



SBCAP supports prevention and postvention efforts in Los Angeles County schools, to encourage welling.

Prevention is:

- Reducing risk factors
- Increasing protective factors
- Education and awareness
- Building resiliency

Postvention is:

- Debriefing after a critical incident
- Technical assistance
- Consultation
- Providing resources
- Re-instilling a sense of safety

SBCAP Inbox

SchoolMH@dmh.lacounty.gov

SBCAP WEBSITE

<https://dmh.lacounty.gov/our-services/sbcap/access-mh-care-resources/>

LACDMH Values

Integrity. We conduct ourselves professionally according to the highest ethical standards.

Respect. We recognize the uniqueness of every individual and treat all people in a way that affirms their personal worth and dignity.

Accountability. We take responsibility for our choices and their outcomes.

Collaboration. We work together toward common goals by partnering with the whole community, sharing knowledge, building strong consensus and sharing decision-making.

Dedication. We will do whatever it takes to improve the lives of our clients and communities.

Transparency. We openly convey our ideas, decisions and outcomes to ensure trust in our organization.

Quality and Excellence. We identify the highest personal, organizational, professional and clinical standards and commit ourselves to achieving those standards by continually improving every aspect of our performance.

If you are in crisis and need help right away, call our

24/7 toll-free Help Line:

800.854.7771

dmh.lacounty.gov



► School Based Community Access Point (SBCAP)



LOS ANGELES COUNTY
DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.



About

The School Based Community Access Point (SBCAP) launched in 2019, with the purpose of working with schools to expand access to prevention and supportive services for students and their families, in order to enhance individual and community wellbeing. Community access platforms, like schools, are where individuals naturally form their communities. The School Community is our point of intervention to engage community members and alleviate stressors that impact mental wellbeing. SBCAP aims to strengthen collaboration between schools, mental health providers and community partners to help students to access essential resources and promote mental health.

SBCAP Goals

1. Help build trauma- and resilient-informed classrooms
2. Increase school readiness through social-emotional wellbeing
3. Help schools with family and community engagement
4. Increase social connectedness through referral and linkage to services and resources

Mental Health in Schools

The mental health of our students has a direct relationship with learning outcomes. When the mental health of our students is improved, stabilized, and/or strengthened, learning outcomes are maximized.

SBCAP aims to increase collaboration between schools and community organizations and build upon already existing partnerships to integrate mental health and wellbeing supports more seamlessly into school programs. Some examples include providing education and skill building activities to students and facilitating learning workshops for school staff and parents/caregivers.

How SBCAP Supports

SBCAP provides **early identification and engagement** through a variety of supports and strategies to address the ever-changing needs of the school community.

Education and awareness – social campaigns and student and school staff workshops to build an understanding of mental health and wellbeing, decrease stigma and recognize warning signs.

Technical assistance to schools and school districts – review of existing school protocols, workshops, consultation, and collaboration on mental health-related challenges of school districts.

Coordinated systems approach – bridging and supporting school districts and school mental health providers to enhance school mental health programming and collaboration with a synchronized structure.

Navigation and linkage – connecting resources with community agencies to provide support to school communities to ensure that individuals, families, and communities get the resources they need as a preventative measure to worsening symptoms or conditions.

Crisis/critical incident postvention – debrief with school staff and school communities after a crisis occurs to support school staff to instill a sense of normalcy. Mobilize other resources that may support school during these times.

