



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.

DIVING INTO SUMMER TIME WITH MFPI

Welcome New Immersion Trainees!

by Alyssa Huerta

Moving Forward has launched its annual 7-week Summer Mental Health Immersion Program (MHIP) for students aspiring to work in the mental health career field. This training program aims to provide educational opportunities and support for trainees to gain meaningful supervised experiences on their journey in the mental health career exploration--Trainees will get immersed into the different levels and avenues of mental health service. This program will cover topics such as clinical dynamics, working with various populations and settings, advocacy and activism activities, organizing and running an organization, and much more! Trainees will receive hands-on work experience by participating in the agency's various projects and coordinating future events. With great enthusiasm, MFPI is excited to onboard 7 new trainees to the Immersion Program, as it presents a valuable opportunity to closely work with, mentor, and prepare them for their endeavors. By aligning with MFPI's mission to address the current and increasing mental health crisis in the workplace, schools, homes, and communities, the program equips trainees with the necessary skills and knowledge to make a positive impact on community mental health and well-being.



MHIP trainees participating in skill building activities at weekly training meeting

MOVING FORWARD
PSYCHOLOGICAL INSTITUTE, INC.

health CARE AGENCY OCTA
Clever Care
CalOptima
Better Together

**UNFORGETTABLE -
THOUGH NEAR OR FAR**

Contact:
training@mfpinstitute.com

Tuesday, August 1st, 2023 **09:00 A.M. - 04:00 P.M.**
750 The City Drive South, Suite #130 Orange, CA 92868

WORKSHOP TOPICS:
• POST PANDEMIC MENTAL HEALTH
• 10 WARNING SIGNS OF ALZHEIMER'S & DEMENTIA
• SUICIDE & MENTAL HEALTH CHALLENGES AMONG OLDER ADULTS
• CAREGIVING IN TODAY'S ENVIRONMENT: WHY IT MATTERS
• HEALTH EQUITY 101

Space is limited to 130 attendees

Cost: \$130.00/person
FREE for seniors, caregivers, & students

REGISTRATION:
<https://tinyurl.com/unforgettable23>

An Unforgettable Event

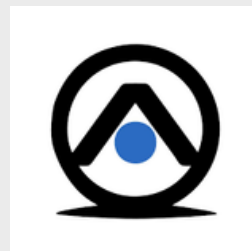
by Paul Hoang, LCSW

Alzheimer's Disease is a cruel thief, increasingly robbing elders and family members of their memories and leaving a profound impact on caregivers. For individuals suffering from Alzheimer's, each passing day brings a gradual loss of cherished memories and moments shared with loved ones. The pain of their decline is heart-wrenching, as their identities become a fragmented puzzle. Meanwhile, the impact on caregivers is also unforgettable. The emotional strain of witnessing a loved one's decline coupled with the physical demands of providing care can be overwhelming. And the sacrifices made by caregivers often go unnoticed and unappreciated. Careers, relationships, and personal well-being may suffer as the focus shifts entirely to the needs of the loved one with Alzheimer's. Sleepless nights, constant worry, and the need to adapt to the unpredictable nature of the disease become a part of daily life.

To bring awareness to Alzheimer's disease as well as the impacts of elderly care, MFPI is hosting a day conference called "Unforgettable – Though Near or Far." With our community partners, the support of sponsors, and our dedicated staff and volunteers, MFPI invites all elders, caregivers, healthcare services providers, decision makers, and students to attend on **August 1st, 2023**. This conference was organized based on the requests of isolated seniors whom our volunteers and partners have been supporting and interacting with at our food distribution program Operation Feed with C.A.R.E. The event is FREE for all seniors, caregivers, and students. Registration can be completed online via the link:

<https://tinyurl.com/unforgettable23>

We are immensely thankful for our generous sponsors who are supporting the Unforgettable - Though Near or Far conference!



Beating the Heat When On the Street

by Nathan Le

This past year, the Community C.A.R.E Champions team has been helping unhoused individuals in Garden Grove connect with resources and shelter. When the heat rises during summer months, people experiencing homelessness are at extreme risk of exposure-related illnesses that are associated with higher temperatures. Our C.A.R.E Champions team interviewed one of our clients, asking about their upcoming challenges with the heat and potential ways that others could help them beat the heat this summer. Client ML expresses, "It's hard man. The heat is unbearable. They turn off the plumbing system, so there is a scarcity of water and liquids." ML continued to explain how the city of Garden Grove has turned off water at parks for over five years along Chapman through Beach Boulevard. Not only do these unhoused residents of our community struggle with the absence of water, but their food stamps benefits have also been decreasing while the cost of food has risen. ML has expressed how the constant stigma and dangerous perspective placed upon the homeless community has negatively affected the way they are treated by others. ML confides, "We are human too, man. We are just trying to make it to the next day." ML emphasizes that donating food or just a bottle of water to unhoused residents that you see can be a huge help this summer. The client also asks for help requesting the city to turn on its water, so they can use the water fountains as well as the bathrooms at the parks.

In light of the challenges faced by the unhoused community during the summer, the efforts of the Community C.A.R.E Champions and Moving Forward Psychological Institute are crucial in providing support and aid. Our team encourages community members to also foster empathy and compassion by taking the initiative on donating food and water to unhoused individuals if able. A simple act of kindness like handing out a water bottle with a smile is greatly appreciated.



(Top) CARE Champions Team conducting street outreach to unhoused individuals in city of Garden Grove.

(Bottom) Project Leads attending networking event to garner support from other agencies.



Creating Neurodivergent-Friendly Workplaces

by Melissa Lindgren

Neurodivergent individuals have neurological differences that result in diverse ways of thinking, processing information, and experiencing the world. Conditions such as autism, ADHD, dyslexia, and others fall under the expansive neurodivergent umbrella.

Many times, neurodivergent individuals often encounter obstacles in traditional work environments. Bright, open-plan offices with constant noise and visual stimuli can be overwhelming for those with sensory sensitivities. The social demands of teamwork and unstructured communication may also pose challenges for individuals with difficulties in social interactions. Additionally, rigid work schedules and inflexible policies can impede the productivity and well-being of neurodivergent employees.

By implementing specific strategies and fostering a culture of understanding, employers can create environments that promote diversity and support neurodivergent individuals in reaching their full potential. Moving Forward Psychological Institute serves as an exemplary organization that implements strategies to create an efficient, effective, and safe environment for neurodivergent employees:

- *Flexible Work Arrangements:* We offer flexible work options, including remote work or adjusted hours, allowing all employees to tailor their work environment to their needs, reducing sensory overload and promoting productivity at the best times for each individual.
- *Clear Communication:* In our communication platforms and training guides, we try to implement transparent and explicit communication. This has looked like written instructions, visual aids, and regular feedback to bridge potential gaps in understanding and ensures clarity in expectations.
- *Sensory Considerations:* We are working to provide designated quiet spaces, noise-canceling headphones, or adjustable lighting options that allows individuals to create a more comfortable and sensory-friendly work environment.
- *Accommodations for Social Interaction:* Recognizing that neurodivergent individuals may have unique social needs, we have established guidelines for effective communication, provided social skills training if requested, and offered alternative methods of collaboration, such as digital platforms.

Embracing neurodivergent individuals in the workplace requires understanding, empathy, and targeted support, and employers should see neurodivergence as a strength in their workplace.



Community trainings for youth involve hands-on skill building instead of typical classroom format.



Monthly team meetings take place out of the office to allow unstructured time for socializing & bonding.

The United States Department of Labor
Office of Apprenticeship
Certificate of Registration of Apprenticeship Program

Moving Forward Psychological Institute, Inc

Fountain Valley, CA

For the occupation of Community Mental Health Worker

*Registered as part of the National Apprenticeship System
in accordance with the basic standards of apprenticeship
established by the Secretary of Labor*

June 21, 2023

Date

2023-CA-117721

Registration No.



John V. Ladd
Administrator, Office of Apprenticeship

Community Mental Health Worker Apprenticeship Program

by Paul Hoang, LCSW

The shortage of mental health providers has reached crisis levels, leaving countless individuals in dire need of support and care. This crisis has resulted in delayed treatment, increased wait times, and compromised quality of care, especially for vulnerable individuals. To combat this crisis, it is imperative to establish and invest in innovative solutions.

One such solution that shows promise is the Community Mental Health Worker Apprenticeship Program. Moving Forward Psychological Institute (MFPI) has recently received approval from the US Department of Labor Office of Apprenticeship for the first Community Mental Health Worker Apprenticeship program in the state of California. MFPI has developed an innovative hands-on hybrid apprenticeship model based on lived experience, individualized instructional design curriculums, and over 2 decades of experience in all spectrums of mental illness, addictions, clinical settings, and private/public work environments. MFPI has piloted our Community Mental Health Worker Program since July 2022. As an employer, we are very proud of our apprentices who have exceeded expectations and effectively utilized the essential knowledge, skills, and attitudes they have developed and enhanced in our program.

With a hopeful future ahead, the Community Mental Health Worker Apprenticeship Program is an essential step toward addressing the shortage of mental health providers and improving access to care for those in need. It is imperative for policymakers, healthcare organizations, and educational institutions to invest in and expand such apprenticeship programs to meet the growing demand for mental health services. By doing so, we can make significant progress in overcoming the mental health workforce shortage crisis and create a healthier and more resilient society

For employers and organizations interested in partnering to start a Community Mental Health Worker Apprenticeship program, let's connect and explore how we can move forward together.

The Post-Pandemic Journey on Social Media

by Melissa Lindgren

In the wake of the pandemic, the digital generation finds itself navigating a new landscape of mental health challenges. The forced isolation and introspection from the pandemic years have opened people's eyes to what their mental health may be lacking. Consequently, more individuals now prioritize their mental well-being and are actively seeking practices and resources that support their personal growth and happiness. Social media platforms, once predominantly associated with trends and entertainment, are now evolving into powerful tools for mental health support. Channels like TikTok are shifting their focus towards content that celebrates individuality, promotes healing, and emphasizes self-care and self-love. Many individuals have become creators on these platforms, sharing their wisdom and experiences to help others on their own mental health journeys. Content for mental health and well-being are even more available now in less stigmatizing and accessible ways. In creative infographics or short 30-second videos, an individual can learn more about mental health challenges as well as receive appropriate resources for seeking help.

The rise of self-care in the mental health industry is indicative of the digital generation's changing needs. Ultimately, the digital generation's growing demand for individuality and mental health awareness is reshaping society's approach to well-being. Organizations like MFPI recognize and adapt to these shifting dynamics among the digital generation. Through social media channels, MFPI also helps raise awareness of various mental health issues and offers valuable resources to support those in need on our Instagram and Facebook pages. These creative and innovative approaches on our media will continue to encourage individuals to embrace their unique identities, prioritize self-care, and seek support when needed.

TW: Mention of suicide

JULY 1st
Minority Mental Health Month



Did you know?

Upon entering care, minority patients are less likely to receive treatments for anxiety and depression.



What is hoarding disorder?

The persistent difficulty of discarding or parting with possessions, regardless of their actual value, due to a perceived need to save the items. The behavior usually has deleterious effects—emotional, physical, social, financial, and even legal—for a hoarder and family members.

Who does Hoarding Disorder impact?

onset of symptoms often begins in teenage to early adult years, worsens with age, and is more likely to affect people > 60 years old

people with other mental health conditions such as OCD and especially anxiety/depression



What are the 4 parts of a DSM-5 diagnosis of Hoarding Disorder?

Excessive acquisition of stuff

Difficulty discarding possessions

Living spaces that can't be used for their intended purposes because of clutter

Causing significant distress or impairment

Creative infographics created by team members for MFPI's social media about important mental health topics.



@MFPI4ALL



THE 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!

Invisible Barriers Across the Couch

by Diana Vo, LMFT

Seeking therapy is challenging enough for many people but when adding additional nuances, such as generational and cultural differences, both clinicians and clients can feel reluctant to seek and/or offer services due to the fear of being misunderstood or unintentionally offensive. For the purpose of this article, "cultural" refers not only to ethnic background but also shared subcultures such as 12 step groups, gangs, artists, veterans, children of immigrants, etc.

As a clinician who has provided services to communities to which I do not belong to, I have found that it is my responsibility to learn as much as possible about my clients and their communities in order to provide quality care. After all, the feeling of being understood without having to explain or justify one's life story, decisions, and behaviors is one less block of emotional labor my client will need to carry. There are times when I do get to ask my client directly if certain beliefs or behaviors are common in their communities and ideally that would establish a therapeutic connection. Otherwise I'll take the time to read books and listen to podcasts specifically related to the community or if appropriate, find ways to engage with the community by joining cultural festivities or attending meetings or workshops to familiarize myself with patterns of thoughts and behaviors.

Ultimately, people seek therapy because they want to be understood, feel supported, and not judged for who they are. They stay in therapy when they feel safe, cared for, and receive some semblance of solution or relief. As therapists, our job is to identify and address the invisible barriers, turning them into bridges instead of walls.



STAFF SPOTLIGHT



Meet Alyssa Huerta

Alyssa recently graduated with her Associate's degree from Santa Ana college and is a rising student at California State University, Fullerton (CSUF). She is the project leader of the Media Impact Team (MIT) at MFPI and manages all our social media content. In an interview, Alyssa gives us the chance to learn more about her and her plans in the mental health field.

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

I have always desired to help others that are struggling with mental health challenges. Even though I was exposed to mental and behavioral classes at school, my mother always encouraged me to maintain my well-being. The support that my mother provided me always had a significant impact on me, which inspired me to seek out opportunities in which I could assist those who are experiencing challenges in maintaining their health and well-being.

What are your plans now after graduating?

I will be attending CSUF in the Fall, and I plan to work in the mental health field after I graduate. I want to serve underrepresented communities in order to help de-stigmatize and raise awareness of mental health challenges. I also plan on being able to work full-time as a soap and candle maker in the future!

As lead of the Media Impact Team, tell us more about how social media can help reduce mental health stigma.

Even with all the downsides that social media can present, one thing it does do well is spread awareness about a topic or educate on a novel topic. Social media is also a platform to interact with the community to encourage a fresh approach to coping with and explaining a mental illness or reduce the taboo around mental health.

And what do you do to maintain your mental health and practice self-care?

As self-care is a top priority in my daily life, a few of the things that I do to maintain my mental health and practice self-care is reading, journaling, and being outdoors. I enjoy being able to ground myself and connect with nature by going on a hike but also receiving support from my friends and family.

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



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



PHONE: +1(949)431-6374



EMAIL: 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 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

ASIANS FOR MENTAL HEALTH PROFESSIONAL DIRECTORY:

www.asiansformentalhealth.com