

Communication from Public

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Comments for Public Posting: I would like to propose a permanent solution to the homeless crisis in CA. Many of the homeless are mentally ill and the cost of medication to treat various mental illnesses is the primary reason many cities are flooded with people who should be in a treatment facility. The cost to care for and treat 10,000 mentally ill homeless would exceed \$100 billion per year and would not put a dent in the problem. Holistic Therapy is a form of healing that considers the whole person -- body, mind, spirit, and emotions -- in the quest for optimal health and wellness. According to the holistic medicine philosophy, one can achieve optimal health -- the primary goal of holistic medicine practice -- by gaining proper balance in life. I am proposing the construction of holistic mental health centers outside of the city that would house and treat the homeless permanently. The cost is affordable. Please see the attached proposal.



The Edgar Cayce Holistic Center for Mental Health

A HOLISTIC APPROACH TO FIGHTING HOMELESSNESS

Anthony Martin



HolisticMental

Health Services

THE HOLISTIC HEART

OUR INTEGRATIVE APPROACH



Holistic therapy, also sometimes referred to as holistic psychotherapy or body-centered psychotherapy, is an integrative type of therapy that incorporates both traditional and non-traditional treatments to help the individual as a whole.

Rather than focusing on a narrow problem, it considers mental, physical, and spiritual factors that influence a person's well-being and seeks to help people heal and thrive on a deeper level.

Holistic therapy combines aspects of traditional talk therapy and non-traditional approaches, including hypnosis, breath therapy, and meditation.

Holistic therapy may be helpful in the treatment of a number of different psychological conditions. Some of these include:

Addictions

Anxiety

Depression

Emotional difficulties

Family problems

Stress

Trauma

Techniques such as acupuncture, yoga, and deep breathing have also been effective for many purposes.

Some research does suggest that integrated, holistic care can have many benefits.

One 2017 article suggested that holistic approaches offer physical and mental benefits that are also cost-effective.

Research has found that mindfulness and meditation are useful for reducing anxiety and stress and can be adapted for various purposes and situations.

Guided imagery, often used in holistic practices, may help improve sleep, improve mood, decrease stress, and improve relaxation.

Research has shown that deep breathing techniques can reduce stress levels and promote relaxation, which can benefit both physical and mental health.

Holistic therapy utilizes a range of techniques to help individuals understand their symptoms. In addition, such strategies are designed to foster a greater sense of self-awareness to better understand the connections between their body, mind, and relationships and how these elements play a role in mental health.

Such techniques are often rooted in mindfulness and bodywork practices. These techniques may include techniques commonly used in complementary and alternative medicine (CAM) that are designed to promote relaxation and help individuals better understand the connection between the body, mind, and spirit. Some of these practices include:

- Acupuncture
- Biofeedback
- Breathwork
- Guided imagery
- Hypnosis
- Massage
- Meditation
- Mindfulness
- Reiki
- Tai chi
- Yoga



Ayurveda



Meditation



Acupuncture



Yoga



Hypnotherapy



Reiki

- **Locations:** Five throughout LA County
- **Number of homeless occupants per location:** 10,000
- **Number of homeless occupants per home:** 2
- **Number of geodome homes per location:** 5000
- **Total number of homeless occupancy throughout :** 50,000
- **Types of centers:** Severely mentally ill, Mentally ill, and Addiction.

PARTNERSHIP

American Holistic Medical Association (AHMA)

Founded in 1978, the American Holistic Medical Association (AHMA) remains true to its original mission, serving as the leading advocate for the use of holistic and integrative medicine by all licensed healthcare providers. They embrace integrative, complementary and alternative medicine techniques; they hold onto what is helpful in allopathic medicine; and they understand that healing includes your body, your mind, your emotions, and your spirit.











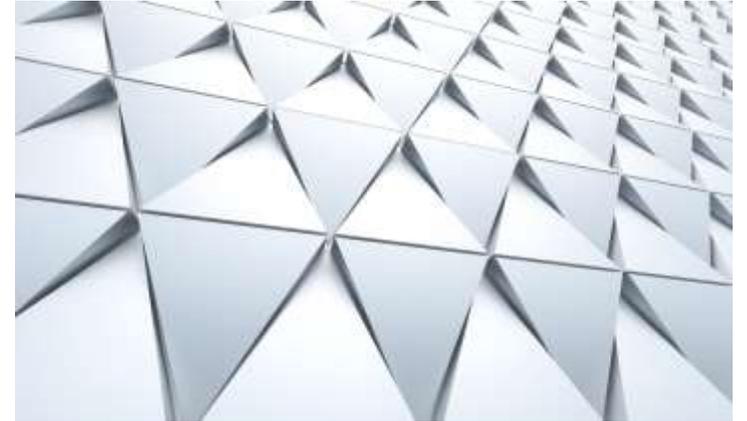
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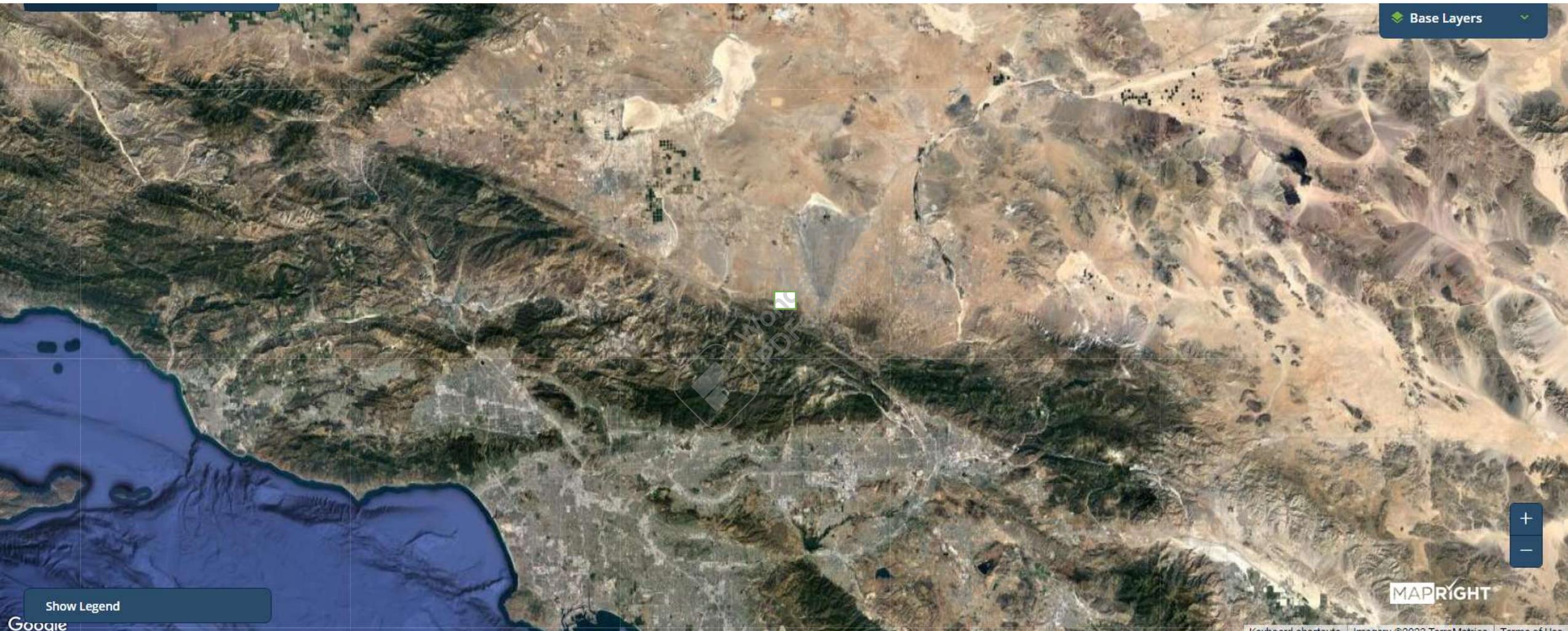
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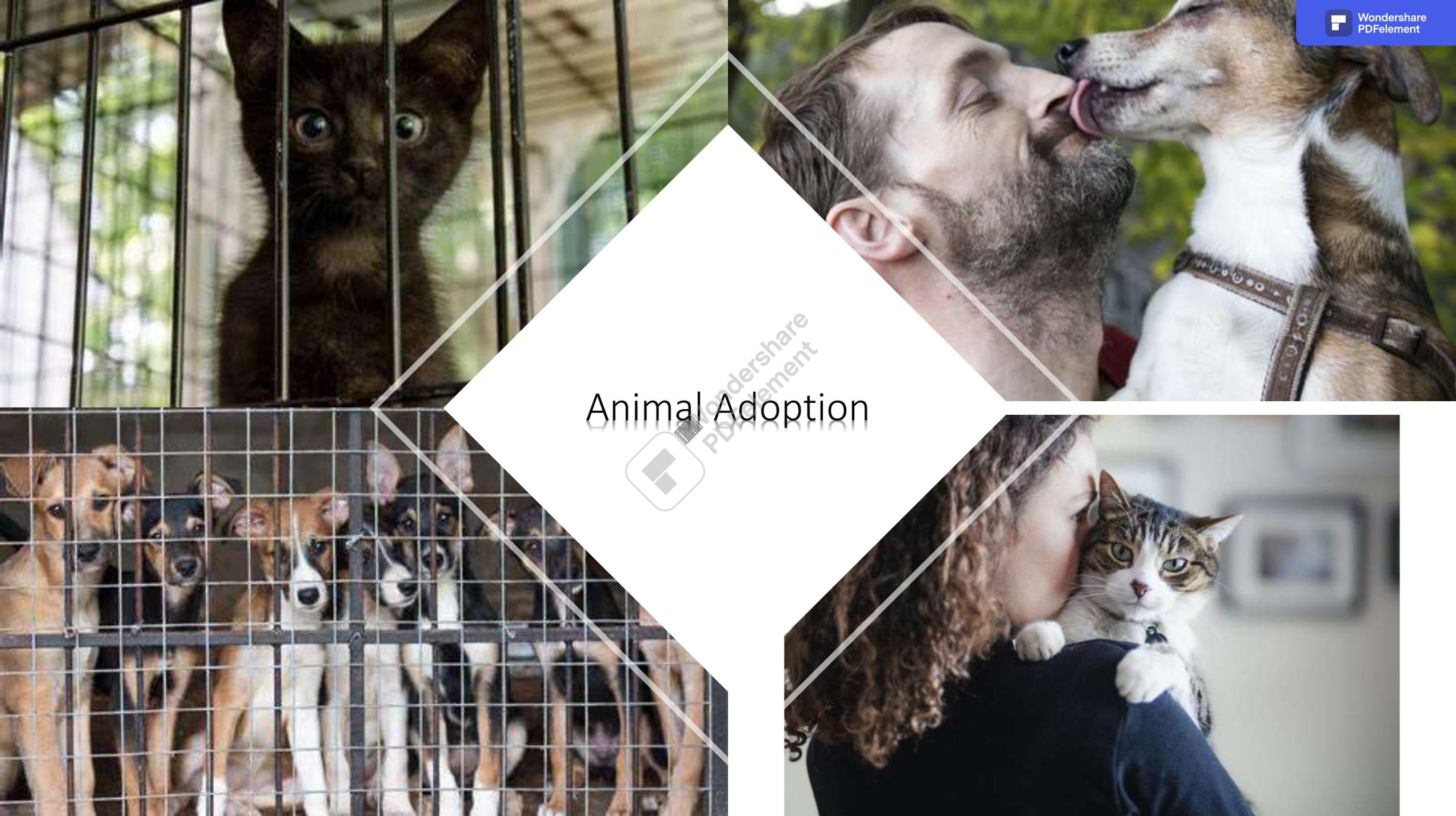
Base Layers



Show Legend

MAPRIGHT

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Animal Adoption





Recreation



