

MHET in a Minute



Burbank Mental Health Evaluation Team (MHET)
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Social Worker Awareness Month

March is a time to celebrate the great profession of social work! A Licensed Clinical Social Worker (LCSW) is a mental health professional who provides therapy, evaluation intervention, and case management services to those who are suffering from mental, social, familial, and/or medical issues.

LCSWs can likely spend 6 years studying to earn both a bachelor's and master's degree. Post-graduation, an additional 2-4 years is needed to earn a required amount of experience and supervised hours.

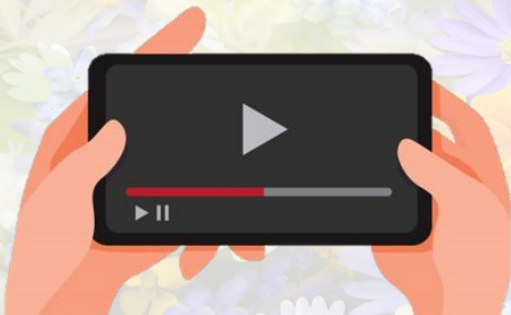
Sonia Casanova has been working for the Department of Mental Health for 10 years. She has experience in foster and adoption services, probation, hospice and LA County Sheriff's MHET. Sonia has been part of the Burbank Mental Health Evaluation Team since 2019.

Source: [National Association of Social Workers](#), [Therapist Development Center](#)



World Bipolar Day (March 30th)

Bipolar is one of the most common mood disorders in the U.S.. On March 30th, the National Institute of Mental Health (NIMH) will host a virtual webinar where experts discuss symptoms, risk factors, and treatments to help reduce stigma and promote education, discussion, and outreach. Click [here](#) to join!



Social Workers are Super-Heroes

Dr. Scheyett, the dean of the College of Social Work at USC, describes the ways that social workers serve their community. Click [here](#) to watch!

Community Outreach



MHET Officer Kyles, LCSW Sonia Casanova, and Administrative Analyst Kelly Bravo-Cuevas participated at *Home Again Los Angeles's Community Resource Fair*, at George Izay Park on February 18th. They interacted with the public and had giveaways, housing, and mental health resources at hand!