

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES - Attachment A

PROGRAM TITLE: Cultural-Based Access/Navigation and Peer Support Specialist Program (CBANS)

PROVIDER: Sarbat Bhala Inc (SBI)

PROGRAM DESCRIPTION The Sarbat Bhala CBANS program has provided service to 198 individual and outreached to 1700 individuals. The prevention and early intervention program aimed at reducing risk factors and stressors, building protective factors and skills, and increasing social supports and reduce stigma across all age groups, through individual and group peer support, community awareness, and education provided in culturally sensitive and linguistically appropriate format.

Children
 Adult

TAY
 Older Adult

DATES OF OPERATION: April 1, 2013-present
June 2016

DATES OF DATA REPORTING PERIOD: July 2015 –

OUTCOME GOAL

1. Reduce Social and environmental Stressors.
2. Improve Attitudes & outlook.
3. Increase healthy behaviors among service participants

OUTCOME DATA

1. Reduce the number of self-reported stressors for 74% of clients within six months' time frame and 69% of clients reported positive change in stress level within 12month period. Data Source/tool Needs /Stressors form and pre/Post Cbans Wellness Survey.
2. 75% of clients reported increased sense of hope with in a six month time frame. Pre/Post wellness Survey, pre post hope index tool.
3. 65% reported. Sarbat Bhala CBAN led to Increase in Healthy behavior practices and better coping strategies that consumers are using;

DEPARTMENT RECOMMENDATION(S):

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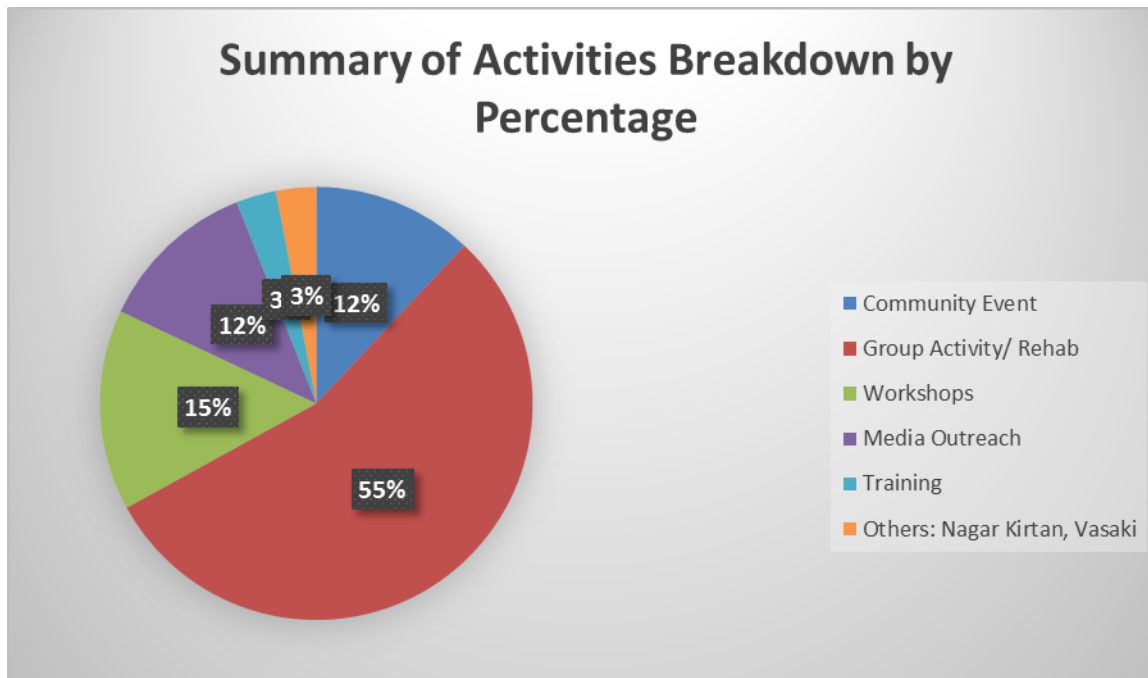
**spiritual prayer or meditation, good hygiene,
natural remedies.**

- 4. 70% Participant of the peer support group incorporate healthy eating techniques as well as physical activity complimented by materials they can take home for further self-support.**

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Data Source/ Tool that use by Sarbat Bhala
Intake Form, Needs-Stressors, Wellness Survey, PHQ-9

The Sarbat Bhala Cultural-Based Access-Navigation and Peer Support Program which is held Every Wednesday, Saturday, and Sunday help to reduce stigma that group and/ or individual have about mental health and provide information/linkage services designed to meet their psychological and emotional needs. Sarbat Bhala Staff Provides Family education threwh family support groups to help individual with mental health concerns. The Sarbat Bhala provide these services in community settings that are culturally sensitive and linguistically appropriate. The Sarbat Bhala CBANS has provided service to 198 on mental health ongoing basis per year and provided 12 community meetings and outreached to 1700 individuals, put on 4 community events, 2 fairs and 4 presentations, total of 49 events. Sarbat Bhala has out reached and connected with 5 Fresno county Sikh Temple to help educated and reduce stigma related to mental health.



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Self-Wellness Report Comparison of 45 Participants: Has the Sarbat Bhala CBANS helped you.

Strongly Agree	Agree	Disagree	Strongly Disagree	Don't Know
75%	20%	2%	0%	1%

Sarbat Bhala CBAN
Report Period: July 2015 – June 2016

Populations Served: Punjabi
Ages Served: 8 to 65
Number of Events: 49 (1700+ community members reached)

Types of Events:

Community Events, Mental Health Services & Activities

- Parents Resource day
- Community organizing meeting
- Family and peer support meetings
- Punjabi Traditional Handcrafted items
- Back to School night
- Punjabi Connect with your kids every Saturday
- Adult Peer Support Group
- Youth Peer Support Group
- How to Manage School Stress
- Kids Sports 5year to 10year Stay Active stay healthily
- Living Happy Healthy Outing Activities; morning walks, trailing.
- Job Connection Event
- Parkash Utsav Dasveh Patshah Out reach event
- Natural and fresh Food and Nutrition Education
- Network Resource Meeting
- Health Education Workshop
- Hola mhala event Out reach event
- Group discussion Depression-Exploring activities peer support group.
- Monthly community meeting.
- New Year event out reach event.
- Workshop: Chronic and Mental Health Illnesses Prevention/intervention

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- Meditation/Relaxation Workshop
- Mental Health Education and stigma.
- Community Events, Selma Sikh parade, Fowler parade, Fresno Punjabi Mela (fair).
- Booth at parades
- Peer support group every Wednesday and Sunday

Other Mental Health Services Provided

- Anxiety Workshops
- Depression Workshops
- Bullying in School awareness Workshops
- Peer Pressures Talks