
Prevention and Early Intervention Quarterly Collaborative Meeting

Meeting Minutes March 31, 2021 12:00pm – 2:00pm Via Zoom

- Diana Brown - Welcoming Message; there were 65 attendees

- PEI Program Manager shared the MHSA Annual Update which included an update for the 7 work plans of PEI and the outcome for Fiscal Year 19-20: This fiscal year was also impacted in its final quarter by COVID-19. All providers did an amazing job adapting to a virtual format. The Annual Update is available for all to view on the department website, ([MHSA Annual Update](#))
 - Work Plan #1 - Mental Health Outreach, Awareness & Stigma Reduction
 - * Community Mental Health Promoters Programs (CMHPP) - 4 new programs that work with the ethnic committees covering the 3 ethnic groups Black/African American, Asian/Pacific Islander, Native American & LGBTQ which relaunched in fiscal year 20/21.
 - *Promotores - Relaunched in fiscal year 20/21. Served as a model for the CMHPP.
 - *Dare to Be Aware Conference - Educating youth in mental health awareness and stigma reduction.
 - *Contact for Change - Community presentation by trained Mental Health Peer Support Specialists with lived experience. There are changes coming for the new fiscal year 20/21. It will be provided by PEI Mental Health Peer Support Staff and it will now be called Stand Against Stigma.
 - *Integrated Outreach & Screening - Project which integrates mental health with physical care and gives us a better opportunity to identify the early signs of mental illness. These are depression screens that are being completed at the FQHC at the Community Health Center.

*Peer Navigation Center - Assist with navigating the Behavioral Health system and connect them to resources based on individual needs.

*HELPLine - toll free 24/7 crisis suicide prevention hotline that provides referrals and resources. Also provides Suicide Prevention trainings.

*Network of Care - Interactive website for consumers, family and community members that offers easy access to a variety of Behavioral Health resources.

COVID Response:

- MIMHM - EMM created a theme for May Is Mental Health Month - Express Yourself- which had a different theme for each week. PEI also promoted the hashtag #PEIMAY2020. We released weekly videos that shared activities for each week.
- HELPLine - Received calls from people ages 10-90.
- Suicide Prevention Coalition - Kickoff meeting October 2020 w/ sub-committee creation. Each part of the plan has co-chairs which have been meeting regularly to advance the goals set forth in the strategic plan.
- Suicide Prevention Trainings Fiscal Year 19/20
 - ASIST – trained 273 individuals
 - SafeTALK - trained 1145 individuals
 - Mental Health First Aid - trained 744 individuals
 - Know the Signs - trained 187 individuals
- PEI created new trainings that are offered virtually. We have hosted 60 virtual trainings and reached over 1400 individuals all over the world.
 - Mental Health 101
 - Self-Care & Wellness
 - Building Resiliency & Understanding Trauma
 - Know the Signs
- Work Plan #2 - Parent Education and Support
 - *Triple P- Countywide. Eight-week parent group (ages 2-12). 199 parents enrolled with 82% completion.
 - *Mobile Units/Clinics - Parent Child Interaction Therapy (PCIT). Available Countywide.
 - *Strengthening Families - 14-week program. Countywide. Team approach (target ages 6-11). Mostly on school campus (can also be at churches, etc.). 135 parents enrolled with 70% completion.
 - *Teen Triple P - 125 parents enrolled with 90% completion.

COVID Response:

- Strengthening Families Program - 2 contract providers worked together alongside the PEI Staff Development Officer to develop a mix of pre-recorded sessions tailored to each group along with live Zoom sessions. Virtual program was reviewed by the master trainer of the model and recognized as the only program across the country to transition to a virtual platform while maintaining fidelity.

- Work Plan #3 - Early Intervention for Families in School
 - *Peace4Kids - Provided in schools (both middle schools in Desert Hot Springs. Dept staff housed at both schools. Evidence based practice. Parent component. 174 students enrolled with 64% completion. Received the Rivco Innovates Award in 2019.
 - COVID Response:
 - Attempted to host virtual sessions and they were having challenges with connection and the schools were challenged with the switch to distance learning so it was requested to put the program on hold. They have made some modifications and are in the process of recruiting participants.

- Work Plan #4 – Transition Age Youth (TAY) Project
 - *SAYM - Depression intervention. 282 enrolled with 51% completion. Western/Desert region.
 - *TAY Project - Combined - Peer to Peer Project, Outreach, Speakers bureau, Directing Change Workshops, Mentoring & CAST.
 - *Outreach & Reunification – Contract w/Operation Safehouse, connecting runaway youth w/resources
 - *Teen Suicide Awareness & Prevention Program – Suicide Prevention Club on campus. 4,072 youth from 96 school sites participated.
 - COVID Response:
 - Operation Safehouse (SAYM) - created a TikTok to engage the youth audience.
 - Directing Change - Hosted a virtual award ceremony for Riverside County. Asked local students and previous winners to participate in the award ceremony. We worked with the school advisors to get trophies and baskets to the winners.
 - Teen Suicide Awareness & Prevention Program - Created short videos that were shared with the students and received very good feedback on the surveys.

- Work Plan #5 – Onset for Older Adults
 - *CBT for Late Life Depression – Early intervention program for older adults that are newly experiencing depression for the first time in their life, 47 participants were served.
 - *PEARLS - Minor symptoms of depression, home based, 8 weeks, 88 participants were served with 82% completion.
 - *Care Pathways - Caregiver support group, 12 weeks, 186 enrolled with 78% completion.
 - *Mental Health Liaisons - consults and support w/ Office of Aging Staff.
 - *CareLink & Healthy ideas - Care management program facilitated by the Office on Aging for Older Adults. Home based model. 52 Older Adults enrolled.
- COVID Response:
 - CBT for Late Life Depression through The Center switched to TeleHealth for all clients.
 - PEARLS Program transitioned from being in-home to virtual.
 - Care Pathways supported caregivers through virtual classes.
- Work Plan #6 – Trauma Exposed
 - *CBITS – Therapy group intervention to reduce children’s symptoms of PTSD & Depression caused by traumatic experiences. Aged 10-15, 201 students enrolled with 66% completion.
 - *Seeking Safety - Group service, ages 16-25 & 26-59. Will now be called Seeking Strength. RFP process did not provide any competitive bids for the adult population. PEI MH Peers will be running this program along with Stand Against Stigma.
 - *TF-CBT – Offered on Mobile unit
 - *Trauma Informed Care - Within the Behavioral Health Dept. - Developed 8 trainers in T4T process that oversee a Trauma Informed Systems workshop which is now a mandatory training for all staff.
- Work Plan #7 – Underserved Communities
 - Hispanic/Latino
 - *Mamás y Bebés – Post-partum depression, pregnant and parenting up to 1 year, group setting. 60 participants enrolled with 70% completion.
 - African American
 - *BRAAF Boys - 45 enrolled with 69% completion. Switched to virtual platform.

*Guiding Good Choices (Boys) - 39 parents enrolled and received positive feedback.

*BRAAF Girls - Only available in the Desert for fiscal year 19/20. 18 enrolled with 78% completion. Completing 3rd year of pilot project. Due to the success we have released an RFP for expansion of this project. We are anticipating a girls and boys project in all three regions for the next fiscal year.

*Guiding Good Choices (Girls) - 17 parents enrolled. Parents participated in parenting support groups after Guiding Good Choices.

Native American – expected to begin services by the end of fiscal year 20/21. This project is expected to include the following programs:

*Wellbriety Celebrating Families

*Gathering of Native Americans (GONA)

*Cognitive Behavioral Therapy (CBT)

Asian American

*Filipino American Mental Health Resource Center - Outreach program designed to serve the Filipino/American Community. Hosted 15 mental health-related events/presentation. 100 participants attended. 66 surveys were collected and 83% recommended the program to others.

*KITE-Evidence based program based on the SITIF curriculum designed for Asian Americans. 6 KITE class series offered (4 Chinese, 1 Korean & 1 Tagalog/English) 94 participants enrolled 78.72% completion rate.

○ COVID Response:

- KITE Program shared that they felt the virtual format increased their participation rate.

- *PEI 8th Annual Summit - hosted in the summer of 2019 featured the topic Beyond Bias: Connecting to Our Community by Dr. Bryant Marks. The presentation focused on exploring our biases, the impact that they may unconsciously have on our interactions with others, and how to build awareness and skills to manage them in order to better serve our diverse communities with our PEI programs. The purpose of the summit is to address any challenges that PEI Providers have faced in the previous year and provide skills that they can directly apply to their work. To educate providers about all the PEI programs and increase their understanding on how their program fits into the PEI plan. To increase collaboration, partnerships and referrals between PEI providers, and to recognize the contributions of the PEI providers in Riverside County and motivate them to continue the work in the year to come. 156 providers attended the Summit and overall evaluations were very positive.

*Each Mind Matters CalMHSA/Joint Powers Authority - Steering Committee voted to continue the partnership with the Joint Powers Authority. This means

that we contribute funding and support their statewide efforts that include Each Mind Matters, Directing Change, Know the Signs and A Walk in Our Shoes. In return, we receive technical assistance and support locally.

****Public participation in the Public Hearing****

- MHSA plan 30 day posting and public hearing are scheduled for April and May.
- Last year there was great success in posting the plan. It was seen by over 16,000 people county-wide. Over 14,000 people engaged with the post and over 3,000 people watched the 50-minute video in its entirety.
- To view the plan visit the County website at <https://www.rcdmh.org/>, click on MHSA and select MHSA Plan Update.

- Suicide Prevention Coalition
 - The Suicide Prevention Coalition 1st Riverside Kick-off meeting was held in October 2020.
 - ❖ There are 6 Sub-Committees which are meeting regularly; at least once per month.
 - Effective Messaging and Communications
 - Measuring and Sharing Outcomes
 - Upstream
 - Prevention
 - Intervention
 - Postvention
 - ❖ Each sub-committee has at least 2 co-chairs, 1 liaison and 1 clerical support.
 - ❖ If you would like to be a part of any of the sub-committees or the SP Coalition please contact PEI by email @ PEI@ruhealth.org.
- Virtual Training Opportunities
 - PEI is currently offering the following virtual trainings, which are hosted through Zoom and are 1-2 hours long each.
 - ❖ Know the Signs
 - 2-hour presentation; available in English and Spanish
 - Covers:
 - Warning signs of suicide
 - How to find the words to have a direct conversation with someone you are concerned about
 - Where to find professional help and resources
 - Practice of skills through videos, vignettes and polls
 - ❖ Building Resiliency & Understanding Trauma
 - 2-hour presentation; available in English and Spanish
 - Covers:
 - Understanding and defining trauma

- Learning about different trauma types
 - Impact of trauma on the brain
 - Child Traumatic Stress (CTS)
 - Adverse Childhood Experiences (ACES)
 - Community Level ACES
 - Utilizing a resiliency lens to be trauma informed
 - Available resources
- ❖ Self-Care & Wellness
 - 2-hour presentation; available in English and Spanish
 - Covers:
 - Understanding how stress affects us:
 - Psychologically
 - Spiritually
 - Interpersonally
 - Physically
 - Strategies to help you manage stress and build resiliency
 - Guided practice of some different strategies'
 - Available resources
- ❖ Mental Health 101
 - 90-minute presentation; available in English and Spanish.
 - Covers:
 - Defining Mental Health
 - Understanding mental health vs mental illness
 - Stigma reduction
 - Risk and protective factors
 - Available resources
- There were 60 virtual trainings conducted in the FY 19/20 with over 1400 individuals trained.
- May is Mental Health Month
 - This theme for this year is Hope for Change. We are currently working on developing the calendar of activities for the entire month of May. You can view the 2021 activation kit at the [Each Mind Matter Resource Center](#).
- PEI Provider Updates / Community Roundtable/Announcements
 - Stephanie Quiroz – Family Wellness Facilitator with Reach Out – Mamas y Bebes program continues to have groups. They are collaborating with Riverside Unified School District to offer a Spanish class every Wednesday available to RUSD moms and community. They also offer a class every Thursday via Zoom.
- Next Meeting:
 - June 30, 2020 at 12pm - 2pm Via Zoom.