

BUT, WHAT IF WE FLIP THE SCRIPT?...

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“I want a job, a house and a social life”



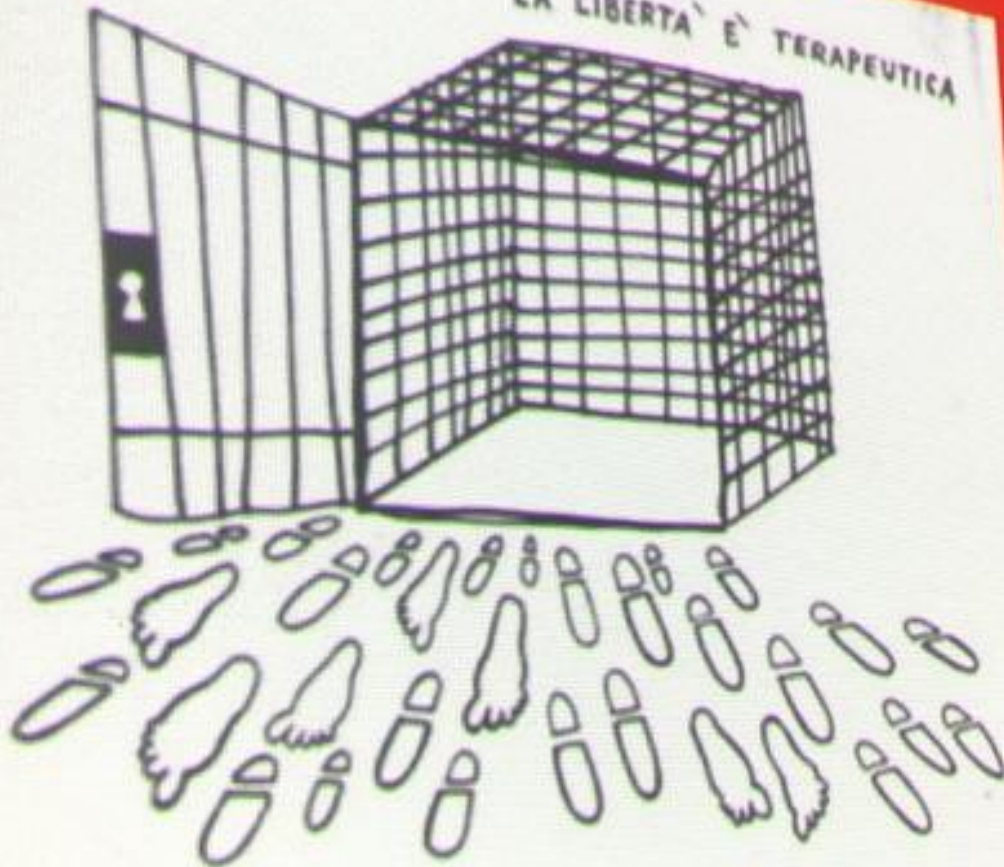
Graphic Credit: Keris Jän Myrick, MBA, MS







LA LIBERTA' E' TERAPEUTICA

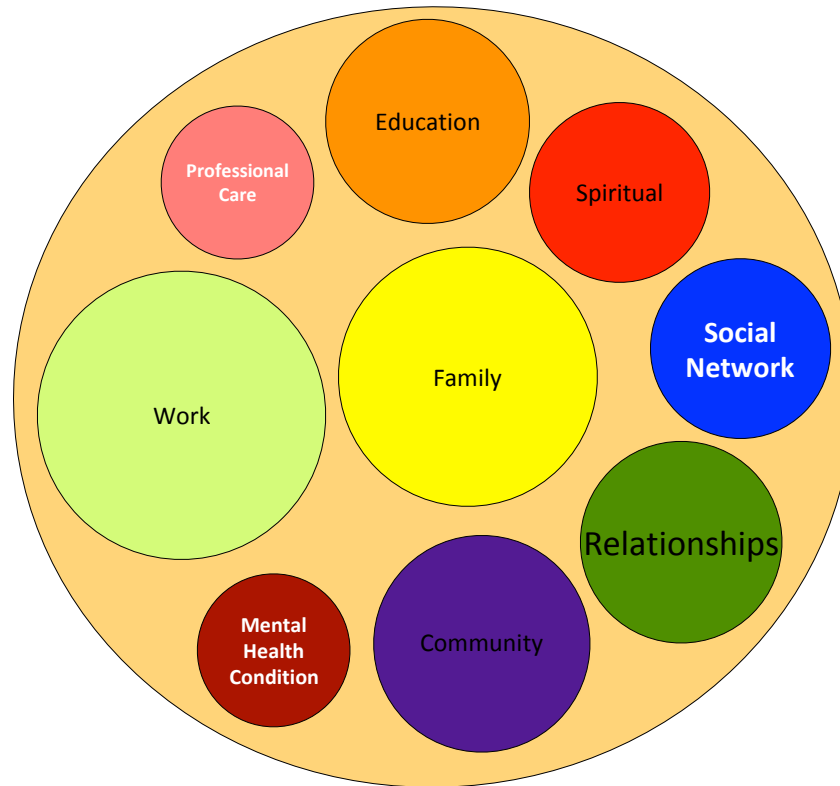


...Our mission is to build wellness paths through ordinary life experiences that lead to a better quality of life...

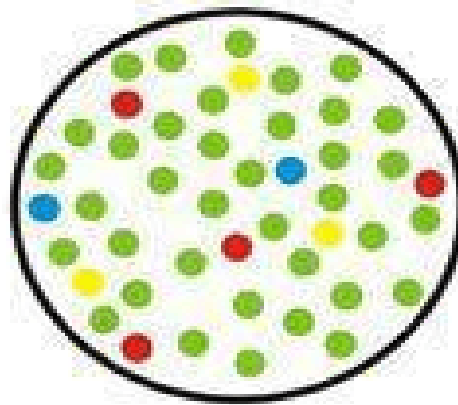
More on Trieste:

Mezzina, R. (2014). Community mental health care in Trieste and beyond: an "open door-no restraint" system of care for recovery and citizenship. *The Journal of nervous and mental disease*, 202 6, 440-5

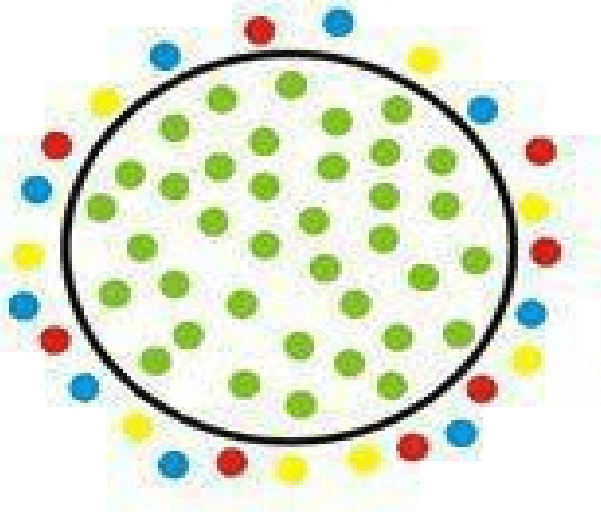
“I want a job, a house and a social life”



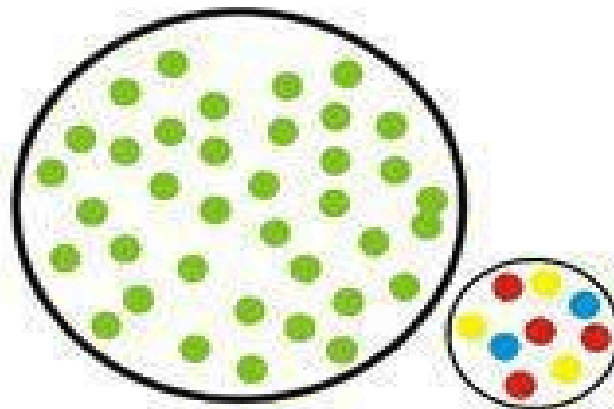
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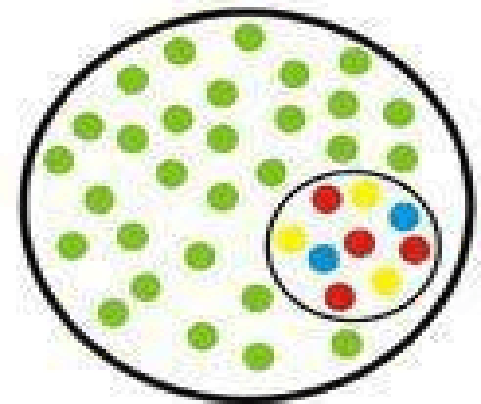
**Inclusion
Participation**



Exclusion



Segregation



Integration



Force, no matter how concealed, begets resistance.

(Proverb)



When 'I' is
replaced by
'WE', even
'**I**LLNESS' turns
into
'**W**ELLNESS'
-Malcolm X

Value of Peer Support



To access the Peer Support Briefs visit:

<https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers>

Mental Health Providers: Who Does What?

TREATMENT ELEMENT	PROVIDER TYPE											
	Psychiatrist	Nurse practitioner	Psychiatric nurse	Clinical psychologist	Clinical social worker	Professional counselor	Marriage & Family	Case care manager	Peer support specialist	Occupational therapist	Employment specialist	Housing specialist
Assessment, care planning		X	X	X	X	X	X	X				
Diagnosis	X	X		X	X	X						
Psychotherapy, counseling	X	X	X	X	X	X						
Medication, neurological treatment	X	X										
Service brokering, navigation					X			X	X			
Emotional support	X	X	X	X	X	X	X	X	X	X	X	X
Life skills, socialization					X				X	X		
Housing support								X	X			X
Supported employment								X	X		X	
Crisis intervention	X	X	X		X			X	X			
Hospital, residential treatment	X	X	X	X	X	X			X	X		

Circle of Care:
A guidebook for
mental health
caregivers

https://www.nami.org/About-NAMI/Publications-Reports/Guides/Circle-of-Care-Guidebook/CircleOfCareReport.pdf?utm_source=direct&utm_campaign=circleofcare



The National Resource Center for Supported Decision Making:
<http://www.supporteddecisionmaking.org/>

Presume: Don't automatically assume that guardianship is needed, presume competence

Reason: Clearly identify the reasons for concern

Ask: Is a triggering concern caused by a temporary or reversible condition

Community: Determine if concerns can be addressed by connecting the person to family or community resources

Team: Ask the person if they already have a team for decision-making

Identify: Identify areas of strength and limitations in decision-making

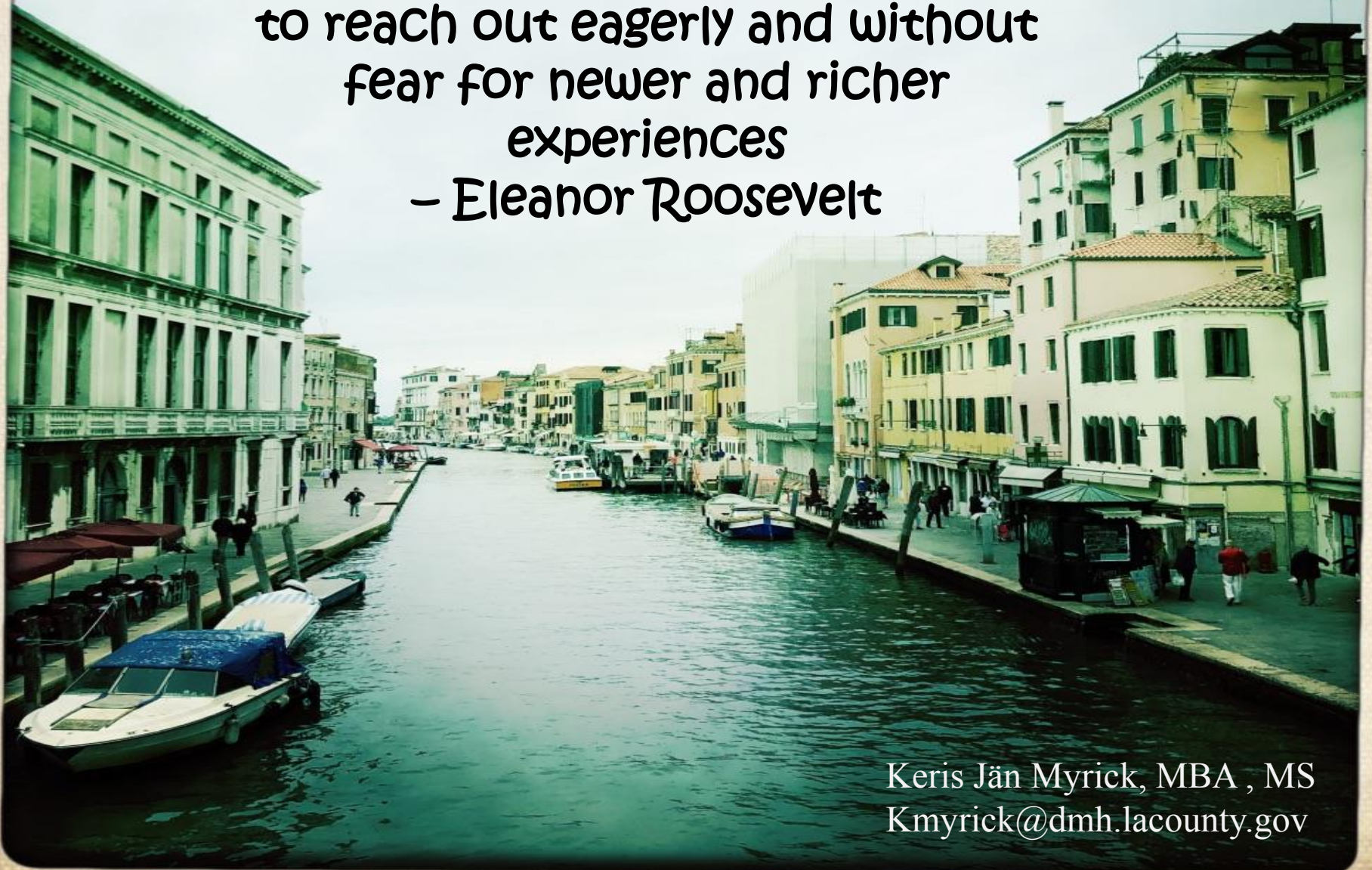
Challenges: Screen for and address any potential challenges presented by supporters

Appoint: Appoint a legal support or surrogate consistent with the person's beliefs and values

Limit: Limit any guardianship petition or order to only what is necessary

Goal	Traditional Mental Health Services	Self-directed Care
Transportation	Community mental health center offers a van service to take people to appointments.	Self-directed care funds are used to buy a bicycle to get around the community.
Find a job	Enroll in a supported employment program at a mental health center.	Use funds to buy business attire for job interviews.
Connect with family	Work in group or individual counseling to address personal issues that get in the way of connecting with family.	Purchase a cell phone to be able to make weekly calls to family members.
Better health	A case manager helps people to get connected with affordable health insurance or find a physician.	Pay for a membership at a nearby gym to help lose weight and increase physical activity.
Make and keep friendships	Attend social skills groups or anger management classes.	Use funds to buy tickets to a sporting event with friends or buy materials to join a hobby group.

The purpose of life is to live it, to
taste experiences, to the utmost,
to reach out eagerly and without
fear for newer and richer
experiences
– Eleanor Roosevelt



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