

Topic Area: Mental Health and Substance Abuse Prevention

Vision

Improve community-wide mental health through enhanced prevention and early-intervention strategies.

Goals

Goal 1: Increase community-wide awareness about mental illness, substance use disorders, and availability of community-based, culturally-sensitive therapies.

Goal 2: Increase identification and referral of 'at-risk' Pasadena residents to community-based programs designed to enhance resilience-building coping skills

Goal 3: Increase utilization of existing community-based mental health services to treat Pasadena residents suffering from a diagnosable mental illness and/or substance use disorder.

Goal 1: Increase community-wide awareness about mental illness, substance use disorders, and availability of community-based, culturally-sensitive therapies.

Background: Enlightening more unconventional community members involved is a key initiative for mental health in the CHIP program. Grocery workers, for example, are community members who frequently see the same people day in and day out. They can identify a change in behavior or mental health irregularity in a person that they see on a day-to-day basis. This is why it's important. It's important to involve these members of the community in our mental health awareness efforts. We can do this by simply making them aware of an available hotline they can call when they notice someone is 'acting stranger than usual'. 'Social Responsibility'.

Objective: Create a resource that can be used easily for mental health information, resources, and referrals.

Strategy: Inform neighborhood leaders about mental health resources, including a mental health hotline they can disseminate within their circles. The mental health line is proposed to be included on a system like the 211 that will link community members to Pasadena-based programs.

Objective: Develop campaign messages to promote peer advocates (promotoras), targeting large housing complexes/neighborhood connections and ARTS busses.

Strategy: Develop a mental health messaging to promote peer advocates. Messages should include identifying the indicators of mental illness and local resources available. Additionally, an article for Pasadena InFocus and the CHDP Newsletter with a list of services and resources will be distributed. Information for the articles can be gleaned from the Survival Guide provided by the Humans Services and Recreation Department and from the City of Pasadena Library.

Goal 2: Increase identification and referral of 'at-risk' Pasadena residents to community-based programs designed to enhance resilience-building coping skills.

Background: To encourage the participation of all residents in mental health services the terminology of 'high-risk' residents to 'at-risk' residents to create a more loosely defined definition of 'at-risk'. This will create a broader, more inclusive than exclusive definition that will make our mental health outreach available to more members of the community. 'At-risk' can be defined as anybody at any given place in life who has the potential to be at risk.

Objective: Increase the number of Pasadena-area workers, residents and others who live, work, worship, learn and play in the area to identify and utilize resilience-building coping skills.

Strategy: A bi-monthly Community Crisis Training offered by the Community Crisis Team, led by the Pasadena Public Health Department, will be offered to all local area residents. The training focuses on coping mechanisms during crises/emergent events and recognizes that at any place in life a person can be at-risk for having a crises moment necessitating mental health intervention. These trainings help to empower the individual with strategies to deal with crises and locate resources available when they are needed.

Objective: Empower the neighborhood leaders or key members (ex- police officers, neighborhood watchers, religious leaders, youth group leaders, etc.) to become informal referral agents and mental health champions.

Strategy: Los Angeles County Department of Mental Health will host Mental Health First Aid Trainings for leaders of local community-based organizations, non-profits, faith-based institutions, etc. to equip leaders to identify mental health issues and learn how to refer to appropriate services.

Strategy: Distribute mental health cards that list mental health resources that police officers and other identified representatives can distribute to families with mental health issues that cannot be immediately resolved.

Goal 3: Increase utilization of existing community-based mental health services to treat Pasadena residents suffering from a diagnosable mental illness and/or substance use disorder.

Objective: Identify funding opportunities to bring back evidence-based direct services for substance abuse particularly amongst youth.

Strategy: Locate funding to apply peer-to-peer model interventions, like Teens on Target, which is a violence prevention model with elements of substance abuse.

Strategy: Establish an easily-identifiable marker that signals a location as a youth-friendly service, ex- posting flags or another type of logo/signature outside). Ensure that these places are equipped to recognize and refer youth who may be in need of counseling or other similar services.