



About Us

IMCES was founded in 1989 by Dr. Tara Pir. As a licensed clinical psychologist and diplomat in behavioral medicine and professional psychotherapy, Dr. Pir has nearly three decades of experience in clinical practice, clinical training and supervision, mentorship, graduate level teaching, research, consultation, international speaking, human rights advocacy, and community service.

IMCES is a nonprofit community clinic that provides clinical services as well as clinical training and education. IMCES provides integrative mental health, primary care, substance abuse, and social services to people of all ages, ethnicities, and cultures. Dr. Pir has led the institute to become one of the few unique outpatient community clinics designed specifically to treat the varied needs of the underserved, culturally and linguistically diverse communities of Los Angeles.

Our Mission

Promoting Human Rights & Social Justice.

Our mission is interwoven in the function of our organization; as a **community clinic**, we provide direct integrated services to the underserved culturally diverse community. As an **education institute**, we provide advanced graduate-level clinical training for mental health professionals.

For more information, visit our website www.imces.org



For Questions & Referrals

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Serving Communities in SPA 3 & SPA 4

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In partnership with LA County Department of Mental Health to reduce the stigma and occurrence of severe mental illness.



Institute for Multicultural Counseling & Education Services

A private non-profit organization, associated with DPI/NGO with ECOSOC status of the United Nations for human rights

Prevention & Early Intervention (PEI) Program

Early Detection & Prevention of Psychosis

A Community Service Program

“EPI-CAL”



Who Can Participate

Adolescents or young adults, ages 12-40, experiencing some of the following difficulties that have begun or worsened in the past year:

- Feeling “something’s not quite right”
- Having trouble thinking clearly, focusing, or concentrating
- Significant drop in school or work performance
- Unusual thoughts and confusion
- Fearful for no good reason
- Difficulty communicating and understanding
- Suspicious, fearful, or uneasiness with others
- Mood instability
- Declining interest in people, activities, and self-care
- Hearing sounds/ voices that are not there
- Severe anxiety
- Disrupted sleep patterns

Services Provided

Through a combination of family psychoeducation, supported education and employment, and pharmacologic treatment, the EPI-Cal Model has a powerful effect in reducing the symptoms that place a young person at risk for the onset and severe disabilities of mental illness.

Treatment services include:

- Individual Therapy
- Parent/ Family Peer Support
- Multifamily Group
- Medication Management & Support
- Employment & Education Support
- Case Management
- Linkages to Support Groups

Hope for adolescents, young people, & families impacted by mental illness.

Services available in English & Spanish

Our Values

Early Detection

EPI-Cal Model, designed for adolescents and young adults between the ages of 12 and 40, redefines mental health treatment through a unique focus on **identifying severe mental illness in its early stages** – a time when it has been shown to be highly treatable.

Three Part Approach

By leveraging three key integrated components: Community Outreach, Assessment, and Treatment, **we substantially help reduce symptoms, improve function, and decrease relapse.**

Key Component

EPI-Cal Model’s use of **evidence-based treatments**, the critical feature of this approach is **community outreach** by a clinical team to school professionals, general practitioners, pediatricians, and other key groups to educate and inform about the early signs of mental illness.