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Los Angeles Alliance for Community Health & Aging



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www.css.lacounty.gov

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Office of Women's Health, Los Angeles County Department of Public Health

- Ellen Eidem, MS, Director
- Summer Nagano, Manager,
Administration & Communications
www.publichealth.lacounty.gov/owh



Older Adult System of Care, Los Angeles County Department of Mental Health

- Carlotta Childs-Seagle, LCSW
Deputy Director
- Kevin Tsang, District Chief
www.dmh.lacounty.gov/



The Office of Women's Health and the
Los Angeles Alliance for Community
Health and Aging present

Mind, Body, Spirit

Integrating Behavioral and Physical Health

Monday, April 6, 2015
8:30 am - 12:30 pm
The California Endowment

For more information about the Alliance, contact LAACHA@picf.org

This program is sponsored by the
Los Angeles County Commission for Women
and the **Archstone Foundation**



Mind, Body, Spirit

Integrating Behavioral and Physical Health

Welcome and Introduction

Ellen Eidem, MS, Director, Office of Women's Health
Los Angeles County Department of Public Health

Cynthia Harding, MPH, Interim Director
Los Angeles County Department of Public Health

Group Activity led by **Erika Gist**, MPH, CHES, Project Manager,
Health Education Administration, Office of Communications and
Public Affairs, Los Angeles County Department of Public Health

Plenary Panel

The Intersection of Physical and Behavioral Health in Creating Healthier Individuals and Communities

*Moderator: **Cynthia Banks**, Director, Los Angeles County
Community and Senior Services*

Integrating behavioral and physical health care delivery: An important step towards whole-person care

Nadereh Pourat, PhD, MSPH, Professor of Health Policy and
Management, UCLA Fielding School of Public Health

Whole-person-centered care approach to integration

Clayton Chau, MD, PhD, Medical Director of Behavioral
Health Sciences, LA Care Health Plan

Making the case for culturally responsive care

Gloria Morrow, PhD, Clinical Psychologist, Academician,
Author, Inspirational Speaker

~ Physical Fitness Activity ~

Antonia M. Routt
Fitness Program Developer & Arthritis Foundation Partner

BREAK

CONCURRENT WORKSHOPS

Workshop 1: Our Memory - Alzheimer's Disease & Dementia

Location: Catalina Room

Margaret Gatz, PhD, Professor of Psychology, Gerontology and
Preventive Medicine, University of Southern California

Petra Niles, MSG, Education and Outreach Manager
Alzheimer's Association, California Southland Chapter

Workshop 2: Best Practices on Service Integration & Programs

Location: Mojave Room

*Moderator: **Carlotta Childs-Seagle**, LCSW, Deputy Director, Older Adult
System of Care Bureau, Los Angeles County Department
of Mental Health*

GENESIS-LAC+USC VIP Co-Location Program

Sarah Gelberd, MD, Senior Physician and Medical Director,
LA County Department of Mental Health, Older Adult System of
Care Bureau and GENESIS

Louise Ye, MD, Fellow in Geriatrics at LAC+USC Medical Center

Eliette Montiel, LCSW, Psychiatric Social Worker, LA County
Department of Mental Health, Older Adult System of Care Bureau
GENESIS Program

DMH/DHS Collaboration Program

Crystal Cianfrini, PhD, Program Head, DMH/DHS Collaboration
Program, LA County Department of Mental Health

Stacy Ma Du Bois, LCSW, Mental Health Clinical Supervisor,
DMH/DHS Collaboration Program, LA County Department
of Mental Health

Workshop 3: Caregiving, No Wonder So Many of Us Are Tired

Location: Cabrillo Room

*Moderator: **Donna Benton**, PhD, Director, Older Adults, Pacific Clinics*

Theresa Destito, LCSW, Program Director, Older Adult
Mental Health Programs, Pacific Clinics

Carolina Boe, MSW, Mental Health Therapist, Older Adult
Mental Health Programs, Pacific Clinics

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Mind, Body, Spirit

Integrating Behavioral and Physical Health

PROGRAM (cont'd)

Workshop 4: Wellness Programs Across the Lifespan - From Worksites to Schools to the Community

Location: Yosemite Room

Moderator: **Julie Friedman, MPH**, Director, Iris Cantor-UCLA Women's Health Education and Resource Center

Janina Lord Morrison, MD, MPH, Medical Director
The Wellness Center at LAC+USC Medical Center

Amy Turk, LCSW, Chief Program Officer
Downtown Women's Center

Lisa M. Garrett, JD, Director of Personnel
LA County Department of Human Resources

Luis Pardo, Executive Director, Worksite Wellness LA

Reconvene in Yosemite Room

Group Activity: The People's Choice
Led by **Erika Gist, MPH, CHES**

Why Integration Matters: Things to Think About
Juanita Watts, MD, Regional Coordinator for Women's Health,
Southern California Kaiser Permanente Group

Concluding Remarks & Invitation to Join LAACHA
Laura Trejo, MSG, MPA, General Manager
City of Los Angeles, Department of Aging

Mindfulness Meditation
Kristen Lisanti, Mindfulness Facilitator
UCLA Mindful Awareness Research Center

Members of the Los Angeles Alliance for Community Health and Aging (LAACHA) are invited to stay for a Luncheon Training Program



Speaker Biographies

Alphabetical Order by Last Name

Cynthia Banks, Director, Los Angeles County Community and Senior Services (CSS). After 30 years of management positions in the County of Los Angeles, Ms. Banks joined CSS as its Chief Deputy in 2003. In 2006, she was appointed its Director. In this position, she oversees a multitude of services to LA County's 1 million-plus senior citizens. In addition, she administers the work of the LA County Workforce Investment Area, which offers an array of pre-employment and employment services to county residents. She has worked to effect a positive transformation of her department by implementing strategic approaches to customer service, technology, and contract services. In 2009, two LA County departments were merged with CSS: Office of Ombudsman and the Human Relations Commission. Both departments enhance the foundational community impact previously established by CSS to improve the lives of LA County residents.

Donna Benton, PhD, is Director of the Older Adults Program at Pacific Clinics, and the former director of the Los Angeles Caregiver Resource Center. Dr. Benton is a clinical psychologist who specializes in gerontology. She is also an assistant research professor of gerontology at the USC Leonard Davis School of Gerontology. She has worked in the field of aging for over 30 years. She has presented her research and clinical work on elder abuse, minority aging, and caregiving at both national and international conferences. Dr. Benton is committed to promoting collaborative partnerships that enhance service delivery for families caring for older adults.

Carolina Boe, MSW, is a Mental Health Therapist, Older Adults Program at Pacific Clinics. She holds a master's degree in Social Work from the University of Southern California. Ms. Boe serves older adults who have a serious mental illness and are of low socioeconomic status. She also serves older adults who are experiencing crises and significant stress in their lives and are in need of short-term psychotherapy intervention. She speaks Spanish fluently and is especially interested and involved in the topic of spirituality and its significance in treating the "whole" person. She is a member of the San Gabriel Valley Clergy Roundtable as well as the San Gabriel Valley Health Coalition.

Clayton Chau, MD, PhD, is the Medical Director of Behavioral Health Sciences, LA Care Health Plan. Prior to working with LA Care, Dr. Chau worked for Orange County Health Care Agency Behavioral Health Services for 13 years, providing care to people with severe and persistent mental illness, and integrating care for the county's Public Health HIV clinic. He was the Director of the Center of Excellence in Education, Training, Research and Advocacy for Reducing Health Disparities. Dr. Chau obtained his MD from the University of Minnesota and PhD in Clinical Psychology from Chelsea University. He has conducted training in the >>>

areas of health care integration, health care reform, cultural competency, veteran's health, homelessness, and mental health policy. He is a lecturer for the UCLA School of Public Health, and an Assistant Clinical Professor of Psychiatry at UC Irvine School of Medicine.

Carlotta Childs-Seagle, MSW, LCSW, is Deputy Director, Older Adult System of Care Bureau and Service Areas 1, 2, and 5, Los Angeles County Department of Mental Health. In this capacity, she has responsibility for the provision of mental health services to older adults countywide. In addition, Ms. Childs-Seagle has responsibility for the delivery of mental health services to all age groups in three large geographic areas: the Antelope and San Fernando Valleys, and West Los Angeles. She received a master's degree in Social Work from the University of Louisville, Kent School of Social Work, in Kentucky, and is a licensed clinical social worker with more than 30 years of social work practice, including administrative and management experience. She has been instrumental in establishing partnerships with other county departments and private entities to increase access to mental health services and improve service coordination for all age groups.

Crystal Cianfrini, PhD, is the Program Head for the DMH/DHS Collaboration Program, which is located at eight LA County Department of Health Services (DHS) sites. The clinicians in the Collaboration Program provide treatment to Transitional Age Youth and adult clients who are referred by DHS partners. In the 15 years she has been with LA County Department of Mental Health (DMH), Dr. Cianfrini has worked with children, transitional age youth, and adults. In addition to the Collaboration Program, she has worked with co-located DMH teams at Barry J. Nidorf Juvenile Hall and at the Department of Children and Family Services Specialized Foster Care Program.

Theresa Destito, LCSW, is a licensed clinical social worker who has worked in the field of health and mental health for the past 35 years. She has many years of experience serving the older adult population. Ms. Destito is currently the Program Director of the Older Adult Mental Health Program at Pacific Clinics in Pasadena, a position she assumed in 2005. She has also served as Director of Social Services at San Gabriel Valley Health Center and as Director of the Multipurpose Senior Services Program and Linkages Program of the Senior Care Network at Huntington Hospital. Ms. Destito has also delivered many community presentations regarding mental health services and older adults and has facilitated depression and stress management groups.

Stacy Ma Du Bois, LCSW, is a licensed clinical social worker who is currently a Mental Health Clinical Supervisor for the DMH/DHS Collaboration Program. Her prior experience includes working as a social worker at the LAC+USC Psychiatric Emergency Room. In the last five years, she has worked with the Collaboration Program to plan and implement integrated care within four of the seven co-locations throughout LA County. Her role includes ongoing collaboration

with the LA County Department of Health Services administration, as well as providing both clinical and administrative supervision of staff at various co-located sites.

Ellen Eidem, MS, is the Director of the Office of Women's Health, Los Angeles County Department of Public Health. The Office seeks to decrease health disparities and improve the health status of women in LA County working at the individual, community, and system levels through education, advocacy, program planning and promotion, policy recommendations, and increasing access to services, especially for low-income and underserved women. Prior to 2002, Ms. Eidem served as the Director of Programs and Administration for the Los Angeles Free Clinic (now Saban Community Clinic) and as the Director of Quality Improvement for the California and Los Angeles Regional Family Planning Councils (now California Family Health Council). Prior to this, Ms. Eidem was an administrator and instructor at Planned Parenthood Alameda/San Francisco and the Berkeley Women's Health Collective.

Julie Friedman, MPH, is the Director of the Iris Cantor-UCLA Women's Health Education and Resource Center (WHERC). In this position, she organizes community health programs, coordinates participatory research projects, and fosters partnerships between the community development and public health sectors. She has an eclectic background in health education from starting out as a medical assistant at Planned Parenthood to managing the employee wellness program at the *LA Times*. While at *The Times*, she was instrumental in founding Worksite Wellness LA, a nonprofit organization providing onsite health education to low-wage workers in downtown LA and currently serves as its Board Chairperson. Prior to joining WHERC in 2010, she operated her consulting business, Growing Health Partnerships, where she worked on a variety of health education and early childhood development programs.

Lisa M. Garrett, JD, is the Director of Personnel, LA County Department of Human Resources. Previously, she served as its Acting Director. She began her career in public service with the City of Los Angeles as a Council Aide for Councilman Gilbert Lindsey, and she served as an Investigator in the City's Housing Department. Ms. Garrett was hired into the County in 1994 as a Deputy District Attorney in the District Attorney's Bureau of Family Support Operations. Seven years later, she moved to the Child Support Services Department, where she served as Assistant Division Chief in two large divisions. Ms. Garrett is a graduate of the University of California, Los Angeles, with a major in Psychology, and received her Juris Doctorate from the Southwestern University School of Law.

Margaret Gatz, PhD, is a Professor of Psychology, Gerontology, and Preventive Medicine at the University of Southern California. Dr. Gatz studies risk and protective factors for Alzheimer disease, psychological well-being over the lifespan, and age-related change in depressive symptoms. She founded and >>>

directs the Study of Dementia in Swedish Twins, a large longitudinal investigation of genetic and environmental factors in Alzheimer's disease. In Los Angeles, she is involved in developing and evaluating community interventions to improve knowledge about early signs of dementia and ways to optimize brain health over the lifespan. She is a member of the Medical and Scientific Advisory Council of the Alzheimer's Association, California Southland Chapter.

Sarah Gelberd, MD, is a Senior Physician and Medical Director for the Los Angeles County Department of Mental Health's Older Adult System of Care Bureau and GENESIS Program. Dr. Gelberd is a fellowship-trained geriatrician and internist with nearly 35 years of experience. She has worked in a variety of community mental health settings in California as well as in the private and nonprofit sectors. She has worked with the LA County Department of Mental Health and the LA County Department of Health Services for many years. Dr. Gelberd is multilingual and an active participant of the CME committee of DMH. Her area of interest is the inter-relationship between behavior, mental illness, and physical illness.

Erika Gist (Siever), MPH, CHES, is a Project Manager, Health Education Administration, Office of Communications and Public Affairs, Los Angeles County Department of Public Health. In this role, she oversees the Annual Health Education Practice Conference and quarterly Public Health Education Collaborative and assists in developing and facilitating departmentwide trainings. Ms. Gist is also an Adjunct Professor in Health at California State University, Dominguez Hills. She is an active member of Black Women for Wellness Los Angeles and serves on its Sisters in Control Reproductive Justice Committee. She is a Certified Health Education Specialist and holds a Master of Public Health degree from California State University, Long Beach.

Cynthia Harding, MPH, is the Interim Director of the Los Angeles County Department of Public Health, overseeing a budget of more than \$900 million and more than 39 distinct programs that promote and protect health, and prevent disease in Los Angeles County. She has worked in the Department of Public Health for over 30 years in a variety of different public health programs, including Maternal, Child and Adolescent Health, Tobacco Control, Childhood Lead Poisoning Prevention, Tuberculosis Control, and AIDS prevention. Ms. Harding is fluent in Spanish and Portuguese and taught as a visiting professor at the National School of Public Health in Brazil. Ms. Harding received her Master of Public Health degree from UCLA, and a Certificate of Management from USC's Center of Excellence in Health Care Management.

Kristen Lisanti helps teams and organizations create dynamic, enriching, and supportive environments for their people to work and to grow. She has 15 years of experience working with visionary organizations to change attitudes, beliefs, and behaviors internally as well as externally. She has directed public awareness campaigns on social issues, including early child development, obesity and

mental health; realigned organizational missions and values, and helped employees learn to live them; and trained hundreds of people on public speaking, partnership development, and productivity. Her secret ingredient is always open, empathetic, and mindful communications. Ms. Lisanti has been trained and certified as a mindfulness facilitator by UCLA's Mindful Awareness Research Center, and offers opportunities for mindfulness practice to diverse community and corporate groups in Los Angeles.

Eliette Montiel, LCSW, is a licensed clinical social worker who graduated with her MSW degree in 2009 from California State University, Long Beach. As a graduate student, she specialized in Older Adults and Families and has been working for Los Angeles County Department of Mental Health for the past five years. She currently works for the Older Adult System of Care Bureau, GENESIS Field Capable Clinical Services Program, providing field-based services to older adults experiencing mental health problems. Ms. Montiel is bilingual in Spanish.

Janina Lord Morrison, MD, MPH, is the Medical Director of The Wellness Center (TWC), as well as a primary care internist in the LAC+USC outpatient clinic. TWC is an innovative, prevention-oriented community center on the campus of LAC+USC Medical Center. It houses 16 community-based organizations that provide programming and services to the patients of the medical center and the surrounding community. TWC focuses on programming for psychological well-being, healthy eating, physical activity, health care access, and youth development. Dr. Morrison completed medical school at the University of California, San Francisco, and trained in internal medicine and preventive medicine at Columbia University and the New York City Department of Health and Mental Hygiene.

Gloria Morrow, PhD, is one of the nation's leading clinical psychologists with expertise in depression, anxiety, marriage, relationship problems, and a variety of issues relative to people of color from all ethnic backgrounds. As an academician, clinician, inspirational speaker, and author, her teaching, counseling, and books have helped thousands of people find true inner healing. Dr. Gloria is a Master Trainer for the California Brief Multicultural Competency Scale Training Program, and she helped to develop the training curriculum. This program focuses on the four major ethnic groups: African American, Asian/Pacific Islanders, Hispanic/Latino/Mexican American, and American Indian/Native American. Dr. Gloria is a regular guest on CNN and has authored several books, including "Too Broken to be Fixed?" and "A Spiritual Guide to Inner Healing" and "Keeping it Real! 7 Steps Toward a Healthier You."

Petra Niles, MSG, is an Education and Outreach Manager from the California Southland Chapter of the Alzheimer's Association. Ms. Niles chairs the West Central-South Central Dementia Care Network. She earned her master's degree in Gerontology at the University of Southern California, Davis School of Gerontology. Her area of expertise includes elder abuse prevention, geriatric >>>

care management, and adult day programs. Her current focus is on community awareness, community collaborations, and caregiver education.

Luis Pardo, Executive Director of Worksite Wellness LA (WWLA), has years of experience in nonprofit management and community organizing. At WWLA, Mr. Pardo designs, develops, and implements community-based health education and outreach campaigns aimed at increasing the health status of low-income workers and hard-to-reach populations, as well as enrollment of uninsured families into available medical plans. He is the Co-chair of Best Start Metro LA (First 5 LA), and is on the Advisory Committee of the Champions for Change Initiative of the Network for a Healthy California. Previously, he has served as the outreach manager with the Kaiser Permanente Child Health Plan and as a program coordinator with the Health Links Project in Alameda County. He has an Environmental Science, Policy, and Management degree, with a focus on Environmental Justice, from the University of California, Berkeley.

Nadereh Pourat, PhD, MSPH, is a Professor of Health Policy and Management at the UCLA Fielding School of Public Health. Dr. Pourat is the director of the Economic and Evaluation Research program at the UCLA Center for Health Policy Research. Her research focuses on assessing disparities in access to care of underserved populations, including the role of the health care delivery system in health care outcomes. Within this context, Dr. Pourat has also closely examined the current efforts in primary care redesign, including implementation and outcomes of the patient-centered medical home, safety-net system integration, and care delivery challenges, and the outcomes of these efforts on access to care of underserved populations.

Antonia M. Rount is a Fitness Program Developer and Arthritis Foundation Partner. Ms. Rount specializes in programs specifically for seniors, as well as individuals with Parkinson's, multiple sclerosis, and stroke recovery. She currently facilitates South LA Gets Fit: WALK. RUN. WIN., which introduces families to healthy lifestyles. She implemented a sobriety fitness program for Anne Douglas Center for Women at the Los Angeles Mission, and Tai Chi to children with developmental disabilities. She has successfully worked with Hispanic, Jewish, Korean, Russian, and Chinese participants. Ms. Rount is certified for many evidence-based programs. She served on the Los Angeles County Commission for Women Health Committee for four years.

Laura Trejo, MSG, MPA, is the Technical and Policy Advisor to the Mayor of Los Angeles and the City Council. She is a gerontologist with a master of science degree in Gerontology as well as a master of public administration degree and graduate certificate in Long-Term Care Administration, all from the University of Southern California. In 2002, Ms. Trejo was appointed General Manager of the City of LA, Department of Aging, the first Latina to serve at this level of City government. She has consulted and trained extensively throughout the

United States on the development of programs for the elderly with an emphasis on cultural competence. She has worked with individual countries and international organizations to develop policy initiatives and programs in the areas of aging, mental health, health, Alzheimer's disease, and rehabilitation.

Amy Turk, LCSW, is the Chief Program Officer, Downtown Women's Center. She provides oversight of Clinical Health Services, Vocational Education, Social Enterprise, Day Center Services, and Permanent Supportive Housing, serving nearly 4,000 low-income and homeless women annually. Ms. Turk has worked in the social services sector since 1998, providing services for survivors of domestic violence; adults living with mental illness, experiencing homelessness, and recovering from substance abuse; and families of children with special needs. She holds a master's degree in Social Work from California State University, Los Angeles. Ms. Turk served as a 2014 Practice Change Leader for Aging and Health, a national program that works to develop, support, and expand the influence of organizational leaders committed to achieving transformative improvements in care for older adults.

Juanita Watts, MD, is the Regional Coordinator for Women's Health for the Kaiser Permanente Southern California Region. In this role she has dedicated herself to leading communities of women to take action by learning about appropriate preventive screenings, implementing lifestyle changes, and encouraging women to both communicate with and learn from one another. Dr. Watts wants to empower women to take charge of their health. She believes that women have the ability to play a pivotal role in their own health care by learning to successfully advocate for themselves. Dr. Watts' successful career as a Family Practice physician at Kaiser Permanente's Glendale Medical Office spans several decades. Her commitment to improve the lives of women is demonstrated by her tireless effort to increase awareness, eliminate barriers, provide health education, and implement prevention strategies.

Louise Ye, MD, is currently completing a fellowship in Geriatrics at LAC+USC Medical Center. She received her medical degree from Western University of Health Sciences in Pomona, and trained in family medicine at the USC-California Hospital Medical Center in downtown LA. Dr. Ye's education also includes a master's degree in Oriental Medicine/Acupuncture, which enables her to provide her patients with a full scope of medicine. Patience, reassurance, and caring are the traits that describe Dr. Ye and her approach to treating aging patients. She knows the importance of making her patients a priority and emphasizes quality of life, preventive care, and thorough evaluations.

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