Worker Training Program offered at Pasadena City College in collaboration with Pacific Clinics and now works as an off-site housing monitor, helping clients in transitional housing with various life skills. She also attends college full-time.

"Remember that your life is always worth fighting for and never give up," she told the audience.

Susan Mandel, Ph.D., Pacific Clinics' president and chief executive officer, explained that proceeds from the event will help the organization fill gaps in public funding. "Your donations will help us support services that are necessary to promote recovery and wellness," Mandel said. "Together we are helping to make a difference in the lives of thousands of consumers and family members we serve."

Pacific Clinics wishes to thank all of the event's sponsors and supporters including its major sponsors: Blue Shield of California, The Rule Group, Kaiser Permanente and Mutual of America.





Top left: Susan Mandel, Ph.D., President and CEO of Pacific Clinics, is greeted by Michael Dunn, Trustee of the Pacific Clinics Foundation who served as chair of the El Cholo Fiesta Brunch Committee. **Top right:** Robert Kovacik, weekend co-anchor and general assignment reporter of NBC4, and former USC star running back Anthony Davis share a laugh. **Bottom left:** Key sponsors are recognized, including (left to right): Sonia Menchaca of Kaiser Permanente, David DiCristofaro of Wells Fargo Bank, Pacific Clinics Foundation Trustee Kent Crawford of the Rule Group, Brian Severin of Mutual of America, and Don Stallings of Blue Shield of California, who served as the event's Naming Sponsor. **Bottom right:** Fiesta Brunch guests bid on live auction items at the event held at El Cholo in Pasadena.

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Pilot Program Integrates Mental Health and Substance Abuse Treatments

“RYAN,” who asked that his name be changed, is a clear-eyed, fit-looking 23-year-old. His healthy appearance belies what he had been putting his body and mind through just over a year ago. Two years ago, he lost someone important in his life and that triggered post-traumatic stress disorder and depression.

Ryan also began abusing drugs such as Ecstasy, cocaine and methamphetamine in an attempt to alleviate the pain and depression he felt. At his worst, he downed a lot of over-the-counter cough medicine. His drug use eventually cost him his job.

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Finally, Ryan sought counseling at Pacific Clinics' (PC) Irwindale Hope Drop-In Center for Transitional Age Youth (TAY). With the help of TAY case manager Jeremy Stear and therapists, Ryan gradually strengthened his resolve to stay off drugs and improve his mental health. He now exercises frequently and meditates, activities that have helped him achieve mental wellness.

Ryan's story is not unlike many of the youth ages 16-25 in PC TAY programs. PC clinicians estimate that as many as 90 percent of the young people they treat use drugs or alcohol that impairs their lives and inhibits their recovery from a mental illness that might be present. Sometimes, the substance use itself might contribute to a mental illness.

Getting to the heart of clients' drug use continues to be a challenge for many mental health therapists, who often haven't received substance abuse training as part of their education or early work experience.

A new pilot program at PC is changing that. Earlier this year, the agency launched a six-session training program with five of its TAY programs that exposes therapists and mental health workers to substance abuse education and counseling. Irwindale, Pasadena, Santa Fe Springs, Rancho Cucamonga, and Monrovia TAY staff took the classes, which focused on working with TAY first due to the high rates of substance abuse among young people.

Stear, Ryan's case manager, said he took the classes because substance abuse is "the elephant in the room" for many mental health care professionals. "We all know it's something our clients may need to address, but we don't always know how to engage them and get them to talk about it because it is such a sensitive subject for them," he explains. "The drug use is not as easy to detect."

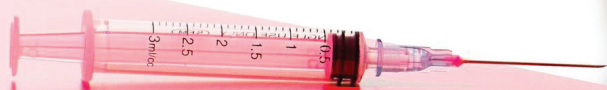
Rose Lopez, Ph.D., Director of Wellness and Recovery Training, and Sharon Burnom, M.B.A., a certified addiction specialist, led the classes. Gina Perez, Psy.D., Corporate Director for TAY Services, and David Martel, Substance Abuse/Mental Health Services Coordinator, supervised the classes, which were offered by Pacific Clinics Training Institute. In addition to sessions that dealt with cultural competence and diversity in working with TAY, the participants took Substance Abuse 101, which provided up-to-date information on the types of use and addiction they might encounter with their clients.

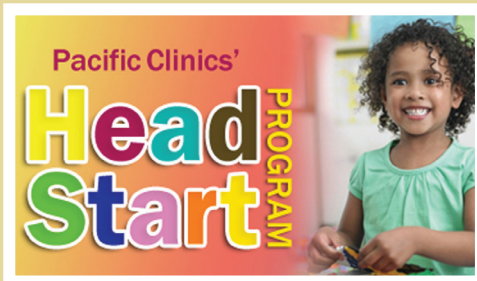
Two sessions provided information and training on motivational interviewing, a counseling technique used by addiction specialists to help drug addicts acknowledge they need help.

For Stear, learning how to conduct motivational interviewing was extremely helpful in teaching him how to deal with such clients as Ryan. "I have been with this program for nearly five years and I still have some difficulty at times getting clients to talk about and address their substance abuse," he confesses. "This class was really helpful in giving me access to new and better ways to do that."

The training continues to motivate Stear. After the class, Stear and a colleague started a substance abuse discussion group at the Irwindale Center for TAY. Training participants gave the class high marks and also said they want to take more substance abuse courses. PC plans to offer more advanced courses as well as expand the training to other TAY sites.

Perez notes that already seven TAY clients from programs that participated in the training have enrolled in Substance Abuse programs. "And many of the staff we interviewed who took the course expressed interest in becoming certified as drug counselors themselves," Dr. Perez adds. "They were very excited about the new information and skills they were able to garner during the trainings. It certainly bodes well for future trainings to increase integration of substance abuse treatment for our clients across all our programs."





Pacific Clinics to operate Head Start in Glendale, Early Head Start in Altadena, Glendale and Pasadena

Pacific Clinics has received a \$6.1 million federal grant to operate Head Start in Glendale and Early Head Start in Altadena, Glendale and Pasadena for the next five years.

Head Start programs prepare children for school by enhancing their cognitive, social and emotional development. Glendale's Head Start serves an estimated 435 low-income preschoolers (ages three to five); about 174 infants and toddlers (birth to 3-years-old) are served by Early Head Start in Altadena, Glendale and Pasadena.

"Head Start is an exceptional early education program that helps children succeed in kindergarten and beyond," said Susan Mandel, Ph.D., Pacific Clinics President and Chief Executive Officer. "As a mental health organization that got its start by offering children's counseling, we are pleased to expand our work with Head Start to influence the minds and lives of young children."

The agency already provides multicultural mental health services for several Head Start programs in Los Angeles County.

Rep. Adam Schiff (D-Burbank) who supported the Clinics' application for the grant, said: "I am very pleased that Pacific Clinics has been awarded funding from the Department of Health and Human Services to implement Head Start and Early Head Start programs.

"Head Start is the most successful, longest-running, national school readiness program in the United States, providing crucial education, health, nutrition, and parent involvement services to low-income children across the nation," he added. "Nearly 30 million pre-school aged children have directly benefited from Head Start, and our country as a whole is better off because of this program."

Pacific Clinics is collaborating with childcare partners such as Glendale Community College's early childhood education program, Mothers' Club Family Learning Center and Altadena Christian Children's Center to run its Early Head Start program.

Dr. Garcia participates in Senate hearing on state's prison population and recidivism rate

Luis Garcia, Psy.D., Pacific Clinics vice president of Latino program development, took part in an informational state senate hearing on reducing California's prison population and its recidivism rate.

The California Senate Select Committee of Mental Health organized the hearing and invited Dr. Garcia to speak about Latino mental health. Los Angeles County Sheriff Lee Baca, Richard Rawson, M.D., associate director of UCLA's Integrated Substance Abuse Services, and other experts testified.

Garcia gave a presentation titled "Engaging Latino Families with Effective Mental Health Prevention and Treatment Programs" at the May 31 hearing.



Fall 2013 Advances Calendar of Events

Saturday, October 5

NAMI Walks 2013

Pacific Clinics 'Can Do Crew' teams will walk in support of NAMI's ongoing mental health awareness efforts.

3rd Street Promenade, Santa Monica

To support PC teams and learn more, contact Lindy Russell, (626) 254-5023 or lrussell@pacificclinics.org.

Wednesday, October 15

10:00am - 2pm

Annual Passageways Homeless Connect Day Resource Fair

Pacific Clinics' Passageways helps organize this event to link homeless people to community resources including mental health services.

Salvation Army

180 W. Mentor, Pasadena

To support this event or learn more, please call Passageways at (626) 403-4888 or contact pbaddin@pacificclinics.org.

Thursday, October 16

7:00am - Noon

22nd Annual M.I.L.E.S Conference - "Healing from Within: The Mental Health Challenges of Today's Veterans"

This conference will bring together law enforcement officials and mental health professionals to discuss veterans' mental health/post-traumatic stress disorder.

Hilton LA/San Gabriel

225 W. Valley Blvd., San Gabriel

By invitation only.

For information, contact Lindy Russell, (626) 254-5023 or lrussell@pacificclinics.org.

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For more info, contact: Ivan Rodriguez, Fund Development Associate, (626) 254-5076 or irodriguez@pacificclinics.org



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