

Yolo County PEI Target Areas

The following PEI target areas have emerged from the Community Planning Process:

Early Signs Target Area

1. Key Community Mental Health Needs:
 - a. Disparities in access – all ages
 - b. At risk children, youth and young adults – 0-15, 16-25
 - c. Stigma and discrimination – all ages
2. Priority Populations:
 - a. Individuals 1st time experiencing Serious Psych Illness – all ages
 - b. Children, youth & TAY at risk/experiencing juvenile justice involvement – 0-15, 16-25
 - c. Children, youth & TAY at risk for school failure– 0-15, 16-25
 - d. Infants, children & youth in stressed families – 0-15, 16-25
 - e. Underserved Cultural Populations – all ages
3. Possible components:
 - a. Gatekeeper Training
 - i. Brief description
 1. Trainings would be provided to a wide array of existing “gatekeepers” to recognize the early signs of mental illness and be aware of existing resources, including personnel in education, physical health, probation, law enforcement, social services, faith communities, racial, ethnic and cultural communities, and community organizations
 2. Existing PEI resources are identified, documented, and the information made readily available to gatekeepers
 - ii. Person level outcomes
 1. Decrease in stigma as barrier to seeking help for early signs
 2. Work/school attendance improvement, decrease in disciplinary actions
 - iii. Component/system level outcomes
 1. increase in teachers aware of early signs
 2. increase in juvenile justice and law enforcement personnel aware of early signs across all ages
 3. increase in physical health personnel aware of early signs across all ages
 4. increase in social service personnel aware of early signs across all ages

5. increase in faith based and spiritual community personnel aware of early signs across all ages
6. increase in CBO personnel aware of early signs across all ages
7. increase in navigators/community health workers aware of early signs across all ages
8. increase in referrals to existing PEI services/resources

b. Wellness Checks

- i. Brief description
 1. This component would provide voluntary wellness checks by behaviorists in natural community settings to help identify people who may benefit from selective prevention strategies or who may want assessment for early intervention or treatment
- ii. Person level outcomes
 1. Decrease in stigma as barrier to seeking help for early signs
- iii. Component/system level outcomes
 1. increase awareness of supports/services for individuals with early signs of mental illness
 2. increase individuals with early signs of mental illness and families receiving early intervention and support

c. Early Psychosis Component

- i. Brief description
 1. This component would link individuals identified with early signs of psychosis and their families with early intervention resources for psychosis
- ii. Person level outcomes
 1. Decrease in stigma as barrier to seeking help for early signs
 2. Work/school attendance improvement, decrease in disciplinary actions
- iii. Component/system level outcomes
 1. increase availability of supports/services for individuals with early signs of psychosis and their families
 2. increase individuals with early signs of psychosis and their families receiving early intervention and support

Families in Crisis Target Area

1. Key Community Mental Health Needs:
 - a. Disparities in access – all ages
 - b. At risk children, youth and young adults – 0-15, 16-25
 - c. Stigma and discrimination – all ages
 - d. Psychosocial impact of trauma – all ages
2. Priority Populations:
 - a. Individuals 1st time experiencing Serious Psych Illness – all ages
 - b. Children, youth & TAY at risk/experiencing juvenile justice involvement – 0-15, 16-25
 - c. Children, youth & TAY at risk for school failure– 0-15, 16-25
 - d. Infants, children & youth in stressed families – 0-15, 16-25
 - e. Underserved Cultural Populations – all ages
 - f. Trauma-exposed individuals – all ages
3. Possible components:
 - a. Strengthening Yolo Trainings
 - i. Brief description
 1. This component would provide resiliency skills training to individuals and families across all ages and racial, ethnic and cultural populations in crisis or in distress, including trauma, loss, stressful life events, and family and children of individuals with serious mental illness.
 - ii. Person level outcomes
 1. Increase wellness and resiliency skills
 2. Reduce substance use and behavioral problems
 - iii. Component/system level outcomes
 1. Increase support for families and individuals in crisis and distress
 - b. Health Navigators
 - i. Brief description
 1. This component would seek to promote wellness by training personnel to help individuals across all racial, ethnic and cultural populations access prevention and early intervention resources. Could be combined with Peer Partners and Home Wellness Partners although each has a different focus.
 - ii. Person level outcomes
 1. Decrease negative outcomes due to stressors/crisis/trauma
 - iii. Component/system level outcomes

1. Increase access to support
- c. Home Wellness Partners
- i. Brief description
 1. This component would seek to promote wellness by training personnel to visit people in their homes (like community health workers do) as gatekeepers and to provide mental health literacy and basic wellness skills training. May be best suited for new mothers as prevention or early identification of post-partum depression and also for certain racial, ethnic and cultural communities that are more amenable to having community members in their home to provide health information. Could be combined with Peer Partners and Health Navigators although each has a different focus.
 - ii. Person level outcomes
 1. Reduce isolation
 2. Increase mental health literacy
 3. Increase wellness skills
 - iii. Component/system level outcomes
 1. Increase access to support
- a. Peer Partners (Peer Support)
- i. Brief description
 1. This component would consist of training and supporting peer support personnel to address PEI needs across all ages and racial, ethnic and cultural communities and in various settings primarily by using support group models for prevention. May include: senior peer support, peer support for families with members with serious mental illness, TAY peer support, racially, ethnically and culturally appropriate peer support. Could be combined with Health Navigators and Home Wellness Partners although each has a different focus.
 - ii. Person level outcomes
 1. Reduce isolation
 2. Reduce substance use and behavioral problems
 3. Increase positive cultural identity
 - iii. Component/system level outcomes
 1. Increase access to support
- b. Across Generations (Intergenerational Support)
- i. Brief description
 1. This component would consist of training and supporting intergenerational support personnel/mentors to address PEI

needs across all ages and races, ethnicities and cultures and in various settings.

- ii. Person level outcomes
 - 1. Increase sense of connectedness
 - 2. Reduce substance use and behavioral problems
- iii. Component/system level outcomes
 - 1. Increase access to support

d. Yolo Wellness Coalition

- i. Brief description
 - 1. This component would seek to promote wellness by maintaining a coalition of PEI stakeholders and partners to share resources and develop strategies to address ongoing and emergent community-wide PEI needs.
- ii. Component/system level outcomes
 - 1. Increase awareness of existing PEI resources countywide
 - 2. Increase collaboration for wellness
 - 3. Strengthen consumer and family, and racial, ethnic and cultural population participation in promoting community wellness