Empowering
Prevention
Healthy Communities
MHSA - PEI
Early Intervention
Mission Statement

In collaboration with community stakeholders, our mission is to enhance our community’s capacity to provide Prevention and Early Intervention activities. These activities will be driven by the individually identified needs of each Community Entity and they will respect the cultural diversity of our people, as well as the needs of each distinct geographical region. Our goal is a healthy community where people are empowered to reach their full potential.
Vision Statement

The people of Sutter and Yuba Counties are empowered with the tools and support they need to promote strong mental health and resiliency within all of their communities, families and neighborhoods. Communities identified by faith, ethnicity, and culture are valued as natural resources which build and sustain the health and wellbeing of their members, and of the population as a whole.
MENTAL HEALTH SERVICES ACT SPECTRUM OF SERVICES

- Prevention & Early Intervention
- Selective Prevention
- Early Intervention
- Extended Treatment for Mental Disorders
- Recovery & Resilience Supports

Universal Prevention
Classification of Prevention Strategies

A *universal preventive intervention* is applicable or useful for everyone in the general population.

A *selective preventive intervention* is targeted at individuals or subgroups whose risk of developing mental health problems is significantly higher than average.
**Prevention and Early Intervention**

Approaches are transformational in the way they restructure the mental health system to a “help first” approach.

**Prevention** in mental health involves reducing risk factors or stressors, building protective factors and skills, and increasing support. Prevention promotes positive cognitive, social and emotional development and encourages a state of well-being.

**Early Intervention** is directed toward individuals and families for whom a short, relatively low intensity intervention is appropriate to measurably improve mental health problems and avoid the need for more extensive mental health treatment.
Risk Factors:
- Genetics
- Prenatal Care
- Poor Social Skills
- Family Violence
- Parent Substance Abuse
- War or Natural Disaster
- School Failure
- Death of Loved One
- Unemployment
Protective Factors:

- Easy Temperament
- Sense of Belonging
- Social Skills
- Family Harmony
- Good Physical Health
- Positive Self Image
- School Achievement
- Access to Support
- Economic Security
Prevention:

Prevention in a mental health context involves reducing risk factors and increasing protective factors to help prevent the initial onset of mental illness.

Prevention promotes positive cognitive, social, and emotional development, and encourages a state of well-being.

Three types of prevention:
1. Universal
2. Selective
3. Indicated
Early Intervention:

• Addresses a condition early in its manifestation
• Is of relatively low intensity
• Is of relatively short duration (usually less than one year)
• Has the goal of supporting well-being in major life domains and avoiding the need for more extensive mental health services
• May include individual screening for confirmation of potential mental health needs
• Examples:
  Mental Health consultation/with interventions in child care environments
  Parent-child interaction training for children with behavioral problems
  Interventions for individuals who experience trauma
  Socialization programs with mental health emphasis for home-bound older adults with signs of depression
Resilience

The ability to recover quickly from illness, change, or misfortune; buoyancy.

From family deficit to family strength: viewing families' contributions to children's learning from a family resilience perspective.
Intent of Outreach & Engagement Strategies

To engage persons prior to the development of serious mental illness or serious emotional disturbances or, in the case of early intervention, alleviate the need for additional mental health treatment.
Review: PEI Guidelines
Target Populations

All age groups
- 51%, 0-25yrs (Exemption for Small Counties)

- Underserved cultures
- Indiv.w/early onset of mental illness
- Trauma exposed
- Children/youth :
  - In stressed families
  - At risk of school failure
  - At risk of juv. justice
Community Needs Addressed

Disparity in access to mental health services
Psycho-social impact of trauma
At-risk children, youth, young adults
Stigma discrimination
Suicide risk
Types of Services

Evidence-based practices (EBP), promising practices (PP), focusing on:

- Mental Health Promotion
- Mental Health Education
- Screening
- Short-term Early Intervention Treatment
Review: Prevention & Intervention Guidelines

**Partners:**
- Underserved Communities
- Education
- Consumers & Families
- Providers of Mental Health Services
- Health
- Social Services
- Law Enforcement
- Faith Based
- Community Family Resource Centers
- Employment
- Media

**Long-Term Outcomes**

*Reduce:*
- School failure
- Homelessness
- Long-term suffering
- Unemployment
- Incarceration
- Removal from home (children)
- Suicide
PEI Priority Populations & SYMHS Workgroups

1. Underserved Cultural Populations
2. Individuals Experiencing Onset of Serious Psychiatric Illness
3. Children/Youth in Stressed Families
4. Trauma-Exposed Individuals of All Ages
5. Children/Youth at Risk for School Failure
6. Children/Youth at Risk of or Experiencing Juvenile Justice Involvement
Sutter-Yuba PEI Survey Results

Question 3: ...Most Important Community Issues

- Suicide
- Arrest & detention in jail
- School failure or dropout
- Unemployment
- Homelessness
- Prolonged suffering/trauma
- Community/domestic violence
- Removal of children from their homes/families
- Number of undetected MH problems
- Stigma/discrimination
- Problems facing military veterans/families
- Other
Yuba ranks as eighth-most stressed county in U.S.

October 07, 2009 01:01:00 AM  By Ben van der Meer/Appeal-Democrat

The latest ranking of the most stressed counties in the United States puts Yuba County in the top 10, though one local observer said the picture is a bit more mixed. According to an Associated Press ranking that considers bankruptcies, unemployment rates and housing foreclosures, Yuba County is the eighth-most stressed county in the country, with a score of 23 out of 100 for August. AP's ranking considers any score above 11 to describe a stressed county. However, Laura Nicholson, executive director and CEO of the Yuba-Sutter Chamber of Commerce, said she hears a more varied report from her group's members. "Certainly, there are businesses that are stressed," she said. "But there are others that are doing fine compared to a year ago, and a few even ahead."

She said it was important to note that the top two counties in the ranking, Imperial County in California and Yuma County in Arizona, both have large agricultural bases, as does Yuba County. During August, Yuba County had 43 bankruptcies, more than twice as many as two years earlier. The unemployment rate for the Yuba-Sutter metropolitan area of 17.5 in August is among the highest in the state. Nationally, some experts said they are seeing signs of economic recovery in areas hard hit by the downturn. California, with a ranking of 16.31, is still among the most stressed states nationally, ranking behind only Nevada and Michigan. Those same experts have noted, however, with unemployment still on the rise and many former workers now out of a job for more than a year, any economic recovery is far from robust. "It's pretty clear that even though the recession likely has ended, not too many people are likely going to be humming that Bobby McFerrin tune 'Don't Worry, Be Happy,'" said Sean Snaith, an economist at the University of Central Florida in Orlando, Fla. In Yuba County, Nicholson said some worries about the economy have become self-fulfilling, as business owners read about economic woes and act cautiously as a result. "I say to myself, 'I have to stop reading all these stores, about Detroit and the automakers, about California and the housing,'" she said. "It's important to remember that we need to take it one day at a time."

Nicholson said she'd sensed a change from six months ago, when the recession seemed to have caused more frantic thinking. "I don't have a crystal ball, I don't know what the future holds," she said. "But I want to believe there's enough anecdotal evidence out there to suggest we're coming through it, we're moving forward."

The list of the 20 most stressed counties did not include any other Mid-Valley counties, though other parts of California continued to be well-represented. Merced County, with a score of 24.2, was third on the list, and San Joaquin County was ninth, with a score of 22.92. Riverside County and Stanislaus County were 10th and 11th, and San Bernardino County was 20th.
Types of Services

Evidence-based practices (EBP), promising practices (PP), focusing on:
- Promoting Mental Wellness
- Mental Health Education
- Screening
- Short-term Early Intervention Treatment
Train the Trainer

Provide training on the various evidence based practices to community members working with the East Indian Community to encourage use of these programs as needed to increase the amount of East Indians being served.
The PLUS Program is a student leadership approach that enables schools, communities and after school programs with the tools to address the critical issues that impact positive youth development and school culture.

PLUS is a proactive youth development program which empowers youth to lead, educate, influence and support their fellow peers. The PLUS Program is one of the few approaches in education which utilizes the natural channels of peer influence to address critical issues that impact the positive youth development of our children. The PLUS vision is invested in the power of the peer group model and the sense of belonging that develops when individuals feel an identity to a group.

All activities of the PLUS Program are a result of the extensive research findings validated in the success of peer leadership programs and positive youth development approaches.
The Yellow Ribbon Suicide Prevention Program is sponsored in Sutter and Yuba Counties by The Prevention and Early Intervention Program at Sutter Yuba Mental Health and the local chapter of Mental Health America. It is also supported by Yuba County Probation Victim and Program Services.
The Applied Suicide Intervention Skills Training (ASIST) workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over 950,000 caregivers have received this training. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills needed for suicide first aid. ASIST is a two-day (15 hours) intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide.
Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources. This is a four-hour training that can help you make a difference. Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk. safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.
Mental Health First Aid is an interactive 12-hour course that presents an overview of mental illness and substance use disorders in the United States. Participants will learn about risk factors and warning signs of mental health problems, as well as understand their impact and overview common treatments. Participants who certify as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.
The Developmental Assets are 40 common sense, positive experiences and qualities that help influence choices young people make and help them become caring, responsible adults.
Big Brothers-Big Sisters of America (BBBSA) is a mentoring program that matches an adult volunteer, known as a Big Brother or Big Sister, to a child, known as a Little Brother or Little Sister, with the expectation that a caring and supportive relationship will develop. The most important component of the intervention is the match between volunteer and child.
Building Resilience

Building resilience in children of mothers who have co-occurring disorders and histories of violence: intervention model and implementation issues.
The Confident Parenting Program is designed for use with all parents and it teaches a positive parenting philosophy (the Social Learning Approach) and a series of very practical parenting skills to enhance the quality of family life and decrease problems.

The Effective Black Parenting and Los Niños Bien Educados Programs are culturally adapted versions of the Confident Parenting Program which took a decade to develop and test. These are the first culturally-adapted parenting skill-building programs in the nation.

They teach a similar positive philosophy and all of the skills that are taught in Confident Parenting. In addition, they teach the skills in a culturally-sensitive manner and they frame the skills within the values and the cultural goals of each group.
Nurtured Heart Parenting

The Nurtured Heart Approach has been practiced at Tucson's Center for the Difficult Child (CDC) between 1994 and 2001. It is a strategic family systems approach designed to turn the challenging child around to a new pattern of success. The approach has also been found to produce substantial success in helping the average child flourish at higher than expected levels of functioning.
Second Step

Second Step is a classroom-based social-skills program for children 4 to 14 years of age that teaches social emotional skills aimed at reducing impulsive and aggressive behavior while increasing social competence.

The program builds on cognitive behavioral intervention models integrated with social learning theory, empathy research, and social information Processing theories.

The program consists of in-school curricula, parent training, and skill development.
Seeking Safety

Seeking Safety is a present-focused treatment for clients with a history of trauma and substance abuse.

The treatment was designed for flexible use: group or individual format, male and female clients, and a variety of settings (e.g., outpatient, inpatient, residential).
Strengthening Families

The Strengthening Families Program (SFP) is a family skills training program designed to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems in children ages 3-16 years. SFP comprises three life-skills courses delivered in 14 weekly, 2-hour sessions.
Traditional healing/medicine is the sum total of knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures that are used to maintain health, as well as to prevent, diagnose, improve, or treat physical and mental illnesses. When traditional healing/medicine is adopted by other populations outside its indigenous culture, it is often termed complementary or alternative medicine. When traditional healing/medicine is adopted by other populations outside its indigenous culture, it is often termed complementary or alternative medicine.

The Traditional Healer’s Project for our Sutter Yuba communities we are conducting various trainings like the (Hmong Shaman) to agencies like Bi-County Ambulance Company, FreMont Rideout Hospital Group, Sutter North Home Health, Harmony Health Clinic, Peach Tree Health Clinic, Sutter Yuba Mental Health Services and so on. The traditional healers, provides information on the types of healing rituals that emergency responders or caregivers may expect to see.
The gatekeeper program is designed to identify high-risk elderly, particularly those who are isolated, living alone, and in need of some type of assistance to maintain their independence and well-being.

What gatekeepers do:
• Identify high-risk elderly
• Recognize signs that an older adult is in need of assistance
• Listen and observe
• Be kind and considerate using a calm voice
• Do not force assistance on the elderly
• Is a good Samaritan
• Maintains confidentiality
• Is discreet in their observation and evaluation
• Calls and reports to the proper authorities when they suspect an older adult is in danger or has been abused or neglected
Through The Lens of Trauma

**Purpose of the training**

- Gain a greater understanding of how chronic trauma affects the developing brain
- Gain a greater understanding of how trauma has affected multiple areas of functioning
- Examine strategies designed to help children regulate and begin to heal from trauma
Other Programs

Student Assistance Programs

LGBT Resources

Recreation

Substance Abuse Counseling & Groups
For updates to this Web site
Please e-mail John Floe At
jfloe@co.sutter.ca.us

www.Sutter.networkofcare.org

www.Yuba.networkofcare.org
Listing of Resources

- http://www.bbbs.org
- http://www.strengtheningfamiliesprogram.org/
- http://www.cfchildren.org
- www.difficultchild.com
- www.nurturinggreatness.net
- www.sutterkids.org
- http://www.stopmeth.info/
- www.teenadvice.about.com
- http://kidshealth.org/teen/your_mind/
- http://www.celebratecalm.com
- http://www.additudemag.com
- http://www.childrenssuccessfoundation.com