



Prevention and Early Intervention PEI

Kalyn Jones



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- Shasta College Alumni
- BA Psychology from Chico State
- Shasta Co. Mental Health Drug and Alcohol Board Member.
- Advocate
 - mental health prevention/ intervention in education
 - Current and former foster care rights

Safe Zone

- *Safe Space*
 - Together, we promise to respect each other's opinions, experiences, and levels of understanding
- *Throw glitter, not shade*
 - Remember, one person's opinion is not another person's reality
 - Remember that systemic racism informs our different experiences
- *Vegas Rule*
 - Confidential - What happens here stays here
 - What is learned can leave
 - Promote the solutions and takeaways from the session
- *Don't yuck my yum*
 - Recognize any strong emotions and/or triggers you may feel and use the counselors made available to you





Zoom Etiquette

- Embrace the awkwardness
- Please mute yourself when you're not speaking
- Please minimize phone use
- Please do not interrupt others; Use the "raise hand" and chat box features to provide feedback
- Appearing on camera is not mandatory but is very appreciated.
- We welcome positive body language, such as eye contact, head nodding, thumbs up, and use of the chat feature.
 - Sitting up, not laying on bed
 - Whole face visible, not selfie view



Alphabet Race!

Race to be the fastest by tracing out the alphabet with your pointer finger.



Identifying Barriers with Mental Health Services. Recognizing mental health needs and assessing appropriate services

- Resources/ service in schools, communities and families.
- Current service and systems supporting all parts of the population in the communities (Children, youth, adult and elderly)
- 'matchmaker role' when seeking resources.



Describe helpful and harmful factors in your communities that affect mental well-being

- Access and awareness communities take to better mental health services/ resources
- Navigating medical insurance for obtaining services/ resources.
- SWOT Analysis



Describe helpful and harmful factors in your communities that affect mental well-being

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- S – helpful factors in the community that affect mental well-being
 - W – Harmful factors that hold the community back when it comes to mental well-being
 - O – Opportunity the community has regarding mental health resources, services or potential for new resources.
 - T – Things / challenges that can get in the way of the community in supporting mental well-being (ex: programs losing funding)



Identify possible action the state can take to advance prevention and early intervention in your communities.

- Actions the state, communities, schools, and families can for better awareness of resources
- Existent services that can be improved, the facilitation of services is important.
- Obstacles as opportunities- failure/ missed opportunity allows opportunities to learn, maybe the mistake made them think differently later down the road.

Resources

- Feeling stressed by COVID-19?
Help is just a phone call away!
- CalHOPE Warm Line:
(833) 317-HOPE (4673)
- **211**
 - 211 connects you to expert, caring help. Every call is completely confidential.
 - Simply call 211 to speak to someone now, or search by location for online resources and more contact information.
 - <http://www.211.org/>
- **NATIONAL SUICIDE PREVENTION LIFELINE**
 - The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.
 - National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
 - Lifeline Crisis Chat: www.suicidepreventionlifeline.org (available 24/7)
 - Need help now? Text "START" to 741-741



Thank You!
