

July 14, 2026

Dear Encino Neighborhood Council,

Mental health and substance use disorder remain a top issue for adults in the United States with almost 1 in 5 adults experiencing a substance use disorder and nearly 3 million youth reported frequent thoughts of suicide in the last year.

We would like to offer your neighborhood council free training to help your council members, residents, and families on how to help someone experiencing a mental health crisis.

Mental Health First Aid is an important tool to address the needs of individuals experiencing mental health challenges. This evidence-based training teaches community members, caregivers, professionals, and the public with the skills to understand, and respond to signs of mental health illness and substance use disorders amongst adults and older adults. Upon completion, participants become certified Mental Health First Aiders for 3 years and are prepared to help individuals experiencing a mental health crisis.

This is an opportunity to host a FREE 8-hour training course for your council, residents, and community.

Serving the community since 1973, Providence Cedars-Sinai Tarzana Medical Center provides excellent and compassionate care to the San Fernando Valley. In addition to heart, vascular, orthopedic, cancer and women's services, we house the largest Level III Neonatal Intensive Care Unit (NICU) in the area, and our emergency department has been designated by the Los Angeles County Department of Health as a STEMI and stroke receiving center.

Thank you for your consideration. We look forward to the opportunity to partner with you. Please contact Griselda Galicinao, Supervisor Senior Support Services, to schedule an exploratory partnership meeting at Griselda.Galicinao@Providence.org or (818) 847-3908.

Sincerely,



Anthony Ortiz-Luis, MS
Director, Community Health