



**Sutter-Yuba Mental Health Services**

Workgroup Meeting

April 2008

# Prevention & Early Intervention

# Agenda

- **Welcome**
- **Prevention & Early Intervention**
  - **Review**
    - **Guidelines**
- **Planning Process to Date**
- **Community Survey Results**
- **Questions**
- **Stakeholder Voice**
  - *Who needs to be at the table with us?*
- **Workgroup Session**
- **Next Meeting**



# 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

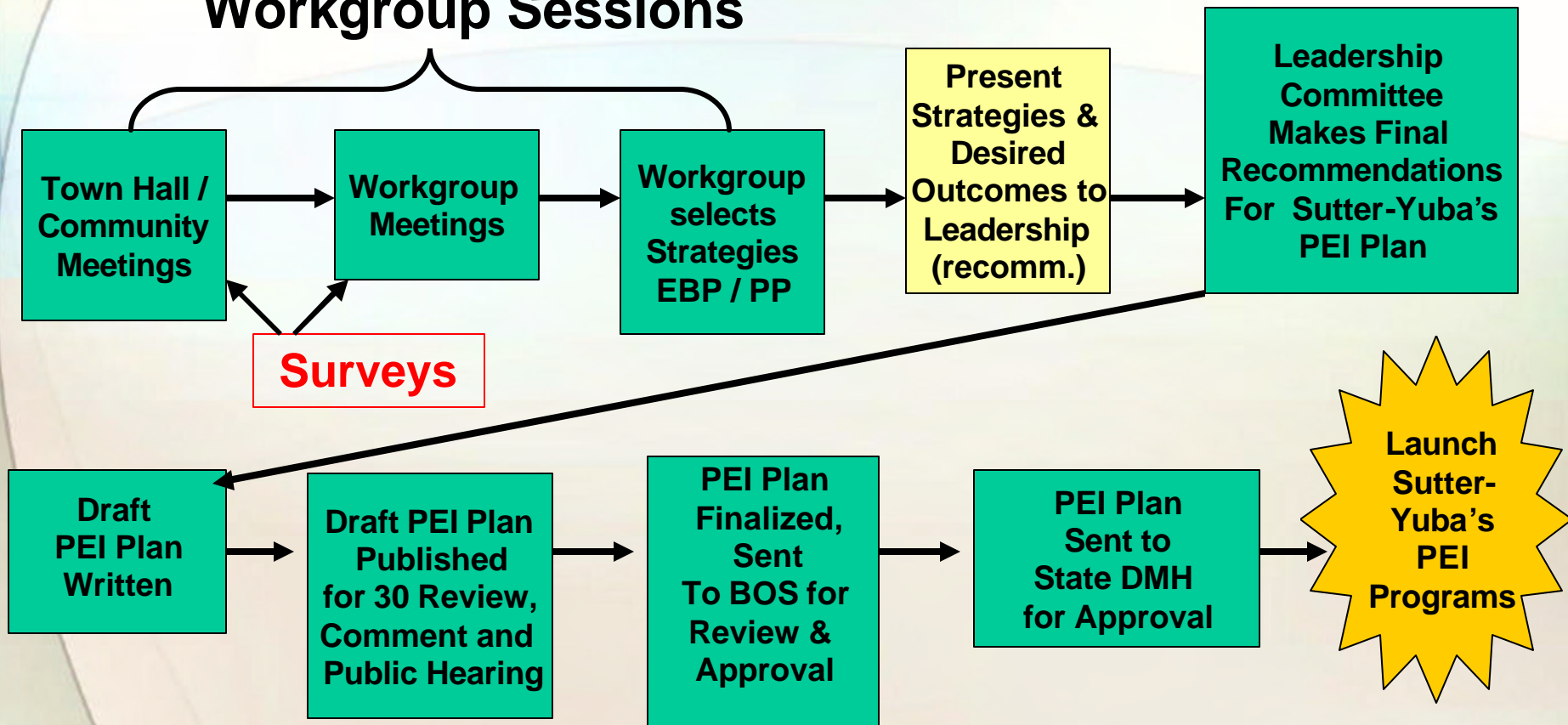
# PEI Priority Populations & SYMHS Workgroups

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





**Sutter-Yuba Mental Health Services**

PEI  
Community  
Survey  
Results

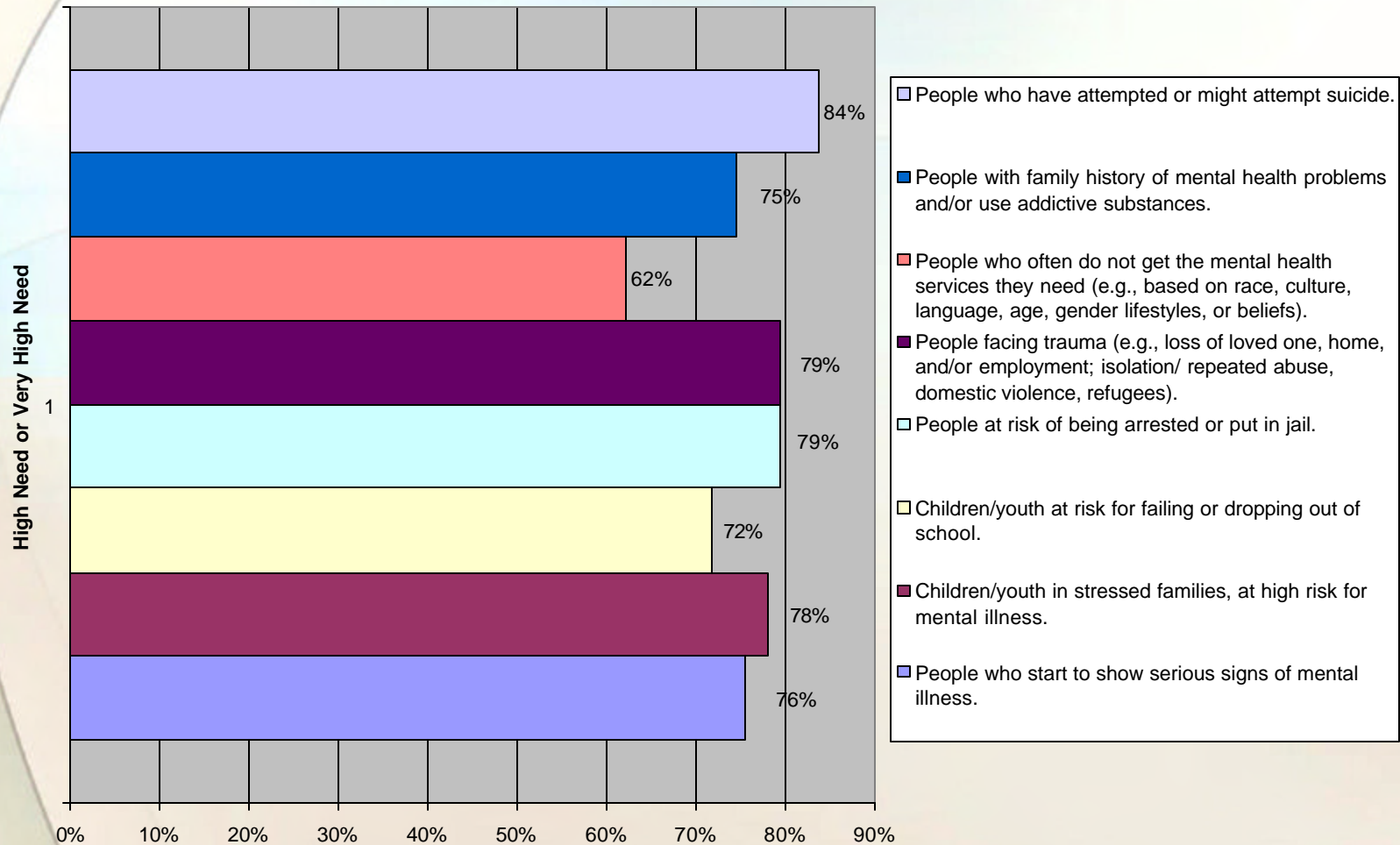
Prevention & Early  
Intervention

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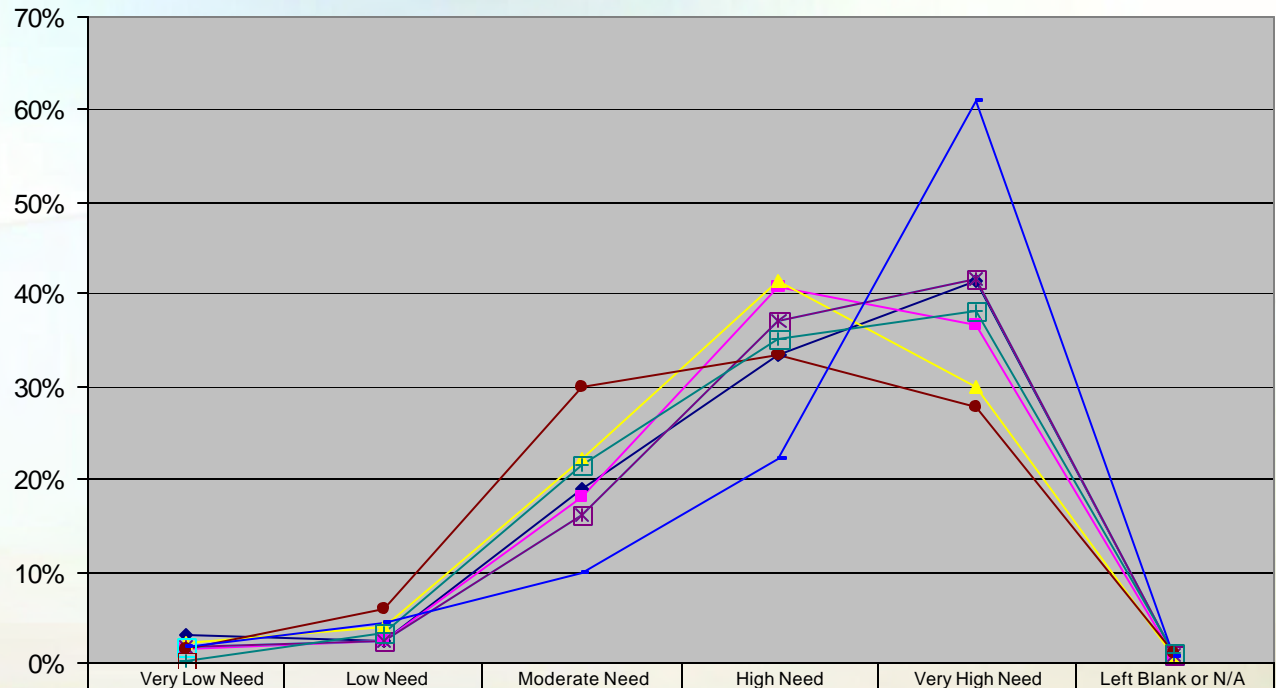
# Sutter-Yuba PEI Survey Results

## Question 1: ...Greatest need for Mental Health PEI Services in Sutter & Yuba Counties *High Need and Very High Need Scores*



# Sutter-Yuba PEI Survey Results

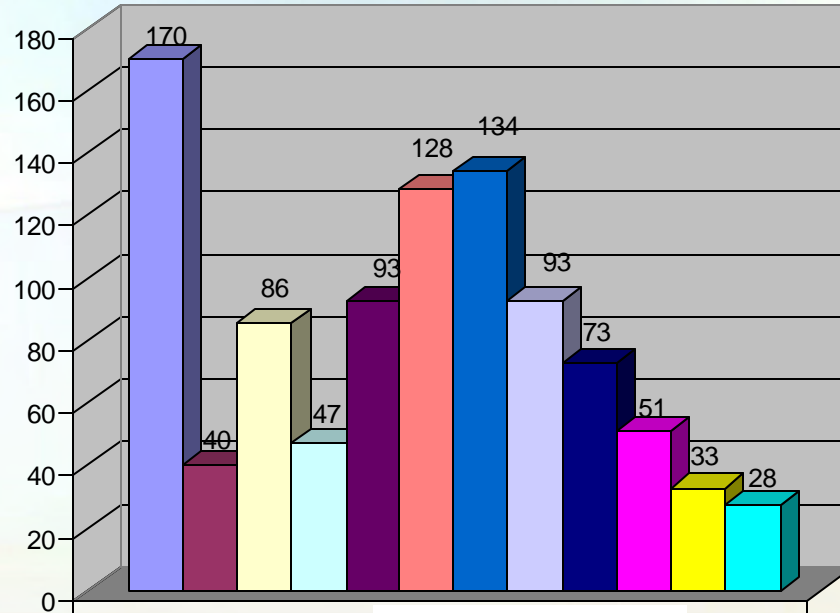
## Question 1: ...Greatest need for Mental Health PEI in Sutter and Yuba Counties



	Very Low Need	Low Need	Moderate Need	High Need	Very High Need	Left Blank or N/A
◆ People who start to show serious signs of mental illness.	3%	2%	19%	34%	41%	1%
■ Children/youth in stressed families, at high risk for mental illness.	1%	2%	18%	41%	37%	1%
▲ Children/youth at risk for failing or dropping out of school.	2%	4%	22%	41%	30%	1%
⊠ People at risk of being arrested or put in jail.	2%	2%	16%	37%	42%	1%
⊠ People facing trauma (e.g., loss of loved one, home, and/or employment; isolation/ repeated abuse, domestic violence, refugees).	2%	2%	16%	37%	42%	1%
● People who often do not get the mental health services they need (e.g., based on race, culture, language, age, gender lifestyles, or beliefs).	1%	6%	30%	34%	28%	1%
⊠ People with family history of mental health problems and/or use addictive substances.	0%	3%	22%	35%	38%	1%
— People who have attempted or might attempt suicide.	2%	4%	10%	22%	61%	1%

# Sutter-Yuba PEI Survey Results

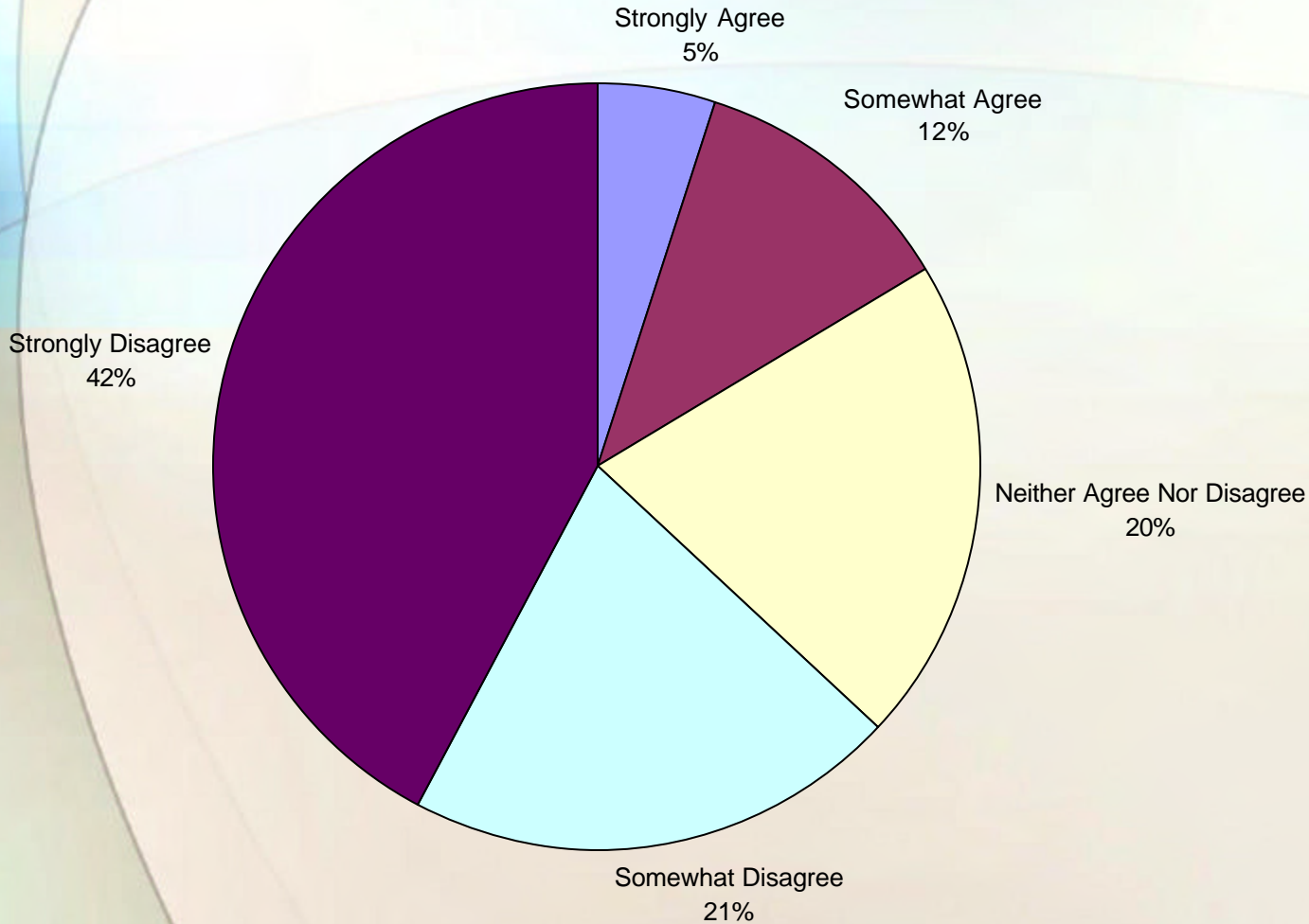
## Question 3: ...Most Important Community Issues



Question 3	
■ Suicide	170
■ Arrest & detention in jail	40
□ School failure or dropout	86
□ Unemployment	47
■ Homelessness	93
■ Prolonged suffering/trauma	128
■ Community/domestic violence	134
□ Removal of children from their homes/families	93
■ Number of undetected MH problems	73

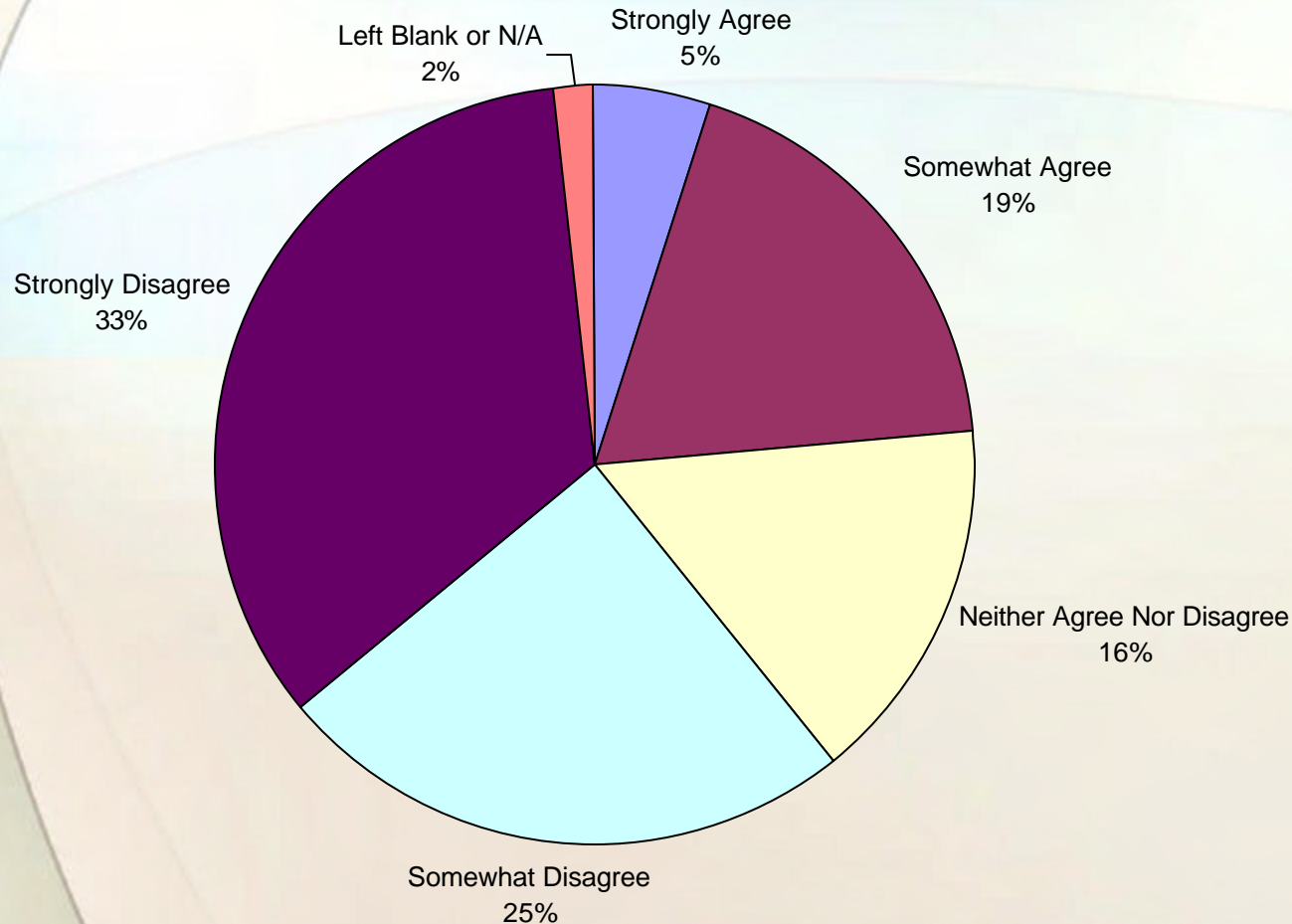
# Sutter-Yuba PEI Survey Results

**Question 4: There are enough existing mental illness prevention and early intervention resources and services in Sutter and Yuba Counties.**



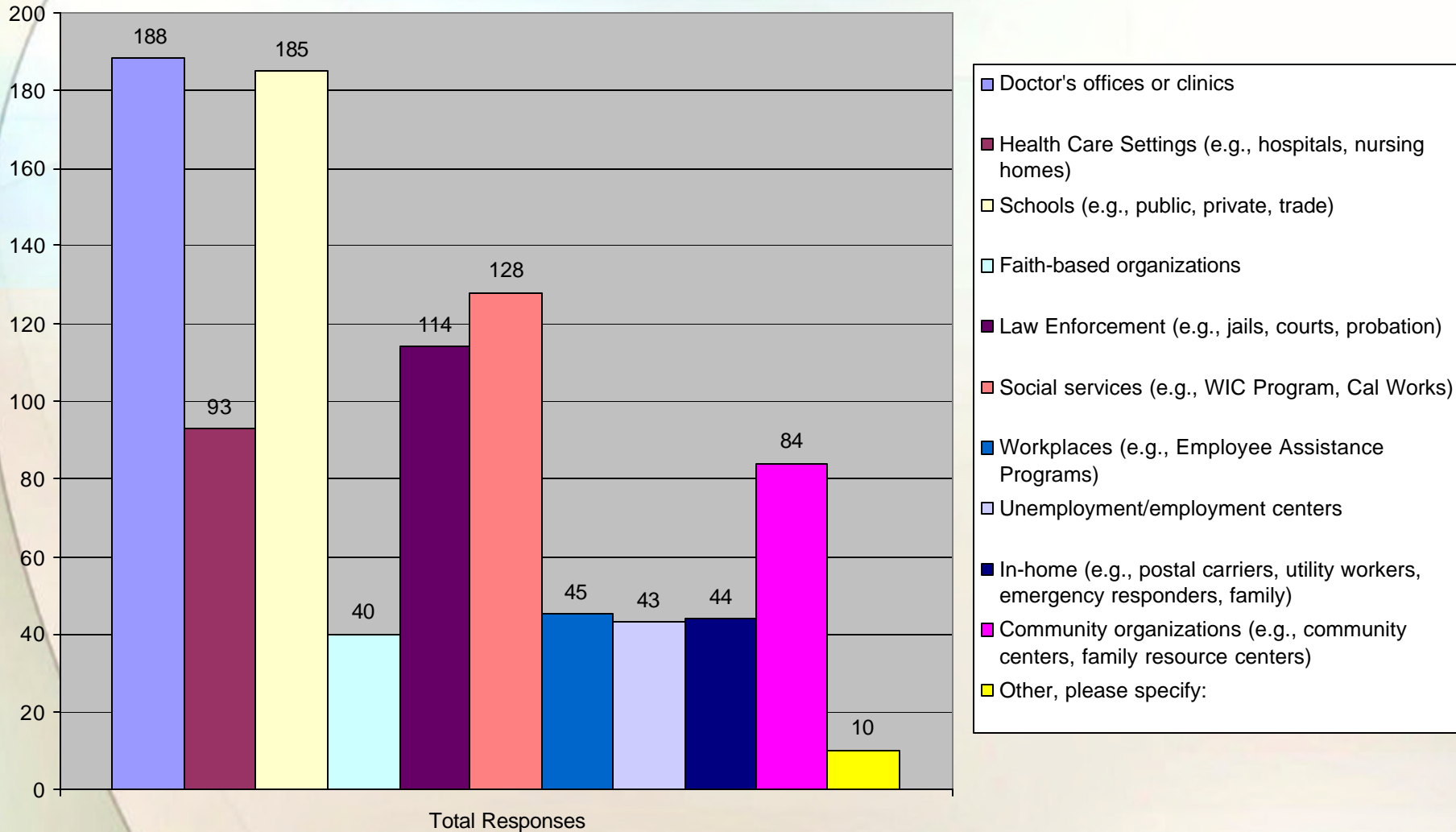
# Sutter-Yuba PEI Survey Results

**Question 5: There is enough information available about how to find and access existing mental illness prevention and early intervention services in Sutter and Yuba Counties.**



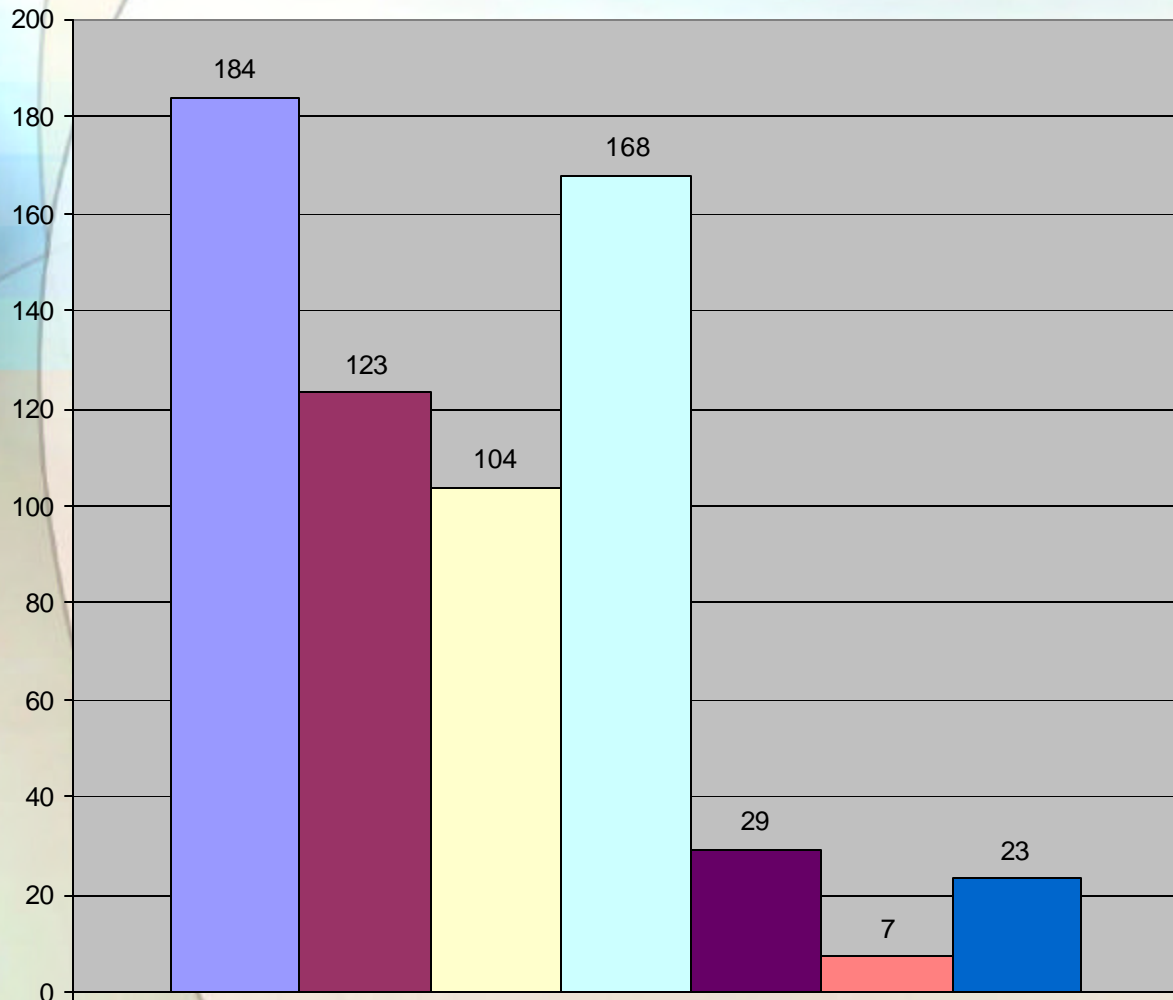
# Sutter-Yuba PEI Survey Results

**Question 6: ...most effective settings for identifying Sutter and Yuba Counties residents with a need for mental illness prevention and early intervention services.**



# Sutter-Yuba PEI Survey Results

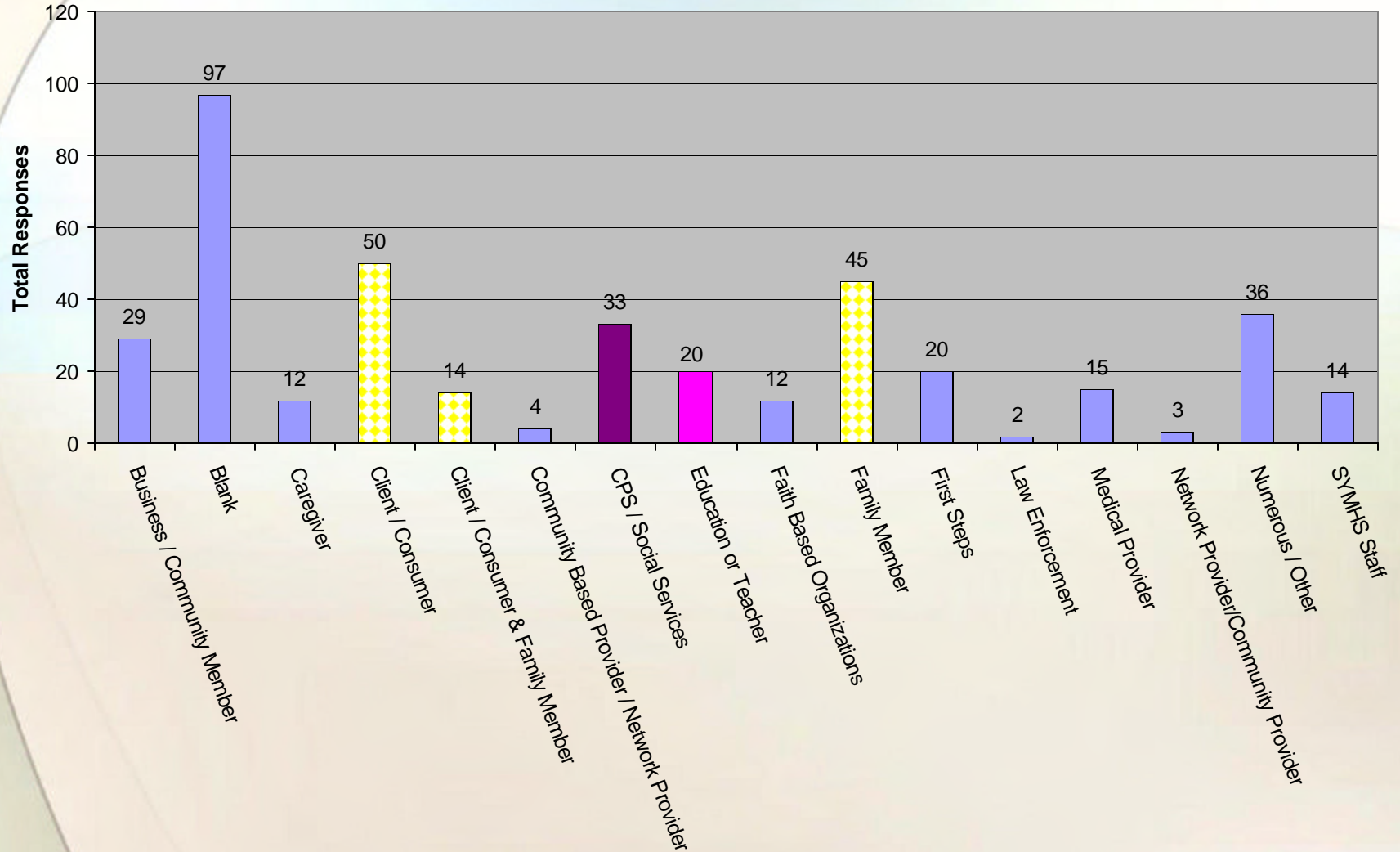
## Question 7: ..Best approaches for addressing mental illness prevention and early intervention in Sutter and Yuba Counties.



- Provide early and periodic screening, diagnosis, and treatment for mental illness (at primary health care, school/college, preschool, child care, and workplace settings).
- Provide education and support services for parents, grandparents, and caregiver's at community centers, churches, and other community settings.
- Provide resource and referral information (at primary health care, school/college, preschool, child care, nursing home, and workplace settings)
- Train educators, law enforcement, emergency responders, doctors, nurses, and nursing home staff on early recognition and response to mental illness.
- Work-based program (e.g., Employee Assistance Program, Workplace Health Promotion Programs)
- Other, please specify:
- Blank

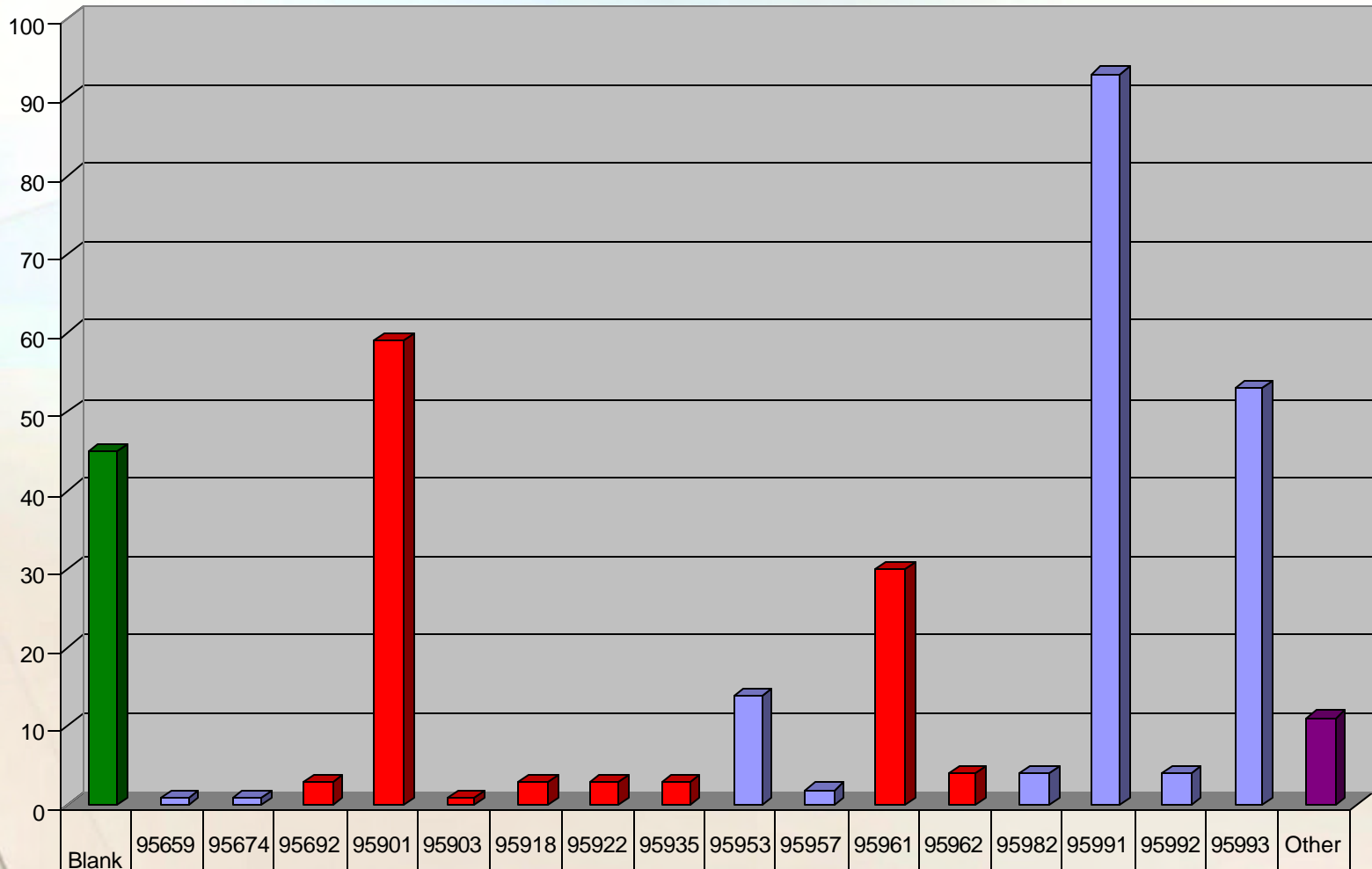
# Sutter-Yuba PEI Survey Results

## PEI Survey by Affiliation(s)



# Sutter-Yuba PEI Survey Results

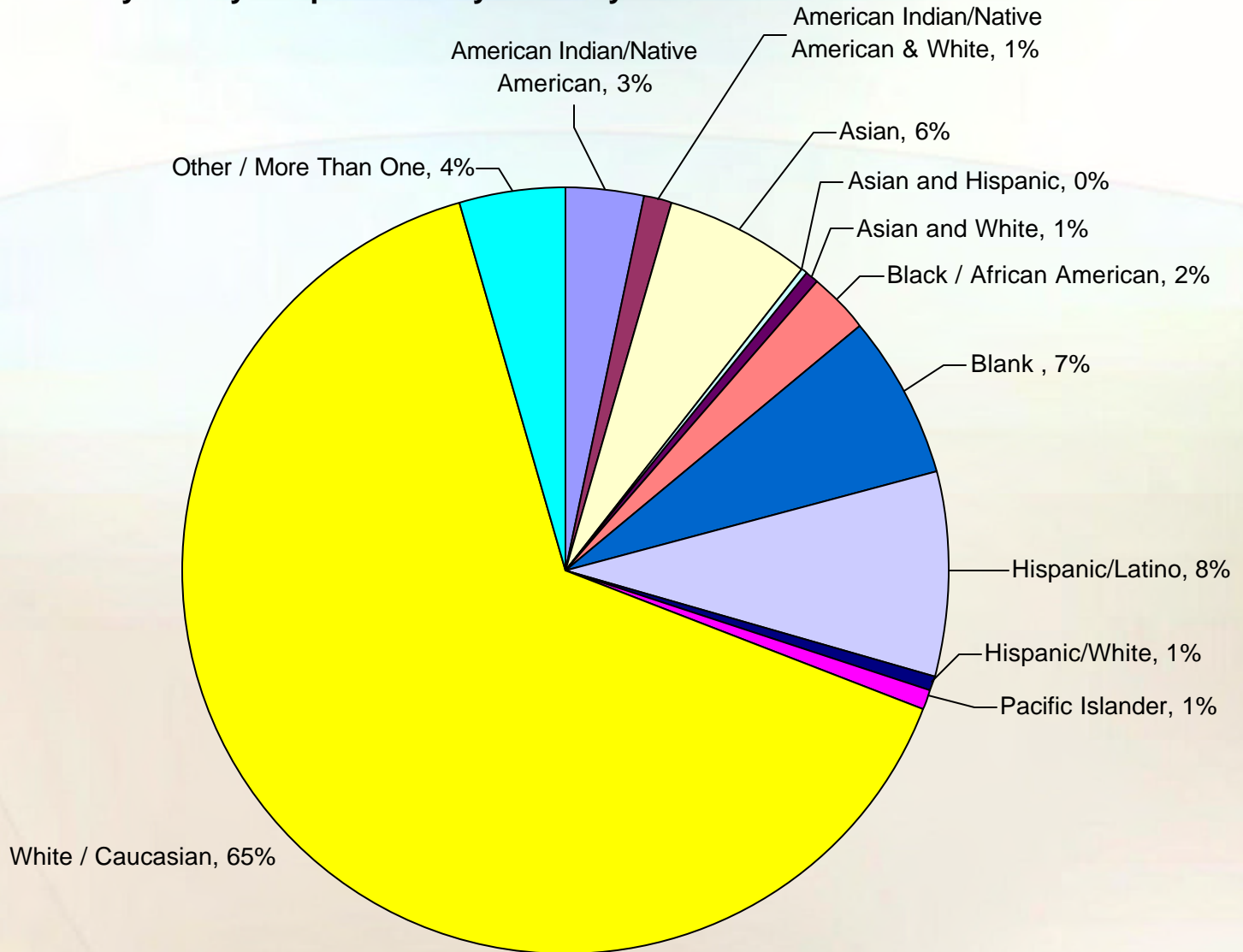
## PEI Community Survey by Zip Code



■ Total Responses	45	1	1	3	59	1	3	3	3	14	2	30	4	4	93	4	53	11
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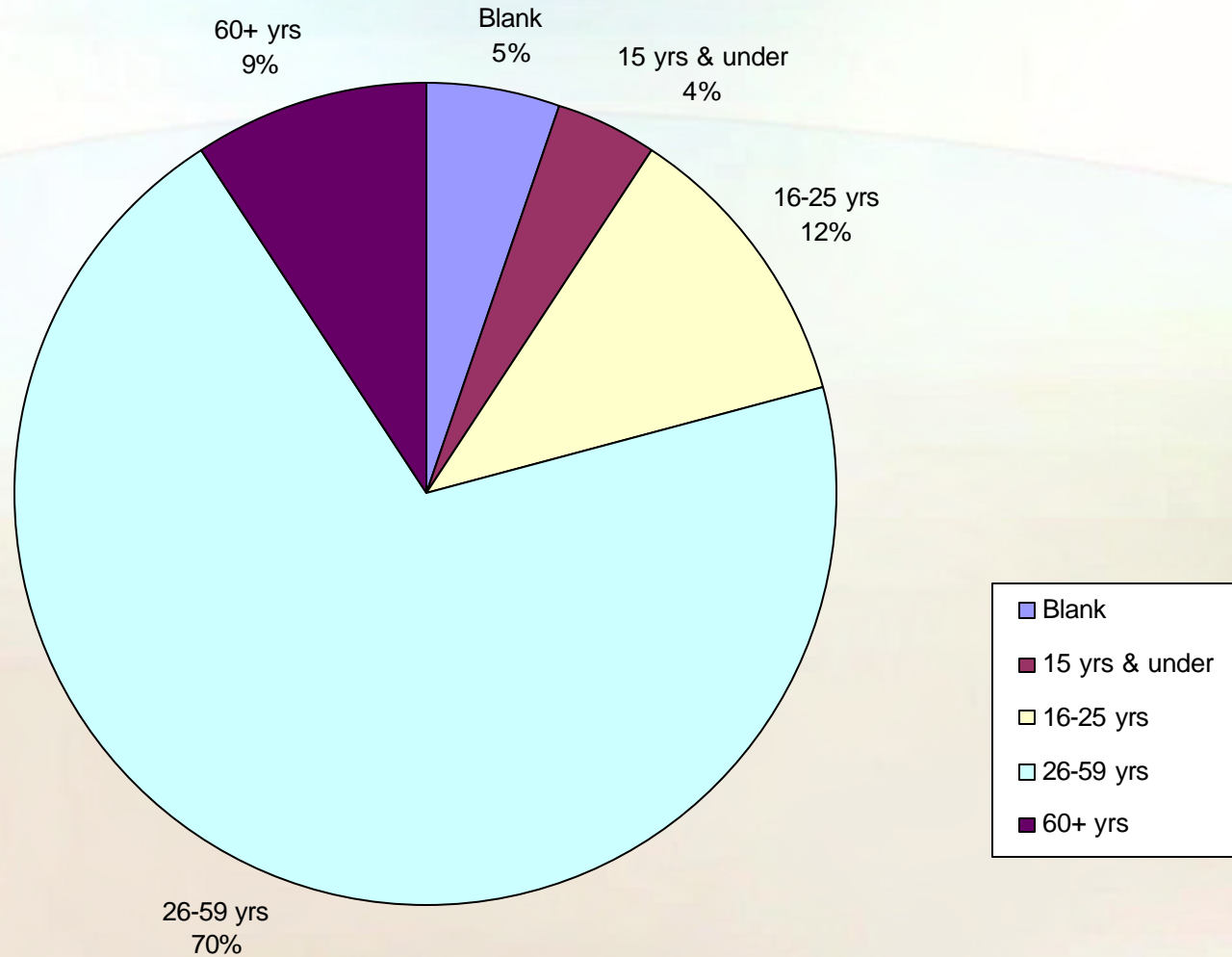
# Sutter-Yuba PEI Survey Results

## PEI Community Survey Respondents by Ethnicity



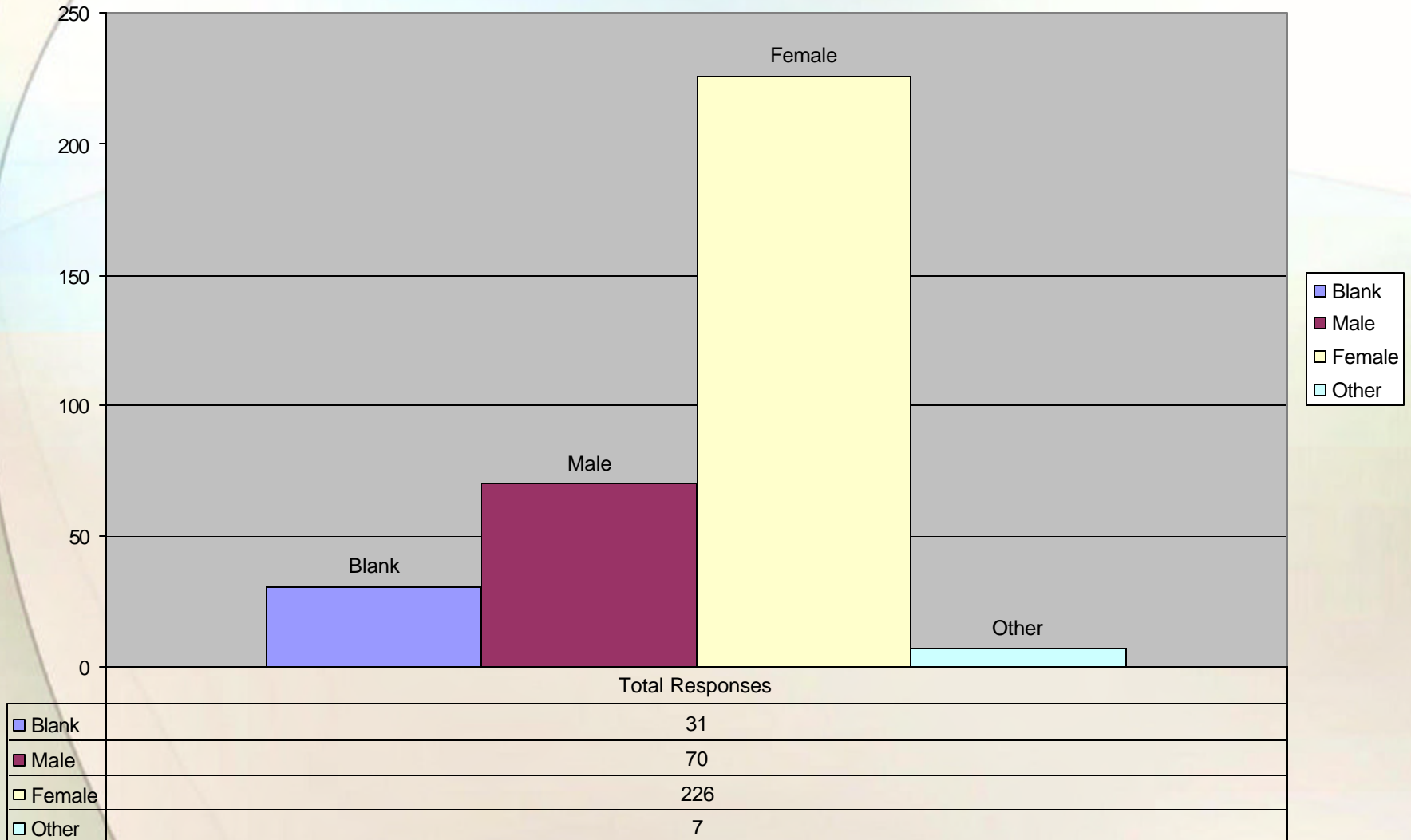
# Sutter-Yuba PEI Survey Results

## PEI Survey Respondents By Age



# Sutter-Yuba PEI Survey Results

## PEI Survey Respondents By Gender



# Agenda Continued

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- Stakeholder Voice
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