LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
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UCLA

Public Partnership for Wellbeing

DMH + UCLA Public Mental Health Partnership

A Newsletter about FSP happenings around LA County

SUMMER 2022

Hello FSP Teams!

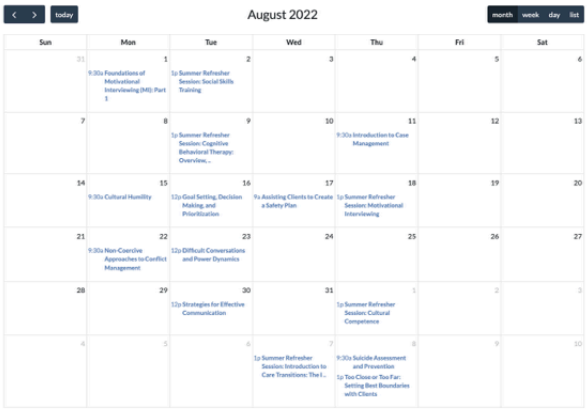
We have some great trainings coming up this summer and are excited to share more details below. You will definitely want to subscribe to our PMHP Channel Page on the LMS to stay in the loop about what is coming up and to register for trainings that are relevant to your work.

Click Here to Subscribe to our PMHP Channel Page

Please bookmark the graphical view of our training calendar on the LMS. We currently have registration available for

trainings up to December 2022 and are continuously adding new trainings!

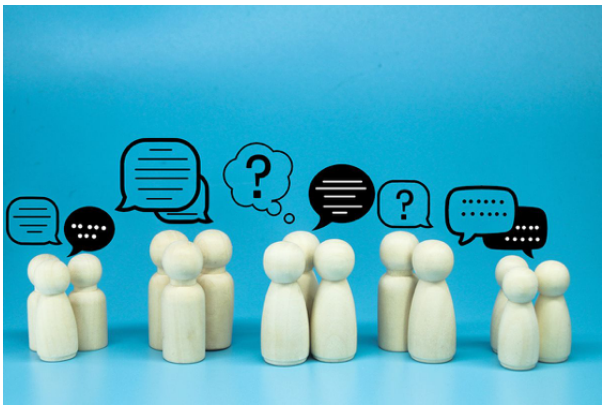
Click Here to Bookmark



Summer Refresher Sessions

Join us for a refresher session covering curated topics from the Center for Practice Innovations at Columbia University (CPI) online modules:

- One of our PMHP Trainers will show a CPI module on a fundamental topic for FSP providers.
- A discussion on the content will take place to reinforce practical application of the content.
- We'll also show participants how to access all the CPI modules for viewing on their own time.



Click Here to Register

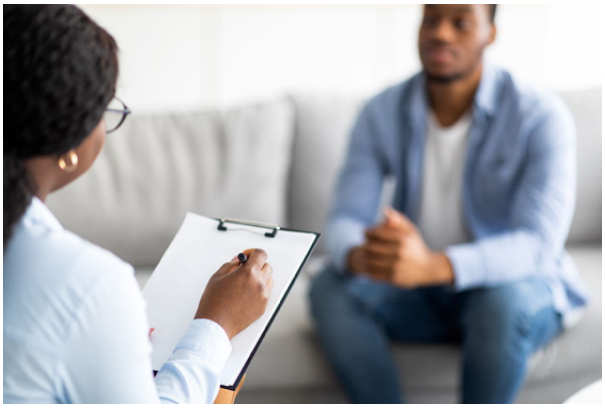
Social Skills Training

Presented by Chelsea Simms, LCSW
August 2, 2022 at 1 -2 pm

This training will define and describe what is meant by the term social skills. Participants will learn about why social skills are important and understand the approach and steps used to teach social skills with clients.

Cognitive Behavioral Therapy: Overview, Tools, and Interventions

Presented by Elizabeth Bromley, MD, PhD
August 9, 2022 at 1 -2 pm



This course will cover the background, theory, concepts, and principles of Cognitive Behavioral Therapy (CBT). Participants will learn about tools including functional analysis and interventions such as cognitive restructuring and behavioral activation.

Click Here to Register

Motivational Interviewing

Presented by Elizabeth Mackey, LCSW
Part 1: August 18, 2022 at 1 -2:30 pm
Part 2: August 25, 2022 at 1 -2:30 pm

This 2-part course will cover the basics of Motivational Interviewing (MI) and its underlying spirit. MI's core skills will be covered including open-ended questions, reflective listening, summarizing, affirmations, and giving advice with permission. Participants will also be able to apply the skills learned based on interactive practice scenarios.

Click Here to Register

Cultural Competence

Presented by Larry Fernandez, LCSW
September 1, 2022 at 1 -2 pm

This course will provide an overview of what culturally competent care is and how to promote it in practice. Participants will understand the need for and aspects of culturally competent care. The presenter will review the assessment and application of culturally competent care as well as working with language interpreters.

Click Here to Register

Click Here to Register

Introduction to Care Transitions: The Importance of Discharge Planning and Early Aftercare

Presented by Danielle Cameron, ACSW

September 7, 2022 at 1 -2 pm

This course will cover components of successful discharge planning and early aftercare in the engagement of recently hospitalized individuals. Participants will better understand the role of hospitalization and continuity of care post-discharge.

Summer Leadership Development Series

PMHP brings back Dr. Jennifer Wisdom for three leadership development trainings geared towards community mental health and homeless outreach workers in Los Angeles County.

Dr. Wisdom is a licensed clinical psychologist and board-certified organizational psychologist. She is principal of Wisdom Consulting and Affiliated Professor at the Oregon Health and Science University-Portland State University School of Public Health. She has published and taught extensively on health services research, and leadership in public health, including the Millennials' Guides Series.

Click Here to Register

Goal Setting, Decision Making, and Prioritization

Presented by Jennifer Wisdom, PhD, MPH

Tuesday, August 16, 2022 at 12 - 1pm

In this training attendees will learn how to create a mission and vision for themselves and their work. They will also learn about the importance of setting strategic aims that will help them to set goals and prioritize their workload.

Difficult Conversations and Power Dynamics

Presented by Jennifer Wisdom, PhD, MPH
Tuesday, August 23, 2022 at 12 - 1pm

In this training attendees will learn about the different ways in which power is expressed in social interactions, specifically the workplace. They will learn how to identify the power dynamics at play in their workplace and navigate around those dynamics during difficult conversations with colleagues, supervisors, and/or their staff.

Click Here to Register

Click Here to Register

Strategies for Effective Communication

Presented by Jennifer Wisdom, PhD, MPH
Tuesday, August 30, 2022 at 12 - 1pm

In this training attendees will learn about the ways in which they strengthen and ways in which they hinder productive communication. Attendees will learn about how their feelings and their identity influence how they communicate. Lastly, we will review communication strategies that will help attendees communicate clearly and effectively while also learning how to be a good listener.

Too Close or Too Far: Setting Best Boundaries with Clients

Presented by Chelsea Simms, LCSW & Elizabeth Mackey, LMSW

“Too Close or Too Far: Setting Best Boundaries with Clients” will be provided over four days in 2-hour segments via distance learning. This training focuses on expanding the practice, knowledge, and skill of outreach workers, social workers, case managers, peers, and psychologists who work in Homeless Outreach services and Full Service Partnership (FSP) teams in Los Angeles County. The format of each day will include 1 hour of didactic training on concepts, theory, and research related to interpersonal boundaries in client-outreach worker relationships followed by 1 hour of vignette-based activities and facilitated discussion. The didactic portion will begin with an overview of key terms related to interpersonal closeness in therapeutic work with an emphasis on building self-reflection skills around these concepts:

- Boundaries
- Boundary clarification
- Boundary-setting
- Transference & counter-transference
- Empathy
- Autonomy

The trainers will explore with participants how to recognize when boundary clarification is needed, as well as consider implications of client-provider power dynamics, culture, and professional background/training on their experience and management of boundaries with

clients.

The vignette-based activities and discussion will focus on four types of common boundary situations that can come up in work with unsheltered individuals: avoidance, over-identification, sexualized transference, and countertransference. Participants will be encouraged to apply concepts from didactic portion of each day's training to the vignettes, including identifying boundary-setting skills for each scenario. This training will employ a trauma-informed lens utilizing concepts such as the neglect-overprotect continuum and moral distress. Additionally, trainers will guide participants in identifying personal values and characteristics that impact their experiences of setting boundaries with clients as well as discuss provider wellbeing and strategies for burnout prevention such as radical acceptance and eliciting or providing quality supervision.

Click Here to Register for Boundaries Training

Recess Wednesday

Join us biweekly for a 30 minute, drop-in respite for FSP and HOME providers. We aim to cultivate of a space of relaxation and mindfulness to further promote self-care practices into your work week, while also connecting with others in your field. This Self-Care Break will take place **every other Wednesday from 12-12:30pm.** Led by PMHP staff as well as occasional special guests, the focus will be on engaging in various activities, from meditation to guided

drawing, with an emphasis on enhancing your own sense of wellness.

Click Here for More Information and to Register

The Work of Full Service Partnership (FSP): Experiences, Insights and Reflections

PMHP has created this video resource for you to use as a way to communicate about the great work being done by FSP teams. Please feel free to download and share this brief video in any way that would be helpful. We imagine this may be helpful in contexts like recruitment, speaking with trainees, communicating with other programs, and promoting your work.

Thank you to everyone who participated to create this inspiring video! Please keep in touch and let us know how you have used it by e-mailing us at **pmhp@mednet.ucla.edu**

*The video download is approved for public sharing.

Click Here to Watch the Full Video

Regularly Scheduled Learning Exchanges

Weekly FSP Supervisors Learning Exchange

Fridays from 11am - 12pm

Come interact with fellow FSP supervisors from all Los Angeles service areas. This is a space to discuss current happenings within the FSP program, including sharing resources such as those related to housing, and problem-solving around areas like hiring, retaining staff and keeping morale high in challenging times. This is a great way to get support, build networks, and learn from others who share the FSP mission regardless of if you are new or seasoned FSP supervisor.

Click Here to Attend the Weekly FSP Supervisors Learning Exchange

Bi-Monthly Case Manager Learning Exchange

Every other Tuesday from 1 - 2pm

Looking to grow your resource knowledge in LA County? Join us for a bi-monthly drop-in hour for Case Managers and those involved in case management. This space is devoted to resource sharing, problem-solving, and general group support, facilitated by PMHP staff. Over the next few months there will be several speakers from local LA County agencies joining in to provide insight into specific resources important to client wellness. We hope to see you there!

Click Here to Attend the Bi-Monthly Case Manager Learning Exchange

Monthly Psychiatrist and Nurse Practitioner (NP) Learning Exchange

Second Tuesday of the month from 12-1pm

If you are a psychiatrist or a nurse practitioner who works with an FSP team, a HOME team, or a similar team, please join us once a month for our Psychiatrist/NP Learning Exchange. We connect with one another over a variety of topics. Recent topics have included

- Psychopharmacology choices
- CARE Court
- MAT case conferencing
- Teamwork
- Working with pharmacies

You can bring questions or simply join to learn more about prescriber practices across the County.

Click Here to Attend the Monthly Psychiatrist & NP Learning Exchange

Get in Touch

We would love to hear your feedback about the content of this Newsletter. Email us at pmhp@mednet.ucla.edu to let us know what you enjoyed, what you want to see more of, and any questions you may have.

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