Behavioral Health News

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

Abraham Valencia, Editor

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SPECIAL POINTS OF INTEREST:

- Every Mind Matters!
- May is Mental Health Month
- Know the Signs
- FAQ
- PCIT

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MAY IS MENTAL HEALTH AWARENESS MONTH

Mental Health is for everyone. May's National Mental Health Awareness efforts commenced in 1949. This began as a way for advocates and organizations to increase awareness of issues of mental illness, need for care for the mentally ill, and so forth.

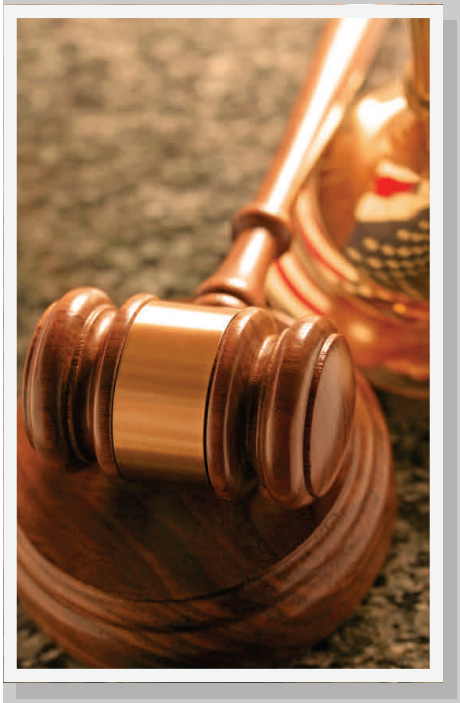
Today, mental health issues affect as many as 1 in 5 Americans. Using the various local and national campaigns during the month of May provides organizations, communities, families, and those living with mental illness an opportunity to inform them of mental health issues, availability of resources, as well as working on stigma reduction.

With proper intervention and treatment, mental illness has a higher recovery rate that many of the medical issues that impact Americans. Researchers say that approximately 70% of people receiving care for their mental health issue can recover and/or see a reduction in their symptoms and improved quality of life! The fear and stigma associated with mental illness often prevents individuals and families from seeking out or accessing the treatment that is available to them, which could assist in improving their wellness and recovery. Stigma is often the main barrier to individuals accessing the services that can assist in their recovery.

The State of California and the supporting behavioral health and mental health organizations have a new campaign that's set to kick off this month. **Kings County Behavioral Health** is proud to be a part of this effort. The campaign is using the slogan, "*Every Mind Matters*" as a way to increase the overall community's awareness of mental health issues and mental health treatment. The more individuals and families that are able to access treatment for various mental health related issues, the greater likelihood for their recovery and improved lives. National Mental Health Awareness Month is a time when we work together to break through the stigma. We express compassion for those who struggle with mental health issues, and we draw attention to the proven methods that can help change lives for the better. So remember **Every Mind Matters!**

KINGS COUNTY behavioral health

Together we are doing more with less to better our community!



Together, we can do more with less to better serve our community. An outstanding example of this occurred in April of 2013 by the collaborative efforts of the Kings County Superior Court, the Kings County District Attorney's Office, the Kings County Veterans Service Office/Public Guardian, Kings County Probation, Public Defenders, Kings View Counseling Services, Kings County Sheriff's Department, the Veteran Administration's Justice Outreach, and Kings County Behavioral Health Department. Kings County brought close to a year's worth of planning and development to fruition. The end goal was to establish the **Collaborative Justice Treatment Court**, which will serve Veterans, individuals with a severe mental illness and individuals with substance use disorders (SUD) through criminal justice supervision, diversion and treatment.

Kings County has had a Drug Court in effect for close to five years, which has provided treatment, as well as criminal justice supervision for offenders who have a **Substance Use Disorder (SUD).** Two years ago, an independent program evaluation of our Drug Court showed the program to be more cost effective than other treatment approaches, with a lower recidivism rate. Drug Court services will continue to be offered, but will be rolled into the new Collaborative Justice Treatment Court.

The intent of the Collaborative Justice Treatment Court is to reduce the costs of incarceration by providing treatment to low level offenders who are Veterans, those who have a **Severe Mental Illness (SMI)**, or have a SUD who, with treatment, could avoid additional criminal justice involvement. Treatment linked with court and criminal justice supervision has been shown to be effective in curbing recidivism in such offenders. In an era where crime rates are on the rise, the Collaborative Justice Treatment Court will help alleviate jail overcrowding, which will improve public safety by allowing violent offenders to be housed in the County's jail. The Collaborative Justice Treatment Court will improve treatment by increasing compliance to treatment recommendations and requirements and thus reducing participant failure.

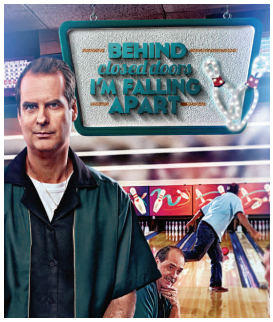
Members of the Collaborative Justice Treatment Court have researched other successful models throughout the United States, as well as those in California (Santa Clara County), which have a similar justice treatment model in place. These court models have been shown to reduce criminal justice costs, improve treatment outcomes, reduce recidivism rates and improve public safety. In Kings County, this model will allow limited resources to be maximized in an efficient manner with partnerships across a variety of organizations and county agencies.

The pilot program will seek to serve 25 individuals (in addition to those currently participating in the Drug Court Program) in a year. Participants will be screened and assessed to ensure appropriateness for such a program, as well as other Behavioral Health screenings. Behavioral Health is happy to be funding the project as a pilot, with hopes that the program will produce cost savings to all involved, reduce crime and recidivism, and improve the overall wellness of the participants.

Behavioral Health has allocated $200,000 for this project under its **Community Services and Support (CSS) Plan.** Behavioral Health is using funding that it receives under the **Mental Health Services Act (Prop 63)** to implement this program. In addition, Behavioral Health contracts with **Kings View Counseling** for adult outpatient substance use disorder treatment, as well as mental health services. Behavioral Health is assigning Recovery Support Coordinator, Minerva Coltra, to the project to provide screenings, linkages, case management services, and therapy. **The Honorable Jennifer Giuliani** will be presiding over the Collaborative Justice Treatment Court.

This program will allow offenders who are Veterans, or who may be living with a SMI or have a SUD (or in some cases have all three) to gain the necessary treatment that will prevent future involvement in the system. Often, involvement with the criminal justice system could have been be reduced, had offenders accessed appropriate forms of treatment such as medication, crisis intervention, counseling, SUD treatment, etc. By using the justice model, participants will be held accountable for their actions as well as responsible for their own recovery.

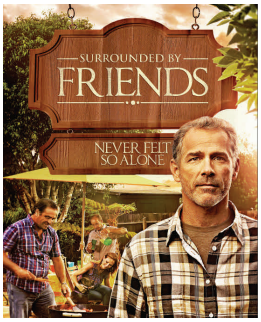
Thanks to Kelly Baker, MFT, a program manager at Behavioral Health who has been the lead on this project for us, and all the other County and community partner staff for their time and efforts.



Pain Isn't Always Obvious

KNOW THE SIGNS

Suicide Is Preventable



El Sufrimiento No Siempre Se Nota

RECONOZCA LAS SEÑALES

El Suicidio Es Prevenible

You may have seen these images earlier this year, up and down the major highways (such as the I-5 and Hwy 99). **Know The Signs** is a statewide effort to engage Californians in suicide prevention efforts, especially based on the fact that suicide is preventable. The campaign, which Kings County is a part of, is funded by the Statewide **Prevention and Early Intervention** Plan, which is part of the **Mental Health Services Act (Prop 63).** Kings and Tulare counties have been undertaking their suicide prevention efforts through the **Tulare-Kings Suicide Prevention Task Force.**

The statewide effort called "**Know the Signs**" seeks to provide families, students, co-workers, teachers, friends, etc. some basics on recognizing warning signs, tools for engaging the person in a conversation, and how to access professional services that can help prevent suicides. Far too often, the signs are not as obvious as one may think, and thus making it hard for people to start that conversation with a person who may be at risk of suicide. **Know The Signs** helps take those steps. The campaign uses a variety of media forums to get the word out, such as the interactive website **www.suicideispreventable.org.** This is another effort launched by behavioral health organizations to eliminate stigma, prevent suicides and save lives. So keep an eye out for these efforts which are on TV, radio, the internet (ads appear on Hulu.com), as well as billboards, buses, etc. Take the opportunity to better inform yourself, and **Know The Signs** because you can save a life.

Kings County Behavioral Health Advisory Board

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.

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

Its mission is to represent the community of Kings County as an advisory board to Kings County Behavioral Health Agency and Board of Supervisors. It provides oversight and monitoring of the local Behavioral Health Systems and advocates for persons with behavioral health issues.

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

For more information visit **kingscountybehavioralhealth.com** and click on the advisory board page.

*Doing **whatever it takes** to serve the community of Kings County, that's our motto.*

Above: Recovery Support Coordinator, Rosa Heredia, mans our booth at the Kids Day event at the Hanford Mall. **Right**: Clown entertains kids while showcasing our services. Wellness takes on many forms.

Frequently Asked Questions

What is mental illness and how common is it?

A diagnosis of mental illness is made by professionals using validated indicators of psychological distress and impairment due to emotional problems. In common terms, mental illness can be understood as psychological distress that impairs everyday activities including work, chores, social lives, and relationships. A 2005 study showed that nearly one in five (around 4.9 million) adults in California reported needing help for a mental or emotional health problem.

UCLA Center for Health Policy Research. *Adult Mental Health Needs in California,*

Why does stigma matter when it comes to mental health?

Stigma can lead to discrimination at work or schools, bullying or harassment, denial of health coverage for mental illness, etc. Stigma can prevent people from seeking help or set back their recovery. Prop. 63/the Mental Health Services Act puts an emphasis on reducing stigma so more people feel comfortable getting the support they need. *Behavioral Health has a campaign in place at the Hanford Movies 8 cinema to address stigma and bullying.*

Mayo Clinic: Overcoming the Stigma of Mental Illness, n.d. http://www.mayoclinic.com/health/mental-health/MH00076

How common is suicide?

Nationally, suicide is the third leading cause of death among youth between 10-24 years of age. But suicide isn't limited to young people, in fact, older adults, particularly men over the age of 75, have the highest rate of suicide (42.8 per 100,000). More Californians have died by suicide than by homicide. Nine Californians lose their lives to suicide on an average day (approximately 3000 per year). By comparison, eleven lives are claimed daily in traffic collisions

California Dept. of Mental Health, Office of Suicide Prevention

PCIT UPDATE!

PCIT is the acronym for Parent Child Interactive Therapy. This is a program and approach that is nationally recognized as evidence based best practice. Behavioral Health is the only organization in Kings County at this time that is able to offer PCIT. This program is part of the **Prevention and Early Intervention** (PEI) programs offered at the **STAR Center.**

The most appropriate referrals for PCIT services are children the ages of 2-7 (must be in that age range) who are exhibiting challenging, disruptive behaviors such as aggression, non-compliance, defiance and temper tantrums.

PCIT has two program component focuses. The Relationship Enhancement component, parents are taught and coached how to decrease negative aspects of the relationship with their child and to develop consistently positive and supportive communication.

In the 2nd component the Strategies for Compliance, parents are taught and coached the elements of effective discipline and child management skills. Parents learn to acquire specific skills, and actually practice these skills under guidance of a clinician until mastery is achieved and the child's behavior has improved.

Our Team has-spent close to a year participating in active training with parents and children, as well as though video conference, live-streaming and in person with the PCIT Trainers from UC Davis. To develop the proficiencies to become a PCIC practitioner, therapists must complete two cases within a year as well as meet a number of program competencies.

All PCIT staff are set to complete their requirements. To become trainers, participants must complete and additional two cases and some additional competencies. It is Behavioral Health's goal to have staff now become trainers. As a part of this effort a clinician from **Kings View** has also been receiving training so that they can render services for Kings View, but also train Kings View clinicians so they to can become providers of PCIT. **We also offer PCIT in Spanish.**

We've had 4 families graduate the program by completing the intensive 14 week program. There are two more families slated to graduate this coming month!

We're at the Farmers Market!

Visit us at the Thursday Night Marketplace and check out our informational booth. We will be there on the following dates: **May 16, 23, 30, June 13, 27, July 11, 25, August 1, 8, 22, September 5, 19**

Four Simple Steps

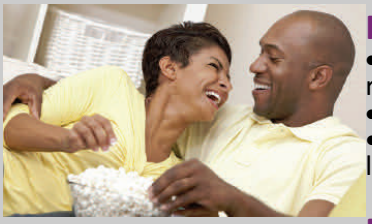
Taking good care of your body and mind can make a difference in how well you do in your day-to-day life and how well you manage change. Exercising, eating right, getting enough rest and relaxing will not only set you on the right path to wellness, but also help you achieve and enjoy daily activities more and improve how you deal with life's challenges. Caring for yourself may take a little extra time, but you will feel better and more successful. Here's what you need and why it helps:

A healthy diet

- Improves your ability to learn.
- Means eating a nutritious breakfast everyday. Skipping meals leads to a lack of energy.
- Includes eating something nutritious every time you have a meal. Try substituting processed foods with a salad or swapping something fried for a piece of fruit.
- Requires limiting your alcohol intake.
- Avoids excessive amounts of caffeine. Caffeine dehydrates you. Drink at least 8 glasses of water a day to prevent dehydration.

Regular exercise:

- Elevates mood, reduces stress, increases energy level, improves appearance, and stimulates the release of endorphins and serotonin, which makes you happier.
- Increases alertness and creativity.
- Improves your overall mental and physical well-being. Even taking a 15-minute walk, 3 times a week, can help.
- Keeps you active and also creates more opportunities to meet new friends!
- Decreases stress. On days when you are feeling overwhelmed, hit the gym or do another type of exercise.



Relaxation

- Means taking time each day to unwind, especially before sleeping. Listen to music, read or do whatever you enjoy. Alcohol or drugs are not the way to go.
- Offers a distraction from problems, a sense of competence and many other benefits.
- Means getting a good laugh. Laughing decreases pain, may help your heart and lungs, promotes muscle relaxation and can reduce anxiety.

Plenty of Rest:

- Means getting at least 7-9 hours of sleep. This is essential and will make you more attentive and active. Inadequate sleep can lead to mood changes and lowered resistance to illness.
- Provides the physical and psychological resources to cope with everyday life. Without it, you have to work harder to get daily tasks done and you have less energy.
- Includes cutting back on alcohol consumption because it can disturb your sleep. Though you might fall asleep faster, your body will not be as rested.

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