



# STRIVING FOR ZERO EXCELLENCE AWARDS

## TARGETED APPROACHES

### OUTREACH EFFORTS TO REACH POPULATIONS AT DISPROPORTIONATE RISK OF SUICIDE

#### *Orange County*

The Orange County Health Care Agency has initiated several innovative programs designed to address the needs of vulnerable and underserved populations through peer-based interventions; these innovative approaches include creative and performance art and other immersive activities designed to draw the participants into enjoyable activities and support the development of emotional wellness skills, while incorporating messaging and education about mental health, suicide prevention, and community resources.

**Laguna Playhouse** utilizes art-based activities, storytelling, and theatrical performances to engage transitional aged youth, foster youth, and black students at local colleges and universities. Activities incorporate discussion around mental health, development of coping skills, and information about available resources.



**Sowing Seeds** provides health care services to monolingual Chinese speaking community through the use of creating and performing music. In a workshop format, Sowing Seeds engages participants to share their stories and their mental health journey by using the genre of traditional Chinese music.



**Alianza Translatinx** provides services to transgender, non-conforming, non-binary Latinx people of color by engaging the participants in the annual Miss Hermosa Y Empoderada beauty pageant. Prior to the pageant, the participants take part in workshops through which they are engaged in discussions relating to mental health, emotional wellness, and accessing community resources.



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