

Staff Briefing No.98 · April 7, 2006

Santa Barbara County Department of Alcohol, Drug & Mental Health Services

Advanced CAPACITAR Multicultural Wellness Training Underway

Congratulations to the first 30 participants to complete Module I of the intensive training in Capacitar Multicultural Wellness Education held on March 22-24, 2006. We are deeply grateful to everyone in our system who supported this program. The names of the trainees are listed below. They have made a significant commitment to learning new practices for self-care, and to sharing the Capacitar techniques with their clients and co-workers.

We also wish to commend those of you who did not attend the training, but stayed at your worksites to fill in for staff in training. Your hard work and dedication to teamwork is noted and appreciated. These combined actions ultimately benefit our clients with an enhanced service delivery system – one in which staff are modeling wellness and have the tools to provide wellness techniques for improved quality of life for the people whom we serve.

As many of you are aware, the Department has been sampling several “wellness program instruments” over the past few years as a way to promote the well-being of our employees and to encourage the recovery and empowerment of our clients. Of all those



we have sampled, the Capacitar techniques, tools, and philosophy resonate most with our ADMHS system. We will be monitoring and evaluating this initiative closely over the next year to assess its effectiveness.

Participants in the Capacitar training modules will practice the techniques as part of their own self-care, and will also share these practices with staff and clients. Individual and group sessions will be offered at many ADMHS and CBO worksites. Please continue supporting the trainees by participating in their practicums, if you choose, and

by encouraging other staff to do the same.

Capacitar’s mission is to teach simple, holistic practices for self-healing that can be used anywhere, anytime for managing stress and promoting well-being. Multicultural Wellness Education is an integral part of our ADMHS model of care and our network of transformative initiatives and programs. We encourage everyone to experience and enjoy the ideas and teaching of our Capacitar Multicultural Wellness Education participants as they bring these ideas into our workplaces and communities to assist us in improving our ability to provide care for ourselves and our clients.

Rob Walton, RN, MPA, Crisis and Customer Care Division Chief
John Truman, CPRP, Adult Mental Health Services Division Chief
Lyndi Swanson, Human Resources Manager
Suzanne Grimesey-Kirk, MFT, Children’s Mental Health Services Division Chief
Nancy Gottlieb, Alcohol and Drug Services Program Manager
Laura Mancuso, CPRP, Project Manager

Attendees of Capacitar Multicultural Wellness Training, March 24-26, 2006

ADMHS:

Access Team: Rebecca Lillywhite, LCSW
Alcohol & Drug Programs Division/ CalWORKS: Jeani Callan, Francisco Palencia

Adult Mental Health Services: Jon Amate, MFT, Alice Sealund, CPRP, Kay Turbak, MFT, Raphael Serrano, MFT

Children’s Mental Health: Linda Tuttle, MFT

Juvenile Justice: Jennifer Babai, ASW, Villa Esperanza CEC & Juvenile Hall
Patients Rights Office: Aileen Kroll, JD
Psychiatric Health Facility (PHF): Dena Zepeda, Carol Smith, LPT, Sylvia Parrino

Administration: Laura Mancuso, CRC, CPRP, ADMHS Project Manager, Lyndi Swanson, Human Resources Manager

COMMUNITY-BASED ORGANIZATIONS:

Council on Alcoholism & Drug Abuse (CADA): Isabel Blagborne, Joseph Claus, Margaret DuCharme

Domestic Violence Solutions/Anger Management Counseling Services/ Cottage Hospital: Kathryn Kemp
Santa Barbara Neighborhood Clinics: Christy Schuerch, MFT, Theresa Solis,

Josefa Rios

Santa Maria Valley Youth & Family Center: Carolyn Amate, Santa Maria Valley Youth & Family Center/MISC
Sanctuary Psychiatric Centers: Elizabeth Pearson Plummer

Work Training Programs, Inc. – Healthy Choices: Diana Simmons, Mika Roux

COMMUNITY PARTNERS:

Consumer Advocate: John Mudie, PhD
Faith Community: Rev. Erika Hewitt
State Department of Rehabilitation/ Mental Health Co-operative Agreement: Malcolm Linstead