

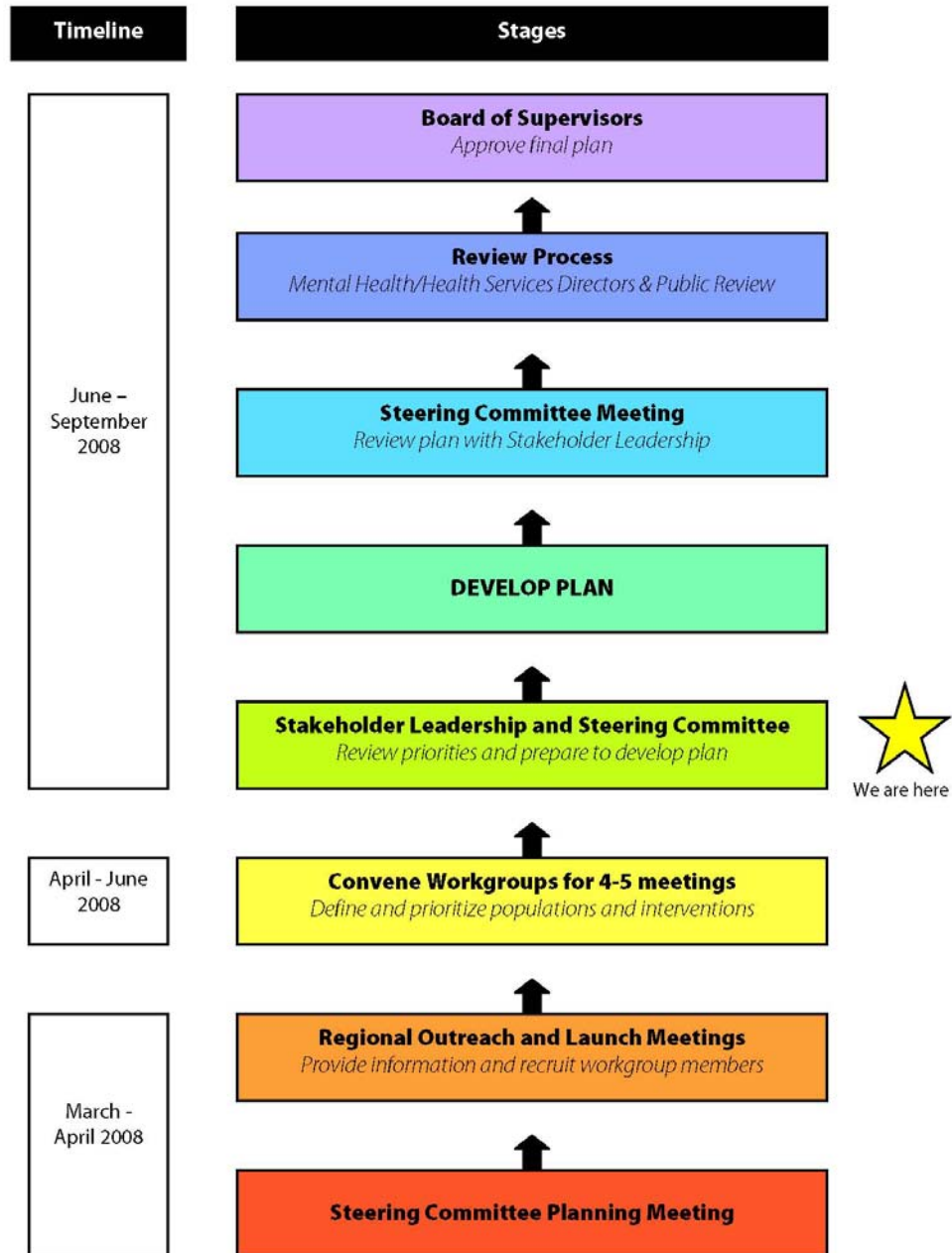
**We work with you to create the change
you envision, planning progress through
knowledge and action**



Sonoma County MHSA PEI Community Planning Process Workgroup Update

June 11, 2008

**Sonoma County MHS
Prevention & Early Intervention
Planning Activities and Timeline**



Workgroup Process

- + Workgroups were convened for 5 meetings: Children 0-5, Children 5-18, TAY (16-24) and Adults/Older Adults (25-60+)**
- + Workgroups identified priority populations and mental health concerns/risk factors**
- + Workgroups are reviewing relevant local data and planning efforts**
- + Workgroups are defining strategies across the prevention spectrum based on the identified mental health concerns/risk factors**

Workgroup Product

Workgroups looked at these columns



State-identified priority populations	State-identified key community health needs	Sonoma County priority needs and populations	Sonoma County PEI strategies
<ul style="list-style-type: none"> ▪ Trauma exposed individuals ▪ Children/Youth in stressed families ▪ Individuals experiencing onset of serious psychiatric illness ▪ Children/Youth at risk of school failure ▪ Children/Youth at risk of juvenile justice involvement ▪ Underserved racial/ethnic and cultural populations 	<ul style="list-style-type: none"> ▪ Disparities in access to mental health services ▪ Psycho-social impact of trauma ▪ At-risk children, youth and young adult populations ▪ Stigma and discrimination ▪ Suicide risk 		

Workgroup Results

Identifying PEI Strategies

Children Ages 0-5 Workgroup: Key Issues & Risk Factors

- + **Social-emotional and attachment issues**
- + **Abuse and neglect**
- + **Foster care involvement/risk**
- + **Substance use**
- + **Mental illness in the family**
- + **Homeless children**
- + **Children who experience violence**

Children Ages 0-5 Workgroup: PEI Strategies

- + Education of parents/caregivers and providers
 - Education about children's social-emotional development, adult mental health issues and perinatal mood disorders
- + Build capacity for universal screening for children using validated screening tools
- + Build capacity for universal screening for perinatal mood disorders and parental depression

Children Ages 0-5 Workgroup: PEI Strategies

- + **Fill gaps in assessment and linkage for at-risk children**
 - E.g., assessment and case management team for children who cannot get assessment through another system
- + **Family-based early intervention services for high risk children**
 - E.g., mental health and substance abuse treatment for parents, family therapy

Children Ages 5-18 Workgroup: Key Issues and Risk Factors

- + Depression and anxiety
- + Bullying and poor social skills in school settings
- + Children who have experienced trauma, including emotional, physical, sexual abuse, violence, emotional or physical neglect
- + Substance use
- + Mental illness in the family

Children Ages 5-18 Workgroup: PEI Strategies

- + **School-based programs in elementary, middle and high school that address multiple risk factors across the prevention spectrum**
 - **Student Assistance Program:**
 - Education, screening and assessment
 - School-based mental health counseling – individual and group
 - Peer-influenced services
 - Outreach and services for families

TAY Workgroup: Key Issues and Risk Factors

- + Depression, anxiety and suicide
- + Substance use and trauma
- + First onset of serious psychiatric illness

TAY Workgroup: PEI Strategies

- + Mobile Crisis Intervention Response Team (CIRT) available in school-based settings to provide services to TAY at-risk of or experiencing first onset of serious psychiatric illness**
- + Peer-based services such as counseling, support groups and training**
- + Broad-based mental health education, including PSAs, online resource and referral, mental health education classes, and parent education groups**

TAY Workgroup: PEI Strategies

- + Screening services in school-based settings
- + “Gatekeeper” training for teachers, faculty and parents on recognizing the warning signs of mental illness
- + Include youth in the design and implementation of TAY services

Adults & Older Adults Workgroup: Key Issues and Risk Factors

- + **Depression, suicide and anxiety**
 - **Stemming from issues related to death and loss, isolation, aging, physical health and other trauma**

Adults & Older Adults Workgroup: PEI Strategies

- + Screening and services related to depression and anxiety (i.e., Impact model)
 - Delivery of services at community health clinics and senior centers
- + Peer support groups at community centers, senior centers, libraries
- + Programs that address isolation among homebound seniors (e.g., addressing transportation needs, home visitor program)

Adults & Older Adults Workgroup: PEI Strategies

- + **Mental health education about depression, anxiety, suicide, and senior isolation**
 - **Community education campaign including PSAs, radio spots, website**
 - **Gatekeeper trainings with clergy, physicians, Meals on Wheels staff, home health aids, adult children of seniors**

What are the next steps?

Next Steps

+ Stakeholder Leadership

- Review recommendations from the workgroups and identify cross-cutting strategies
- Identify appropriate evidence-based programs
- Present to the Steering Committee for approval

+ Steering Committee

- Discuss and refine program recommendations from Stakeholder Leadership
- Set criteria for concept paper review
- Request and review concept papers
- Submit draft plan for public review

Schedule

	May	June	July	August
WG	21 st 28 th	4 th	Completed	Completed
SL	None	18 th 3:30-5:00 Schedule mtgs	16 th }	Completed
SC	14 th	11 th 25 th 5:30-7:00	16 th (joint meeting)	Concept papers