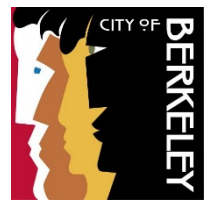


PREVENTION AND EARLY INTERVENTION MENTAL HEALTH FUNDED PROGRAMS FY2018 Report



City of Berkeley Prevention & Early Intervention Program

The City of Berkeley Mental Health Division provides prevention, early intervention and wellness services to individuals in Berkeley and Albany. The focus is on providing support, outreach, and early identification particularly in underserved populations.

Through a variety of strategies we hope to improve mental wellness in the community, increase access to needed services, and prevent mental health challenges from becoming severe and disabling.

Funds for prevention and early intervention (PEI) programs are provided by the Mental

Health Services Act (MHSA), state legislation approved by voters in November 2004 that places a 1% tax on every dollar of personal income over \$1 million.

This report represents a small portion of these funds that are provided to contracted community based organizations. These organizations provide critical services and programs the City would not otherwise be able to offer and in places where behavioral health services are not traditionally given such as schools, community centers, and shelters.

PROGRAMS & INVESTMENTS

Community PEI programs funded by the City of Berkeley include:

Albany Unified School District: Offers trauma support services to high school students and adults. Weekly support groups are provided at Albany and McGregor high schools to help students process various traumatic events and develop close, trusting relationships. Outreach, engagement and support groups are also offered to adults who live and work on the back stretch of Golden Gate Fields race track. Activities focus on coping with issues of acculturation, immigration and dislocation.

Center for Independent Living: Provides services to older adults with acquired disabilities. A series of wellness workshops conducted by peer facilitators help participants cope with issues related to aging and the onset of disabilities such as a loss of mobility, hearing or vision.

Covenant House: Provides support groups to transitional aged youth (TAY) living in the YEAH! homeless shelter. Youth celebratory events and social outings are also organized to build community and trust.

GOALS for Women: Provides community-based, culturally competent, outreach and support services for African Americans residing in South and West Berkeley. The program conducts outreach and engagement, facilitates Kitchen Table Talk support groups, provides peer counseling, and connects participants to community resources.

Pacific Center for Human Growth: Provides outreach, engagement, and support groups for adults in the LGBTQI community. Approximately 12-15 weekly or bi-weekly support groups are offered targeting various populations and needs.

MEASURING SUCCESS

The Mental Health Division at the City of Berkeley is working with staff and community based partners to deepen our positive impact on the communities we serve, especially for those most vulnerable.

Results Based Accountability (RBA) is a new way of understanding and enhancing our work and has a proven track record of success in improving quality of life for people and communities.

First, we define what the result or outcome is we hope to achieve. Next we decide how we can measure progress on that result. The data is collected on an ongoing basis to guide our understanding and inform efforts to enhance progress towards those results.

Simply put, RBA is a way to measure the success of our programs and how our programs make a difference to and for the people we serve.

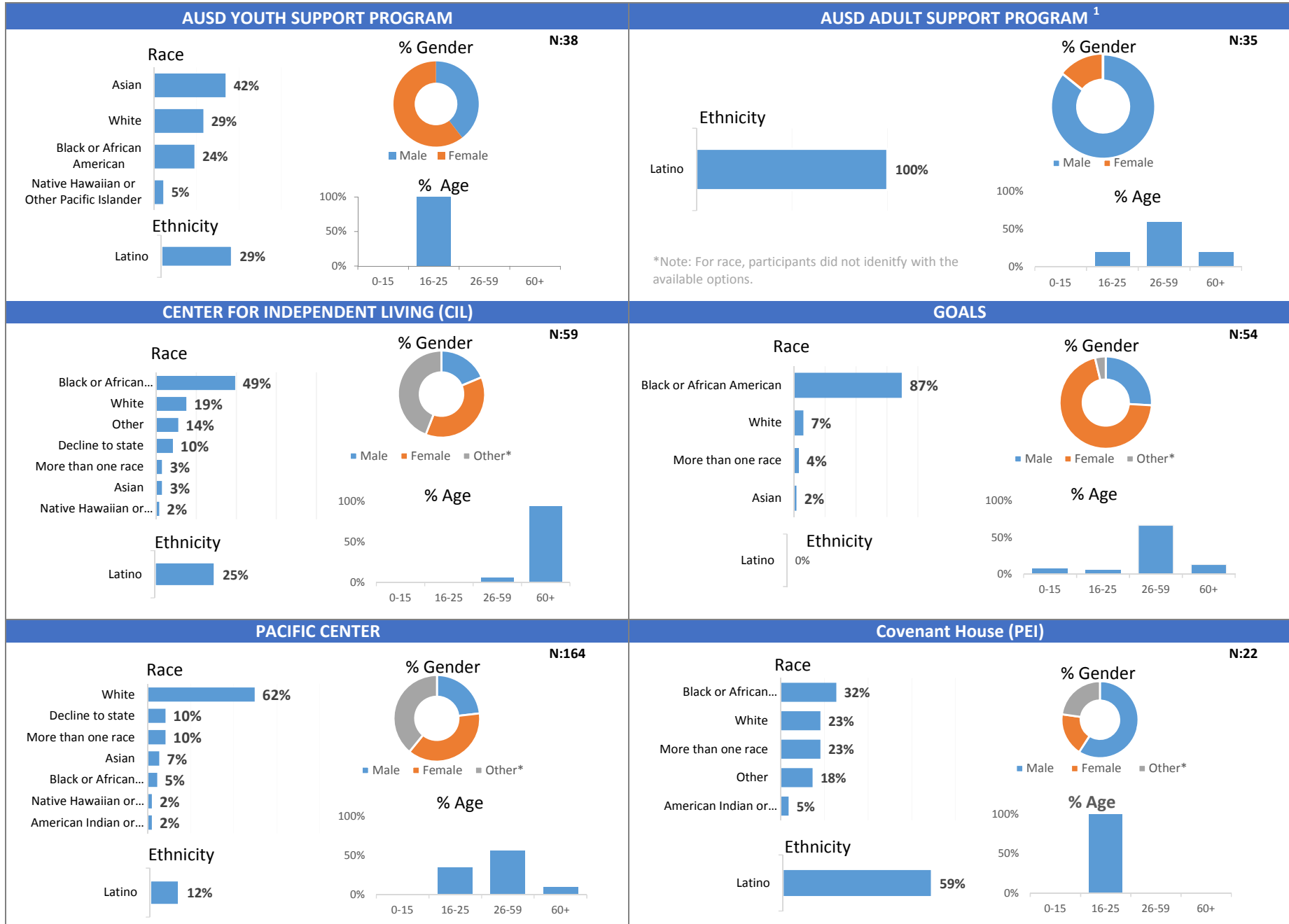
Results Based Accountability was incorporated into our Prevention and Early Intervention contracts starting in fiscal year 2018. Programs provided data that addressed three basic questions:

- How much did you do?
- How well did you do it?
- Is anyone better off?

The following report provides a snapshot of the impact of our funded programs. Demographics are also included to provide a view of who is served by these Prevention and Early Intervention funded programs. The Berkeley Mental Health Division creates a stakeholder informed plan that provides program descriptions, outlines program changes or enhancements, and includes more detailed reporting on all MHSA funded programs. Read the full report [here](#).

MHSA PEI DEMOGRAPHIC DATA

FY18 DATA ¹
5/30/2019



¹ MHSA funded programs collect and report on a more expansive set of demographic characteristics including disability status, sexual orientation, detailed ethnicity data, and veteran status. To see full reporting on these important data elements, visit https://www.cityofberkeley.info/Health_Human_Services/Mental_Health/MHSA_Plans_and_Updates.aspx

Demographics reported for all individuals directly served by the funded program. May include participation in support groups, individual counseling, and group presentations.

* Other Gender includes Transgender, Genderqueer, Questioning or Unsure, and Other. Demographics may not add to 100% due to some individuals declining to provide requested information

AUSD Demographics	%
American Indian or Alaska Native	0%
Other	0%
More than one race	0%
Decline to state	0%
Native Hawaiian or Other Pacific Islander	5%
Black or African American	24%
White	29%
Asian	42%
TOTAL	100%

AUSD Latino Ethnicity	%
Latino	29%
Non Latino	
TOTAL	

AUSD Gender	%
Male	39%
Female	61%
Other	0%
Total	100%
Other Detail	
Transgender	0%
Genderqueer	0%
Questioning	0%
Other	0%

AUSD Age	%
0-15	0%
16-25	100%
26-59	0%
60+	0%
Decline to state	0%
TOTAL	100%

AUSD Adult Demographics	%
American Indian or Alaska Native	0%
Asian	0%
Black or African American	0%
Native Hawaiian or Other Pacific Islander	0%
White	0%
More than one race	0%
Decline to state	0%
Other	100%
TOTAL	100%

AUSD Adult Latino Ethnicity	%
Latino	100%
Non Latino	0%
TOTAL	100%

AUSD Adult Gender	%
Male	86%
Female	14%
Other*	
TOTAL	100%

AUSDAdult	%
0-15	0%
16-25	20%
26-59	60%
60+	20%
Decline to state	0%
TOTAL	100%

Pacific Center Demographics	%
Other	0%
American Indian or Alaska Native	2%
Native Hawaiian or Other Pacific Islander	2%
Black or African American	5%
Asian	7%
More than one race	10%
Decline to state	10%
White	62%
TOTAL	100%

Pacific Center Latino Ethnicity	%
Latino	12%
Non Latino	
TOTAL	

Pacific Center Gender	%
Male	23%
Female	38%
Other*	39%
Total	100%
Other Detail	
Transgender	9%
Genderqueer	21%
Questioning	4%
Other	5%

Pacific Center Age	%
0-15	0%
16-25	34%
26-59	56%
60+	10%
Decline to state	0%
TOTAL	100%

CIL Demographics	%
American Indian or Alaska Native	0%
Native Hawaiian or Other Pacific Islander	2%
Asian	3%
More than one race	3%
Decline to state	10%
Other	14%
White	19%
Black or African American	49%
TOTAL	100%

CIL Latino Ethnicity	%
Latino	25%
Non Latino	
TOTAL	

CIL Gender	%
Male	19%
Female	37%
Other*	44%
Total	100%
Other Detail	
Transgender	44%
Genderqueer	0%
Questioning	0%
Other	0%

CIL Age	%
0-15	0%
16-25	0%
26-59	5%
60+	93%
Decline to state	2%
TOTAL	100%

GOALS Demographics	%
American Indian or Alaska Native	0%
Native Hawaiian or Other Pacific Islander	0%
Other	0%
Decline to state	0%
Asian	2%
More than one race	4%
White	7%
Black or African American	87%
TOTAL	100%

GOALS Latino Ethnicity	%
Latino	0%
Non Latino	100%
TOTAL	

GOALS Gender	%
Male	26%
Female	70%
Other*	4%
Total	100%
Other Detail	
Transgender	0%
Genderqueer	0%
Questioning	0%
Other	4%

GOALS Age	%
0-15	7%
16-25	6%
26-59	67%
60+	13%
Decline to state	7%
TOTAL	100%

Covenant House (PEI)	%
Asian	0%
Decline to state	0%
Native Hawaiian or Other Pacific Islander	0%
American Indian or Alaska Native	5%
Other	18%
More than one race	23%
White	23%
Black or African American	32%
TOTAL	100%

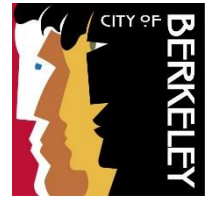
Covenant House (PEI) Ethnicity	%
Latino	59%
Non Latino	41%
TOTAL	100%

Covenant House (PEI) Gender	%
Male	59%
Female	18%
Other*	23%
Total	100%
Other Detail	
Transgender	14%
Genderqueer	5%
Questioning	5%
Other	0%

Covenant House (PEI) Age	%
0-15	0%
16-25	100%
26-59	0%
60+	0%
Decline to state	0%
TOTAL	100%

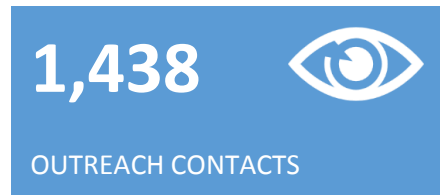
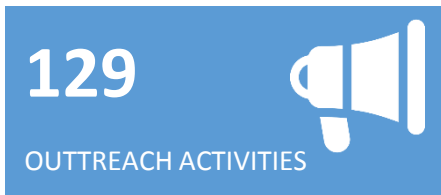
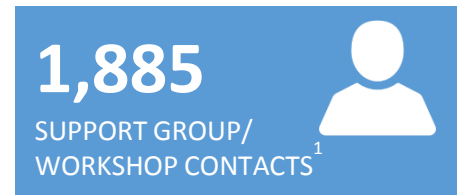
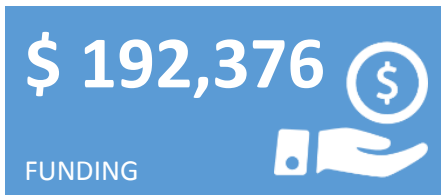
MHSA PEI FUNDED PROGRAMS

FY2018

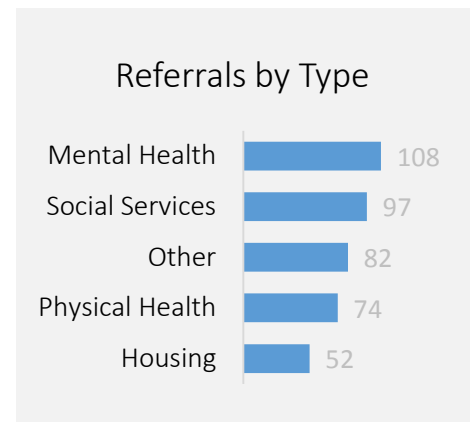


The City of Berkeley, Health Housing & Community Services Mental Health Division funds community education and support services for youth, adults and older adults. The Albany Unified School District, Center for Independent Living, Covenant House, GOALS for Women, and Pacific Center provide critical prevention, early intervention and wellness services. Below is a snapshot of these funded programs for FY2018.

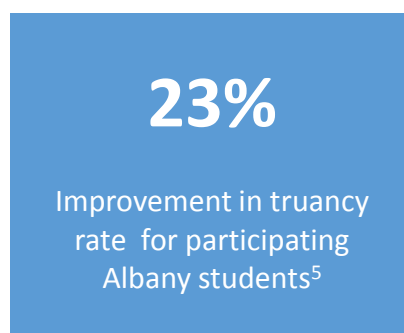
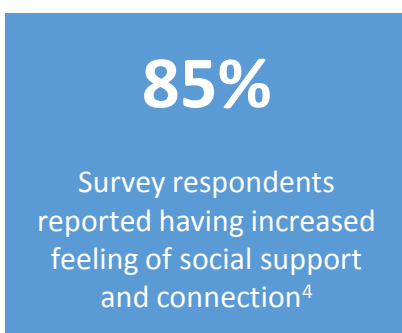
HOW MUCH DID WE DO?



HOW WELL DID WE DO IT?



IS ANYONE BETTER OFF?



Technical Notes:

Program information is based on latest information received from Community Based Organizations as of October 2018.

MHSA funded programs collect and report on a more expansive set of performance measures. To see more detailed reporting, visit https://www.cityofberkeley.info/Health_Human_Services/Mental_Health/MHSA_Plans_and_Updates.aspx

¹ Support Group/Workshop Contacts is the sum total of times participants attend a support group or workshop funded by the Prevention and Early Intervention Program. Does not include outreach activities, one-on-one support, and celebratory events that also take place in some programs.

² Average # of groups attended per person calculates on average how many group sessions each person attended during the fiscal year.

³ Based upon 212 surveys. Reflects % that answered positively to the following questions: *I would recommend the group to a friend* (AUSD), *I would recommend the organization to a family member or friend* (Pacific Center) and *I was satisfied with the workshop* (CIL).

⁴ Based upon 73 surveys. Reflects the % of respondents that answered positively to the following types of questions: *As a direct result of participating in the peer support groups, I have trusted people I can turn to for help* (Pacific Center), *I have support to deal with the painful things I have experienced* (AUSD), *I have good social supports* (CIL)

⁵ Based upon analysis of AUSD High School students by comparing # of days truant in previous year to the # of days truant in the current fiscal year.

⁶ Based upon 73 surveys. Reflects the % of respondents that answered positively to the following types of questions: *As a direct result of participating the peer support groups, I deal more effectively with daily problems* (Pacific Center), *I use healthy ways to cope with stress in my life* (AUSD), *I feel less overwhelmed and helpless* (CIL)