

HILL Views

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The Art of Hillview

Branching Off Artwork by Justice

Hillview client Justice had the idea of wings made of tree branches and created this work "off the top of my head," he said. He used alcohol-based markers to draw the piece.

"Although I like to write, I can express myself in a way I can't with words," he said about drawing. A predominantly self-taught artist, Justice has been drawing since he was young. He has taken some animation classes and hopes to continue doing so. In fact, he moved to California from Minnesota with the goal of exploring the animation field.

At Hillview, Justice said, he's been encouraged to pursue his interest in art. He has created multiple works since arriving at Hillview a few months ago.



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

Director of Community and 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, clients suffer the burdens of poverty. Hillview's approach addresses all these concerns: It offers 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. Hillview helps 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.

website: www.hillviewmhc.org
phone: 818.896.1161
e-mail: info@hillviewmhc.org



Attention Local Business Owners: Let's Solve Homelessness Together

Message from Eva S. McCraven, Ph.D., President and Chief Executive Officer



growing number of adults with serious mental illnesses are now experiencing homelessness. On the street and without professional help, they fall prey to substance abuse, which sometimes leads to antisocial behavior and criminal acts.

Hillview Mental Health Center is a public-benefit nonprofit corporation. We understand how an increasing homeless population negatively affects local businesses. We are fighting back with a program that helps the homeless and others with mental illness become productive members of their communities.

Putting Clients to Work

We're looking for business leaders interested in stemming the spread of homelessness by meeting with our clients—people who were once homeless but now are ready to work and support themselves.

Our CalWORKs-funded program prepares clients to work in various jobs for employers in the area. We provide mental health care along with vocational assistance. Staff members assist clients with job searches and provide ongoing emotional support once they find employment.

We support our clients—your future employees—with social services, health care and housing. When you hire a Hillview client, you won't be hiring an individual—you'll be joining a team of professionals determined to make a difference.

Hillview will be reaching out to business owners to share information about mental illness, homelessness and our services. With professional help, many formerly homeless individuals can rejoin the working community.

Getting Involved

Business owners are encouraged to join the Hillview Mental Health Center Advisory Committee. This group advises us about how best to prepare our clients for valuable employment.

Business owners are invited to have lunch with us and learn how they, Hillview and our clients can solve homelessness together. Call us at 818.896.1161, ext. 212 to schedule a time to learn about our programs and share your needs as an employer and concerned community member.

Together, by offering employment and support, we can lift qualified previously homeless people.

SHOP FOR HILLVIEW



Shopping? Put Hillview in Your Cart!

If you shop with Amazon, Ralph's or Food4Less, you can earn money for Hillview at no cost to you. These stores will make a contribution to Hillview each time you shop if you take a few simple steps.

Amazon: Enter the website via <https://smile.amazon.com> and select Hillview Mental Health Center as your charity of choice. Use this web portal each time you shop.

Ralph's: Use your Ralph's Club card to enroll in the Community Contribution Program. Go to www.ralphs.com; scroll to the bottom of the page and click on "Kroger Community Rewards" and follow the instructions. Swipe your card whenever you shop.

Food4Less: Use your Food4Less card to enroll in the Community Rewards Program. Go to www.food4less.com; scroll to the bottom of the page and click on "Food4Less Community Rewards" and follow the instructions. Swipe your card whenever you shop.

ATTENTION BUSINESS LEADERS: Help end homelessness. See front page.

What's your preference for receiving your Hillview newsletter: email, hardcopy or both? Reply to: sweiss@hillviewmhc.org or call (818) 257-2468

ADDRESS SERVICE REQUESTED

12450 Van Nuys Blvd., Suite 200
Pacoima, CA 91331

East San Fernando Valley since 1966
A nonprofit corporation serving the

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Mental Health Center, Inc.



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Independent Community Housing Benefits Hillview Village Residents

By: Eva S. McCraven, Ph.D., *President and Chief Executive Officer*



Hillview Mental Health Center was the first and only community mental health center in Los Angeles County

to develop a low-income Section 8 public housing complex next door to its treatment center.

The Hillview complex includes the Carl C. McCraven Treatment Center, named after my late husband, the Center's founder. Hillview Village is on an adjacent property and includes 65 units of Section 8 public housing for adults with disabilities, plus a licensed community care facility providing short-term 24-hour care for adults newly discharged from hospitals.

Hillview Village is a protective community offering socialization, friendship and easy access to mental health services.

Hillview provides around-the-clock staffing and mental health care for up to 15 adults who can live there as needed for a few days or even months.

The entire 2.25-acre property in Pacoima was a Lutheran Church, sold to the Valley Housing Foundation. Carl McCraven was one of several community leaders who founded Pacoima Memorial Hospital, which later established Hillview Mental Health Center, Inc.

McCraven conceived of and developed Hillview Village. It was his idea to split the property into separate public housing with easy access to the services next door.

For many tenants, Hillview Village is a protective community offering socialization and friendship, along with easy access to mental health services. Longtime staff of the Hillview Mental Health Center and Hillview Village teams collaborate to ensure that tenant needs are addressed. Hillview Village tenants who prefer less engagement with their neighbors live as privately as they wish and always have access to a Hillview case manager to coordinate any additional services they may need.

Since its start, the Hillview Village community has flourished, providing housing along with supportive services that help people with serious mental illness live independently as contributing members of a community.



In this first newsletter of 2022, Hillview would like to wish you the very best in the year ahead. May this year bring you both physical and mental health.

Thank you
for your support and kindness.

Hillview Mental Health Center



Hillview Helps Clients Find Employment



Leticia* came to Hillview after leaving her husband. She hadn't worked in a decade and wanted to regain confidence. She enrolled in California Work Opportunity and Responsibility to Kids (CalWORKS), a state program providing financial assistance to welfare recipients while they transition to employment.

"Hillview works with CalWORKS clients to reduce the mental health barriers preventing them from finding employment or schooling geared toward employment," said Program Director Ziesha Waters-Carrico. "We address symptoms so participants can become productive and independent."

The program integrates vocational assistance with mental health services.

Hillview's employment specialist, Laura Gurrola, carefully matches qualified participants with suitable jobs from local employers.

Leticia worked with Gurrola to identify her skills, obtain financial assistance for and enroll in community college, and find a job. In previous work, Leticia enjoyed engaging with others, so Gurrola helped her find a suitable role as a community ambassador at her daughter's school. "She's been in the position for 18 months and enjoys the work," said Gurrola. "She wants to learn more and sees school administration as a career opportunity."

Marty*, another CalWORKS client, obtained certification as a surgical technician just before the pandemic began. In debt and hounded by debt collectors, he suffered from depression and anxiety about his financial situation. Hillview provided him



with mental health counseling, and Gurrola helped him build his resume and connect with local hospitals. Marty now works full-time as a surgical technician at Saint Joseph's Hospital, a satisfying and well-paying job that has, in turn, boosted his mental health.

"Clients in CalWORKS can continue to receive services for up to two years," said Waters-Carrico. "However, we find that once they get situated in their new jobs, many no longer need our support."

* Client names changed for privacy.

There Has Never Been a Greater Need for Financial Support



In 1963, President Kennedy signed the Community Mental Health Centers Act (CMHC), beginning a movement to end decades of institutionalization of people with serious mental illness. The legislation, and new medications that alleviated many disabling symptoms, made it possible to close most large mental health hospitals. Across the country, more than 600 CMHCs were established. Hillview Mental Health Center opened in 1966.

The CMHC Act changed the lives of the many thousands of people cared for in centers, but it was meant to be the beginning of a movement that never fully materialized. Now, almost 60 years after deinstitutionalization began, people with serious

mental illness are, too often, institutionalized in prisons and jails or left homeless.

Hillview's services are needed more than ever, but its financial resources are no longer keeping pace with ever-growing needs that became more urgent with the COVID-19 pandemic. Hillview was one of very few agencies to retain face-to-face services, continuing to offer psychiatric services and medication. Since a majority of clients are unable to receive services at home, care coordinators are providing care in the field, but they are limited by continued closures of social services and housing offices. Hillview continues to operate its 24-hour crisis residential program for people newly discharged from hospitals.

Hillview's greatest pandemic losses were its clubhouse, no longer safe to operate, and its group services, currently suspended. Another serious challenge has been the loss of staff, many having moved to private practice.

There has never been a greater need for financial support for the services Hillview provides. Hillview Mental Health Center, Inc. is a 501(c)(3) tax-exempt corporation; donations are tax-deductible.

Contributing financially supports Hillview's mission and commitment to the health and well-being of the clients and communities it serves.

To donate, go to
<https://hillviewmhc.org/support/>

HELP US GROW GREEN

Hillview will be sending many communications electronically. Please help us save paper. Hillview is quick to respond to inquiries sent by e-mail to info@hillviewmhc.org.

THANK YOU