

# APPENDIX 22

## Napa County MHP Community Outreach to Underserved Populations

## BiNational Health and Wellness Fair

September 22, 2019

AGE RANGE	WOMEN SEEN	FOLLOW-UP NEEDED		MEN SEEN	FOLLOW-UP NEEDED
1-9 YEARS OLD	1				
10-19	3	1			
20-29	2				
30-39	6	3		2	2
40-49	3	2		2	
50-59	9	4		3	
60-69	4			1	
70-79	2	1		2	1
<b>TOTALS:</b>	<b>30</b>	<b>11</b>		<b>10</b>	<b>3</b>

### 40 INDIVIDUALS SEEN (30 WOMEN & 10 MEN)

11 women and 3 men received telephone follow-up by one of our Spanish speaking staff. She is making up to three attempts get in contact with each person. She is providing additional resources, following up to see if they've made connections with the agency agreed upon on the day of the fair and offering that they contact her in the future if they experience any difficulty making the agreed upon connection.

### Observations about the Participants

- The greeter from BiNational that welcomed the participants at the top of the stairs was very welcoming, warm and encouraging to the participants. She was very engaging with the participants and took the time to encourage them to accept the mental health screenings. She likely did the same for the Alcohol and Drug screenings. We think that her presence and demeanor contributed to our higher number of mental health screenings this year. She was great and we'd like to see her do the same next year.
- Participants exhibited: Past trauma, PTSD, experiencing flashbacks of past traumatic experiences, grief, anxiety, depression, feeling overwhelmed with family responsibilities & dynamics, financial stress, stage of life stressors, generational issues between parents and children, work conflict, stress from cultural expectations not being met, domestic violence, personal and familial alcohol and drug addiction issues
- Some participants had never received a mental health service before
- These screenings provide participants the opportunity to speak for the first time in their lives about significant trauma, including childhood sexual abuse.
- Some participants are now familiar with the mental health services that are offered year after year at the BiNational Health and Wellness Fair and the Women's Conference and they look forward to having the opportunity to speak with a clinician at each event.

# Mental Health Outreach

## Spanish Outreach Designations

	Puertas Abiertas Community Center	St Helena Family Center	Calistoga Family Center	Aldea	Napa County Office of Ed	Innovations Community Center
Adult Individual Therapy	Tuesday 1:30-5:30pm		Friday			
	Tuesday 3-5:30pm CSOA MH Group Upon Request					
Children's Individual Therapy	Friday 3-5:30pm					
Adult Support Group	Thursday 4-6pm CSOA MH Group Upon Request	CSOA MH group upon request at				Men's Group
Access	Alternates Staff with Adult Individual Therapy			Tuesday and Thursdays for Assessments	Thursday Morning Assessment	

## LGBTQ Outreach Designations

	<b>VOICES</b>
Adult Individual Therapy	MH Counselor, 4 hours, 2 times a week
LGBTQ Older Adult Picnic	MH Worker Aide: Annually

## MHSA Group/Meeting/Event Outreach Tracking Form

DATE: Jul 18-Jun 19

ParentsCAN

Date of Contact	Name of Group/ Meetings/Event	Location	Contact Person	Demographics	# of Participants	Information Given	Minutes
7/11/2018	Aim High Futures Night 7/11/2018	Silverado Middle School 1133 Coombsville Rd. Napa, CA 94558	Beilinda Ruiz, Silvia Ruiz	Parents; Local Community; Professional Partners; Other	300	1 ASQ Screening Cards, 2 Education Postcards, 1 General Postcards, 2 Triple P (0-12) Postcards, 1 Triple P (Teens) Postcards,	180
7/17/2018	Farmer's Market Rethink Your Drink with Healthy Bodies Coalition 7/17/2018	Napa Farmers Market 195 Gasser Dr. Napa CA 94559	Pat Wells, Belinda Ruiz	Parents; Local Community; Professional Partners; Donors; Service Club; Consumers; Other	450	10 ASQ Screening Cards, 3 Education Postcards, 5 General Postcards, 5 Triple P (0-12) Postcards, 5 Triple P (Teens) Postcards,	360
7/22/2018	Dia de la Familia 7/22/2018	Napa Street Napa, CA 94559	Shelley Lopez, Belinda Ruiz	Parents; Local Community; Professional Partners; Donors; Service Club; Consumers; Other	2500	16 Newsletters, 1 Education Postcards, 78 General Postcards, 1 Triple P (0-12) Postcards, 1 Triple P (Teens) Postcards,	600
7/26/2018	Jack and Jane clothing store 7/26/2018	921 Factory Stores Dr, Napa, CA 94558	Alma	Parents; Local Community; Professional Partners; Donors; Service Club; Consumers; Other	500	10 ASQ Screening Cards, 10 Triple P (0-12) Postcards,	30
7/27/2018	Napa Music _Summer Nights 7/27/2018	Downtown Napa Napa, CA	Alma	Parents; Local Community; Professional Partners; Donors; Service Club; Consumers; Other	85	10 ASQ Screening Cards, 10 Mental Health Brochures,	60
8/4/2018	Child Support Awareness at Home Depot 8/4/2018	Home Depot Napa, CA 94559	Belinda Ruiz, Paula Schaefer	Parents; Local Community; Professional Partners; Other	300	22 ASQ Screening Cards, 35 Newsletters, 7 Education Postcards, 30 General Postcards, 20 Medi-Cal Postcards, 20 Triple P (0-12) Postcards, 20 Triple P (Teens) Postcards,	600

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8/7/2018	National Night Out with Law Enforcement Agencies 8/7/2018	South Napa Target 205 Soscol Ave. Napa, CA 94559	Pat Wells	Parents; Local Community; Professional Partners; Other	1000	35 ASQ Screening Cards, 10 Newsletters, 35 Education Postcards, 35 General Postcards, 35 Medi-Cal Postcards, 35 Mental Health Brochures, 35 Triple P (0-12) Postcards,	600
8/13/2018	Napa Valley Pickers 8/13/2018	Napa, CA	Alma	Parents; Local Community; Professional Partners; Donors; Service Club; Consumers; Other	65	1 ASQ Screening Cards, 16 Newsletters, 1 Mental Health Brochures,	30
8/24/2018	Back to School Family Night Calistoga UpValley Centers 8/24/2018	Calistoga Elementary 1327 Berry St. Calistoga, CA 94515	Maria Calderon, Silvia Ruiz	Parents; Local Community; Professional Partners; Donors; Service Club; Consumers; Other	500	17 ASQ Screening Cards, 28 Newsletters, 10 Education Postcards, 10 General Postcards, 12 Medi-Cal Postcards, 12 Triple P (0-12) Postcards, 10 Triple P (Teens) Postcards,	600
9/12/2018	NCOE 2018 Back to School Kick Off 9/12/2018	NCOE 2121 Imola Ave. Napa, CA 94559	Pat Wells	Parents; Local Community; Professional Partners; Other	200	35 ASQ Screening Cards, 20 Newsletters, 25 Education Postcards, 25 General Postcards, 25 Medi-Cal Postcards, 25 Mental Health Brochures, 25 Triple P (0-12) Postcards, 25 Triple P (Teens) Postcards,	600

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9/12/2018	Meritage Health & Wellness Fair 9/12/2018	Meritage 875 Bordeaux Way, Napa, CA 94558	Silvia Ruiz, Belinda Ruiz, Pat Wells	Parents; Local Community; Professional Partners; Other	1000	50 ASQ Screening Cards, 10 Newsletters, 34 Education Postcards, 70 General Postcards, 26 Medi-Cal Postcards, 35 Triple P (0-12) Postcards, 25 Triple P (Teens) Postcards,	600
9/15/2018	Fiesta en el Molino Bale 9/15/2018	Bale Grist Mill Historic Park 3369 Helena Hwy St. Helena, CA 94574		Parents; Local Community; Professional Partners; Other	300	9 ASQ Screening Cards, 11 Newsletters, 3 Education Postcards, 2 Medi-Cal Postcards, 4 Triple P (0-12) Postcards, 18 Triple P (Teens) Postcards,	600
9/23/2018	BiNational Health & Wellness Fair 9/23/2018	Kaiser 3285 Claremont Way Napa, CA 94558		Parents; Local Community; Professional Partners; Donors; Service Club; Consumers; Other	450	25 ASQ Screening Cards, 5 Newsletters, 10 Education Postcards, 20 Medi-Cal Postcards, 20 Mental Health Brochures, 20 Triple P (0-12) Postcards, 5 Triple P (Teens) Postcards,	1200
11/3/2018	Give Guide Outreach - Farmers Market 11-3-2018	Farmers Market	Pat Wells, Shelly Hanan	Parents; Local Community; Professional Partners; Donors; Service Club; Consumers; Other	500	25 of Education Postcards, 20 of Medi-Cal Postcards, 45 of Triple P (0-12) Postcards,	240
11/16/2018	CRC Childcare Training 11.16.2018	3299 Claremont Way, Napa CA 94558	Paula Schaefer	Local Community; Professional Partners; Other	22	85 Materials, 25 General Postcards,	120

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1/26/2019	Napa Moms Preschool & Kindergarten Expo- 1/26/2019	Las Flores Community Center	Alma & Silvia	Parents; Local Community; Professional Partners; Donors; Service Club; Consumers; Other	250	50 ASQ Screening Cards, 50 Newsletters, 25 Education Postcards, 100 General Postcards, 10 Medi-Cal Postcards, 75 Mental Health Brochures, 25 Triple P (0-12) Postcards, 25 Triple P (Teens) Postcards,	180
3/23/2019	Down Syndrome Awareness Luncheon 3/25/2019	CrossWalk Community Church 2590 First Street Napa	Program Manager	Parents; Local Community; Professional Partners; Donors; Service Club; Consumers; Other	189		240
4/5/2019	Child Start 4/5/2019	Health & Human Services (HHS)	Argelia, Angel, Shelley L	Parents; Local Community; Professional Partners; Other	500	50 ASQ Screening Cards, 50 Newsletters, 50 Education Postcards, 50 General Postcards, 50 Triple P (0-12) Postcards, 50 Triple P (Teens) Postcards,	240
4/6/2019	Immigration Meeting 4/6/2019	PCAN 1909 Jefferson Street Napa, CA 94559	Alma	Parents; Local Community; Professional Partners; Donors; Service Club; Consumers; Other	20		240
4/13/2019	Shearer Elementary School Outreach 4/13/2019	1590 Elm St, Napa, CA 94559	Belinda Ruiz, Paula Schaefer	Parents; Local Community; Professional Partners; Other	265	6 ASQ Screening Cards, 65 Newsletters, 14 Education Postcards, 20 General Postcards, 19 Medi-Cal Postcards, 15 Mental Health Brochures, 18 Triple P (0-12) Postcards, 80 Triple P (Teens) Postcards,	120

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5/7/2019	Rethink your drink 5.7.2019 _ farmers market	Napa Farmers' Market 195 Gasser Dr, Napa, CA 94559	Olivia and Angel	Parents; Local Community; Professional Partners; Donors; Service Club; Consumers; Other	135		360
5/22/2019	Mental Health Awareness Fair 5/22/2019	Silverado Creek Apartments 3550 Villa Lane Napa, CA 94558	Argelia, Ashley, Ellen	Parents; Local Community; Professional Partners; Other	60	5 ASQ Screening Cards, 15 Newsletters, 9 Education Postcards, 6 Medi-Cal Postcards, 5 Mental Health Brochures, 10 Triple P (0-12) Postcards, 11 Triple P (Teens) Postcards,	120

9591

7920

## Homeless Outreach Designations

	Law Enforcement embedded staff	Shelter	NCEDC Release Planning
Case management and community response	MH Counselor PD and Sherriff		
Access			

## System Navigators

HHSA	Innovations Community Center	Schools	Mexican Markets
Division Presentations MH Month	Presentations once a month	Every couple months and fairs	Every couple weeks

### Other Outreach Activities include:

- Latina Women's Conference (Annually in May): All Day conference, significant site based mental health support with multiple clinicians providing mental health triage services as needed
- Binational Health Fair (Annually in September): All Day health fair, significant site based mental health support with multiple clinicians providing mental health triage services as needed
- El Dia De La Familia (Annually in July): Information Booth staffed by Adult FSP and Children's FSP staff
- Suicide Prevention Conference: County MH Division staff presenting workshops
- Weekly visits at the Mexican Markets by MH Division System Navigator
- "Lunch and Learn" sessions in St. Helena presented by MH Older Adult staff offering psychoeducation for providers so they can have a better understanding of OA issues and services.
- Public Health Wellness Fair
- Annual Synergy Senior Day
- Earth Day
- National Night Out
- Back to school night
- Mexican Independence Day
- Napa County Sheriff's Office Open House
- Meritage Health and Wellness Fair

**Mental Health Services Act (MHSA)  
ParentsCAN 18-19 Report  
(Jul 18-Jun 19)**

**Outreach:** See attached outreach log for details

**Newsletter:**

July Newsletter mailed to 398 Households. An additional 602 newsletters were printed to share at outreach events and in welcome packets for new families. This newsletter focused primarily on our Triple P, Positive Parenting Program which focuses on emotional and behavioral challenges in children and teenagers.

January Newsletter mailed to 393 Households. An additional 607 newsletters were printed to share at outreach events and in welcome packets for new families. This newsletter focused primarily on Mental Health. There were articles about recognizing the cause of behaviors, supporting ourselves as parents of children with special needs and understanding the difference between supportive and enabling behaviors as a parent.

14 Enewsletters were sent out over the year reaching an average of 1,689 unduplicated families each time.

During the time period we also had 6,544 unique visitors to our website, 4,814 of which were new.

**Support Group:**

Triple P Primary Care Discussion Groups Spanish FY 2018-2019

<b>Month</b>	<b>Attendance</b>
July	Not Scheduled
August	Not Scheduled
September: Session 1 SP- Dealing with Disobedience 9/7/2018	5
October-Session 2 SP- Managing Fighting and Aggression 10/5/2018	3
November-Session 3 SP- Developing Good Bedtime Routines 11/2/2018	1
December-Session 4 SP- Hassle Free Shopping with Children 12/7/2018	2
January-Session 1 SP- Getting Teenagers to Cooperate 1/4/2019	3
February-Session 2 SP- Building Teenager's Survival Skills 2/1/2019	7
March-Session 3 SP- Reducing Family Conflict 3/1/2019	8
April-Session 4 SP- Coping with Teenagers' Emotions 4/5/2019	6
May-Session 5 SP- 05/03/2019	6
June-Session 6 Sp - 06/19/2019	14

**Respite Services:**

We have had 24 (\$4,800.00) requests for Respite Service during reporting period. \$4,200 has been paid out in respite care.