

## Moving Forward Psychological Institute, INC

Thank you to all...

- **clients** who trust us
- **community partners** who collaborate with and support us
- **volunteers** who dedicate their time
- **staff** who contribute talents, genuineness, and commitment to service

When we are stuck, we are in crisis. MFPI is springing forward with new activities so we can all continue moving forward together.

*Stay tuned with our updates & activities through our seasonal newsletter.*



# SPRINGING FORWARD WITH MOVING FORWARD

## Moving Forward as Agents of Change

by Paul Hoang, LCSW

As we celebrate the value social workers bring for March Social Worker Appreciation month, we also need to recognize our roles in addressing problem gambling and community mental health. According to a study conducted in 2022 by the US Centers for Disease Control & Prevention, 1 out of 3 high school females in the US has seriously considered suicide. In addition, a study conducted in 2021 by John Hopkins University reported that suicide has become the #1 leading cause of death for Asians between the ages of 15-24 years old. As a licensed clinical social worker and a state authorized treatment provider for problem gambling, I believe it is now more crucial than ever for social workers and mental health professionals to break barriers at the individual, family, community and societal levels advocating for resources and infrastructure to support our youths and young adults. With compulsive gambling among young adults doubling the rate of the general adult population, the factors contributing to our youth and young adults' mental health crises are stacking up beyond just the negative mental health impacts from the recent pandemic.

From my experience in the past 20 years within the mental health field, I have had the privilege to meet and work with individuals and families in their most vulnerable and difficult moments—when they find themselves stuck and in crises. Each case is a new lesson on how to be more compassionate and each experience indicates how necessary change is for the well-being of our community. And as agents of change, I am calling on all social workers to mobilize and empower your communities to take more action addressing the urgent mental health crisis robbing people of their livelihood and lives. We may be many different people, but we are one community together; let us move forward together to develop a healthier, safer and happier place for all.





*Top & Bottom: CARE Champions visiting Families Forward, one of our local partners, and got to tour their food distribution facility.*



*Top & Bottom: Rain or shine, our team members make the effort to go out and connect with our clients.*



## Serving the Streets with C.A.R.E

by Nathan Le

Our Community C.A.R.E Champions street outreach team has been hard at work helping unhoused individuals find shelter, work experience, or mental health support. It has only been 4 months into the new year, but our team is already more than halfway towards surpassing our outreach objectives for serving unhoused individuals.

Our team's proudest moment was being able to connect one of our Garden Grove clients, their partner, and pet dog who were experiencing chronic homelessness with stable housing and transportation services. After being unhoused for over thirteen years with minimal help from other assistance programs, the client had begun to believe that their only option was to live out of their car and had lost any hope regarding a chance at permanent housing. For the last decade, the client had been promised housing assistance and told to wait patiently for their turn without receiving results. MFPI's street outreach team instills the values of compassion, acceptance, reassurance, and empowerment by constantly showing up for the client and being active in their desired solution. Despite the rain and storms affecting Orange County in the recent weeks, CARE Champions continuously met with the client at their vehicle each week to maintain their morale and assist with navigating the barriers of the complex housing system alongside them. With the determined support of our dedicated team members, the client has been able to receive a motel voucher for temporary housing, transportation vouchers to assist with appointment needs, and a housing voucher for a permanent residence all within a few weeks of working together. To ensure that our client is still supported, our team is now working closely with them to search for a permanent home. Our work with this client and others in similar circumstances is far from done, but CARE Champions remains fueled by the smiles from our clients and will continue to be an asset within the community!





# Life Skills are Power Skills!

by Alyssa Huerta

Every first and third Friday of each month, MFPI collaborates with the Lambertian Ministry Center to host Project SUCCESS, a youth life skills class aimed to equip students with essential life skills to overcome challenges and prevent crises in their home and school. In the last few classes, the cohort of students have learned how to implement coping strategies, set healthy personal boundaries, and find meaning and motivation for life. This accelerated curriculum for life skills training has been well received by the students who have even shared with our instructors that they “enjoy these classes more than real school”. As these students transition into the next phase of the curriculum, where we will focus on social interactions, we are excited to see how they will continue working together to implement the content they have learned within their projects and day to day lives.

For those interested in nurturing similar experiences, we are excited to share that we are offering classes in the upcoming summer. Students will be able to learn new fundamentals that could be implemented in their day to day lives and develop skills to benefit their future.



Students demonstrating an activity for lesson on emotional regulation.



Project SUCCESS instructors smiling brightly for class time!



Students at confirmation retreat engaging in a Project SUCCESS lesson about finding meaning and motivation in life.





# THERAPY CORNER

*Fireside chats with local therapists about mental health topics. Have a topic you want to hear more about? Email us and let's chat!*

## The Power Choice

*by Diana Vo, LMFT*

One of the common themes that come up in the therapy room is powerlessness or feeling trapped. It's uncomfortable, disempowering and demoralizing. Depending on the severity of this feeling, passions can fade; physical changes such as severe weight changes and health issues can happen; emotional and spiritual blunting occurs; and even the most pleasant of people become shells of themselves. This isn't to say that there was not an effort made to seek out solutions. Sometimes, talking to trusted friends and family can help or seeking guidance from those who have previous experience is a way to move out of the rut. Other times, in addition to feeling powerless, the person might not feel like they have the proper support or an outlet that can be safely depended on. This may be due to having limited support to begin with, feelings of guilt or embarrassment, or the fear of being a burden to others.

Here's the thing though—people want to help! Also, don't underestimate the power of choice. While there are times when the choices available are not necessarily ideal, it's likely to be better than your current situation. The next time you do feel powerless or trapped in a situation, ask yourself, "What choices do I have? What are my options?" They don't have to be great ones but in an effort to be honest with yourself, just ask and explore. Sometimes changing the situation in your mind is just enough to get a little out of the stuck and make some movement towards a solution. It may not be exactly where you want to be, but it will be one step closer to wherever you are trying to go.







The Walk to End Alzheimer's Co-Chairs meeting to prepare for the Irvine walk in October 2023.

## Moving Forward to #EndAlz

by Paul Hoang, LCSW

While working as a Psychiatric Emergency Responder, my partner officer and I got dispatched to a 911 call involving a stabbing. Upon arriving at the house, we noticed the suspect was lying on his stomach at the bottom of the stairs with a knife still stuck to his back while the caller was nowhere to be found. What we had originally thought was a failed home invasion case where the victim defended himself against the intruder was not the case. Finding the caller laying in his bedroom upstairs, the sergeant on scene requested I conduct an evaluation. The caller was an elderly Asian veteran suffering from severe Alzheimer's Disease. According to him, he was in his kitchen when a "stranger" entered his house and walked upstairs. He was afraid the "intruder" was going to harm his wife so he stabbed him from behind. Unfortunately, the "intruder" was his only son who had been caring for him for the past 10 years. Since there were no Vietnamese speaking centers or resources available when the elderly veteran first developed Alzheimer's Disease 10 years prior, the son had left his job in order to care for his elderly father.

Today, even a decade after I responded to this case, there are not sufficient programs and resources available to assist individuals and caregivers living with this cruel disease, especially ones adapted for ethnic minorities and underserved communities. The resources that are available are not known by many. Hence, MFPI supports the Alzheimer's Association Orange County Chapter on their mission and events. Alzheimer's Association organizes three annual Walk to #EndAlz events to 1) raise awareness, 2) fundraise for research finding a cure to end the disease, and 3) enhance peer support networks for all those affected by this disease. Come join our team, Moving Forward to #EndAlz at the Irvine Walk on **October 21st, 2023** or start a team of your own to support the cause!



# STAFF SPOTLIGHT



## Meet Nathan Le

Nathan, or Nate, is a recent Psychology, B.A. graduate from the University of California, Riverside (UCR) and the project leader of the Community C.A.R.E. Champions Street Outreach Team at MFPI. In an interview, Nate shares with us a little more about himself and his upcoming plans.

### ***What made you decide to go into the mental health field?***

I became interested in psychology back in 2017 when I took an AP Psychology course in high school. It piqued my interest since many of my friends were experiencing mental health challenges like depression and anxiety. One of my best friends at the time was diagnosed with schizophrenia and bipolar disorder, so seeing these topics come up in class made them feel more relevant and applicable.

### ***What are your plans now after graduating?***

I am hoping to apply into a Master of Social Work or Marriage Family Therapy program in Fall 2023. I am spending these next few months trying to figure out which of these roles is better fitting for me. For my field experience and clinical hours, I hope to get involved with a rehab facility or detox center to work in drugs and substance addiction.

### ***Do you have any words of wisdom for recent graduates going into the mental health field?***

In my experience so far, this field required a lot of empathy and open-mindedness. You work with many different people of all ages and backgrounds, so coming in with an open mind will help you better understand and connect with them. This work is not easy, but it's definitely fulfilling, so make sure to prioritize your own mental health too so that you can better support others.

### ***And what do you do to maintain your mental health?***

Outside of work, I like to do things that can make me feel calmer. I enjoy training at the gym and working out my physical health.

MFPI is excited to have Nate join us full-time as he prepares for graduate school. We wish him a huge congratulations on his graduation and are looking forward to seeing all the great things he will do.



# YOU ARE NOT ALONE

When in crisis, we often feel stuck and alone in our struggle. People in need of mental health support deserve understanding and compassion from the people around them. The following resources are available to support your needs and assist you with moving forward.



**MOVING FORWARD**  
PSYCHOLOGICAL INSTITUTE, INC

## **Moving Forward Psychological Institute, INC**

[www.movingforwardpi.com](http://www.movingforwardpi.com)



**LOCATION:** 17150 Newhope St. #205, Fountain Valley, CA 92708



**PHONE:** +1(949)431-6374



**EMAIL:** [info@mfpinstitute.com](mailto:info@mfpinstitute.com)

**SERVICES:** Therapy, Psych & Mental Wellness Evaluation, Life Skills Enrichment, Prevention & Intervention, Professional Training, Community Engagement & Advocacy, Productivity Enhancement

**LANGUAGE(S):** English, Vietnamese

Interested in our services, community activities, and upcoming events? Want to stay updated with our progress and work? Join our newsletter's mailing list to receive the latest news!

Sign up at [tinyurl.com/mfpi-newsletter](http://tinyurl.com/mfpi-newsletter) or scan the QR code to the right: →



## **Community Resources**

### **988 SUICIDE & CRISIS LIFELINE:**

DIAL or TEXT 9-8-8

24/7 English & Spanish (phone), 24/7 english (text)

### **TEEN LINE:**

800-852-8336  
(6PM-10PM PST)

### **CRISIS WEB CHAT:**

988lifeline.org/chat  
(24/7)

### **CRISIS TEXT LINE:**

Text TALK to 741741  
(24/7)

### **DEAF/HARD-OF-HEARING:**

Text HEARME to 839863  
(24/7)

### **KOREAN CRISIS LINE:**

877-727-4747  
(4:30PM - 12:30AM PST)

### **TREVOR LINE (LGBTQ YOUTH):**

866-488-7386  
(24/7)

### **DISASTER DISTRESS:**

800-985-5990  
(24/7)

### **OC WARMLINE:**

714-991-6412  
(24/7)

### **OC LINKS SERVICE LINE:**

855-625-4657  
(24/7)

### **DIDI HIRSCH MENTAL HEALTH SERVICES (OC/LA):**

[www.didihirsch.org](http://www.didihirsch.org)

### **ASIANS FOR MENTAL HEALTH PROFESSIONAL DIRECTORY:**

[www.asiansformentalhealth.com](http://www.asiansformentalhealth.com)