

# The PATIENT

\* Each pod consist of 15-25 Patients

[14] Floor; C, D, E, F pod

\* Most of our patients are declassified from C.T.C. (Critical Treatment Center), forensic In-Patient Program, but are also referred to us by clinicians

\* All patients have been diagnosed with severe mental illness; Schizophrenia, Bipolar, etc.

(\* We also treat the gravely disabled, Developmental disabled, and those considered vulnerable.)

## Who we TREAT

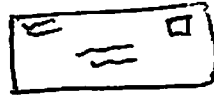
# CONTACT

If you are interested in Volunteering or donating feel free to Contact the program director/PSYCHTECH III

**SARAH TONG**

Telephone (213) 893-5526

Email: [Stong2@dhs.lacounty.gov](mailto:Stong2@dhs.lacounty.gov)



ALSO, the MHA's are open to further aid through correspondence at:

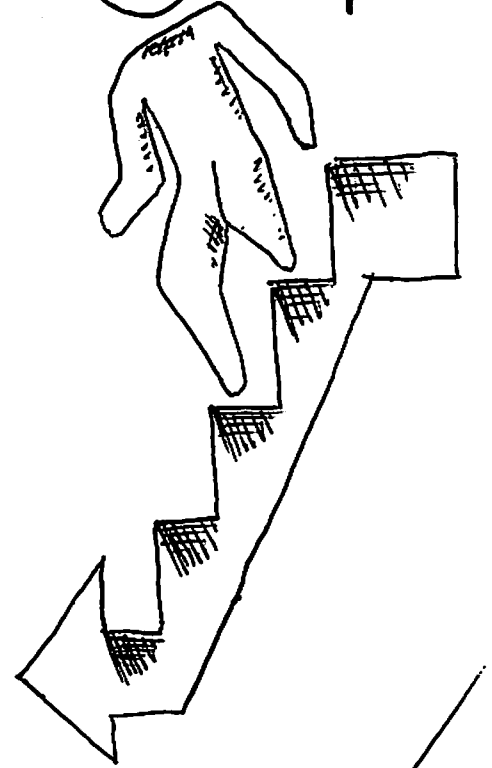
[Craigearmstrong@yahoo](mailto:Craigearmstrong@yahoo)

[Berumenblessed@gmail](mailto:Berumenblessed@gmail)

## WE are AVAILABLE

## TWIN TOWERS CORRECTIONAL FACILITY

The F.I.P. Stepdown



"where therapy REPLACES Punishment"

# Getting Well



**HOW!**

\* With the presence of live-in M.H.A. who are AVAILABLE 24/7.

\* A strong team of Psychiatrist, clinicians, deputies, and M.H.A., All focused on effective Care and Safety.

## \* ENVIRONMENT

- x Incentive Based - 5 star program
- x No Restraints - open space

\* FIP STEPDOWN Certificate Program and graduation

\* Psychoeducation, Group therapy and various activities.

\* Accommodating amenities - games, outdoor rec, coffee, movies, etc.

\* Purposeful role opportunities  
TJR MHA position  
- clean up crews



assistant

MHA's are distinct from any job in Los Angeles County Jail system in a number of ways. The MHA works hand in hand with psychiatrists, social workers, Doctors, and deputies. They administer the certification curriculum, lead groups ranging from Motivation to Basic Life Skills, and are Mentors over 15-25 patients daily. MHA's Assist M.H. & Custody in Sanitation, food prep. and peer to peer Counseling (Suicide prevention). The MHA possesses a unique character, one that is willing to meet the demands of a very important job

**\* LEARN MORE \***

[INMATEMENTALHEALTHASSISTANTS.COM](http://INMATEMENTALHEALTHASSISTANTS.COM)

# OUR MISSION

"Bridging the GAP to effective TREATMENT"

IS to ADVOCATE, SUPPORT, & CREATE POSITIVE CHANGE for underserved, marginalized and severe mentally ill populations. Without wavering we will push for the proper care of severe mental illness during incarceration as well as purposeful opportunity for every inmate. The road to effective treatment & self-growth has no finish line so our daily operation is rooted in LOVE-unselfishness, INTEGRITY-truthfulness, TEAMWORK-organized effort, & PERSISTENCE-Improved repetition.

**\* Be Pro, SACRIFICE, & Serve \***

# "It's a LIFESTYLE"

CATALYST: a person or thing that causes some thing to happen.

Mental Health Assistants have a strong desire to create a life that's BETTER than the one that lead them to incarceration. They treat everyday as an opportunity to grow, create and impact their environment for the better despite obstacles or resistance. They understand how life is about service so they work on self improvement in effort to improve the lives of others. MHA's possess the discipline, mentality, and courage to be the catalyst for meaningful opportunity, refinement and improvement for all.

## \*How the INMATE/PRISONER can begin\*

At the moment the MHA position is applied merely to the "FIP stepdown" in L.A. Co. Twin Towers Correctional facility. GOOD NEWS, we have developed the IMHA Scholarship program, an opportunity for all populations (Prisons & Jails Internationally). With our goal to cultivate revolutionary leadership while incarcerated we understand our outreach must broaden, so through this brochure we hope you are encouraged to request an application. All request can be made via email or USPS mail (All app. must be submitted via mail.) If your app. is approved all tuition & book fees will be waived. Upon completion, Certification, resources & access to mentorship is provided.

# How to GET INVOLVED

\* JOIN - If you are incarcerated apply via USPS mail -

\* AWARENESS - We always benefit from "WORD OF MOUTH." Policy & Law makers, Parole boards, Community Advocates, College professors, MH Professionals, etc. all must be made aware of this unusual yet effective solution to Mental Health, Mass incarceration, and restorative justice; speak about this whenever, wherever. Inspire & involve others.

\* ACTION - If you are a DOER discover how you can get involved now @ [INMATEMENTALHEALTHASSISTANTS.COM](http://INMATEMENTALHEALTHASSISTANTS.COM) Also, the IMHA's are ready to be applied to the Communities; May we redeem ourselves? Give us the opportunity! Connect with us, let's strategize & petition to apply MHA's in the settings which direly need reform or simply a creative drive.

\* RESOURCES - As we expand throughout any way possible; our ideas continue to evolve as we strive to remediate our broken system; You ARE ESSENTIAL TO THE GROWTH OF OUR TEAM & PRODUCTIVITY. JOIN US!

CONTACT [INMATEMENTALHEALTHASSISTANTS.COM](http://INMATEMENTALHEALTHASSISTANTS.COM)  
Email: [kraigearmstrong@yahoo.com](mailto:kraigearmstrong@yahoo.com)  
[Berumenblessed@gmail.com](mailto:Berumenblessed@gmail.com)

# The MENTAL HEALTH Assistant

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The Mental Health Assistants MISSION is to ADVOCATE, SUPPORT, & CREATE POSITIVE CHANGE for underserved, marginalized and severe mentally ill populations. Without wavering we will push for the proper care of severe mental illness during incarceration as well as purposeful opportunity for every inmate. The road to effective treatment and self growth has no finish line so our daily operation is rooted in LOVE- unselfishness, INTEGRITY - truthfulness, TEAMWORK - organized effort, and PERSISTENCE - improved repetition.

# IDEAS for IMPLEMENTATION

The MHA is potentially an asset for many treatments that exist in our communities. The experiences and willingness has enabled us to assist significantly where assistance is inadequate & needed. A few ideas where the MHA can be applied:

\* "CARE FIRST, JAIL LAST" - Initiatives such as O.D.R. (Office of Diversion & ReEntry)

The MHA is founded on living & treating the severe mentally ill population; We become those who know them best, as we live with them, with intimate relationships & a strong influence on their decision making. Patients who need an enhanced lvl. of care post incarceration will benefit from a MHA; who guides their transition & reEntry process while helping maneuver re-offensive obstacles.

\* IMMEDIATE COMMUNITIES - MHA's who have a long history, a deep connection, and may have played a part in the dysfunction of the community are devoted to reconstructing, repairing, and assisting with proper functioning.

\* JUVENILE PROGRAMS - Many successful juve. programs hold the "BIG SIBLING" context. MHA's become the perfect "SIBLING" for success in any such models.

## GOALS FOR YEAR

# "What it takes to BECOME a MHA"

Those granted an IMHA Scholarship will undergo a rigorous Study Course lasting a minimum of 24 wks and a maximum of 48 wks

## The CURRICULUM

\* Week 1-4: Read "The Solution: Mental Health Assistants 2nd ed" by Craig A. & Adrian B.

- EXAM - 20 Questions on Reading
- Read "until we reckon" by Danielle Sered
- Restorative Justice "Questions to ponder"
- OUTREACH: Contact organizations on behalf of book/program & argue how & why something as these can be implemented in current location

\* Week 5-8: Read "7 Habits of Highly Effective People" by Stephen Covey

- 3 part book report - Private victory, Public Victory, 7th habit/overall understanding.
- Devise an application manual for each habit either for you as an individual or for the incarcerated population as a whole.
- Read "discipline & Punish" by Michel Foucault
- Essay - an argument supporting or against M. Foucault's book.

\* Week 9-12: Read "INSANE" by Alisa Roth

- Book Report (3 page min.)
- Write a compelling article concerning an issue either in your facility or the system as a whole then write out the solution describing what the result will look like.

\* Week 13-16: Read "diagnostic Statistical Manual of mental disorders fifth ed."

- EXAM - 40 questions on specified reading
- Read "Emotional Intelligence" by Daniel Goleman
- Book report - 3 page min.

\* Week 17-20: Read "decriminalizing Mental illness" Cambridge Medicine (2 Articles total)

WK 17-20 cont.: • ESSAY on ea. Article - opinion & how the MHA can contribute

- Write a presentation or lesson (as you would teach it) on each article.
- Read "The Art of Public Speaking" by Lucas
- Create 10 mnemonics for remembering technique of your choice.

\* Week 21-24: Read "How to win friends & influence People" Dale Carnegie

- Book Report - 3pg min.
- Devise Application manual on 10 points from book; write as you are encouraging future MHA's in your facility on various struggles.

\* EXIT ESSAY: "A Cogent Argument" on Education in Restorative Justice, M.H. Self-transformation, & leadership - Peer guidance & direction, & the opportunity IMHA Scholarship

- 1 How have these points contributed to your way of thinking?
- 2 How have you begun the restore Justice process w/ yourself; what's your end goal?
- 3 what do you hope to gain from this course & how have you begun using this opportunity?

Hierarchy: The IMHA program offers the opportunity of earning multiple certificates in areas that promote improvement of self & environment. The benefits are many & can be applied for immediate effectiveness.

\* LEVELS OF CONCERN: # EL1 - Entry Level one

• ROLE - Acquire ed., complete all exams and written assignments. Be an advocate for the incarcerated esp. the mentally disabled and a source of motivation. Prevent crisis, promote unity, NH resource; be the ex.

\* ML2 - manager level two

• ROLE - MHA Scouting & training, Contact Development - networking for support

ELIGIBILITY - 12+ mths, TENURE - 12 mths

\* SL3 - Senior level three

• ROLE - organizing workshops, facilitate Encouragement/Health conferences, Major conflict Mediation Rep.

ELIGIBILITY - 24+ mths TENURE - 12

\* EL4 - Executive lvl four

• ROLE - policy & org. (in facility) structuring, Media Correspondence, Firm establishment, Resource development.

ELIGIBILITY - 36+ mths TENURE - 12 mths

\* CO5 - chief of lvl five

• ROLE - Program Director, Train & Program development, petitions for legal relief

ELIGIBILITY - 48+ mths