In response to the Covid-19 situation, and for your safety, DBSA-OC Support Group meetings are currently held online, using Zoom: https://zoom.us/j/9667996627

Meeting Times:
- Monday 7 - 9 p.m.
- Tuesday 1 - 2 p.m.
- Wednesday 7 - 9 p.m. (Dual Diagnosis & Open Group)
- Thursday 1 - 2 p.m.
- Thursday 7 - 8 p.m.
- Friday 7 - 9 p.m.
- Saturday 1 - 2 p.m.

If the “room” is not yet open, stay on the line until the host joins. Meetings also can be joined by telephone: (415) 762-9988; meeting ID: 966 799 6627

For information, contact Yi Lin at: ylin@dbsaoc.org

Educational Meetings
The June Educational Meeting has been cancelled. Meetings for July and September have not been scheduled, and we typically do not meet in August.

As the situation evolves, information is subject to change. Visit dbsaoc.org for updates.
Dr. Clayton Chau Takes Helm at OC Health Care Agency

Clayton Chau, M.D., Ph.D., has been named as the new Director of the Orange County Health Care Agency (HCA), taking up the position in May.

Dr. Chau, who has been serving as a Medical Director for DBSAOC, worked for HCA’s Behavioral Health Services from 1999-2012 and was most recently Chief Clinical and Strategy Officer for Mind OC, the not-for-profit created to support the advancement of Be Well OC.

In addition to his time at Mind OC, Chau was previous employed by Providence Health System, the third largest health health system in the country, as the Regional Executive Medical Director of the Institute of Mental Health and Wellness, Southern California Region.

He also was appointed by the 23rd US Secretary of Health and Human Services to the Interdepartmental Serious Mental Illness Coordinating Committee.

His past positions include Senior Medical Director for Health Services at LA Care Health Plan, the largest nonprofit health plan in the nation, responsible for behavioral health, care management, utilization management, and disease management.

In that capacity, Chau was actively involved in the development of the Los Angeles County Whole Person Care Program.

He also was the Co-Principal Investigator for a multi-year Center for Medicare & Medicaid Services’ Innovation grant in Transforming Clinical Practice.

Chau received his medical degree from the University of Minnesota in 1994, and his Ph.D. in Clinical Psychology from Chelsea University in 2004.

He completed his psychiatry residency at the University of California, Los Angeles/San Fernando Valley, followed by a fellowship with the National Institute of Mental Health in psychoneuroimmunology, focusing on substance use disorder and HIV.

Additionally, he has served as an Associate Clinical Professor and Lecturer at a variety of academic institutions, including the University of California, Los Angeles and the University of California, Irvine.

Chau has conducted international trainings in the areas of health care integration, health care system reform, cultural competency and mental health policy.
Posttraumatic Growth: Positive change is possible after adversity

For those who have experienced trauma, it is common to feel like life will never be the same again. As evidenced by a growing body of research, though, humans have the ability to not only “bounce back” from trauma, but to yield a positive life on the other side of a traumatic experience.

Those who study and practice in the field of mental health refer to this as post traumatic growth (PTG), defined as positive psychological change experienced as a result of adversity and other challenges in order to rise to a higher level of functioning.

The general concept that trauma can lead to positive change is a common theme that has appeared in religious and philosophical teachings for thousands of years, but it wasn’t until the mid-1990s that the term post traumatic growth was coined by psychologists Richard Tedeschi and Lawrence Calhoun.

Tedeschi and Calhoun posit that PTG tends to occur in five general areas:

1. Appreciation of life
2. Relationship with others
3. New possibilities in life
4. Personal strength
5. Spiritual change

These five factors make up the general themes of the Post Traumatic Growth Inventory (PTGI), a 21-item assessment tool developed by Tedeschi and Calhoun to determine an individual’s progress in reconstructing their perceptions of self, others, and the meaning of events while they are coping with the aftermath of trauma.

PTG does not discount those who struggle with post traumatic stress. It does, however, offer a new lens through which an individual can explore themselves in the shadows of trauma.

Practitioners can use experiential methods to encourage post traumatic growth, in part by meeting clients where they are at and not minimize their suffering by jumping to practical solutions.

Most often, assistance is sought after a traumatic event has occurred. Therapy — especially when experiential learning methods are employed — can help people see that things like these are true for them:

- I discovered that I’m stronger than I thought I was.
- I know better that I can handle difficulties.
- I changed my priorities about what is important in life.

(See “Growth,” page 6)
In these challenging and rapidly changing times, we are all trying to find ways to balance the need to take care of ourselves while trying to take care of life’s business, however that may look in our unique situation.

The following information is excerpted from the County’s Behavioral Health Services’ webpage focused on how services and resources are being made available during the Covid-19 emergency. Some of this may change with the situation, so make sure to visit https://occovid19.ochealthinfo.com/mental-health-support to keep up to date.

As well as the info featured below, the website has three short films available for viewing:
- “Distance Can Make Us Safe, But Feeling Distant Can Make Loved Ones Suffer;”
- “If You’re Feeling Lonely Right Now, You’re Not Alone;” and
- “Be Resilient - In This Together”

Also included are links to various resources, including resources specifically for children, youth and caregivers; providers and first responders; and older adults.

— The editor
How Are You Doing During the Pandemic? Inquiring Researchers Want to Know

Peers at the Collaborative Support Programs of New Jersey (CSPNJ) want to know how you are doing in these difficult times. For example, what has happened to your life and what kinds of help do you need? How have you helped others and how have they helped you?

The survey was designed by Peggy Swarbrick, PhD, OT, CPRP, who coordinates activities for the CSPNJ Wellness Institute.

To take the survey, visit: https://www.surveymonkey.com/r/PXBF5N7.

Staying Informed …

So much is happening in the world that is of interest to DBSA members, and we have only so much space in which to share it. Here are a few other places our readers may want to check out:

- bp Magazine, bphopecom;
- Esperanza Magazine, hopetocope.com;
- Bipolar Network News, bipolarnews.org;
- DBSA-CA News, dbsatoday.com;

How to Stay Mentally Healthy During the Coronavirus Pandemic

There’s a lot of advice being offered right now about how to keep yourself physically healthy during the coronavirus pandemic, such as washing your hands and practicing social distancing.

“But managing mental health during this time is just as vital to your overall well-being. Fortunately, there are steps you can take to improve your mental health right now even if you’re social distancing,” writes VeryWellMind.com.

“Despite [the] ongoing uncertainty of the situation, take small steps every day to address your emotional needs.”

For the article, which includes many links to additional information, visit: https://www.verywellmind.com/stay-mentally-strong-during-coronavirus-4800190

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**Emergency Psychiatric Evaluations:**

- **CSU- Central Stabilization Unit**
  - (714) 834- 6900
- **Centralized Assessment Team (CAT)**
  - (for those with County or with no insurance)
    - 1-866-830-6011 (24/7 - all of OC)
- **College Hospital Crisis Response Team**
  - (for those with private insurance)
    - 1-800-773-8001 (24/7 - all of OC)

**SUICIDE HOTLINE:** 1-800-442-HOPE
The OC WarmLine provides confidential, seven-day a week telephone support service for anyone who has concerns about mental health, substance use, is lonely or confused, or who needs information about available mental health services.

9 a.m. - 3 a.m. Monday - Friday;
10 a.m. - 3 a.m. Saturday & Sunday
(877) 910-WARM or (714) 991-6412
Text: (714) 991-6412

The OC Links Information and Referral Line provides telephone and online support for anyone seeking information or linkage to any of the OC Health Care Agency's Behavioral Health Services. These services include children and adult mental health, alcohol and drug inpatient and outpatient, crisis programs, and prevention and early intervention services.

Callers can be potential participants, family members, friends or anyone seeking out resources, or providers seeking information about Behavioral Health programs and services. Trained Navigators provide information, referral, and linkage directly to programs that meet the needs of callers.

For OC Links Chat Services Visit: www.ochealthinfo.com/oclinks

8 a.m. - 8 p.m. Monday-Thursday and
9 a.m. - 6 p.m. Friday
(855) OC-LINKS, TDD Number:
(714) 834-2332

The Community Counseling & Supportive Services program provides short-term counseling services for individuals of all ages, who are experiencing mild to moderate behavioral health conditions, such as depression and anxiety. Over-the-phones services including screening, assessment, counseling, case management, and referral and linkage to community resources.

8 a.m. - 8 p.m. Monday-Thursday and 8 a.m. - 5 p.m. Friday, (714) 645-8000

Experiential learning allows healing to take place in "real time." According to Dr. Kate Hudgins, "Posttraumatic Stress Disorder is not a terminal illness. It can be treated with experiential methods such as those from the Therapeutic Spiral Model of psychodrama, which addresses trauma in action. As clients build up the strength to face their trauma, they realize that they can emerge victorious into PTG."

Therapist, author, and lecturer Rokelle Lerner recommends using story writing as an experiential strategy to identify, clarify and solidify post traumatic growth: "Every time we describe our life's events, we are both providing and discovering underlying patterns of meaning. It is the meaning we make of our experience that shapes how we feel, think, and respond."

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