

**Quality and Productivity Commission**  
**30<sup>th</sup> Annual Productivity and Quality Awards Program**  
*“Heritage of Excellence”*

**2016 APPLICATION**

Title of Project (Limited to 50 characters, including spaces, using Arial 12 point font):

**NAME OF PROJECT: ADDRESSING A PARISH COMMUNITY’S EMOTIONAL PAIN**

**DATE OF IMPLEMENTATION/ADOPTION:** JULY 2014  
 (Must have been implemented at least one year - on or before July 1, 2015)

**PROJECT STATUS:** \_\_\_\_\_ Ongoing                       One-time only

**HAS YOUR DEPARTMENT PREVIOUSLY SUBMITTED THIS PROJECT?** \_\_\_\_\_ Yes                       No

**EXECUTIVE SUMMARY:** Describe the project in 15 lines or less using Arial 12 point font. State clearly and concisely what difference the project has made.

1 The leadership at St. Joseph Catholic Church in Hawthorne, with one of the largest  
 2 Catholic parishes in the L.A. Archdiocese, needed to address the mild to moderate  
 3 mental health needs of its parishioners. The church pastor noted it as the “pain” his  
 4 parishioners expressed daily. The Church leadership sought assistance from the  
 5 Department of Mental Health (DMH) to complement the help they had garnered for  
 6 physical health and substance use problems. However, DMH primarily served people  
 7 with severe mental illness. Hence a solution was devised in collaboration between St.  
 8 Joseph leaders and DMH to plan, develop and implement a first-of-its-kind, three-year  
 9 partnership project aimed at utilizing trained Health Promoters/ to actively advocate,  
 10 promote, and support the wellness of the parish community. In two years, the DMH-St.  
 11 Joseph Catholic Church Partnership project has trained three cohorts of adult  
 12 parishioners and community members on basic mental health totaling 156 class hours,  
 13 launched trainings for youth, and implemented two ongoing support groups at the  
 14 Church.  
 15

**BENEFITS TO THE COUNTY**

(1) ACTUAL/ESTIMATED <b>ANNUAL</b> COST AVOIDANCE	(2) ACTUAL/ESTIMATED <b>ANNUAL</b> COST SAVINGS	(3) ACTUAL/ESTIMATED ANNUAL REVENUE	(1) + (2) + (3) = TOTAL <b>ANNUAL</b> ACTUAL/ESTIMATED BENEFIT	SERVICE ENHANCEMENT PROJECT
\$	\$	\$	\$	<input type="checkbox"/>

**ANNUAL = 12 MONTHS ONLY**

<b>SUBMITTING DEPARTMENT NAME AND COMPLETE ADDRESS</b> Los Angeles County Department of Mental Health 550 S. Vermont Avenue, Los Angeles, CA 90020	<b>TELEPHONE NUMBER</b> (213) 738-4258
<b>PROGRAM MANAGER’S NAME</b> Youngsook Kim-Sasaki	<b>TELEPHONE NUMBER</b> (562) 435-2337  <b>EMAIL</b> ykimsasaki@dmh.lacounty.gov
<b>PRODUCTIVITY MANAGER’S NAME AND SIGNATURE</b> <small>(PLEASE CALL (213) 893-0322 IF YOU DO NOT KNOW YOUR PRODUCTIVITY MANAGER’S NAME)</small> <b>SIGNATURE ON FILE</b> Kumar Menon, MSPA	<b>DATE</b> 7/6/2016  <b>TELEPHONE NUMBER</b> (213) 738-4258  <b>EMAIL</b> kmenon@dmh.lacounty.gov
<b>DEPARTMENT HEAD’S NAME AND SIGNATURE</b> <b>SIGNATURE ON FILE</b> Robin Kay, Ph.D.	<b>DATE</b> 7/11/2016  <b>TELEPHONE NUMBER</b> (213) 738-4108

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**1<sup>st</sup> FACT SHEET – LIMITED TO 3 PAGES ONLY:** Describe the **Challenge, Solution, and Benefits** of the project. State clearly and concisely what difference the project has made. Use Arial 12 point font

**Challenge:** Assist a large bilingual parish community to address the mild to moderate mental health needs of parish members as well as the larger community.

The St. Joseph Catholic Church (St. Joseph) in the City of Hawthorne, with over 7,000 mostly Spanish-speaking parishioners from Hawthorne and the neighboring communities of Lennox, Lawndale and Inglewood, has one of the largest congregations in the Los Angeles Archdiocese. Under the leadership of Pastor Gregory King, St. Joseph had created a Health and Wellness Council in 2013 to address the needs of its parish community. The Council organized an array of health promoting resources, activities and classes for their community, including health education and screening, recruitment of 20 community members to train as health promoters, opening of the Health and Wellness Center at St. Joseph to provide classes on nutrition, yoga, and dance exercise. However, the need for mental health surfaced through these programs and this motivated St. Joseph leaders to reach out to DMH for support. While the request presented a challenge because of DMH’s traditional focus on severe mental illness, it was also seen as an opportunity to promote mental health and wellness for individuals and families in underserved, stigma-laden, Spanish-speaking communities of Hawthorne and Lennox. In partnering with the St. Joseph Church through a joint project to strengthen and complement the church’s Health and Wellness Center programs, DMH saw the potential for an effective, replicable capacity-building model for helping community members self-manage and address their health and recovery needs.

**Solution:** Develop and implement a collaborative model partnership between DMH, the St. Joseph leaders and parishioners to address the mental health needs. The model helped not only to determine needs and engage community members, but also to educate and empower them to help others cope with life’s challenges.

Jointly with St. Joseph leaders, DMH developed a three-year work plan to address the needs of the underserved communities in Hawthorne and Lennox; including Spanish-speaking families in those communities. The work plan has three goals: Goal #1 - To recruit community leaders who are interested in becoming Health Promoters in order to address wellness issues in their communities; Goal #2 - To educate and train Health Promoters who can actively advocate, promote, support, and monitor the wellness of their community for healthy living, including conducting outreach and education; and Goal #3 - To develop a system to organize, follow

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through, and track the referrals made to Health and Wellness activities and resources, along with maintaining engagement and contact with community members.

Objectives and Action Steps were outlined in the plan for the St. Joseph team to follow and implement with the assistance and technical support provided by DMH. The plan also identified some measures of success, the pertinent data to be tracked and the necessary evaluation approach. DMH Service Area District Chief and staff were actively involved in coordinating and conducting the project planning meetings in collaboration with the St. Joseph team.

St. Joseph recruited and identified the candidates to attend the classes and trainings, and selected from the 26+ topics offered by DMH’s community education program called the Mental Health Academy. The class participants were divided into four cohorts of adults and youth. Classes for the first cohort (adults) were offered in English, for the second cohort (adults) in Spanish, the third cohort (youth) and the fourth cohort (adults) in English. Each adult cohort received 10 three-hour classes delivered weekday evenings or on Saturdays. Topics ranged from Mental Health 101, Depression and Anxiety to Suicidality, Domestic Violence and Conflict Resolution. The classes for the youth cohort included Substance Abuse, Social Media Addiction and Suicidality, among others.

DMH committed to send a Health Navigator from Service Area 8 to St. Joseph’s Health and Wellness Council/Health Leadership Committee’s monthly meetings. These meeting were held to aid collaboration and provide resources and assistance to St. Joseph and the community. The Health Leadership Committee members included the Department of Public Health, the Vasek Polak Health Clinic, Providence Little Company of Mary Medical Center, health promoters, Catholic Charities, Curtis Tucker Health Center, Lennox Arts and Culture Committee, USC School of Dentistry’s Mobile Clinic, and the Center for Oral Health. The DMH Health Navigator utilized the monthly meetings to provide technical support, updates on the DMH-St. Joseph Catholic Church Partnership, and collaborate with the other committee members.

**Benefits:**

Increased Awareness and Capacity in the Community

- Out of over 60 Health Promoter trainees who started the Mental Health Academy classes held at the Parish Hall on Saturdays beginning in the fall of 2014, 45 people (40 Spanish speaking, 5 English speaking) completed the course and graduated on July 18, 2015.

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**LINKAGE TO THE COUNTY STRATEGIC PLAN (DETAIL IS REQUIRED FOR COUNTY DEPARTMENTS):** Use Arial 12 point font

- 13 adults in the third cohort consistently attended and completed the 10-class course.
- In the fourth cohort, 100 youth participated in the first of five classes. 40-50 attended the next four. The next set of classes is scheduled to begin in August 2016.
- Started a weekly self-help support group for community members including the trainees in order to respond to their additional psychological/emotional support needs.
- Developed Resource and Pocket Guides in English and Spanish for use by parishioners and other community members.
- 14 Health Promoters joined the Compassionate Care Ministry (CCM) program to begin promoting activities health and wellness in their communities. A referral sheet was developed for CCM members to use in helping connect people to services. The CCM members were also equipped with copies of the Resource Guide and Pocket Guide to provide information/linkage/resources to their community in Hawthorne and Lennox.

Enhanced Opportunities for Community Engagement/Education

- The project provided an avenue to provide additional trainings/education to the community. The Mental Health First Aid and Emotional CPR trainings as well as an educational session on assisting homeless individuals were provided to CCM members. The Mental Health First Aid training was also provided to the third cohort and to the youth, teachers and staff at the schools in Lennox.
- In response to the St. Joseph Team’s request to help men manage anger and coping with health issues, DMH was able to provide training on starting a support group, help identify facilitators for a men’s support group, and is in the process of helping to launch the support group.
- Based on the success of classes offered to youth in fourth cohort, St. Joseph has requested that the same set of classes be offered to the parents of the youth.

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**COST AVOIDANCE, COST SAVINGS, AND REVENUE GENERATED (ESTIMATED BENEFITS TO THE COUNTY):** If you are claiming cost benefits, include a calculation on this page. You must include an explanation of the County cost savings, cost avoidance or new revenue that matches the numbers in the box. Remember to keep your supporting documentation. Use Arial 12 point font

**Cost Avoidance:** Costs that are eliminated or not incurred as a result of program outcomes.

**Cost Savings:** A reduction or lessening of expenditures as a result of program outcomes.

**Revenue:** Increases in existing revenue streams or new revenue sources to the County as a result of program outcomes.

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