

HEALTHY *Lifestyles*

Montage’s new youth mental health facility prepares for grand opening

By LISA LAPIN

AS SOON as you enter, and in every space within, you are enveloped within a homey cocoon. There isn’t a sharp corner or straight line to be found, only calming curves, light-filled vistas and fine art.

This is Ohana, where architects and clinicians thoughtfully collaborated to assure that function dictated form throughout the design process. There, its founders and architects believe, thousands of Monterey County youth and their families will be safely ensconced and cared for well into the future, dramatically expanding the region’s mental health treatment capacity.

Residential care

Ohana (the Hawaiian word for “family”) is a new center serving children and adolescents who need behavioral health-care. It will provide the area’s first voluntary residential treatment for adolescents and will house subsequent stages of full-day and after-school treatment and outpatient care. There are provisions for families, too, with resources for everyone in the household — an essential part of ensuring long-term recovery.

The facility was years in the making, with psychologists, neuroscientists and social workers collaborating on planning and design. To the knowledge of Montage officials, there isn’t another facility like it anywhere. Weeks before its Nov. 29 grand opening, the sustainable design is already winning awards. The “healthy building” plans by architecture firm NBBJ took top honors from the American Institute of Architects in the 2022 Best Healthcare Design category.

“We want people to feel hugged from the moment they walk in,” said Ohana director of operations Jessica Moon on a recent tour, when workers were installing finishing touches. “We will have all stages of mental health treatment in one set-



MONTAGE *con't.* page 40A

Colorful, curved walls — like this one outside of Ohana’s conference center — are meant to be welcoming, like a big hug.

Golden State
HEART & VASCULAR



Exceptional Care
from an Exceptional Team



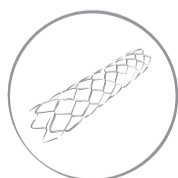
Dr. James D. Joye

Dr. Ajanta De

Dr. Steven James Fowler



Preventative & Non-Invasive Cardiology



Interventional Cardiology



Vascular & Endovascular Intervention



Structural Heart



Vein Care & Treatment



Cardiac Rhythm Management

Learn more at gshav.com or call today for an appointment 831-717-4687 — No referral necessary
2 Lower Ragsdale, Suite 160, Monterey, CA 93940

HEALTHY LIFESTYLES

If you sleep through meetings — but not at night — read this

By KATHARINE BALL

“It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it.”
 — John Steinbeck, *“Sweet Thursday”*

WHILE STEINBECK’S pithy observation sounds about right, if your “sleep committee” is less functional than most, local experts say you may need a sleep study.

“Your life relies on it,” said Trish Jackson, the retired owner of the former Monterey Bay Sleep Center. The Centers for Disease Control’s sleep disorders page (bit.ly/3Q-F860a) elaborates, “If not getting enough sleep is a regular part of your routine, you may be at an increased risk for obesity, Type 2 diabetes, high blood pressure, heart disease and stroke, poor mental health, and even early death.”

If you’ve counted herds of sheep to no avail, your doctor might order a sleep study, which measures things like how much oxygen you’re getting, arm and leg movements, how long you spend in various sleep stages, and more.

When contemplating that sort of testing, many people envision trying to doze off with a head bristling with wires in an unfamiliar clinical setting bustling with technicians.

But patients don’t necessarily have to come to a sleep clinic for a study, said Jesus Cazares, registered polysomnographic (sleep study) technologist and director of the Montage Sleep Disorders Center, which can loan out equipment for home use. Several of the latest fitness devices, such as the Oura ring, can also track sleep.

Causes, solutions

The most serious sleep disorders are caused by lapses in breathing, known as sleep apnea. Treatment may require a machine to supply the sleeper with a steady stream of oxygen through a mask hooked up to a continuous positive air pressure machine, better known as a CPAP.

Waking with dry mouth, feeling sleepy during the day, and experiencing poor concentration due to fatigue are all reasons to check out whether you have apnea, Cazares said. Prolonged periods of poor sleeping can cause irritability and depression, in addition to the more serious conditions already mentioned.

To ensure optimal sleep conditions, it’s important to keep your bedroom cool and avoid such home remedies



There are plenty of things that might keep you all night, but chronic lack of sleep may require some medical attention.

as a shot of alcohol or a glass of warm milk immediately before bedtime, he said.

“Alcohol may give you a deep sleep, but if you have any apnea, it will make it worse,” he said. The condition is one reason heavy drinkers are notorious snorers, he added.

Also, he said, “Milk will come back in your throat” when you lie down, and can cause acid reflux. If you like a scoop of ice cream as a late-evening treat, be sure to stay up another hour or two so it clears your stomach before you hit the hay.

If you still toss and turn, the key to a good night’s sleep may be establishing a bedtime routine.

“The main thing is to follow a set schedule so you get six to eight hours of uninterrupted sleep,” Cazares said. “Don’t eat heavy foods before bedtime. Don’t take too many naps during the day. Do a little light exercise, such

as light walking, an hour or two before bedtime.”

“Today’s technology is probably part of the problem,” Jackson said, emphasizing that would-be sleepers should put their phones away, out of convenient reach, and turn off the television. She also recommends giving the boot to Fido and/or Fluffy.

“Any pets in bed is not a good idea,” she said. “Any distraction you can get rid of will help you.”

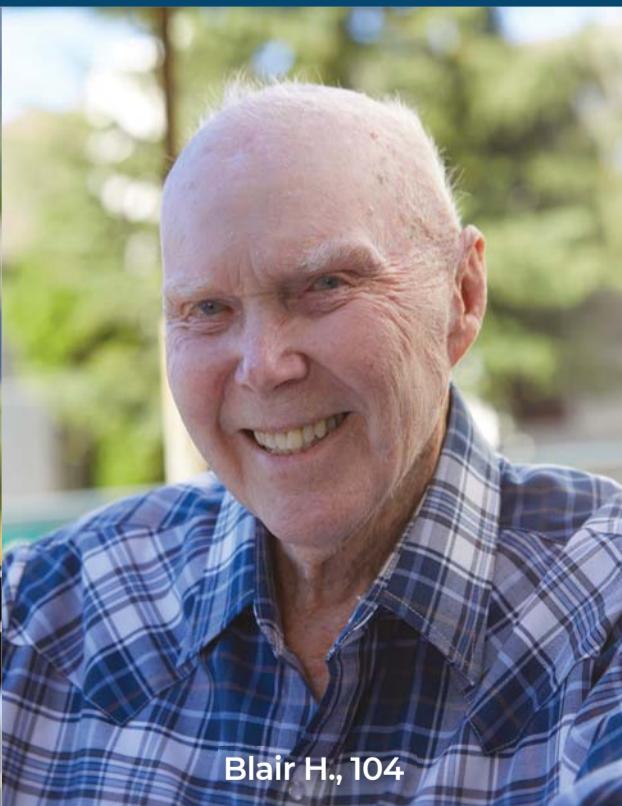
Cazares concurred. “At least 30 minutes before bedtime, turn off electronics and relax the eyes.” He’s had patients who don’t like turning off the TV and claim the background babble of voices helps lull them to sleep. Cazares said a white noise machine, or a white noise app on your phone, is a better bet for attaining quality slumber.

SLEEP *con’t.* page 41A

Is there evidence Blue Zones help you live longer? Meet a few of them.



Clare R., 102



Blair H., 104



Sophia G., 105

Blue Zones help people live better, longer. In addition to being a Certified Blue Zone Community, at Carmel Valley Manor those 65+ can enjoy exceptional healthcare along with impeccable service, three delicious meals a day, acres of manicured gardens with a pool, putting green, even a fitness center. Call Angie Machado (800) 544-5546 to schedule a tour. cvmanor.org

CARMEL VALLEY MANOR

CELEBRATING 60 YEARS



BLUE ZONES
live longer, better



License #270700110. COA #082.

Online family class series



Building mental fitness

Ohana believes that mental illness can often be prevented, and that mental fitness can be developed and sustained. Ohana is committed to putting prevention into practice and is providing a series of online classes to promote optimal mental health. Classes are for parents, children, and adolescents.

Sign up for online classes about ways to help youth thrive and build optimal mental fitness

These FREE classes include:

- Family nutrition and mental health
- Physical activity and mental health
- Resilience
- Mental fitness during pregnancy and postpartum
- Youth drug and alcohol prevention
- And more

Registration required. Scan the QR code or visit montagehealth.org/ohanaclasses



A link will be sent to those who register at least one business day in advance of the class.



HEALTHY LIFESTYLES

Fentanyl deaths left behind grief — and fear for other people’s kids

By ELAINE HESSER

NAVIGATING TRAGEDY is like staggering through a pitch-dark tunnel lined with glass shards. Friends want to help, but sitting with that much raw pain is frightening, almost as if calamity might be contagious. There are so many what-ifs, and the riptide of survivor’s guilt — real or imagined — is inexorable.

Ashley Callaú knows. On Monday, March 6, 2022, she found her 15-year-old son, Angelo Klotz, dead in their Pacific Grove home from an overdose of the synthetic opioid, fentanyl. “I looked at the calendar the other day and realized it’s going

to be two years, but it feels like it just happened yesterday,” she said. And the passage of time hasn’t made things easier. As the holidays approach, she sees gifts she’d like to buy him, and “everyone else seems so happy,” while her grief continues.

Callaú choked up as she related that her son had had a substance abuse problem, but had agreed to get help. Outpatient treatment was supposed to start the day he died — one of many what-ifs she carries. She isn’t alone in her grief, however, nor in her desire to help prevent more fentanyl deaths.

Her husband and family are supportive, and Callaú said she received additional emotional support from Reb Close, an addiction and emergency medicine physician with Montage Health. Close put her in touch with another mother who had lost her child to fentanyl, making a big difference in both women’s lives.

‘He was a kid’

They and several other mothers of fentanyl overdose victims created the group, Window of Awareness and hope. They want to tell people their kids’ whole stories, to honor every aspect of their young lives. “I’ve heard people say, ‘Your kid was an addict, and that’s what he got,’” said Callaú. “He wasn’t ‘an addict.’ He was a kid who had an addiction problem.”

The moms also hope that other families won’t have to go through what they have, emphasizing that fentanyl is so powerful that one small pill can contain a fatal overdose. And they’ve found friendship and support.

“Every time we get together, we’re all extremely grateful to be able to share grief

FENTANYL cont. on page 43A

SOME FACTS ABOUT FENTANYL OVERDOSES

FENTANYL IS an opioid, part of a family of medications legitimately prescribed to relieve pain but also used illicitly to get high. Natural opioids, derived from poppy plants, include opium, codeine, morphine and heroin. Semi-synthetic versions, like buprenorphine (a painkiller also used to treat addiction), hydrocodone (Vicodin) and oxycodone (OxyContin and Percocet), combine natural opioids with manmade chemicals.

Synthetic opioids include fentanyl, used medically to blunt severe pain (like that experienced by cancer patients), and methadone, used to treat opioid addiction.

The U.S. Drug Enforcement Agency says fentanyl is 100 times more potent than morphine, and it’s inexpensive to produce, so criminals mix it with other illicit drugs or sell it on its own. Illicitly produced prescription drugs can be laced with fentanyl, and taking even one can be fatal.

Morphine, heroin, cocaine and methamphetamine can also contain the drug. “Rainbow fentanyl” refers to pills in assorted colors that appeal to youngsters and teens, and liquid fentanyl is sometimes dropped onto small candies.

The California Department of Public Health says that fentanyl-related deaths for kids ages 10-19 rose statewide from 36 in 2018, to 261 in 2020 — some of the 4,000 Californians who overdosed on the drug that year.

Per the Centers for Disease, opioid

overdose symptoms include:

- Pinpoint pupils
- Falling asleep or losing consciousness
- Limp body
- Slow, shallow breathing
- Choking or gurgling sounds
- Cold and/or clammy skin
- Discolored skin, especially lips and nails

If you find someone in this condition, call 911 immediately and stay with them until paramedics arrive. The CDC advises rolling them on their side to prevent choking, and trying to keep them awake and breathing. Narcan (naloxone) can be given as a nasal spray or injection to quickly reverse the drug’s effects. It won’t hurt someone who doesn’t need it. The agency emphasizes that you should not wait for paramedics to administer Narcan.

For more information on fentanyl, see dea.gov/onepill, and to learn about obtaining and using Narcan, visit the CDC website at cdc.gov/drugoverdose/featured-topics/naloxone.html.



A fatal dose of fentanyl is minuscule.



Angelo Klotz, 15, died of a fentanyl overdose in 2022.



SCHEDULE YOUR END OF THE YEAR SKIN CHECK





OUR MEDICAL DERMATOLOGY SPECIALTIES TREATMENTS INCLUDE:

- Skin Cancer
-
- Acne
-
- Eczema
-
- Rosacea
-
- Psoriasis
-
- Rashes
-
- Moles/Lesions
-
- Mohs Surgery
-
- And more...

HAVE YOU HAD YOUR ANNUAL SKIN CANCER SCREENING?

Our mission is to provide a full-spectrum of dermatology care by combining leading clinicians and resources for every patient we have the honor of seeing.

URGENT APPOINTMENTS AVAILABLE



NEW PATIENT SPECIAL
20% Off
Botox®, EltaMD Skincare, or Obagi Skincare

Expires 12/31/23. Cannot be combined with another promotion or offer.

Promo Code: PineCone





David M. Pilkington, MD
Board-Certified Dermatologist



Jeremy Hill, PA-C
Certified Physician Assistant

We accept many types of insurance.

831.308.4570

100 Clocktower Place, Ste. 250, Carmel, CA 93923
Open: Monday - Friday: 9 am - 5 pm | GoldenStateDermatology.com



Join the Most Exclusive Waitlist in Carmel



**Call 831-293-5320 today
to schedule your private
complimentary consultation.**



Memory Care Garden

Located in Carmel, California, The Cottages of Carmel is an extraordinary Assisted Living and Memory Care community where elegance and ambiance meets small-town, seaside living. At our community, you choose how you want to thrive. Whether it's a day at our salon, learning a new skill at a Watermark University class, or meeting a friend for coffee, the choice is yours. Create a lifestyle you love in a friendly, warm, and welcoming community with associates to support you at every step of the way.

 **THE COTTAGES
OF CARMEL**
A WATERMARK RETIREMENT COMMUNITYSM

26245 Carmel Rancho Boulevard • Carmel, CA 93923
thecottagesofcarmel.com

ASSISTED LIVING • TWO LEVELS OF MEMORY CARE



23-CCC-6970A RCFE LICENSE #275202707

THE KITCHEN

Mjadara — Middle Eastern lentils and rice

By SALLY BAHO

MJARADA (PRONOUNCED MU-jad-ara) is a simple lentil dish ... think the Middle Eastern version of rice and beans. The first known recording of the recipe is from the Kitab-al-Tabikh, literally “the Book of Cooking,” compiled in 1226 in Iraq. Variations of this dish can be found as kushari in Egypt, kitchidi in India, and addas polo in Iran. In this recipe, Sally Baho, local food writer and science nerd, shares her personal and family favorite.

Mjadara is vegan and a complete protein, making it an excellent replacement for meat dishes. Complete proteins provide the body with the nine essential amino acids that it does not produce but needs for proper function. Amino acids are the building blocks for protein, required to build and repair muscles and tissues and transport nutrients. Further, lentils are high in B vitamins, fiber, iron and potassium.

According to the American Heart Association, increased fiber can reduce low density lipids, the “bad” cholesterol.

Adequate fiber intake also plays an important role in satiety, or feeling full, because it acts a “bulking agent” in the digestive system, also important for weight loss and maintenance and stable blood sugar levels.

It can be prepared in a variety of ways, like using alternative grains as listed below. Further, the onions can be fried and served on top, rather than cooked in the dish, but the method below is the simplest and most nutritious, and can be ready to feed you and your family in about 30 minutes.

Don’t skip parboiling the lentils. This initial quick boil reduces the levels of raffinose, the substance found in legumes,



cabbage and Brussels sprouts that is responsible for flatulence.

INGREDIENTS

(Serves 3-4)

- 1 cup brown lentils**
- 1/2 cup long grain white rice or bulgar***
- 1 white onion, diced**
- 2 cups filtered water, plus tap water for parboiling**

- A generous pinch of coarse salt, plus extra for serving**
- 1/4 cup extra virgin olive oil, for serving**
- Ground cumin to taste, for serving**

Place lentils in a large pot, cover with tap water, and bring to a boil over high heat. Once the water starts to boil, drain the lentils. Add the rice (or bulgar) and onion to the pot and add the filtered water. Make sure the lentils, rice, and onions are completely covered by the water. Place over medium-high heat and give it a good stir. Once it has come to a boil, reduce the heat to low and let simmer for about 15 minutes, or until all the water has been absorbed.

Place in a serving dish and drizzle with olive oil and ground cumin. The dish is traditionally served with Middle Eastern-style pickled vegetables: cucumber, turnip, beet, cabbage, cauliflower, etc. These pickles can be found at the International Market in Monterey.

*Bulgar is cracked wheat that is parboiled and dried before packaging. It is a whole grain but since the wheat berries are cracked and precooked, they take much less time to cook than whole wheat berries. You can find bulgar (Bob’s Red Mill is a common brand) at most grocery stores or at the International Market at 580 Light-house Ave. in Monterey.



A local wellness program supporting individuals with Parkinson’s disease.

Classes utilize movement-based practices to help manage Parkinson's symptoms. The POP Studio is a positive environment that supports a sense of community.

For an introductory visit or more information:
poweroverparkinsonsmonterey@gmail.com

831.920.1806



2555 Garden Road, Suite B, Monterey
www.poweroverparkinsons.org

Power Over Parkinson's is a 501(c)3 California nonprofit public charity, Tax ID 83-4429882



Chef Bio

SALLY BAHO is a Syrian-Californian recipe developer, and a food writer and enthusiast. She has a B.S. in biochemistry and cell biology from the University of California San Diego and an M.A. in food studies from the University of the Pacific. She earns her bread and butter as a researcher at the Naval Postgraduate School in Monterey, but her passion lies in the creation, study — and consumption — of food. She recently developed the recipes for and put together the “Cafe Fina Cookbook: You Don’t Have to be a Chef to Cook Great Food” with Cafe Fina owner, Dominic Mercurio, for his restaurant on Fisherman’s Wharf in Monterey. You can purchase it there and on Amazon. Baho has contributed to publications such as “We Eat What? A Cultural Encyclopedia of Unusual Foods in the United States” and “Ethnic American Food Today: A Cultural Encyclopedia,” among others. Learn more at sallybaho.com.



A TRUE CALIFORNIA OLIVE OIL EXPERIENCE



Great Gift for the Holidays

- Complimentary olive oil and vinegar tastings
- Large selection of specialty food products
- Kitchen accoutrements
- Skin care products
- Olive wood products
- Seasonal food & decor
- Cooking classes & demos



(831) 659-4288 | QUAILANDOLIVE.COM | 14 DEL FINO PLACE, CARMEL VALLEY



Protect your health and finances.

Review your Medicare options today.
Let us help.



FIND OUT ABOUT OUR NEW



PLAN that includes:

\$0 monthly premium

\$0 fitness benefit

\$0 prescription drug deductible

Created just for you. Our plans were created by local doctors specifically for residents of Monterey County.

Attend a **FREE Medicare seminar** or visit www.aspirehealthplan.org/seminar to see a full list of Medicare seminars near you.

TUES, NOV 14, 3 p.m.

Montage Wellness Center
1910 N Davis Rd., Salinas

WED, NOV 15, 10 a.m.

SVMC Diabetes Endocrine Center
355 Abbott St., Suite 200, Salinas

THUR, NOV 16, 10 a.m.

Montage Medical Group — Hazen
Room, 2 Upper Ragsdale Dr.
Bldg. A, Monterey

THUR, NOV 16, 10 a.m.

Montage Wellness Center
1910 N Davis Rd., Salinas

MON, NOV 20, 10 a.m.

Montage Wellness Center
2920 2nd Ave., Marina

TUES, NOV 21, 10 a.m.

Montage Wellness Center
1910 N Davis Rd., Salinas

TUES, NOV 21, 10 a.m.

Virtual seminar
Register online.

WED, NOV 22, 10 a.m.

Virtual seminar
Register online.

MON, NOV 27, 10 a.m.

Virtual seminar
Register online.

TUES, NOV 28, 10 a.m.

Virtual seminar
Register online.

TUES, NOV 28, 2 p.m.

Embassy Suites
1441 Canyon Del Rey Blvd., Seaside

WED, NOV 29, 3 p.m.

Montage Wellness Center
1910 N Davis Rd., Salinas

THUR, NOV 30, 10 a.m.

Montage Wellness Center
1910 N Davis Rd., Salinas

THUR, NOV 30, 3 p.m.

Montage Wellness Center
2920 2nd Ave., Marina

Call (855) 902-0419 (TTY: 711)

8 a.m.-8 p.m. | **Hablamos español. Llámenos.**



PRESENTED BY



Aspire Health Plan is a Medicare Advantage HMO plan sponsor with a Medicare contract. Enrollment in Aspire Health Plan depends on contract renewal. Aspire Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For accommodations of persons with special needs at meetings call (855) 570-1600 (TTY users call 711). Other providers are available in our network. H8764_MKT_AEP_Ad_0923_M

Peninsula Eye Care



Complete Vision Care for All Ages

Peninsula Eye Care employs the most current technology for a comprehensive eye examination, and we carry a wide selection of fashionable frame styles. If you are looking for quality eye care with a personal touch, we would be delighted to have you as a patient.

We look forward to fulfilling all of your family's eyecare needs!

As dedicated eye care professionals, we recognize the trust our patients place in us and it is our mission to meet and exceed those expectations. We invite you to come to our practice and receive the quality attention that you deserve.

Accepting New Patients

Christian Flickner, O.D. | Jennell Bockenstedt, O.D.

James Flickner, O.D. | Shadi Salsabilian, O.D | Emmeline Jang, O.D

3 CONVENIENT LOCATIONS

Monterey Optometric Center

700 Cass Street, Suite 101
Monterey, California 93940
831.641.7252 tel

Salinas Optometric Center

48 West Romie Lane
Salinas, California 93901
831.424.0834 tel

Marina Optometric Center

271 Reservation Road, Suite 202
Marina, California 93933
831.384.6800 tel

FOLLOW US ON INSTAGRAM!

HEALTHY LIFESTYLES

MONTAGE from page 33A

ting. It's designed to take away any stigma, to signal that we are all in this together, to be supportive and nurturing. Patients and their families are going to feel proud to be here."

Situated on an oak-filled hillside on Lower Ragsdale Drive in Ryan Ranch, Ohana contains more than 55,000 square feet devoted entirely to supporting youth mental health care from crisis to recovery. The facility is as non-institutional as possible. Massive windows convey healing light and frame equally massive coast live oaks, with vistas of the coastal hills beyond.

The complex is built in the shape of a cocoon — one giant, embracing oval. The center outdoor space — which echoes the oval design — is still under construction, but will contain gardens, an amphitheater, spacious decks, and pathways along the hillside. The interior houses thoughtfully designed meeting spaces, dorm-style bed-

rooms and several living rooms for patients, families and staff.

Art makes sense

And then there is the art. On every wall, at every turn, there is something bright and interesting for contemplation. A new venture for Montage Health's Art and Wellness program, the works are tailored for youth. The more than 200 artworks, including commissioned poetry, have an emphasis on California artists.

There are hearts and dancing figures by famed graphic artist Keith Haring. A whimsical series of watercolors featuring the tortoise, hare, owl, fox and bear, were done by Michael McConnell, a San Francisco artist whose website says "Making art is how Michael makes sense of the world and his forgotten childhood."

A massive 3D landscape of paper, bamboo and wood by Jacob Hashimoto —

OHANA cont. on page 42A



The art at Montage's new Ohana facility is colorful and youth-oriented.

Hormones? Hair Loss?



Keep It Local

CAPRX

Central Avenue Pharmacy

Solutions Compounded PCAB Accredited Pharmacy

CAPRX - YOUR MONTEREY PENINSULA COMPOUNDING PHARMACY

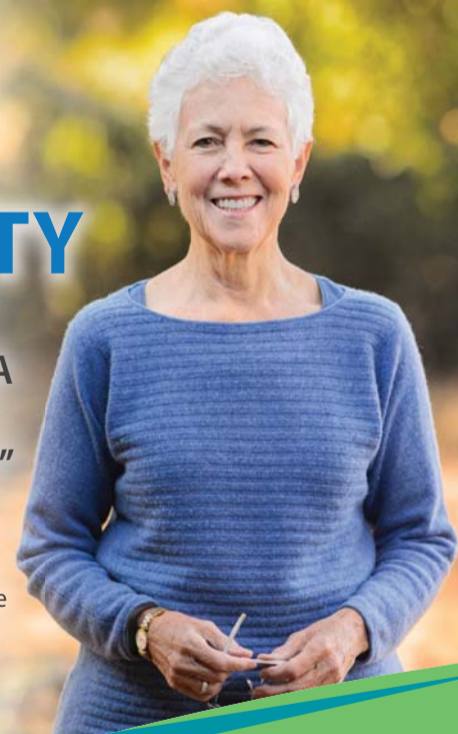
Central Avenue Pharmacy | www.caprx.com | info@caprx.com | 831-373-1225

IRA QCD + CFMC = FLEXIBILITY

"Giving through my IRA
allowed me to support
the causes I care about"

— Leslie Mulford

Leslie used her IRA Qualified
Charitable Distribution (QCD) to create
a field of interest fund at the CFMC.
Read her story: cfmco.org/Mulford



**You can use an IRA
charitable distribution to benefit the
nonprofits or causes of your choice.**

The CFMC can help you use your IRA QCD to:

- Grant to several nonprofits with one gift
- Donate through Monterey County Gives! 11/9-12/31
- Give to or create a charitable fund
(not including donor advised funds)

MONTEREY COUNTY GIVES!
Joining Together for Big Ideas

Here for Good
**Community
Foundation**
for Monterey County

Learn More: 831.375.9712 | cfmco.org/IRA

HEALTHY LIFESTYLES

SLEEP from page 34A

Jackson is familiar with people who balk at the notion of using a CPAP machine.

“They say, ‘I don’t want that thing on my face,’” she said. Her recommendation is to try it anyway. When patients get quality sleep using the machine, they begin to see its value. And she noted that small, portable models are made for use when traveling.

Complaints about snoring from a bed partner are a clue you may have apnea, Cazares said.

Likewise, anyone who has had a significant weight gain or serious health setback could benefit from a sleep study.

“It’s good to get tested every four to five years,” he said.

Montagehealth.org lists information and resources for the sleep-deprived, he noted, as well as downloadable questionnaires from the Sleep Disorders Center.



Jesus Cazares

Our youth’s mental health is in crisis



Nationwide, rates of anxiety and depression among young people have skyrocketed.

But, what goes up can also come down.

Mental fitness — like physical fitness — can be developed in our youth.

Through this work, we can best prepare our kids to face challenges and manage setbacks.

Youth that are connected to a network of caring adults that understand mental fitness can thrive.

Working together, we can address this crisis.

Where hope grows



Ohana
Montage Health

montagehealth.org/ohana



I AM ELEMENTALS

Create Lasting Change



Amanda Mai
Board Certified
Holistic Health
Practitioner and
Hypnotherapist

Get Unstuck and feel better!
www.iamelementals.com

Experience the Elegance of Aura



Introducing The Park Lane

The Park Lane offers exceptional Independent Living, Assisted Living and Memory Care options with beautiful views of Monterey Bay. Sitting on 13 acres of landscaped lawns, recreational areas and gardens, this community has the space, amenities, and the support needed to live your best life at every stage in Monterey, California.

(877) 275-3258

Amenities:

- A variety of life enrichment programs and outings
- Scheduled transportation & 24-hour, on-site staff
- Talented culinary team serving three meals each day
- Vista Lounge and private dining room
- Fitness center and group classes
- Indoor spa and full-service beauty salon/barber shop
- Croquet lawn and market sundries shop
- Art room, library and billiards room

Learn More



THE
PARK LANE
AN AURA COLLECTION

HEALTHY LIFESTYLES

OHANA from page 40A

whose works are in the collections of corporations like Microsoft and Capital One, as well as numerous galleries worldwide — greets everyone at the entrance.

Outside the largest space, a conference center for free public programming, there is a floor-to-ceiling mural of what could be undulating blue waves, or maybe flower petals or puffy clouds, by Oakland street artist Jet Martinez, whose efforts embrace his Hispanic heritage.

Opening in spring will be 16 overnight residential care rooms where patients will have access to kitchens for snacks, and cozy circular living rooms to watch a movie. Curved walls everywhere provide vistas while simultaneously offering privacy. There is also classroom space, as young people in residential and full-day treatment will go to school for part of each day.

For all patients, there are specially designed spaces for art and music classes and for free expression and creativity to inspire and uplift moods. The extensive Ohana staff includes art and music therapists. Outdoor gardens will be tended by patients, featuring vegetables and plants such as rosemary and lavender. A gym will host everything from basketball to dance, and yoga to mindfulness classes, to encourage movement.

“There is neuroscience behind the entire design, with everything thought through to create an environment that is safe and welcoming, and gives patients the agency of choice and control,” Moon said. All patients, she added, will have some ownership over their days.

Teens in the residential care wings will be able to decorate their own spaces, selecting from a collection of 34 photographs by 17 student artists to hang on their walls during their stay.

Desperate need

Ohana was born from a desperate need for mental health services to support young people, who are experiencing crises in record numbers, according to Montage Health spokesperson Monica Sciuto. Monterey County facilities are scant. Within Montage Medical Group, youth mental health therapy has been housed in the major Ryan Ranch medical complex on Upper Ragsdale Road, intermingled with a host of other medical specialties. Youth needing more immediate intervention are cared for and housed at Community Hospital of the Monterey Peninsula.

Once the new Ohana space is fully open, Montage Health expects total youth mental health patient visits to

double from 20,000 per year to 40,000 or more, with a goal of 1,500 outpatient visits per week. Patients come from throughout the county.

The Ohana campus was made possible by a 2018, \$105.8 million gift from Roberta “Bertie” Bialek Elliot, a Monterey County resident and longtime CHOMP board member. Wanting to do something transformational for the community, she made the historic gift to create Ohana in 2018. Then the planning began.

Caring for caregivers

It is rare for any community to have a facility dedicated entirely to youth mental health, and it’s even rarer for families to receive consideration while it’s being designed.

Ohana will have space for families to hang out while a child meets with clinical staff. There will be wifi and comfortable chairs, a snack kitchen and multiple types of resources, from educational videos to aromatherapy. Families and patients will be able to dine in the soaring wood-and-glass walled cafeteria, together with the Ohana staff.

Staff self-care is also provided for in the design, with outdoor decks and quiet retreats. Turnover in behavior health fields can be as high as 40 percent, as a result of what Montage officials described as “arousal fatigue” from the intensity of the work.

Ohana also has a volunteer youth council comprising local high school students who helped paint some of the colorful murals. They also advise on topics and programs that might interest young people. Ohana is already closely connected to local schools, with social workers who give school workshops on topics such as mental resiliency.

Any county resident through age 25 will be eligible to receive support and care at Ohana with a referral from a local hospital, physician or school counselor. The residential care area will serve youth to age 18, after they’ve received initial crisis stabilization support at a local hospital.

The public will be able to attend an array of family-focused educational programs that will be held in the large meeting area. Following the same curved-wall principle, it’s not exactly an auditorium, and not exactly a lecture hall, but an inviting community space.

Numerous free classes and workshops are offered by Montage Health educators, and more will be scheduled once Ohana opens. Topics include “Healthy Habits for Mental Fitness,” “Raising Resilient Children,” “Navigating Fatherhood with a Baby,” and “Understanding and Supporting Youth in Crisis.” For a schedule, see montage-health.org/classes-events



(Top) The building’s curves are designed to be soothing, and there is space inside for meetings and community presentations.

“We are about helping the entire family at every stage, from providing training and support to parents, to helping siblings, and providing the community with preventive education,” said Moon, standing in the new grand entry lobby still scented with fresh paint. “Every child deserves this, to be held, supported, treated with great kindness and valued, and in a beautiful space that allows for the best possible care. We can’t wait for the first patients to walk through this door.”

Quite possibly
the best place to
find besties.



Find Your Pals at Merrill Gardens Senior Living

A movie-watching bestie next door. A book-club bestie down the hall. And an exercise bestie upstairs. Please call or visit our website for more information. Just imagine the possibilities.



(831) 220-7514

merrillgardensmonterey.com

200 Iris Canyon Rd, Monterey, CA 93940

Call to Schedule
Your Tour!



Lic #275202591



DORITY ROOFING
SOLAR

Roofing & Solar Perfected

Lic. #728609

(831) 375-8158

www.dorityroofing.com

HEALTHY LIFESTYLES

FENTANYL from page 36A

and think things through,” Callaú said. Their kids’ photos and biographies, along with resources for others who have lost family members to overdoses, are at window-of-awareness.com.

She wrote that Klotz was “a typical teenager” who had an eye for design. He had many friends and “a report card full of A’s and B’s” at a local charter school. The entry for Jacob Vasquez, 24, who died Thanksgiving weekend in 2020, describes how he went to the beach and Christmas shopping before taking a pill that looked like the anti-anxiety medication Xanax, but turned out to be laced with fentanyl. Noah Gruberman, who at age 35 is the oldest person memorialized on the page, had 13-year-old twins when he died.

No matter how many stories you read — and there are plenty scattered around newspapers and programs across the country — you won’t be able to find a common denominator, a thing that would say, “those people, but not my family,” because there isn’t one.

No one is excluded

There are no inpatient treatment facilities in Monterey County for young people who have substance abuse problems. In 2021, Montage Health, parent company of Community Hospital, received a \$625,000 taxpayer grant (spread over five years) through the Centers for Disease Control “to build a coalition of community partners and address alcohol and drug use among youth in the Monterey Peninsula Unified School District.”

Ohana, Montage’s youth mental health program, has used some of the money to create student organizations they hope will help prevent more fentanyl deaths, and it’s funded efforts to provide more information to parents and make Narcan, which almost anyone can administer, more easily available.

The beach, Christmas shopping, and a single pill

According to the Monterey County Behavioral Health Department’s website, the independent nonprofits Sun Street Centers and Valley Health Associates offer outpatient adolescent treatment programs for drug addiction. But treatment seems to be only one part of the answer.

No statistics correlating addiction and fentanyl deaths were readily available, but the number of accounts of Americans who died because they took what they thought was a Xanax or Percocet (a commonly prescribed painkiller) — purchased from an illicit source, usually online — suggests that many of those who overdosed would not have thought of themselves as needing treatment in the first place.

Callaú said that anyone who is concerned about fentanyl use can join Windows of Awareness — it isn’t only for mothers; it’s just worked out that way so far.

“We’re not excluding anyone,” she said, and there’s a form on the website for people who want to contact them.

Ultimately, the group’s members would like to build a physical memorial to their children. Callaú said she hoped it would be near a resource center where people could find information about addiction and the kind of help that’s available. Although she didn’t say so, the moms clearly don’t want to add any more photos to the website.



M8 WELLNESS

M8 Method is designed to strengthen, stretch and revitalize the connective tissue and correct imbalances in alignment and posture. Our focus on breath, mindfulness, and connections within the fascial system, M8 Method classes leave you feeling elongated, light in the body, and focused mentally. Each class is full body movement utilizing the Pilates apparatus and props so you are supported by the equipment and resources of your teacher.

WWW.M8WELLNESS.COM

Pilates + Yoga + Fascial Fitness + Neuro Balancing

Check out our website for Holiday Specials on Classes and Privates!



831-884-3108

1199 Forest Ave #3 Pacific Grove CA

CARMEL RIVER DENTISTRY

Modern Dental Care *with* Hometown Hospitality

Experience the Difference

- Preventative Dentistry
- Restorative Dentistry
- Dentures & Implant Restorations
- Cosmetic Services
- Orthodontic Services
- Sleep Medicine Dentistry
- In-House Membership Plan



P: 831.624.3549 | E: info@carmelriverdentistry.com
26365 Carmel Rancho Blvd. Ste. E, Carmel, CA 93923

www.carmelriverdentistry.com

