

Mental Health Community Learning Forum

On behalf of North Los Angeles Regional Center (NLACRC)

Thursday, November 14th, 2024

Introductions

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- Developmental Disabilities
- Mental Illness
- Dual Diagnosis
- Why It's Important To Distinguish Between The Two:
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- Promoting Mental Health in Early and Middle Childhood
- Understanding the Importance of Adolescent Health and Well-being
- Prioritizing Mental Health and Well-being in Young Adulthood
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DEVELOPMENTAL DISABILITIES:

These are a group of conditions that typically manifest during early childhood and involve impairments in areas such as intellectual functioning, communication, motor skills, and adaptive behavior. Common developmental disabilities include:

- **Autism Spectrum Disorder (ASD)**
- **Intellectual Disabilities (ID)**
- **Cerebral Palsy**
- **Epilepsy**
- **Disabling conditions found to be closely related to intellectual disability or requiring treatment similar to.**

People with developmental disabilities may have challenges in everyday functioning and often require specialized support for communication, socialization, education, and independent living.

Website: www.nlacrc.org

MENTAL ILLNESS:

Mental illness refers to a range of mental health conditions that affect mood, thinking, behavior, and emotional regulation. These conditions are often not present from birth and can develop at any point during a person's life. Common mental illnesses include:

- **Depression**
- **Anxiety Disorders**
- **Bipolar Disorder**
- **Schizophrenia**
- **Obsessive-Compulsive Disorder (OCD)**

Mental illness can occur independently of a developmental disability, though people with developmental disabilities may be more susceptible to mental health issues, in part due to factors like social challenges, environmental stressors, and difficulties accessing mental health care.

References:

- Intellectual disability*. (2024, May 1). Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/25015-intellectual-disability-id>
- Centers for Disease Control and Prevention. (n.d.). *Intellectual disability fact sheet*. Retrieved October 9, 2024, from <https://www.cdc.gov/child-development/about/developmental-disability-basics.html>
- American Association on Intellectual and Developmental Disabilities (n.d.). *Definition of intellectual disability*. Retrieved October 9, 2024, from <https://www.aaidd.org/intellectual-disability/definition>

DUAL DIAGNOSIS:

A dual diagnosis refers to when an individual has both a developmental disability and a co-occurring mental illness. For example:

- 1. A person with Autism Spectrum Disorder (ASD) may also experience anxiety or depression.**
- 2. Someone with intellectual disability might develop behavioral problems or mood disorders as they encounter challenges with communication or social interactions.**

Managing a dual diagnosis can be complex because the symptoms of the developmental disorder and the mental illness can overlap or exacerbate each other, making treatment and support more challenging. It's important to take an integrated approach to care that addresses both the developmental and mental health needs of the individual.

Reference:

American Association on Intellectual and Developmental Disabilities (n.d.). *FAQs on intellectual disability*. Retrieved October 9, 2024, from <https://www.aaid.org/intellectual-disability/faqs-on-intellectual-disability>

WHY IT'S IMPORTANT TO DISTINGUISH BETWEEN THE TWO:

Different Causes:

Developmental disabilities are typically the result of genetic, prenatal, or early childhood factors, whereas mental illnesses can be influenced by a variety of biological, psychological, and environmental factors that might develop later in life.

Different Approaches to Treatment:

Treating developmental disabilities often focuses on skills development, behavioral interventions, and support for daily living, while treating mental illnesses typically involves psychotherapy, medication, and support for managing emotions and thoughts.

Complicated Diagnosis:

In cases of dual diagnosis, distinguishing between the symptoms of the developmental disability and the mental illness is critical to providing effective, individualized treatment.

Reference:

IDD/MI Diagnosis - The NADD. (2024, July 12). The NADD. <https://thenadd.org/idd-mi-diagnosis/>

Importance of Mental Health in Achieving Overall Well-being

Mental health, encompassing emotional, psychological, and social well-being, is crucial for coping with life stresses, realizing our potential, and fostering learning and performance. In today's fast-paced world, prioritizing mental health is key to building resilience, nurturing relationships, and achieving personal and professional growth. Recognizing the value of mental health benefits both individuals and communities by creating supportive environments. By normalizing conversations around mental health and advocating for accessible resources, we can work towards a more inclusive and empathetic society. NLACRC encourage you to prioritize your mental well-being by integrating mindfulness practices, self-care routines, and seeking professional support when needed and fostering a culture that values mental health as a vital component of holistic well-being.



Promoting Mental Health in Early and Middle Childhood

Children ages birth to 11 years old.

During this critical developmental stage, children undergo significant milestones that shape their emotional well-being and social capabilities. It is imperative that we prioritize the mental health of young individuals to ensure they have the necessary tools to navigate through challenges and thrive in various aspects of life. Promoting mental health in childhood involves fostering an environment where children can reach developmental and emotional milestones. By equipping them with healthy social skills and teaching them effective coping mechanisms, we empower children to manage difficulties positively and constructively. Research consistently shows that children who experience good mental health exhibit a higher quality of life. They demonstrate resilience, adaptability, and the ability to function well in different settings, including at home, in school, within their social circles, and in the broader community. Together, we can work towards ensuring that every child has the opportunity to flourish and succeed by prioritizing their mental health and emotional development. NLACRC look forward to collaborating with you to create a positive and supportive environment for children in their formative years.



Understanding the Importance of Adolescent Health and Well-being

Focusing on individuals ages 12 to 17 years old

- Adolescence is a transformative period marked by the establishment of numerous health behaviors and habits that often continue into adulthood. It serves as a foundation for future health outcomes, making it essential to address the health needs of adolescents proactively. This stage of life is not only characterized by physical changes but also by significant emotional and social challenges. Adolescents may be exposed to various stressors such as poverty or violence, which can further exacerbate their vulnerability to mental health issues. It is imperative to acknowledge and address these challenges effectively to ensure the overall well-being of adolescents during this critical stage. By fostering a supportive and nurturing environment for adolescents and providing access to necessary resources and mental health support, NLACRC can help mitigate the risks they face and empower them to navigate these formative years successfully.



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Prioritizing Mental Health and Well-being in Young Adulthood

Focusing on individuals ages 18 to 26

- The importance of prioritizing mental health and well-being in young adulthood, a crucial stage of life marked by significant transitions and challenges. These can range from pursuing higher education and entering the workforce to securing housing, and even starting a family. It is during this period of transition that young adults may face increased levels of stress, uncertainty, and pressure to make pivotal decisions that will shape their future. Research has shown that fostering positive mental health and well-being in young adulthood is essential for aiding individuals in successfully managing these transitional phases. By proactively addressing mental health needs and adopting healthy coping mechanisms, young people can better equip themselves to navigate the challenges that come their way. This, in turn, allows them to make informed decisions, build resilience, and cultivate a strong sense of self-awareness and emotional well-being. Encouraging open discussions about mental health, reducing stigma associated with seeking help, and promoting self-care practices are critical components of supporting young adults in prioritizing their well-being. By creating safe spaces for dialogue, providing access to mental health resources, and offering guidance on stress management techniques, we can empower young individuals to embrace self-care as an integral part of their overall well-being.

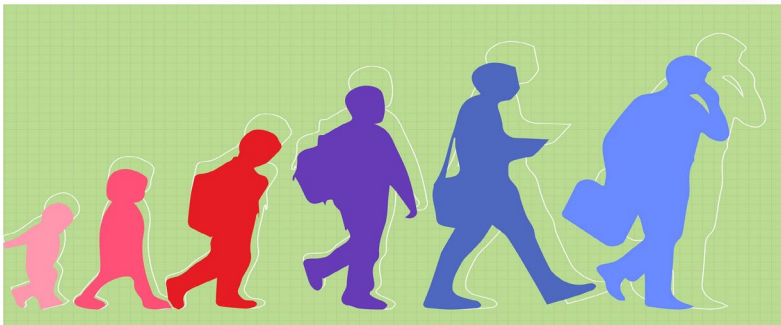


Understanding Life Stressors in Middle Adulthood

Focusing on individuals aged between 27 to 64 years old

During this period, adults may encounter a multitude of stressors related to their careers, parenting roles, caregiving duties, and interpersonal relationships. The demands of the modern workplace, coupled with the pressures of climbing the career ladder and maintaining a work-life balance, can significantly impact one's well-being during middle adulthood. Juggling professional aspirations with personal obligations can create a constant source of stress and anxiety for many individuals in this age group. Furthermore, the challenges of parenting may intensify in middle adulthood as individuals navigate the complexities of raising children, adolescents, or even young adults. Balancing the needs of their offspring with their own desires and aspirations can pose a significant dilemma for many parents, leading to feelings of guilt, self-doubt, and fatigue.

In addition to their parental roles, many individuals in middle adulthood find themselves in the position of being caregivers for aging parents or relatives. The demands of providing physical, emotional, and financial support to a loved one in need can take a toll on their own well-being and pose challenges in managing their own health and responsibilities. Maintaining fulfilling and meaningful relationships with partners, family members, and friends can become increasingly challenging during middle adulthood. Navigating the complexities of interpersonal dynamics, resolving conflicts, and meeting the emotional needs of loved ones requires patience, empathy, and effective communication skills.



Supporting Mental Health in Older Adulthood

reaching the age of 65 and beyond

One of the key challenges that older adults face is the transition into retirement. After years of working and maintaining a routine, retirement can bring about a sense of loss, purposelessness, and even identity crisis for some individuals. This major life change can lead to feelings of anxiety, depression, and a general decline in mental health. As individuals age, they may also be confronted with coping with serious illnesses or managing the loss of a loved one. These experiences can trigger feelings of grief, helplessness, and hopelessness, further exacerbating existing mental health issues or giving rise to new ones. Another prevalent concern among older adults is social isolation and loneliness. As social circles tend to shrink with age, individuals may find themselves with fewer opportunities for social interaction and emotional support. The lack of meaningful connections can contribute to feelings of loneliness, which have been linked to poor mental health outcomes.



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NLACRC recognize the unique challenges faced by older adults and strive to provide them with the support and resources they need to maintain their mental well-being. By promoting awareness, fostering a sense of community, and offering access to mental health services, we can help older adults navigate these life changes and improve their overall quality of life. NLACRC urge you to join us in advocating for better mental health support for older adults and working towards creating a more inclusive and compassionate society for individuals of all ages.

NLACRC Offers:

- CFS – Coordinated Family Support Service
- CBAS - Community-Based Adult Services
- AST – Adaptive Skills Training
- ILS - Independent Living Services
- SLS- Supported Living Services
- Advocacy
- Behavior Services
- Day Programs
- CBEM – Creating Behavioral + Educational Momentum

Guest speaker

Ute Escorcía, MSW Program Director - CBEM {15-20mins}

CBEM - Creating Behavioral + Educational Momentum

"Collaboration Between CBEM and NLACRC for Enhanced Consumer Mental Health Support"

- The critical intervention services being provided by CBEM in partnership with North Los Angeles County Regional Center (NLACRC) to support consumers experiencing crises.
- CBEM is dedicated to offering crisis support and short-term intensive services to individuals in need, with a particular focus on linking them to the appropriate generic resources that can address their mental health requirements effectively. Through a collaborative effort with NLACRC, we aim to ensure that consumers receive the necessary services, resources, and stabilization strategies to enhance their overall well-being.
- NLACRC and CBEM work closely together, engaging in Individual Program Plan (IPP) planning to establish specific goals tailored to each consumer's unique needs. By aligning our efforts and resources, we strive to guarantee that individuals in crisis receive the appropriate support and interventions required for their mental health recovery and stability.
- Our shared commitment to improving consumer outcomes underscores the importance of our collaboration and the positive impact it has on those we serve. NLACRC is dedicated to continuing our partnership with CBEM to enhance the quality of care and support provided to individuals facing mental health challenges.



Generic Resources

Child and Family Guidance Center {CFGC}

The Child and Family Guidance Center (CFGC) provides services in the San Fernando Valley, Santa Clarita Valley, and Antelope Valley, to low-income families with children who have significant emotional problems and need comprehensive mental health interventions.

- Website: childguidance.org
- Phone: 818.993.9311

Department of Mental Health {DMH}

The Department of Mental Health (DMH) provides mental health services. DMH can treat mental health issues to help people grow, keep healthy relationships, and achieve personal goals.

- ✓ Website: dmh.lacounty.gov
- ✓ Phone: (800) 854.7771 for 24/7 help

The LACDMH Help Line serves as the primary entry point for mental health services with the Los Angeles County Department of Mental Health.

Services provided by our Help Line staff include:

- Access Line for Service Referrals, Crisis Assessments and Field Deployments – available 24/7 (option 1 when calling the Help Line)
 - ✓ Mental health screening and assessment
 - ✓ Referral to a service provider
 - ✓ Crisis counseling
 - ✓ Mobilizing field response teams
 - ✓ Linkages to other services and resources
- Emotional Support Warm Line with Trained Active Listeners – available 10:30 a.m. to 9 p.m. daily (option 2 when calling the Help Line)
- Veteran Line for Mental Health Support and Connection to Veteran Programs – available 9 a.m. to 8 p.m. daily (option 3 when calling the Help Line)
- 988 Suicide & Crisis Lifeline (Launched on July 16, 2022)

A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7 throughout the U.S. via phone call, text messaging (send a text to 988), or online chat. (Please note that the previous phone number for the National Suicide Prevention Lifeline at (800) 273-8255 will remain operational after July 16, 2022)
- Crisis Text Line: Text “LA” to 741741
Connect with a trained crisis counselor to receive free crisis support via text message.
- Disaster Distress Helpline: (800) 985-5990
The Substance Abuse and Mental Health Services Administration’s (SAMHSA) Disaster Distress Helpline provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Psychiatric Emergency Teams (PET) and Psychiatric Mobile Response Teams {PMRT}

Psychiatric Emergency Teams (PET) are mobile teams operated by psychiatric hospitals approved by the Department of Mental Health to provide 5150 and 5585 evaluations. Team members are licensed mental health clinicians. PET operates like PMRT and provides additional resources in specific geographical regions.

Psychiatric Mobile Response Teams (PMRT) consist of DMH clinicians designated per Welfare and Institutions Code 5150/ 5585 to perform evaluations for involuntary detention of individuals determined to be at risk of harming themselves or others or who are unable to provide food, clothing, or shelter because of a mental disorder.

- Phone: 800.854.7771

Hospitals / Centers:

Here is some of the few hospitals / center that provides mental health services to those are in a crisis.

- Antelope Valley Medical Center: 1000 W. Avenue J, Lancaster CA 93534
Phone: 661.723.0145
- Henry Mayo Newhall Hospital: 23845 McBean Parkway, Valencia, CA 91355;
Phone: 661.200.2000
- Olive View Medical Center: 14659 Olive View Drive Sylmar CA 91342
Phone: 818.485.0888
- Palmdale Regional Medical Center: 38600 Medical Center Dr. Palmdale. CA 93551;
Phone: 661.382.5000
- Tarzana Treatment Center: 44447 10th St. W, Lancaster, CA 93534
Phone: 818.996.1051
- Tarzana Treatment Center: 8330 Reseda Blvd, Northridge CA 91325
Phone: 818.996.1051

Health Insurances:

Here is a list of a few health insurances that provides mental health services :

- LA Care Medi-Cal - 888.452.2273
- HealthNet Medi-Cal – 800.675.6110
- Kaiser – 800.777.7902
- Anthem Blue Cross – 844.285.5159
- Aetna – 800.872.3862
- Medicare – 800.633.4227
- Medi-Cal – 800.541.5555



Resources

24-HOUR HOTLINES

DMH ACCESS Center (800) 854-7771

Offers information regarding mental health services and referrals to local mental health services. It is also a crisis hotline for mental health concerns.

NAMI (National Alliance on Mental Illness) (800)-950-6264

Free service that provides information, referrals and support to people living with a mental health condition, family members and caregivers, mental health providers and the public.

National Domestic Violence Hotline/ Linea de Ayuda Violencia Domestica (800) 799-SAFE (7233) www.ndvh.org

National Suicide Prevention Lifeline/ (800) 273-TALK (8255)

Lines de Ayuda Para Prevencion del Suicidio www.suicidepreventionlifeline.org

LGBT National Hotline (888) 843-4564 Crisis Intervention and Suicide Hotline for LGBT Youth and Adults

Trans Lifeline (877) 565-8860

Staffed by transgender people, for transgender people; crisis intervention and suicide hotline

The Trevor Project (866) 488-7386 Peer-led crisis intervention and Suicide Hotline for LGBTQ

Veterans Crisis Line (800)-273-TALK (8255) – Press 1

Important Phone Numbers

NUMBERS 211 LA County Dial

2-1-1 Provides information and referrals for health and human services, like legal services, food banks, shelters, clothing, etc.

Substance Abuse Services Hotline (SASH) (844) 804-7500 Provides linkage to residential and outpatient substance use treatment in Los Angeles County.

Whole Person Care Call Center (844) 804-5200 Helpline for WPC participants to reconnect with your Community Health Worker or for program inquiries.

Emergency Psych Medications Refills

Olive View Community Mental Health Urgent Care Walk-In Hours: Monday-Friday 8am-7pm; Saturday 9am-5:30pm 14659 Olive View Dr., Sylmar, CA 91342 (818) 485-0888

Exodus Mental Health Urgent Care: Eastside Walk-In Hours: Monday-Friday 6am-5pm; Sat/Sun 6am-3pm 1920 Marengo St., Los Angeles, CA 90033 (323) 276-6400 or (800) 829-3923

Exodus Mental Health Urgent Care: MLK Walk-In Hours: Monday-Friday 8am-4pm 12021 S. Wilmington Ave. Los Angeles 90059 (562) 295-4617 or (800)-829-3923

Mental Health Outpatient Clinics

ANTELOPE VALLEY

*Antelope Valley Mental Health Center (661) 723-4260 349 A-East Avenue K-6, Lancaster, CA 93535

*Palmdale Mental Health Center (661) 575-1800 1529 E. Palmdale Blvd., Suite 150, Palmdale, CA 93550

Tarzana Treatment Center (661) 726-2630 44447 10th Street W, Lancaster, CA 93534

SAN FERNANDO AND SANTA CLARITA VALLEYS

San Fernando Community Mental Health Center
(818) 901-4854 14545 Sherman Circle, Van Nuys, CA 91450

*San Fernando Mental Health Center (818) 832-2400 10605 Balboa Blvd., Suite 100, Granada Hills, CA 91344

*Santa Clarita Valley Mental Health Center (661) 288-4800 23501 Cinema Drive, Suite 210, Valencia, CA 91355

Tarzana Treatment Center
18646 Oxnard St., Tarzana, CA 91356 (818) 996-1051 7101 Baird Ave, Reseda CA 91335 (818) 342-5897

Verdugo Mental Health Center (Didi Hirsch) (818) 244-7257 1540 East Colorado Street, Glendale, CA 91205

*West Valley Mental Health Center (818) 407-3200 20151 Nordhoff St., Chatsworth 91311

***DIRECTLY-OPERATED DMH CLINIC**

References

[About Mental Health](#) | [Mental Health](#) | [CDC](#)

Mental Health & Wellness -North Los Angeles County

Intellectual disability. (2024, May 1). Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/25015-intellectual-disability-id>

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Questions & Answers



Thank you

**on behalf of North Los Angeles County Regional
Center**