



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.



MINDFUL TRAINING SOLUTIONS

Community Agents of Change

Community Mental Health Resource Guide

Service Areas 6 & 8

Presented by Dr. Donald E Grant Jr of Mindful Training Solutions, LLC.

Funded by LA County Department of Mental Health African/African American (AAA) Underserved Cultural Communities (UsCC), Mental Health Services Act (MHSA)



WELLNESS • RECOVERY • RESILIENCE

Mental Wellness is a not a luxury, it is a birthright. It is important that each person advocates for their mental wellness and that of those who are unable or unwilling to do so for themselves. Mental Illness is often viewed as a weakness or personality flaw that must be kept secret, but it is NOT!

Black communities must work hard to break the stigma associated with mental illness while increasing knowledge surrounding wellness habits and behaviors. Risk factors like race -related stress, historical trauma, disproportionate poverty rates and significant health disparities create unique experiences for Black Americans.

Resilience has been a key factor in Black communities across time and will continue to promote survival across generations. As critical as survival is, it isn't sufficient...the goal is not to just survive, but to *SUCCEED*. Please use this Resource Guide along with other community assets to succeed in the following ways:

- Identify and engage community based mental health services.
- Demand that community-based services, clinicians and programs use culturally empathic practices.
- Advocate for mental wellness programs at the local, county, state and federal level.
- Talk openly with friends and family members about mental wellness and mental illness.
- Learn more about your family's mental health history.
- Check on friends and loved ones.
- Coach and mentor Black students in disciplines related to psychology, marriage and family therapy, social work etc.

Service Area 6 includes, but is not limited, to the cities and communities of Compton, Watts, Leimert Park, the Crenshaw District, Lynwood and Paramount.

Service Area 8 includes, but is not limited to Carson, Inglewood, Long Beach, El Segundo, Gardena, Hawthorne, Catalina Island and San Pedro.

*Disclaimer: Neither Mindful Training Solutions, LLC nor LA County Department of Mental Health guarantee or take responsibility for services or agencies identified as a part of this Resource Guide.



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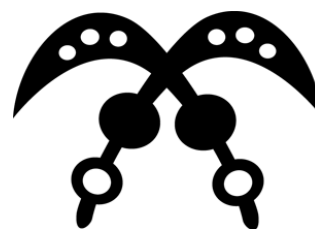
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AKOFENA: African symbol of **COURAGE**



Hospitals with Mental Health Services

SPA 6

Martin Luther King Jr. Community Hospital
1680 E 120th St Los Angeles, CA 90059
(424) 338-8000 Email: info@mlkch.org

St. Francis Medical Center
3630 E Imperial Highway
Lynwood, CA 90262
(310) 900-8900

South Central Family Health Center
4425 S. Central Ave
Los Angeles, CA 90011
(323) 908-4200

SPA 8

Long Beach Memorial Medical Center
3747 Long Beach Blvd
Long Beach, CA 90807
(562) 933-2000

Kindred Hospital South Bay
1246 W 155th St
Gardena, CA 90247
(310) 323-5330

Harbor UCLA Medical Center
1000 W. Carson St.
Torrance, CA 90509
(424) 306-4000 Email: info@harbor-ucla.org

Be sure and talk to your doctor about your mental wellness needs. If you are unable to make contact with a mental health professional on your own, ask your primary care doctor, your OB/GYN or anyone else responsible for your medical care to help.

Your doctor may also be able to connect you to wellness resources like: yoga, meditation, smoking cessation, anger management and fitness programs to support wellness habits.



Black Mental Health

African, African American, Caribbean and Afro-Latinx residents of Los Angeles County often face unique risk factors that negatively impact overall mental wellness.

Mental Wellness is not a coincidence, many factors impact ones' ability to be 'well'. According to the American Psychiatric Association, over 25% of Black Americans live below the poverty line and 11% are not covered by any health insurance. As a result, Black Americans have higher death rates – than non-Hispanic Whites - from heart disease, stroke, cancer, asthma, HIV/AIDS and diabetes. (www.psychiatry.org 2017)

Although Black Americans experience mental illness at similar rates as non-Hispanic Whites, they often receive a lower quality of care from clinicians without adequate training in culturally empathic practices. This is evident in that only one-in three Black Americans who need mental health actually get services.



Service Area 6
Community Mental Health Resources

Augustus Hawkins Mental Health Center 1720 E 120th St
Los Angeles, CA 90059 (310) 668-4272

Alafia Mental Health Institute 3756 Santa Rosalia Dr #628
Los Angeles, CA 90008 (323) 293-8771

St John's Well Child & Family Center/ Dr. Louis C. Frayser Health
Center 5701 S. Hoover St. Los Angeles, CA 90037
(323) 541.1411 www.wellchild.org

VIP Violence Intervention Program
1721 Griffin Ave Los Angeles, A 90031 (323) 221-4134

Portals Mental Health Services
679 S New Hampshire Ave
Los Angeles, CA 90005 (213) 639-0299

Los Angeles Child Guidance Center
3787 S. Vermont Ave. Los Angeles, CA 90007
(323) 766-2345 www.lacgc.org

Kedren Community Health Center 4211 S. Avalon Blvd
Los Angeles, CA 90011 (323) 233-0425

West Central Family Mental Health Services
3751 Stocker St Los Angeles, CA 90008
(323) 298-3680

APLA Health- Gleicher/Chen Health Center
3743 S La Brea Ave.
Los Angeles, CA 90016
(323) 328-9900 www.aplahealth.org



Community Mental Health

Community Mental Health Models take services that support mental wellness outside of traditional hospital settings and puts them into trusted spaces that are usually more accessible and are priced at low to no cost.

The community based organizations that the county or state contracts with often operate from a community focused lens. They should know the community and the cultural factors that impact overall wellness in that specific community.

The National Institute of Mental Health (NIMH) developed the Community Mental Health Model in the 1960's. The goal was to provide a set of comprehensive mental health services that were located near the homes of the consumers.

These programs are designed to provide prevention, early intervention and a continuity of care for communities.



ANKH: African symbol for LIFE

Service Area 6 Community Mental Health Resources (cont)

Pacific Clinics
3881 S Western Ave
Los Angeles, CA 90062
323.290.4340 www.pacificclinics.org
Helpline: (877)722-2737

Compton Mental Health Center (DMH)
921 E. Compton Blvd
Compton, CA 90221
(310) 668-6800

Tessie Cleveland Community Services Corp
8019 Compton Ave
Los Angeles, CA 90001
(323) 586-7333 www.tccsc.org

Shields For Families Inc.
215 Acacia Ave
Compton, CA 90220
(310) 605-1777 www.shieldsforfamilies.org

Star View Community Services & Teammates
1303 W Walnut Pkwy
Compton, CA 90220
(310) 868-5379 www.starsinc.com

Guidance Center- Compton System of Care
901 W. Victoria St.
Compton CA 90220
(310) 669-9510

Barbour and Floyd Medical Associates
2640 Industry Way Suite B
Lynwood, CA 90262
(313) 627-4525 www.barbourandfloydla.org

Wesley Health Centers
3591 E Imperial Hwy
Lynwood, CA 90262
(213) 221-9065 www.jwchinstitute.org



Key Contacts

Emergency Psychiatric Services:
(800) 854.7771

Suicide Prevention Hotline: (877)
727-4747 OR Live Chat at
www.suicidepreventionlifeline.org/chat

National Suicide Prevention
Lifeline: (800) 273-8255

Crisis Text Line: Text LA or HOME
to 741741

LA County Department of Mental
Health (DMH)/ACCESS: (800) 854-
7771

LA County Human Services
Hotline: 211 or (800)339-6993
www.211LA.org

Mental Health Patients' Rights:
(800) 700-9996

LA County Domestic Violence
Hotline: (800) 978-3600

NAMI (National Alliance on
Mental Illness) Helpline: (800)
950-6264 www.nami.org

LA County Suicide Prevention
Hotline: (213) 381-5111

American Psychological
Association (APA): (800) 374-2721
www.apa.org

Board of Behavioral Sciences
(BBS): www.bbs.ca.gov



**Service Area 8
Community Mental Health
Resources**

Long Beach Mental Health Services
(DMH) 1975 N Long Beach Blvd
Long Beach, CA 90806 (562)
599-9401

Star View Community Services
100 E Wardlow Rd.
Long Beach, CA 90807
(562) 427-6818
www.starsinc.com

Didi Hirsch
323 N Prarie Ave.
Inglewood, CA 90301
(310) 390-8896
www.didihirsch.org

Family Time Center
644 E Regent St Suite 105
Inglewood, CA 90301
(818) 287-7510
psychologistinglewoodca.com

Counseling 4 Kids
19701 S Hamilton Ave
Torrance CA 90502
(310) 817-2177
counseling4kids.org

LA County DMH-South Bay Mental
Health Services
2311 W El Segundo Blvd
Hawthorne, CA 90250
(323) 241-6730

Masada Homes
108 W. Victoria St
Gardena, CA 90248
(310) 715-2020
www.masadahomes.org

Guidance Center Long Beach
1301 Pine Ave.
Long Beach CA 90813 (562)
595-1159 www.tgclb.org

Family Outreach Counseling Services
4401 Atlantic Ave. Long Beach, CA
90807
www.familyoutreachcounseling.com

Eldorado Community Service Centers
4450 W Century Blvd. Inglewood, CA
90304 (310) 671-0555
www.americanhealthservices.org

Star View Community Services
649 E. Albertoni St. Suite 100
Carson, CA 90746
(310) 436-9300
www.starsinc.com

Harbor UCLA Wellness Center
21730 Vermont Ave
Torrance, CA 90502
(310) 781-3400

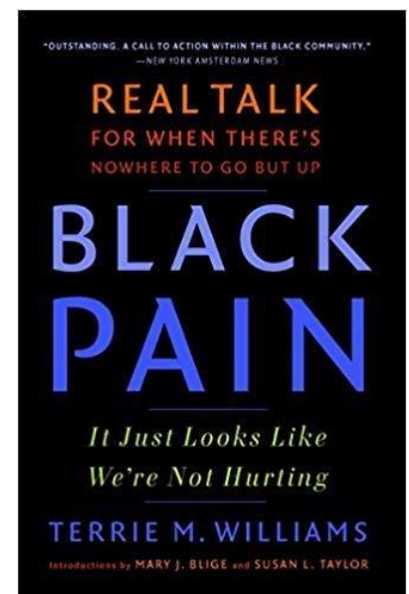
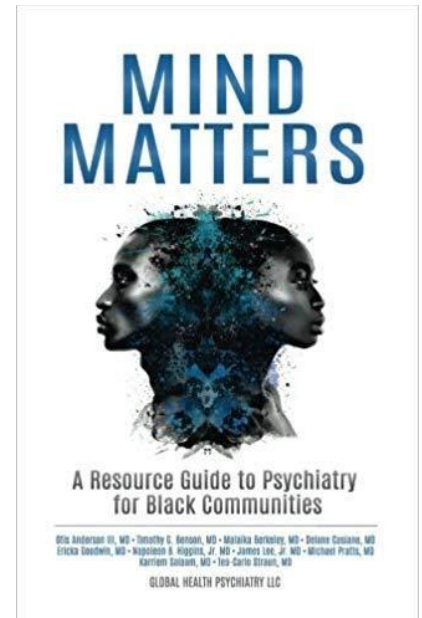
Richstone Family Center 13634
Corday Ave.
Hawthorne, CA 90250
(310) 970-1921
www.richstonefamily.org

Behavioral Health Services
15519 Crenshaw Blvd
Gardena, CA 90249
(310) 679-2920
www.bhs-inc.org

Daybreak Counseling Ctr
4182 N. Viking Way Suite 203 Long
Beach, CA 90808
www.patrickcleveland.com

Harbor View Community Services
850 E Wardlow Rd
Long Beach, CA 90807
(562) 981-9392

**Books on Black Mental Health &
Wellness**



Black Male Therapists in Private Practice

Chidi Njoku, LCSW
5183 Overland Ave Unit C
Culver City CA, 90230
(424) 532-8692

Bruce Scott Riley, LMFT
Epiphany Counseling
302 W 5th St Suite 308
San Pedro, CA 90731
(562) 275-7395
solutionswithdrbruce.com

Alexander Dorsey, LPCC
278 Skypark Dr., Suite 205
Torrance, CA 90505
(310) 734-4514

Donald R. Essex, LPCC
Dreamfulness Healing Center
Los Angeles, CA 90066 (323)
613-3076

Gerald B. Chambers, LMFT
Los Angeles, CA 90024
(510) 756-4880
www.geraldchambers.com

Fredrick Edo, LMFT
13101 W Washington Blvd, Suite 118
Los Angeles, CA 90066
(424) 543-3077
www.fredrickedo.com

Davis Christian Therapy
633 W 5th St Suite 26067
Los Angeles, CA 90071
(323) 863-5422
www.davischristiantherapy.com

Frederick Young, LCSW
Professional Therapeutic Services
2930 W Imperial Hwy Suite 303
Inglewood, CA 90303 (424) 294-8932

Martinez Ivan Sellers
1141 W Redondo Beach Blvd Suite 200
Gardena, CA 90247

Thomas Nabors, LMFT
Los Angeles, CA 90034
(323) 433-5829

Roger Quinney
Quinney & Associates
3756 Santa Rosalia Dr , Suite 203A
Los Angeles, CA 90008
(323) 371-7997
www.drquinney.com

Anthony Sykes, LMFT
Los Angeles, CA 90008
(323) 218-0308

James Cones, PhD
2001 S Barrington Ave, Suite 203
Los Angeles, CA 90025
(562) 618-7145
www.deeptending.com

Bobby Jerome Davis, LCSW
Los Angeles, CA 90049
(818) 963-9022

Danny R. Gibson, LMFT
6310 S San Vicente Blvd, Suite 415
Los Angeles, CA 90048
(323) 480.3997
www.dannyrigibsonmft.com

Melvin Madero Moore, PhD
6310 San Vicente Blvd
Los Angeles, CA 90048
(\$24) 645-1768 www.drmmoore.com

Bernard Nicolas, LMFT
Peace n Balance
23505 Crenshaw Blvd Suite 235



Black Private Practice Therapists

Contrary to popular belief, not all African/African American mental health consumers require Community Mental Health services. For many, the private practice model is more appealing.

Private practice therapists work either in groups or as individual practitioners, some who accept insurance, others who don't. Some clinicians may offer a sliding scale for those who need it, don't be afraid to ask!

Although research has demonstrated that race matching in therapeutic relationships don't necessarily create better outcomes, we are well aware that culturally congruent engagement is a true protective factor to engaging in services and continuing those services over time.

These clinicians are Black men and women who are licensed to provide clinical services in the state of California and they are located across the county in the identified service areas and adjacent ones.

Black Female Therapists in Private Practice

DeYana Moten Blacksher, LMFT
GRIEF Counseling Center
9800 S La Cienega Blvd Suite 200
Inglewood, CA 90301
(310) 422-2192

Shena Young, PsyD
Embodied Truth Healing & Psych
Services
Inglewood, CA 90302
(424) 348-7947

Tamiko Love, LCSW
Gardena, CA 90248
(310) 692-7220

Terrie L Pittman
Los Angeles, CA 90061 (213)
340-2260

Brenda Renee Logan, LMFT
1225 W 190th St Suite 310
Gardena, CA 90248
(323) 688-6045

Stephanie Anyakwo, LMFT
21515 Hawthorne Blvd, Suite 200
Torrance, CA 90503
(424) 325-4965
www.sanyakwotherapy.com

Sheila Harris, LCSW
Harris Counseling Services
4401 Atlantic Ave Suite 430
Long Beach, CA 90807
(562) 362-4235



Ercell H Hoffman, LMFT
4034 E Elizabeth St
Compton, CA 90221
(310) 631-5991

LaTanya Tolan, LCSW
Inglewood, CA
(424) 331-1095

Rhonda Taylor, LMFT
Clear Voice Counseling
La Tijera Blvd
El Segundo, CA 90293
(310) 455-8531
www.clearvoicecounseling.com

Robin Beohourou
Compassionate Counseling
1225 W 190th St Suite 455
Gardena, CA 90248
(424) 234-2764
www.ccwrobbin.net

Eshawn Williams, PsyD
17625 S Central Ave Suite E
Carson CA 90746
(562) 758-7347

Angela Leniece Body, LCSW
The Hope & Wellness Partnership
21151 S Western Ave Suite 161
Torrance, C 90501 (424) 363-8395
www.thehopeandwellnesspartnership.com

Norma Jordan, LMFT
Single Parents of Power
3701 Stocker St, Suite 405
Los Angeles, CA 90008

(310) 753-7860
www.singleparentsofpower.org

Keturah McClendon Baker, LMFT
Compton, CA 90059
(424) 364-1104

Nyiema D. Carter, PsyD
Gardena, CA
(310) 484-5906
www.moheattache.org

Jennifer Payne, PhD. LCSW
Direct To God Counseling
Carson, CA 90746
(626) 298-7536
www.dtgcounseling.com




Ngina Tobias-Cipolla, LCSW
5199 E Pacific Coast Hwy Suite 602
Long Beach, CA 90804
(562) 731-0570

Deborah Bradley, LMFT
The Empowered Life
Inglewood, CA 90301
(323) 897-1224

Janet D. Dyer, LMFT
879 W. 190th St Suite 400
Gardena, CA 90248 (424) 374-0300
www.intimatethoughtsoftheblackman.com

Marilyn Julia Brown, LMFT A
Mindful Way Counseling
El Segundo, CA 90245
(424) 264-2686
www.amindfulwaycounseling.com

Intersectional Resources

 <p>Senior Services</p>	<p>Baldwin Hills Crenshaw Oasis Senior Center 4005 S Crenshaw Blvd Los Angeles, CA 90008 (323) 291-3414</p> <p>Dollarhide Community Senior Center 310 N Tamarind Ave Compton, CA 90221 (310) 605-5688</p>	<p>LA County Community & Senior Services 3333 Wilshire Blvd Los Angeles, CA 90010 (213) 738-4004</p> <p>Long Beach Senior Center 1150 E 4th St Long Beach, CA 90802 (562) 570-3500</p>
 <p>LGBTQ+ Services</p>	<p>Black Lesbians United (BLU) 4859 W Slauson Ave #459 Los Angeles, CA 90018 (323) 739-4258 www.blacklesbiansunited.org</p> <p>The LGBTQ Center Long Beach 2017 E 4th St Long Beach, CA 90814 (562) 434-4455 www.centerlb.org</p>	<p>In The Meantime Men's Group 2146 W Adams Blvd Los Angeles, CA 90018 (323) 733-4868 www.inthementimemen.org</p> <p>South Bay LGBT Center 16610 Crenshaw Blvd Torrance, CA 90504 (310) 328-6550 www.southbaycenter.wixsite.com</p>
 <p>Veteran Services</p>	<p>VA Medical Center 11301 Wilshire Blvd. Los Angeles, CA 90073 (310) 478-3711</p> <p>Military Veterans Affairs 769 W 3rd St San Pedro, CA 90731 (310) 519-6095</p>	<p>Veterans Crisis Line (800) 273-8255</p> <p>Gardena Community Based Outpatient Clinic 1149 W 190th St Gardena, CA 90248 (310) 851-4705</p>
 <p>Homeless Services</p>	<p>Housing Rights Center 3255 Wilshire Blvd #1150 Los Angeles, CA 90010 (800)477-5977</p> <p>Housing Authority Los Angeles 2600 Wilshire Blvd. Los Angeles, CA 90057 (213) 252-2500</p>	<p>Multi Service Center 1301 W 12th St Long Beach, CA 90813 (562) 570-4500</p> <p>HPRP Compton Homeless Assistance 205 S. Willowbrook Ave Compton, CA 90220 (310) 605-5527</p>

Intersectionality

Intersectionality is this space where all of the benefits and risks of our social identities accumulate.

Individuals who are Black are already automatically exposed to the stress associated with racism and the effects of **intergenerational trauma*. When their other identities come into play, those factors are magnified.

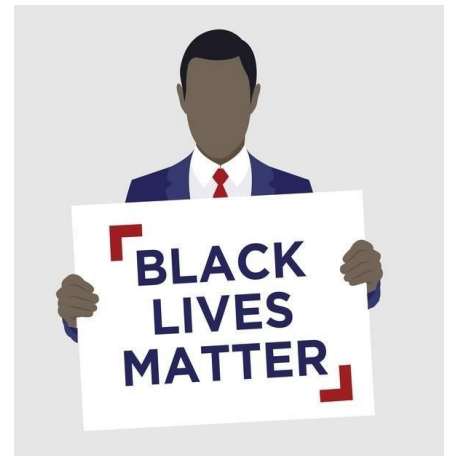
Examples of Intersectionality:

- A Black man who is a veteran and an amputee.
- A Black woman who is Transsexual.
- A formerly incarcerated Black woman who is unemployed.
- An elderly Black man.

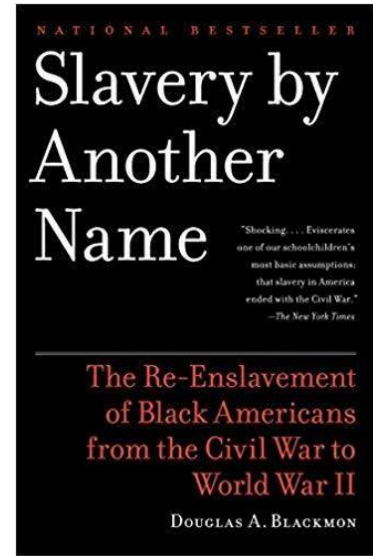
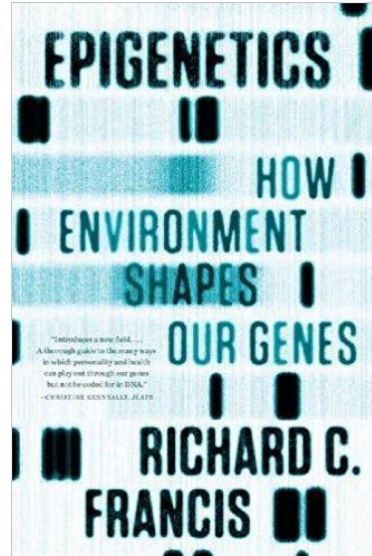
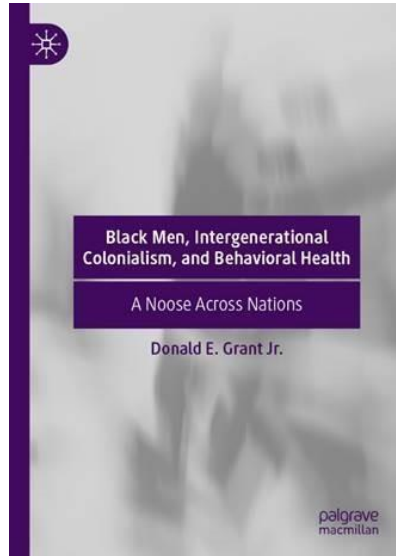
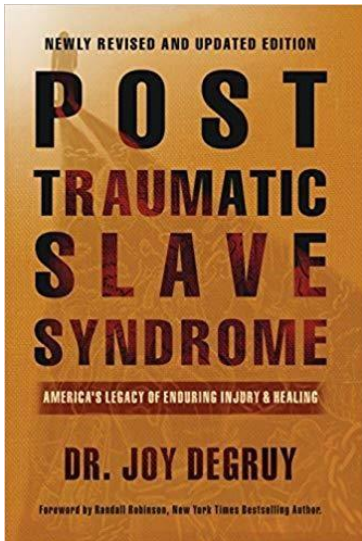
Being disabled, LGBTQ+, formerly incarcerated or poor all come with their own set of prejudices that create discrimination. This is added to the racial prejudice already in play.

Wellness Resources for Home

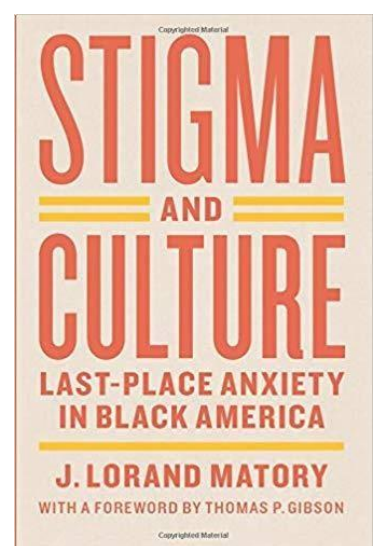
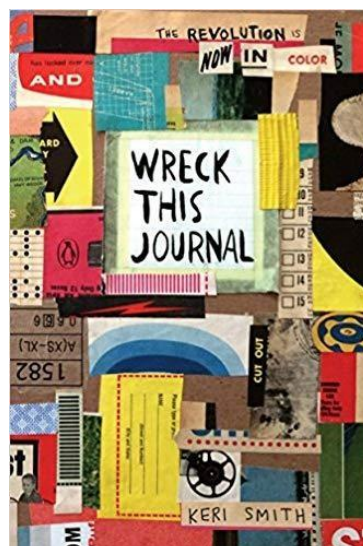
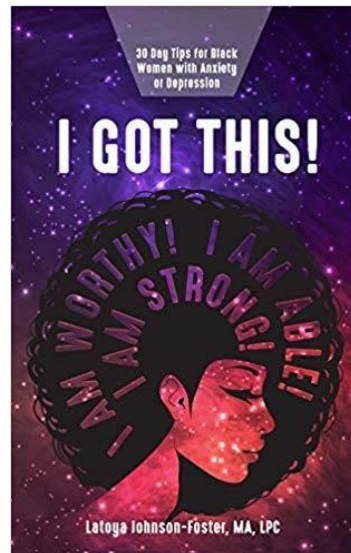
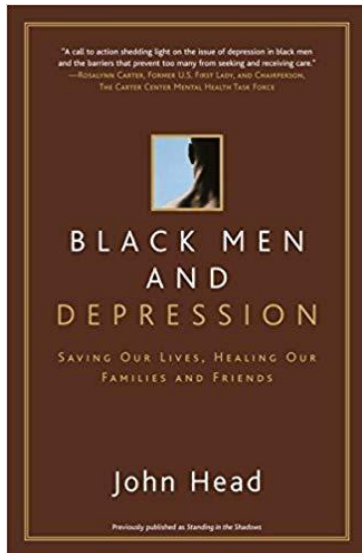
In addition to the resources in this guide it is important that you identify other tools that assist you, other community members, allies and stakeholders in the work that supports Black Mental Wellness. The following books provide a vast amount of knowledge is important areas that impact health and wellness for African and African American people



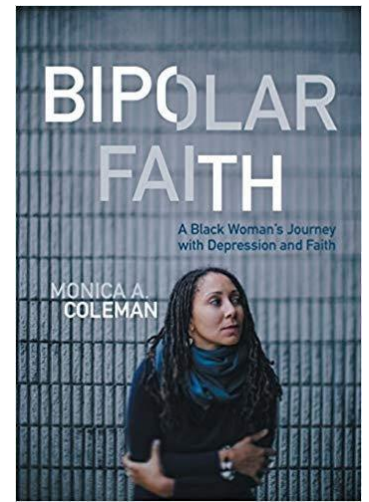
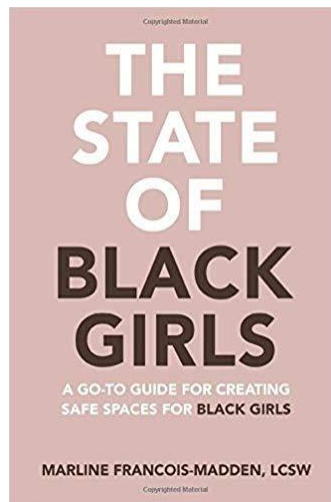
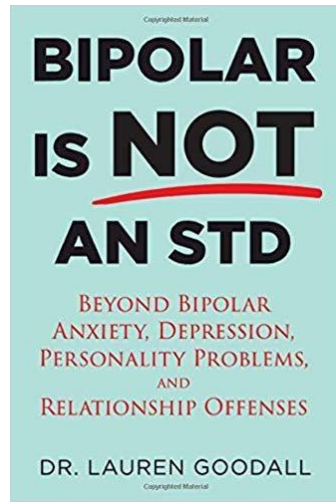
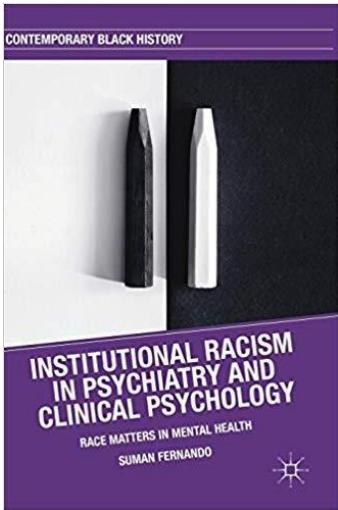
Intergenerational Trauma and History



Depression & Anxiety



Systems & Mental Health Disorders



Resiliency Building

