



**Sutter-Yuba Mental Health Services**

**Mental Health Services Act**

**April 2008**

**Prevention & Early  
Intervention**



# Prevention & Early Intervention PEI

*Prevention and Early Intervention*  
**approaches are transformational in  
the way they restructure the mental  
health system to a “help first”  
approach**

# What is 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.**



# What is Early Intervention?

- **Early Intervention is directed toward individuals and families for whom a short, relatively low-intensity intervention is appropriate to measurably improve mental health problems and avoid the need for more extensive mental health treatment.**

# PEI Review

## Classification of Prevention Strategies

- ***A universal preventive intervention is applicable or useful for everyone in the general population***
- ***A selective preventive intervention is targeted at individuals or subgroups whose risk of developing mental health problems is significantly higher than average.***

# PEI Review

## Intent of Outreach & Engagement Strategies

- **To engage persons prior to the development of serious mental illness or serious emotional disturbances or, in the case of early intervention, alleviate the need for additional mental health treatment.**

# Review: PEI Guidelines

## Target Populations

### All age groups

– 51%, 0-25yrs (Exemption for Small Counties)

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



# Review: PEI Guidelines Community Needs Addressed

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

# Review: PEI Guidelines

## Types of Services

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

- Mental Health Promotion
- Mental Health Education
- Screening
- Short-term Early Intervention Treatment

# Review: PEI Guidelines

## Providers

- **Can be non-traditional mental health providers including partners from health, education, social services, law enforcement, and underserved communities.**

# Review: Prevention & Intervention Guidelines

## **Partners:**

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

## **Long-Term Outcomes**

### *Reduce:*

- **School failure**
- **Homelessness**
- **Long-term suffering**
- **Unemployment**
- **Incarceration**
- **Removal from home (children)**
- **Suicide**

# PEI Priority Populations & SYMHS Workgroups

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

# PEI Process

## Workgroup to Program Launch

### Workgroup Sessions

