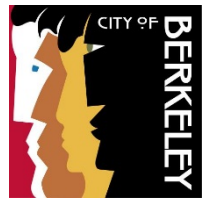


PREVENTION AND EARLY INTERVENTION MENTAL HEALTH FUNDED PROGRAMS FY2019 Fact Sheet



City of Berkeley Prevention & Early Intervention Program

The City of Berkeley Mental Health Division provides prevention, early intervention and wellness services. 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 elementary and high school students as well as adults. Weekly support groups are provided to help students process various traumatic events and develop close, trusting relationships. Outreach and engagement 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) who are homeless or marginally housed. 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 LGBTQIA+ community. Approximately 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:

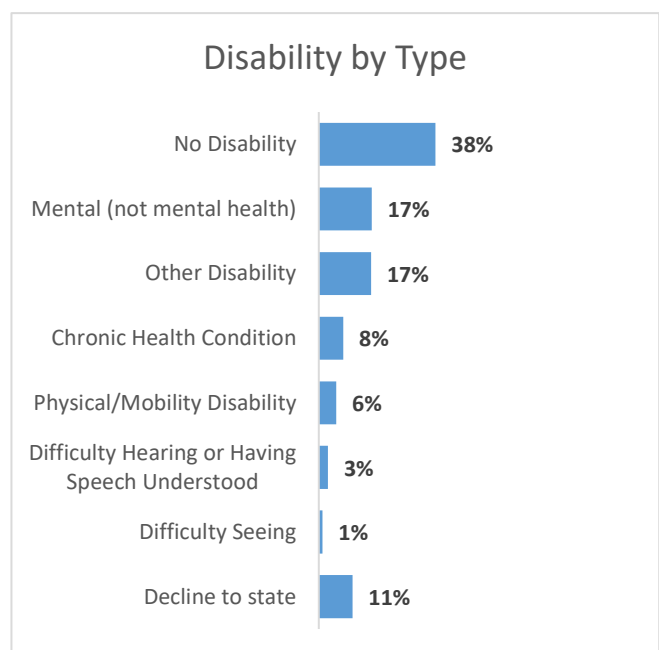
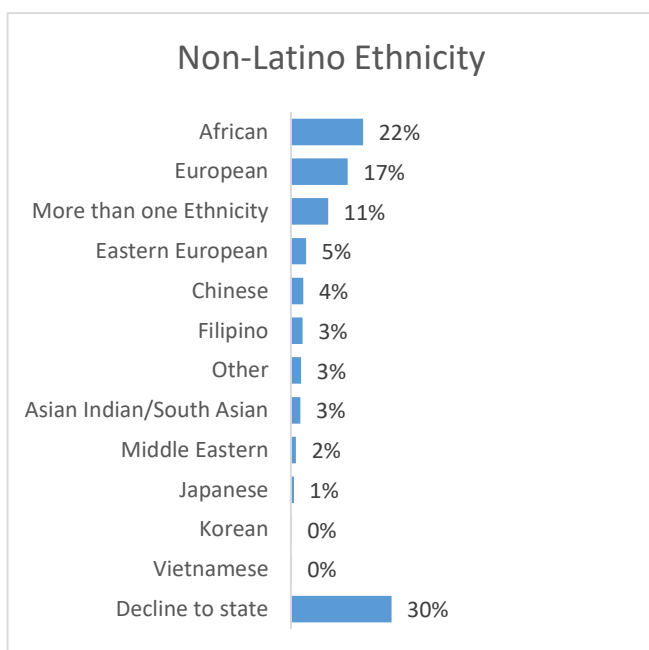
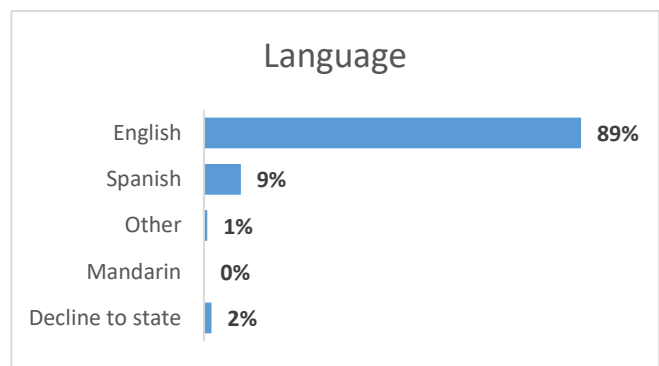
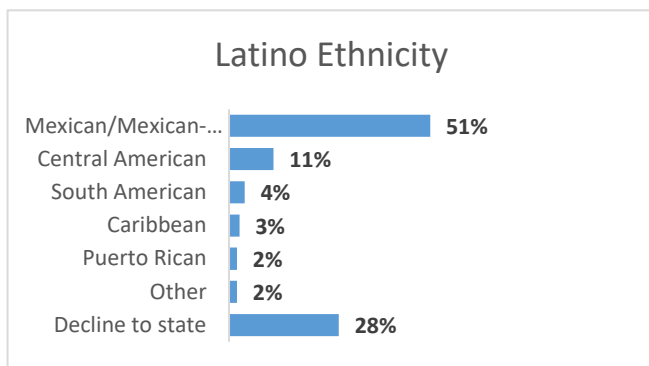
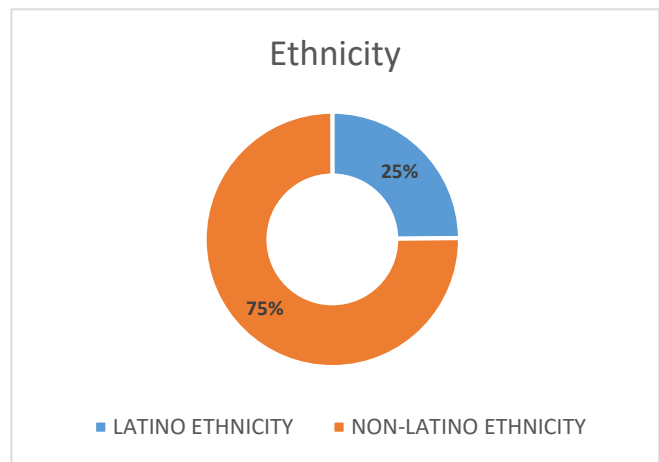
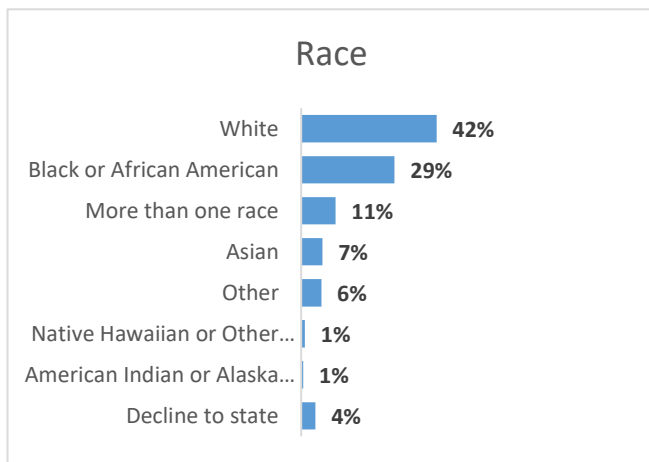
- How much did you do?
- How well did you do it?
- Is anyone better off?

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, reports demographics, and includes more detailed reporting on all MHSA funded programs. [Read the full report here.](#)

MHSA PEI DEMOGRAPHIC DATA

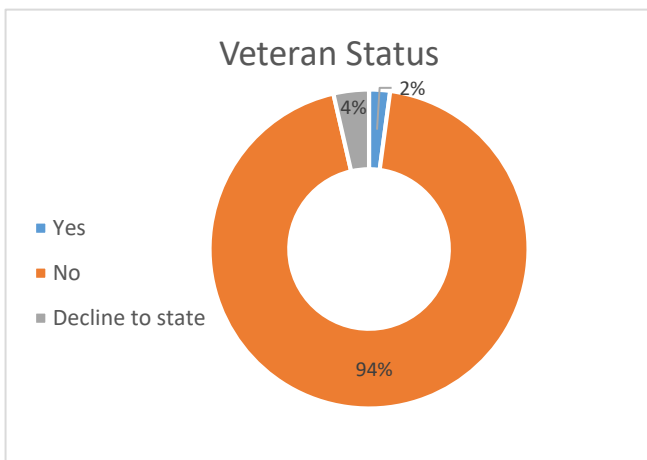
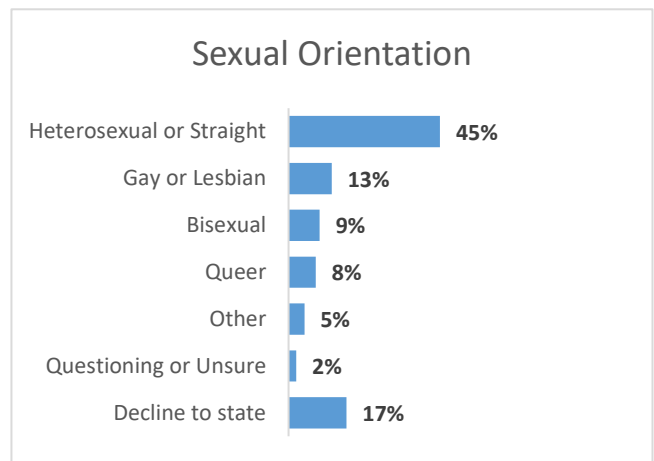
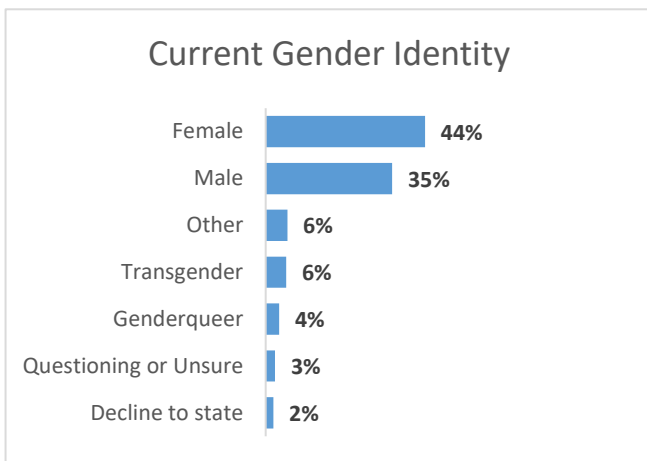
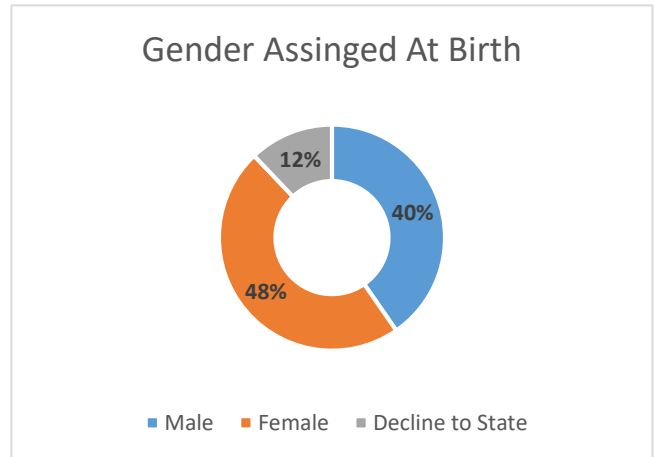
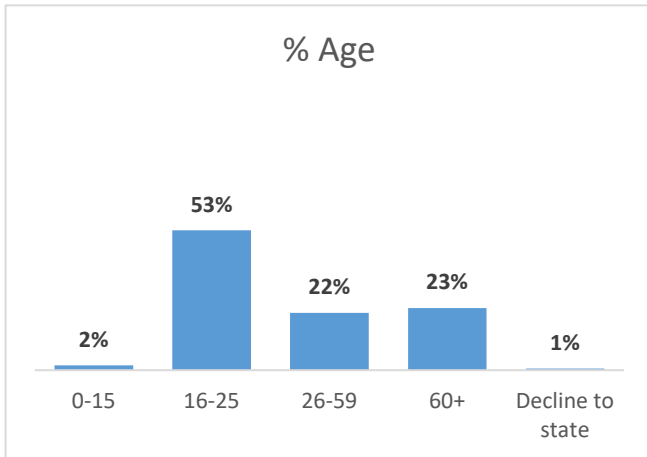
FY19 Data

Demographics are reported in aggregate across all programs for 612 individual participants. Please note that individuals may be duplicated across programs.



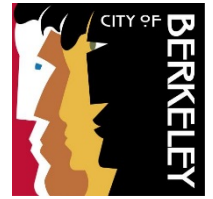
MHSA PEI DEMOGRAPHIC DATA

FY19 Data



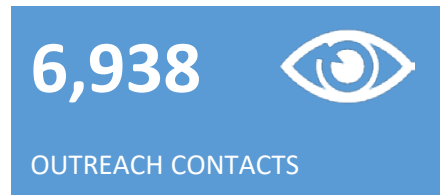
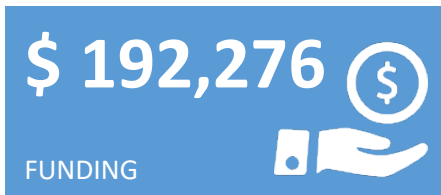
MHSA PEI FUNDED PROGRAMS

FY2019

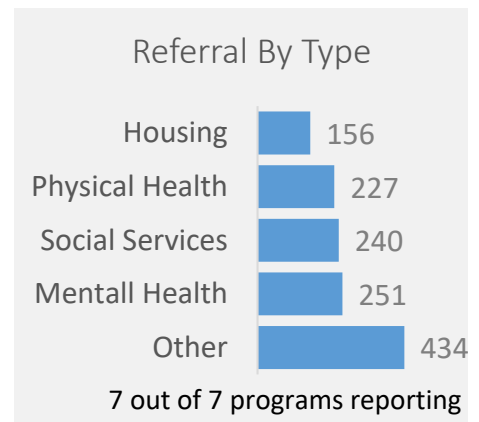


The City of Berkeley, Health Housing & Community Services Mental Health Division funds community education and support services for youth, adults and older adults. The Albany Unified School District, Center for Independent Living, Covenant House, GOALS for Women, and Pacific Center provide critical prevention, early intervention and wellness services. Below is a snapshot of these funded programs for FY2019.

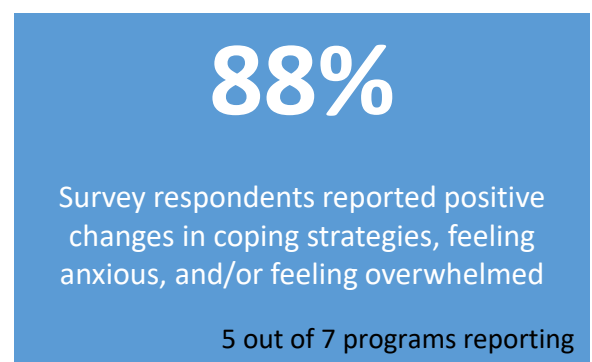
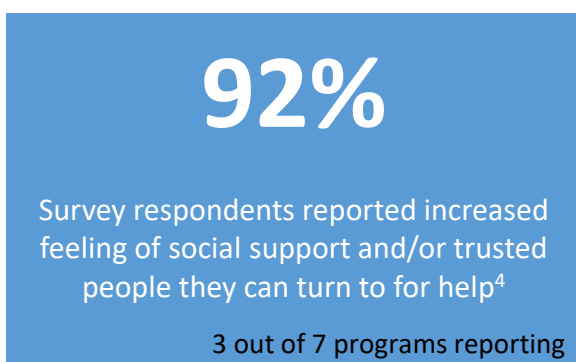
HOW MUCH DID WE DO?



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 August 2020. We are working towards a shared set of standardized measurements across programs in the future. Below are details on the measures reported by program.

¹ Support Group/Workshop Encounters 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 247 surveys. Reflects % that answered positively to the following questions: *I would recommend the group to a friend (AUSD-HS), I was satisfied with the workshop (CIL), I was satisfied with services (Covenant House), I would return if I or my family needed help (GOALS), I would recommend the organization to a family member or friend (Pacific Center).*

⁴ Based upon 91 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-HS), I have good social supports (CIL)*

⁶ Based upon 109 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 have improved skill in coping with challenges (GOALS), I feel less overwhelmed and helpless (CIL), I am coping with stress in my life in healthier ways (AUSD-HS), The student exhibits less anxiety in the classroom (AUSD- ELM)*