PREVENTION AND EARLY INTERVENTION PROGRAMS

delivering on the promise

ALAMEDA, SAN FRANCISCO AND SAN MATEO COUNTIES

Chu-Tsai Yeh’s Story

Chu-Tsai Yeh is a 92-year old Chinese woman who became increasingly isolated after the death of her husband. Fluent in Mandarin, she was unable to interact with English speakers, read documents, or get information from the media without her husband. Due to her age, limited English, and medical challenges, Mrs. Yeh rarely leaves her apartment. San Mateo Senior Peer Counseling Program’s outreach efforts reached Mrs. Yeh and her daughter in 2009 and connected them to services. Since then, Mrs. Yeh receives weekly visits, encouragement and emotional support that make her life easier. Her Peer Counselors also help her access community resources, and translate her mail, flyers and bills, so she can stay on top of things. She says: “Without this I would be in big trouble!”

— Chu-Tsai Yeh, San Mateo County Peer Counseling Participant

For More Information

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Preventing Suicidal Behavior

suicidepreventable.org
elsuicidoeesperenible.org
reachout.com
buscaapoyo.com
dignityandrecoverycenter.org
walkinourshoes.org
speakourminds.com

ALAMEDA, SAN FRANCISCO AND SAN MATEO COUNTIES

Paul’s Story

When Paul was 3 years old, his parents were told that he might have to leave his long-term child care center because of behavior problems. A partnership between his school and the San Francisco Early Childhood Mental Health Consultation Initiative led to an action plan for Paul’s success. Now when Paul goes to a wall with paint-filled hands, staff asks him, “What’s your plan?” This helps Paul control his actions. Program staff and Paul’s teacher and parents will soon be planning Paul’s move to kindergarten.

— Paul, age 4, San Francisco Early Childhood Mental Health Consultation Initiative participant
Prevention and Early Intervention Programs

Delivering on the Promise

Proven Programs for Unique Communities

Alameda, San Francisco, and San Mateo Counties are working to improve awareness of mental health issues and increase access to services in their diverse communities. Our counties work with community organizations and family members to develop strategies to meet the unique needs of residents in need. Programs include services and education for people with mental health challenges and their families that address depression, anxiety, suicide, and overcoming difficult life events. Services are provided in accessible places by peers who have similar experiences and understand local and regional cultures and ethnic backgrounds.

Partnerships Make It Happen!

Key partners and supporters in the region include community organizations and groups representing diverse cultures, including Latinos, Asian and Pacific Islanders, African Americans, Native Americans, and lesbian, gay, bisexual and transgender individuals; consumer advocacy groups; rural organizations; educational institutions; local government and elected officials; law enforcement agencies; alcohol and drug programs; the media; faith-based organizations; neighborhood organizations; law enforcement agencies; alcohol and drug programs; the media; faith-based organizations; neighborhood organizations; career and employment organizations; veterans services; community health clinics and local mental health campaigns.

State and local governments are working together to provide prevention and early intervention programs that keep people healthy.

Goals

The region’s prevention and early intervention programs will:

- Improve access to mental health services among underserved cultural populations
- Develop new support programs for individuals of all ages, especially young children and young people under 25 years
- Provide mental health services that address cultural and language needs
- Prevent mental health disorders or address them at the earliest stage possible
- Increase residents’ ability to adjust to change or stress, and build confidence, social skills and positive family relationships
- Train individuals to identify the signs of mental illness
- Some of the Counties’ prevention and early intervention programs are described at right.

Helping Young Children and Their Families

The San Francisco Early Childhood Mental Health Consultation Initiative provides mental health services for low income, at-risk children from birth to age 5 and their families. Services are provided by 14 community-based mental health agencies in over 150 diverse settings, including child care centers, family child care homes, homeless shelters, domestic violence shelters, family resource centers and substance abuse treatment centers. CalMHSA funding added 23 more program sites, serving 3,142 additional children, 168 additional staff members, and 2,391 additional parents.

Empowering Residents to Seek Help

San Mateo’s Prevention and Recovery in Early Psychosis Program connects individuals living with serious mental illness to life-saving treatment. The program breaks down barriers that keep people from seeking help. An education campaign educates the public about serious mental illness and the resources available through the program. The program includes many services designed to reduce and manage symptoms of serious mental illness. The program’s goal is to help clients get back into the community and achieve a fulfilling life. In the first six months of operation, the program served 29 individuals and will serve 60 at full capacity.

Supporting Youth with Mental Illness and Substance Abuse

San Mateo County’s Seeking Safety Program serves the unique mental health needs of youth ages 18 to 25 years, including those who have experienced stress from difficult life events. Recognizing that youth often have both mental illness and substance abuse issues, this program uses proven strategies that addresses both diseases. The program helps youth develop better coping skills and an increased sense of hope. The 200 youth served over the past year included many youth from diverse cultures and youth receiving foster care.

Transgender Wellness and Recovery Support Groups

San Francisco’s Transgender Wellness and Recovery Support Groups provide support for trans women of color who are clients from other city programs or MHSA-funded programs and members of the community at large. Groups are led by peers trained in providing psycho-education and take place in the community, at the local jail, and on-site at the Department of Public Health’s Community Behavioral Health Services offices. Issues addressed include wellness, nutrition, self-esteem, stress reduction, trauma, and the Wellness & Recovery Action Plan. Beyond the support of the group setting, clients receive linkages to program resources, referrals to services and wellness calls/checks from peer staff. In addition, outreach is conducted throughout the city, with an emphasis on clients who are socially isolated, residing in the shelter system and SRO hotels.