

The Art of Hillview

“Self-Talk”

By Dierdre Hathor



read. The work includes seeds, stones, pieces of crystals, bottle caps, wires and a coffee stirrer. She also includes a picture of herself in each of her works. She has sold and displayed wall-sized collages, furniture and other pieces.

Dierdre Hathor creates what she calls “art with intent,” pieces meant to convey a message in the same way that an advertisement seeks to influence viewers. Unlike advertisements, which sometimes emphasize what we lack, Dierdre’s works deliver positive, empowering messages.

“My art is therapy,” says Dierdre, who created this piece featuring inspirational quotes to buoy herself as she struggles with the breakup of a marriage, post-traumatic stress disorder and the repercussions of a serious automobile accident.

Dierdre creates her collages almost entirely from recycled materials, using found objects and those given to her by others. For “Self-Talk,” she cut quotations from magazines and newspapers printed out others from books she’s

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

Director of Community & Public Relations:
Sande Weiss

The mission of Hillview Mental Health Center is to provide comprehensive, compassionate and culturally sensitive mental health services to adults and youths in the East San Fernando Valley. Along with challenges of mental illness and substance abuse disorders, our clients suffer the burdens of poverty. Hillview’s approach addresses all of these concerns: We offer a full range of outpatient behavioral health and substance use disorder services while working with government and community agencies to meet practical needs such as housing, employment and transportation. We help our clients assess their needs, goals and strengths to empower them to live as independently as possible as 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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Community Mental Health Centers

Can Eliminate the Need for Institutional Care

*Message from Eva S. McCraven
President and Chief Executive Officer*



Somehow between 30 and 50 percent of homeless people have mental illness. This fact, along with rising awareness of the homelessness crisis, has resulted in national public debate reconsidering our country’s 55-year commitment to community mental health care rather than locked institutionalization.

The Community Mental Health Act of 1963 began the closure of state mental health institutions and funded about 700 community mental health centers nationwide, including Hillview. We made effective use of those federal grants to provide individual therapy as well as supportive services to coordinate physical health and substance use disorder services, social services, housing support, and employment assistance. Hillview also developed resources to house our clients using scattered site housing and permanent multi-unit independent housing. Hillview Village houses 65 adults next to our treatment center, providing independent housing with easy access to mental health care.

In California, despite the additional passage of Proposition 63, the Mental Health Services Act of 2004, the promise of adequate mental health care in all our communities has not been realized. Although the state gained funding for mental health services, we do not have enough corresponding funds to provide access to housing and supportive housing services, particularly in high-need communities. There are not enough resources to prevent mentally ill people from becoming homeless, migrating to skid rows, being hospitalized and, too often, being incarcerated.

Hillview remains a comparatively small but remarkably authentic model of an original community mental health center, still true to our founding mission of serving our low-income communities’ unique needs. However, our funding as a private nonprofit agency has not kept pace with increasing needs or operating costs. We could do so much more.

More supportive services could be allocated from the Mental Health Services Act related to housing and the coordination of social services and health care. Our current system

is challenged to meet those needs with current resources. The role of non-profit agencies like Hillview could be expanded to provide supportive services to many more individuals and families.

Hillview’s 52-year commitment has helped many thousands of seriously ill people live safely in their own communities, particularly those who were previously institutionalized or incarcerated. It would be a tragic mistake to discard this country’s enormous financial and humanitarian investment in the health and wellbeing of those who, through no fault of their own, suffer from mental illness. We must not return to mental health’s dark ages when people lived in isolation in asylums or prisons or died in the streets.

We must focus resources where we know they will have the greatest impact: helping those who suffer from severe mental health disabilities to receive housing in tandem with the mental health and supportive services that will help them live independently and safely in our communities.

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A nonprofit corporation serving the East San Fernando Valley since 1966

HILLVIEW
Mental Health Center, INC.



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Prevention and Early Intervention Services Expand Access to Mental Health Care

Historically, community mental health centers like Hillview were established to address the needs of people with severe and persistent mental illness. Services offered included psychotropic medication evaluation with ongoing management, individual and group therapy services, and linkage to community resources (e.g., government benefits, housing). In 2008, Los Angeles County's Department of Mental Health created funding for a program named Prevention and Early Intervention (PEI). Hillview is contracted with the county to provide these much-needed individualized and long-term services to people in the community.

While Hillview continues to provide services to people with se-

vere and persistent mental illness, in the last 10 years through the PEI program, Hillview has also offered workshops and presentations in the community (e.g., schools, older adult day centers, apartment complexes) to educate people about the wide spectrum of mental health issues and methods to address them. In addition to educational programs, Hillview's PEI therapists can provide long-term (12/18 months) weekly individual therapy for people ages 16 and over.

Our therapists work to educate members in our community about the benefits of using mental health services to improve even daily stressors. Some examples of treatment include identifying healthy ways to cope with the

stress of a relationship problem, being a caregiver for an ailing elderly parent or the recent death of a loved one. These stressors can be addressed with lower-intensity interventions.



Hillview's diverse staff, who possess a range of language capabilities (currently English, Spanish, Armenian and Arabic), are trained to treat a wide range of members of our community with sensitivity to cultural traditions and spiritual beliefs. Hillview has established relationships with community partners to help screen and refer people who would benefit from these individualized services.

For more information about PEI services, please call our office at 818.896.1161.



The People of Hillview: *Psychologist Oscar Magdaleno, PhD.*



Dr. Oscar Magdaleno first came to Hillview for his student practicum, gaining field experience as part of his psychology doctoral training. After he graduated, he was delighted to return as a permanent staff member.

"The way Hillview is structured is amazing. It's a one-stop shop for mental health services," he says. "And the way in which Dr. McCraven has created a culture of collaborative treatment is really impressive. As soon as I got here, I saw that Hillview was aligned with my beliefs and values about mental health treatment."

Dr. Magdaleno manages the

CalWORKS and Prevention and Early Intervention (PEI) programs, supervising the eight staff members who deliver these services to Hillview clients. CalWORKS provides mental health services geared toward assisting clients in gaining and maintaining employment, while PEI offers preventive and early intervention services.

A Los Angeles native, Dr. Magdaleno is the youngest of four boys whose parents immigrated from Mexico. He previously played semipro football, he says, until his "body rebelled." Dr. Magdaleno enjoys ATV (all-terrain vehicle) riding. One of his favorite places to ride is Cantamar in Baja California.



Block Grant from City *of Los Angeles Funds Capital Improvements*



Hillview Mental Health Center wishes to thank the City of Los Angeles and the Los Angeles City Council for designating a \$500,000 facility upgrade grant to Hillview. These funds, provided by the federal government, are enabling us to make necessary repairs and upgrades to our physical facilities.

Funds expended to date have been used to renovate a bathroom in our Alternative Crisis Residen-

tial Treatment Facility (Building C) and to install new security equipment, including security cameras and parking lot security. We anticipate that the remaining funds will be used to renovate the kitchen and remaining bathrooms in Building C, re-carpet our main facility, and resurface severely damaged parking lots.

These projects enable us to maintain a safe and well-functioning campus so that we can concentrate on our vital work of providing comprehensive mental health services to our clients.