

Prevention and Early Intervention Quarterly Collaborative Meeting

Meeting Minutes

Wednesday July 31, 2019

12:00pm – 2:00pm Rustin Conference Center

- Introductions
 - Went around the room and all attendees introduced themselves and shared where they were from including PEI staff in attendance. We had providers and community members from all regions of the county.

- Program Highlight – Triple P (Introduced by Mindy & presented by Sona and Suzanne)
 - Triple P is contracted with Wiley Center and offers a few programs there, one being a 2-12 years of age program that consists of 8 sessions.
 - Another program is for teens ranging from the ages of 12-16 years old that also consists of 8 sessions.
 - Classes are offered in English and in Spanish.
 - The programs are served in the Western, Mid and Desert school districts.
 - Incentives include; childcare, refreshments, free workbook, certificate of completion and a \$20 gift card for graduates of the program.
 - Research specialist, Sona reviewed the programs Fiscal Year 17/18:
 - 219 parents were served with a completion rate of 80% and no more than 1 class missed.
 - Measures used were the Alabama Questionnaire and the Eyberg Child Behavior Inventory Questionnaire.
 - Findings: Decrease in child's and parent's behavior post Triple P.
 - Satisfaction Survey: Survey was provided to parents and program received 4.9 out of 5 stars.
 - Parents said they learned more patience and how to set rules.
 - Only disappointed with length of program, wanted it to be longer.
 - Testimonials:
 - Foster parent said "All foster parents need to take this class"
 - Another parent mentioned her son said, "I love you" and she didn't recall last time he told her that.
 - Questions asked about the program:
 - Is the program open to the community or only parents and students? -Schools offer to parents and students only but the Wiley Center offers it to the community.
 - Is this program offered in Coachella Valley? -Not yet.
 - Is there additional space at the Wiley Center for other classes? -There are conference rooms offered, call the Wiley Center for availability and information.

- How long after the completion of the classes did you conduct the surveys? -They were completed during session 1 and during session 8.
- Does your program offer to go out and conduct mini presentations about what your programs and classes offer? I am in need of a presenter for 30 minutes between 6pm-8pm, do you go out in the evenings? -Yes, if schools or organizations are interested and there are enough parents. Yes, we are flexible.
- Does your program offer modifications for kids with disabilities? -At the Wiley Center we offer it there where we can meet their needs.

- Program Marketing and Outreach Problem-Solving Session

- Mindy and Lynnette discussed the purpose of PEI's collaboration with the community, PEI's goals, target population, barriers, effective outreach, connection with community members and strategies for outreach to increase recruitment.
- Goals: Engage the community and target the hard to reach populations.
- PEI Priority Populations: Underserved Cultural Populations, such as the African American, Hispanic, Asian, Native, LGBTQIA and Hard of Hearing/Deaf communities
- Barriers: Mistrust, lack of rapport, stigma of mental illness, isolation, lack of follow through and/or motivation, pressing issues in their lives and cultural background/beliefs.
- What is outreach: Connecting with Community members in an effective approach.
- Effective Outreach: Meet people where they are, build trust and relationships, be respectful, speak in a non-stigmatizing manner, listen to your community, offer services and information in a variety of locations and at non-traditional times, especially after work hours.
- Outreach Ideas: Resource centers, libraries, coffee shops, schools, PTA meetings, rec centers, health fairs, community/collaborative meetings, churches, social media, web page, newsletter, flyers on community boards, phone calls and presentations in non-stigmatizing areas.
- Strategies for Outreach to Increase Recruitment: Partner with local trusted organizations and leaders, have members of communities facilitate outreach and share testimonials, use a variety of media, reframe program goals (language matters Overcoming Depression VS. Life Skills and Problem Solving) and allow a sufficient time for outreach with these communities.
- Language Matters: Persons first language, stay away from judgmental and stigmatizing words, use recovery language, be cautious when talking about suicide and do not use MH conditions as adjectives.
- Be Prepared: Have flyers, brochures, interest lists, power points, signage, giveaways (swag/incentives) and additional resources readily available.
- Sell Your Program: 30 second elevator speech, clear and brief message about you and/or your organization, be sure it communicates who you are, engage audience with a question, include what your organization offers and how the service can benefit the community.
- Questions asked / feedback given:
 - Are providers looking at zip codes when outreaching? -Great idea for contractors, we've identified that for them for target locations.
 - What are indicators for high risk areas? -CPS and APS reporting, unsolved crimes and ethnicity and socio-economic factors.
 - Attending ELAC, PTA and the Annual Summit meetings has helped me, by being present I'm staying visible, building rapport and being involved has helped me greatly with my outreach. Be sure to attend all invites and bring along flyers, I usually speak with the person to build relationship before discussing my program.

-Be out there, be consistent and be where the community is. Our Pearls program meets our consumers where they are because of their age they tend to isolate and it's difficult for them to get out, so we meet with them. Next month we'll be out there to provide a presentation and we cater our topics to our audience. We'll be discussing Depression and use feeling good with art and discuss benefits and those interested after to sign up and then complete the assessment and they spread the word for others to join. (Diana suggested Doing Art Feels Good because it was a more friendly approach and not stigmatizing and their outreach is a great example of behavioral activation.)

-A barrier is building relationships in the Filipino community because they are a small tight community and they don't like to share or express much. So, when I want to connect with someone, I end up connecting them with someone they don't know out of their community which has been more successful. If I try to connect with someone, they usually know someone that knows me or I know their family, so they don't trust me.

-For Africans Mental Health is like kryptonite and presents barriers with individuals in church and mistrust not wanting to engage so we started with an opportunity to engage young people to educate around barriers and Mental Health building a trauma informed community aimed toward young folks. The success rate has been good.

- PEI Provider Updates

- PEARLS announced now taking flyers when offered and would like for other providers to take their flyers and distribute as well.
- PEI will email power point presentations.
- TA Resiliency Project for Proposals, 16-25 years old, P2P and SAYM ends 8/29/19.
- Cultural Brokers having additions of faith-based consultants.
- Suicide Prevention Plan- developing strategic plan with Cal Mesa and variety of folks to develop post prevention and early intervention. 65 individuals will be covering 35 counties, workgroup plans will be distributed and need feedback. Next suicide coalition will have partners help us carry out suicide prevention trainings (safeTALK, ASIST, Know the Signs Campaign and Directing Change).
- Suicide Prevention Week in second week of September. 9/10 is worked suicide prevention day for suicide efforts and planning additional activities that you'll get invited to.
- Mini grants for suicide prevention week, applications now available electronically to campaign suicide prevention using Each Mind Matters Tool Kits and activities. Implement campaigns in those high-risk communities by 8/30 to complete during suicide week and announce awardees 9/4 or 9/5. Will work with Lynnette.

- Community Roundtable/Announcements

- Wiley Center sponsor has collaborated with mood disorder on psychosis to advocate for day treatment for woman and children, Wiley Center will be presenting this at RUSD on 8/19 at 10am, please contact us for information if interested in joining us.
- Dedra from Reach Out, currently having classes for Mamás y Bebés and looking for individuals who qualify to join. Happy to present or take calls.
- Andrea one of Pearls providers has created a face book page, if you'd like to add them and share with others for upcoming events please do so. Same day PEARLS ICRC went live by noon they had first call!

- Nina will be facilitating a SafeTALK training on 8/13 in Moreno Valley from 1-4pm, please send referrals. Also, monthly Wellness workshop on 8/20 which is posted on face book page with other upcoming events. The Filipino American Resource Center will host an Asian Pacific Islander event in September, info will be sent to Diana do distribute to all.
 - 8/3 Health Fair in Menifee at Cherry Hills to include 500 backpack give away
 - Shannae with Riverside Community Health Foundation is hosting 2nd Annual Wellness Health Seminar on September 7th. Contracting with IEHP to launch Doula program and recruiting moms in fall, Doulas can register on event brite. Will give info to Diana to distribute.
 - Luciana, Project Coordinator with CITA has an upcoming 10-week course for Mandarin, Korean and Tagalog. Once completed will send info to Lynnette to share for referrals.
 - Looking for nutrition education services, 9 classes of smart shopping, meal planning, healthy cooking will be offered county wide as program is federally funded.
 - Suicide survivor's day! Saturday, before Thanksgiving, planning in process. For individuals who lost a loved one to suicide will be offering healing and providing tools that Taide will assist with. There will also be pet therapy for healing and soothing.
- Complete your MHSA Survey
Reminder to please complete you survey
 - Next Meeting:
October 30th, 2019 at 12pm – 2pm at Rustin Conference Center, 2085 Rustin Ave. Riverside, CA 92507
Lunch will be served!