

PREVENTION AND EARLY INTERVENTION (PEI)

Prevention programs bring mental health awareness into the lives of all members of the community through public education initiatives and dialogue. Mental health becomes part of the wellness for individuals and the community, reducing the potential for stigma and discrimination against individuals with mental illness.

REFERRALS

- ◆ Self-referred
- ◆ Schools
- ◆ Non-profit Organizations
- ◆ Medical Providers
- ◆ Department of Human Services

REFERRAL PROCESS

- ◆ Contact Kern County Mental Health Children's Outpatient Services-
Oswell Office (661)-868-6750
- ◆ Begin screening process
- ◆ Schedule mental health assessment

KCMH MISSION Statement

Working together to achieve hope, healing and a meaningful life in the community.

KCMH VISION Statement

People with mental illness and addictions recover to achieve their hopes and dreams, enjoy opportunities to learn, work, and contribute to their community.

KCMH VALUES Statements

Hope, Healing, Community, Authority
We honor the potential in everyone
We value the whole person – mind, body and spirit
We focus on the person, not the illness
We embrace diversity and cultural competence
We acknowledge that relapse is not a personal failure
We recognize authority over our lives empowers us to make choices, solve problems and plan for the future



East Bakersfield Children's Team
2621 Oswell St. Ste. 119
Bakersfield, CA 93306
(661) 868-6750
FAX (661) 872-3001

Crisis Hotline: 1-800-991-5272
On the Web: www.co.kern.ca.us/kcmh/

carf

Commission on Accreditation
of Rehabilitation Facilities

Kern County Mental Health has been accredited by CARF for the following programs:
Mental Health Programs- Case Management; Children and Adolescents-Case Management & Crisis Stabilization; Integrated Alcohol & Other Drugs-Case Management & Children & Adolescents-Case Management; Employment Services-Community Employment Services



Prevention & Early Intervention: Youth Brief Treatment Program





The goal of the program is to provide same day, walk-in assessment and brief immediate care. The treatment program for individuals will range from youth to 18 years of age with mild to moderate mental health impairments, in order to prevent mental illness from becoming severe and persistently chronic. Youths who have or eligible for MediCal are eligible for services. Parental or legal guardian's consent for mental health treatment must be obtained.

This program will target all ethnic and race groups, male and female and address other cultural factors such as religion or faith-based, sexual orientation, gender identification, and/or other cultural populations that have been traditionally unserved or underserved in public mental health.

Clinicians will utilize brief treatment approaches to help youths increase effective coping and communication skills, and improve social relationships and other areas of functioning. Mental Health services will include, but are not limited to:

- Brief Individual and Family Therapy
- Case Management Services
- Pro-social Skills Groups
- Specialized Groups

Purpose of the prevention program

There has been an increase in the number of incidences of violence on school campuses, including traumatic events effecting communities involving youth suicides, and increased numbers of stressed youth and families needing to access immediate services. Prevention services will raise awareness and knowledge about how early detection can prevent prolonged suffering and improve psychosocial, situation, and adjustment stressors.

Preventive Goals

- ◆ Increase knowledge and supportive attitudes about mental health.
- ◆ Outreach to traditionally underserved youth and families.
- ◆ Provide public education campaigns and in-services to engage stressed youth and their families.



Early Intervention

The service duration will be approximately 6 to 9 months, providing culturally competent approaches to incorporate diversity issues that impact mental health services. Clinicians will utilize Brief Treatment Approaches such as Solution Focused Brief Therapy interventions to help youth increase effective coping and communication skills to improve social relationships, and other areas of functioning. These services will include, but will not be limited to, brief individual and family therapy, social skills groups, case management services, collaborative work with community partners and schools faculty, Department of Human Services, and other professionals and family support systems.



Early Intervention Goals

- ◆ Provide same day, walk-in screening and assessment.
- ◆ Provide immediate brief mental health care.
- ◆ Increase effective coping and communication skills to improve social relationships and other areas of functioning.