



# Training & Continuing Education Bulletin

Orange County Health Care Agency Behavioral Health Services

## Upcoming Trainings

### October 2009

Cultural Considerations in the Mental Health Services Delivery to Korean American Clients (Repeat)

Vietnamese Spiritual Values and Their Role in Mental Health (Repeat)

Establishing Culturally Sensitive Professional and Supportive Relationship with Iranian Clients (Repeat)

Browning of America – BHS Human & Diversity

### MHSA Training Website

BHS Training Website:  
<http://www.ochealthinfo.com/Behavioral/TrainingActivities>

To register for all trainings please e-mail to [mtrainingprogram@ochca.com](mailto:mtrainingprogram@ochca.com)

If you have any questions or concerns, please call (714) 667-5600.

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Working with Eating Disorders and Substance Abuse

QRTIPS

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**To register for trainings, please e-mail to [mtrainingprogram@ochca.com](mailto:mtrainingprogram@ochca.com)**

**Include the following information in your registration:**

**Training Name**

**Training Date**

**Your Name**

**License Type & License Number**  
 (Example: PSY1234, LCS1234, RN1234)

**Division & Program Name**  
 (Example: ADAS – West Drug Court)

**Supervisor's Name**

**We do not accept phone registration unless indicated in the training description.**

**Please be sure you have received confirmation before attending training.**

## Vietnamese Spiritual Values and Their Role in Mental Health (Repeat)



**Presenter:** Brian Lam, Ph.D.

**Date:** September 10, 2009 from 9:00 a.m. to 12:00 p.m.

**Location:** 600 W. Santa Ana Blvd., Rm 525, Santa Ana, CA 92701

### Description:

Understanding the cultural and spiritual components that shapes individual coping abilities with stress is the critical factor in the development of culturally competent clinicians. Traditionally, research on stress and coping have been emphasized on the paradigm focusing on the de-contextualization. This 3- hour training has been created to assist clinicians in recognizing individual beliefs and behaviors used to develop a sense of coherence in responding to the internal and external demands of stressful situations. Different theoretical models of interpreting stress will be presented as well as a review of coping strategies. Bibliography will be included to familiarize clinicians with the most current research related to stress and coping.

### Learning Objective:

Participants in the training can expect to:

1. Identify the role of cultural influences on stress and coping paradigm
2. Become familiar with cultural and spiritual interpretation, Buddhist and Taoism perspectives, of (1) self concept (collective self-esteem), (2) grief, (3) happiness and suffering, (4) psychological distress, and (5) somatization.
3. Become familiar with collective coping strategies beyond a Western cultural perspective.

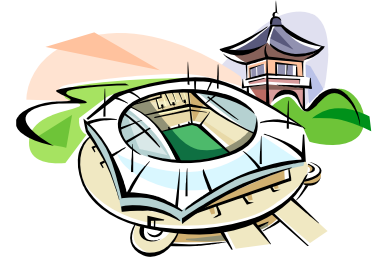
### About the presenter:

Brian Lam is a licensed clinical social worker with extensive experience in children and families. Dr. Lam has worked as a social work consultant for Pacific Care, Blue Shield, Blue Cross, and the Orange County Social Services Agency (California). He received his doctorate in Social Work from Columbia University in 2003. Currently, Dr. Lam is an assistant professor at California State University of Long Beach. His teaching area is in direct social work practice and advanced clinical social work. His current research interests focus on ethnic identity, community influences on psychological distress, and behavioral proneness among minority adolescents. His articles appear in the International Journal of Behavioral Development, International Journal of Intercultural Relations, The American Journal of Orthopsychiatry. He has small private practice, serving Asian Pacific Islander population in Orange County. He is a current vice-president of the National Association of Social Workers, Long Beach Unit, California, United States.

3 Continuing Education Credits have been approved for Psychologists, LCSWs, MFTs, and RNs.

The County of Orange Health Care Agency is an approved provider of continuing education credits for the California Board of Behavioral Sciences (provider no. PCE389). Provider approved by the California Board of Registered Nursing, Provider No. CEP 15019 for 3 contact hours, and is approved by the American Psychological Association to sponsor continuing education for psychologists. The Orange County Health Care Agency maintains responsibility for this program and its content.

## Cultural Considerations in the Mental Health Services Delivery to Korean American Clients **(Repeat)**



**Presenter:** Mikyong Kim-Goh, Ph.D., LCSW

**Date:** September 11, 2009 from 9:00 a.m. to 12:00 p.m.

**Location:** 600 W. Santa Ana Blvd., Rm 525, Santa Ana, CA 92701

### Description:

This 3-hour training has been designed to assist mental health professionals in incorporating the cultural perspective into the course of treatment in order to facilitate its effectiveness and cultural appropriateness. The workshop will provide an in-depth examination of the historical background, cultural values, and community as well as familial contexts of Korean Americans. The influence of culture on mental health and the application of cultural knowledge in the treatment processes to enhance cultural competence among clinicians in working with Korean American clients will also be discussed.

### Learning Objectives:

- Obtain a basic knowledge of Korean Americans' socio-cultural contexts, i.e., immigration history, cultural values, and community resources.
- Develop an understanding of the role of culture in shaping mental health and help-seeking behaviors.
- Learn culturally relevant treatment strategies that incorporate the basic foundation of knowledge of Korean Americans.

### About the Presenter:

Dr. Kim-Goh is Professor in the Social Work Department and former Chair of the Department of Human Services at California State University, Fullerton. She holds a Doctorate and Master's degrees in Social Welfare from University of California at Berkeley, and a Bachelor's degree from Pomona College in Claremont. Her research interests include interpersonal violence, mental health delivery in ethnic communities, and immigrant and refugee issues. Dr. Kim-Goh has published multiple articles in scholarly journals such as the *Community Mental Health Journal*, *Journal of Family Violence*, and *American Journal of Orthopsychiatry*, and received research grants from the Office of Minority Health, Center for Disease Control, and Children and Families Commission of Orange County. In addition, as a licensed clinical social worker, Dr. Kim-Goh has extensive experience in working with severely mentally ill clients and domestic violence victims in the Korean community and has been actively involved in community education on these topics. She is a former member of the Orange County Mental Health Board and recipient of 2007 Distinguished Faculty Award from the College of Health and Human Development at Cal State University, Fullerton. Recently Dr. Kim-Goh has been selected as 2009 Field Research Fellow by the Korea Foundation and will spend three months in Korea conducting research on family violence.

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## Involuntary Hospitalization (5585) Training

**Presenter:** Manny Robles, LCSW, Diane McDowell, Ph. D.

**Date and Time:** September 16, 2009 from 9:00 a.m. to 12:00 p.m.

**Location:** 405 W. 5<sup>th</sup> St., Rm 433, Santa Ana, CA 92701

This is a mandatory workshop for all BHS/CYS staff who have recently become certified to hospitalize patients without their consent or who will become certified in the next three months. The workshop will cover 5585 laws, the latest CYS policies, and clinical procedures for determining that a client is dangerous to themselves or to others.

### Learning Objectives:

1. To be able to describe the clinical situations in which a person should be hospitalized against his or her will
2. To be able to describe the laws relating to involuntary hospitalization
3. To be able to identify the forms and procedures for carrying out an involuntary hospitalization

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## BHS MHSA Training Team

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Clinical Psychologist II

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Service Chief I

**Dung Le**  
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Consumer Employee  
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**Raul Loera**  
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**Hiroimi Williams**  
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**Shebuah Burke**  
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**Contact MHSA's Training Staff**  
Main Line: (714) 667-5600  
Fax: (714) 667-5612  
[mtrainingprogram@ochca.com](mailto:mtrainingprogram@ochca.com)

## Establishing Culturally Sensitive Professional and Supportive Relationships with Iranian Clients (Repeat)

**Presenter:** Faye Hezar, Psy.D.

**Date and Time:** September 21, 2009 from 9:00 a.m. to 12:00 p.m.

**Location:** 600 W. Santa Ana Blvd., Rm 525, Santa Ana, CA 92701

Description: Cultural competence is a set of academic and interpersonal skills that allow an individual to increase their understanding and appreciation of cultural differences and similarities within, among and between groups. This 3-hour training has been designed to assist clinicians with incorporating a cultural perspective into the course of treatment in order to facilitate mindful treatment that is both effective and culturally appropriate for Iranian American Clients.

### Learning Objectives:

- Become familiar with and have an understanding of Iranian culture and traditions.
- Learn basic fundamental skills on engaging, building trust, and establishing relationships with Iranian clients.
- Apply treatment strategies that are relevant while culturally appropriate for this population.

### About the presenter:

Faye (Fariba) Hezar was born in Iran and graduated from high school in Iran prior to moving to the United States in 1978. She holds a doctorate in clinical psychology from the American Behavioral Institute. Ms. Hezar completed her internship at the OMID Institute (a private practice facility in Irvine), IMCES Institute for multicultural counseling and educational services in Los Angeles and in various domestic violence shelters in Orange County. In addition, she is a certified instructor for parent-training classes for foster and adoptive parents. Dr. Hezar has been extremely active in both the Iranian and the American community. She is a founding board member of the Iranian Recovery Center, a non-profit organization, and has held positions as president, secretary and treasurer. Dr. Hezar is a member of the Iranian-American Psychological Association and the Orange County Psychological Association. She has organized and presented educational workshops on the topics of drug and alcohol addiction and prevention in the Iranian community. In addition, Dr. Hezar has translated various informational materials from English to Farsi in order to educate and assist the Farsi speaking population in the United States.

3 Continuing Education Credits have been approved for Psychologists, LCSWs, MFTs, and RNs.

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## Understanding & Treating Eating Disorders Complicated by Substance Abuse & Self-Injurious Behavior (SIB)

**Presenters:** Suzanne Etheridge, MFT & Jennifer Johnson, M.D., M.S., FAAP & Buck Runyan, MFT, LPC, EDS

**Date and Time:** Wednesday, September 23, 2009, 9:00 a.m. - 4:00 p.m.

**Location:** 744 N. Eckhoff (Auditorium), Orange, CA 92868

### Objectives

- Explain the link between eating disorders and distorted body image to substance abuse and self-injurious behavior.
- Identify at-risk populations for eating disorders, substance abuse, self-injurious behavior and other psychiatric disorders.
- Increase understanding of medical abnormalities and complications of these co-occurring disorders
- Understand trends in treatment, best practice for treating eating disorders as well as practical strategies to implement in treatment.

### Course Description

This course is designed to familiarize the participants with the links between eating disorders, substance abuse and self injurious behavior in adolescents and adults. A general overview of these disorders will be provided, e.g. signs and symptoms, causes, and prognosis. Epidemiology of eating disorders, disordered eating, disturbed body image, and related conditions will be discussed as well as medical abnormalities and complications. Current research regarding eating disorders, substance abuse and self injurious behavior will be reviewed as well as current trends in treatment, evidence-based strategies, as well as practical strategies to implement in treatment will be presented.

**Suzanne Etheridge, MFTII, MFT** for the Orange County Health Care Agency's Prevention and Early Intervention Team (formerly ADAS Prevention Team), as well as a clinician working within Private Practice. She has been a guest speaker within the Community on Eating Disorders and has provided several staff trainings for the County of Orange. She is the President of the International Association of Eating Disorder Professionals (IAEDP), Orange County and is a member of the National Eating Disorder Association (NEDA) and National Association of Anorexia Nervosa & Associated Disorders (ANAD). She has extensive experience in working with individuals, couples and families within clinical as well as academic settings.

**James D. "Buck" Runyan, MFT, LPC, EDS** has developed a reputation as a leading expert in the field of Eating Disorders, SIB and Family Therapy. In practice since 1989, he has an extensive history treating adolescents and adults struggling with eating disorders and dual diagnosis issues, and oversees four adolescent residential eating disorder treatment facilities and an adult women's eating disorders residential program. Buck regularly lectures on a local, regional and national level remaining actively involved in training professionals through a variety of disciplines. Buck maintains professional credentials as a California Marriage and Family Therapist, an Arizona Licensed Professional Counselor and a Certified Eating Disorder Specialist. He was formally educated at California Baptist University completing a Master of Science in Counseling Psychology degree in 1992.

**Jennifer Johnson, M.D., M.S., FAAP** has more than 20 years experience as a pediatrician specialist in adolescent medicine. Dr. Johnson has a private practice for adolescents and young adults in Newport Beach. She has particular expertise in eating disorders, behavioral medicine, and pediatric and adolescent gynecology. Previously she was a professor in the Department of Pediatrics at the University of California, Irvine School of Medicine, where she served as director of the adolescent medicine program. Dr. Johnson was also on the faculty of the University of Oklahoma Health Sciences Center in Oklahoma City, where she was Medical Director of the Adolescent Inpatient Unit and the Adolescent Clinic at Children's Hospital of Oklahoma. Dr. Johnson is past chairperson of the American Academy of Pediatrics Section on Adolescent Health.

6 Continuing Education Credits have been approved for Psychologists, LCSWs, MFTs, and RNs.

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**IF YOU WISH TO RECEIVE CE CREDIT YOU MUST ARRIVE WITHIN 15 MINUTES OF THE START TIME.** Page 6 of 7

## QRTIPS

This section provides monthly critical reminders in relation to Children and Youth Services (CYS) documentation standards.



**The Discharge/Transfer Summary form:** It is County policy that the Discharge/Transfer Summary include a narrative clearly describing type of services received by the consumer, the consumer's course of treatment, the consumer's response to treatment, any gains made by the consumer and issues remaining that need to be addressed. In addition, it is County policy that Aftercare Recommendations be addressed. **The following will describe the minimum required for each of these areas of the consumer's treatment (page 2 of 2 of DS form):**

- **Type of Services:** Describe what services were offered to the consumer and what services the consumer utilized.
- **Course of Treatment:** Provide an overview of the services the client received and their response to treatment. Describe the major steps/themes of treatment in each of the areas of the services provided to the consumer. For example, what were the consumer's initial attitudes about medication services and how did this change over time. Describe what the consumer was like in the beginning, middle and end phases of treatment (such as with engagement, working on goals, level of resistance, etc.). Describe the same for mental health services, case management, groups, etc. In addition, how did the clinician provide these services; was it necessary to provide home visits, reach out to the client on a regular basis or was the consumer consistent keeping appointments and participating in treatment, etc. If the consumer left treatment prior to a recommended change in provider, describe what the clinician did to address this behavior.
- **Client's Response to Treatment:** Address the client's response overall, with any significant changes to treatment interventions (for example, describe particular periods of resistance that were unusual for the consumer). Include here the consumer's response to discharge/transfer of treatment.
- **Gains made in Treatment:** Describe what gains the consumer made based on the goals the consumer had during treatment. If there were any other gains made, these gains are to be addressed.
- **Remaining Issues:** Address MTP goals that the consumer did meet and areas recommended for further focus(es) of treatment if the client returns for services.

### **Aftercare Recommendations Section**

- **Suggested activities:** Describe what activities would help the client's continued progression with goals and/or recommendations. Examples would include clubhouse activities, vocational activities, etc. Specific programs, activities or routines should be recommended.
- **Programs:** If a client has been linked to a specific program, please identify and describe the program (i.e., Name of Contract Provider and what the program provides, address and phone number). Additional recommended programs and type of program may be added here.
- **Treatment:** Identify the type of treatment that would be helpful to this consumer, now, or possibly in the future and why.