

Programs

- Medi-Cal eligible children and adults
- Family members so they can better understand the mental health issues of their loved ones
- Ethnic and/or underserved communities

“...when I first came to the U.S. I had physical health and mental health issues... I used to isolate myself before, but now I am comfortable and more confident around my family and friends...I feel emotionally healed. I am now able to go to school and work... after attending therapy sessions, I no longer feel scared or worried.”

Cambodian client from INC Program



Languages

Provide culturally sensitive and linguistically appropriate mental health services. Depending on staffing and location, our language capacity includes:

- Chinese
- English
- Tagalog (Filipino)
- Japanese
- Khmer (Cambodian)
- Korean
- Samoan
- Spanish
- Thai
- Vietnamese

Office Hours

9am to 6pm - Monday to Friday

Other hours may be arranged by appointment.

Locations

Located at three sites in Los Angeles, Long Beach, and Van Nuys, PACS serves Long Beach, Carson, the South Bay Cities, Wilmington, San Pedro, Hawthorne, Torrance, Inglewood, Mar Vista, Venice, Culver City, Santa Monica, Westchester, Van Nuys, Chatsworth, Granada Hills, Pacoima, Panorama City, and Canoga Park

Main Office - Los Angeles (near LAX):

8616 La Tijera Blvd., Ste. 200
Los Angeles, CA 90045
Phone Number: (310) 337-1550

Long Beach Office:

3530 Atlantic Ave., Ste. 210
Long Beach, CA 90807
Phone Number: (562) 424-1886

San Fernando Valley Office:

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**Pacific Asian
Counseling Services**

**PACS BELIEVES IN
RECOVERY
WELL-BEING
AND
MEANINGFUL LIVES**



MISSION STATEMENT

Pacific Asian Counseling Services enriches the lives of children and families through counseling and caring. We provide culturally sensitive and language specific services with expertise in immigrant Asian Pacific Islander populations.



Services

Individual, family, and group counseling.

Psychiatric consultation for enrolled clients.

Supportive services:

- Case management
- Linkage for housing, shelter, legal services, food, clothing, etc.
- Benefits enrollment
- Peer support
- Referrals

Employment support such as resume writing, interviewing skills and developing job skills.

A home visitors program to provide in-home parenting support for parents of newborns.

The use of spiritual and traditional customs as part of the treatment modality.

Parenting classes and mental health awareness workshops.

Intensive services for those with severe emotional and behavioral issues including recently released incarcerated people and/or those with medical issues, homelessness or substance abuse.

Field-based services in schools, homes, other facilities and places as requested by the clients.

Trauma-informed services

Advocacy to address stigma about mental illness.

Purpose

PACS knows that lives can be changed when someone listens and cares. We have a multidisciplinary team of social workers, therapists, case managers, psychiatrists, and peer, family and parent advocates. We know that involvement in the community, where our clients live, is important to understand their struggles and challenges. Services are provided in our offices but also in the client's home, a school setting, or wherever the client is comfortable.

"PACS helps kids who have problems with school and around their community and family. PACS help me with my problems and they can help you too. I used to play with bad kids and have bad grade and do bad thing." Teenage boy

1 in 5 individuals will experience mental illness in their lifetimes. (National Institute of Mental Health, 2017)

Suicide is the **10th** leading cause of death in the U.S. For ages **10-34**, suicide is the **#2** ranked cause of death. (American Foundation for Suicide Prevention)



For APIs between **15-19** years of age, suicide is the leading cause of death. (Centers for Disease Control and prevention 2016)

Depression is found in **1 in 4** women and **1 in 6** men. It is the greatest risk factor for suicide, yet only **1 in 3** with severe depression get treatment

Over **70%** of Black/African American adolescents with a major depressive episode did not receive treatment for their condition. (SAMHSA)

"I had just separated from my husband and he attacked me. This attack reminded me of previous domestic violence...It all came together and exploded like a ticking bomb...Therapy at PACS turned out to be way different. One of the things I learned was how to have self-care...I want people who are thinking of getting therapy to know

- don't be afraid to accept that you need help." CalWORKs client



Exposure to violence touches nearly **2 out of 3** children in the U.S. each year. Trauma affects a child's health and ability to learn especially infants to **3** years old. Many of our children live in poverty where trauma occurs in the family and/or around the neighborhood on a daily basis.

Stigma, linguistic barriers, poverty and lack of access prevent APIs and other underserved groups from seeking help despite higher rates of mental health issues.

At the same time, we have seen so many children, adults and families become healthier when they access care. These success stories are the heartbeats that keep PACS going

