



**UCLA**

**Public Partnership for Wellbeing**

## **DMH + UCLA Public Mental Health Partnership**

*A newsletter about FSP happenings around LA County*



Hello FSP teams!

We have some great trainings coming up this spring and are excited to share more details below. You'll definitely want to subscribe to the DMH + UCLA Public Mental Health Partnership (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 mid 2024 and are continuously adding new trainings!

[Click here to bookmark!](#)

## Get to know our staff!



### **Rick Orlina**

Lead Data Analyst

DMH + UCLA Public Mental Health Partnership

My path to PMHP followed a long and winding road which began as a physicist and engineer, working at Sony Electronics to design and manufacture picture tubes for television sets and computer displays (years before the modern era of LCDs and OLEDs). This satisfying work introduced me to the idea of continuous quality improvement: using data to understand how a system is working and how to identify ways to make it work even better. After completing a big design project at Sony, I shifted gears to study business and went on to work in marketing at a Silicon Valley computer systems company. While there, I learned how to organize and present information to clearly communicate the important messages you want your audience to understand.

At this point, you may be wondering how those experiences would bring me to PMHP. I was inspired to change my path by my father, a doctor and director of a blood bank in Chicago. At the end of his career, my father's colleagues organized a celebration of his contributions to blood banking and to all the people whose lives he touched as a physician and an educator. Taking inspiration from my dad's life, I realized that I could do more than market computers to other high-tech companies. I went back to school (again) to study education, and it was there that I was introduced to program evaluation, a field in which we ask, "Is this program doing what we want it to do and how might we do even better?" Everything I had been learning over

the years suddenly clicked into place: data analysis for quality improvement in manufacturing, messaging for clear communication in marketing, and the social services dimension of education. I knew then that I wanted to work in evaluation. After graduation, I worked as an independent evaluator for several years, and then as an internal evaluator for a direct services provider with programs throughout LA County.

As the Lead Data Analyst at PMHP, I work with data that we collect from providers who are doing the amazing work of delivering mental health services to people most in need of support. I am incredibly honored to contribute in some way to those efforts with the skills I have developed over the years. Inspired by the PMHP team, I strive to understand what are the essential insights that will help our partners be more effective in their work and to transform data into a useful and easily understandable resource. I am learning new things every day about public mental health services and the people who make those services possible, and I am excited to continue developing new tools for dealing with data and delivering useful data-driven insights.

### **You're invited to join us for Recess Wednesday: Self Care Break!**

Please join us for a biweekly drop-in thirty minutes of relaxation for Full Service Partnership (FSP) and Homeless Outreach and Mobile Engagement (HOME) providers. We aim to cultivate a space of relaxation and mindfulness to further promote self-care practices into your work week, while connecting with others in your field. This half hour opportunity to engage in self-care occurs every other Wednesday from 12 - 12:30 pm. Led by PMHP staff, 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 to register!](#)

## Special guest speaker, Dr. Jen Wisdom, joining Supervisor & Case Manager Learning Exchanges!

We are excited to announce that PMHP will be hosting a guest speaker in both the FSP Supervisor Learning Exchange and the LAC Field-Based Case Manager Learning Exchange!

Dr. Jen Wisdom of Wisdom Consulting will be sharing important professional development strategies and facilitating dynamic group discussions on various topics to support supervisors and those who provide case management services in their professional development. She will join the Supervisor LEX once a month, and the Case Manager LEX once every other month.




Los Angeles County Field-Based Case Manager Learning Community

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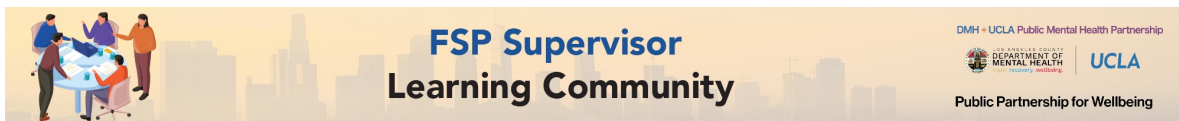
FSP Psychiatrist/Nurse Practitioner Learning Community

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FSP Supervisor Learning Community

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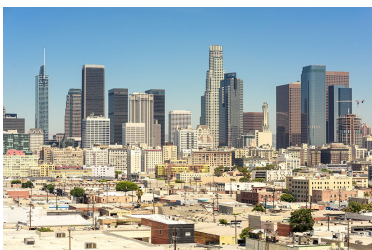
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To join any of the Learning Exchanges, click on the corresponding image above and subscribe to the affiliated Learning Community on [the Learning Center](#). The Learning Community pages house Zoom links to the meetings, as well as provide an opportunity to connect with your colleagues between sessions.

## Upcoming Trainings

*Please click on the corresponding image below to learn more about a training and/or register.*



### **Housing Hurdles in LA County: Understanding the Housing Landscape and How To Navigate Limited Choices to Best Support Housing Access, Transitions, and Stability**

presented by PMHP

April 2 & 3, 2024 at 9:00 - 11:00 am

*4.0 CEs available to those who attend both training days in their entirety.*



**Introduction to Gender Affirming Care in Community Mental Health**

presented by Chelsea Simms, LCSW

April 9, 2024 at 11:00 - 12:30 pm

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



**Supporting Client Transitions With a Critical Time Intervention Approach**

presented by Danielle Cameron, LCSW

April 11, 2024 at 10:00 - 11:30 am

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



**Introduccion/actualizacion en entrevista motivacional**

presentado por Reyna Puentes, MA y Patricia Juarez, MS

April 18, 2024 at 9:00 - 11:00 am



**Moving Beyond Diversity, Equity, and Inclusion (DEI)  
101: Crawford Bias Reduction Theory & Training (CBRT)**

presented by Dana E. Crawford, PhD

April 23, May 7, May 21 & June 4, 2024 at 9:00 - 10:30 am

*6.0 CEs available to those who attend the 4-part training in its entirety.*



**Managing Expectations and Goal Setting With Clients Who Display Resistance Behaviors**

presented by Danielle Cameron, LCSW

April 25, 2024 at 10:00 - 12:00 pm

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



### **Workplace Politics**

presented by Jennifer Wisdom, PhD, MPH, ABPP

April 26, 2024 at 12:00 - 1:00 pm

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



### **Dialectical Behavior Therapy-Informed Interventions for Psychosis**

presented by Maggie Mullen, LCSW

May 2 & 3, 2024 at 9:00 - 10:30 am

*3.0 CEs available to those who attend both training days in their entirety.*



### **Management in Challenging Times**

presented by Jennifer Wisdom, PhD, MPH, ABPP

May 8, 2024 at 12:00 - 1:30 pm

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



### **Intergenerational Trauma: Understanding and Addressing Racial Trauma in Behavioral Health**

presented by PMHP

May 9 & 23, 2024 at 1:00 - 3:00 pm

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



### **Harm Reduction Training Collaborative**

presented by PMHP

May 14, 16 & 21, 2024 at 12:00 - 3:30 pm

*10.5 CEs available to those who attend the 3-part training in its entirety.*



### **Complex Trauma Informed Practices**

presented by Kina Wolfenstein, LCSW

May 20, 2024 at 1:00 - 3:00 pm

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

# FSP Foundations

Learning Pathway



**FSP Foundations** is a learning pathway designed for service providers in Full Service Partnership programs in LA County. The pathway guides engagement in trainings that cover core topics such as Recovery-Oriented Care, Trauma-Informed Care, Harm Reduction, and Systems-Oriented Care. It also includes specialized topic training opportunities such as Safety & De-escalation and Basic Counseling Skills.

### Who should register?

Designed for new and seasoned providers delivering client care in Full Service Partnership (FSP) programs, including but not limited to: case managers, mental health clinicians, nurse practitioners, housing specialists, peer providers, and substance use specialists.

### Why?

Grounds service provider work in evidence-based practices and strengthens skills to work more effectively with clients with severe mental illness, including those with challenges related to substance use, housing instability, and frequent hospitalizations.

### Questions?

Please email [pmhp@mednet.ucla.edu](mailto:pmhp@mednet.ucla.edu)

## Have you followed PMHP 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.



## Get in Touch

We would love to hear your feedback about the content of this Newsletter! Email us at [pmhp@mednet.ucla.edu](mailto: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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