



▶▶ Los Angeles County Department of Mental Health
Prevention Services Division



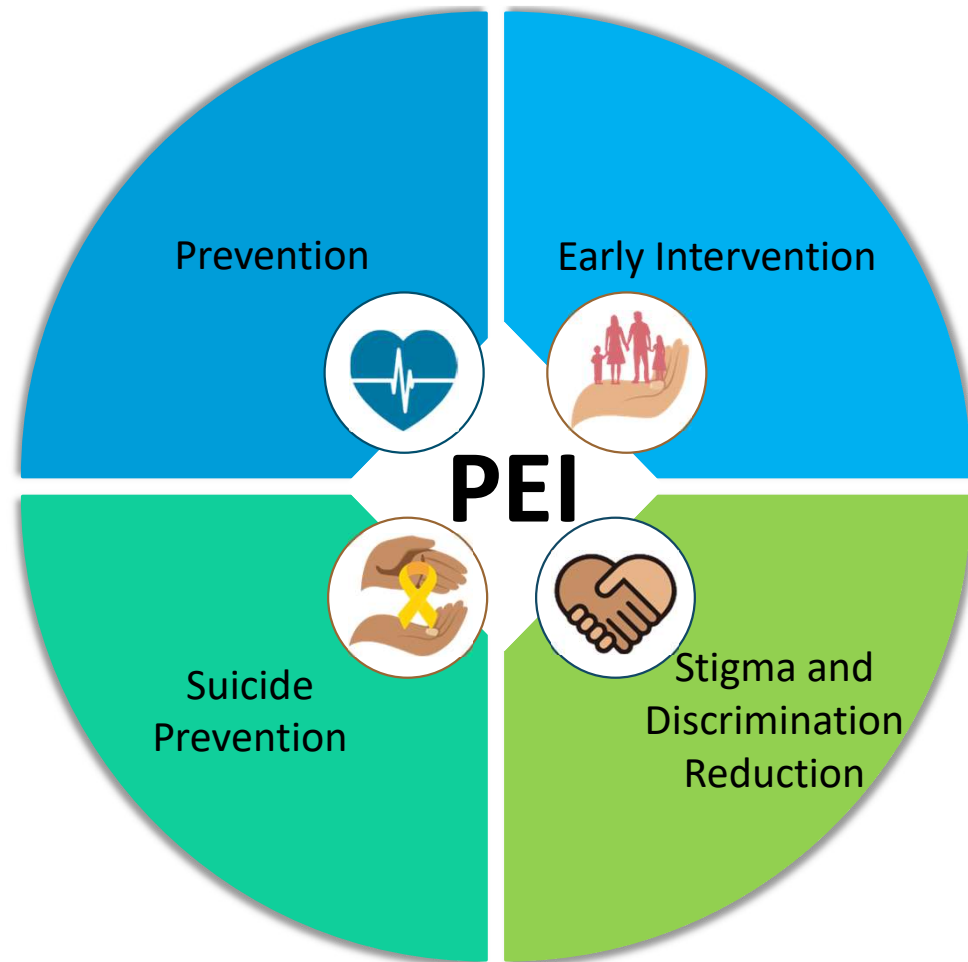
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PREVENTION AND EARLY INTERVENTION (PEI)

Components

About PEI

- Second largest MHSa component with **19%** of the total MHSa allocation
- Focus on providing preventative and early intervention strategies, education, support and outreach to those at risk of developing mental illness or experiencing early symptoms.
- PEI includes the following services:
 - Prevention
 - Early Intervention
 - Stigma and Discrimination Reduction
 - Suicide Prevention





▶▶ PREVENTION



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▶▶ Prevention

- Prevention in mental health means a set of related activities to reduce risk factors or stressors for developing a potentially serious mental illness and to build protective factors.
- Example of Protective Factors:
 - Social Connections
 - Concrete Support in Times of Need
 - Knowledge of Parenting and Child Development
 - Social and emotional competence



▶▶ Prevention

- Target population:
 - Individuals who are not currently receiving mental health services,
 - Individuals or large groups of individuals who may be at-risk or at-risk, or
 - Part of the general population to promote prevention in mental health.
- Priority populations include the following:
 - Trauma-exposed individuals;
 - Individuals experiencing onset of serious psychiatric illness;
 - Individuals experiencing extreme stressors; and
 - Underserved cultural populations.

▶▶ Evidence Based Prevention Programs

Approved PEI Prevention/COS Programming

1. ACTIVE Parenting
2. ARISE
3. Childhelp Speak Up
4. Be Safe
5. Coping with Stress
6. Erika's Lighthouse
7. Guiding Good Choices
8. Incredible Years: Attentive Parenting Program
9. Life Skills Training (LST)
10. Love Notes
11. Make Parenting a Pleasure (MPAP)
12. Mental Health First Aid (MHFA)
13. Mind Matters
14. More Than Sad
15. Nurturing Parenting
16. PeaceBuilders
17. POD Teams
18. (CWS V.2)
19. Positive Parenting Program (Triple P Level 2 & 3)
20. Project Fatherhood
21. Psychological First Aid/Skills for Psychological Recovery
22. Shifting Boundaries
23. UCLA SEEDS

Prevention Programs

- Community Family Resource Center (CFRC) *
- Department of Arts and Culture (Arts & Culture): Creative Wellbeing
- Department of Parks and Recreation: Parks After Dark, Safe Passages, Parks at Sunset, Our Spot Wellbeing Project
- Department of Public Health (Public Health): Abundant Birth Project (ABP)
- Department of Public Libraries: New Parent Engagement, Triple P, School Readiness
- Department of Youth Development (DYD): Youth Development Networks (YDN)
- DYD: Credible Messenger *
- Department of Children and Family Services (DCFS): Prevention and Aftercare (P&A)

*** These programs have not yet launched.**

- Department of Health Services (DHS): Medical Legal Community Partnership (MLCP)
- First 5 LA: Home Visitation
- Friends of the Children – Los Angeles (FOTC-LA): Professional Mentorship
- iPrevail
- Los Angeles County Office of Education (LACOE): Community Schools Initiative (CSI)
- NAMI: Peer, Family, and Community Support Towards Stigma and Discrimination Reduction
- PEI Prevention/Community Outreach Service Programming
- SEED School of Los Angeles (SEED LA)
- United Mental Health Promoters (UMHP) Network
- Wolf Connection: Wolf Lessons for Human Lives



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Prevention and Early Intervention Programs

▶▶ Prevention Services – FY 2023-24

Program Description

Prevention activities and services are geared toward addressing the risk factors associated with the onset of mental health illness or emotional disturbance including a focus on enhancing protective factors such as social connectedness and support.



Community Partnership Programs	Number of Clients Served
Abundant Birth Project	133
Community Family Resource Centers CFRC	-
Community Schools Initiative (CSI)	19,038
Creative Wellbeing (Arts & Culture)	4,325
Credible Messenger	-
First 5 LA - Home Visitation: Deepening Connections and Enhancing Services	480
Friends of the Children LA (FOTC-LA)	53
Medical-Legal Community Partnership	2,747
Prevention and Aftercare	37,697
SEED School of Los Angeles (SEED LA)	174
Wolf Connection: Wolf Lessons for Human Lives	1197
Youth Development Network Program	264

**Please note that for Incubation Academy not all participants answered all questions.*

Prevention and Early Intervention Programs

▶▶ Prevention Services – FY 2023-24

Program Description

Prevention activities and services are geared toward addressing the risk factors associated with the onset of mental health illness or emotional disturbance including a focus on enhancing protective factors such as social connectedness and support.



Community Partnership Programs	Number of Clients Served
Community Ambassador Network (CAN) (Formerly Innovation 2 Project)	
Los Angeles County Library	18,814
Los Angeles Department of Parks and Recreation	145,950
Promotores	135,099
United Mental Health Promoters	86,929
Veterans Peer Access Network (VPAN)	

*Please note that for Incubation Academy not all participants answered all questions.

This program is a private-public partnership that seeks to provide support to a minimum of 400 pregnant people over the age of 18 in LA County from marginalized populations most likely to experience the worst birth outcomes with a variety of supports for 18 months.

Target Population:

Services are intended for Pregnant People and Parents with Children 0-18 Months Old

Services include:

- Coaching and Referral and Linkages to needed supports, such as:
 - Maternal mental health support groups,
 - Financial coaching,
 - Wellness supports,
 - Doulas
 - Housing assistance,
 - Education
 - Other Resources/Services



Abundant Birth Project (ABP)
LAC Department of Public Health



▶▶ ABP Outcomes

Countywide



LA County
Regions Served



- An anticipated increase in:
 - Ability to access care
 - Accessing concrete supports and resources
- Anticipated reduction in risk factors including:
 - Poverty
 - Unmanaged Stress/Anxiety
 - Unmanaged Depression

Protective
Factors
Addressed



133 individuals served

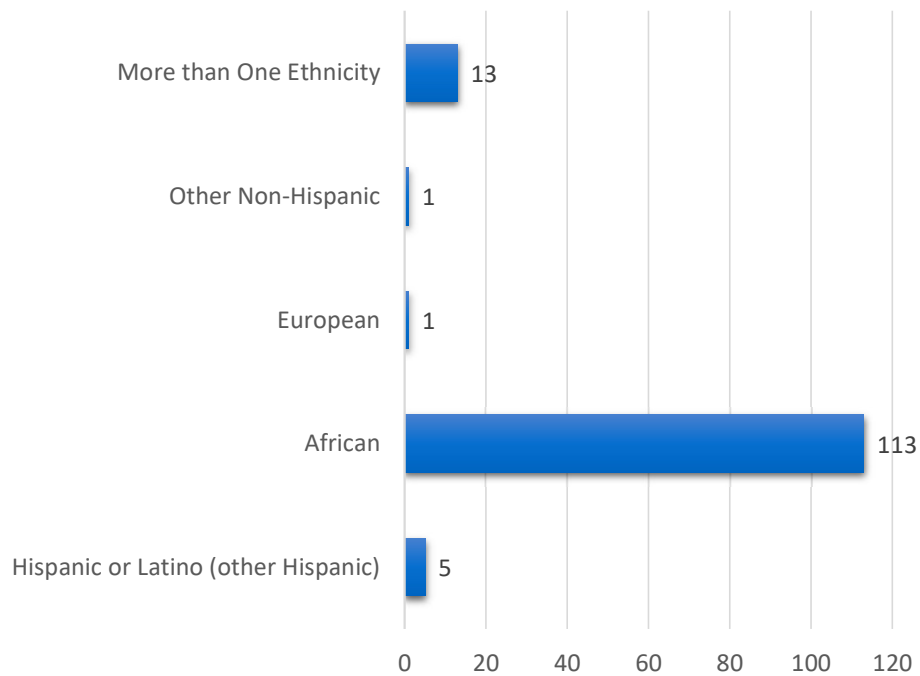


Numbers
Served in FY
23-24

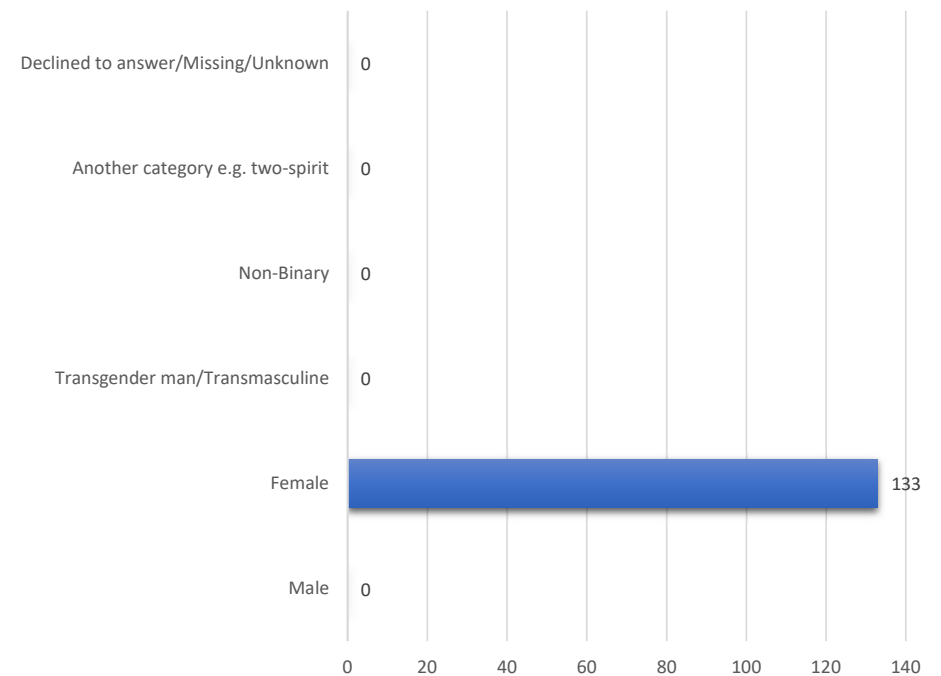


▶▶ ABP Demographic Data*

Ethnicity



Gender Identity



**Out of 133 who completed the demographic survey*

▶▶ Community Family Resource Centers (CFRC)

The CFRC will consist of Hubs/Centers in each SD which will provide a full array of strength-based, culturally responsive, and linguistically appropriate services. Service frequency and duration are dictated by individual needs.

Target population to be served:

Individuals served may be any member of the community seeking services at the CFRC, their immediate family and extended family. Project that all 5 CFRCs will serve approximately 68,700 (13,740+ per SD) annually.

Services Include:

- Referrals & Linkages
 - Case navigation
 - Support services
- Community activities and events

** Currently in the solicitation process.*



▶▶ LACOE: Community Schools Initiative (CSI)

A partnership with the Los Angeles County Office of Education (LACOE) to disrupt inequities and break the cycle of poverty by leveraging assets to transform schools into “hubs” of the community.

There are 11 CSI community schools across the county that support high school students with external factors that impact academic performance and overall wellbeing. These schools aim to improve school climate by providing parents, caregivers, educators, and school staff tools to create a trauma-informed and responsive community.

Target Population:

High school students, their families, and the school community at each of the CSI sites.

Services include:

- Concrete supports
- School and community resources
- Mental health services
- On-site well-being centers to provide health services
- Referrals and linkages
- Workshops, presentations and educational workshops



▶▶ CSI Outcomes

- At least one school per SD
 - 11 DMH funded sites
 - 22 sites with braided funding



LA County
Regions Served



- Students demonstrated an increase in:
 - Resilience
 - Self-efficacy
 - Social support
- Parents demonstrated an increase in:
 - Family engagement

Protective
Factors
Addressed



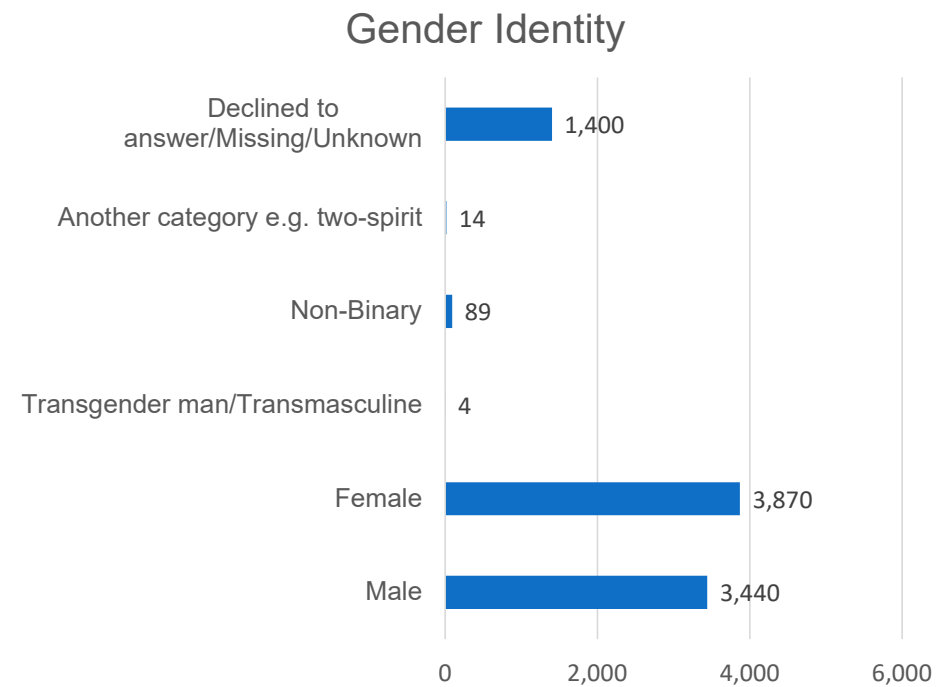
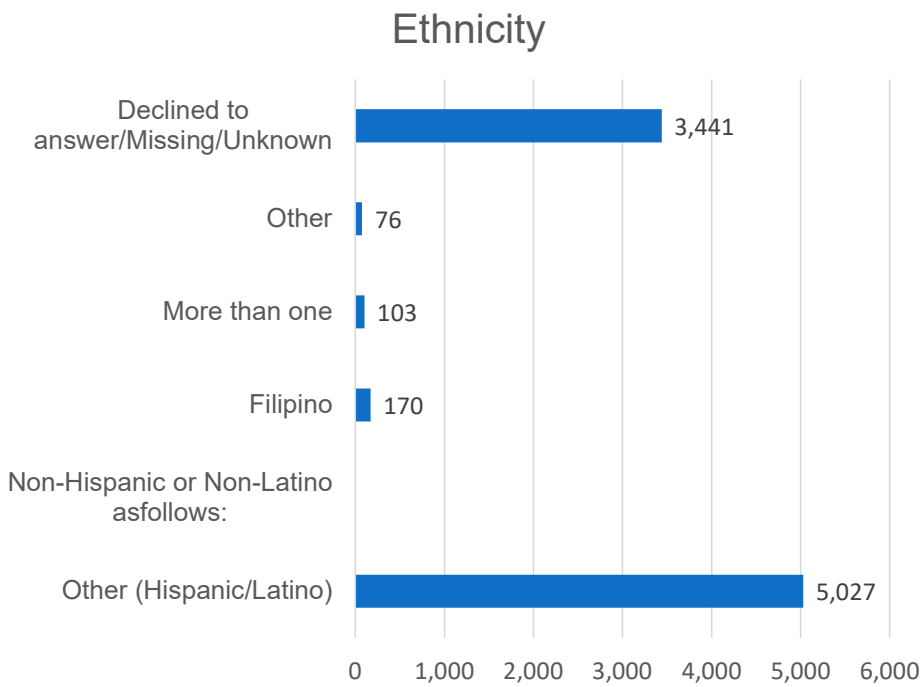
- 19,038 served



Numbers Served
in FY 23-24



▶▶ CSI Demographic Data*



* Out of 8,817 who completed the demographic survey

Creative Wellbeing (Arts & Culture)

Non-traditional, arts and culture-based based approach that promote mental health in young people, youth-serving adults, and caregivers. Activities support positive cognitive, social, and emotional development, and encourage a state of wellbeing that allows young people to function well in the face of challenging circumstances.

Target Population:

Services are offered to youth and adult staff who are a part of:

- School districts/schools with a high number of systems-impacted student and foster care youth
- Foster youth-serving sites [i.e., Short Term Residential Therapeutic Programs (STRTP), Temporary Shelter Care Facilities (TSCF), Foster Family Agencies (FFA) that support resource families and foster youth)
- Other County agencies and initiatives focused on supporting systems-impacted youth (DMH, DHS, DCFS, DYD, DPH, Probation, LA SPN, Wellbeing4LA Learning, Center, etc.)

Services include:

- Live/Virtual Professional Development for educators and youth-serving adults
- Live/In-Person Art instruction for youth (across school sites, residential care centers, and age levels)



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▶▶ Creative Wellbeing Outcomes

Countywide



LA County
Regions Served



- Demonstrated an increase in:
 - Self-Confidence
 - Self-Control
 - Conflict Resolution
 - Collaboration
 - Understanding typical adolescent behaviors
 - Nurturing confidence in offering and receiving support
- Reducing stigma and shame

Protective
Factors
Addressed



- 4,325 directly served
 - An additional 34,077 youth and adults were served through presentations and workshops

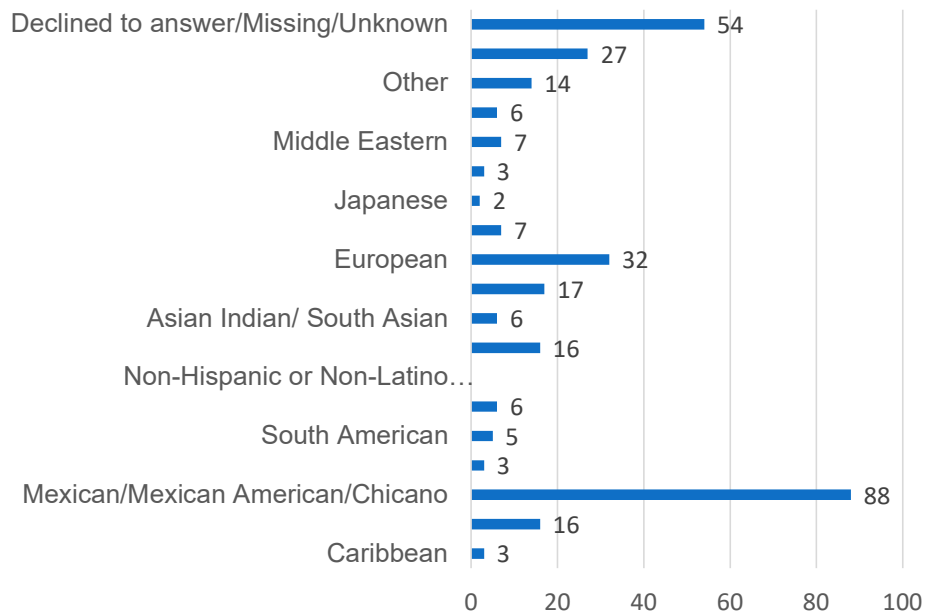


Numbers
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23-24

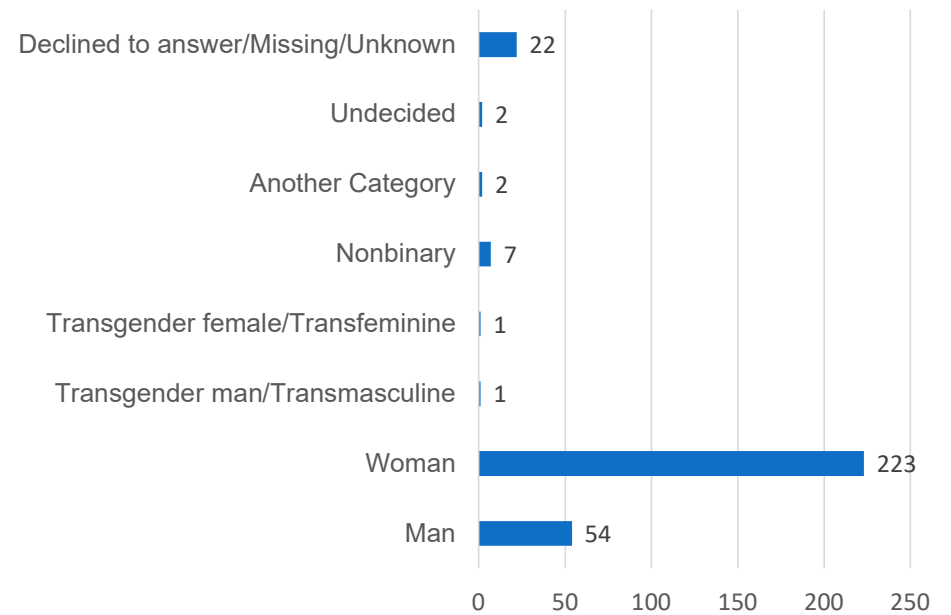


▶▶ Creative Wellbeing Demographic Data*

Ethnicity



Gender Identity



* Out of 213 who completed the demographic survey



DYD: Credible Messenger

This program consists of mentoring by peer youth to increase access to resources and services for young people of color disproportionately negatively impacted by traditional systems and services.

Target Population: Youth ages 18-25

Services include:

- Training of messenger peers
- Needs assessment of youth to paired mentors
- 1:1 mentorship by youth with lived experience
- Group activities
- Crisis intervention
- Family engagement
- Referral and resource linkage

****This program has not been executed.***



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▶▶ First 5 LA Home Visitation: Deepening Connections & Enhancing Services

A partnership with First 5 LA (F5LA) to deliver home visitation services to promote positive parent-child relationships and healthy attachment for families needing more focused, intensive support.

Target Population:

The Healthy Families America (HFA) and Parents as Teachers (PAT) evidence-based programs target pregnant and postpartum families with children up to age 2, identified as at risk of mental health concerns and/or anxiety, at risk for systems involvement, referred to services at a P&A agency and experiencing extreme stressors.

Services include:

Educational information that promote and increase parenting skills

Case Management

Referral and Linkages

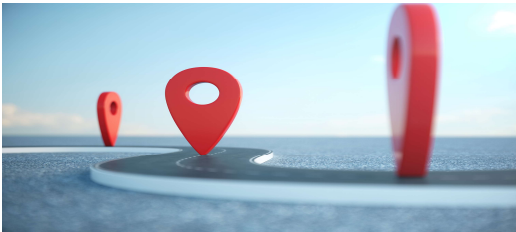
Developmental Screenings

Clinical Therapeutic Support for Perinatal Mood and Anxiety Disorders



▶▶ First 5 LA: Home Visitation Outcomes

- Serves 2 regions:
 - Antelope Valley
 - San Fernando & Santa Clarita Valleys



LA County
Regions
Served



- Demonstrated an increase in:
 - Parental resilience
 - Children's social-emotional competence
 - Social connections
 - Access to concrete supports

Protective
Factors
Addressed



- 480 served

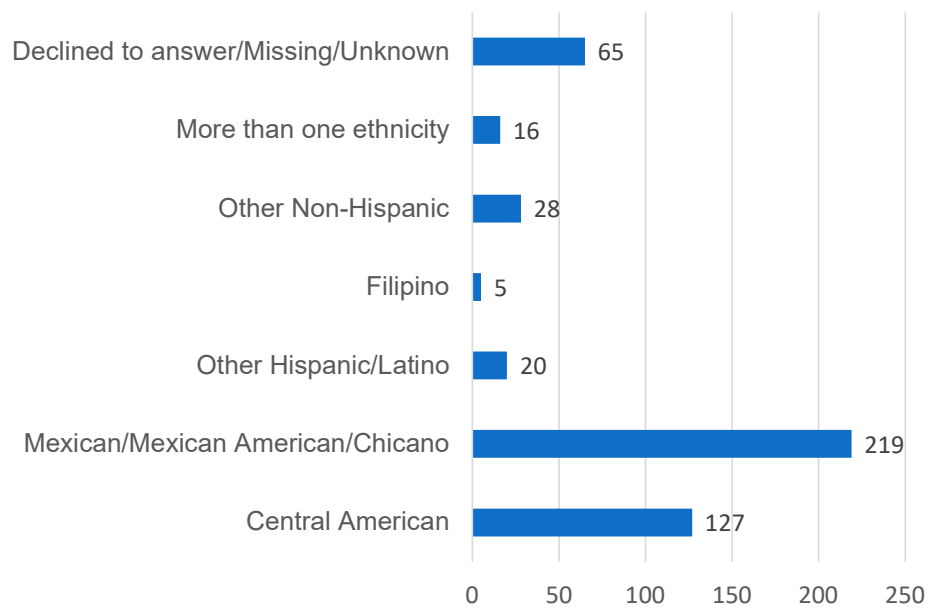


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Served in FY
23-24

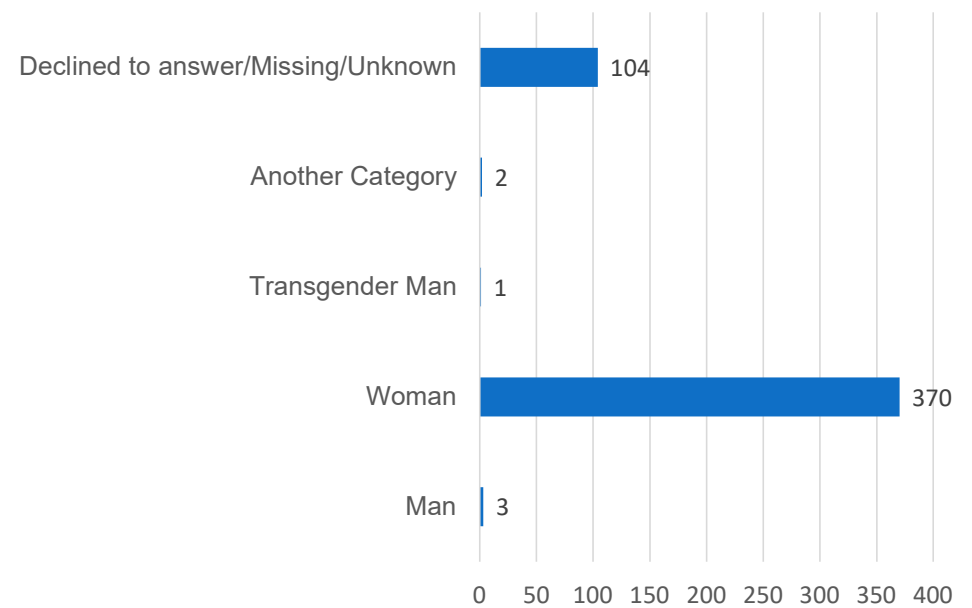


▶▶ First 5 LA: Home Visitation Demographic Data*

Ethnicity



Gender Identity



* Out of 480 who completed the demographic survey



Friends of the Children – Los Angeles (FOTC – LA)

Aims to prevent foster care entry and improve family stability and wellbeing for families identified by DCFS as being at highest risk of entering foster care and are challenged by intergenerational poverty and multiple adverse experiences.

Children are paired with a mentor, known as a friend, for 12+ years. Friends are trained to support caregivers, promote self-advocacy and create opportunities for culturally responsive community and peer-to-peer connections.

Target Population:

- Children between 4-6 years old
- Family must have had 2 or more contacts to DCFS
- Live within specific regions of LA County.

Services Include:

- 1:1 mentorship
- Parent support/coaching
- Connecting families to concrete supports

▶▶ FOTC-LA Outcomes

- ▶ Currently serving:
 - Antelope Valley,
 - San Gabriel Valley,
 - Metro LA,
 - South LA, and
 - South Bay with plans to expand Countywide by end of FY 2025-2026

LA County
Regions Served



- ▶ Demonstrated an increase in:
 - Family functioning and resiliency
 - Access to social and concrete supports
- ▶ To date, none of the children enrolled in FOTC-LA have been removed from their homes.

Protective
Factors
Addressed



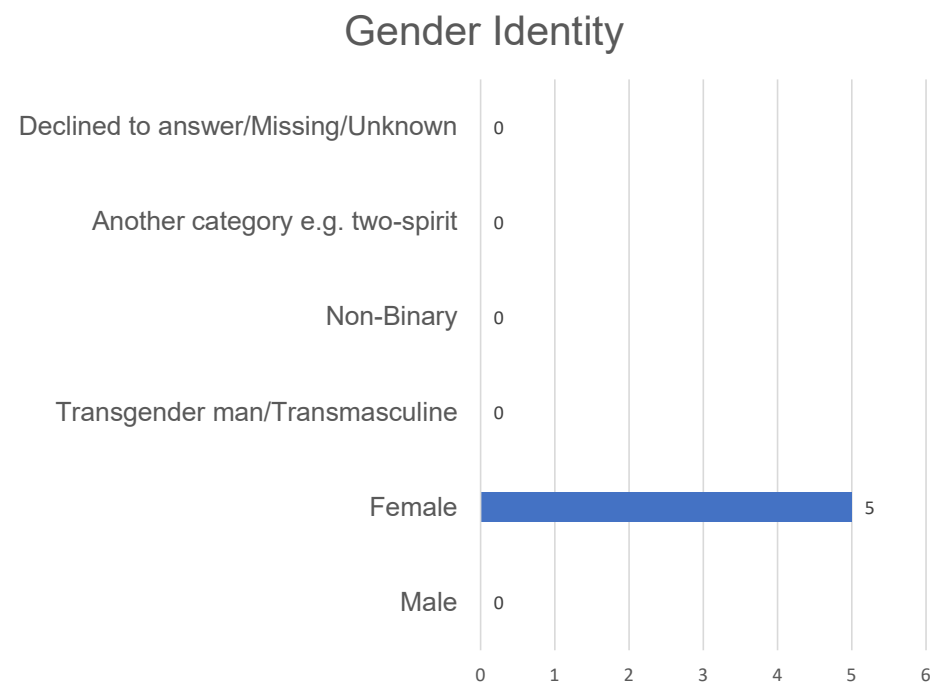
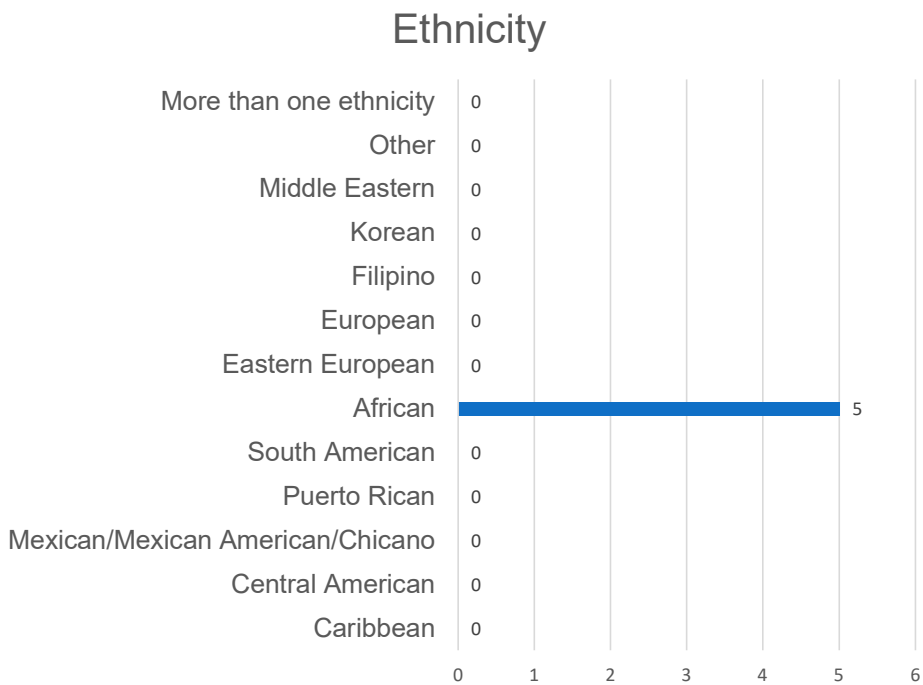
- ▶ 53 children and their families



Numbers
Served in FY
23-24



▶▶ FOTC-LA Demographic Data*



* Out of 5 who completed the demographic survey

DHS: Medical Legal Community Partnership (MLCP)



MLCP-LA integrates attorneys and legal advocates within LAC DHS hospitals and clinics to deliver legal assistance to patients and support clinical teams, through training and individualized technical assistance. Through legal interventions, MLCP-LA's Legal Partners intend to help alleviate legal needs which cause great distress, jeopardize health, and increase the risk for homelessness.

Target Population:

Serves DHS patients who may be facing homelessness, chronic physical or mental health conditions, substance use disorders, disability, histories of justice involvement, and interpersonal violence.

Services include:

- Free legal help to DHS patients in areas that are most critical to stability including housing
- Public benefits
- Employment rights
- Family law, healthcare access
- Immigration and more

▶▶ MLCP Outcomes

➤ Serves 6 regions including:

- Antelope Valley,
- San Fernando Valley,
- Santa Clarita Valley,
- San Gabriel Valley,
- South LA,
- East LA, and
- South Bay

LA County
Regions Served



➤ Demonstrated increase in:

- Access to resources
- Family functioning and resilience
- Concrete supports
- Living conditions
- Stability and security

Protective
Factors
Addressed



➤ 2,747 individuals served

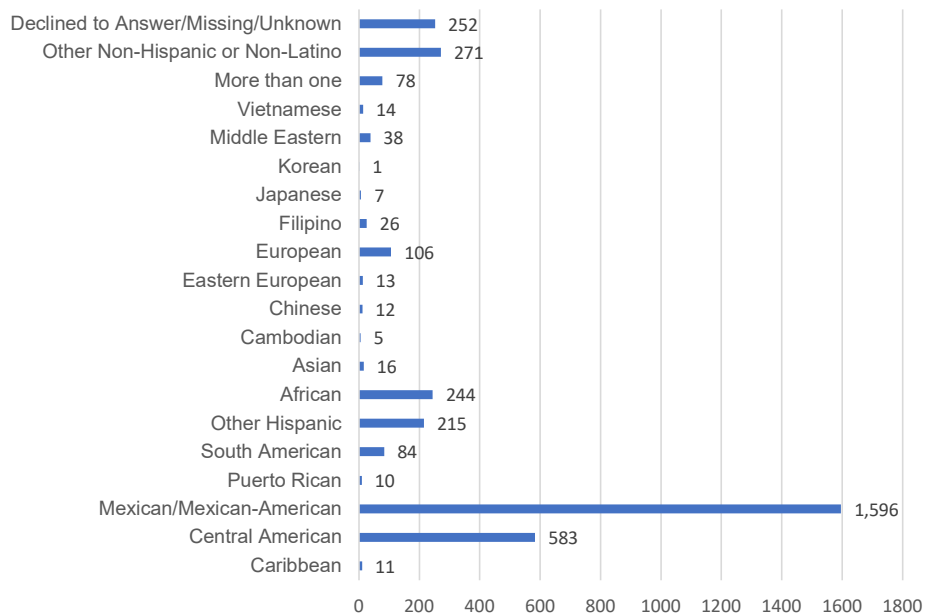


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23-24

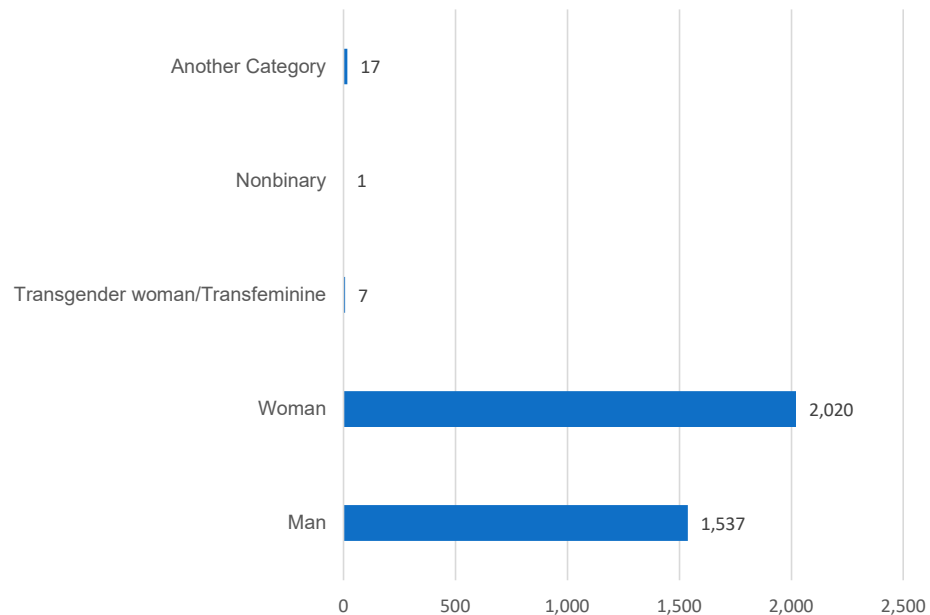


▶▶ MLCP Demographic Data*

Ethnicity



Gender Identity



*Out of 3,582 who completed the demographic survey



This program empowers, advocates, educates, increases concrete supports and connects families to concrete supports and opportunities that promote economic stability. Holistic services are provided to all ages groups and range from one-time and ongoing for more than a year.

Target Population: Children and Families Countywide who:

- are at risk of child maltreatment and/or DCFS involvement
- have unfounded, closed child abuse DCFS referrals.
- have evaluated out DCFS child abuse and/or neglect referrals.
- are DCFS referred clients who are receiving Family Reunification services.
- are DCFS families who have exited the public child welfare system and need services to prevent subsequent child maltreatment and/or DCFS involvement.

In-person and virtual services include:

- Case Navigation
- Therapy
- Parenting Classes
- Family Workshops
- Community Events

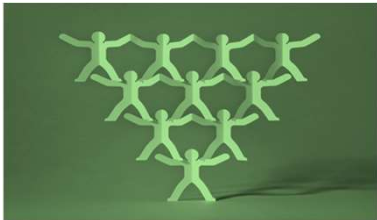
Prevention & Aftercare (P&A)



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▶▶ P&A Outcomes

- 10 agencies Countywide
 - 1 agency per Service Area
 - 2 Countywide Agencies API and AIIC



LA County
Regions Served



- Demonstrated increase in:
 - Social connections
 - Access to concrete support
 - Access to care
 - Parental resilience
 - Knowledge of parenting and child development
 - Social emotional competence of children and adults

Protective
Factors
Addressed



- Numbers Served:
 - Single Events:
 - 37,697 individuals
 - Case Navigation:
 - 527 served

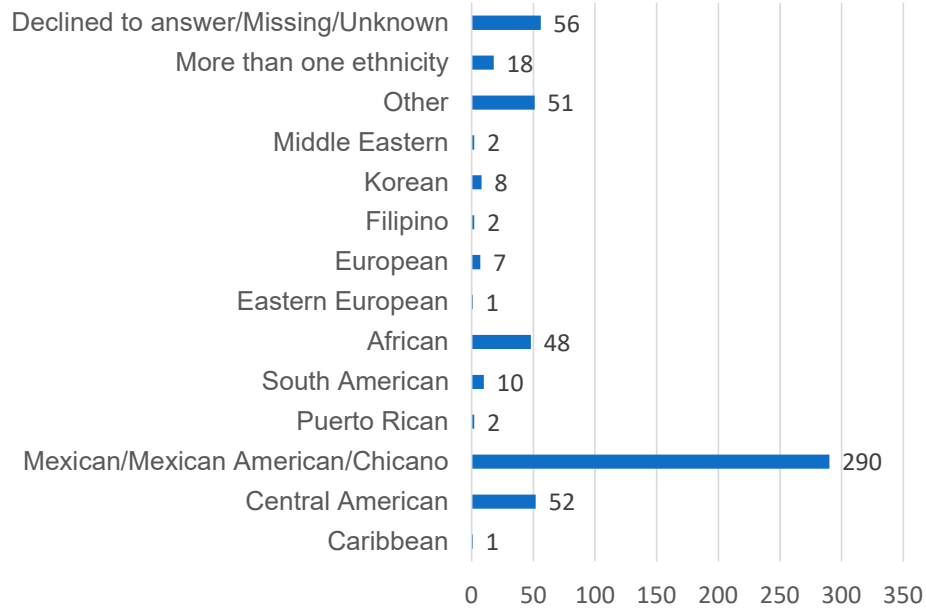


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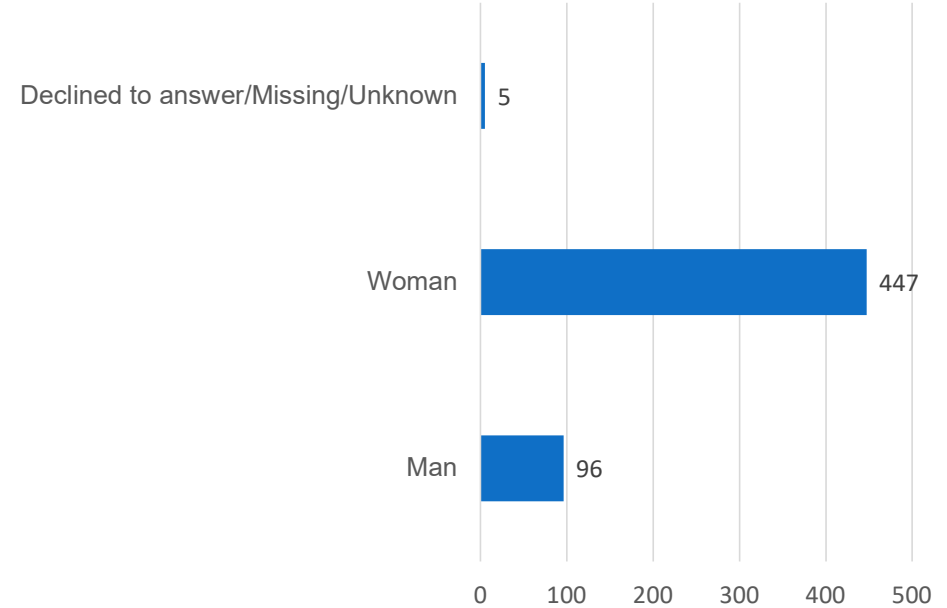


▶▶ P&A Demographic Data*

Ethnicity



Gender Identity



*Out of 527 who completed the demographic survey



Wolf Connection: Wolf Lessons for Human Lives

A youth empowerment program, wolfdog rescue center, and sanctuary. Wolf Connection offers unique education and empowerment programs that transform lives via experiential relationships and interactions with rescued wolves and the natural environment.

Target Population: Students aged 11-18

Services include:

An immersive digital education and empowerment experience for students through the use video, text, and writing prompts.



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▶▶ Wolf Connection Outcomes

- ▶ Serves 2 Regions:
 - Antelope Valley
 - West LA



LA County
Regions Served



- ▶ An anticipated increase in for students and staff:

- Social connections
- Social and emotional competence of children and adults
- Connection to nature
- Resiliency
- Self-connection
- Development of coping skills
- Social and emotional competence

Protective
Factors
Addressed



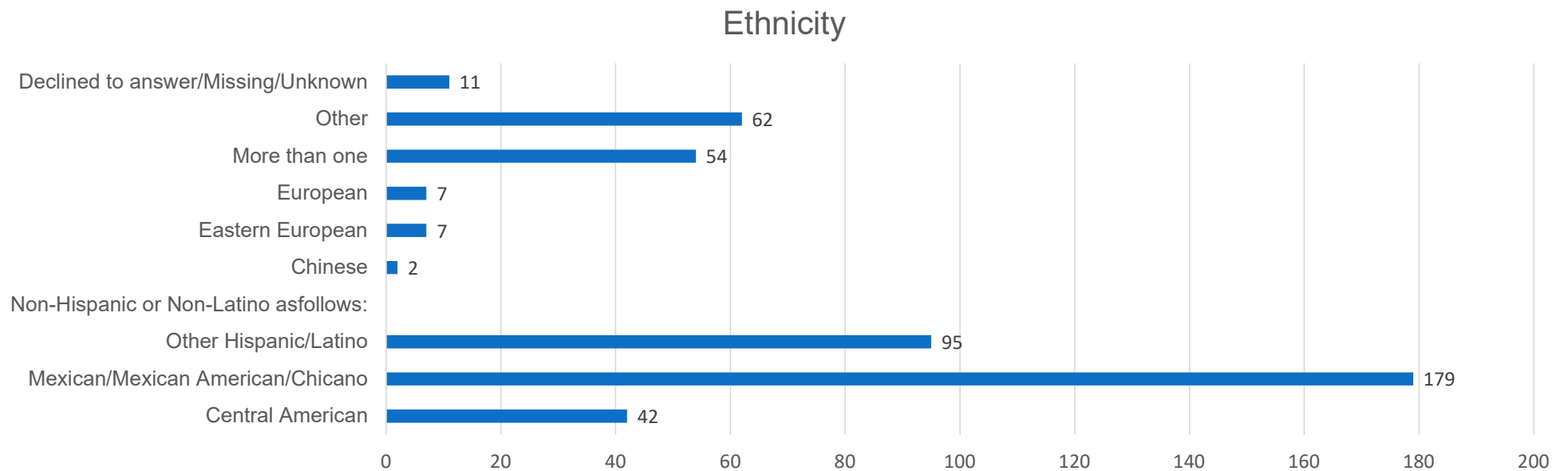
- ▶ 1197 Users (in 20 classrooms)



Numbers
Served in FY
23-24



▶▶ Wolf Connection Demographic Data *



❖ Gender Identity not available at this time

**Out of 459 who completed the demographic survey*



Youth Development Network (YDN)

YDN was designed to provide a free, comprehensive, and culturally responsive services to youth by coordinating low-barrier and high-access networks of care. YDN offers a mechanism to increase available services for youth in prevention of and/or responsive reintegration from system involvement.

Target Population:

Youth ages 12-25 and is projected to serve approximately 6,500 youths annually.

Services include:

- individual one-on-one case management,
- small group trainings; workshop series,
- reoccurring classes and/or youth-centered event activities

▶▶ YDN Outcomes

Serving 5 regions:

- Antelope Valley
- East Los Angeles
- Long Beach regions
- South Los Angeles
- San Fernando Valley

LA County
Regions Served



A demonstrated increase in:

- resilience/coping skills
- social supports/connectedness
- confidence/belonging
- the social competence/conflict resolution
- access to care/concrete supports

Protective
Factors
Addressed



➤ 264 individuals served

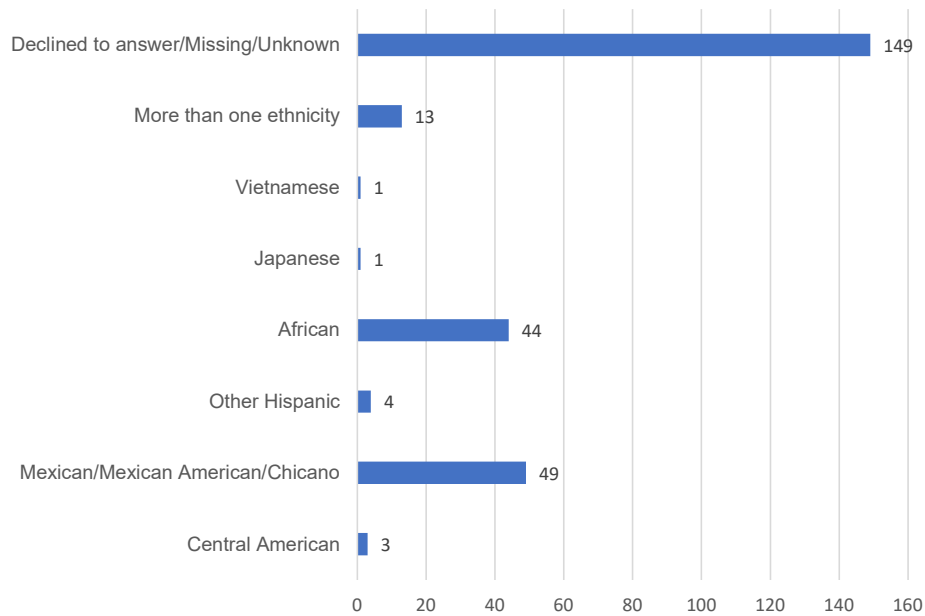


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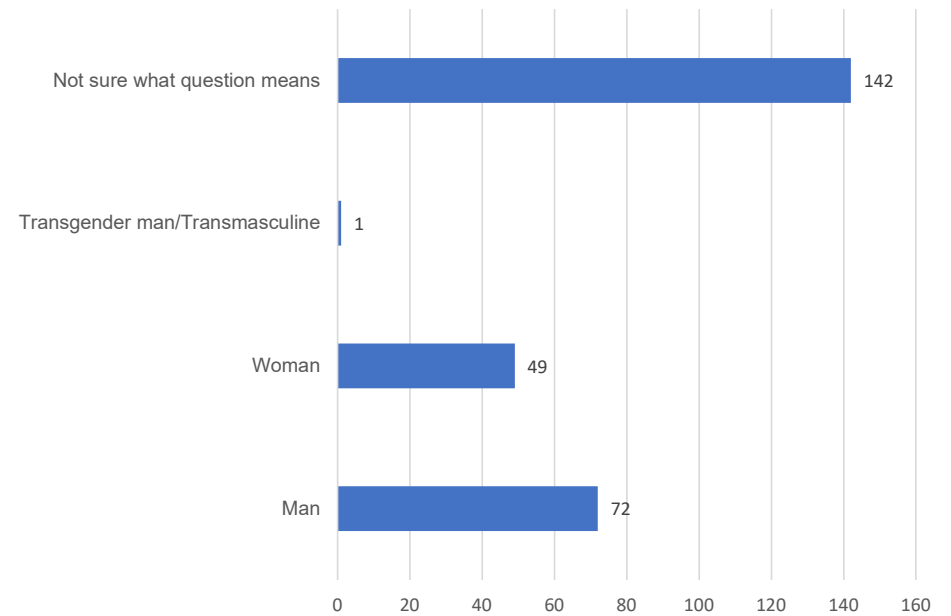


▶▶ YDN Demographic Data *

Ethnicity



Gender Identity



**Out of 264 who completed the demographic survey*

SEED School of Los Angeles (SEED LA)

A partnership with LA County and LA Metro, SEED LA is the first college-prep boarding school in Los Angeles for career readiness in transportation infrastructure, Science, Technology, Engineering, and Math (STEM) and the humanities. The school aims to educate 400 students in an advanced educational model for resilient youth.



Target Population:

400 High School students from any part of the county.

Services included:

- Individualized care coordination services
- Case management and Referral and Linkages
- Individualized development of positive behaviors and life skills
- Workshops, education, wellness campaigns, and peer led activities
- Parental support
- Staff training and technical support



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▶▶ SEED LA Outcomes

- ▶ Countywide (enrollment is open to all high school aged youth residing anywhere in the County)



LA County
Regions Served



- ▶ A demonstrated increase in:
 - Social connections and relationship skills
 - Resiliency and self-regulation
 - Self-management

Protective
Factors
Addressed



- ▶ 174 served

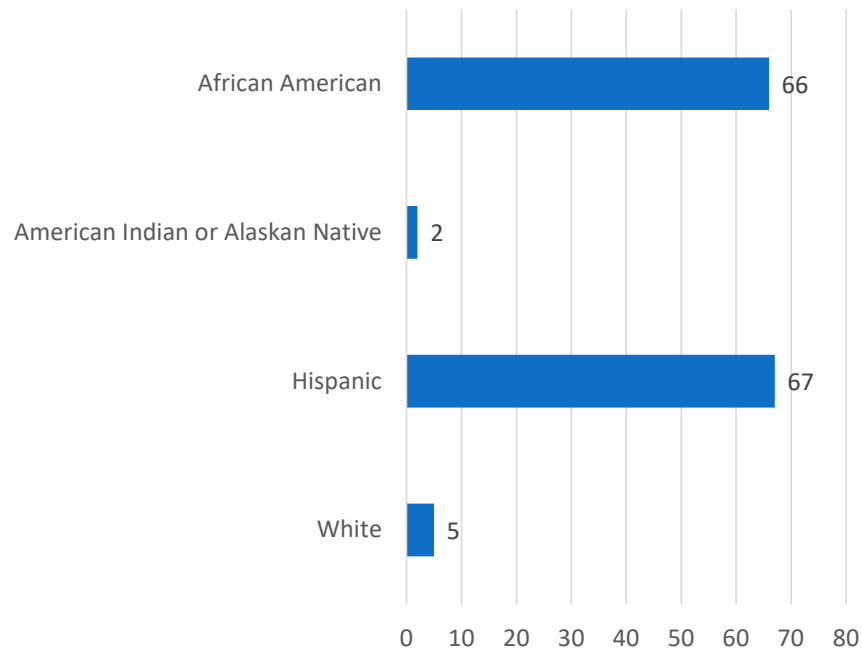


Numbers
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23-24

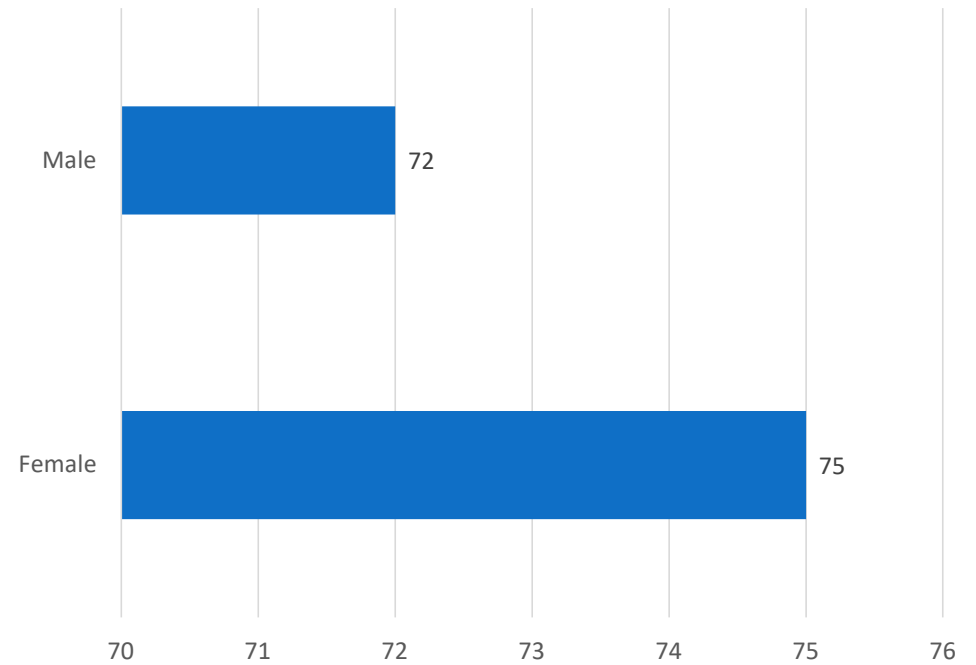


▶▶ SEED LA Demographic Data*

Ethnicity



Gender Identity



**Out of 140 who completed the demographic survey*



▶▶ STIGMA AND DISCRIMINATION
REDUCTION



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NAMI: Peer, Family and Community Support Towards Stigma and Discrimination Reduction

Provides community-based programs and supports to reduce stigma and discrimination by raising awareness, building advocacy, support, and through education.



This program targets:

- Individuals with mental illness and their families
- Individuals who serve as mental health peers
- Schools
- Mental health professionals and paraprofessionals
- Military
- Law enforcement
- Underserved Cultural Communities (UsCC)
- Individuals and families impacted by justice involvement

Services include:

- Support groups
- Advocacy events
- Presentations
- Trainings



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▶▶ NAMI Outcomes

- Countywide
 - Schools
 - Community
 - Events



LA County
Regions Served



- A demonstrated increase in:
- resilience/coping skills
 - social supports/connectedness
 - confidence/belonging
 - the social competence/conflict resolution
 - access to care/concrete supports

Protective
Factors
Addressed



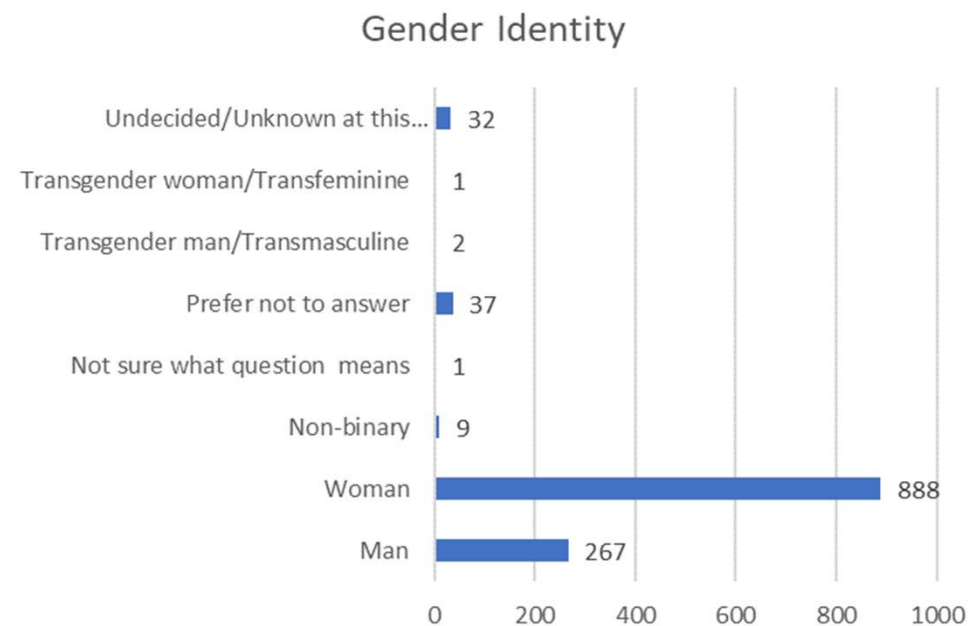
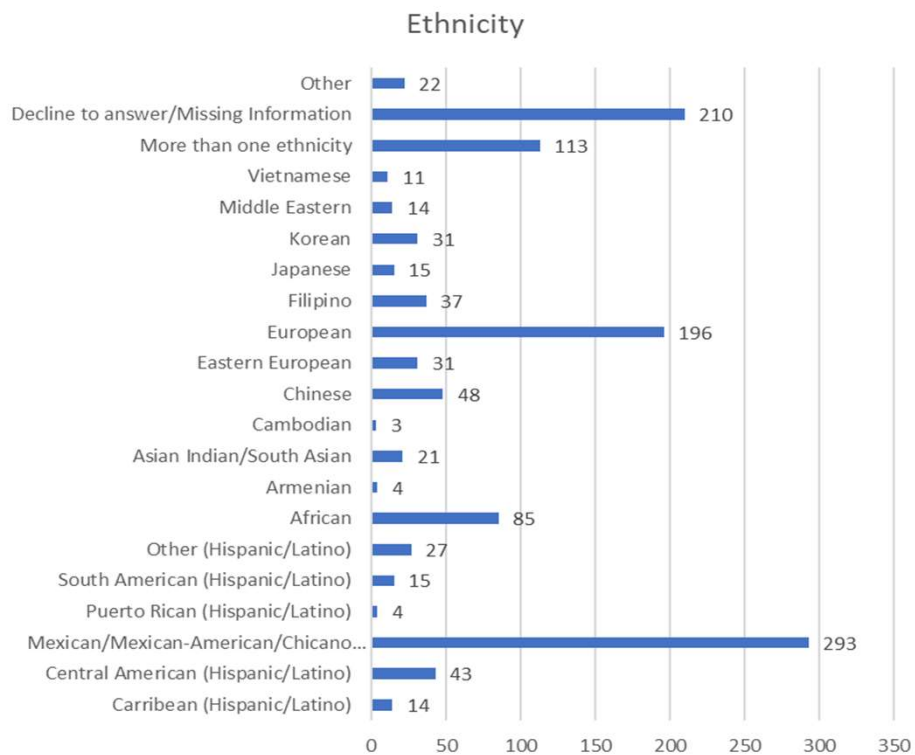
- 37,343 served



Numbers
Served in FY
23-24



▶▶ NAMI Demographic Data*

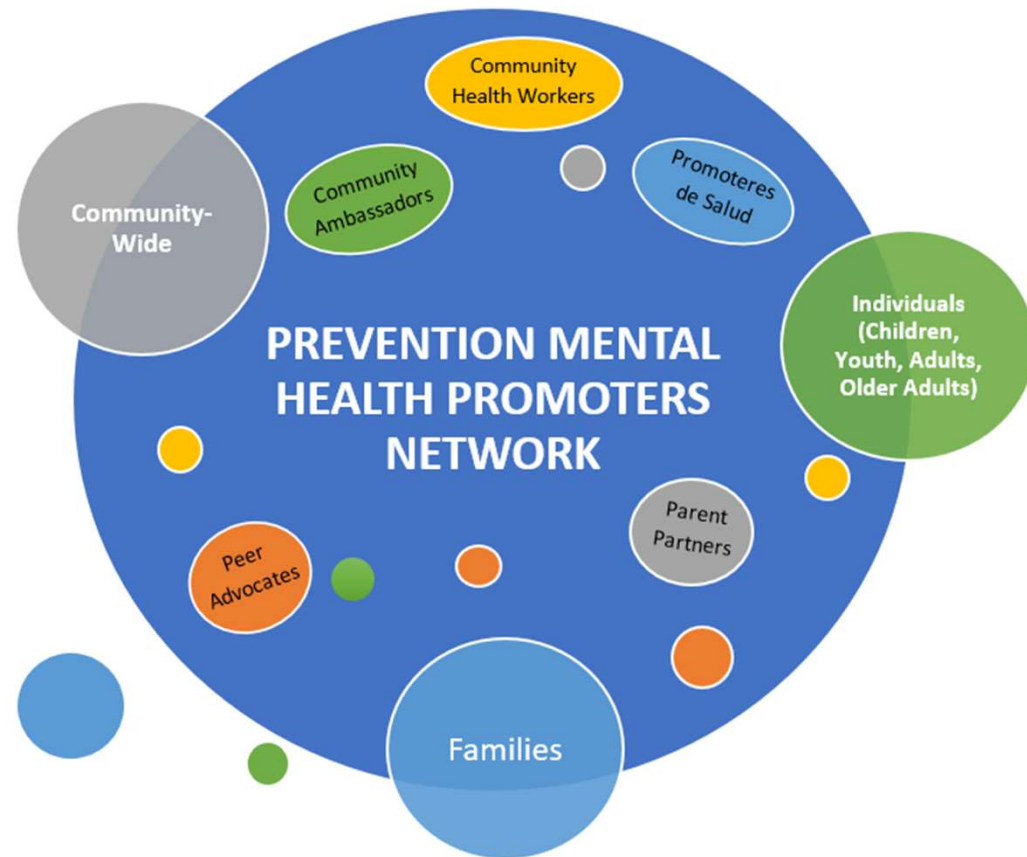


*Out of 1,237 who completed the demographic survey

United Mental Health Promoters Network (UMHP)

▶▶ Network (Directly Operated and Contracted Providers)

- A Countywide community outreach and empowerment effort, intended to strengthen communities by:
 - Providing pathways to achieve equitable outcomes for disproportionately impacted communities, and
 - Creating career paths for those community members functioning under the umbrella of Mental Health Promoters (e.g., Promotores de Salud, Community Health Workers, Parent Partners, Peer Advocates, Community Ambassadors, etc.)



United Mental Health Promoters Network (UMHP) Network

▶▶ (Directly Operated and Contracted Providers) Continued

Promotores/United MH Promoters Program

Program Goal:

To reduce stigma associated with mental illness among historically underserved cultural and linguistic communities by increasing awareness about mental health issues, removing barriers, and improving timely access to culturally and linguistically appropriate resources.

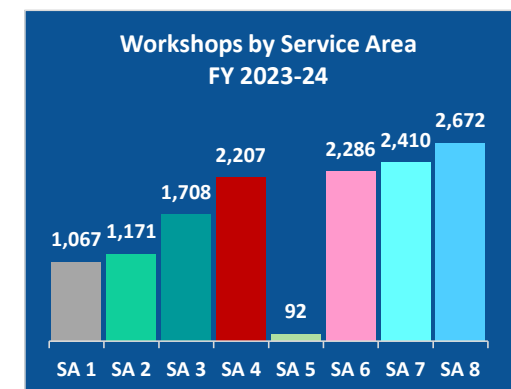
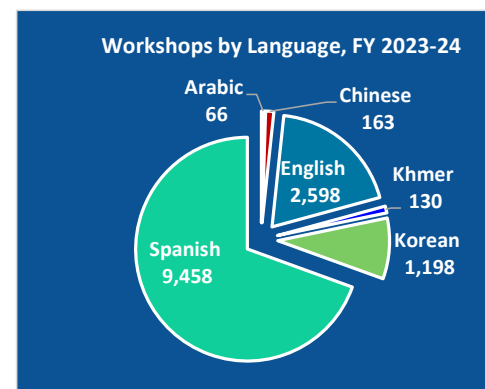
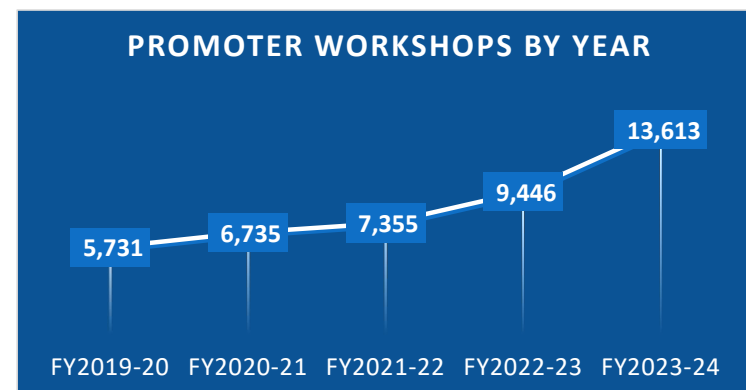
Services Provided:

- Outreach and Engagement
- Educational Workshops on 29 Mental Health Topics*
- Linkage and Referrals

Target Populations and Service Delivery:

For LAC residents facing cultural, linguistic and economic barriers to mental health resources, providing services from knowledgeable members of their own communities who are supported by licensed clinicians means that significant mental health problems can be addressed sooner and may be prevented from becoming worse with time. The program provides an effective, economically feasible approach to offer grass-roots outreach and education to communities that may feel mistrust of traditional health care organizations or are otherwise unable to access mental health resources.

* 16 Topics are specific to older adult populations



▶▶ Promotores/United Mental Health Promoters Program

➤ Total MH Workshops Completed by SA Served:

- SA 1 – 1,067
- SA 2 – 1,171
- SA 3 – 1,708
- SA 4 – 2,207
- SA 5 – 92
- SA 6 – 2,286
- SA 7 – 2,410
- SA 8 – 2,672

LA County Regions Served



- Increase Social Connections;
- Increase Social and Emotional Competence of Adults from diverse communities;
- Increase Resilience through Coping skills and community;
- Ability to access care and improvement in accessing concrete support and resources;
- Reduction in risk factors, including risk of homelessness and substance use.

Protective Factors Addressed



A total of **13,613** mental health workshops were completed in FY 23/24.

Workshops by Language, FY 23/24

- 9,458 in Spanish
- 2,598 in English
- 1,198 in Korean
- 163 in Chinese
- 130 in Khmer
- 66 in Arabic

Demographic Information & Numbers Served in FY 23-24



▶▶ United Mental Health Promoters (Contracted Providers)

• Priority Populations:

- Birth to Five
- DCFS and/or Juvenile Justice Involved
- Older Adults
- Unhoused Population
- Transition Aged Youth (TAY)
- Commercial Sexual Exploitation of Children and Youth (CSECY)
- LGBTQ+
- Early or First Psychotic Episode and/or Psychiatric Hospitalization

Key Components:

- Career Pathways
- Community Engagement
- Community Capacity Building
- Self-Sustaining Community Wellbeing

Services will vary depending on community need, such as:

- Outreach and Engagement
- Community Capacity Building and Supports
- Referral and Linkage
- Client Support Services

Outcomes include a decrease in risk factors and an increase in:

- Protective Factors
- Linkage and Utilization of Needed Supports (i.e., mental health, health, employment, housing, etc.); and
- Increase in community partnerships/resources.

▶▶ United Mental Health Promoters (Contracted Providers)

- **The United Mental Health Promoters (UMHP) Project:**
 - A community outreach and empowerment effort serving Los Angeles County that provides mental health prevention services (e.g., outreach/engagement, training)
 - Focuses on strengthening our communities
 - Creates career paths for community members
 - 8 UMHP teams/contractor agency per Supervisory District
 - 9 staff members per team

UMHP Program Progress Towards Benchmarks January to September 2024	
Community Capacity Building/Resource Development	
# UMHP hired and serving the community	147
# community partners	157
Build Coping and Resilience Skills	
% UMHP received training based on Community Resiliency Model	46%
Increase Access to Services	
# outreach/engagement events	504
# outreach/engagement event participants	23,986
# participants receiving one-on-one psychosocial supports and referral/linkage services from a UMHP	925
# referrals provided by UMHP	1,433
# participant contacts to support facilitation toward linkage	5,862
# successful linkages	1098
Increase Access to UMHP for Residents Most Impacted by the Pandemic/Events Linked to Trauma	
# community residents who access UMHP-delivered services and supports	86,929

▶▶ United Mental Health Promoters (Contracted Providers)

➤ Countywide



LA County Regions Served



- Community capacity building/resource development
- Access to housing, medical, educational, mental health, workforce development services
- Coping and resilience skills
- Mental/physical health and wellbeing
- Career development

Protective Factors Addressed



- 86,929 Community residents who access UMHP-delivered services and supports
- 1098 successful linkages
- 93% of participants seeking referrals completed needs/follow up assessments by UMHP

Demographic Information & Numbers Served in FY 23-24



PREVENTION AND EARLY INTERVENTION PROGRAMS

Stigma and Discrimination Reduction (SDR)

Program Description

The purpose of SDR is to reduce and eliminate barriers that prevent people from utilizing mental health services by prioritizing information and knowledge on early signs and symptoms of mental illness through client-focused, family support and education and community advocacy strategies. Los Angeles County's Department of Mental Health has implemented Stigma Discrimination Reduction (SDR) programs in the form of training and education.

FISCAL YEAR 2023-24 SDR DATA AND OUTCOMES:



2,496*
surveys were collected

91%

of participants agreed or strongly agreed with the statement: "As a direct result of this training, I am more willing to seek support from a mental health professional if I thought I needed it."

84%

of participants agreed or strongly agreed with the statement: "As a direct result of attending this training, I am more likely to believe anyone can have a mental health condition."

96%

of participants agreed or strongly agreed with the statement: "The presenters demonstrated knowledge of the subject matter."

95%

of participants agreed or strongly agreed with the statement: "The presenters were respectful of my culture (i.e., race, ethnicity, gender, religion, etc.)."

**In FY 23-24, (2,496) surveys were collected, down from (16,218) in FY 22-23. This change is most likely explained by a shift in program funding. In FY 22-23, the majority of SDR programs were provided by Promotores de Salud, which had its funding changed from SDR to Prevention in FY 23-24.*

▶▶ Department Collaborations: Parks & Recreation Outcomes

▶ Countywide



LA County Regions Served



- ▶ Resilience
- ▶ Social Connectedness
- ▶ Wellbeing across generations
- ▶ Peer/community resources
- ▶ Self-care and healing
- ▶ Community engagement

Protective Factors Addressed



145,950 participants served

Ethnicity	%
Japanese	0.09%
Korean	0.09%
Vietnamese	0.09%
Eastern European	0.17%
Filipino	0.35%
Puerto Rican	0.60%
European	0.78%
South American	1.55%
More than one ethnicity	1.55%
Asian Indian/ South Asian	1.81%
Chinese	2.16%
Caribbean	4.49%
Other	4.83%
African	5.87%
Other Hispanic/Latino	6.64%
Central American	8.63%
Declined to answer/Missing/Unknown	18.64%
Mexican/Mexican American/Chicano	41.67%

Demographic Information & Numbers Served in FY 23-24



Department Collaborations: Parks & Recreation

▶▶ Safe Passages

Safe Passages Program

Engages gang-impacted youth

Through a peer approach, using gang interventionists and ambassadors

Add value to existing public safety coverage at the parks

Program Components

- Staff provide safety curriculum to adults and youth at the parks, which may include conflict resolution, safety, trauma-informed care education and workshops.

Operates at 8 Parks

- Jesse Owens Park
- Helen Keller Park
- Bassett Park
- Bethune Park
- Ruben Salazar Park
- Mona Park
- Franklin D. Roosevelt Park
- Lennox Park

Funding will provide the following support

- Engagement, intervention, and other gang intervention related services

▶▶ Department Collaborations: Parks & Recreation Our SPOT

Our Social Places and Opportunities (Our SPOT) for Teens

A comprehensive after-school teen program aimed at engaging and empowering LA County youth to create bright futures for themselves.

13 Our SPOT Locations across LA County Parks

- 6th Graders – Seniors
- Open Monday – Friday
- After school until 7:00 P.M.

Our SPOT supports:

- Life-Skills
- Mentorship
- Peer-Support

Our SPOT Programming – Five Focus Areas

1. Pathways to College and Career: Activities and Field Trips
2. Mindfulness and Self-Care: Activities
3. Arts and Culture: Projects, Activities, Field Trips and Workshops
4. Youth Leadership and Empowerment: Projects, Teen Summits and Conferences
5. Sports, Recreation and Fitness: Workshops and Activities

▶▶ Department Collaborations: Parks & Recreation Parks After Dark

Parks After Dark

- Prevention & Early Intervention for 34 Parks Countywide Communities affected by violence and poverty
- The Program is provided during all 8 weeks of Summer break, every Saturday evening
- DPR staff will continue to receive training in trauma informed care and compassion fatigue to support this program

Mental well-being & community resources

Activities will promote self-care and healing

Activities specifically serving teens will be featured on Friday nights

Activities will include cultural dances, music meditation, chanting, journaling, yoga, family massage and nature bathing

Department Collaborations: Parks & Recreation

▶▶ Parks After Sunset

**Mental health
well-being &
community
resources**

**Self-care and
healing activities**

**Teens focused
activities
featured on
Friday nights**

**Cultural dances, music
meditation, chanting,
journaling, yoga, massage
and nature bathing**

Parks After Sunset

- Services at 58 County parks
- Prevention & Early Intervention for Communities affected by violence & poverty
- The Program will be provided during May is Mental Health month

Department Collaborations: Parks & Recreation

▶▶ Parks Wellbeing Project

An investment in the re-design of outdoor and under-utilized existing park spaces



Through activities and improvements, the project aims to promote:

- community gathering
- socialization
- mental and physical well-being
- well-being
- intergenerational wellness activities

Parks Targeted for the Parks Wellbeing Project*

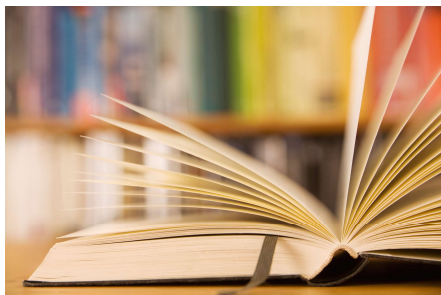
- Belvedere Community Regional Park
- City Terrace
- East Rancho Dominguez
- Eugene Obregon
- Franklin D. Roosevelt
- Lennox
- Jackie Robinson
- Mona
- San Angelo Parks

Park locations may change upon mutual agreement

Department Collaboration: Libraries Outcomes



➤ Countywide



LA County Regions Served



- Parental resilience
- Social Connectedness

- Mental wellbeing
- Child Social, emotional, & cognitive competence

- Self-care and healing
- Concrete supports

Protective Factors Addressed



Demographic Information & Numbers Served in FY 23-24

Ethnicity	%
Canbodian	0.45%
Puerto Rican	0.45%
Japanese	0.67%
Korean	0.67%
Middle Eastern	0.67%
Eastern European	0.90%
South American	0.90%
Caribbean	1.79%
Vietnamese	2.02%
Filipino	2.24%
African	2.47%
Asian Indian/ South Asian	3.59%
Other	3.81%
Other Hispanic/Latino	4.93%
Central American	5.83%
More than one ethnicity	6.95%
Chinese	7.85%
European	8.07%
Declined to answer/Missing/Unknow	9.42%

- 18,814 participants served
- 17,206 young children attend Smarty Pants Story Time Sessions
- 1379 Participants attend Parent Cafes



▶▶ Department Collaborations: Libraries New Parent Engagement

DESCRIPTION

Program Facilitation

- 45 library locations
- 90 in-person programs
- 4 virtual programs for a total of 94 programs

2,000 Welcome to the Library and the World Kits

2500 Welcome to the Library and the World Kits
(branded bag, board book, informational materials, small interactive baby toy)

NEW PARENT ENGAGEMENT

Welcome to the Library & World Kits
Provided in collaboration with DHS



▶▶ Department Collaborations: Libraries Positive Parenting Program (Triple P)

Libraries Targeted for MH Parenting Program	SPA
Castaic, Lancaster & Quartz Hill	1
San Fernando	2
Baldwin Park, Duarte, El Monte, La Puente, La Verne, Live Oak, Norwood, Rosemead, Sunkist & West Covina	3
Anthony Quinn, City Terrace, East LA, El Camino Real & La Crescenta	4
Culver City	5
AC Bilbrew, Compton, East Rancho Dominguez, Florence, Lynwood, Paramount & Willowbrook	6
Angeleo M. Iacoboni, Artesia, Bell, Bell Gardens, Chet Holifield, Clifton, Graham, Hawaiian Gardens, Hawthorne, HP , Leland, Montebello, Norwalk, Pico Rivera, Sorensen & South Whittier	7
Carson, Lawndale, Lennox, Lomita & Woodcrest	8

Triple P Trained Librarians

- Consultations with Triple P Trained Librarians, parent/caregiver & children
- “Healing Library” managing trauma after life-events, available at 25 LA County Library sites
- Parent Cafes and Triple P workshops across the county

▶▶ Department Collaborations: Libraries School Readiness – Smarty Pants Storytime

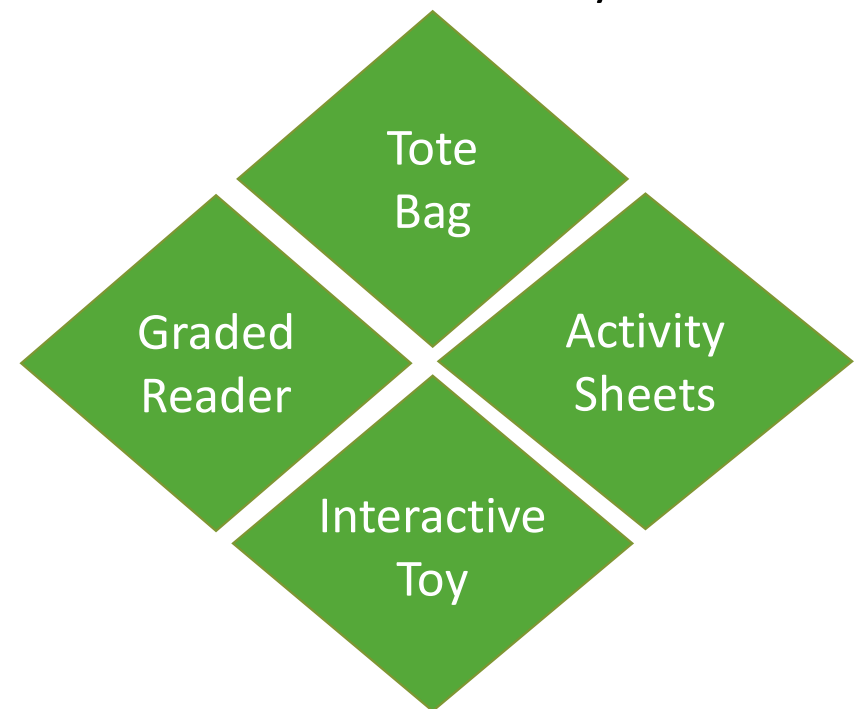
SCHOOL READINESS-Smarty Pants Storytime

DESCRIPTION

Program Facilitation

- 85 Library locations
- 2,500 Smarty Pants Storytime Sessions annually on site
- 2,000 Read Together Kits for parents/caregivers that cannot attend Smarty Pant Storytime regularly

Read to Me Activity Kits



iPrevail

- Personalized and confidential online health and wellness program aimed to improve individual's mental health and build resilience
- Target Population
 - Diverse population of adults and adolescent from 13 years of age in LA County
- Accessible by anyone with an internet or smart phone connection in both English and Spanish
- Strengths-based, and cognitive-behavioral framework
- How it Works
 - Live Chat Sessions with trained Peer Coaches
 - Self-Guided Learning via lessons and guided activities
 - Support Groups
- Gift card incentives provided to participants who earn point for completing activities



iPrevail
<https://lacounty.iprevail.com>

Free Smart Wellness Program with a Human Touch

Providing a Network of Support for LA County
lacounty.iprevail.com

Prevail is personalized and confidential online health and wellness aimed to improve your mental health and build resilience.

Get mental health support 24/7 with self-guided lessons, live-chat sessions with Peers and Coaches, and access to our community support groups.



How It Works!

Live Chat Sessions: When you join iPrevail, we'll connect you with a Peer Coach who will listen and offer you support you deserve. They'll help you talk about how you're feeling and what you're going through, teach you self-care and coping strategies and empower you to overcome challenges.

Self-Guided Learning: Learn about how your mind works with personalized lessons and guided activities. These structured lessons are meant to help you better understand the relationship between your thoughts, behaviors and emotions. We'll teach you how to reframe unhelpful thoughts and refocus on things that matter.

Support Groups: Connect with others who face similar situations and understand what you're going through. Join communities full of people just like you to interact, ask questions, share stories and learn ways to cope.

Get Rewarded: As you work toward your goals, you earn points for completing activities. You can redeem those points for gift cards to treat yourself.

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From recovery, wellbeing.

▶▶ iPrevail Outcomes

▶ Countywide



LA County Regions Served



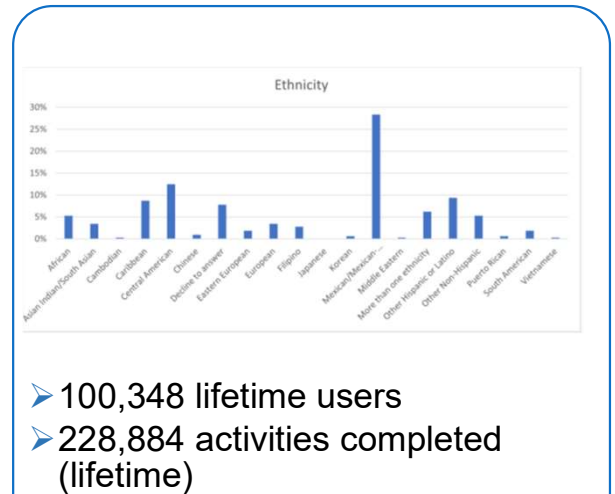
- ▶ Social Connectedness
- ▶ Mental wellbeing
- ▶ Resilience

- ▶ Self-care and healing
- ▶ Concrete supports
- ▶ Access to appropriate level of support and care

- ▶ Belonging
- ▶ Healthy Coping
- ▶ Resource Building



Protective Factors Addressed



- ▶ 100,348 lifetime users
- ▶ 228,884 activities completed (lifetime)

Demographic Information & Numbers Served in FY 23-24





▶▶ SUICIDE PREVENTION



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▶▶ Partners in Suicide Prevention

- Increase Public Awareness on Suicide Prevention and Postvention
- Reduce Stigma and Discrimination
- Provide Suicide Prevention and Postvention Education and Training
- Identify Underserved Communities
- Promote Prevention and Early Intervention
- Create Linkages and Provide Referrals
- Assist Care Providers
- Participate in Countywide Committees/ Networks



▶▶ Partners in Suicide Prevention

PSP is an innovative program designed to increase public awareness on suicide prevention, suicide postvention, and stigma associated with seeking mental health, substance use services and/or support.

The Team provides education, trainings, identifies appropriate tools, such as evidence-based practices, best practices, and linkages and referrals to age, cultural, and linguistic services.



▶▶ Partners in Suicide Prevention—Collaborative Work LA Suicide Prevention Network (LASPN)

The Los Angeles County Suicide Prevention Network (LASPN) is a group of mental health professionals, advocates, survivors, providers, researchers, and representatives from various agencies and organizations working together to decrease the numbers of suicides in Los Angeles County. Our mission is to promote public and professional awareness, education, training, and engagement regarding suicide and suicide prevention, intervention, and postvention in Los Angeles County. Through the collaboration of the various members of the Network, the LASPN is working to leverage the talent and resources available locally to work towards comprehensive suicide prevention.

To get involved with LASPN, please contact:
info@LASuicidePreventionNetwork.org

The Hero In Each of Us



www.LASuicidePreventionNetwork.org

Partners in Suicide Prevention Impact of Postvention Trainings

Suicide Prevention
Service Provider
Trainings (12)

Outreach and
Engagement
Events (23)

Annual Suicide
Prevention Summit
(850)

Assessing and
Managing Suicide
Risk Training (9)

Question, Persuade
and Refer Training
(34)

NAMI Suicide
Prevention &
Postvention
Training (16)

AFSP Suicide
Prevention
Trainings (11)

Know the 5 Signs
Training (4)

Over 2,600 individuals trained by the PSP Team in 2023

▶▶ Partners in Suicide Prevention Veteran Suicide Review Team

L.A. COUNTY
VETERAN
SUICIDE
REVIEW TEAM
(VSRT)



The VSRT Review team is a collaboration between DSOs and the Federal government:

Department of Mental Health

Department of Medical Examiner

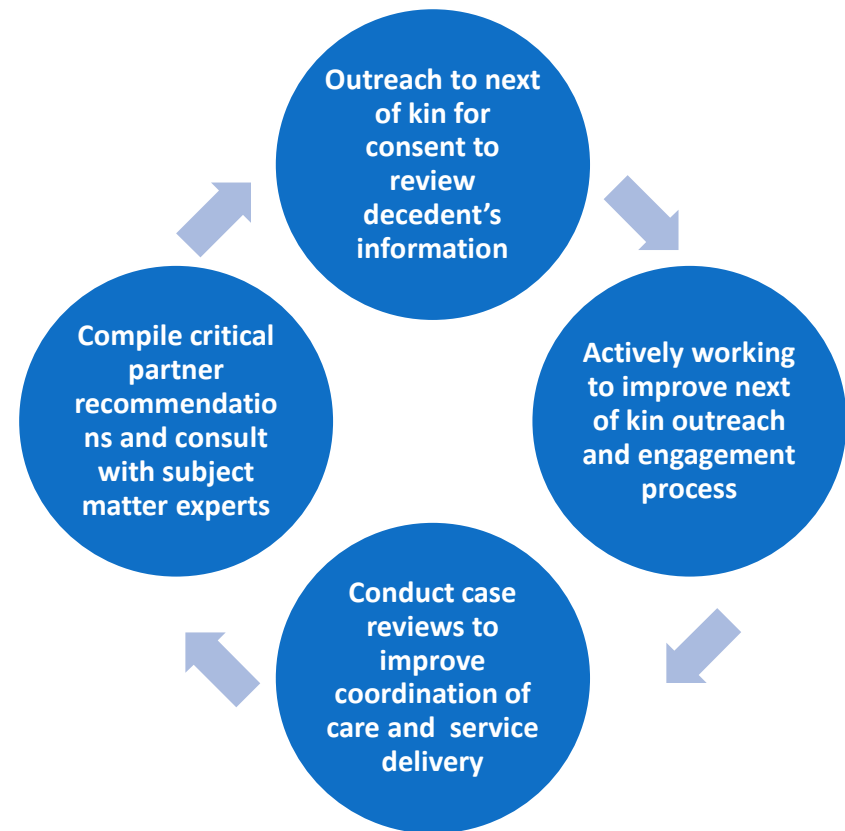
Department of Public Health

Department of Military and Veteran Affairs

Greater Los Angeles VA Healthcare System VISN 22

Partners in Suicide Prevention Veteran Suicide Review Team

The Veteran Suicide Review team is a collaboration between LA County Departments and the Federal Government. The LA VSRT team focuses on coordinating systems of care to review critical information on service delivery with the mission of reducing veteran deaths by suicide.



PREVENTION AND EARLY INTERVENTION PROGRAMS

Suicide Prevention (SP)

Program Description

The Suicide Prevention program provides services through multiple strategies by strengthening the capacity of existing community resources and creating new collaborative and comprehensive efforts at the individual, family, and community level.

Suicide Prevention Programs

FISCAL YEAR 2023-24 SUICIDE PREVENTION DATA AND OUTCOMES:

School Threat Assessment Response Team (START)

688 surveys received for suicide prevention trainings

- **95%** of participants agreed or strongly agreed the SP programs were quite successful in meeting their program goals.
- **98%** of participants agreed or strongly agreed with the statement: *“as a direct result of this program I am more knowledgeable about professional and peer resources that are available to help people who are at risk of suicide.”*
- **99%** of participants agreed or strongly agreed with the statement: *“The presenters demonstrated knowledge of the subject matter.”*



84 presentations were conducted

850 referrals were served

- **90%** received screenings and/or threat assessments
- **10%** received consultations
- Primary focus of **interventions** centered on:
 - **39%** Initial Screening/Threat Assessment
 - **23%** Crisis Intervention
 - **11%** Linkage

PSP Training Menu



<https://forms.office.com/g/PVmJucJkUV>



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▶▶ PREVENTION EARLY INTERVENTION



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▶▶ Prevention Early Intervention (PEI)

Prevention and Early Intervention (PEI) provides education, support, and outreach to help inform and identify those who may be affected by some level of mental health issue.

- PEI is a component of the Mental Health Services Act designed to help counties implement services that promote wellness, foster health, and prevent the suffering that can result from untreated mental illness.
- The PEI component requires collaboration with consumers and family members in the development of PEI projects and programs.
- PEI Programing emphasizes the use of measurable forms of mental health treatment including Evidence-Based Practices (EBPs), Promising Practices and Community Defined Evidence.

▶▶ PEI Requirements

- **The PEI target population are individuals with less intense mental health needs who would benefit from short-term services.**
- **Services are short-term and time-limited (usually less than 18 months).**
 - 18-month cumulative time limit for all PEI services (except “first-break” programs or specific exemptions).
- **Outcome measures are required to be administered for every EBP and PEI program.**
 - In general, each EBP requires the administration of outcomes measures – including specific outcomes per practice.

▶▶ PEI Target Population

Children/Youth in Stressed Families

- Treating family members with the goal of alleviating the mental health symptoms of the child/youth, also qualify.

Underserved Cultural Populations

Individuals Experiencing Onset of Serious Psychiatric Illness

Trauma-Exposed

Children/Youth at Risk for School Failure

Children/Youth at Risk of or Experiencing Juvenile Justice Involvement

▶▶ Birth to Five Program

Mission: To enhance the socio-emotional well-being of young children and their families through mental health promotion, prevention, and early intervention.

Key Strategies:

- Strengthen agency and community capacity to address mental health needs of children and families;
- Contribute to related workforce, program, and policy development; and
- Promote strategic investments in infant and early childhood mental health

Program Activities:

- Monthly Birth to Five countywide consultation calls
- Quarterly countywide meetings with Birth to Five Providers
- Countywide trainings for mental health providers and early care and education professionals
- Informing providers about program updates, services, resources, trainings, policies, and legislation
- Technical assistance to countywide programs and support for local Service Area administration in the development of Birth to Five programs, resources, and birth to five collaboratives

▶▶ Birth to Five Workforce Development

- Technical Assistance, coaching and mentoring for the Napa Fellows and Birth to Five trainers
- Practice leads for B-5 Evidence Based Practices: PCIT, CPP, IY, MPG, RPP, UCLA TTM, Triple P
- Provide over 40 Birth to Five Core Competencies trainings on a yearly basis, trainings include...

- Infancy, Childhood, and Relationship Enrichment (ICARE) Initial Intake Assessment Tool
- DC:0-5: Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood
- Typical and Atypical Development in Children B-5
- Best Practices in B-5 Mental Health Intervention
- Brain Development, Trauma and Attachment
- Trauma Response in Infants
- Sensory Integration
- MH Interventions for Infants and Young Children with Medically Complex Conditions
- The Growing Brain
- Ages and Stages Questionnaire

▶▶ Parent Partner Training Academy (PPTA) Overview

PPTA is an approved training provider for SB803 Parent, Caregiver, Family Member Peer specialization.

Parent Partner Training entails:

- 12 session, 72-Hour Essential Skills Training for Parent Partners
- PPTA Certification Exam
- Continuing Education Training
- Reflective Practice Based Supervision Training for Supervisors of Parent Partners
- Training of Trainers option for Certified Parent Partners

▶▶ Evidence Based Treatment & PEI Programs

Early Intervention Treatment Options

1. Aggression Replacement Training (ART)
2. Alternatives for Families: A Cognitive-Behavioral Therapy (AF-CBT)
3. Brief Strategic Family Therapy (BSFT)
4. Caring for Our Families (CFOF)
5. Center for the Assessment & Prevention of Prodromal States (CAPPS)
6. Child-Parent Psychotherapy (CPP)
7. Cognitive Behavioral Intervention for Trauma in School (CBITS)
8. Crisis Oriented Recovery Services (CORS)
9. Depression Treatment Quality Improvement Intervention (DTQI)
10. Dialectical Behavior Therapy (DBT)
11. Families OverComing Under Stress (FOCUS)
12. Family Connections (FC)
13. Functional Family Therapy (FFT)
14. Group Cognitive Behavioral Therapy for Depression (Group CBT)
15. Incredible Years (IY)
16. Individual Cognitive Behavioral Therapy (Ind. CBT)
17. Interpersonal Psychotherapy for Depression (IPT)
18. Loving Intervention Family Enrichment Program (LIFE)
19. Managing and Adapting Practice (MAP)
20. Mental Health Integration Program (MHIP)
21. Mindful Parenting Groups (MP)
22. Multidimensional Family Therapy (MDFT)
23. Multisystemic Therapy (MST)
24. Nurturing Parenting (NP)
25. Parent-Child Interaction Therapy (PCIT)
26. Portland Identification and Early Referral Model (PIER)
27. Problem Solving Therapy (PST)
28. Prolonged Exposure for Post-Traumatic Stress Disorder (PE-PTSD)
-- DMH Directly Operated Clinics only
29. Program to Encourage Active Rewarding Lives for Seniors (PEARLS)
-- Older Adult Providers Only
30. Promoting Alternative Thinking Strategies (PATHS)
31. Reflective Parenting Program (RPP)
32. Seeking Safety (SS)
33. Stepped Care (SC)
34. Strengthening Families (SF)
35. Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
36. Triple P Positive Parenting Program (Triple P) – Levels 4 and 5
37. UCLA Ties Transition Model (TTM)

PREVENTION AND EARLY INTERVENTION PROGRAMS

Early Intervention Services – FY 2023-24

Program Description

Directed toward individuals and families for whom a short (usually less than one year), relatively low-intensity intervention is appropriate to measurably improve mental health problems and avoid the need for more extensive mental health treatment.



*CLIENTS SERVED

36,144

unique clients received a direct service

8,322

new clients were served with no previous MHSA service

PEI Clients Served by Race/Ethnicity and Primary Language

Ethnicity

- 55% Hispanic
- 21% Unreported
- 9% White
- 8% African American
- 3% Multiple Races
- 2% Asian/Pacific Islander
- 1% Native Hawaiian
- 0.25% Native American

Primary Language

- 76% English
- 21% Spanish

CLIENT DATA BY SERVICE AREA

Service Area	Number of Clients Served	Number of New Clients
SA1 – Antelope Valley	2,012	752
SA2 – San Fernando Valley	5,900	2,780
SA3 – San Gabriel Valley	6,034	2,348
SA4 – Metro	5,482	2,355
SA5 – West	1,048	492
SA6 – South	4,211	2,253
SA7 – East	6,602	2,820
SA8 – South Bay	5,219	2,239

*New Clients is a subset of Unique Clients Served

EARLY INTERVENTION OUTCOMES

(Evidence Based Outcomes since 2009 through June 2024 for the highest utilized EBPs)

Seeking Safety (SS)

Children (13-15)
TAY, Adults, Older Adults
(Number of Treatment Cycles=22,000)

51%

Reduction in
trauma related
symptoms
(Adults)

42%

Reduction in
trauma related
symptoms
(Children)

Managing and Adapting Practice (MAP)

Young Children, Children
TAY (ages 16-21)
(Number of Treatment Cycles=75,024)

55%

Reduction in
symptoms related
to depression

48%

Reduction in
trauma related
symptoms

44%

Reduction in
symptoms related
to anxiety



Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Honoring Children, Mending the Circle

Children (ages 3-8)
(Number of Treatment Cycles=28,811)

50%

Reduction in
trauma related
symptoms

Mental Health Integration Program (MHIP) Formerly Known as IMPACT

Adults
(Number of Treatment Cycles=11,083)

57%

Reduction in
symptoms related
to depression

54%

Reduction in
symptoms related
to anxiety



Thank
you



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