



Stephen's Story



Stephen Boyd was first hospitalized for psychotic symptoms after serving in the United States Army. He lived on and off with his father, who often felt helpless and afraid when Stephen engaged in unpredictable behavior. At Putnam Clubhouse, Stephen found structure and community. "Those people need me. I am going back there tomorrow," he would say to his father. "I can see that my life has value." Stephen committed to further vocational training. He now has a full-time job with the Office of Consumer Empowerment at Contra Costa Mental Health.

"The Clubhouse changed my life because it changed his life!"

— father of Stephen Boyd

For More Information

www.cchealth.org/services/mental_health/prop63

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**Contra Costa County
Suicide Crisis Line**

24 hours / 7 days
1-800-833-2900
1-925-938-0725 TTD/TTY

suicideispreventable.org
elsuicidoesprevenible.org

reachouthere.com
buscaapoyo.com

dignityandrecoverycenter.org

walkinourshoes.org
speakourminds.org



Transforming Mental Health Care

Community-Based Prevention and Early Intervention Programs are Underway in Contra Costa County

Several promising new programs provided by Contra Costa Mental Health and partner agencies are tackling some of the County's most serious problems with proven approaches, including:

- Implementing a plan to improve suicide education, awareness and prevention
- Developing a county-wide early psychosis intervention program to keep mental illness from becoming severe and disabling
- Providing life and vocational skills training for adults recovering from mental illness

These prevention and early intervention services are at the heart of California's efforts to transform its mental health system from the ground up. With Proposition 63—the Mental Health Services Act enacted in 2004—voters elected to build an effective community-based mental health system. State and local governments are working together to implement prevention and early intervention programs to keep people healthy or provide treatment early on in an illness. The California Mental Health Services Authority (CalMHSA) helps counties implement programs and learn about successful strategies from across the state. The result is more cost effective services and a dramatic reduction in negative consequences caused by leaving mental illness untreated.

Contra Costa County has tailored its services to best reach its diverse population of about 1.1 million people. The County has created a range of new prevention and early intervention programs that provide culturally appropriate services for underserved communities, help marginalized urban youth thrive, and foster healthy relationships in families. As a result of prevention and early intervention programs, thousands of children, youth, families and older adults are receiving culturally-relevant services.

Athena's Story



Athena is a junior at New Leaf High School. She describes herself as a motivated student who likes school. Athena entered mainstream high school with high hopes. However, she became the target of bullying. She isolated and became anxious and depressed. Soon she stopped going to school all together. Several months later, Athena was in such despair that she became suicidal and needed to be hospitalized. At New Leaf, she has found a learning community where she feels accepted. Her goal is to study art and become a teacher.

"I have perfect attendance now. New Leaf is like a family to me!"

— Athena, age 16

delivering on the promise

Proven Programs for Unique Communities

Contra Costa Mental Health has 27 prevention and early intervention programs funded by CalMHSA. These proven programs—designed and selected based on a comprehensive community involvement process to meet the specific needs of Contra Costa residents—served over 40,000 residents. Prevention and early intervention programs are cost effective, produce results and save lives.

Partnerships Make It Happen!

Key partners and supporters in the county include: Asian Community Mental Health, Lao Family Community Development, Native American Health Center, Rainbow Community Center, Center for Human Development, La Clinica de La Raza, Latina Center, Jewish Family and Children's Services, Martinez Unified School District, El Cerrito High School Health Center, RYSE Center, Building Blocks for Kids, People Who Care, Child Abuse Prevention Council, Counseling Options and Parent Education Family Support Center, Contra Costa Interfaith Housing, Putnam Clubhouse, National Alliance on Mental Illness (NAMI), Contra Costa Crisis Center, STAND!, Contra Costa Mental Health Consumer Concerns, the Contra Costa County Mental Health Commission, and the Contra Costa County Board of Supervisors.




“The internship was a great opportunity. It showed me that there are better options out there than just giving up or saying forget about it.”

— *New Leaf participant*

Goals



Contra Costa Mental Health's prevention and early intervention programs will:

-  Increase knowledge of mental illness and reduce stigma and discrimination
-  Decrease suicide attempts and death by suicide
-  Support student wellness and improve mental health of children and youth

Some of the County's prevention and early intervention programs are described at right.

“RYSE helped me grow. I used to be running the streets, but once I became a member, I became a strong black woman.”

— *RYSE Youth Center member, Richmond*

Building Community and Reducing Discrimination Among LGBTQ Youth



Rainbow Community Center provides prevention and early intervention services to lesbian, gay, bisexual, transgender and queer (LGBTQ) individuals.

Due to discrimination, members of the LGBT community, particularly youth, are at high risk for developing mental health problems, self-harm behavior, and suicide attempts. The Rainbow Community Center provides services that build community, decrease stigma and isolation, increase acceptance and lower the incidence of depression and anxiety. Services include outreach activities as well as group and individual therapy. **The Rainbow Community Center has reached 1,380 individuals to date.**

Providing Support for Adults in Recovery



Putnam Clubhouse helps adults recovering from mental disorders develop support networks and life and employment skills. It also provides respite and stress

reduction for caregivers. The Clubhouse program has increased a sense of well-being and feelings of being supported for both caregivers and members. About 85% of members reported requiring fewer hospitalizations and stays in supportive living environments. Much of the project's success is the result of a peer-based approach where members are the driving force in shaping services. **The Putnam Clubhouse served 269 members last year. In a recent survey, 90% of Clubhouse and family members reported an increase in mental, physical, and emotional well-being and 100% of caregivers reported a high level of satisfaction with Clubhouse activities.**

Supporting At-Risk High School Students in Achieving Academic Success



New Leaf Collaborative is a high school program that supports academic, social and emotional growth of at-risk students. Students are involved in a variety

of activities that foster a positive self-image, leadership skills and community connections—from designing and implementing landscaping projects to participating in internships and hosting public events. Mental health services include counseling and learning stress reduction techniques. **Fifty-two students were enrolled in New Leaf last year. Of these, 71% of students improved their attendance; 78% earned the necessary academic credits at or above grade level; and 77% achieved at least 4 out of 6 individual goals.**

Reaching Out to Native Americans



The *Native American Health Center* serves a diverse community that is at risk of losing its cultural identity. The health center provides programs

designed for Native Americans that reverse the impact of discrimination, strengthen families and build community. Services include Elders' Support Groups, Positive Indian Parenting, Traditional Drum and Song Classes, Recovery Talking Circles, and help accessing mental health resources. At the Native American Health Center, individuals who may otherwise shy away from seeking help have access to a full range of services. **The Native American Health Center has provided support to over 245 individuals to date.**