



# SAN LUIS OBISPO COUNTY HEALTH AGENCY

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## **Prevention and Early Intervention Programs to Launch In San Luis Obispo County**

The San Luis Obispo County Behavioral Health Department (SLOBHD) is excited to introduce the Prevention and Early Intervention (PEI) component of the Mental Health Services Act (MHSA). PEI programming has been developed through a countywide planning process with the goal of building the capacity of the community to increase resiliency by decreasing risk factors, and increasing the protective factors which promote positive mental health and reduce the negative impact of mental illness.

MHSA funds will be used to implement five new projects, which include distinct components addressing youth, parents, older adults and systems which affect the mental health and well-being of the community. The County has established partnerships with local agencies and prevention providers to conduct services over the next three years. The implementation of PEI programming represents a significant shift in mental health programming for our county.

- Mental Health Awareness and Stigma Reduction Project. A county-wide project for all ages that includes education aimed at reducing the stigma associated with mental illness. Programs include a media campaign, as well as targeted outreach to underserved cultural populations and services will be provided by Transitions Mental Health Association and SLOBHD.
- School-based Wellness Project. This project will build wellness and resiliency, and reduce risk factors and stressors among students. Pre-school training and family education will be provided by the Community Action Partnership of San Luis Obispo County. Elementary school life-skills training, middle school Student Assistance Programs, youth development opportunities, and counseling for Sober School, will be provided by SLOBHD in partnership with Community LINK who will provide Family Advocates for the middle school programs.
- Family Education and Support Project. The San Luis Obispo Child Abuse Prevention Council will provide coordination and delivery of parenting classes and resources, and “on demand” coaching for parents facing specific challenges.
- Early Care and Support for Underserved Populations. This project provides self-sufficiency supports for high-risk transition-aged youth, depression screening and supports for older adults, and outreach and engagement services to Latino communities. Programming will be provided by Cuesta College’s *Independent Living Project*; Wilshire Community Services’ *Caring Callers* and *Senior Peer Counseling*; and Dr. Silvia Ortiz and associates.
- Community Wellness Project. To address the therapeutic needs of individuals and families identified in the above projects, brief or short-term therapeutic services will be offered by Community Counseling Centers of San Luis Obispo. This project will also support the county’s Mobile Crisis team.

A PEI Collaboration Forum for providers and community planning team members will be held Thursday, September 3, 2009 at the San Luis Obispo Veteran’s Hall. For questions, or for more information, please contact Frank Warren, Program Supervisor at [fwarren@co.slo.ca.us](mailto:fwarren@co.slo.ca.us)

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