



# Behavioral Health News

A quarterly newsletter relating activities of the Kings County Behavioral Health Agency .

Abraham Valencia, Editor

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## SPECIAL POINTS OF INTEREST:

- Welcome!
- Prevention and Early Intervention
- Full Service Partnership
- Patient's Rights Advocate
- Community Specialist

## INSIDE THIS ISSUE:

PEI	2
FSP	3
Wrap-Around	3
Youth Net	4
FAQ	4
Mental Health First Aid	5
FIND US	6

## Welcome! by Mary Anne Ford Sherman, Director



Kings County Behavioral Health is a relatively new department and we find ourselves answering many great questions posed by our community partners and fellow agencies, with the most frequent one being: **“WHAT DO YOU ALL DO OVER THERE?”**

Well, congratulations on making our list to receive this quarterly newsletter where we can answer that question! Behavioral Health offers our resources and information to your organization by describing our programs and showcasing our partnerships.

If you ask any staff of Behavioral Health: **“HOW DO YOU DO WHAT YOU DO?”** I hope they would express the gifts they bring to this agency by saying something like:

- “I figure it out daily, depending on the need”
- “Creatively...Optimistically...Patiently”
- “With stewardship and compassion”

I invite you to enjoy and share this newsletter in the hopes that it answers a question or two...or compels you to ask others that you hadn't thought to ask. We look forward to including some of your organization's good work in this publication as our projects intersect and those we all serve discover their strength and their voice.

### OUR VISION

Kings County Behavioral Health and its partners build programs that empower individuals and their families to achieve sustained well-being from mental illness and addiction

### OUR MISSION

To promote, support, and invest in the wellness and recovery of individuals living in the communities of Kings County by creating opportunities to contribute, learn, work, and find hope in each day.

**WELCOME TO BEHAVIORAL HEALTH NEWS!**



# PREVENTION AND EARLY INTERVENTION

By Ronda Braithwaite

The Prevention and Early Intervention (PEI) 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 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.

### Priority Populations

- Underserved Cultural Populations
- Individuals Experiencing Onset of Serious Psychiatric Illness
- Children/Youth in Stressed Families
- Trauma-Exposed Individuals of All Ages
- Children/Youth at Risk for School Failure
- Children/Youth at Risk of or Experiencing Juvenile Justice Involvement

### What does this mean to our community?

One of the components of PEI is the *Wellness and Empowerment Children and Adolescent Network*, also known as *WE CAN*. This project provides social, emotional and behavioral support to the children and families of Kings County. Under this project, there are two Prevention Coordinators who are currently going out to the schools and holding skill-building groups with students from the following schools:

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| <ul style="list-style-type: none"> <li>• <b>Hanford</b></li> <li>✓ Roosevelt Elementary</li> <li>✓ Wilson Jr. High</li> <li>✓ Kennedy Jr. High</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Kettleman City</b></li> <li>✓ Kettleman Elementary</li> <li>• <b>Stratford</b></li> <li>✓ Stratford Elementary</li> <li>• <b>Corcoran</b></li> <li>✓ Mark Twain Elementary</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Avenal</b></li> <li>✓ Avenal Elementary</li> <li>✓ Tamarack Elementary</li> <li>✓ Reef Sunset Middle</li> <li>✓ Avenal High</li> </ul> |
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*“PEI services and programs are designed to engage persons prior to the development of serious mental illness or serious emotional disturbances.”*



Youth are identified by school staff and are encouraged to participate in these group sessions. Participation is voluntary and available to any child with guardian/parent consent.

Topics discussed are tailored based on local needs. Some of the subjects addressed are: Self Esteem, Communication, Conflict Resolution, Bullying, Peer pressure, Anger Management, and Problem Solving.

If it is determined that a child needs more comprehensive treatment then they are referred accordingly. These groups are currently up and running. We have no doubt that they will have a huge impact on our children and our community.

**For more information regarding PEI services and programs you may call 582-3211 Ext. 2416.**

# FULL SERVICE PARTNERSHIP by Debra Moreno

Kings County Behavioral Health’s Full Service Partnership (FSP) team offers a variety of intensive case management services to individuals experiencing a severe mental illness which is impacting their ability to maintain their daily life. All FSP services are catered to the individual and look different for every person we assist. Services may include mental health assessments, counseling services, community resource linkages, support with basic needs, and life skills groups. These groups

include Enrichment Series, PRIDE, and job search classes as a portion of a Wellness and Recovery plan. The FSP team also provides services specific to meeting the needs of Kings County’s military-veteran population. If you are interested in learning more about FSP services, please call 559-582-3211 ext. 2333 and ask to speak with the Officer of the Day.



*“Patients’ Rights Advocates support persons with a mental illness in voicing their concerns in an ethical and professional manner.”*

# Patient’s Rights Advocate by Devondria Sanchez

The role of a Patient’s Rights Advocate (PRA) is to ensure persons with a mental illness have the same legal rights and responsibilities that all other persons are afforded by the Federal Constitution and laws of the United States, and the Constitution and laws of the State of California (WIC 5325.1).

Patient’s Rights Advocates sup-

port persons with a mental illness in voicing their concerns in an ethical and professional manner. PRA’s can and will investigate any claim, grievance, or complaint of harm and/or wrongdoing against individuals with a mental illness in order to reserve and protect the rights of those individuals. Ultimately, the goal is to resolve matters so

that individuals feel safe, humane, and secure that their overall health and well-being is treated with the utmost respect.

If you have any questions regarding PRA, please contact Devondria Sanchez for further information at 559-582-3211 x2435.



Devondria, PRA

# Wrap-Around by Pamela Fellows

The Wrap-Around program is a team approach service which strives to help families rediscover hope and eliminate barriers. Wrap-Around focuses on developing support networks, increasing and developing new skills, and providing resources to children and adolescents with serious emotional and/or behavioral disturbances. Services can include individual-

ized, comprehensive, community-based services and supports to youth who are at risk of placement out of the home or who are currently in placement and may be able to return home through this process. Direct services are contracted with **Family Builders Foster Care Agency**.

Who is served by Wrap-Around?

- Children located in Foster

Care, Group Home and/or in danger of losing placement.

- Children in danger of losing placement with biological family.
- High Risk behaviors include fighting, stealing, vandalism, running away, self-mutilation, attempt to harm self/others, cruelty to animals, fire setting, etc.

- Children suffering from ODD,

Reactive Attachment Disorder, Major Depression Disorder with or without psychotic features, PTSD and Bipolar Disorder.

For further information please contact **Pamela Fellows at 582-3211 x2436**.



# Why try? By Cela Nichols



*Why Try?* is a 10 week course in the Youth Net program that uses a strength-based curriculum to help youth overcome their challenges and improve outcomes in the areas of truancy, behavior, and academics. The program uses visual analogies, music, and hands-on-experiential activities to teach youth in ways that they will both understand and remember.

The Why Try program was created to provide simple, hands-on solutions for Dropout prevention, Violence prevention, Drug and alcohol prevention, Truancy reduction, and Increasing academic Success. The program was created by Christian Moore, who grew up as a youth on the streets and ran drugs for older drug dealers. He was not without a parent, but grew up without much parental supervision by his mother, and chose to live and do as he wished. He was failing in school, not only due to his many absences and behavior when he was present at school, but also because he was dyslexic and was not given the proper time or attention he needed to achieve. Since he believed he was stupid and would not amount to anything, he decided he might as well act that way.

But then he met “Mama Jackson”. Mama Jackson was the mother of one of his best friends, and Mama Jackson would not allow him to be a “failure” and throw his life and opportunities away. With her strength, discipline, and stubbornness, Christian not only completed high school, but continued to succeed in college and earn a Master’s Degree. He was proof that obstacles can be overcome, and positive choices can be made regardless of negative circumstances.

If you would like more information regarding this program please contact Cela Nichols at 582-3211 Ext. 2356.

## Frequently Asked Questions



### **Will my information remain confidential?**

Yes. Behavioral Health is bound by HIPPA laws. We CANNOT talk to anyone about you without your signed permission. NO ONE will know of your involvement without a signed release. The limits of confidentiality will be explained to you when you first meet with a case manager or clinician.

### **Are Behavioral Health and Kings View the same agency?**

Behavioral Health partners with Kings View as the contracted provider for County mental health services. Kings View also has a different criteria for eligibility than Behavioral Health and cannot provide services to those persons who have insurance. The exception is crisis situations – ANYONE will be served in a crisis situation! If a crisis situation arises, call 1-800-655-2553, or go to your local emergency room.

### **Do I need insurance to be eligible for Behavioral Health’s services?**

Behavioral Health services are open and available to you simply because you live in Kings County. If you meet other eligibility criteria, we offer our services completely free, we do not charge clients nor their insurance. Financial information may be collected to help us better identify resources available to you.



## YOU MAY ASK:

### What is Mental Health First Aid?

It is the initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors) until an appropriate professional or other help, including peer support and family support can be engaged.

### Who can be a Mental Health First Aider?

- \* Educators/ School Administrators
- \* Human Resource Professionals
- \* Members of Faith Communities
- \* Homeless Shelter Staff/Volunteers
- \* Nurses/Physician Assistants/Primary Care Workers
- \* Police/First Responders/Personnel
- \* Mental Health Authorities
- \* Social Workers
- \* Substance Abuse Professionals
- \* Consumers and Family Members
- \* Caring Citizens

### How much does it cost?

There is a **\$20** Registration fee which includes a workbook and lunch.

### In this two day course, you will learn:

- The prevalence of mental health illnesses in the U.S. and their emotional and economic cost.
- The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders, and substance abuse disorders.
- A 5-step action plan to help an individual in crisis connect to professional care.
- Resources available to help someone with a mental health problem

**TO SCHEDULE THIS TRAINING FOR YOUR ORGANIZATION OR TO JOIN A CLASS, CALL BEHAVIORAL HEALTH AGENCY ALICIA EATON (559) 582-3211 EXT. 2415**



# Have you met our Community Specialist?

**IN COMMON** is a prevention outreach and engagement project reaching Kings County residents who have had little or no previous contact with public and community-based behavioral health services. The project has three primary objectives:

Reduce stigma associated with seeking behavioral health services.

1. Increase access by building bridges between behavioral health services and unserved, underserved and inappropriately served communities; and
2. Generate individual and community resiliency through community-based support groups that engender optimism and hope and build social, emotional and life skills.

Abraham Valencia is the Community Specialist for Behavioral Health and is responsible for outreach about available services and supports, eligibility, resources for mental health, and other related subjects. You may see Abraham at clinics, social service agencies, food distribution sites, churches and other faith based institutions, emergency service links, schools, grocery stores, and other community centers and events. If your club or agency would be interested in a presentation of Behavioral Health's services, **please contact Abraham at 582-3211 Ext. 2416.**



# Find Us

**450 Kings County  
Dr. Suite 104  
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