ACCESS TO MENTAL HEALTH CARE

PREVENTION BUREAU ADMINISTRATION
Who Are We?
Los Angeles County Map

- SA 1 - Antelope Valley
- SA 2 - San Fernando Valley
- SA 3 - San Gabriel Valley
- SA 4 - Metro Los Angeles
- SA 5 - West Los Angeles
- SA 6 - South Los Angeles
- SA 7 - East Los Angeles
- SA 8 - South Bay
Department of Mental Health

- The largest county-based public mental health system in the nation
- Directly-Operated sites (DMH clinics)
- County Contracted Agencies (i.e. Pacific Clinics, Hillsides)
- Co-Located Sites (DMH staff)
Cultural Humility

- Services are provided in the threshold languages:
  - English, Spanish, Chinese (including Cantonese and Mandarin), Armenian, Farsi, Cambodian, Vietnamese, Korean, Russian, Tagalog, and Arabic
  - American Sign Language (ASL)
- Employ staff with lived experience (Peer Advocates & Parent Partners)
- Networks to increase cultural access
- Multi-lingual/multi-cultural staff development
What is mental health?

- Includes our emotional, psychological, and social well-being
- It affects how we think, feel, and act
- Helps determine how we handle stress, relate to others, and make choices
Mental Health is Compromised

- A pattern of mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life’s ordinary demands and routines
- Related to excessive stress due to a particular situation or series of events
- Genetic factors and/or biochemical imbalances can compromise someone’s mental health
- Trauma, Toxic Stress, and Lived Experiences are a big part in mental health disturbances
Examples of Mental Health Symptoms

- **Young Children (Birth to 3)**
  - Changes or irregularities in sleep habits, including nightmares
  - Changes or irregularities with eating habits, including over/under eating
  - Not meeting developmental milestones

- **Mental Health Symptoms in Children**
  - Changes in school performance
  - Changes in sleeping and/or eating habits
  - Excessive worry or anxiety (i.e. refusing to go to bed or school)
  - Hyperactivity

- **Mental Health Symptoms in Adults**
  - Confused thinking
  - Prolonged depression (sadness or irritability)
  - Feelings of extreme highs and lows
  - Excessive fears, worries and anxieties
  - Social withdrawal
  - Dramatic changes in eating or sleeping habits
Our Services
Who do we serve?

- Age of client, as services are broken-down by age group
  - Child (0-15 years)
  - TAY (16-25 years)
  - Adult (26-59 years)
  - Older Adult (60 + years)
- Ability to pay
  - Medi-Cal
  - Indigent Funds
  - Sliding Scale
Services Provided

- Individual Therapy
- Family Therapy (children services)
- Group Therapy
- Psychiatry/Medication Support
- Case Management Services (Referrals & Linkage)
- Assistance with benefit establishment
- Parenting Education (children services)
- Substance Use/Abuse Support
- Additional Services available for intensive mental health recipients
- Mental Health Training and Education
Continuum of Care
Different Program Categories

<table>
<thead>
<tr>
<th>PREVENTION</th>
<th>EARLY INTERVENTION</th>
<th>OUTPATIENT</th>
<th>INTENSIVE</th>
<th>RESIDENTIAL/OTHER</th>
<th>COLLABORATIONS/CO-LOCATIONS</th>
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<tbody>
<tr>
<td>Universal Prevention targets the general public or a whole</td>
<td>Programs aimed at treating an early diagnosis or short term services</td>
<td>Receiving services at a clinic - General Outpatient</td>
<td>Services are provided in the field</td>
<td>Work in conjunction with Psychiatric hospitals</td>
<td>DCFS</td>
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<td>Selective Prevention targets individuals at-risk of developing mental illness</td>
<td>Example: Evidence Based Practices (EBPs) short-term therapies</td>
<td>Example: General Outpatient Programs and Recovery, Resilience, and Re-integration (RRR), PEI programs</td>
<td>Have a 24/7 response component for MH emergencies</td>
<td>Locked placement (IMD) for conserved individuals</td>
<td>DPSS</td>
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<td>Example: Partners in Suicide Prevention, Stigma Reduction</td>
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<td>Services are provided in a team approach and often two or more services a week.</td>
<td>Day Treatment</td>
<td>DHS</td>
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<td>Not Meeting Medi-Cal Criteria – Sxs not severe to meet MH Dx</td>
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<td>Example: Full Service Partnerships (FSP) and</td>
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<td>DPH</td>
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<td>Day Treatment Intensive (DTI)/Therapeutic Pre-School</td>
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<td>LAPD</td>
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<td>School Districts</td>
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<td>Juvenile Hall</td>
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Accessing Mental Health Services

1. Decide if there is a need for family/client to have MH services
2. Inquire from family/client if they want assistance locating MH services
3. Go to DMH website, Call ACCESS or Navigator to find an agency
4. Contact agency for an intake appointment or walk-in dates
5. Provide information to family/client
   Provide Symptom description for assistance
6. Client attends intake appointment
   Once agency completes Assessment, client will be assigned to a program
Finding Services
Avenues to seek out MH resources

- DMH Website: dmh.lacounty.gov
- ACCESS Line: 1-800-854-7771
- Service Area Age Group Navigators
ACCESS LINE
1-800-854-7771

• Provides assistance in finding specific mental health services in their area
• Responds to non-emergency* mental health crisis
You can help by learning more....

- Mental Health First Aid
  - Adults
  - Youth
- Suicide Prevention Trainings including
  - Question, Persuade, Refer (QPR) 3 hr training
  - Applied Suicide Intervention Skills Training (ASSIST) 2 day training
- Promoting Emotional Well-Being in Senior Living Communities

To request training, please contact suicideprevention@dmh.lacounty.gov
QUESTIONS