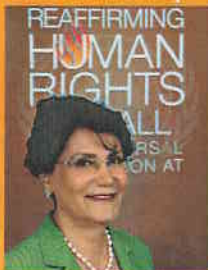


## ABOUT THE FOUNDER & INSTITUTE



Dr. Pirhekayaty—aka Dr. Tara Pir—is a clinical psychologist and diplomate in behavioral medicine and professional psychotherapy who has been in clinical practice, teaching, consultation, and leadership positions for over 30 years. Having founded the Institute for Multi-cultural Counseling & Education Services (IMCES) in 1989, Dr. Pir has led the institute to become one of the few non-profit outpatient community clinics designed to treat the varied needs of underserved culturally and linguistically diverse communities of Los Angeles.

IMCES provides various programs for children, youth, families, and adults based on the proven success of integrative, coordinated services in prevention and early intervention strategies, while also providing comprehensive services for the severely mentally ill population. Our diverse staff is fluent and competent in various cultures from around the world, including nine different languages: Arabic, Armenian, English, Farsi, Hebrew, Korean, Russian, Spanish, and Tagalog. We understand, honor, and respect the many different customs that cultural and ethnic diversity brings forth. At the same time, IMCES promotes social justice and strives to eliminate the stigma of and disparity in mental health service delivery within the communities we serve.

## IMCES

INSTITUTE FOR MULTICULTURAL  
COUNSELING & EDUCATION SERVICES

WWW.IMCES.ORG

## ABOUT THE AGENCY

IMCES IS A FULL-SERVICE COMMUNITY MENTAL HEALTH CLINIC SERVING INDIVIDUALS AND FAMILIES OF ALL AGE GROUPS, CULTURES, & ETHNICITIES. OUR MISSION IS TO PROMOTE HUMAN RIGHTS AND FOSTER HEALTH AND RESILIENCY IN OUR COMMUNITY THROUGH EDUCATION, CULTURALLY PROFICIENT MENTAL HEALTH PROGRAMS AND SUPPORTIVE SERVICES, & PROFESSIONAL TRAINING—ON LOCAL AND GLOBAL LEVELS.

### Main Office:

3580 Wilshire Blvd, Suite 2000  
Los Angeles, CA 90010  
Ph: 213-381-1250 Fax: 213-383-4803



WELLNESS • RECOVERY • RESILIENCE

The ISM program is funded by the Los Angeles County Department of Mental Health with funding from the Mental Health Services Act.

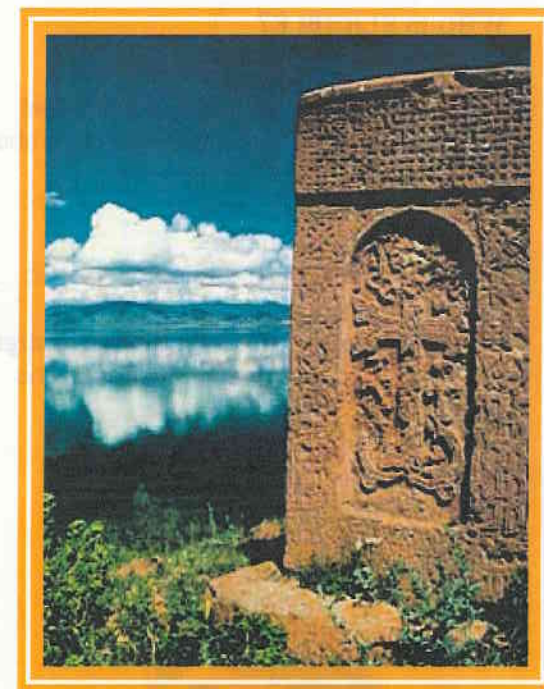


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ISM

INTEGRATED SERVICE  
MANAGEMENT



A NON-PROFIT ORGANIZATION

ASSOCIATED WITH  
DPI/NGO OF THE UNITED NATIONS



# INTEGRATED SERVICE MANAGEMENT (ISM) PROGRAM FOR ARMENIAN COMMUNITY

## OUR GOAL:

IMCES is committed to promoting “wellness” in our community by providing integrated health, mental health and supportive services to all ethnic and cultural groups. This year our Integrated Service Model (ISM) for the Armenian ethnic community was awarded by the Department of Mental Health (DMH). The goal of this project is to develop a learning opportunity to find an effective way to reach out and facilitate access to health and mental health resources for the indigent underserved Armenian community.

## WHO IS ELIGIBLE?

Armenian individuals/families who:

- have challenges in accessing physical health, mental health and substance abuse services;
- are linguistically isolated;
- have low to no-income
- have received inappropriate services;
- are undocumented ;
- are historically underserved due to stigma/shame, sexual orientation or domestic violence;
- have medi-cal coverage or ,
- have no insurance



OUR PROFESSIONAL SERVICES ARE LINGUISTICALLY AND CULTURALLY RESPONSIVE AND SENSITIVE TO THE NEEDS OF OUR ARMENIAN ETHNIC GROUP.

## SPECTRUM OF SERVICES

IMCES offers a broad spectrum of stigma free culturally sensitive and linguistically appropriate community outreach. We collaborate with other community based agencies to reach out to eligible clients and offer an integrative model of service to better serve our clients’ needs. The network of our community based organizations include; churches, schools, health care clinics, substance abuse programs, Art, sports and cultural centers. Our direct services to eligible client include:

### PHYSICAL HEALTH

- Health Screenings
- Referrals and Linkage (*to healthcare subcontractor*)
- Preventative Health Education

### MENTAL HEALTH

- Assessment & Intervention
- Individual, group psychotherapy
- Crisis Intervention
- Medication Support
- Case management

### SUBSTANCE ABUSE SERVICES

- Assessment
- Interventions (*as co-occurring problem*)
- Referrals and Linkage (*for additional needs*)

WE STRIVE TO DEVELOP A STIGMA FREE ENVIRONMENT WITH HUMANISTIC VALUES. BASED ON CLIENT NEEDS OUR SERVICES ARE CONVENIENTLY DELIVERED IN CLINICS, FIELD, COMMUNITY ORGANIZATIONS, SCHOOLS AND CLIENT HOMES.

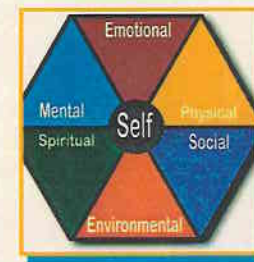
## LIFE SKILLS TRAINING/ EDUCATION

- Health and Wellness Education
- Citizenship Classes (*resource development*)
- English as a Second Language Class (ESL)
- Computer Skills Development for all ages
- Tutoring for Children
- Grandparent/Child Mentoring Classes (*reduction in the generation gap in the context of passing on the Armenian cultural identity*)
- Armenian-American Parenting Classes
- Job Searching (*employment preparation*)
- Arts: music, dance, acting, painting (*linkage to cultural centers*)
- Sports: linkage to sports centers

## SUPPORTIVE SERVICES

Case Manager/ Care Coordinator will facilitate and provide access to the needed services including:

- medical, educational, social, rehabilitative, job searching, and housing
- Application to access available resources



*“health and wellness is a basic human right of everyone”*