



Program Dispatch

First Edition, Fiscal Year 2010-2011



Community Wellness Services

**Mental Health Services Act Dollars
Working in the Community!**

Service Goals

Community Wellness Services provide prevention and early intervention programs that are focused in three main areas; Schools, Community, and Behavioral Health Systems. Each area of focus has its own overall goal with many programs created to meet the needs of the target population.

Goal for school-based programs:

- To **strengthen** student health and wellness.

Goal for community-based programs:

- To **build, strengthen** and **empower** communities.

Goal for Behavioral Health Systems programs:

- To **build** and **strengthen collaboration** and promote wellness across all systems.

Why was Prevention and Early Intervention created?

Engagement of the community is important to successfully implement sustainable mental health Prevention and Early Intervention strategies and activities. To ensure that this occurred in accordance with the Mental Health Services Act (MHSA), the Department of Behavioral Health (DBH) conducted an open process for the development of the Prevention and Early Intervention (PEI) system.

Building on lessons learned from previous community conversations, meetings to target unserved, underserved and inappropriately served communities were conducted. DBH and its partners conducted targeted forums throughout the county, developed cultural coalitions and received nearly 1,800 responses to a community survey that asked interested individuals to answer and prioritize key service questions. Community members identified priorities and strategies by indicating that:

- **46%** wanted help before a mental health crisis occurred
- **50%** wanted assistance for drug related trauma affecting their communities
- **49%** requested consultation and training for teachers
- **45%** indicated a need to train school teachers to identify early signs of mental illness
- **44%** suggested offering services where cultural groups meet
- **43%** prioritized offering education about the family's role in a persons recovery



Positive Results

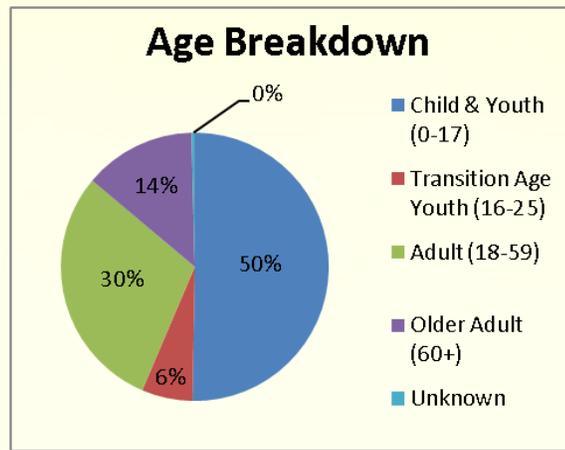
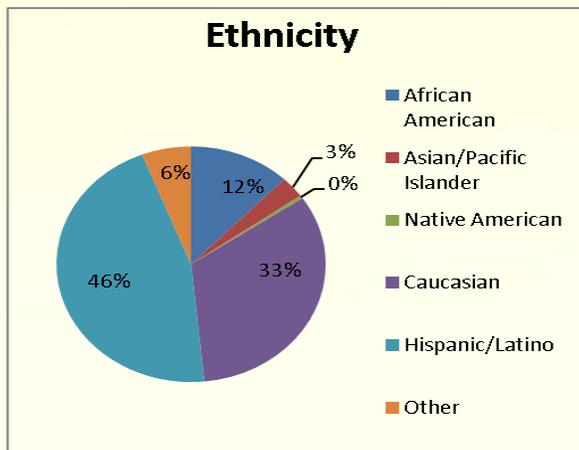
As of April 2011, **100%** of County of San Bernardino PEI programs are in full implementation allowing the county and its partners to provide services to an estimated **50,000** residents annually.

State approval of the County of San Bernardino Prevention and Early Intervention plan in September of 2008 allowed DBH to set in motion a gradual and meticulous implementation of all 12 PEI programs. Over the past three years the PEI system has served over **98,349** residents throughout the county.

Training has been provided to over **275** Preschool Services Department classroom teachers and over 200 parents. Teachers reported that there was a direct relationship between participation in the "Incredible Years" training and their ability to successfully redirect children beginning to display aggressive behavior patterns.

An eight-week "play therapy" program was provided to over **100** children who were or had recently experienced significant trauma or loss in their environment. When possible, the child's parents were included. Children were identified as being at risk of being unable to successfully function in the preschool classroom prior to participation. After participation more than **85%** were able to maintain participation in the preschool classroom setting and displayed significantly less aggressive behavior and demonstrated increased positive social-emotional skills.

Program Data



Making A Difference

Ignacio G., a participant in the National Curriculum and Training Institute Crossroads Education® program stated, "Inland Valley Recovery Services (a PEI Program Provider) just keeps on helping no matter what. It has taken a lot of time and a lot of hard work but today my life has changed drastically. I was using crystal meth and smoking a lot of weed. I overdosed on PCP and was admitted to a mental hospital. I suffered severe drug-induced psychosis and needed help. My mom made several calls and nobody could get me in for at least a month. I needed medication right away so my mom kept trying. She finally got a supervisor at the county mental health to see me at least to get my medication going. They also gave us the number to Inland Valley Recovery Services Youth Program. My mom was at the end of her rope and in tears when we made the call. She spoke with program staff, who told us they could help. She got me enrolled into the Drug/Alcohol class, referred us into family therapy with the MFT & started counseling, and what a blessing that was. Any time a situation came up we were able to call or see the staff. They even have a youth hotline. Mom says, I have a sparkle in my eye and a smile on my face. I have a full-time job, I am in school, and I'm staying clean."

Award Recognition

In 2010, one component of the Child and Youth Connection program received a **California Public Defender Award**, recognizing it as the Program of the Year for the office's Alternative Approaches to Rehabilitation within a community program.

In 2011, the PEI Preschool Program received a **National Association of Counties Award** for their excellent work in the area of early childhood mental health.

The Military Services and Family Support Program has received **statewide recognition** from the California Mental Health Services Oversight and Accountability Commission for their efforts with Military personnel of all ranks, including retired officers, veterans and National Guard soldiers and their families.

Challenges

The greatest challenge to implementation of the PEI programs is the current structure of the mental health system. Basic administrative tracking, billing and data collection functions had to be developed as the current systems do not provide support for tracking prevention services and activities.

Additionally, lack of networking partners and knowledge of prevention and early intervention programs were identified as concerns. The field of prevention is well developed in other arenas but the concepts, framework theories and community connections that create sustainable long-term change need to be developed for mental health.

"I really appreciate the time you take out of the day to come out and teach this class. Because to be honest with you, I really need these tools to become a better parent." - Client comment

Solutions in Progress

- Developing a data collection and tracking system that will gather service and demographic data for all PEI programs
- Employed community liaisons to work with local community and faith-based organizations to assist agencies in securing funding opportunities to grow and expand their programs
- Ensuring that services are distributed as equally as possible to those areas with the greatest need
- The Promotores de Salud program is expanding to include the Lesbian, Gay, Bi-sexual, Transgender and Questioning (LGBTQ) and African-American communities which will accommodate a greater underserved population
- The Student Assistance Program will expand to provide services in more schools throughout the county, especially in the High Desert where the need is more visible
- The Family Resource Centers will embark on a Community Resource Mapping Project that will establish a county-wide network of resources for county residents.



Collaborative Partners

The following agencies and/or departments have been valuable partners:

Department of Behavioral Health

**County of San Bernardino
Public Defender's Office**

**County of San Bernardino
Children's Network**

Preschool Services Department

**County of San Bernardino
Superintendent of Schools**

**County of San Bernardino
Department of Aging and
Adult Services**

**Department of Behavioral Health
Cultural Competency
Advisory Committee**

**California Mental Health
Services Authority, JPA**

**Center for Community
Action and Training**

**Inland Empire Minority Led
Resource Development Coalition**

The Sundance Company

**Association of Community-Based
Organizations**

For information regarding services please call:

ACCESS UNIT

(888) 743-1478 or (888) 743-1481 (TTY)

Dial 2-1-1 to get information and referrals for health and social services.
Get connected with a live operator 24 hours a day, 7 days a week.