

Public Partnership for Wellbeing

DMH + UCLA Public Mental Health Partnership

A Newsletter about FSP happenings around LA County



SUMMER 2023



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 Wellbeing for LA Center to stay in the loop about what is coming up and to register for trainings that are relevant to your work.

Subscribe to Our Channel Page
Get notified about upcoming trainings.

[CLICK HERE](#)



Please bookmark the graphical view of our training calendar on the Learning Center. We currently have training registration available up to December 2023 and are continuously adding new trainings!

Get to Know Our Staff!



Elizabeth Bromley, MD, PhD

Director, DMH + UCLA Public Mental Health Partnership

My touchstone in this work has been a poem called “[To Be of Use](#)” by [Marge Piercy](#). I am inspired by people who don’t hesitate to get their hands dirty. When we began to think about what we could achieve with PMHP, I thought of the amazing work of the peers, social workers, and nurses on my former Assertive Community Treatment team. I saw how they supported one another, gave their all for their clients, and found creative ways to serve and stay upbeat. I thought: how can we create contexts where mental health providers feel cared about and enlivened? I vowed to practice hopefulness and perseverance – and to never lose readiness to make all we can of the opportunity to support Los Angeles providers.

We are always blown away by the energy of the community to learn, grow, and connect! I believe that Los Angeles has emerged from the pandemic more friendly, empathetic, and committed to solving big challenges. Our technical capacity to find smart solutions has increased. I see less territoriality, fewer siloes, and more community involvement. With a renewed sense that we are a powerful and promising city, we are demanding more from our leaders - transparency, honesty, action -- and we see that our future must and can be brighter. In the next year, I look forward to seeing the impact of a range of new initiatives at the state and county level that aim to improve the availability of services for our most vulnerable residents. I’m also excited about our upcoming FSP Learning Collaborative and the opportunity to meet more of the providers working in the system.

I love my work, but I also make sure that I love not working. I work hard at not working because I want to be doing street psychiatry when I’m in my eighties (seriously). Outside of work, I enjoy all kinds of exercise and movement. I’m always watching rugby, cycling, hockey, volleyball, baseball, or softball with my family. I love to read novels (like [Commitment](#)) and engaging ethnographies, to cook and bake (especially elaborately), usually have at least one craft project going, delight in weeding and gardening and fixing, and treasure every second I have with my dear friends. The work we get to do is profound, and the time to reflect on it from afar keeps me awake to that reality.



The FSP Learning Collaborative Training Series will review evidence-informed practices for FSP team-based care related to areas such as multidisciplinary team configuration, program structure, and service array to support teams in improving quality of life for those they serve. This training will clarify FSP best practices using a program logic model, which delineates key program components and activities underlying FSP transformation-related efforts. It will also include quality improvement activities that FSP providers can practice with their colleagues. The 9 FSP-related training topics and 9 hands-on workshop sessions are designed to serve as a comprehensive series while also providing the option for participants to attend sessions as stand-alone trainings.

[Click Here to Register](#)

PMHP is now on Social Media!

DMH + UCLA Public Mental Health Partnership is now on social media. Join our journey and follow us on Instagram, Facebook and LinkedIn. You'll find posts about our upcoming trainings, clips from previous trainings, wellness tips and more.



PMHP Trainings are Available as Podcasts!

Our virtual trainings are also available as podcasts on Spotify and Apple Podcasts. These are great to have on-the-go for commutes, walks and taking breaks during the day.



PMHP Learning Exchanges have a Permanent Home on the Wellbeing for LA Learning Center!

We have three Learning Community (LC) pages tailored to:




Los Angeles County Field-Based Case Manager Learning Community

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FSP Psychiatrist/Nurse Practitioner Learning Community

DMH + UCLA Public Mental Health Partnership






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FSP Supervisor Learning Community

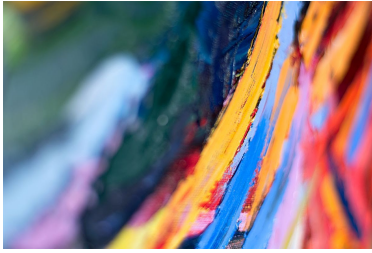
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Being a member of a learning community allows you a new opportunity to connect with colleagues between meetings where you can post resources, engage in discourse with other providers, and bookmark the page for easy access to the Learning Exchange virtual meeting Zoom link.

Upcoming Trainings



Provider Wellbeing & Self-Care: Practicing Self-Compassion in Trying Times

Presented by Danielle Farmer, LCSW

June 22, 2023 at 12 - 1 pm



Provider Wellbeing & Self-Care: Radical Acceptance

Presented by Elizabeth Mackey, LMSW

June 29, 2023 at 12 - 1 pm



Provider Wellbeing & Self-Care: Mindfulness-Based Self-Regulation

Presented by Chelsea Simms, LCSW

July 6, 2023 at 12 - 1 pm



What Field-Based Mental Health Service Providers Need to Know About Cardiovascular Disease Risk Factors

Presented by Joseph V. Gennusa III, PhD, RDN, LDN

July 13, 2023 at 12 - 1 pm



Reproductive Psychiatry for the FSP Community

Presented by Emily Dossett, MD, MTS

July 19, 2023 at 12 - 1:30pm



Understanding Best Practices in FSP

Presented by Lisa Davis, PhD, LCSW & Elizabeth Bromley, MD, PhD

July 19, 2023 at 1 - 2:30pm

1.5 CEs available to those who attend the training in its entirety.



Smoking Cessation in Field-Based Mental Health Services

Presented by Stacy D. Goldsholl, MA

July 20, 2023 at 12 - 2pm

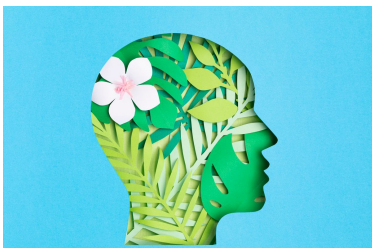


Moral Distress in the Daily Practice of Case Management

Presented by Paul Brodwin, PhD

July 25, 2023 at 9 - 12pm

3.0 CEs available to those who attend the training in its entirety.



Introduction to Acceptance & Commitment Therapy

Presented by Chelsea Simms, LCSW

July 27, 2023 at 1 - 2:30 pm

1.5 CEs available to those who attend the training in its entirety.



Introduction to Acceptance & Commitment Therapy

Presented by Lisa Davis, PhD, LCSW & Elizabeth Bromley, MD, PhD

August 30, 2023 at 1 - 2:30 pm

1.5 CEs available to those who attend the training in its entirety.



General Dialectical Behavior Therapy Skills and Practical Applications

Presented by Maggie Mullen, LCSW

September 14 & 21, 2023 at 9:30 - 12 pm

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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