

PREVENTION



Substance Use Prevention and Education

Suicide Prevention and Education



WELLNESS • RECOVERY • RESILIENCE

To improve the quality of life for the people of Lake County experiencing mental illness or substance use disorders by offering recovery-oriented services.

Collaboration is Key

Agencies

- Hope Rising
- Hospitals/Clinics
- Safe Rx
- Department of Social Services
- Law Enforcement
- Healthy Start
- Office of Education
- LCCOC
- Community Coalitions
- Churches

Community Events

- PIT Count
- Vet Connect/Stand-down
- Children's Festival
- Community Health Fairs
- School Health Fairs/Open Houses
- Take Back Days
- National Night Out
- Cinco de Mayo
- Upper Lake Days
- Middletown Days
- Tule Boat Festival
- Recovery Happens
- Lunchtime Learning Sessions

Project ALERT

Project ALERT is a substance use prevention program for middle school students. It is an evidence-based program listed on the National Registry of Evidence-based Programs and Practices. The Project ALERT curriculum was developed and tested over a 10 year period by RAND, the nation's institution on drug policy.

Curriculum

The Project ALERT curriculum focuses on preventing teenage non-use from experimenting with alcohol, marijuana, tobacco, and other drugs, as well as on preventing teenage experimenters from becoming regular users. It achieves these goals by helping adolescents:

- “ Understand the consequences of using drugs
- “ Develop reasons not to use
- “ Understand the benefits of being drug-free
- “ Recognizing that most people do not use



The Truth About Drugs

The Truth About Drugs program is a substance use prevention program for high school students. It is the world's largest non-governmental drug education and prevention program. The Foundation for a Drug-Free World has placed more than 24,000 drug education packages into the hands of teachers for full classroom implementation.

Curriculum

The Truth About Drugs curriculum focuses on the “14 Truth About Drugs” booklets that present the facts and figures on the most commonly used drugs: marijuana, alcohol, ecstasy, cocaine, crack, crystal meth, ritalin, inhalants, heroin, LSD, prescription drugs, painkillers and synthetics—recently added to the program materials in response to devastating spikes in usage around the world.



Opioid Misuse & Abuse Prevention, Outreach, and Education

§Classroom Education

§Parent Education

§School & Community Events

§Collaboration with Lake County Safe Rx

§OD Map



Peer Support Centers



Current Services at the Peer Support Centers

- Survival Cooking
- Support Groups - Spanish and English
- Coffee Chat
- Parent Café
- Youth-Led Peer Support Group
- Talking Circle
- Red Roads
- Pathfinders
- Life Skills
- Art for Happiness
- English Classes
- Drum Making
- Learning Hub
- Shower Pop-Up Care Trailer
- Food Give-Aways
- Assistance Applying for Financial Assistance (food stamps, SSI, Medi-Cal)

The Big Oak Peer Support Center

13340 E. Hwy 20, Suite O

Clearlake Oaks

707-998-0310

The Big Oak Peer Support Center serves as a center of learning for self-improvement and a link to mental health services for the community of Lake County. The Big Oak Peer

Support Center provides a positive and supportive environment, for people who may be facing life struggles. The staff work with community members on how to achieve both physical and mental wellness. The goal is to support personal growth by expressing compassion and offering a unique perspective to recovery from peer support. The staff teach daily skills, anger management, and education on substance abuse while believing in the person's enormous potential and ability to recover. The center also hosts a weekly pop-up care/shower trailer and a monthly food give away.

The BOC provided 27,372 services to 420 unique community members.



Circle of Native Minds

845 Bevin's Street

Lakeport

707-263-4880

The Circle of Native Minds provides culturally relevant wellness-oriented services to the Native American Community. This peer support center offers outreach and engagement for the local tribal community, training for suicide prevention, and a community meeting place with a tribal history and culture library. The center also offers several talking circles monthly, as well as traditional workshops and trainings. The staff at the center provide a welcoming culturally sensitive environment, allowing community members an opportunity to connect with their elders and begin the road to recovery.

The CNM provided 7,868 services to 189 unique community members.



Family Support Center
21389 Stewart Street, Suite E
Middletown
(707) 987-9601

The Family Support Center provides resources, referrals, and support for families involved with the County mental health system or that need more information on available community resources. The staff provides peer-to-peer understanding, support parents in navigating the services system, and advocate for their needs. Staff also brings nonclinical insights on how to seek appropriate services and communicate with service providers.

The FSC provided 133 services
63 unique community members.



La Voz de la Esperanza Centro Latino

14092 Lakeshore Drive

Clearlake

707-994-4261

La Voz de la Esperanza (The Voice of Hope), provides culturally relevant wellness-oriented services to community members. The focus of the center is to provide education and prevention services to the Latino community of Lake County. The center staff link the Latino community with available resources to improve their overall health. All members of the community are welcome at the center. The center offers English classes, Latina support groups, mental health support groups, and youth groups. We help break the language barrier that often prevents people from seeking help and offer referrals for mental health services when appropriate or requested.



La Voz provided 46,848 services to 648 unique community members.



The Harbor on Main

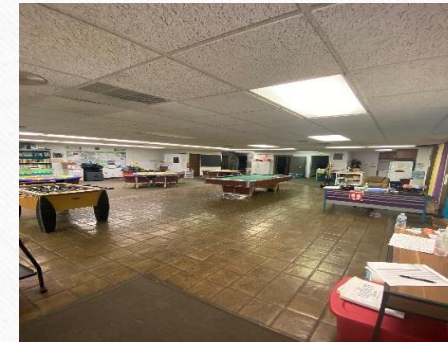
154 S. Main Street

Lakeport

707-994-5486/707-263-0372

The Harbor on Main is a Youth Resource Center for individuals 15-24 years old located in downtown Lakeport. The Harbor provides youth access to FREE resources and services aligned to meet their interests and needs including (but not limited to) food, clothing, hygiene products, computers and internet access, free printing capabilities, socialization opportunities, life skills groups and so much more. Eligible youth attending the Harbor can be referred to as community-based and in-house support services to meet acute and mental health needs. The resource center is youth led and youth-driven, meaning that services and supports are frequently adapting to address the issues many young adults face while the transition from interdependence to independent living.

The Harbor on Main provided 13,170 services, had 1,278 visits, and served 174 unique community members.



Suicide Prevention Awareness & Education





Mental Health First Aid

Adult, Teen, & Youth

Adult Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Know The Signs 1 HR Course

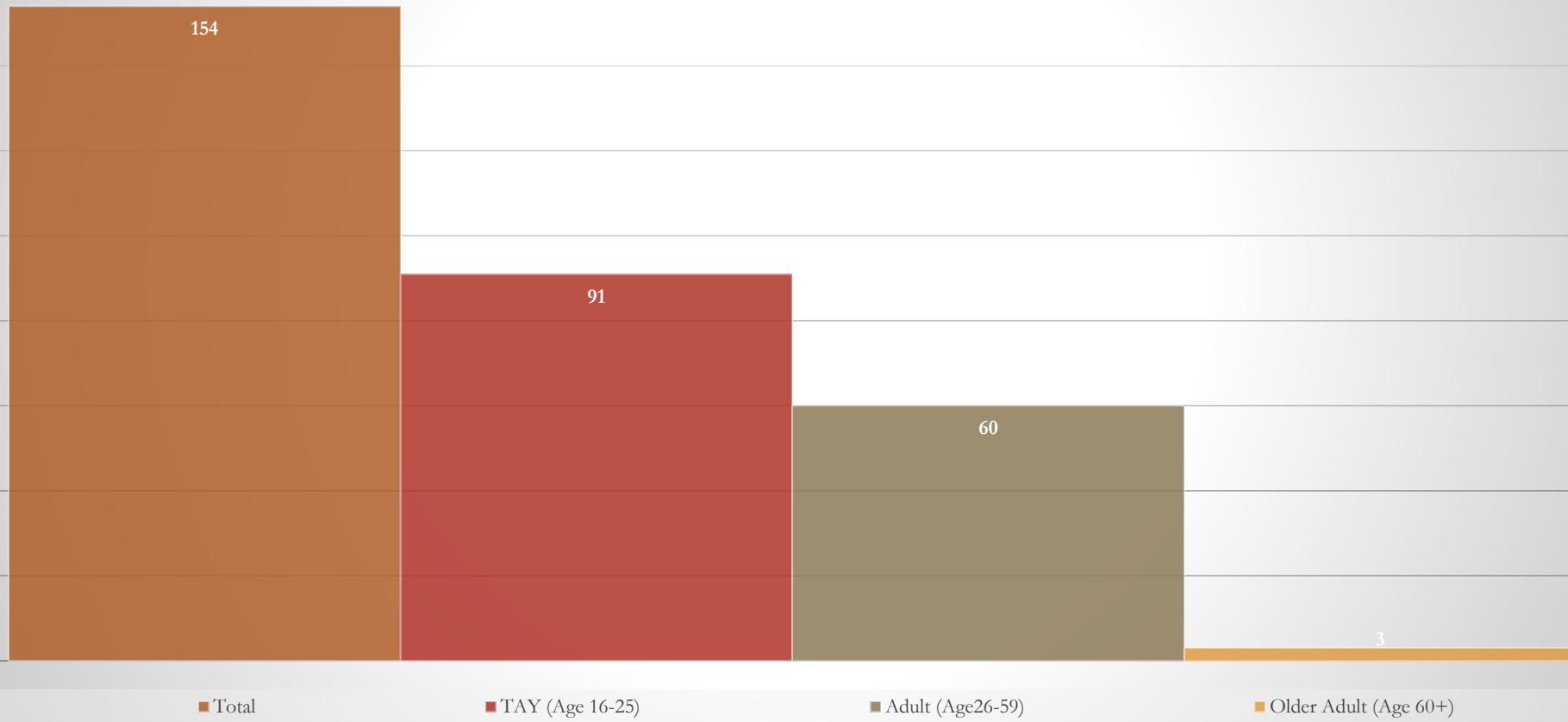
Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. **If you observe one or more of these warning signs**, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, **step in or speak up**.



QPR 1-2 HR Course

QPR stands for Question, Persuade and Refer, an emergency mental health intervention that teaches lay and professional Gatekeepers to recognize and respond positively to someone exhibiting suicide warning signs and behaviors.

Suicide Prevention: Statewide, Regional, Local Projects - Unduplicated Clients Served (FY19-20)





Lake County Resource Guide

www.lakeresource.com

National Suicide Prevention Lifeline

1-800-273-8255 (TALK)

or

TEXT LINE

741741 text "HELP"

Lake County Suicide Prevention Lifeline

1-855-587-6373

Mental Health Crisis Line

1-800-900-2075

Kendra Boyce ~ Prevention Specialist

Kendra.Boyce@lakecountycalifornia.gov

707.533.7358

Michael Mos ~ Prevention Specialist

Michael.Mos@lakecountycalifornia.gov

707.274.9101 ext. 26152

Carrie Manning ~ MHSA Team Leader

Carrie.Manning@lakecountycalifornia.gov

707.263.4880 ext. 26406

Behavioral Health Services

Northshore - Lucerne Clinic

707-274-9101

Southshore - Clearlake Clinic

707-994-7090



CENTERS:

Big Oak Center 707.998.0310

CNM 707.263.4880

The Harbor on Main 707.994.5486

LaVoz 707.994-4261

Family Support Center 707.987.9601

