



Behavioral Health News

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

Abraham Valencia, Editor

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JUNE 2011

SPECIAL POINTS OF INTEREST:

- **Advisory Board Invitation**
- **Building Skills with Kids**
- **Casa Del Rio**
- **SAFE**
- **Support Groups**

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YOU ARE INVITED!

The Kings County Behavioral Health Advisory Board is comprised of members/volunteers from the community who are committed to quality Mental Health Services as well as Alcohol and Other Drug Prevention/ Treatment programs.

Their VISION is to work together in partnership and collaboration with community programs to deliver quality Behavioral Health services in Kings County.

Their MISSION is to represent the community as an advisory board to Kings County Behavioral Health and the Board of Supervisors. They provide oversight and monitoring of the local Behavioral Health Systems and advocate for persons with behavioral health issues.



Members of the Behavioral Health Advisory Board

Meetings are every 4th Monday of the month from 12:00pm to 1:30pm. Meetings are held at 530 Kings County Drive, Suite B Hanford, CA 93230.

For more information contact Grizelda Gutierrez at 582-3211 Ext. 2372



Ready to Work by DeDe Sanchez

Ready to work is a 10 week course available for any consumer who plans to enter or re-enter the workforce. The objective of the program is to provide our consumers with knowledge and skills to assist them in securing employment. During the 10 weeks, consumers will learn to identify and utilize their soft skills, properly complete a job application, resume writing techniques and effective interviewing.

In our curriculum, we also cover topics such as having a positive attitude, staying focused, doing your best, accepting guidance, staying calm, looking after yourself, being honest, communicating effectively, and being professional.

Behavioral Health is also connected to other community resources and will refer for additional assistance if needed.

For further information please contact **Dede Sanchez at 582-3211**

Building Skills with Kids By Antonio Lopez

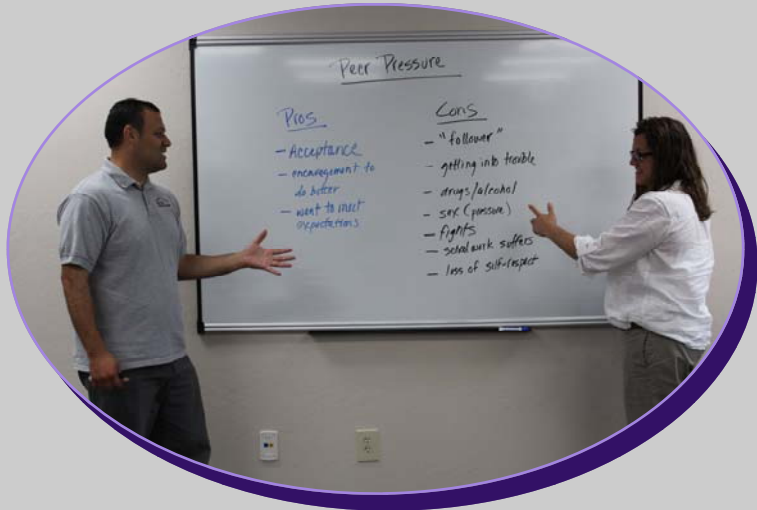


“PEI services and programs are designed to engage persons prior to the development of serious mental illness or serious emotional disturbances.”

Prevention and Early Intervention (PEI) is proud to announce the beginning of “Skill Building” groups at various school sites throughout Kings County. The groups are part of the WE CAN program. These groups were introduced last school semester and will be offered at the same school sites next school year. The schools with the highest need, based on data from the Healthy Kids survey and other school data, were selected. The groups were facilitated by two Prevention Coordinators, Jackie Jones Siegenthaler and Antonio Lopez.

A total of 11 schools were served this last year, which included: Roosevelt, JFK and Woodrow Wilson in Hanford; Tamarack, Avenal Elementary, Junior High and High School in Avenal; Mark Twain and John Muir in Corcoran and Kettleman City and Stratford Elementary. In addition to those schools, this next year groups will also be offered at Martin Luther King School and Community Day School in Hanford. Those groups will be facilitated by Prevention Coordinator Cela Nichols.

The skill building groups are set up to serve students from grades 3 – 12. They target students at risk of developing behavioral, emotional or mental health issues. The topics discussed in the groups include, but are not limited to, stress, self-esteem, depression, conflict resolution, bullying, decision making and teen dating violence.



Prevention Coordinators Antonio Lopez and Jackie Jones Siegenthaler.

We are pleased to report that the groups are a success, based on positive feedback from school staff, group members and some parents. We are excited about the groups for the upcoming school year! **Next issue: Hear from the schools!**



Casa Del Rio is here! by Carrie Bevacqua

Casa Del Rio is a 14-bed, specialized board and care for mental health consumers in Kings County. Centrally located, Casa Del Rio is not only in close proximity to services such as Kings View Mental Health Services, Oak Wellness Center, Behavioral Health, and Public Guardians office, but it is also near many attractions for the residents to enjoy.

Casa Del Rio is operated by Willow Glen Care Center in partnership with Kings County Behavioral Health. It will be licensed as an Adult Residential Facility with Community Care Licensing. Casa Del Rio will employ up to seven (7) full-time staff. It is anticipated that the facility will be opening within a month.

For More Information please call (559) 582-3211 Ext. 2376.



Senior Access For Engagement (SAFE) by Minerva Coltra

SAFE is an outreach program specifically designed to bring services to older adults who are having difficulties accessing services in Kings County. Seniors are one of the largest growing groups facing behavioral health challenges in this country. Barriers to services include language, transportation, isolation and awareness of services. The Goal of SAFE is to reach the unserved and under served older adults in order to eliminate ethnic and age disparities in assisting with accessibility, availability and appropriateness of mental health services.

The focus of SAFE is to promote wellness and resiliency in our local senior centers. The following strategies for outreach and engagement include:

- Medication management and education
- Immediate access to necessary care (shelter, clothing, food, medications, medial care) through advocacy and coordination by the SAFE Team.
- Reduction in isolation and encouragement of consumers to participate in social networks, gathering and positive outings.
- Linkages to other services and resources as needed.

The SAFE Team takes great pride in meeting each individual where they are – focusing on the person, not the illness.

In partnership with Kings County Commission on Aging,



Scott Harvey and the SAFE Van.

FRIDAY NIGHT



by Cela Nichols

Friday Night Live began in 1984 in Sacramento, as a joint effort between the California State Department of Alcohol and Drug Programs (ADP), and the California Office of Traffic Safety. The Friday Night Live program was created to address the number of teen motorists who were killed or injured in accidents due to driving under the influence of alcohol or other drugs. Previous studies had shown that on Friday nights more teen motorists were killed or injured in traffic accidents, due to being under the influence, than on any other night of the week. When this revelation came to light, it was easy to understand the reasons behind that statistic: athletic events and the parties afterwards, dances, hanging out late because it's not a school night, and other celebration/relaxation motivations. Friday Night Live was then created to give teens something to do on Friday nights that was positive and was meant to prevent drinking and driving. Soon, chapters began to form statewide.

In 1990, the focus began to change from being a program to prevent drinking and driving in the teen population, to one of promoting healthy lifestyles free of alcohol, tobacco, and other drugs among youth of all ages. In addition to Friday Night Live, which was for high school teens, Club Live and Friday Night Live Kids, (FNL Kids), was created. Club Live is for grades 7-8, and FNL Kids is for grades 4-6. Additionally, the FNL Mentoring Program was created to allow high school students to mentor middle school students as protégés for future service in a Friday Night Live chapter. Chapters may be school based, community based, or faith based.

The chapters in Kings County will be an integral part of the new Behavioral Health Strategic Prevention Framework, in regard to its goals and outcomes. Members of the different chapters in each community will assist in educating their communities about prescription drug abuse, encourage store owners to commit to not selling alcohol to minors (Merchant Commitment Program), encourage parents to take part in the Parent Commitment Program to not provide alcohol to minors, assist in the government process of establishing a countywide Social Host Ordinance, and work with their schools to help decrease incidents of bullying and aggression.



NEW SUPPORT GROUPS IN KINGS COUNTY

ARE YOU A MEMBER OF THE
LESBIAN, GAY, BISEXUAL,
TRANSGENDER, OR QUESTIONING
COMMUNITY AND LOOKING FOR A
SAFE PLACE TO FIND SUPPORT?

Embrace your identity.

COME AND JOIN OUR LGBTQ SUPPORT GROUP

Lesbian, Gay, Bisexual, Transgender, or Questioning

Meetings 2nd and 4th Tuesdays of the Month
Reception 5:30 p.m. - 6:00 p.m.
Meeting 6:00 p.m. to 7:30 p.m.
530 Kings County Dr. Suite 104 #B Hanford, CA

LIFELINE– For anyone who is exposed to traumatic situations or events at work.

Meetings 1st and 3rd Thursdays of the Month
Reception 5:30 p.m. - 6:00 p.m.
Meeting 6:00 p.m. to 7:30 p.m.
530 Kings County Dr. Suite 104 #B Hanford, CA

IS EXPOSURE TO TRAUMA PART
OF YOUR PROFESSION?
YOU DON'T HAVE TO BE LOST IN ITS WAKE.

We have a lifeline for you.

FOR THOSE IN PROFESSIONS DEALING WITH TRAUMA,
JOIN THE LIFELINE GROUP

DO YOU HAVE A FAMILY MEMBER LIVING WITH MENTAL ILLNESS?

You're not alone.

COME AND JOIN OUR FAMILY MEMBER SUPPORT GROUP

FAMILY MEMBERS of Mentally Ill

Meetings 1st and 3rd Tuesdays of the Month
Reception 5:30 p.m. - 6:00 p.m.
Meeting 6:00 p.m. to 7:30 p.m.
530 Kings County Dr. Suite 104 #B Hanford, CA

Do you have Children?

SHARE YOUR STRENGTHS.
WORK THROUGH YOUR
CHALLENGES.

JOIN THE
PARENT CONNECT
SUPPORT GROUP.

PARENT CONNECT– For parents dealing with challenging parenting issues.

Meetings 1st and 3rd Thursdays of the Month
Reception 11:30 a.m. - 12:00 p.m.
Meeting 12:00 p.m. to 1:00 p.m.
708 San Joaquin Ave., Avenal, CA



FIND ONE NEAR YOU!

DO YOU FEEL LOST IN THE GENERATION GAP? COMMUNICATION, TECHNOLOGY, GANG INFLUENCE, SUBSTANCE USE... IT'S ALL SO DIFFERENT NOW.

Been there, done that.

JOIN WITH OTHER GRANDPARENTS RAISING THEIR GRANDCHILDREN AT **THE GAP GROUP.**



GRANDPARENTS AS PARENTS

Meetings 2nd and 4th Thursdays of the Month
Reception 1:00 p.m. - 1:30 p.m.
Meeting 1:30 p.m. to 3:00 p.m.
530 Kings County Dr. Suite 104 #B **Hanford, CA**

FAMILIES IN TRANSITION– For families experiencing relocation, divorce, incarceration, etc.

Meetings 2nd and 4th Thursdays of the Month
Reception 5:30 p.m. - 6:00 p.m.
Meeting 6:00 p.m. to 7:00 p.m.
530 Kings County Dr. Suite 104 #B **Hanford, CA**

TRANSITIONING? NEW TO THE AREA?
FAMILY MEMBER DEPLOYED? EXPERIENCING DIVORCE?
FAMILY MEMBER INCARCERATED?

Join together to make your family FIT!

JOIN THE **FAMILIES IN TRANSITION (FIT) SUPPORT GROUP.**

LATINO FATHERS - Spanish

Meetings 2nd and 4th Thursdays of the Month
Reception 5:30 p.m. - 6:00 p.m.
Meeting 6:00 p.m. to 7:30 p.m.
205 N. Park Ave., **Avenal, CA**

FAMILIA EN MEXICO PAGO DE CARRO SEGURIDA
DESEMPLEO COMIDA SALUD DIVERSION
ROPA LA FAMILIA DISCIPLINA
RENTA COMUNICACION DE FAMILIA BILES

¿SE SIENTE ABRUMADO?

¡Descargue Su Carga!

VEN Y ÚNETE AL **GRUPO DE APOYO PADRES INTERESADOS**

LATINO PARENTS - Spanish

Meetings 2nd and 4th Mondays of the Month
Reception 5:30 p.m. - 6:00 p.m.
Meeting 6:00 p.m. to 7:30 p.m.
800 Dairy Ave., **Corcoran, CA FRC**

¿HABLA SU IDIOMA?

¡NO ES FACIL SER PADRE DE ADOLESCENTES!

¡Rompa la barrera!

VEN Y ÚNETE AL **GRUPO DE APOYO PARA PADRES DE ADOLESCENTES**

“A Home, A Job, A Date!” 12th Annual Central California Mental Health Housing Conference

Safe and permanent housing is a wonderful vision for thousands of persons who have never known what that means. They are our neighbors, our friends and our family members who have been denied the very thing that most of us take for granted.



Keynote Speaker, Andrew Sperling, J.D. talking to attendees

On May 19, 2011, Kings County Behavioral Health had the privilege of partnering with Tulare County Department of Mental Health and NAMI Tulare County to present and celebrate the 12th year of the Central California Mental Health Housing Conference, where dedicated and motivated people came together to bring the possibility of obtaining safe, affordable, quality and permanent housing to those we care about.



Model James Green working the runway

The Fashion Show is an annual highlight of the Housing Conference which featured volunteer models from Kings and Tulare Counties. The models stepped into the spotlight and modeled new outfits that followed the theme of the conference, “A Home, A Job, A Date!” As they walked the runway, their recovery stories were read, providing encouragement and motivation to everyone present. A special thank you to our Kings County Models. Great Job!

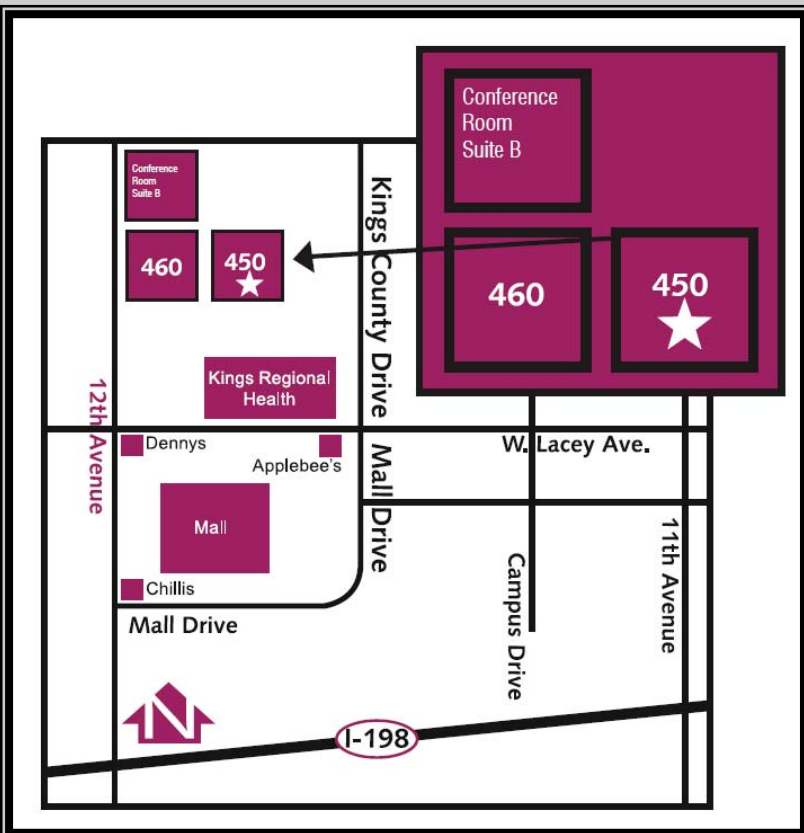


Debbie Allen accepts her Courage Award from Ronda Braithwaite



Nathan Baird gives thanks

Courage Awards and Housing Advocate Awards demonstrate appreciation for the courage of our consumers and recognize advocates who have made housing possible for many of our conference attendees. Congratulations to this year’s Kings County Courage Award recipients, Nathan Baird and Debra Allen, as well as to our Housing Advocate Awardee Nanette Villarreal from **Kings United Way**. This year’s housing conference was a success with nearly 200 in attendance. We hope to see you there next year!



Find Us

**450 Kings County Dr.
Suite 104
Hanford, CA 93230
559-582-3211 Ext. 2376**

www.kingscountybehavioralhealth.com