



Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration

Region 7 Demonstration Program Profile

Region 7 Overview

Region 7 includes the counties of Fresno, Kings, Madera, Mariposa, Merced and Tulare, with a population of 1,983,664 residents representing urban, suburban, rural and frontier areas. There are 126 districts in the region serving approximately 413,991 K-12 students. The Region 7 demonstration programs focus on bullying prevention, suicide prevention and positive school climate and culture.

Contact Information

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Mental Health Region: Central

Youth Mental Health First Aid Training

Program Topics

Mental Health Awareness
Suicide Prevention

Target Population

9-12 Students and Staff

Location

Tulare and Kings Counties

Implementation Strategies

Youth Mental Health First Aid is a public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and most importantly, teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge. *Mental Health First Aid* uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

Participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies



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Coping & Support Training (CAST)

Program Topics

Mental Health Awareness
Suicide Prevention
Social-Skill Building

Target Population

8-12 and After School Students and Staff

Location

Tulare and Kings Counties

Implementation Strategies

CAST is a school-based indicated or selective prevention program that targets young people in grade 9-12 who evidence multiple risk and few protective factors for suicide and depression.

- Provide skills training with a focus on building self-esteem, monitoring and setting goals, decision making and personal control, including help- and support-seeking strategies
- Provide a group context of adult and peer support developed to enhance the personal and social protective factors of suicide-vulnerable youth
- Develop a school system crisis response plan that includes both school- and community-based strategies and resources for responding to a range of suicide behaviors
- Encourage parent involvement including active parental consent, support of the *CAST* goals for their youth, and awareness of school and community support resources

Positive Behavioral Interventions and Supports

Program Topics

School Climate and Culture
Bullying Prevention

Target Population

K-12 and After School Students and Staff

Location

Fresno, Madera, Merced and Tulare Counties

Implementation Strategies

PBIS is an application of a behaviorally-based systems approach to enhance the capacity of schools, families and communities to design effective environments that improve the link between research-validated practices and the environments in which teaching and learning occur. Attention is focused on creating and sustaining primary (school-wide), secondary (classroom), and tertiary (individual) systems of support that improve lifestyle results for all children and youth by making targeted behaviors less effective, efficient, and relevant, and desired behavior more functional. Through trained *PBIS* teams of school staff and parents, participating schools:

- Develop a continuum of scientifically-based behavior and academic interventions and supports
- Use data to make decisions and solve problems
- Arrange the environment to prevent the development and occurrence of problem behavior
- Teach and encourage pro-social skills and behaviors
- Implement evidence-based behavioral practices with fidelity and accountability
- Screen universally and monitor student performance and progress continuously
- Improve school climate, parent involvement and student attendance

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Botvin LifeSkills Training (LST)

Program Topics

Substance Abuse Prevention
Violence Prevention
Youth Development

Target Population

K-12 Students and Staff

Location

Tulare and Kings Counties

Implementation Strategies

Botvin LifeSkills Training (LST) is a research-validated substance abuse and violence prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. The program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations through activities designed to:

- Teach students the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs
- Help students develop greater self-esteem and self-confidence
- Enable students to effectively cope with anxiety
- Increase their knowledge of the immediate consequences of substance abuse
- Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors

Bullying Prevention

Program Topic

Bullying Prevention

Target Population

K-12 and Alternative Education Students, Administrators, School Staff, Parents and Community Members

Location

Fresno, Kings, Madera, Merced and Tulare Counties

Implementation Strategies

Increase the capacity of participating schools and districts to implement sustainable bullying prevention programs and strategies by:

- Establishing demonstration sites
- Providing evidence-based curriculum training
- Providing technical assistance and support

www.regionalk12smhi.org



The California County Superintendents Educational Services Association's Regional K-12 Student Mental Health Initiative is administered by the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded by counties through the voter-approved Mental Health Services Act (Prop 63). Prop 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.