

The Art of Hillview

“Foothill”

By Joseph Leatherwood



“Art is a way to express yourself. It’s a way to tell a story using color, form and line,” said Hillview resident Joseph Leatherwood. Walking from Hillview Village north to Foothill Boulevard, he was struck by the view of the foothills, which seemed to change appearance on different days. He decided to capture the way they looked at that moment, keeping the image in his mind and later creating this painting.

Born and raised in Maryland, Joseph majored in art in college. He exhibited his work in galleries and shows on the East Coast. His fortune turned after he came to California in 2008, and he experienced both homelessness and jail.

Living at Hillview has given Joseph the stability, treatment and community he needed. At Hillview, he said, “I’m able to be myself. And if I can be myself, then I can paint.”

President/CEO: Eva S. McCraven, Ph.D.

Director of Community & Public Relations: Sande Weiss

The mission of Hillview Mental Health Center, Inc., is to assist in empowering individuals and families affected by mental illness to assess their needs, strengths and goals, and work collaboratively with mental health professionals and other staff to plan services that are person-centered, culturally competent, and effective in promoting recovery and the ability to live as fully participating members of the community.

Hillview Mental Health Center, Inc., is a nonprofit corporation that serves as a gateway to recovery, independence and health for nearly 2,000 East San Fernando Valley residents each year.

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The Power of Permanent Supportive Housing

Our Newly Housed Clients Benefit from Services That Help Them Succeed in Their Communities

Message from Eva S. McCraven
President and Chief Executive Officer



avid was in his late 40s when he descended into depression. The retired credit manager turned to cocaine for relief.

Living on his own in Tujunga, David went in and out of psychiatric hospitals, taking his medications for a while and then returning to cocaine.

Then he came to Hillview Mental Health Center. Here, he completed our substance use disorder program, received psychiatric care and appropriate medication, attended group therapy sessions, and benefitted from a case manager who helped him navigate daily life and find the community resources he needed.

When space became available, David moved into Hillview Village, our Section 8 residential complex adjacent to the Mental Health Center. The Village’s studio and one-bedroom apartments offer permanent housing to 65 previously homeless individuals with mental illness, and provide ready access to mental health services on the same campus.

Today, David lives independently,

continuing to receive mental health services, attending programs at the Clubhouse and participating in groups at the Wellness Center several times a week. He has a girlfriend, whom he met at Hillview, and once again enjoys life. “Without Hillview, I couldn’t survive,” he recently said.

David’s case, and many similar ones here at Hillview, illustrates the importance of permanent supportive housing. Local and state governments have recognized the dire need to provide housing to our area’s huge homeless population, and that’s a positive step. But housing alone will not adequately serve this population. Among the chronically homeless, about half suffer from serious mental illness.

As David’s situation demonstrates, funding must also be allocated for supportive services that allow newly housed individuals to succeed as independent members of the community. These services include mental health treatment, social services, assistance finding employment or enrolling in school, and help with transportation.

Hillview Mental Health Center has always recognized the importance of

supportive services. It was the vision of our founder, Carl C. McCraven, to combine mental health treatment with housing and supportive services. He worked tirelessly to create Hillview Village, which opened in 1994.

The need for supportive housing continues to grow. Hillview Village for homeless individuals, particularly those with mental illness, serves as a model for future housing developments.

IN BRIEF

• Having clients residing on-site as we do at Hillview Village proved helpful this summer by allowing us to respond promptly and efficiently to the hepatitis A outbreak: we contacted the Health Department, which sent personnel out to provide vaccinations for more than 90 Hillview staff and tenants.

• In September, we welcomed Robert Orona as our new Hillview Village manager. Robert has already impressed staff and tenants alike. He has both a friendly demeanor and extensive experience with housing and property management.

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A nonprofit corporation serving the
East San Fernando Valley since 1966

Mental Health Center, INC.
HILLVIEW



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Art Flourishes at Hillview



Art allows for self-expression and creativity, and plays a strong role

at Hillview Mental Health Center. Hillview holds an annual Art Fair showcasing works created by clients and staff. This year's event, in May, featured paintings, drawings and sculpture, as well as music and dance performances by several clients.

President and CEO Eva McCraven expressed gratitude for the "generosity of heart and soul" that clients shared through their artistic creations and noted that client works will be displayed throughout the building.

Hillview also recently

launched a new program called Art Integration. Four Hillview clients with artistic backgrounds take turns leading weekly art classes for other clients. They begin each class by teaching an art technique, and then work individually with participants on projects. Each month has a theme. The first one centered on self-portraits and allowed participants to explore how they saw themselves.

"We wanted to focus on how art affects mental health and can be used as an important coping strategy," noted Dr. Shuka Jahromifar, program manager for RRR Tier 2 (formerly called Wellness). "The program gives space for clients to express themselves through art."



Getting to Know Hillview's Staff Psychiatrists



Julio Alberto Montano, M.D.

Dr. Julio Alberto Montano started working at Hillview while completing his medical school residency more than a decade ago. He's remained here ever since.

"It's because of the patients. Over the years, we've developed close relationships," he said. Dr. Montano finds satisfaction in helping patients who are initially in bad shape to achieve stable lives and find happiness, and he's been a part of many such transformations over the years.

Born in Bolivia, Dr. Montano came to the U.S. at the age of 17. He earned his Bachelor of

Science degree in biology from California State University, Fullerton. He was a social worker before returning to school to earn his medical degree from the University of Guadalajara.

Dr. Montano enjoys riding horses, and owns two of them. He also loves to travel. He recently visited Bolivia and Peru, including Machu Picchu, on a vacation with his wife and children. As much as he enjoys traveling, he is happy to return to Hillview. "I consider it my second family," he said.



Karl Bandyan, M.D.

Even at his job interview, Dr. Karl Bandyan noticed Hillview's friendly, personal atmosphere. In his conversation with three administrators, he recalled, "Everybody was happy. We were even joking," he said.

Once he started, his impressions were confirmed: Hillview wasn't like most of the other places he had worked. "Here, they give me the time I need to spend with my patients. There's no pressure to rush and see as many people as possible," he said.

Dr. Bandyan came to Hillview in December of 2014. Born, educated and a practicing psychia-

trist in the Soviet Union, he immigrated with his wife and young children in 1991. He has worked for the Department of Mental Health and in a private group practice. He has also traveled throughout California, working for an agency that places physicians to fill in for temporary needs. That's how he knew he had found a gem in Hillview. "I can't imagine working anywhere else," he said. "I plan to stay here until I retire."

At home, Dr. Bandyan has amassed a library of more than 1,200 books relating to history, many of them first editions.

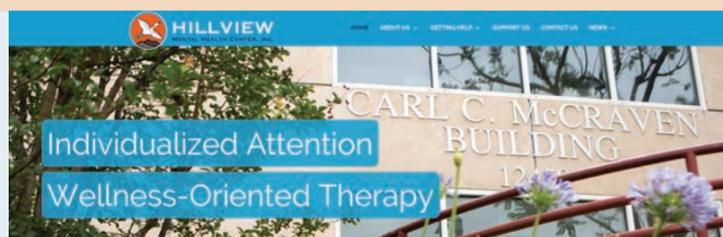
In Memoriam Shawn Carnes



Hillview Village mourns the passing of one of its favorite tenants, Shawn Carnes. A six-year resident of the Village, Shawn was quick to greet whomever he came into contact with and wish him or

her a blessed day. "Shawn was loved by everybody, staff and tenants alike," said Hillview president and CEO Eva McCraven.

We will miss Shawn's friendly presence.



Coming Soon Our Revamped Website!

Hillview's website will soon have a new look and new features. Along with a fresh, contemporary design, the website will offer helpful options such as community resources and online giving. Check it out in early 2018 at www.hillviewmhc.org.

Our Thanks to Sunair Children's Foundation

For the seventh year in a row, the Sunair Children's Foundation has generously provided a \$20,000 grant to benefit Hillview's transitional-age clients, young adults between the ages of 16 and 25.

"These grants are a wonderful gift to young people trying to establish them-

selves as independent members of the community," said Hillview president and CEO Eva McCraven. She noted that Sunair funds provide necessities not covered by formal funding streams, such as books for school or outfits for job interviews.

