



**MENTAL HEALTH SERVICES ACT
PREVENTION AND EARLY INTERVENTION (PEI) ADMINISTRATION**

**COMMUNITY OUTREACH SERVICES:
PEI PREVENTION
PROGRAMS AND RESOURCES**

REVISED MAY 06, 2019

The Los Angeles County Department of Mental Health has expanded its Prevention and Early Intervention (PEI) Community Outreach Services (COS) in order to achieve the following:

1. Increase the number of individuals receiving prevention and early intervention services;
2. Outreach to underserved communities through culturally appropriate mental health promotion and education services.
3. Provide mental health education and reduce stigma on mental health issues in our communities; and

COS affords an avenue for the DMH PEI network to provide services such as education and information to individuals who are not formal clients of the mental health system and providers who are outside the county mental health system. Often individuals as well as their parents, family, caregivers, and other support system, who need or would benefit from prevention and early intervention mental health services do not seek traditional clinic-based services due to a multitude of factors. Community outreach is a key component in initiating and providing effective mental health supportive services to these individuals,

The majority of programs on the following pages are not evidence based practices, but nonetheless have significant data and research indicating the effectiveness of their services. In general, these do not require that staff be clinicians. The programs listed below are those approved by DMH for billing PEI COS.

Section One lists educational and training programs that address specific risk factors and have optimized the designated protective factors. Information, and in some instances, training, on all these programs are available on the internet. Agency one-time PEI training funds may be used to purchase training or required educational materials. For some programs, DMH has also contracted to provide training free of charge to its PEI providers.

Section Two lists resources, including videos, webinars, print materials, etc. that can be used to enhance COS presentations and/or programs listed in Section One. For the most part these resources are offered free of charge, and some are offered in languages other than English.

For further information on the MHSA PEI community outreach services and the programs listed in this documents, please contact MHSAPEI@dmh.lacounty.gov.

SECTION ONE
PEI MENTAL HEALTH COMMUNITY EDUCATION PROGRAMS

SUMMARY CHART OF PEI COS PROGRAMS					
PROGRAM	PROGRAM FOCUS	AGES	MINIMUM TRAINING REQUIRED (1)	ESTIMATED TRAINING COSTS (2)	ESTIMATED CURRICULUM COSTS
1. ACTIVE Parenting	Parent Education	3-17	1-day Initial Online or Live	\$179 Per Ind.	\$499 Per Standard Kit \$14.95 Per Parent Guide \$12.95 Per Parent Workbook
2. ARISE	Life Skills, Anger Management	4-64	2-day Initial Online or Live	\$399 Per Ind.; \$220 Online – Self-Instructioned	\$35-\$210 Per Curriculum \$300-\$940 Per Complete Age Curricula Package
3. Childhelp Speak Up Be Safe	Child Abuse and Neglect Prevention	3-19	Completion of 3 Training Modules Online or Live	\$2 Cost Per Student Annually. Online trainings included.	Materials included in fee
4. Coping with Stress	Coping Skills; Depression Prevention	13-18	Reading and Understanding the Curriculum Materials	None, Online Information	None, Online Information
5. Erika’s Lighthouse	Suicide Prevention; Coping Skills; Adolescent Depression	12-14	Reading and Understanding the Curriculum Materials	None, Online Information	None, Online Information
6. Guiding Good Choices	Alcohol and Drug Prevention; Family Skills Training	9-14	3-day Initial	\$1000 Per Ind	\$514 for Workshop Leader’s Guide \$979 Per Core Program
7. Incredible Years: Attentive Parenting Program	Parent Education	2-6	3-day Initial OR 2-day, with completion of Basic Training already	\$4950-6000 (Cohort = 25)	\$1050 Per Training Kit
8. Life Skills Training (LST)	Alcohol and Drug Prevention	8-18	1-day Initial	\$250 Per Ind; \$250 Online	\$265-\$655 Per Curriculum
9. Love Notes	Dating Violence Prevention; Healthy Relationship	16-24	Reading and Understanding the Curriculum Materials	\$425 Per Individual	\$650 Per Manual; \$120 Per Student Manual for 6+ packs of 10 each
10. Make Parenting a Pleasure (MPAP)	Parent Education	0-8	2-day Initial	\$6500 (Cohort = 20)	\$1199 Per Curriculum

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PROGRAM	PROGRAM FOCUS	AGES	MINIMUM TRAINING REQUIRED (1)	ESTIMATED TRAINING COSTS (2)	ESTIMATED CURRICULUM COSTS
11. Mental Health First Aid (MHFA)	Stigma Reduction; Mental Health Education	12+	5-day (40 hour) Instructor Training	None, DMH sponsored	\$16.95-\$18.95/manual; Instructor guide - No charge
12. More Than Sad	Suicide Prevention	14-18	Reading and Understanding the Curriculum Materials	None, Online Information	\$59.99 for practice DVD; No Cost for other practice materials
13. Nurturing Parenting	Child Abuse and Neglect Prevention	0-18	3-day Initial	\$375-\$ 450 Costs vary by trainer	\$200-\$2099 Dep. on Curriculum Chosen Materials are able to be purchased separately
14. PeaceBuilders	Violence Prevention; Social Skills/Communication Skills Training	10-15	4 hour Initial	\$2500 (Cohort = 40)	\$265-\$1100 Dep. on Curriculum Chosen
15. POD Teams (CWS V.2)	Coping Skills; Depression Prevention	13-18	Reading and Understanding the Curriculum Materials	None, Online Information	None, Online Information
16. Positive Parenting Program (Triple P Level 2 & 3)	Parent Education	0-12	2-day Initial 1 Pre-accreditation Workshop	Cost per Individual: \$1525-2100 (Cohort of 20 maximum)	Tip sheets: \$10.10-\$14.10 per pack of 10 Positive Parenting Booklet: \$8.35 (Primary Care)
17. Project Fatherhood	Parent Education	0-18	5 day Initial	\$1250 Per Individual; None if attend DMH Sponsored Training	Included in cost of training
18. Psychological First Aid/Skills for Psychological Recovery	Coping Skills; Mental Health Education	0-65+	PFA: 6 hour Initial SPR: 5 hour Initial	None, Online Information	None; Online Information
19. Shifting Boundaries	Dating Violence Prevention	10-15	Reading and Understanding the Online Materials	\$3000 (Cohort = 30)	None; Available Online
20. Teaching Kids to Cope	Coping Skills	15-22	1 day Initial	\$1000 (Cohort = 16)	\$15 Per Curriculum Manual

- (1) Each program has different protocols so the stage at which staff may begin claiming services to PEI differs. The training protocols state the minimum training that must be completed before staff is authorized to begin claiming. Staff is not considered fully trained in a practice until all required training protocols are completed, nor is staff considered eligible to begin claiming until the required minimum training has been completed. Claiming for services by untrained staff or by staff that has not completed the minimum training requirements may have an impact on audit and/or approval of claims.
- (2) DMH may sponsor training available at no cost to providers depending upon demand and the ability to negotiate a training contract.

1. ACTIVE PARENTING

Active Parenting provides evidence-based, video-based, group parenting classes that cover topics including parenting skills training, step parenting, divorce, school success, and character education. Active Parenting classes can be delivered in 1, 3, 4, or 6 group sessions. Curriculum addresses: child development, appropriate discipline, communication skills, decision-making and prevention of risk behaviors.

▶ Active Parenting website: <http://www.activeparenting.com>

Program Focus	Parent Education
Authorized Ages	3-17 years old
Required Training Protocols	<ul style="list-style-type: none"> ▪ Initial 1-day (7-hour) online or live training ▪ No specific supervisor training is required ▪ Train-the-Trainer (TOT) Protocols: Leader Training Workshop (LTW); 3-day Train the Trainer training
Minimum Training Required Before Claiming Allowed	Completion of 1-day (7 hours) live or online self-instructed training for certification.
Estimated Training Cost	<u>Cost per Individual:</u> <ul style="list-style-type: none"> ▪ Online: \$179 (up to 60 days to complete training) ▪ In person: \$179 ▪ Train-the-Trainer Model: Cost per Individual: \$649 (Includes LTW and TOT)
Estimated Curriculum Cost	Curricula available online. <ul style="list-style-type: none"> ▪ Standard Kit with video and PowerPoint: \$499 per kit ▪ Additional program materials available at specified costs ▪ \$14.95 Per Parent Guide ▪ \$12.95 Per Parent Workbook

2. ARISE

ARISE provides evidence-based life skills group based curricula and staff training programs. Programs are geared towards at-risk youth; however, the program is adaptable for adults as well. Program content focuses on: violence reduction, goal setting, anger management, drug and alcohol avoidance and other life management skills.

▶ Arise website: <http://at-riskyouth.org>

Program Focus	Life Skills Training; Anger Management
Authorized Ages	4-64 years
Required Training Protocols	<ul style="list-style-type: none"> ▪ Initial 2-day (14-hours) online or live training ▪ No specific supervisor training is required ▪ Train-the-Trainer prerequisites: Completion of required ARISE training protocol ▪ Train-the-Trainer protocol: Completion of 5-day live training
Minimum Training Required Before Claiming Allowed	Completion of 2-day online or live training (14-hours) or self-instructed training for certification.
Estimated Training Cost	<p><u>Cost per Participant:</u> \$399 for 2 day in-person training at ARISE site</p> <p><u>Cost per Individual:</u> \$220 for self-instructed online training (Individual has up to 3 months to complete training and become certified).</p> <p><u>Train the Trainer Cost:</u> \$5,500 (Cohort of 8-10)</p>
Estimated Curriculum Cost	<p>Curricula can be purchased individually or as a complete package.</p> <ul style="list-style-type: none"> ▪ Per program cost: \$35-\$210/per individual curriculum ▪ Complete program: \$300-\$940/ per complete age curricula package

3. CHILHELP SPEAK UP BE SAFE

Childhelp Speak Up and Be Safe is a child-focused, school-based curriculum designed to build safety skills within the child while addressing today’s societal risks, such as bullying and Internet safety. The program helps children and teens learn the skills to prevent or interrupt cycles of neglect, bullying, and child abuse—physical, emotional, and sexual. The program focuses on enhancing the child’s overall sense of confidence with regard to safety and promotes respect for self and peers that can be applied to general as well as potentially harmful situations. In addition to increasing children’s ability to recognize unsafe situations or abusive behaviors and building resistance skills, lessons focus on helping children build a responsive safety network with peers and adults that the child identifies as safe.

- ▶ Childhelp Speak Up Be Safe website: <https://www.childhelp.org/subs/childhelp-speak-up-be-safe>

Program Focus	Child Abuse and Neglect Prevention
Authorized Ages	3-19 years old
Required Training Protocols	<ul style="list-style-type: none"> ▪ Completion of required Childhelp Speak Up Be Safe training protocol. ▪ There is no Train-the-Trainer model allowed at this time.
Minimum Training Required Before Claiming Allowed	Completion of 3 Universal modules and grade specific modules.
Estimated Training Cost	<p><u>Cost per Student</u>: \$2 annually. Cost includes an annual license to the virtual campus with the full curriculum and two</p> <p>Age-appropriate, scripted lessons per grade level, all facilitator training, parent engagement pieces, teacher reinforcement activities, and all take home items for the students, as well as resources for parents, teachers, facilitators, and school administrators.</p>
Estimated Curriculum Cost	<p>Curricula available online</p> <ul style="list-style-type: none"> ▪ Content included in \$2 annual fee.

4. Coping With Stress

The *Coping With Stress Course* consists of 15 one-hour sessions, which can be offered at a pace of 2 to 4 times per week, depending on site capabilities and needs. The first few sessions provide an overview of depression, its relationship to stressful situations, and an introduction to other group members. Subsequent sessions focus on training adolescents cognitive-restructuring skills and techniques for modifying irrational or negative self-statements and thoughts which are hypothesized to contribute to the development and maintenance of depressive disorder.

- ▶ Leader Workbook:

https://research.kpchr.org/Portals/0/Docs/project%20websites/ACWD/CWS_MANUAL.pdf?ver=2016-04-07-083502-000

- ▶ Teen Workbook

https://research.kpchr.org/Portals/0/Docs/project%20websites/ACWD/CWS_WORKBOOK.pdf?ver=2016-04-07-083500-517

Program Focus	Coping Skills; Depression Prevention
Authorized Ages	13-18
Required Training Protocols	Reading and Understanding the Curriculum Materials
Minimum Training Required Before Claiming Allowed	Reading and Understanding the Curriculum Materials
Estimated Training Cost	There is no training cost.
Estimated Curriculum Cost	No Cost: Curriculum, video, materials and youth/parent resources available for free online.

5. ERIKA'S LIGHTHOUSE

Erika's Lighthouse: A Beacon of Hope for Adolescent Depression is an introductory depression awareness and mental health empowerment program for early adolescence. The program educates school communities about teen depression, eliminates the stigma associated with mental illness and empower teens to take charge of their mental health. The Real Teenagers Talking about Adolescent Depression: A Video Based Study Guide is a depression and mental health school program designed for middle and high school classrooms and is listed in the Suicide Prevention Resource Center and the American Foundation for Suicide Prevention "Best Practices Registry for Suicide Prevention". The program: 1. Teaches students about depression; 2. Explores the stigma surrounding the illness; and 3. Teaches students how to cope with stress and maintain good mental health.

- ▶ Erika's Lighthouse website: <https://www.erikaslighthouse.org/health-professionals>

Program Focus	Suicide Prevention; Coping Skills; Adolescent Depression
Authorized Ages	12-14 years old
Required Training Protocols	Reading and Understanding the Curriculum Materials
Minimum Training Required Before Claiming Allowed	Reading and Understanding the Online Materials
Estimated Training Cost	There is no training cost.
Estimated Curriculum Cost	No Cost: Curriculum, video, materials and youth/parent resources available for free online.

6. GUIDING GOOD CHOICES

Guiding Good Choices is a five-session; parent involvement program that teaches parents of children ages 9-14 how to reduce the risk that their children will develop drug problems. The goal of the program is to prevent substance abuse among teens by teaching parents of preteens and younger adolescents the skills they need to improve family communication and family bonding. During the course of the Guiding Good Choices program, parents will learn specific strategies to help their children avoid drug use and other adolescent problem behaviors, and develop into healthy adults. Parents will learn to set clear family guidelines on drugs, as well as learn and practice skills to strengthen family bonds, help their children develop healthy behaviors, and increase children's involvement in the family. Curricula available in English and Spanish.

- ▶ Good Choices website: <http://www.channing-bete.com/prevention-programs/guiding-good-choices/guiding-good-choices.html>

Program Focus	Alcohol and Drug Prevention; Family Skills Training
Authorized Ages	9-14 years old
Required Training Protocols	<ul style="list-style-type: none"> ▪ Initial 3 day (18 hours) training. ▪ No specific supervisor training is required ▪ Train-the-Trainer prerequisites: No prerequisites Train-the-Trainer protocol: <ul style="list-style-type: none"> ▪ Completion of 4-day live training. ▪ Complete required Mentoring sessions.
Minimum Training Required Before Claiming Allowed	Initial 3-day training (18 hour) training.
Estimated Training Cost	Cost per Individual: \$1000. Does not include travel or meal expenses. Cost per Cohort: \$4,200 (Cohort of 12) Does not including trainer fees and practice materials. Train the Trainer Cost: \$5400 (Does not include trainer fees and practice materials).
Estimated Curriculum Cost	Core Program: \$979, includes: <ul style="list-style-type: none"> • Workshop Leader's Guide (2 copies) • Workshop DVD (2 copies) • Family Guide (2 reference copies) • Visual Aids systems. Workshop Leader's Package: \$1,225, Includes Core Program plus 25 Family Guides Workshop Leader's Guide: \$514, Guide ONLY. No supplemental materials.

7. INCREDIBLE YEARS: ATTENTIVE PARENTING PROGRAM

The Attentive Parenting® program is a 6-8 session, group-based, “universal” prevention parenting program. It can be offered to ALL parents to promote their children’s emotional regulation, social competence, problem solving, reading and school readiness. This is not a program for children with significant behavior or developmental problems or family mental health difficulties, although it may be used as a supplement to the Basic program or for follow up booster sessions. It is designed to promote positive parenting strategies which lead to children’s social and emotional competence. Content of this training program includes: child directed play, academic and persistence coaching, emotion coaching, social coaching, emotional regulation training, and problem solving. This prevention program may be used by professionals (such as therapists and parent educators from psychology, social work, education, nursing and psychiatry) who are working with families of young children *without* conduct problems (ages 2-6 years). It may also be used as a follow up for those who have been through the treatment parenting groups.

▶ Incredible Years website: <http://www.incredibleyears.com/programs/parent/attentive-curriculum/>

Program Focus	Parent Education
Authorized Ages	2-6 years old
Required Training Protocols	<ul style="list-style-type: none"> ▪ Completion of 3-day live Attentive Parenting group leader training OR Completion of 2-day live Attentive Parenting group leader training if Basic Training has already been completed. ▪ No specific supervisor training is required. ▪ Certification is highly recommended but not required. ▪ There is no Train-the-Trainer model allowed at this time.
Minimum Training Required Before Claiming Allowed	<ul style="list-style-type: none"> ▪ Initial 3- day Attentive Parenting Program group leader training OR 2-day Attentive Parenting Program group leader training with completion of 3- day Basic Training already.
Estimated Training Cost	<p><u>Cost per Cohort:</u> \$1650-\$2000/Per Day Trainer fee to host onsite training (Cohort of 25; materials, travel and logistics costs NOT included).</p> <p><u>Consultation:</u> \$200 per hour.</p> <p><u>Certification:</u> \$525 per individual (Not required but highly recommended).</p> <ul style="list-style-type: none"> ▪ Application fee includes detailed DVD video review and supervisory report (up to two video reviews), registration process, and certificate of certification. ▪ Additional video review, if needed, is billed at the rate of \$90/hour. ▪ If the supervisory report has been approved by a certified mentor (rather than an IY trainer) then the cost of certification is \$175.
Estimated Curriculum Cost	<p>Training kit available to order online.</p> <ul style="list-style-type: none"> ▪ Attentive Parenting Training Kit: \$1050 ▪ Books for Parents: <ol style="list-style-type: none"> 1. <i>The Incredible Years: A Troubleshooting Guide for Parents of Children Aged 2-8 Years:</i> \$17.95/copy (if purchasing btw 2-99 copies). 2. <i>Incredible Toddlers: A Guide and Journal of Your Toddler’s Discoveries:</i> \$18.95/copy (if purchasing btw 2-99 copies). ▪ Supplemental materials may be purchased separately through the website.

8. LIFE SKILLS TRAINING

Life Skills Training is a group-based, substance abuse prevention program developed to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive program utilizes collaborative learning strategies taught through lecture, discussion, coaching, and practice to enhance youth's self-esteem, self-confidence, decision-making ability and ability to resist peer and media pressure. LST provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

▶ Life Skills Training website: <http://lifeskillstraining.com/>

Program Focus	Alcohol and Drug Prevention
Authorized Ages	8-18 years old
Training Protocols	Training is NOT required but is recommended. Online and live training is available by request.
Minimum Training Required Before Claiming Allowed	Review of curriculum
Estimated Training Cost	<p><u>Cost per Individual for 1 Day (5 Hour) Training:</u> \$250 (foundation training workshop) in person. Travel expenses and meals not included.</p> <p><u>Cost per Cohort:</u> \$3500 (Cohort of 20; materials not included)</p> <p><u>Cost per Individual:</u> \$250 for self-instructed online.</p> <p>Online and live training is available by request.</p> <ul style="list-style-type: none"> ▪ Online: Composed of 3 sessions: 1. Trainer-led (90 mins); 2. Self-paced (120 mins); and 3. Trainer-led (90 mins) <p>Live: Initial 1 day training.</p> <p><u>Train-the-Trainer Model:</u> \$1070 for 2 day in-person training at LST site.</p> <ul style="list-style-type: none"> ▪ All Train the Trainer participants must have taught a full cycle of the program and have attended an LST provider training workshop. <p>Completion of Train-the-Trainer live 2-day training. Train-the-Trainer protocol cost: \$1070 (includes training materials)</p>
Estimated Curriculum Cost	Cost varies dependent upon curricula chosen and can be customized according to age group served: \$265-\$655

9. LOVE NOTES: RELATIONSHIP SKILLS FOR LOVE, LIFE, AND WORK

Unplanned pregnancy, single parenting, and troubled relationships are a serious threat to the well-being and futures of many young adults, as well as to their children. Love Notes v2.1 is created for this vulnerable, high-risk audience. In 13 lessons they discover, often for the first time, how to make wise choices about partners, sex, relationships, pregnancy, and more. Love Notes appeals to the aspirations and builds assets in disconnected youth. It proactively teaches skills to prevent interpersonal violence while introducing effective new strategies for preventing pregnancy and making wise sexual choices. Finally, each lesson contains an engaging Trusted Adult Connection conversation starter, which is a powerful protective factor for young people. This program may be taught by professionals or experienced youth workers and implemented in a wide variety of settings. Love Notes is listed on the Evidence Based List through the Office of Adolescent Health. It is an adaptation of Relationship Smarts PLUS for younger adolescents.

- ▶ Love Notes website: <https://www.dibbleinstitute.org/love-notes-2/>

Program Focus	Dating Violence Prevention; Healthy Relationships; Social and Communication Skills
Authorized Ages	16 – 24 (can be used with younger youth depending on the risk factors they experience)
Required Training Protocols	Training is not required but is highly recommended. Two-day live training is available either at an organization’s site or at a regional Dibble Training. Train-the-trainer model is not currently available.
Minimum Training Required Before Claiming Allowed	Review of curriculum.
Estimated Training Cost	Two Day Training: Cost per individual: \$425 Cost per cohort: \$4,199 (Cohort of up to 20; materials not included)
Estimated Curriculum Cost	Instructor’s Manual is \$650. This includes all 13 ready to teach lessons, activity cards, downloadable PowerPoints with embedded videos and handout masters. Participant Workbooks (Packs of 10) \$120 (for 6+ packs) Student materials are approximately \$15 (lower when ordered in quantity), and include a full color Personal Journal and Personality Profile.

10. MAKE PARENTING A PLEASURE

Make Parenting a Pleasure is a 12 week, group-based, parent training program designed for parent educators of parents and/or caregivers of children from birth to eight years of age. The program is designed to address the stress, isolation, and lack of adequate parenting information and social support that many parents experience. The curriculum focuses first on the need for self-care and personal empowerment, and moves from an adult focus to a parent/child/family emphasis. Its content is adaptable and flexible to fit a wide range of parent education programs and has broad appeal to families from a wide spectrum of socioeconomic, educational, cultural and geographical backgrounds.

- ▶ <https://parentingnow.org/category/for-parent-educators/group-based-curricula/make-parenting-a-pleasure/>

Program Focus	Parent Education
Authorized Ages	0-8 years old
Required Training Protocols	Completion of 2-day training There is no Train-the-Trainer allowed at this time.
Minimum Training Required Before Claiming Allowed	Completion of 2-day training.
Estimated Training Cost	Cost per Cohort: No cost if attending a DMH-sponsored training. Non-DMH sponsored: \$6,500 plus normal travel expenses for cohort= 20. Cost per Individual: No cost if attending a DMH-sponsored training.
Estimated Curriculum Cost	\$1199 Per Curriculum in English. \$799 Per Curriculum in Spanish. DMH is sponsoring MPAP trainings. Please contact PEI Administration at MHSAPEI@dmh.lacounty.gov if interested in becoming MPAP certified.

11. MENTAL HEALTH FIRST AID

Mental Health First Aid is a public education program that helps parents, first responders, faith leaders, and other people identify, understand, and respond to signs of mental illnesses and substance use conditions. MHFA teaches individuals to recognize the signs and symptoms of common mental illnesses and substance use disorders; de-escalate crisis situations safely; and initiate timely referral to mental health and substance use treatment resources available in the community.

▶ <https://www.mentalhealthfirstaid.org/cs/>

Program Focus	Stigma Reduction; Mental Health Education
Authorized Ages	Youth MHFA: 12-18 years Adult MHFA: 18+ years old
Required Training Protocols	<ul style="list-style-type: none"> ▪ Complete 5 day (40 hour) instructor training in Youth or Adult course. <ul style="list-style-type: none"> ▶ Instructor certification is required for both the adult and youth courses. To teach both courses, you must first certify as an instructor through a 5-day training (for one course type), and then go through a 2.5-day training for the other course type. ▶ Certification is not guaranteed for all participants. To become certified, participants must be present for the entire training, satisfactorily deliver the presentation and pass a written exam.
Minimum Training Required Before Claiming Allowed	Successful completion of 5 day (40 hour) instructor training course.
Estimated Training Cost	Cost per Cohort: No cost for initial training if attending a DMH sponsored training. Non DMH sponsored training: Cost per individual: \$2000 per Individual Please contact PEI Administration at if interested in becoming MHFA certified.
Estimated Curriculum Cost	Participant manuals: \$16.95-\$18.95/manual (Available for order online) Instructor guide: No charge (available online)

12. MORE THAN SAD

More Than Sad provides curricula for teens, parents and educators to teach how to recognize the signs of depression. The program for teens teaches how to recognize signs of depression in themselves and others, challenges the stigma surrounding depression, and demystifies the treatment process. The program for parents teaches parents how to recognize signs of depression and other mental health problems, initiate a conversation about mental health with their child, and get help. This program for teachers teaches educators to recognize signs of mental health distress in students and refer them for help. The program complies with the requirements for teacher education suicide prevention training in many states.

- ▶ More Than Sad website: <https://afsp.org/our-work/education/more-than-sad>

Program Focus	Suicide Prevention
Authorized Ages	14-18 year old
Required Training Protocols	There is no specialized training required. There is no Train-the-Trainer model allowed at this time.
Minimum Training Required Before Claiming Allowed	Reading and Understanding the Curriculum Materials
Estimated Training Cost	No training costs
Estimated Curriculum Cost	<ul style="list-style-type: none"> ▪ Practice manuals, presentations and print materials available from website at no cost. ▪ Parent materials available in English and Spanish ▪ Practice DVD cost: \$59.99, can be purchased online at the website

13. NUTURING PARENTING

The Nurturing Parenting Programs are family-based programs utilized for the treatment and prevention of child abuse and neglect. Program sessions are offered in group-based and home-based formats ranging from 5-58 sessions. Programs are designed for parents with young children birth to 5 years old, school-aged children 5-11 years old, and teens 12-18 years old. Developed from the known behaviors that contribute to the maltreatment of children, the goals of the curriculum are: (1) to teach age-appropriate expectations and neurological development of children, (2) to develop empathy and self-worth in parents and children, (3) to utilize nurturing, non-violent strategies and techniques in establishing family discipline, (4) to empower parents and children to utilize their personal power to make healthy choices, and (5) to increase awareness of self and others in developing positive patterns of communication while establishing healthy, caring relationships.

▶ Nurturing Parenting website: <https://www.nurturingparenting.com/>

Program Focus	Parent Education
Authorized Ages	0-18
Required Training Protocols	3-day Initial 2-4 day (Length depends on the need of agency) Fidelity Audit and Advanced Implementation training
Minimum Training Required Before Claiming Allowed	3-day Initial
Estimated Training Cost	\$375-\$ 450 Costs vary by trainer
Estimated Curriculum Cost	Costs vary dependent upon curricula chosen and can be customized according to age group served: \$200-\$2099 AAPI and other materials are able to purchase separately based on the needs of the agency.

14. PEACEBUILDERS

PeaceBuilders is a violence prevention curriculum and professional development program for grades pre-K to 12. Its essence is a common language - six principles, taught, modeled and practiced: Start Early; Engage Parents Prior to Adolescence; Praise Good Behavior on a Daily Basis; Discourage Insults and Other Acts of Aggression; Make PeaceBuilding a Way of Life; Distribute Implementable, Practical Tools to Improve School Climate; and Engage the Community in PeaceBuilders Values and Behaviors. These same principles set behavioral expectations, reduce aggression, and transform the climate and culture of any environment to one, which is cooperative, productive, and academically successful.

▶ PeaceBuilders website: <http://www.peacebuilders.com>

Program Focus	Violence Prevention; Social Skills/Communication Skills Training
Authorized Ages	10 – 15 years old
Required Training Protocols	Initial 4 hour live training
Minimum Training Required Before Claiming Allowed	Completion of 4 hour initial training.
Estimated Training Cost	Cost per Cohort: \$2500 (Cohort of 40; includes training, materials, and customized implementation plan) Lifetime licensing for up to 40 participants: \$2500
Estimated Curriculum Cost	Cost varies dependent upon curricula chosen and can be customized according to age group served: \$265-\$1100

15. POSITIVE PARENTING PROGRAM (TRIPLE P LEVELS 2 AND 3)

Triple P is for the prevention of social, emotional and behavioral problems in childhood, the prevention of child maltreatment, and the strengthening of parenting and parental confidence. Selected Triple P (Level 2) is a “light touch” parenting information presentation to a large group of parents (20 to 200) who are generally coping well but have one or two concerns. There are three seminar topics with each taking around 60 minutes to present, plus 30 minutes for question time. The Selected Triple P Seminar Series is designed to be a brief introduction to the Triple P strategies and will give the parents and caregivers you work with great ideas to take home and try out with their family.

Primary Care Triple P (Level 3) is a brief targeted intervention in a one-to-one format that assists parents to develop parenting plans to manage behavioral issues (e.g. tantrums, fighting, going shopping) and skill development issues (e.g. eating independently, toilet training, staying in bed at night). Practitioners provide 3-4 sessions (15-30 minutes each) over a period of 4-6 weeks. Sessions can be done in person, over the phone, or as a combination of both.

Please contact Michael Alba (MAlba@dmh.lacounty.gov) if interested in becoming trained and certified in Triple P (Level 2 & 3) and for a program resources information sheet and order form.

- ▶ For Positive Parenting Program (Triple P) additional information: kristin.patterson@triplep.net

Program Focus	Parent Education
Authorized Ages	0 – 12 years old
Required Training Protocols	Complete 2-day initial training days. Attend 1 pre-accreditation workshop day (4 hours). <ul style="list-style-type: none"> ▪ One accreditation day undertaken 6-8 weeks post training.
Minimum Training Required Before Claiming Allowed	Completion of Initial 2-day (14-hours) training.
Estimated Training Cost	Cost per Individual: \$1525-2100 (Cohort of 20 maximum)
Estimated Curriculum Cost	Facilitator manual included in cost of training. Tip sheets: \$10.10-\$14.10 per pack of 10 Positive Parenting Booklet: \$8.35 (Primary Care)

16. PODS- Coping with Stress (2nd Generation)

This is the second-generation version of the Coping with Stress program. PODS is an eight-session curriculum developed for the prevention of unipolar depression in adolescents with an increased future risk. It is not meant to be a treatment for active episodes of depression. It is designed to be offered either in a healthcare setting, or in schools

- ▶ Leader Workbook:

<https://research.kpchr.org/Portals/0/Docs/project%20websites/ACWD/POD-TEAMS%20LEADER%20MANUAL.PDF?ver=2016-04-07-083459-747>

- ▶ Teen Workbook:

<https://research.kpchr.org/Portals/0/Docs/project%20websites/ACWD/POD-TEAMS%20WORKBOOK.PDF?ver=2016-04-07-083517-293>

Program Focus	Coping skills; Depression Prevention
Authorized Ages	13-18
Required Training Protocols	Reading and Understanding the Curriculum Materials
Minimum Training Required Before Claiming Allowed	Reading and Understanding the Curriculum Materials
Estimated Training Cost	There is no training cost.
Estimated Curriculum Cost	No Cost: Curriculum, video, materials and youth/parent resources available for free online.

17. PROJECT FATHERHOOD

Project Fatherhood, developed by Children’s Institute, Inc., is a program that provides comprehensive parenting skills to men in caregiving roles using an innovative support group model. The program was developed to give urban, culturally diverse caregivers an opportunity to connect with their children and paly a meaningful role in their lives. The program continues to be recognized nationally for effectively addressing the problem of absentee fathers. Through therapy, support, parenting education and other services, fathers learn to be more loving, responsible parents and active participants in their children’s lives. Project Fatherhood helps fathers to be better parents through: Individual and family counseling; Group support; Significant others group; Therapeutic activities for children; Preventing child abuse and neglect; and Helping fathers to make healthier decisions in relationships. At the heart of the program is the Men in Relationships Group (MIRG), which provides comprehensive support at no cost for culturally diverse fathers.

- ▶ Fatherhood website: www.projectfatherhood.org

Program Focus	Parent Education
Authorized Ages	0-18 years
Required Training Protocols	Completion of 5-day training in the Project Fatherhood Men in Relationships Group (MIRG) Model.
Minimum Training Required Before Claiming Allowed	Completion of 5 day training in the Project Fatherhood Men in Relationships Group (MIRG) Model.
Estimated Training Cost	Cost per Individual: \$1250 (Cohort of 20-30)
Estimated Curriculum Cost	Included in cost of training.

18. PSYCHOLOGICAL FIRST AID (PFA)/SKILLS FOR PSYCHOLOGICAL RECOVERY (SPR)

Psychological First Aid (PFA) and Skills for Psychological Recovery (SPR) are evidence-informed approaches for assisting children, adolescents, adults, and families in the aftermath of disaster and terrorism. PFA is intended to provide disaster and crisis survivors with immediate assistance in the days and weeks after a disaster. SPR is intended to assist disaster and traumatic events survivors in the recovery phase. SPR places greater emphasis on teaching specific skills to meet survivor needs and is used to reinforce skills upon follow up. Both practices are partnerships between the National Child Traumatic Stress Network and the National Center for PTSD. The Core Actions of PFA include: Contact and Engagement; Safety and Comfort; Stabilization; Information Gathering: Current Needs and Concerns; Practical Assistance; Connection with Social Supports; Information on Coping; and Linkage with Collaborative Services. SPR teaches six main skills: Gathering Information and Prioritizing Assistance; Building Problem-Solving Skills, Promoting Positive Activities, Managing Reactions, Promoting Helpful Thinking, and Rebuilding Healthy Social Connections. In addition to the English-language editions of PFA and SPR there are versions in Spanish, Japanese, and Chinese. Along with the several language translations, NCTSN members have worked to develop PFA adaptations for community religious professionals, schools, Medical Reserve Corps members, and for staff at facilities for families and youth who are experiencing homelessness. The trainings for PFA/SPR and the Field Operations Guides and accompanying handouts are available online.

- ▶ Psychological First Aid website: <http://www.nctsn.org/content/psychological-first-aid>
- ▶ Skills for Psychological Recovery website: <https://learn.nctsn.org/course/index.php?categoryid=11>

Program Focus	Coping Skills; Mental Health Education
Authorized Ages	0-65+ years
Required Training Protocols	Completion of a 6-hour PFA online course. Completion of 5-hour SPR online course. (Skills streaming course) Enrollment for PFA and SPR training courses are accessible through the website.
Minimum Training Required Before Claiming Allowed	Completion of a 6-hour PFA online course. Completion of a 5-hour SPR online course. <ul style="list-style-type: none"> • Note: Trainings can be completed individually or combined. • Must be trained in either 1 or both components to provide services.
Estimated Training Cost	None, on-line training
Estimated Curriculum Cost	No Cost. Online training is available at no cost through the NCTSN website following sign up. Field operations manuals and handouts are also available at no cost online.

19. SHIFTING BOUNDARIES

Shifting Boundaries is a six session, group based, dating violence prevention program that focuses on peer sexual harassment. The intervention consists of a classroom-based curricula and a building-level component designed to reduce the incidence and prevalence of dating violence and sexual harassment among middle school students. The program aims to: Increase knowledge and awareness of sexual abuse and harassment; Promote pro-social attitudes and a negative view of dating violence and sexual harassment; Promote nonviolent behavioral intentions in bystanders; Reduce the occurrence of dating and peer violence; and Reduce the occurrence of sexual harassment.

- ▶ Shifting Boundaries website: http://www.preventconnect.org/2013/05/shifting_boundaries

Program Focus	Dating Violence Prevention
Authorized Ages	10-15 years old
Required Training Protocols	Training is NOT required. 3-5-hour Live training can be requested as needed.
Minimum Training Required Before Claiming Allowed	There is no minimum training requirement at this time.
Estimated Training Cost	Cost per Cohort: \$3000 (not including trainer fees)
Estimated Curriculum Cost	Curriculum can be obtained at no cost from the program website.

20. TEACHING KIDS TO COPE

Teaching Kids to Cope is a 10-session group intervention designed to reduce depression and stress by enhancing coping skills. Program components include Group discussions, interactive scenes, videos, group projects, homework assignments. Group discussions include a variety of topics, such as family life situations, typical teen stressors, self-perception issues, and interactions with others.

- ▶ Teaching Kids to Cope website: <http://www.pitt.edu/~krp12/>

Program Focus	Coping Skills
Authorized Ages	15-22 years old
Required Training Protocols	Completion of 1 Day Training
Minimum Training Required Before Claiming Allowed	Completion of 1 day training.
Estimated Training Cost	Cost per Cohort: \$1000 (Cohort of 16; Includes 5 implementation manuals and ongoing technical assistance. Additional manuals are \$15 each)

SECTION TWO

MENTAL HEALTH EDUCATIONAL RESOURCES

MENTAL HEALTH EDUCATIONAL RESOURCES			
RESOURCE NAME	DESCRIPTION	FOCUS	TYPE
1. CALMHSA: EACH MIND MATTERS	<p>Each Mind Matters is California’s Mental Health Movement. Each Mind Matters was created to unite those who share a vision of improved mental health and equality. The goal of the Each Mind Matters campaign is to amplify the voices of all people who want to put an end to this stigma, creating a community where everyone feels comfortable reaching out for the support they deserve. Each Mind Matters provides a collection of short films and stories that spotlight suicide prevention, stigma reduction and mental health issues that can be utilized for outreach and engagement activities.</p> <p>Website: http://www.eachmindmatters.org/stories</p>	Stigma Reduction	Videos, Stories
2. IT GETS BETTER PROJECT	<p>The It Gets Better Project provides 50,000+ videos created by celebrities, organizations, activists, media personalities, and the public to show young LGBT people the levels of happiness, potential, and positivity their lives will reach – if they can just get through their teen years. The It Gets Better Project wants to remind teenagers in the LGBTQ community that they are not alone — and it WILL get better.</p> <p>Website: http://www.itgetsbetter.org/video</p>	Stigma Reduction	Videos
3. PROFILES OF HOPE	<p>The Profiles of Hope Project, developed by the LACDMH, has developed a series of 10-minute and 30 minute inspirational stories that spotlight high-profile individuals who candidly share how they overcame stigma and various obstacles to live successful and productive lives. The series was initiated as a vehicle in which to foster dialogue and discussion on the issues related to mental health and recovery. The series is designed to help promote widespread tolerance and acceptance of those diagnosed with mental illnesses and/or addiction.</p> <p>Website: http://profilesofhopela.com/</p>	Stigma Reduction	Videos

MENTAL HEALTH EDUCATIONAL RESOURCES			
RESOURCE NAME	DESCRIPTION	FOCUS	TYPE
4. SANAMENTE	<p>SanaMente is the selected Spanish term for <i>Each Mind Matters</i>, California’s Mental Health Movement, developed by and with our Latino community in mind. SanaMente highlights the collective efforts of all people and organizations that want to put an end to stigma related to mental illness, promote mental health, prevent suicide, and create communities across California. This website provides resources for organizations that work with Latino communities. Resource materials available include: fotonovelas and activity guides, testimonios (personal stories), mental health fact sheets as well as print and outreach materials specifically created for the Latino population. This website also provides additional resources for suicide prevention and Latino youth to increase awareness about mental health challenges and teach about mental wellness.</p> <p>Website: http://www.sanamente.org/</p>	Stigma Reduction	Videos, Stories, Print Materials, Outreach Tools
5. THE NATIONAL CHILD TRAUMATIC STRESS NETWORK	<p>The National Child Traumatic Stress Network provides free downloads for outreach resource print materials, videos and resources for providers, caregivers and parents. Providers have the ability to download or submit orders for free for all print materials. Topics include: trauma, domestic violence, substance abuse, LGBTQ, grief/loss, and military families.</p> <p>Website: http://www.nctsn.org/resources/topics</p>	Stigma Reduction/ Mental Health Education	Videos, Print Materials, Training, Webinars
6. THE LOS ANGELES COUNTY YOUTH SUICIDE PREVENTION PROJECT	<p>This Suicide Prevention website is a joint effort between the Los Angeles County Department of Mental Health (DMH), the Los Angeles County Office of Education’s (LACOE) Center for Distance and Online Learning (CDOL), and the Los Angeles Unified School District’s (LAUSD) School Mental Health Services (SMHS). The goal is to provide information and materials on suicide prevention to the 80 school districts in Los Angeles County.</p> <p>Website: http://preventsuicide.lacoe.edu</p>	Suicide Prevention	Videos, Print Materials
7. MAKE THE CONNECTION	<p>Make the Connection is a Veterans Administration (VA) campaign to connect veterans, family members and providers with information and available supports, including stories from real veterans and a treatment resource directory for finding local services. Resource includes 400+ videos of real-life stories regarding mental health issues that can be utilized during outreach efforts.</p> <p>Website: www.maketheconnection.net</p>	Suicide Prevention	Videos, Stories, Print Materials
8. REAL WARRIORS	<p>Real Warriors is a campaign to encourage veterans, service members and their families to seek appropriate care for behavioral health concerns. This website features stories and print materials which providers can share and use to present in their communities.</p> <p>Website: www.realwarriors.net</p>	Suicide Prevention	Videos, Stories, Print Materials

MENTAL HEALTH EDUCATIONAL RESOURCES			
RESOURCE NAME	DESCRIPTION	FOCUS	TYPE
9. THE SUICIDE PREVENTION RESOURCE CENTER	<p>This resource offers an on line library for suicide prevention resources in English and Spanish. This is a searchable collection of resource materials on various topics in suicide, suicide prevention, and mental health. Many of the materials are available full-text for free online. The collection is maintained by the Suicide Prevention Resource Center (SPRC) and items are regularly added by professional librarians. Resource materials are available for free.</p> <p>Website: http://www.sprc.org/resources-programs</p>	Suicide Prevention	Print Materials
10. CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES: RESOURCES FOR VETERANS	<p>This webpage is a one-stop listing of resources, tools, and educational information about mental health services specifically targeted for Service Members, Veterans, and their Families that are posted within the Department of Health Care Services' Website. Resources available include: Suicide Prevention and Stigma Reduction resources for Veterans; Training and Toolkits to support mental health for Veterans, Service Members and their Families; Listings of available services for Veterans; Educational materials and information regarding traumatic brain injury; and National and Local Veterans' Initiative information.</p> <p>Website: http://www.dhcs.ca.gov/services/medical/Pages/VeteransResources.aspx#training</p>	Mental Health Education	Print Materials, Listing of Available Services, Trainings and Toolkits
11. THE CAMPAIGN TO CHANGE DIRECTION	<p>The Campaign to Change Direction initiative is a collection of concerned citizens, nonprofit leaders, and leaders from the private sector who have come together to change the culture in America about mental health, mental illness, and wellness. The goal of the Campaign is to change the culture of mental health in America so that all of those in need receive the care and support they deserve. This resource provides free public service announcements, videos, print materials and social media outreach tools to increase mental health awareness and teach the <i>Five Signs</i> of emotional suffering.</p> <p>Website: http://www.changedirection.org/tools/</p>	Mental Health Education	Videos, Print Materials, Social Media Outreach Tools
12. THE NATIONAL INSTITUTE OF MENTAL HEALTH	<p>This NIMH website offers booklets, easy to read fact sheets and publications on a variety of mental health topics and disorders including: depression, suicide, postpartum depression, parenting, and others in both English and Spanish. Materials are readily available to utilize for outreach and engagement services. Publications are free and can be ordered online.</p> <p>Website: https://www.nimh.nih.gov/health/publications/index.shtml</p>	Mental Health Education	Print Materials