

## Sutter Yuba Mental Health Services

### Prevention & Early Intervention Program (PEI) Evaluation Report

#### **Program Description:**

Our plan consists of an interagency, multidisciplinary team that targeted populations at Schools, Family Resource Centers (FRC), Churches, nonprofits and other agencies in the Sutter and Yuba Communities. The Community Prevention Team (CPT) provides oversight and coordination for the various components to the PEI Plan. The Team partners with community entities to help serve these targeted populations. It is recognized that each community entity has different cultural needs. The team members go into the communities and identify possible prevention and early intervention opportunities and they provide various education, training, ethnic outreach, and other outreach activities. The team has utilized the Train the Trainer Approach in various PEI community activities to expand capacity within the region.

#### **Stakeholder Involvement:**

The Stakeholders actively were involved in the process from the beginning. The first action was a presentation to the Mental Health Advisory Board (MHAB) to provide education on the subject matter and engage them in participation in the PEI process. The education explained that PEI is one of the five components of the original Mental Health Services Act (MHSA) and the core function of PEI is to deliver services that are prevention oriented in nature and delivered early. The MHAB members agreed to co-chair the work groups that would be developed for the PEI process. In addition a approved comprehensive survey was introduced to the MHAB. This survey was distributed to many county agencies, government departments, children service providers, community meetings, and community associations and there were 551 responses generated which was impressive. The MHAB also agreed to serve as the program reviewer for initial and ongoing PEI activities.

#### **Method of Evaluation:**

The CPT used activity sheets to monitor education, training, ethnic outreach, and outreach. For example, these activity sheets were a tracking mechanism for the community services offered through Yellow Ribbon Suicide Prevention, 40 Developmental Assets, Building Resiliency, Traditional Healers, LGBT Resource Development, Stigma Reduction Activities, etc. They track the type of activity offered, materials provided, a brief narrative description of what occurred, and who attended. The Prevention Services Coordinator and the CPT maintain the sign in sheets of those that attended each activity and the form is electronically submitted to the Quality Improvement Staff Analyst, and when applicable a hardcopy is

submitted to Sutter-Yuba Mental Health Services (SYMHS). The Prevention Services Coordinator then enters the data into the PEI excel spreadsheet that tracks each of the activities that is kept on the public drive so staff can review. For the trainings, a feedback worksheet was completed by the participants and the Cal-MHSA feedback form for the Applied Suicide Prevention Training was utilized. Also Mental Health First Aid Training has a specific feedback form that is use for each of the Mental Health First Aid (MHFA) session and the form tracks adults, youth, military members, and family and there is an opportunity to provide feedback. All of this information from the program results is reviewed by the MHAB.

**Result Data and Actual Quantitative Outcomes were as follows:**

❖ Community Prevention Team Activities

➤ Suicide Prevention

- Yellow Ribbon Suicide Prevention Program – The goal for this program was to have trained all area high **schools** in this model that teaches “it’s always ok to ask for help” and teaches students to be gatekeepers for their peers, and teaches staff how to connect youth to more resources help. All area high schools were trained for a total number of students and staff being 8,300 and this was completed by December 2013.

Strengthening Families

- Provided training to over 20 community partners in previous years. Currently Working with Salvation Army Depot in Marysville and The Spot in Live Oak to find a model that will allow this program to be offered in these venues.

➤ Recreational Opportunities

- Launched the program to increase recreational opportunities to identified at-risk populations throughout the bi-county area. Thus far, PEI has approved projects totaling \$52,047.00 which will touch approximately 1745 youth. Projects range from individuals taking dance, basketball, archery, gymnastics, and etc. classes to provision of equipment that will be used by large numbers of youth in the target population. A sampling of agencies who have had applications approved include:

- ◆ Yuba County Health and Human Services – Marysville High School (MHS) Volleyball, Shady Creek Camp;
- ◆ Yuba and Sutter County Probation – Lyndhurst High School (LHS) Cheerleading, Boxing, Ballet activities
- ◆ Feather River Academy – Yearbook and Bike repair classes;
- ◆ Allyn Scott Youth and Community Center – Gymnastics, Painting, Fencing class

- ◆ Sutter County Child Protective Services – Shady Creek Camp, Karate class
- ◆ First Steps – Karate class
- ◆ Wheatland Union High School – Board Games;
- ◆ Bridge Street School – Basketball
- ◆ Bear River School Family Resource Center – Basketball activities.
- The distribution of funds is accompanied by information from recipient agencies about the purpose of the funds and an explanation as to how these funds to support these activities will reduce need for mental health services, and how they will support identifying the need for mental health care sooner to improve outcomes of treatment. The approval of funds is contingent upon the agreement on behalf of agencies to make referrals to mental health as soon as the need is seen or identified.

➤ **Community Education and Training:**

- Community training was provided to Latino parents in their native language, Spanish, on the following topics:
  - ◆ **Nurtured Heart Parenting (103)**
  - ◆ **40 Developmental Assets (72)**
  - ◆ **Family Stress Management (123)**
  - ◆ **Gang and Drug Awareness (72)**
  - ◆ **2<sup>nd</sup> Step Violence Prevention Program (36)**
  - ◆ **Resiliency in Children (45)**
  - ◆ **Family Communication (24)**
  - ◆ **Healthy Boundaries (29)**
  - ◆ **Building Self-Esteem in Children (12)**
  - ◆ **Los Niños Bien Educados – Parenting Series (19)**
- Nurtured Heart Parenting – **trained 67 parents/community members** in the Nurtured Heart Approach in English.
- Traditional Healer Program – **graduating 10 traditional healers** from an educational program that included training in Western medical processes through Rideout Regional Medical Center, Bi-County Ambulance, SYMHS Psychiatrists and Substance Use Disorders (SUD) Program Manager, and the Yuba County Sheriff's department participated in a class segment. The CPT team taught the SYMHS psychiatrists about how Shamans are trained as well.

- Older Adult Mental Health Awareness - Training for In-Home Support Services providers on what to look for in older adults that will indicate a need for mental health assistance and how to access help. A total of 168 people were trained from 2012 through 2013
- Bullying Prevention
  - PEI supported positive school climate training through Peer Leaders Uniting Students (PLUS) at Riverside Meadows Intermediate School, Butte Vista Elementary School, East Nicolaus High School and Browns Elementary School.
  - Coordinated with California Rural Legal Assistance in an **anti-bullying forum** regarding LGBTIQ youth in schools.
- ❖ First Onset Team
  - Funds are supporting services to individuals identified as having never previously received mental health treatment who enter SYMHS's system.
  - PEI has provided Aggression Replacement Training (ART) to six staff, of which staff was from SYHMS and Yuba & Sutter County Probation.
  -

Total Prevention & Early Intervention Community Outreach for Fiscal Year 2012-2013 is 5891 people reached.

Mental Health First Aid Training (MHFA) - trained 167 agency staff and community members to render assistance and obtain help for individuals showing signs of mental illness. MHFA provides information to help reduce stigma and discrimination. Some of the partner agencies who have received this training include:

- ◆ California Tribal TANF Program
- ◆ Salvation Army
- ◆ Sutter and Yuba County Probation
- ◆ Mental Health America
- ◆ Truth Tabernacle
- ◆ Regional Emergency Shelter Team
- ◆ Sutter County Superintendent of Schools
- ◆ UCD Medical Center/Napa Mental Health Board
- ◆ Yuba-Sutter Gleaners Food Bank
- ◆ E Center Head Start
- ◆ GraceSource Family Resource Center (FRC)
- ◆ Yuba City Unified School District
- ◆ Marysville Joint Unified School District
- ◆ Yuba County Office of Education

- ◆ Truth Tabernacle
- ◆ Hands of Hope
- ◆ Wheatland Bear River School FRC
- ◆ AmeriCorps
- ◆ Harmony Health Staff

MHFA has a national scoreboard where staff providing the training submit the feedback forms and are evaluated. The Prevention Services Coordinator has been ranked and the table below shows the scoring:

<b>My Feedback Rating Compared to National Averages</b>		
<b>Instructor Name: John Floe</b>	<b>My Scores</b>	<b>National Scores</b>
<b>Total Courses Run</b>	14	14393
<b>Total Participants in Courses</b>	167	149306
<b>Average Presentation Score</b>	4.77	4.67
<b>Average Content Score</b>	4.68	4.62

Applied Suicide Intervention Skills Training (ASIST) – 6 ASIST Workshops **trained 157 agency staff and community members** to be able to effectively intervene and obtain help for individuals who are suicidal. Some of the community partner agencies who have received this training include:

- ◆ Sutter and Yuba County Probation
- ◆ Camptonville Fire Department
- ◆ Yuba and Sutter County CPS
- ◆ Rideout Hospital
- ◆ Yuba County APS
- ◆ Yuba College
- ◆ Children’s Hope FFA
- ◆ Yuba County Jail
- ◆ Plumas Lake Elementary School District
- ◆ Wheatland Police Department
- ◆ Casa De Esperanza

- ◆ Sutter County Health Department
- ◆ Yuba County Victim and Program Services
- ◆ Sutter County CalWORKs
- ◆ Rideout Health Cancer Center
- ◆ California National Guard Family Programs
- ◆ Salvation Army Depot
- ◆ Yuba County Office of Education
- ◆ Family Soup Family Resource Center
- ◆ Sutter North Medical Foundation
- ◆ Yuba City Unified School District
- ◆ Mercy Housing
- ◆ Victor Community Support Services
- ◆ Wheatland Elementary School District
- ◆ Live Oak Unified School District
- ◆ Hands of Hope
- ◆ Wheatland Bear River School FRC

Applied Suicide Prevention Training the participants average rating of their satisfaction with ASIST was a 9.5 (out of 10)

Safe TALK – 7 Safe TALK Workshops **trained 78 partner agency and community members** in a model of talking with someone who is suicidal and connecting them with professionals for more thorough assistance. Some of the partner agencies who have received this training include:

- ◆ Yuba Gardens Middle School
- ◆ Plumas Lake Elementary School District
- ◆ GraceSource Family Resource Center
- ◆ Wheatland Police Department
- ◆ Yuba County Office of Education
- ◆ Bear River Family Resource Center
- ◆ Wheatland Union High School
- ◆ Beale AFB School Liaison Office
- ◆ Big Brothers Big Sisters Staff

Big Brothers, Big Sisters of Greater Sacramento contract provided part time staff to recruit mentors and youth to make successful matches using the Big Brothers model. Matches Made (still open) and Closed during this period: 16

The demographic breakdown for the Big Brothers/Big Sisters program is as follows:

Age:

12 Youth under 15 years of age

4 Youth -16 and older

Race:

4 Black

3 Hispanic

8 White

1 Native American

Gender:

9 Female

7 Male

Camptonville Community Partnership Report

**Sutter Yuba Mental Health, PEI Report: January 2013- December 2013**

**Prepared by Cathy LeBlanc**

**Camptonville Community Partnership Co- Executive Director/Health Advocacy and Outreach Manager**

**Developing Connections and Building Collaborations:** *Transportation is a key issue in the foothills. We worked to Strengthen Connections with School Principals and Interested Potential Partners.*

This Sutter Yuba Mental Health, Prevention Early Intervention (PEI) funding has enriched foothill youth, families and community partners. Camptonville Community Partnership (CCP) connected youth to adults through a variety of mentorship-enrichment opportunities (see chart below). We started the second year of our contract period on January 2013 developing connections and building collaborations with potential foothill partners, for additional program support and to serve as mentors. Program participation for 2013 was 399. This more than doubled last year's total of 157 in 2012.

The stipend component speaks to the value of community compensated involvement and it affords community members an outlet to share their skills and assets. We developed 16 written agreements with 20 community partners and were also able to offer stipends to aide participation. In 2013 we issued \$2402 back into the community via mentorship involvement stipends. The projects included: Summer Rec, Flag Football, Basket Ball, Youth Culinary class, building garden boxes, a sustainable living skills canning and preserving class, Yoga, Little league participation, leather working classes, 4H registration and more (see Below). Asset mapping also proved a useful tool to recognize how community partners could help to increase nutrition education and physical activity. For example Camptonville School wanted to tie in a Mental Health component to the SWP. They were able to utilize a local yoga instructor (discovered in their Asset Map) for a

weekly physical activity class that also helped youth who were having difficulty with mental focus.

The PEI contract is being renewed and will allow the same type of partnerships to continue to exist. We intend to continue to expand the outreach of mentors in the upper foothills. CCP is confident this PEI program will continue to grow and will engage more youth and offer more adults mentorship/role model opportunities through 2014.

CCP staff also attended numerous meetings and forums related to increasing youth, health outcomes in the foothills, highlighted below in PEI related meeting involvement and participation:

### CCP Mentorship Programs

<b>Community Mentorship- Youth Enrichment</b>	<b>Yrs. of age</b>	<b>Participation</b>	<b>Dates Ran</b>	<b>Stipend use? / Mentors</b>
Open Gym Basketball:	8-13	28	January 16- feb 27, 2013	Yes/one adult
Piano	7	5	January- May2013	Yes/ One adult
School Yearbook Club	All ages	8	Dec 2012- June 2013	Yes/Parents Club
Tutoring/ Big Brother	6 <sup>th</sup> -8 <sup>th</sup> grade	144 (weekly sessions)	February-April 2013	Yes/ one adult
North Yuba Little League	7-12	4 helped to fund participation	February-June 2013	Yes/one adult
Easter Egg Hunt	12 years of age and under	30	March 20, 2013	Yes 4 adults
Music Scholarship	High school	1	March 2013	Yes one youth
Earth Day Community Clean-up	3-75 years of age	21	April 2013	Yes/ Collaboration w/ AmeriCorps Refreshments
Evening teen/adult basket ball	High School- adult	33	April-June 2013	Yes /one adult Gym expense
State Capitol Legislative Day Visit: AM Dan Logue	12-13 years of age	Camptonville and YES Charter 8th Gr Class (12)	May 6, 2013	No/CCP staff
Travel Stipend	6-9 years of age	2	March 2013- June 2013	Yes/ Assist parents with travel for league sports participation
Building Garden Boxes	Grades 3-8	6	May-June 2013	Yes/ one adult plus supplies
Swim Days/ Summer Recreation	2-16 years of age	68 attendees over four	June-July 2013n	Yes two adult two teen



		weekly swim days		mentors
Sustainable Living Skills	14 years of age- adult	10	September 2013	Yes one adult and one youth mentor
Flag Football	5-8 grades	10	September 2013	Yes one adult/ team jerseys
Yoga Instruction	6-8 grades	6	October-November 2013	Yes/ one adult
Foothill 4-H Club	8-14 years of age	6	November 2013	Yes/ participation Stipends
Leather Working Class	4 <sup>th</sup> -8th Grade	5	Dec 2013	Yes/ One adult
<b>Total: 16 mentorship programs developed</b>	<b>Focus 6-14 yrs. of age</b>	<b>399</b>	<b>January-December 2013</b>	<b>20 mentors developed</b>

**PEI related meeting involvement and participation:**

**The Yuba Family Resource Center Network (FRCN)** Bi-monthly meetings: The FRCN has worked cooperatively since the 1990's. In the last 2 years our work has allowed us to collaborate more "officially" with outside agencies such as with First 5 Yuba Child Abuse Prevention (CAP) Center Americorps and also CalFresh Outreach with Chico State Universities Center for Nutrition and Activity Promotion.

**Yuba County Children's Council (YCCC)** *improving the well-being of children in Yuba County.* CCP's Co-Ed, Cathy LeBlanc act as Chair of the Community Based Organizations functional group for the YCCC (2001-present). She attends monthly meetings and participates in the work of this Council with county and community managers from: Juvenile Justice, Mental Health, Social Services, Education and Early Care, Employment Training, Community Governance (BOS), Health and Faith Based Organizations. She was elected to be YCCC Council Chair 2014.

**Healthy YOUba (HY)** The newly formed HY Putting the You in the Yuba mission is: *To sustain and promote community partnerships that cultivate healthy lifestyles for Yuba County.* This group formed 2011 and works to develop a health action-oriented countywide coalition of agencies and organizations. What began as the County Nutrition Action Plan Committee (CNAP) developed into a larger mission when they started tackling some of Yuba's long held health issues.

In 2012-2013 HY worked to bring EBT to Farmers' Markets countywide. HY also gave more access to resources for schools and community to develop gardens. CCP played a leading role when we offered the previous work of the Yuba County Health Committee as a vehicle to accomplish outcomes that could raise our health ranking. CCP also collaborated with the county to get a surplus of bike helmets out of storage and to the FRC's to be used for bike-safety incentives. HY has now begun to look collectively at the CX3 data compiled within the county to see how we could increase the availability of fresh

vegetables in schools and neighborhoods *Healthy YOUba* meets bi-monthly as an action oriented group and works to make the healthy choice, the easy choice in Yuba County.

**Yuba Watershed Protection and Fire Safe Council** This council has the opportunity to offer youth a wide variety of mentorship and role model opportunity. Including the on-going development of a Junior Fire Cadet program we are hoping to establish.

#### January 2013

- 2<sup>nd</sup> Yuba County Children's Council (YCCC)
- 9<sup>th</sup> Yuba Watershed Protection and Fire Safe Council
- 15<sup>th</sup> Yuba County Nutrition Action Plan (CNAP) Committee conference call
- 29<sup>th</sup> Healthy Eating Active Living quarterly meeting
- 31<sup>st</sup> Green Print Summit: *Bridging Public Health and the Urban Forest* LeBlanc attended with Two Yuba Supervisors and Director of Planning Department. Great table top conversation!

#### February 2013

- 6<sup>th</sup> Yuba County Children's Council (YCCC)
- 6<sup>th</sup> Yuba County Nutrition Action Plan (CNAP)
- 8<sup>th</sup> Turned in *Community Driven Prevention in the Yuba Foothills* grant proposal Prop. 63 to Sutter/Yuba Mental Health
- 12<sup>th</sup> Family Resource Center Network (FRCN)
- 13<sup>th</sup> Yuba Watershed Protection and Fire Safe Council

#### March 2013

- 8<sup>th</sup> YES Charter grants meeting share knowledge and ability/capacity building
- 11<sup>th</sup> Yuba CNAP conference call
- 12<sup>th</sup> MJUSD Board Meeting spoke for YES Charter renewal (Charter denied)
- 13<sup>th</sup> Yuba Watershed Protection and Fire Safe Council
- 21<sup>st</sup> SRFSC Conference Call
- 27<sup>th</sup> Robert Wood Johnson Webinar *County Health Rankings*

#### **PEI related meeting involvement and participation continued:**

#### April 2013

- 3<sup>rd</sup> Yuba County Children's Council (YCCC)
- 9<sup>th</sup> Family Resource Center Network (FRCN)
- 10<sup>th</sup> Yuba Watershed Protection and Fire Safe Council
- 17<sup>th</sup> CNAP
- 18<sup>th</sup> SRFSC Conference Call
- 20<sup>th</sup> Camptonville Earth Day Event

#### May 2013

- 1<sup>st</sup> Yuba County Children's Council (YCCC)- CX3
- 8<sup>th</sup> Yuba Watershed Protection and Fire Safe Council
- 9<sup>th</sup> Yuba County Office of Education (YCOE) spoke in favor of Charter renewal under YCOE
- 15<sup>th</sup> County Nutrition Action Plan Committee meeting CNAP becomes *Healthy YOUba*

#### June 2013

- 4<sup>th</sup> Meet with North Yuba Grown Director: Yuba Foothill Ag and Farmers Markets discuss increased collaboration and SRFSC opportunities
- 5<sup>th</sup> Yuba County Children's Council (YCCC)
- 11<sup>th</sup> Family Resource Center Network (FRCN)

12<sup>th</sup> Yuba Watershed Protection and Fire Safe Council

July 2013

6<sup>th</sup> YES Charter School Grant meeting

10<sup>th</sup> Yuba Watershed Protection and Fire Safe Council

17<sup>th</sup> Healthy YOUba meeting; capacity building/ developing community gardens

August 2013

7<sup>th</sup> Yuba County Children's Council (YCCC) County HHS presentation  
re: Affordable Care Act/Yuba County selected as Regional Call  
Center: *A new way of doing business*

13<sup>th</sup> Family Resource Center Network (FRCN)

14<sup>th</sup> Yuba Watershed Protection and Fire Safe Council

30<sup>th</sup> YES Charter Grant meeting

September 2013

11<sup>th</sup> Yuba Watershed Protection and Fire Safe Council

12<sup>th</sup> Yuba County Affordable Care Act Awareness and Education Presentation

October 2013

2<sup>nd</sup> Yuba County Children's Council (YCCC)

8<sup>th</sup> Family Resource Center Network (FRCN)/CalFresh check-in

9<sup>th</sup> Yuba Watershed Protection and Fire Safe Council

10<sup>th</sup> Dairy Council, one-one meeting Territory Manager, to develop resources and  
partnerships

10<sup>th</sup> Healthy YOUba Meeting

November 2013

12<sup>th</sup> 4H Club initiated in the Yuba foothills

13<sup>th</sup> Yuba Watershed Protection and Fire Safe Council

December 2013

10<sup>th</sup> FRC Network

11<sup>th</sup> Yuba Watershed Protection and Fire Safe Council

12<sup>th</sup> Healthy YOUba

# SUTTER-YUBA MENTAL HEALTH SERVICES

## TRAINING/GROUP FEEDBACK FORM

INSTRUCTOR'S NAME:

CLASS TITLE:

DATE:

TIME:

LOCATION:

(Scale of 1-5) 1= Not at All 2= Somewhat 3= Met Expectations 4=Above Expectations 5= Outstanding

CONTENT	Scoring
1. The information was provided at an appropriate rate for me.	
2. The information was provided at a level that was easy to understand.	
3. The material was well organized.	
4. The information was relevant and useful to me.	
5. Visual aids and handouts were relevant and helpful.	
<b>INSTRUCTOR OR DISCUSSION LEADER</b>	
6. Presented content in a knowledgeable and effective manner.	
7. Assistance was provided when there were problems.	
8. The manner in which the material was presented was interesting.	
9. Questions were handled appropriately.	
<b>FACILITY</b>	
10. Classroom lighting, seating and general facility was satisfactory.	
<b>OVERALL</b>	
11. Overall, I would rate this presentation.	
12. I would recommend the training to my colleagues.	

**A. OTHER TRAINING OR GROUPS I WOULD BE INTERESTED IN:**

**B. COMMENTS: (Your comments are important to us. Please use back of form if needed.)**

## PEI Activity Sheet (Example)

Name of PEI staff: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (for training and outreach activities)

**Mark one:**

**Area 1. Community Prevention Team**

(i.e. Yellow Ribbon, Gatekeeping, 40 Developmental Assets, Building Resiliency, Ethnic Outreach, Family Resource Centers, Foster Youth Substance Abuse, LGBT Resources, Shaman Training, Seeking Safety Training, Nurtured Heart Training, Family Stress Training, Trauma Training, Stigma Reduction, Network of Care Website, Bullying Prevention Training, or Meeting to explain process etc.)

**Area 2. Mentoring**

(i.e. Training, Meeting to explain process etc.)

**Area 3. Strengthening Families**

(i.e. Training, Activity, Meeting etc.)

**Area 4. Recreational Opportunities**

(i.e. Training, Activity, Meeting etc.)

**Area 5. First Onset**

(i.e. Teen Screen, Training, Activity, Meeting etc.)

**Type of Activity:**

**Material Development**  **Phone Call**  **Research**  **Outreach**  **Training**

**Other**

**Description of Outreach or Subject of Training Provided (attach sign in sheet):**

**Agency receiving services or training:**

**Handouts or materials provided: Brief Narrative of the Activity, Outreach or Training including numbers of participants:**

**SPECIAL  
POINTS OF  
INTEREST:  
SEPTEMBER'S  
SEMPER  
GUMBY  
AWARDS HAVE  
BEEN  
PRESENTED  
TO BI-  
COUNTY AM-  
BULANCE AND  
THE RIDEOUT  
HEALTH. SEE  
PAGE 6 FOR  
DETAILS.**

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# PEI Pics



## Snapshots of Current Events



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SEPTEMBER 2012

### Traditional Healer's Project by Yer Yang

When illness occurs in the Hmong community, often times traditional healers such as shamans, herbalists, and masseuse are sought out before physicians or healthcare practitioners. Though traditional healing has sustained this community, the traumas of war, resettling in a new environment, and life style changes have also presented a number of unfamiliar health conditions. These ailments at times are undiagnosed due to the lack of trust and understanding of hospitals and western medicine. Situations such as these unfortunately have led to unfavorable results for members and families of this community.

Beginning as an idea conceptualized by a few SYMH staff to address this issue, the Traditional Healer's Project has grown immensely since its inception. Its aim is to provide a cross-cultural training that will educate health care consultants on both ends (local healthcare facilities and traditional healers). By educating western medicine practitioners about the healing beliefs and practices of the Hmong and vice versa, the hope is to open up communication between respective health specialists and promote a more complimentary practice of health and healing.

Over the duration of this year, the coordinators of the project have garnered support from local Hmong traditional healers who are key leaders in the community. They have also established connections with local health organizations such as SYMHS, the Bi-County Ambulance, and Fremont-Rideout Hospital. Early this year, Mai Vang, LCSW and Paul Moua worked tirelessly on curriculum to present to the SYMH doctors about the cultural and health practices of the Hmong. A Hmong traditional healer attended one of the doctors' trainings to talk about his own experiences of being a shaman.

There have also been a series of trainings at the Hmong Center for the traditional healers who have volunteered their time to participate in the project. Some topics covered were: exploring shamanism and traditional healing in other cultures; the process of becoming a doctor; a bi-county ambulance training; and a tuberculosis module.

The recent networking with Fremont-Rideout Hospital has yielded much progress as well. Since mid- June, the traditional healers have undergone five total trainings at the hospital. The sessions included: policies, procedures, patient rights, and a chapel tour; a surgery, recovery room, and cardiac catheterization lab tour; a tour of the cancer center; an elaborate emergency room and radiology tour; and a walkthrough of the Fremont labor and delivery unit in Yuba City. These trainings have been instrumental in emphasizing the importance of open communication with doctors. Many questions and concerns were addressed and sentiments of anxiety and frustration alleviated.

This month the traditional healers have one more training at Fremont-Rideout Hospital. This session will cover the micro and pathology labs. Upon completing the sessions, further discussions about how to incorporate traditional healing in the hospital setting will also be discussed. Nancy Lee from SYMH is also preparing to help lead a discussion on alcohol and other drugs this month. There are various other trainings that will be scheduled in the next few months that will provide further training for the traditional healers.

Though at first just an idea, the passion and dedication of SYMH staff have brought to life an amazing and unique project. Their efforts will help to increase the awareness of and the utilization of appropriate healthcare services for the growing Hmong community in our two counties. This project is truly innovative and will help to encourage a more complimentary use of medicine and healing that is both holistic and inclusive.





### Veteran's Stand Down by John Floe

The Yuba Sutter Stand Down 3-day-event at Marysville River Front Park on August 23<sup>rd</sup> - 25<sup>th</sup>, 2012 was a big success. The event had 543 participants with over 50 vendors. This annual event plays a critical role in helping our local veterans, active duty personnel and their families obtain necessary goods and services. It offers our community veterans a wide array of services including food, shelter, clothing, legal assistance, veteran's benefits assistance, public assistance, alcohol and other drug information, mental health information, health screenings, women's health screenings, medical and dental care, hearing and vision screenings. Assistance was also provided to obtain California Identification Cards and Social Security Cards. Referrals were made for medical and mental health needs and information was given about educational and employment opportunities.

There were a number of veterans that declared themselves homeless. All homeless veterans were able to stay overnight at the facilities if they wanted. We had a total of 38 that stayed overnight. All were provided with three meals per day, clothing, showers, haircuts and personal hygiene supplies.

Alcohol and Other Drug staff as well as Sutter Yuba Mental Health staff provided veterans with information about a variety of resources and provided referral sources for those requesting services. SYMH also provided a pocket guide specifically for homeless vets to give them contact information about local services for food, housing, employment, medical, behavioral health and other services they can get right away.

This was a great event! Our thanks to Mental Health America Yuba Sutter staff and Prevention and Early Intervention staff that helped out with our booth. Thank you for giving your time and effort to help our veterans.



## **What's New! - The Sutter-Yuba Mental Health Workforce Education and Training (WET) Program: Workforce Development Plans at Home**

**By Megan Spooner, MPA**

Mental health workforce development is crucial to resolving the current and future workforce shortages. The WET program is a Mental Health Services Act funded program created to help address this issue. The action plans of the Sutter-Yuba Workforce Education and Training (WET) Plan are underway in the planning and implementation phases. The WET Plan is committed to increasing family and client involvement in service delivery, to encouraging a diverse workforce, to providing quality trainings and education activities, and to integrating wellness, recovery, and resilience in all activities.

What WET activities and programs can you look forward to seeing?

- A variety of new wellness and recovery themed trainings, core competencies trainings, and cultural competency trainings for mental health employees, providers, consumers, and family members will be becoming available.

-WET Collaboration Committee Teams have been working together to create a Youth Workforce and Career Program and an Adult Workforce and Career Program. The WET Youth Collaboration Team seeks to create mental health career awareness/exploration materials and activities that encourage high school youth to pursue post-secondary education and employment within the public mental health system. We just had our first "brainstorm" session, where many great ideas were discussed! The Adult Collaboration Team seeks to link consumers with employment support and preparation opportunities and will be designing a plan in the near future!

**Stay tuned for more exciting WET Program actions and activities to come!**

\*For more information on the WET Program, please call me at 530-822-7200 or email me at [MSpooner@co.sutter.ca.us](mailto:MSpooner@co.sutter.ca.us)

### **News from PEI's LGBT front lines:**

This has been a phenomenal quarter for the PEI LGBT team. Several months ago I was asked to collaborate on organizing an LGBT bullying summit by California Rural Legal Assistance (CRLA). The purpose of the summit is to educate students, teachers and parents about new laws protecting LGBT kids in schools. I was excited to meet with the CRLA team. We discussed GSA leaders and straight allies (such as faculty and parents) in our area who may be interested in attending and/or sitting on one of the summits panels. At our last meeting, August 17th, we discussed speakers and format. We plan to ask Ben Hudson of the *Sacramento Gender Clinic* and John Viet from *Our Families of San Francisco* to speak about their experiences. We also plan on having several local teenagers and parents sit on a panel to share their experiences of bullying and answer any questions folks may have. CRLA will be providing information about the new laws that protect children and offering advice on how to seek help or provide help to those who need it.

The other extremely exciting news is the introduction of GOTBLISS, the first LGBT community based organization which appears to be not only viable, but growing in strength and numbers in the Yuba Sutter area. GOTBLISS is an acronym for Gay, Other, Transgendered, Lesbian, Intersex, Straight Supporter. It is a healthy collective of local people who are willing to support and offer services to the Yuba-Sutter LGBT and straight ally communities. They already conduct a successful youth group, men's group, women's group and a collective monthly potluck where all people are welcome. PEI is strongly supporting their development as part of our mission statement of empowering the community to provide supportive networks to our target populations. For more information go to Facebook.com and friend them to see posts of upcoming events that you may want to refer your clients, parents or family members to for added support.

Reported by Steve Shoup.



## **Strengthening Families at The Depot**

**By Suzanne England, Director of Residential Programs**

The Salvation Army Depot Family Crisis Center is a homeless shelter with a substance abuse component which is state certified. I call The Depot a port in the storm of life. We serve a population of broken lives; abused, addicted, shattered children left in the wake of broken dreams. Our staff here at The Depot understand the devastation that happens to these families, and we work hard to aid in the healing process. One of the things I appreciate most about The Depot is our ability to keep the family intact whenever possible as the transition of healing begins. We offer a full spectrum of classes for parents as they work on core issues that led to their homelessness, and embrace recovery. Children are cared for by loving staff members who provide play therapy, preschool readiness activities, and a safe, nurturing atmosphere.

Recently, our counseling staff was able to take advantage of a week of Strengthening Families training which demonstrated a very gentle, positive approach to coming along side of the whole family unit while sharing a meal together, then breaking into parent and youth groups to problem solve and work on new behaviors and ways to implement them. The staff at The Depot Family Crisis Center and myself are very excited to begin this program in the next few months as it is yet another tool these families can glean from during their program. We look forward to working with Yuba Sutter Mental Health and the Strengthening Families facilitators as we strive to build healthy families with bright futures.

## **PEI Recreation**

**By Jackie Stanfill**

I am very excited about the latest part of the PEI plan to get rolling – Recreation Opportunities for At-Risk Youth.

Why is recreation important in prevention? 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 that allows the individual to function well. Recreation fits very well with these goals. It has long been recognized that youth who become committed to sports, dance, or any number of other recreational activities build resilience, benefit from social support, and gain skills that serve them well for their whole lives.

The following youth populations will be able to access this program: Trauma Exposed Children and Youth; Children and Youth in Stressed Families; Children and Youth at Risk for School Failure; Children and Youth at Risk of or Experiencing Juvenile Justice Involvement; Children and Youth in Underserved Cultural Populations; Individuals Experiencing Onset of Serious Psychiatric Illness with psychosis (ages 16-24 only). With the exception of the last group, these youth should not be already involved with mental health services. These opportunities are meant as prevention.

Some ideas of ways we can help youth access recreational opportunities include: scholarships to participate in sports or other recreational activities; purchase of recreational equipment that allows them to participate in these activities; purchase of recreational equipment that will be used by organizations that serve groups in the target population.

John Floe has sent out the applications and coversheet to his extensive e-mail list. If you would like these documents, or to find out more about PEI Recreation, please contact John at 674-1885 extension 114.

## Applied Suicide Intervention Skills Training

By John Floe, MAOM

Sutter Yuba Mental Health Prevention and Early Intervention Program completed the second Applied Suicide Intervention Skills Training (ASIST) on the 6th and 7th of August, 2012. ASIST Trainers, Gayle Lukeman, MFT, LPCC and John Floe, MAOM, provided the training to twenty five members of our community. Thank you to all the attendees for your full participation. The 25 graduates came from Sutter Health and Human Services, Yuba County Health and Human Services, Fremont Rideout Hospital Group, Yuba Sutter Salvation Army, Sutter Yuba Mental Health, First Steps, Family Soup, Sutter County Probation, Yuba County Corrections, Victim Witness, Sutter County Superintendent of Schools, Mental Health Board Member, Sutter County Jail Staff, Yuba County Jail Staff and Sutter County Public Health. We thank all these agencies for letting their staff take the time to participate.



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 worldwide 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. This training opportunity is by invitation only. There will be more training opportunities to come. We will conduct our next ASIST Class on the 1<sup>st</sup> and 2<sup>nd</sup> of October 2012. If you are interested in attending, contact John Floe at 674-1885 ext. 114. A Special thanks to Deanne Armstrong and the Fremont-Rideout Health Group for the use of their facility. We really appreciate your support. A great big thank you to Victim Witness Staff, Valeree Hammes and Liz Rodriguez, two new ASIST Trainers who assisted in this training. We really appreciate it.

## Introducing SafeTalk Suicide Prevention Training

By Gayle Lukeman, MFT, LPCC

This fall John Floe and I will begin presenting a companion course to the ASIST training in suicide prevention. SafeTalk is three hours in length. It prepares anyone over the age of 15 to identify people who are having suicidal thoughts and connect them to suicide first aid resources. The TALK in SafeTalk stands for: Tell, Ask, Listen and KeepSafe. The training uses video clips, discussion and practice to learn steps that saves lives.

Here is how SafeTalk works in tandem with ASIST to make our community safer from suicide. A graduate of SelfTalk is able to identify when someone is at risk of suicide and notify a graduate of ASIST who performs further first aid and helps the person in need connect with appropriate resources.

We envision our community to be a place one day soon where it is easy to find a SafeTalk trained person among your family, friends and co-workers. If you are interested in attending a SafeTalk training or organizing one for your business, school or organization, please call John Floe at 674-1885, ext. 114.

## **Semper Gumpy Awards**

**September 2012**

### **Bi-County Ambulance Tour**

The Yuba Sutter Bi-County Ambulance Company played a very important role in the Traditional Healer's Project. They were one of the first agencies we contacted and responded to our requests with open arms. They were very enthusiastic about the project and led a tour that left the participants feeling much more at ease about cases of emergency. The traditional healers had a number of questions for the presenter due to past experiences in dealing with emergency cases. Danny Bermingham, the representative from the company, responded to these questions and reassured the project participants of the importance of traditional healing in all cases. He also gave a demonstration of the equipment used during an emergency and a tour of the ambulance. The training was key in setting precedence for the project and establishing to the traditional healers the need for and legitimacy of their work.



### **Fremont-Rideout Health Group**

The Fremont-Rideout Health Group has been a blessing to this project. In a short amount of time, Chance White, our contact and an administrator of the hospital, organized a series of six trainings for our project participants. The hospital has been nothing short of hospitable and has provided us with elaborate tours of their facility. Some of the tours included radiology, the cancer center, the emergency area, the surgery units, and labor and delivery at Fremont Hospital in Yuba City. All of the representatives of each department were especially warm and inviting, leaving the participants (including the staff) looking forward to the next tours.



So far we have completed five of our six scheduled tours. Mr. White has been present at every tour despite his busy schedule and is even working to include components of our project into their hospital policies. The Fremont-Rideout Health Group has gone above and beyond to accommodate staff and participants of this project. We are grateful for all of their help thus far and could not have accomplished so much without them.

SPECIAL  
POINTS OF  
INTEREST:  
JANUARY'S  
SEMPER  
GUMBY  
AWARDS HAVE  
BEEN  
PRESENTED  
TO VICTOR  
COMMUNITY  
SUPPORT  
SERVICES &  
FREMONT-  
RIDEOUT  
HEALTH  
GROUP. SEE  
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DETAILS.



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# PEI PICS Snapshots of Current Events



VOLUME 2, ISSUE 5

JANUARY 2013

## Recreation for Prevention by Jackie Stanfill

The Recreation portion of our PEI plan kicked off at the beginning of this school year. We have funded requests from First Steps, Yuba Probation, Sutter Probation, Yuba Health and Human Services, Marysville High School, Feather River Academy, Allyn Scott Youth and Community Center, Lindhurst High School, Andros Karperos School, Foothill Intermediate School, Sutter CPS, Wheatland Union High School, Bear River School Family Resource Center, Bridge Street School and The Salvation Army Depot.

So far, we have approved funds totaling \$12,970.00 that will serve a total of 590 youth in both Yuba and Sutter Counties.



These funds have covered projects such as ballet classes, karate classes, high school volleyball team participation, yearbook class supplies, scholarships to Shady Creek Outdoor School, scholarships for gymnastics, fencing and painting classes, high school cheerleading participation, bicycle repair class materials, kick boxing classes, high school recreation activities, basketball goals, scholarships for basketball team participation.

In the PEI plan for Sutter and Yuba Counties, our Recreation Program has the following target groups:



- Trauma Exposed Children and Youth – Including \*Transition Age Youth (TAY) –** exposure to traumatic events or prolonged traumatic conditions.
- Children and Youth (& TAY) in Stressed Families** – placed out-of-home or are in families where there is substance abuse or violence, depression or other mental illness or lack of caregiving adults (serious health condition or incarceration).
- Children and Youth (& TAY) at Risk for School Failure** – due to emotional and behavioral problems.
- Children and Youth (& TAY) at Risk of or Experiencing Juvenile Justice Involvement**– signs of emotional/behavioral problems and are at risk of or had contact with juvenile justice systems.
- Individuals Experiencing Onset of Serious Psychiatric Illness with psychosis (TAY only)** – identified as presenting signs of mental illness first break.
- Children and Youth (& TAY) in Underserved Cultural Populations** – ethnically/ racially diverse communities (emphasis on Latino in Sutter and Yuba Counties), gay, lesbian, bisexual, transgender communities.  
(\*Transition Age youth are ages 16-24)



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 that allows the individual to function well. There is much evidence that participation in recreational activities builds protective factors and resiliency.

Part of our PEI mission is to identify the need for mental health treatment at the earliest possible point. This helps to ensure better outcomes and fewer negative consequences. Recreation funds recipient agencies agree to monitor their population for signs of need for mental health treatment and to refer those in need to Sutter-Yuba Mental Health for services as soon as possible.

For more information about the PEI Recreation Program, contact John Floe at 674-1885 ext.114.



## GOTBLISS by Tim Speek, President

*GOTBLISS was founded in 2011 with the expressed purpose of creating a safe and affirming place to address the isolation that is commonly felt by the LGBT community and improve resiliency. The name GOTBLISS is an acronym that stands for Gay, Other gender identity minority, Transgender, Bisexual, Intersex, and Straight Supporters. As inferred by our name, the goal is to be inclusive of everyone that identifies as part of our community, or wishes to support it.*

In the past year we have set up recurring monthly events, including:  
 A Saturday Evening Potluck, scheduled for the first Saturday of the month;  
 A Girls' Night Out! on the second Wednesday of the month;  
 A Sunday Potluck Brunch on the third Sunday of the month; and  
 A Boys' Night Out! on the last Tuesday of the month.  
 GOTBLISS Youth! meets 2-3 times a month as a peer support group as well as a safe and affirming social time with games, movies and the like.



In addition to regular events, GOTBLISS volunteers/board constantly strive to improve the community at large with very public events geared towards raising awareness in a positive way and acquiring more knowledge/tools to help individuals. An example of which was the Halloween Ball held 10/28/2012.

In December 2012 we were fortunate enough to obtain a public office inside the ArtOCulture Gallery at 419 D Street in Marysville. It includes a conference room to host the peer support and other small group events. The larger gallery space is available to schedule large group and public events. We expect to host an adult (18+) support group beginning January 16<sup>th</sup> that will meet each Wednesday evening from 6pm to 7:30pm in the office space at the Gallery.

More information about events can be obtained by viewing our main Facebook page at [www.facebook.com/gbyubasutter](http://www.facebook.com/gbyubasutter) or for Youth events at [www.facebook.com/gotblissyouth](http://www.facebook.com/gotblissyouth).

Note: Sutter-Yuba PEI will be partnering with GOTBLISS in the coming year to provide support to the organization including providing training in Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST), and SafeTALK. Additionally, we hope that GOTBLISS will be able to bring a PFLAG chapter to our area. Our PEI plan specifically calls for increasing support for the LGBT community in our counties. GOTBLISS has been doing a great job and we want to support them as a way to meet our PEI goal.

## The Traditional Healer's Project by Chienyen Yang

The Traditional Healer's Project has come a long way and is nearing its end. The Alcohol and Other Drug module with Nancy Lee took place on September 21, 2012. Nancy Lee presented excellent information on alcohol, methamphetamine, opiates, cocaine, marijuana, and gambling addictions. She engaged the traditional healers in discussion and they were delighted with all the information that Nancy Lee provided.

We tried to schedule two mental health tours in October 2012; however, due to Hmong New Year festivals and many unfortunate deaths within the community, many of the participants were not able to participate. After discussion with the Hmong PEI team, we decided it would be best to postpone all trainings till after the New Year due to the holidays and upcoming Hmong festivals throughout California.

The two modules left for the project are scheduled as follows:  
 January 11, 2013 – Mental Health Tour  
 January 18, 2013 – Discussion with Yuba County Sheriff's Department

After the final module with the Sheriff's Department, we will hold makeup sessions of certain modules for traditional healers who were not able to attend. We will end with a celebratory gathering with the traditional healers and other community members who participated in the project, tentatively scheduled for February 15, 2013.



Hmong New Year Celebration

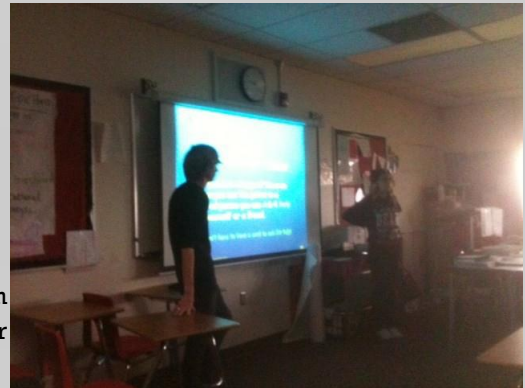
## Yellow Ribbon Rolls Out by Gayle Lukeman

Our Yellow Ribbon suicide prevention program in the high schools across both counties is enjoying lots of activity. Last academic year (2011/2012) we were able to present the program to faculty and students at River Valley High School, Sutter High School, Albert Powell, Feather River Academy, and T. E. Matthews. This academic year (2012/2013) we have already presented the program to East Nicholas High School and Marysville High School. Next semester we have plans to roll out the program to North Marysville, Lindhurst High School, Marysville Charter Academy of the Arts, South Lindhurst, Live Oak High School and Yuba City High School.



John Floe was able to acquire an inspirational 9 minute movie made by students in San Diego that we are incorporating into this year's presentations. We have really appreciated student leaders and their faculty advisors who have stepped up, learned the program and been the presenters to their peers. Yellow Ribbon was developed by students in a Colorado high school in 1997 after the loss of one of their peers to suicide. Our local student leaders have done a fabulous job and made the program even more meaningful to students. We are grateful to Sherri Sandoval at Marysville Joint Unified for all the work she has done to plan our roll out in her

district. Principals, counselors, administration and staff have all been accommodating and welcoming at all the schools in Yuba and Sutter counties. The plans to reach every student are complex and require scheduling experts at each school. The Yellow Ribbon PEI team is inspired by the response we have received. We also appreciate all the wonderful participation from the Yuba County Victim and Program Services staff: Jason Roper, Valeree Hammes and Liz Rodriquez. I personally want to thank Jackie Stanfill and John Floe for the immense planning and preparation they do on this project. Thanks to Nina Martinez, Ines Duenas and Rupi Dail for providing such tremendous support to the students on presentation day. Our community is becoming a suicide safer community as we continue to roll out Yellow Ribbon.



## SafeTALK by John Floe

Gayle Lukeman and John Floe were invited to the Wheatland community to present a companion course to the ASIST training in suicide prevention called SafeTALK. SafeTALK is three hours in length. It prepares anyone over the age of 15 to identify people who are having suicidal thoughts and connect them to suicide first aid resources. The TALK in SafeTALK stands for: Tell, Ask, Listen and Keep-Safe. The training uses video clips, discussion and practice to learn steps that saves lives.

Here is how SafeTALK works in tandem with ASIST to make our community safer from suicide. A graduate of SafeTALK is able to identify when someone is at risk of suicide and notify a graduate of ASIST who performs further first aid and helps the person in need connect with appropriate resources.

On the 25<sup>th</sup> and 26<sup>th</sup> of October 2012 we presented to about twenty participants in two locations, Bear River School and the Wheatland Superintendent of Schools building. The training was well received and we look forward to providing more SafeTALK in both Yuba and Sutter Counties.

We envision our community to be a place one day soon where it is easy to find a SafeTALK trained person among your family, friends and co-workers. SafeTALK is provided free of charge through SYMH Prevention and Early Intervention. If you are interested in attending a SafeTALK training or organizing one for your business, school or organization, please call John Floe at 674-1885, ext.114.



**safeTALK**  
suicide solutions for everyone.



## APPLIED SUICIDE INTERVENTION SKILLS TRAINING

By John Floe



Sutter Yuba Mental Health Services Prevention and Early Intervention programs completed a 3<sup>rd</sup> Applied Suicide Intervention Skills Training (ASIST) on the 1<sup>st</sup> and 2<sup>nd</sup> of October, 2012. Registered ASIST Trainers, Gayle Lukeman, MFT, LPCC and John Floe, MAOM, provided this training to our Sutter Yuba community. Thirty-four students completed the training. Staff from the following agencies attended: Sutter North, Salvation Army, Yuba County Health & Human Services, Sutter County Probation, Sutter County Superintendent of Schools, Live Oak Unified School District, Sutter County Health & Human Services, Victor Community Support Services, Plumas Lake School District, Yuba County Office of Education, California Tribal TANF Partnership, Sutter Yuba Mental Health Services, Yuba City Unified School District, Wheatland Unified School District, & Children's Hope. We appreciate all of your willingness to let staff participate in this training.

A Special thanks to Deanne Armstrong at the Fremont-Rideout Health Group for the use of their Conference Center facility. We really appreciate their support. We would also like to thank Liz Rodriguez from Yuba County Probation Victim and Program Services for her assistance during both days of our training. We really appreciate it. A special thank you to Dr. Ronald Hayman, Chief Psychiatrist at SYMH, who popped in and listened to participants sharing at the end of the 2<sup>nd</sup> day. He was very impressed that graduates shared that they now feel prepared to talk to someone having suicidal thoughts. He was also gracious enough to spend some time answering participants' questions. We really appreciated his interest and presence.

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 worldwide 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. The course is provided free of charge. Fifteen hours of CEUs are offered for licensed mental health professionals. Lunch is provided. This training opportunity is by invitation only. There will be more training opportunities to come. We will conduct our next ASIST Class on the 21st and 22<sup>nd</sup> of February 2013. If you are interested in attending, contact John Floe at 674-1885 ext. 114.

### PEER LEADERS UNITING STUDENTS by Nina Martinez

In the bullying prevention realm, there has been an increased interest in the successful PLUS (Peer Leaders Uniting Students) program and it will be expanding to Riverside Meadows in Plumas Lake in the next few months. The school is very excited to be implementing a school wide climate program focused on anti-bullying and school pride. This program helps youth develop a positive identity while constantly evaluating their peers for ways to make the campus a safer and more welcoming site. The administration met with the founder John Vandenberg and has come up with an initial plan to start implementing after the new year. We are looking forward to hearing all the good things that will be coming from Riverside Meadows in the future!



Riverside Meadows Intermediate  
School in Plumas Lake

### PEI and Youth AOD Early Intervention program by Rudy Rodriguez

I am continuing to work with students at Feather River Academy utilizing the Moral Recognition Therapy book (MRT) for juveniles. The group continues to make progress and is expected to conclude by late February or early March 2013 with 6 students completing the program. In addition, the PEI program continues to help Latino families at Cedar lane, Linda and Ella school by providing topics that are of interest to families in Yuba County. The seasonal Migrant Head Start program also took advantage of the PEI program by asking us to provide presentations at their different locations in Sutter and Yuba County on different topics that were requested by staff and parents. These topics included Gang Awareness, Family Communication, Healthy Boundaries, and Self Esteem.

The foster youth AOD program is still up and running, however more referrals are needed. PEI continues to provide services to youth that are experimenting with drugs or alcohol. Currently there are two referrals that are in process and one youth that is receiving services through PEI.

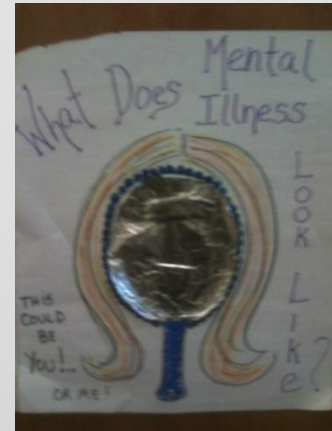
## MENTAL HEALTH FIRST AID by John Floe

John Floe at Sutter Yuba Mental Health and Amy Molina-Jones at the Yuba County Office of Education provided the first Mental Health First Aid Class (MHFA) on the 26<sup>th</sup> & 27<sup>th</sup> of November 2012. This class is sponsored by SYMH Prevention and Early Intervention. 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 learn about risk factors and warning signs of mental health problems, understand their



impact and are given an overview of 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. Twenty-four members of our Sutter Yuba community completed this training. Staff from the following agencies participated: Sutter County Superintendent of Schools, Yuba County Probation, California Tribal TANF Partnership, Yuba County Office of

Education, Marysville Joint Unified School District, Sutter Yuba Mental Health First Steps, Yuba City Unified School District, Napa Behavioral Health Board Member, E-Learning Center, Yuba Sutter Gleaners Food Bank Inc., GraceSource Family Resource Center AmeriCorps, Truth Tabernacle Church of Olivehurst. We appreciate all of your willingness to let staff participate in this two day training. Thank you to all of our participants. You were an outstanding class. A special thank you to Lori KuyKendall at Victor Community Supportive Services for hosting this event. We appreciate it very much.



## Getting Students Interested in Public Mental Health

By: Megan Spooner, Workforce Education and Training (WET) Coordinator

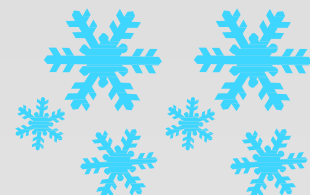
While students may dream of becoming ballerinas, veterinarians, and doctors, we at mental health want them to dream of becoming mental health professionals! The Sutter-Yuba Mental Health Services (SYMHS) Workforce Education and Training (WET) Component seeks not only to build the capacity of the existing public mental health workforce, but it also seeks to recruit and build the future public mental health workforce.

The Youth Workforce and Career Program is an action plan of the SYMHS WET Component that will target Sutter and Yuba County high schools and local community colleges and provide informational materials that will promote student exploration of public mental health careers. The schools' counseling departments will get a binder containing a variety of mental health career profiles. Each individual career profile will include a simple job description, education and training requirements, job fit information, wage information, and nearby educational institutions. Sample profiles include psychologists, marriage and family therapists, psychiatric technicians, and psychiatric nurses.

Additionally, a mental health speakers bureau has formed and speakers will be delivering oral presentations about their careers in public mental health at multiple school sites, which will again encourage students to explore careers and education in public mental health.

It will be a great opportunity to raise awareness about mental health careers and increase local students' understanding of public mental health!

\*Please contact Megan Spooner ([MSpooner@co.sutter.ca.us](mailto:MSpooner@co.sutter.ca.us)) with any questions regarding the SYMHS WET Plan





### **SEMPER GUMBY AWARD 1 Presented To Victor Community Supportive Services**

John Floe presented the Semper Gumby Award on the 27<sup>th</sup> of November 2012 to Lori KuyKendall and Victor Community Supportive Services (VCSS).

VCSS Marysville provides community-based mental health services to children and their families residing in Sutter or Yuba counties (foster children may reside out of county). The program utilizes strength-based, systemic and developmental paradigms, along with family systems, solution focused, and cognitive behavioral theories. The majority of direct service interventions are provided in the family's home. A limited amount of indirect services are provided in schools and other community settings for the purpose of breaking ingrained behavioral patterns and facilitating access to community resources. We appreciate their willingness to provide us with a room for training Mental Health First Aid Classes, thank you!



Semper Gumby Award presented to Victor Community Support Services

### **SEMPER GUMBY AWARD 2 Fremont-Rideout Health Group**

John Floe presented the Semper Gumby Award on the 29<sup>th</sup> of November 2012 to Deanne Armstrong and the Fremont-Rideout Health Group

The Fremont-Rideout Health Group is pleased to offer several support groups where participants can grieve in safe, creative and healing ways.

The purposes of these groups are to: Share experiences and feelings with others that are grieving; give the support and encouragement needed to work through grief; foster friendships and encourage communication.

A Special thanks to Deanne Armstrong and the Fremont-Rideout Health Group for the use of their Conference Center facility to host our Applied Suicide Intervention Skills Training. We really appreciate your support and partnership.



Semper Gumby Award presented to Fremont-Rideout Health Group



# PEI PICS

## Snapshots of Current Events



VOLUME 2, ISSUE 6

MAY 2013

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### Safe Talk Feedback from Camptonville Academy

By Kathy Kunde, Assistant School Director

CORE @ The Camptonville Academy, an independent study charter school, underwent its first suicide prevention training called Safe Talk this spring. A full room of teachers listened intently to a presentation about a subject not often discussed. Belonging to mental health, it feels personal, too personal to broach. But “Personalized Learning” is our school model, and so learning begins with personal relationships. We know about impending surgeries, aging pets, and grandma’s medicines. We visit, send cards, make phone calls, arrange meals, transport, and sometimes raise funds for hurting families. We may even be aware of emotional pain. But how do you rally support for that? And if you could, how would it make a difference?

A typical response to these questions might be to ignore them altogether in the hopes that someone else will care for the pain, or that it will go away. Safe Talk helped us look at them squarely. And in the nick of time for one teacher... “I actually used what I learned in a real life situation and felt I had said the right words. Rather than ending with a feeling of turmoil, the conversation ended in calm.” This teacher echoes what all of us learned during the presentation. As we viewed reconstructed suicide confrontations we began to discern the warning signs. Next we witnessed helpful responsive language that might initiate a conversation. We learned that demonstrating concern alleviates some of the tension and may be the first step to preventing a suicide. The key is feeling confident about the right words to say. Now we have the “equipment”.

Beyond the equipment, I think we understand how really simple the conversation can be. We’re not professionals, but we’re perfect for the job. “Before, I probably wouldn’t have asked a student if he was thinking about suicide,” one teacher commented. The truth is, this question may be easier than many others we ask, and certainly more important.

About the Safe Talk presentation, one thing is for sure: “The resource list is ideal for the various teen issues I come across in our meetings, tutoring, and casual conversation. I have something to give to the students and parents. They walk away with the feeling they have other options, people to talk to and resources.”

Continued on page 2

## Safe Talk Continued

By Kathy Kunde, Assistant School Director

Continued from page 1...

This information has become a handy part of the day, as close as a reach in the pocket.

For CORE, the Safe Talk presentation helped us do better what we already do: relate to people. A genuine concern for kids and their situations fosters trust and a subsequent desire to learn. That concern must encompass the whole person and must not be afraid to ask a very personal question.



**safeTALK**  
*suicide alertness for everyone*

## Applied Suicide Intervention Skills Training Feedback

By Sherri Sandoval, Coordinator, Student Services, MJUSD

As a district office employee involved with student support services, the ASIST training has proved to be extremely valuable. In my current position, which involves working closely with support personnel, I am able to highly recommend the program to our staff. In my opinion, the more people who receive the training, the more prepared we are to prevent a crisis, should the need arise.

Many training opportunities come my way, but it is only those that I have personally experienced and find to be valuable, that I can truly recommend. The ASIST training definitely falls into that category. It is easy to understand, easy to implement and most of all, the training provides valuable practice time to fully integrate the skills into your repertoire. I am recommending that more staff attend and am hoping that it can be included in some professional development days through the district.

Although I have not had the opportunity since the training, to use my refined skills directly with students, it is only a matter of time. I have previously assisted school sites that have experienced a crisis and had to do many suicide risk assessments. I hope the opportunity doesn't arise anytime soon, but I am sure I will get the chance to use my skills with students in the future. I am able to say that I have a renewed confidence in my abilities to assist these students. I am grateful to have had the opportunity to attend the training and would recommend it to all secondary educators!

## Mental Health First Aid Training Comes to Yuba-Sutter By John Floe

Would you know how to help someone in need of mental health services? There is a new evidence-based class available through Sutter Yuba Mental Health Services and the Yuba County Office of Education that will teach you what you need to know. 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 learn about risk factors and warning signs of mental health problems, understand their impact and are informed about common treatments. They 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.

Mental Health First Aid has a strong evidence base. Four detailed studies have been completed and nearly a dozen journal articles published on Mental Health First Aid's impact on the public. One trial of 301 randomized participants found that those who trained in Mental Health First Aid have greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved concordance with health professionals about treatments, and decreased stigmatizing attitudes. The study also found that Mental Health First Aid improved the mental health of the participants themselves. Findings from the other studies have echoed these outcomes.

Mental Health First Aid was created by Professor Anthony Jorm, a respected mental health literacy professor, and Betty Kitchener, a nurse specializing in health education. The program originated at the ORYGEN Research Center at the University of Melbourne, Australia. The National Council for Community Behavioral Healthcare, the Maryland State Department of Health and Mental Hygiene and the Missouri Department of Mental Health worked with the program's founders to bring Mental Health First Aid to the U.S.

To date Mental Health First Aid has been replicated in 14 countries including: England, Scotland, Finland, Canada, Cambodia, Hong Kong, Ireland, Wales and Singapore. In the U.S., we truly value the supporting evidence and strive to achieve fidelity to the original Mental Health First Aid program developed in Australia. In the next decade, we expect Mental Health First Aid in the U.S. will become as common as CPR and First Aid. It has the potential to reduce stigma, improve mental health literacy and empower individuals – the benefits are limitless!

Sutter Yuba Mental Health Services and Yuba County Office of Education under the Prevention and Early Intervention Program provided the second Mental Health First Aid Class (MHFA) on the 26th & 27th of November 2012. MHFA Trainers John Floe, MAOM and Amy Molina-Jones, provided this training to our Sutter-Yuba community with twenty-four students completing the training.

Joanne Ellis from Gleaners Food Bank wrote the following about the training:

Just wanted to let you know that since our class on Mental Health First Aid, I have been involved with two incidents – I was able to apply what I had learned.

I can positively state that the training I received from the class kicked in and we were able to resolve both issues without further incident.

Thank you, John!

You can participate in an upcoming class. For more information about Mental Health First Aid Training and to find out how you can sign up, please call 530-674-1885 ext. 114. View the websites at [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) & [www.sutter.networkofcare.org](http://www.sutter.networkofcare.org) for additional resources.



# Traditional Healers Project

Mai Y. Vang, LCSW

The Hmong Outreach PEI team has wrapped up training modules for the Traditional Healers Project with the Mental Health Module & Law Enforcement Module in February, 2013. Looking back, the project was 18 months in duration and I was just thankful that most of the traditional healers had not dropped out. Well, you see, that's just one of the things about working with the Hmong population. A presenter had once said that the Hmong were like coconuts: hard to break through on the outside but once you do, they are soft on the inside. I chuckled when he said this because being Hmong, it is so true. You really have to prove yourself and build trust before this population engages in anything you do. But once you break through their hard shell, they really are the easiest people to work with. The Hmong Outreach Center and the Hmong team have really come a long way in establishing a good relationship and reputation with the Hmong community in this area.

We wrapped up with an appreciation dinner at Yuba Buffet and gave out certificates as a way of giving thanks to the traditional healers for their time and dedication. This is also one thing we do as Hmong: We show respect, give thanks, and give blessings over a meal. The traditional healers have agreed to stay in touch with staff to continue to work together in the prevention and early intervention of mental health illness. They have also offered to work with the Hmong team in providing integrated medicine for the Hmong community (as well as non-Hmong) of Yuba-Sutter.

The Traditional Healers Project did not go unrecognized for its unique work with the Hmong community in the prevention and early intervention of mental illness. SYMH was invited by the Center for Dignity, Recovery, and Stigma Elimination to present the project at their Tools for Change: Freeing Our Communities from the Stigma of Mental Illness Conference held March 21 & 22, 2013 in San Francisco, CA. I presented our project to an audience of 31 (well, that's how many people who turned in surveys) and we had an awesome discussion about how difficult it can be to try to "fit" people of other cultures into the traditional mental health counseling box. I also attended other trainings while at the conference that really reinforced for me that we have been doing all the right things all along to eliminate stigma and treat mental health illness for people of other cultures. Several people came up to me afterwards to tell me what a wonderful job we are doing.

So...the Traditional Healers Project has come to an end. Or at least "Phase 1." It is my hope that the Hmong Outreach innovations project proposal - to provide funds for current SYMHS clients to be able to access Hmong traditional healing - will be approved and thus revive a "Phase 2" of the project. Stay tuned.

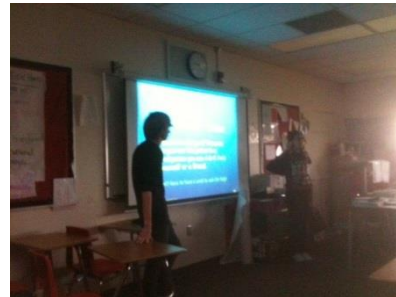


## Yellow Ribbon Continues to Roll Out - Update By Gayle Lukeman, MFT, LPCC

Our Yellow Ribbon suicide prevention program in the high schools across both counties continued to enjoy lots of activity throughout winter and spring. This academic year (2012/2013) we have presented the program to East Nicholas High School, Marysville High School, North Marysville Continuation School, Lindhurst High School, South Lindhurst Continuation School and Yuba City High School. Last academic year (2011/2012) we had presented the program to faculty and students at River Valley High School, Sutter High School, Albert Powell, Feather River Academy, and T. E. Matthews.

We continue to appreciate student leaders and their faculty advisors who have stepped up, learned the program and been the presenters to their peers. The student leaders have done a fabulous job and made the program even more meaningful to students. Yellow Ribbon was originally developed by students in a Colorado high school in 1997 after the loss of one of their peers to suicide. We are grateful to Sherri Sandoval at Marysville Joint Unified for all the work she has done to plan our roll out in her district. Principals, counselors, administration and staff have all been accommodating and welcoming at all the schools in Yuba and Sutter counties. The plans to reach every student are complex and require scheduling experts at each school. The Yellow Ribbon PEI team is inspired by the response we have received. We also appreciate all the wonderful participation from the Yuba County Victim Witness staff - Jason Roper, Valeree Hammes and Liz Rodriquez. I personally want to thank Jackie Stanfill and John Floe for the immense planning and preparation they do on this project.

Thanks to Nina Martinez, Ines Duenas and Rupi Dail for providing such tremendous support to the students on presentation day. Our community is becoming a suicide safer community as we continue to roll out Yellow Ribbon.



### Suicide Prevention Symposium Learns About Yellow Ribbon

By John Floe

On January 31, 2013, John Floe, MAOM, Prevention Services Coordinator presented two 1 hour workshops about the Yellow Ribbon Suicide Prevention program at a Suicide Prevention Symposium in Stockton, CA. The symposium was funded as part of the San Joaquin County Behavioral Health Services Authority and the San Joaquin County Office of Education. The meeting was sponsored in part by the region 6 K-12 Student Mental Health Initiative. The symposium was the result of a collaborative effort between local and statewide partnerships to prevent the tragedy of suicide by learning how to provide support, identify risk and seek helpful resources.

The San Joaquin County Prevention team is in the process of rolling this program out in their county. We are looking forward to helping them start this program in their community.



## Workforce Education and Training (WET) Plan:

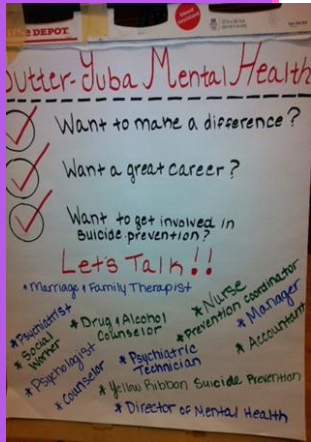
### Mental Health Career Awareness

By: Megan Spooner, WET Coordinator

The Sutter-Yuba Mental Health Services WET Plan has a specialized focus on recruiting our future public mental health workforce! The first goal is to increase awareness among high school youth about the many career options in mental health.

Local youth are learning about the different careers in the Sutter-Yuba Mental Health organization through informational career profiles, career presentations in the high school classrooms, and informational booths at high school career fairs. PEI and WET had a combined booth at the March 27<sup>th</sup> Wheatland High School Career Fair. We had 36 serious booth visits, meaning we had 36 different students asking specific questions about mental health careers and the career pathways. Mark Schlutsmeyer, Ph.D. spoke to a Sutter Union High School psychology class about being a psychologist and presented on the various careers in our organization. Mark did a great job and had positive feedback from the students! WET and PEI will be staffing a booth at the upcoming May Marysville High School Career Fair.

For more information, please contact Megan Spooner, WET Coordinator (MSpooner@co.sutter.ca.us)



The Sutter-Yuba Mental Health Services Wet Plan has a specialized focus on recruiting our future public mental health

## Strengthening Families

By Nina Martinez



On April 20<sup>th</sup> Dulia and Nina trained 11 people from First Lutheran church. The church will be conducting sessions on Wednesday evenings and providing a meal to families who participate. Dulia and Nina will be meeting with them to support them with their classes in the middle of May to help them get started and recruit families. We are very excited about helping them start a group in the Sutter and Yuba county area and hoping to continue to partner with First Lutheran in providing this wonderful program to the community.

## Big Brothers Big Sisters Program

Troy H. Nichols, Program Director Big Brothers Big Sisters

Big Brothers Big Sisters (BBBS) is a mentoring organization that matches at risk youth in the community with volunteer mentors. BBBS' mission is to provide children facing adversity with strong, enduring, professionally supported 1-to-1 relationships that change their lives for the better. Our vision is that all children achieve success in life. For a few hours, a couple times a month, you can give a Little the invaluable gift of friendship. This "gift" also has an impact on our community. Researchers have found that after 18 months of spending time with their Big the Little Brothers and Little Sisters are less likely to begin using drugs or alcohol. They are less likely to skip school or class and less likely to hit someone. Our Bigs provide a new perspective for at risk youth on what the world can offer.

What does BBBS need most? We call it the 3-M's: Men, Money and Marketing. Let's start with the marketing. Since Big Brothers Big Sisters of Yuba and Sutter Counties closed in 1992, there were no true 1:1 community-based mentoring services for children until we reopened in March of 2010. Thanks to the Prevention and Early Intervention grant, we are able to re-market our program and find new mentors, children and donors. We need to spread the word to garner the support needed to keep our services alive and well. Money – donors make it happen! All donations stay within the community and the financial support allows us to keep doing what we do best: empowering kids in our community to achieve their potential. Last but not least, MEN! In Yuba and Sutter counties, more than 70% of our children waiting for a Big are boys, but only 3 out of every 10 inquiries to volunteer come from men. Research indicates that the mentorship of a Big Brother makes a real difference in a boy's life. A small amount of time can make a BIG difference.

So START SOMETHING! Contact Big Brothers Big Sisters at 916-646-9300 or visit us on line at [www.bbbs-sac.org](http://www.bbbs-sac.org).

### Quotes from Littles

Little Sister H. H. says "My Big Sister is really very nice. We're exactly alike! Since we've been matched my behaviors have changed in a good way. I used to get into fights, but being with my Big Sister makes me more calm and takes my mind off the bad things."

Little Brother L.M. says "My Big Brother is really fun to hang out with. One of my favorite things to do is to cook with him. Every time we get together we always have fun."

Little Sister A. C. says "My Big Sister is always helpful and nice to me. She never judges me and always listens to me when we're together."



## Nurtured Heart Approach Training

By John Floe, MAOM

For the past 7 years I have been teaching the Nurtured Heart Approach parenting classes at SYMH. I have trained 671 parents and 15 agencies in our Yuba and Sutter counties. I will not be teaching this course through SYMH in the future. Other trainers and agencies will continue to provide NHA training in the community. To all involved I want to thank you for your participation and effort in helping SYMH roll this out to our community, to your greatness.

The Nurtured Heart Approach is an amazing set of strategies developed specifically for children with challenging behaviors developed by Howard Glasser. My focus with rolling out this training has been to help parents who have tried many parenting techniques only to become discouraged when they do not work well. This approach works with children who have not responded well to traditional techniques. Children whose parents learn to energize them through NHA are much more likely to do well in school, have healthy self-esteem, exhibit empathy and pro-social behavior, and avoid high-risk activities such as drug use, truancy, and criminal activity.

The Nurtured Heart Approach is the most practical, easy to implement, intuitive way of engaging with a child that I have ever experienced and parents can see results right away. NHA teaches you how to have a positive influence on your kids and love it!

If this training has helped or benefited you or someone you know I would like to hear from you, please contact me by email at [jfloe@co.sutter.ca.us](mailto:jfloe@co.sutter.ca.us). For more information go to [www.difficultchild.com](http://www.difficultchild.com) or [www.energyparenting.com](http://www.energyparenting.com) or [www.childrensuccessfoundation.com](http://www.childrensuccessfoundation.com) to learn specifics of using the Nurtured Heart Approach. Blessings to you all.

## News and Review from the LGBT PEI team

By Steve Shoup

Well to all of those who are in, or support the LGBT community this is an exciting time! With GOTBLISS (Gay, Other, Transgendered, Bi-Sexual, Lesbian, Intersex, Straight Supporter) becoming a stronger and more viable community based organization, all those involved are feeling a stronger sense of permanency of an LGBT presence is the Yuba-Sutter region to assist and aid those seeking acceptance.

While GOTBLISS continues to wait for the government to review their 501-C3 application, PEI has been working with county legal and the GOTBLISS board to approve a contract that would have GOTBLISS provide LGBT cultural trainings to SYMH and give them the means to expand their outreach to the LGBT community.

In the meantime, PEI has been fostering the growth of young LGBT leaders affiliated with the local high school Gay Straight Alliance (GSA) clubs by helping them with fundraising and membership drives. Next school year, PEI will be attempting to help the local GSA clubs affiliate with the national chapter and has approached California Rural Legal Assistance to request that if the locals GSAs are able to form a Bi-County national chapter, would CRLA be willing to write their local 501-C3. A 501-C3 allows any donations to be tax deductible. They have agreed to consider this and are very supportive of the idea.

This would accomplish a major PEI goal which is to foster stand-alone community support for one of our target at-risk populations. It would also aid local high school GSAs in three major areas. The first would be to establish a chapter outside the schools where teens off campus could get information without drawing attention to themselves (safety). The second thing it would accomplish would be having a central place for donations to flow that would be tax deductible to the community thereby increasing donations for local GSA clubs. The third thing is having central accountability for those funds to be distributed to local GSA clubs to pay for increased club activities like “gay prom” or field trip to LGBT historical sites and museums.

For those wanting to refer students or adults to GOTBLISS they have a booth located at 419 D Street in Marysville. This booth is staffed fulltime on Tuesdays and individuals can come in and get information about events in our area. A youth group occurs at this location on the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of the month from 1pm – 3pm. Additionally, folks can “like” GOTBLISS on Facebook where all their monthly events are listed.

## Healthy Choices at Wheatland High School

By Rajdeep Randhawa and Ines Dueñas

PEI in coordination with Wheatland High School has started and is almost done with two Healthy Choices groups. One of the groups led by Rajdeep Randhawa and Amy Molina-Jones specifically dealt with students who had difficulty managing stress in their school and/or home environment. The group was focused on stress management related topics. There were fewer group meetings for this group due to meeting after school as this conflicted with after school activities.

The other group lead by Ines Dueñas, Lisa Penaska, and Carlethe Embry focused on a specific population - Latina girls. The group also focused on stress-related coping including acculturation issues. They were taught alternative activities to deal with emotions and difficult situations. This group met during lunch time and was well attended. A meeting for debriefing has been scheduled to discuss how to improve future groups.

## PEI Recreation

By Jackie Stanfill

Fencing, Basketball, Art, Football, Soccer, Cheerleading.....These are a few of the activities that have been funded through the Recreation portion of the PEI plan. It is wonderful to be able to help out with these resilience-building activities. This year we have been able to help Yuba City Parks and Recreation with scholarships and equipment. We have also helped Allyn Scott Youth and Community Center in a similar way. I would like to give special recognition to the Yuba Sutter Training Zone gym. They are providing gym access to students at Thomas E. Matthews Community School through a grant from PEI. Their rate for this access is extremely reasonable and reflects the community spirit we have encountered in this project. The total funds awarded so far throughout Yuba and Sutter Counties has topped \$40,000. For more Information contact John Floe at 674-1885 ext. 114.



## Moral Reconciliation Therapy (MRT)

By Rudy Rodriguez

According to the National Registry of Evidence-based Programs and Practices at the Substance Abuse and Mental Health Services Administration, “Moral Reconciliation Therapy (MRT) is a systematic treatment strategy that seeks to decrease recidivism among juvenile and adult criminal offenders by increasing moral reasoning. Its cognitive-behavioral approach combines elements from a variety of psychological traditions to progressively address ego, social, moral, and positive behavioral growth.” Group exercises and homework assignments focus on seven basic treatment issues: confrontation of beliefs, attitudes, and behaviors; assessment of current relationships; reinforcement of positive behavior and habits; positive identity formation; enhancement of self-concept; decrease in hedonism and development of frustration tolerance; and development of higher stages of moral reasoning.

I recently facilitated an MRT group at Feather River Academy. A participant wrote a report of her experience in the group, “In October of 2012 we started a peer group of 12 students at Feather River Academy. Since then, some students have moved on to their primary schools or independent studies (home school) and some dropped out of the group. This left four students who consistently attended twice a week. In group we were able to talk about our everyday struggles without being judged or criticized for our behavior. Our peer leader treated us with respect and taught us to recognize the unsafe behaviors that we were displaying. We developed coping strategies, refusal skills to risky behaviors, self-respect and most of all self-worth and the usefulness of our lives in this community. We were able to relate to each other and through our conversations we found solutions to our daily problems. We learned that there is a time and place for certain things. We understand that we need to get our lives together. We are no longer looking at the small picture but have expanded our vision to something much better and productive.”

One of the students that participated in the program is graduating this June and off to the Air-Force just months after. Another of the students wrote, “Personally speaking this program has offered me closure and acceptance in many ways that I’ve never experienced. Therefore, I want to thank the counselor for everything you have helped me with and I will remember the advice you gave me while I am succeeding in the future”.

I believe the peer group was a success. I am thankful to the Feather River Academy for giving me the opportunity to work with the students. I am also grateful to have worked with such wonderful students who benefited from the MRT program and for their honest participation. You (students) have done all the work needed to develop a better future for yourself. Thanks for the great time we had together. It was a great experience that I will treasure for years to come.

SEMPER GUMBY AWARD  
Presented To Mai Vang, Olivehurst Hmong Center

John Floe presented the Semper Gumby Award on the 29<sup>th</sup> of March, 2013 to Mai Vang and the Olivehurst Hmong Center. The Olivehurst Hmong Center is located on Olivehurst Avenue across from Ella Elementary School. The Hmong center is part of a program of Sutter Yuba Mental Health, funded by the Mental Health Services Act. It provides outreach mental health services in a culturally and linguistically competent manner to the Hmong population in Sutter and Yuba counties. I presented the award to Mai because of the outstanding work she and her team did to develop the Hmong Traditional Healers Project for our community. The project provided cross training between Hmong traditional healers and Western medicine professionals. It included trainings with 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 other agencies. The traditional healers provided information on the types of healing rituals that emergency responders or caregivers may expect to see. The Western health care providers gave information to the traditional healers about Western medicine and what to expect. For all of this we thank you for your service.



SEMPER GUMBY AWARD  
Presented To Sherri Sandoval, Marysville Joint Unified School District

John Floe presented the Semper Gumby Award on the 8<sup>th</sup> of April, 2013 to Sherri Sandoval from Marysville Joint Unified School District (MJUSD). Sherri was instrumental in helping us roll out the Yellow Ribbon Suicide Prevention Program to the MJUSD high schools in Yuba County. Thank you, Sherri for helping our community be suicide safer.

The Yellow Ribbon Suicide Prevention Program began in September, 1994, after the death of seventeen-year-old Mike Emme. Friends and other teenagers offered their condolences and support to Mike's parents. When friends asked what they could do, Mike's parents encouraged anyone who was contemplating suicide to reach out to someone and to seek help. Mike's friends designed the yellow ribbon suicide prevention program. Yellow Ribbon is a peer gatekeeper training for youth that helps teens learn how to ask for help from an adult if they or a peer is considering suicide. It offers trainings to students, educators, school staff, parents and community members. One in 5 teenagers seriously considers suicide. Even though a teen may appear to be happy, he or she may actually be in deep emotional pain. This program is in over 5000 schools nationwide and is also used internationally.



For more information on the Yellow Ribbon Suicide Prevention Program Contact John Floe at 530-674-1885 ext. 114 or [jfloe@co.sutter.ca.us](mailto:jfloe@co.sutter.ca.us).

A newsletter of hope and voice for the Yuba Sutter area.



Yuba and Sutter County  
California Mental Health Services Authority  
Suicide Prevention Initiative  
Prevention and Early Intervention

Contributing Writers:  
Jessica Garner Mathews, MSWI  
Gayle Lukeman, MFT  
John Floe, MAOM  
Editor:  
Sandra Black, MSW

Pain Isn't Always Obvious

**KNOW  
THE SIGNS**

Suicide Is Preventable



John Floe coordinates the Sutter-Yuba Prevention and Early Intervention program and is a key community member in leading the charge in suicide prevention awareness.

"Although talking to a person about suicidal thoughts or behaviors can be difficult, knowing what to say and do can be the difference between life and death."

~John Floe, MAOM

## Know the Signs Suicide Prevention and Awareness Campaign



Helping others recognize the warning signs of suicide which can often be subtle.

Our goal is a healthy community where people are empowered to reach their full potential.

# Yuba Sutter suicide rates in state context

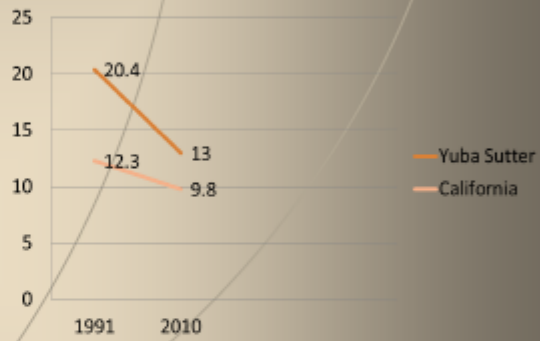
## Yuba and Sutter County Suicide Statistics, 2010:

Suicide deaths: 22 (13/100,000).  
 Non-fatal hospitalizations due self-inflicted injuries: 71 (41.89/100,000).  
 Non-fatal emergency department visits due to self-inflicted injuries: 185 (109.15/100,000).

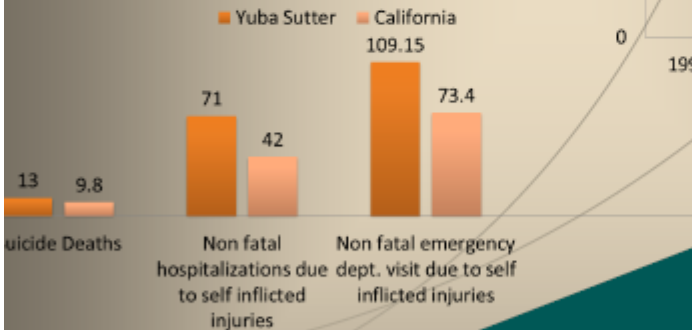
### Yuba and Sutter County Suicide Trends Downward:

In 1991, the suicide rate was 20.4/100,000; in 2010, the suicide rate was 13/100,000.

Comparison of California and Yuba Sutter trends downward per 100,000



Comparison of California and Yuba Sutter Suicide Statistics per 100,000: 2010



## California Suicide Trends Downward:

In 1991, the suicide rate was 12.3/100,000; in 2010, the suicide rate was 9.8/100,000.

## California Suicide statistics, 2010:

- Suicide deaths: 3,823 (9.8/100,000).
- Non-fatal hospitalizations due self-inflicted injuries: 16,425 (42/100,000).
- Non-fatal emergency department visits due to self-inflicted injuries: 28,735 (73.4/100,000).
- In 2011, 105,142 calls to the National Suicide Prevention Lifeline were made from California.

*\*All data collected from California Department of Public Health, Safe and Active Communities Branch.*

Pain isn't always obvious. Every day in Sutter and Yuba County, friends, family and co-workers struggle with emotional pain and for some, it's too difficult to talk about the pain. Some struggle with thoughts of suicide and have a great need for help. "Know The Signs," a suicide prevention and awareness campaign is focused on helping others recognize the warning signs of suicide, which can often be subtle.

The *Know the Signs* campaign is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students. These initiatives are funded by the Mental Health Services Act (Prop 63) and administered by the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families and communities.

John Floe and his colleagues feel that individuals with suicide prevention training can play an active role in helping a person during the difficult periods of their lives and assist suicide prevention.



Knowing how to start a conversation and where to turn for help can often be confusing and hard to find. This campaign believes that you have the power to make a difference—the power to save a life. By knowing the signs, finding the words and reaching out, our hope is to build a stronger, safer and healthier place for Yuba and Sutter County residents. Knowing the signs of suicide can help you to step in or speak up for a friend or loved one when it matters most.

Although talking to a person about suicidal thoughts or behaviors can be difficult, knowing what to say and do can be the difference between life and death. "If a friend mentions suicide, take it seriously. If he or she has expressed an immediate plan, or has access to a gun or other potentially deadly means, do not leave him or her alone. Get help immediately."

Floe feels that knowing how to help with thoughts of suicide and suicide prevention can save lives because it focuses on helping them realize that life is too special to attempt suicide. Most suicidal people don't really want to die; they just want their pain to end.

"Parents should not feel that their child is immune and that they do not have a duty and obligation to approach and even confront their adult child if they feel there is even a remote possibility that their child is displaying warning signs. Reaching out is not meddling. Attempting to get information regarding their child's state of mind or emotional state is not intruding into their lives," Floe said. "It is a loving, caring, appropriate response. In the event the adult child seems hostile or angry, parents should not feel wrong for seeking to help them through their emotionally dangerous time. It may save their life."



Although there are a few programs related to suicide prevention and awareness, Sutter-Yuba Mental Health and different community mental health partners are recently implementing a number of different programs and trainings within our local area. These programs include the Yellow Ribbon Campaign, Applied Suicide Intervention Skills Training, Mental Health First Aid Training and Safe Talk which is designed to help recognize and engage people with thoughts of suicide and to connect them with further help.

"Currently suicide education is on the rise. Public awareness and dialogue has increased," Floe said. "Suicide is an expression of deep-seated despair and pain which has not been attended to or adequately addressed. Suicide can happen, and does happen, in all cultures, socio-economic groups, genders, religions, and levels of education."

"As we know suicide is an uncomfortable topic for most people and rarely, if ever, discussed," he said. "Sadly, when the discussions do happen, it is often after the tragic fact."

**Find out more at: [www.SuicideisPreventable.org](http://www.SuicideisPreventable.org).  
Be a part of the campaign and other statewide suicide prevention efforts by joining the  
Your Voice Counts online forum at [www.yourvoicecounts.org](http://www.yourvoicecounts.org)**



# Get informed...

*While EVERY suicide may not be prevented, suicide is preventable and people with suicidal thoughts and feelings can be treated.*

## The Basics:

A common emotion among people feeling suicidal is pain. How pain is expressed isn't always evident to others. But while the warning signs can be subtle, they are there.

- Suicide is a complex issue and cannot be simplified by attributing it to one single cause (job loss, divorce, economic hardship, etc.).
- Studies show that people who know the signs of suicide and resources are more likely to take action that could save a life.

## Risk Factors for Suicide:

Risk factors are characteristics that contribute to the likelihood of suicide. Risk factors are based on statistics and may not apply to every suicidal individual. The most common ones are:

- Prior suicide attempt.
- Easy access to lethal means (weapons, medications, etc).
- Mental health condition like depression and/or substance abuse.
- Poor ability to tolerate and cope with negative emotions.

## Signs of Concern:

*Action: If someone is showing any or a combination of the following behaviors, you or they can call the National Suicide Prevention Lifeline at 1- (800) 273-TALK (8255).*

- Talking about wanting to die or suicide
- Increased drug or alcohol use
- Anger
- Feeling hopeless, desperate, trapped
- No sense of purpose
- Reckless behavior
- Withdrawal
- Anxiety or agitation
- Changes in sleep
- Putting affairs in order
- Giving away possessions
- Sudden mood changes

## Facts about Suicide:

*Suicide is not inevitable and experts aren't the only ones who can help. Knowing the warning signs and how to reach out to someone in crisis gives anyone the power to make a difference.*

*Mentioning suicide will not anger the person in crisis. People contemplating suicide are often relieved to have the subject raised by someone else in a caring way. It opens the door to have a frank conversation.*

*Asking about suicide does NOT put the idea in someone's head.*

*The warning signs for suicide can be subtle, but someone experiencing emotional pain almost always shows some type of sign.*



## Signs of Crisis:

*Action: Call 9-1-1, or seek immediate help when you hear or see any one of these behaviors:*

Someone threatening to hurt or kill themselves.

Someone looking for ways to kill themselves: seeking access to pills, weapons, or other means.

Someone talking or writing about suicide, or about death and dying when this is out of the ordinary for them.

## Yellow Ribbon Project

Contributing writers:  
Gayle Lukeman and Jessica Mathews

There is a suicide prevention campaign sweeping through our local Yuba-Sutter Middle and High Schools called the Yellow Ribbon Suicide Prevention Program. The Yellow Ribbon Program was founded in 1994 by the parents and friends of a bright, funny, loving teen, Mike Emme, who took his life when he did not know the words to say, or how to let someone know he was in trouble and needed help. "Don't blame yourselves, Mom and Dad, I love you." It was signed, "Love Mike 11:45pm". In a move that totally stunned all who knew him, Mike died-by-suicide at a time of his deepest despair. At 11:52pm his parents pulled into the driveway behind that bright yellow Mustang, - *seven minutes too late!*

Yellow Ribbon is dedicated to preventing youth suicide and suicide attempts by making suicide prevention accessible to everyone. This campaign works to remove barriers by helping empower communities and individuals through leadership, awareness and education by collaborating and partnering with support networks to save lives.



The Yellow Ribbon campaign works collaboratively within our local schools and offers programs such as staff development in-service training specifically designed for educators, teachers, school-staff, students, clergy and parents about how they can help be a gatekeeper and link suicide prevention in youth. Those who are trained to recognize the warning signs of suicide, within themselves or someone they know, are given an open, caring, and non-judgmental opportunity to be able to ask for help from a friend, teacher, or loved one.

Through the Yellow Ribbon Ask 4 Help Cards, youth are able to use the cards to ask for help for themselves or friends. The cards also inform the recipient of the card, about what the cards are and how to respond to the crisis at hand. Teens that have attempted suicide tell others that they were so overwhelmed at the time of their crisis, that they did not know what to say to ask for help. The cards are a 'voice' for youth when they can't find the words to say, "I need help".

## Suicide Prevention Lifeline

I-800-273-TALK (8255)  
Call For Help  
for yourself or a loved one

Sutter Yuba Mental Health Services Yellow Ribbon Suicide  
Hotline  
Phone: 530-673-8255

18th Annual Yellow Ribbon Suicide Awareness and Prevention  
Week  
September 8-14, 2013

Sacramento Suicide Survivor Support Group  
Survivors of Suicide Loss  
I-916-392-0664

# Get involved

## Step 1

### Start the Conversation

**MENTION THE SIGNS** that prompted you to become concerned. This makes it clear you aren't asking "out of the blue" and makes it more difficult for the person to deny something is bothering them.

**ASK DIRECTLY** about suicide. "Are you thinking about suicide?" or "Are you thinking about ending your life?" Asking directly and using the word "suicide" establishes that you and the person at risk are talking about the same thing and lets the person know that you are willing to talk openly about suicide.

## Step 2

### Listen, Express Concern and Provide Reassurance

**IF THEY ANSWER "YES"** to your direct question about suicide, stay calm and don't leave the person alone until further help is obtained.

**LISTEN TO THE REASONS** the person has for both living and dying. Validate that they are considering both options and underscore that living is an option for them.

**LET THEM KNOW YOU CARE.** Letting them know that you take their situation seriously, and you are genuinely concerned about them, will go a long way in your effort to support

## Step 3

### Create a Safety Plan

**ASK THEM** if they have access to any lethal means—weapons, medications—and help remove them from the vicinity. Another friend, family member or law enforcement agent may be needed to assist with this.

**DO NOT PUT YOURSELF** in danger; if you are concerned about your own safety, call 9-1-1.

**CREATE A SAFETY PLAN** together. Ask the person what will help keep them safe until they meet with a professional.

**ASK THEM** if they will refrain from using alcohol and other drugs or agree to have someone monitor their use.

**GET A VERBAL COMMITMENT** that the person will not act upon thoughts of suicide until they have met with a professional.

## Step 4

### Get Help

**PROVIDE THE PERSON** with national or local resources. Call the National Suicide Prevention Lifeline anytime at 1-800-273-8255. Local resources can be found at [www.SuicideisPreventable.org](http://www.SuicideisPreventable.org).

**If you feel the situation is critical, take the person to a nearby Emergency Room or walk-in psychiatric crisis clinic or call 9-1-1.**

**Applied Suicide Intervention Skills Training:** A two-day workshop designed for caregivers who want to feel more comfortable, confident and competent in helping prevent the immediate risk of suicide.

**SafeTalk:** A four-hour training designed to help recognize and engage people with thoughts of suicide and to connect them with further help.



#### What Not to Say

**DON'T ASK** in a way that indicates you want "No" for an answer. For example, "You're not thinking about suicide, are you?!" or "You're not thinking of doing anything stupid, are you?!"

**DON'T ENCOURAGE** the person to do it. You may want to shout in frustration or anger, but this is the most dangerous thing you can say.

**DON'T PROMISE SECRECY.** The person may say that they don't want you to tell anyone else that they are suicidal. You may be concerned that they will be upset with you, but when someone's life is at risk, it is more important to ensure their safety.

# The will to continue living positively

*Ronnie Amaro is 50 years of age and has a wife Cheryl and four children. He lives in the Yuba Sutter area. They reside in Live Oak, California and have lived here since 1986.*

*Contributing writer: John Floe, MAOM*

Ronnie Amaro was an addict for 32 years and is a testament to the strength of the human spirit. He has overcome many personal challenges yet he continues to live positively and give back to the community in any way he can.

Watching people going in and out of addiction, Ronnie was inspired to volunteer for the Alcohol Chemical Treatment Series at the Yuba County Jail. Ronnie is passionate about this program and helping other addicts overcome their battle with substance abuse.

Ronnie also volunteers with Fathers First, which he began in 1997. "I lost my parents when I was 13," said Ronnie, "and growing up fatherless was pretty traumatic. I did not know how to be a dad when I became one, and so I wanted to help others be a dad."

This experience also led to other volunteer opportunities for him. He learned about the Regional Emergency Shelter Team, or REST, through his church. Taking care of people at the shelter is very rewarding to Ronnie. He was a victim of homelessness at one point himself which is what attracted him to this shelter. "It was flooded in '86 when I first came here and I ended at the river bottoms as the tide was coming up." A church missionary directed Ronnie to a shelter. "I don't know who he was, and I've never been able to thank him, but it changed my life." Soon after Ronnie got a job, and maintains he has been getting better ever since this pivotal moment in his life when a kind stranger helped him out of a tough situation.



Ronnie, his wife Cheryl and daughter Noel all attended a Mental Health First Aid Training in August 2012. This training has benefited him in both his personal and volunteer life helping others that have behavioral health issues and recognizing how to help when others are having thoughts of suicide. He recommends all community members and organizations attend Mental Health First Aid Training to help better understand how to deal with any potential Mental Health Crisis.

Ronnie credits his family and church as being a great support system in his successes in dealing with his own mental health issues and addictions. "I suffer from a mental illness, but I take my medication and I've become a productive member of society. I just want to help in any way I can."

Ronnie advocates that it is very important that if people want to fill their time, they should volunteer at a homeless program like Hands of Hope or REST. "They can have something to fill the void in their life," Ronnie said.

Although volunteering with others who are struggling can be a challenge to the human spirit, Ronnie and many other local volunteers know that there are many rewards that come with giving back to others.

"A big positive is watching people put their lives back together. I've seen six people this year, get housing and find a way to live. It's so rewarding to see people get back on their feet," he said. "People need to have compassion for other people. Volunteering and helping so many people is very rewarding."



## Lets Talk About Wellness

*Pursuing overall wellness can help people cope with mental health challenges and is a vital part in the road to recovery.*

Wellness goes beyond routine visits to your doctor, staying fit and maintaining a healthy diet. It refers to overall well-being, including a balance among physical, mental, emotional, intellectual, occupational, behavioral, and spiritual health that gives us the ability to feel good about ourselves and enjoy our lives.

Each aspect of wellness can affect a person's overall quality of life. That's why it's important to work toward achieving optimal health in each area.

Mental Health America's *Live Your Life Well* campaign offers 10 useful tips for living a full, enjoyable life:

### **Connect with others.**

Spend more time with family members and friends, and develop new relationships by taking classes, doing volunteer work or joining a club that interests you.

**Stay positive.** Learn to avoid negative thought patterns and focus on feeling grateful for the positive things in your life.

**Be physically active.** Strive for 30 minutes of daily moderate aerobic activity, and squeeze in additional exercise by playing with your children or taking the stairs instead of the elevator.

**Help others.** In addition to looking for volunteer opportunities, do little things like smiling at a stranger or holding the elevator for a co-worker.

**Get enough sleep.** Being tired and low on energy affects every aspect of your life.

**Create joy and satisfaction.** Read humorous books, do something you enjoyed as a child, or treat yourself to a massage.

**Eat well.** Choose a diet high in fruits, vegetables, whole grains, and lean proteins while minimizing saturated fats, salt and added sugars.

**Take care of your spirit.** Join a religious institution, pray regularly, or learn to meditate. Look for the good in yourself and others.



**Deal better with hard times.** When you have an upsetting experience, try writing about it to organize your thoughts. When faced with a problem, make a list of possible solutions and consider the merits of each.

**Contact a professional if your own resources are running low or not working anymore.** Visit our resource section to explore helpful resources in your community.

Contributing writer: Jessica Mathews, MSW1

## What is mental illness?

Mental health is defined by how we think, feel, behave and interact with others in the course of our daily lives. For 1 in 5 Yuba-Sutter residents Mental health is an essential part of our overall health and well-being. When we're in a good state of mental health, we're productive and we adapt well to change and adversity. We don't always feel blissfully happy, but we're able to handle life's ups and downs with reasonable ease.

When we lose the ability to handle life's challenges effectively and with good perspective, a mental health disorder may be the root of the problem that needs attention. There are many kinds of mental illness - depression, anxiety disorders, schizophrenia, bipolar disorder, and others - and while we don't know all the causes, we do know this: they are real medical conditions, equally as important to address as physical ailments. They are not the result of weakness or personal failing, and they are usually highly treatable.



To find out more about Mental Illness and Suicide Prevention please visit: [sutter.networkofcare.org](http://sutter.networkofcare.org)

# Events and Groups

## International Survivors of Suicide Day

**Save the Date:**  
**Saturday, November 23, 2013**

### Out of the Darkness

The Out of the Darkness Walks are 3-5 mile walks, taking place in communities across the country, with the proceeds benefiting the American Foundation for Suicide Prevention (AFSP). By walking in the *Out of the Darkness Walks*, you will be walking with thousands of community members to raise money for AFSP's vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide and provide support for survivors of suicide loss. In deciding to walk, you are taking us a step closer to making suicide prevention a national priority.

### Modesto Out of the Darkness Walk

**Where:** Mancini Bowl in Graceda Park  
Modesto, California  
**Starts:** 09/14/2013 @ 9:30 am

### Chico Out of the Darkness Walk

**Where:** Chico City Plaza  
Chico, California  
**Starts:** 09/14/2013 @ 10:00 am

#### ROSEVILLE

**Group Name:**

Friends for Survival - Roseville

**Contact:** Michele Murphy, 530-346-6343, afpsacramento@live.com, OR Dorcas Reilly, 530-878-3873, reilly4051@sbcglobal.net

**Meeting Place:** 2401 Olympus Drive, Roseville, CA 95661

**Meeting Day(s)/Meeting Time:** 3rd Thursday of every month, 6:30-8:30pm

#### SACRAMENTO

**Group Name & Mailing Address:**

Auburn Friends for Survival

**Website:** <http://www.friendsforsurvival.org>

**Contact:** Marilyn Koenig, (916) 392-0664, friendsforsurvival@gmail.com

**Meeting Places and Times:** Several locations please call our office 916-392-0664

#### SACRAMENTO

**Group Name & Mailing Address:**

Survivors of Suicide Loss Group - The Effort's Suicide Prevention & Crisis Services

**Website:** <http://www.theeffort.org>

**Contact:** Liseanne Wick, Program Manager, 916-368-3118,

[lwick@theeffort.org](mailto:lwick@theeffort.org)

**Meeting Place:** The Effort - South Valley Center

8233 East Stockton Blvd.

Sacramento, CA 95828

**Meeting Day(s)/Meeting Time:** Individual counseling and support group dates and times available upon request

Contributing writer: Jessica Mathews, MSW1

Suicide remains among the leading cause of death for children under 14. Many parents may be unaware of the major public health problem that can potentially have devastating consequences on our youth. Cyber bullying along with many other forms of bullying are strongly associated with youth suicide.

Studies show that bullying behaviors in youth are associated with depression, suicidal ideation, and suicide attempts. These associations have been found in high school, middle school and even elementary school students. Interestingly, studies show an increased risk of suicidal behaviors among both bullying perpetrators and victims. Youth who experience cyber bullying, as either perpetrators or victims, have more suicidal thoughts and are more likely to attempt suicide than those who had not experienced such forms of peer aggression.

The facts and statistics are startling and the numbers continue to rise every month. 90% of 4th through 8th graders report being victims of bullying, 86% of Lesbian, Gay, Bisexual and Transgender youth have reported that they had experienced harassment at school. Research indicates that LGBT youth may be more likely to think about and attempt suicide than heterosexual teens.

There are various forms of bullying. Physical bullying includes various forms of a physical attack and includes hitting, kicking, punching or damag-



ing or stealing someone else's belongings. Verbal bullying includes name calling, insulting, making racist, sexist or homophobic jokes, remarks or teasing. Indirect bullying includes spreading nasty stories about someone, exclusion from social groups, being made the subject of malicious rumors, or sending abusive mail, emails or text messages, which is also known as cyber bullying.

It is important for parents to discuss the facts of bullying with their children to help teach them how to watch out for bullying and to avoid being bullied.

Teaching children that using power with the intent to cause harm, control or manipulate others is not acceptable.

We all have a role in beginning to foster a culture of caring, respect and awareness and it starts with a few simple steps. Increase your awareness and begin to recognize when bullying is taking place. Respond forcefully, calmly and respectfully if you see bullying taking place or hear about it. Teach your children protective skills to foster positive peer relationship skills

and help to prevent and stop bullying. Become involved and know what other parents and adults in your community are doing to stop bullying.

It is important that students understand that there is always hope to stop the situation. If a student is ever feeling powerless and hopeless, there are people such as parents, friends, and other adults that care about making the situation better. Every human being has the right to live a happy and healthy life, free of fear, harassment and isolation. Speak up. Stand Up. Stop the Bully Cycle.

Speak Up Stand UP  
Stop the Bullying Cycle

## Helpers in Your Community (Keep Safe Connections)

Please visit:

[www.sutter.networkofcare.org](http://www.sutter.networkofcare.org) for more local information and resources

Sutter-Yuba Mental Health Crisis Line

1-530-673-8255 or 1-888-923-3800

SYMHS Children/Youth Services

1-530-822-7513

SYMHS Prevention and Early Intervention Programs

1-530-674-1885 ext. 114

Mental Health America Yuba-Sutter

1-530-822-7178

Suicide Prevention Center National Hotline

1-800-784-2433

Teen Line National Hotline

1-800-852-8336

Youth Crisis National Hotline

1-800-843-5200

Rape/Sexual Assault Center National Hotlines

1-800-621-4673 or 1-800-656-4673

Domestic Violence National Hotlines

1-916-554-2400 or 1-800-799-7233

Sexual Abuse National Hotlines

1-800-799-7233 or 1-916-920-2952

Child Abuse National Hotline

1-800-422-4453

California Dept. of Child Support Services

1-866-901-3212

Child Care Planning Council

1-530-749-4040

Sutter and Yuba County Victim Witness

Sutter: 1-530-822-7345 Yuba: 1-530-741-6275

Sutter County Sheriff or Yuba County Sheriff

Sutter: 1-530-822-7307 Yuba: 1-530-749-7777

Police/Fire/Medical Emergency

911

Rideout Memorial Hospital Emergency

1-530-749-4300

AMPLA Medical Clinic

1-530-674-4261

Peach Tree Medical Clinic

1-530-749-3242

Yuba-Sutter Salvation Army Emergency Shelter

1-530-216-4533

Twin Cities Rescue Mission Ministries

1-866-668-8972

Casa De Esperanza Sexual Assault/Domestic Violence

1-530-674-2040

Friends for Survival

1-916-392-0664

Grief Support Group Sutter North Health Group

1-530-749-3665

Narcotics Anonymous

1-707-422-9234

Alcoholics Anonymous

1-866-800-1369

Substance Abuse Counseling

1-530-822-7200

Legal Assistance

1-530-742-5191



# Get Connected.

**SafeTalk:** A four hour training designed to help recognize and engage people with thoughts of suicide and to connect them with further help.  
Contact John Floe SYMH 674-1885 x 114.

**Mental Health First Aid:** Is a two-day course that provides an overview of mental illness and substance use disorders. Learn risk factors and warning signs of mental health problems as well as how to connect people with appropriate care.  
Contact John Floe SYMH 674-1885 x 114.

**Harmony Health:** provides individual counseling for those with medical or no insurance.  
1-530-743-6888

The Friendship Line  
(older adults):  
1-800-971-0016

**Yellow Ribbon Suicide Prevention:** For secondary students. Thirty minute staff training, possible recruitment of student leaders and a 45 minute student body presentation in either small or large groups. Teaches students it is OK to ask for help.  
Contact Jackie Stanfill,  
Program Manager, Prevention and Early Intervention Programs, 822-7478 x 122

You can find out more about it at:  
[www.yellowribbonsd.org](http://www.yellowribbonsd.org)

**Individual Counseling:** Sutter Yuba Mental Health provides assessment and treatment of mental health issues for those children and families that have medical or no insurance.  
Contact SYMH Youth Services at 822-7513.

Yuba and Sutter Mental Health Services 24/7  
Crisis Line:  
1-530-673-8255

**Network of Care Website:**  
This Web site is a resource for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services, laws, and related news, as well as communication tools and other features. This Web site can greatly assist in our efforts to protect our greatest human asset - our beautiful minds.  
[www.sutter.networkofcare.org](http://www.sutter.networkofcare.org)

**Homeless Emergency and Runaway Effort:**  
1-800-334-6622

The Friendship Line  
(older adults):  
1-800-971-0016



**Through the Lens of Trauma:** A one day workshop on how trauma affects the brain, multiple areas of functioning and strategies to help children heal.  
Contact Gayle Lukeman, SYMH, 822-7513 x 2173.

**The Trevor Line (LGBTQ + suicide prevention):**  
1-866-488-7386  
Access crisis intervention services through text messaging:  
Text keyword ANSWER to 839863 to reach safe, non-judgmental sources of support for individuals in any type of crisis.  
Visit [www.crisisccallcenter.org](http://www.crisisccallcenter.org)

**Lesbian, Gay, Bisexual, Transgender (LGBT):** Got Bliss support/social group with monthly potlucks and a youth support group. Meetings are in Marysville.  
Contact Timothy Speek at 300-2745 or at [tcspeek@gotblissynbasutter.org](mailto:tcspeek@gotblissynbasutter.org).