

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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

**PROVIDER:** Fresno American Indian Health Project

**PROGRAM DESCRIPTION:** The CBANS program is a mental health awareness, prevention and early intervention program aimed at reducing risk factors and stressors, building protective factors and skills, and increasing social supports across all age groups, through individual and group peer support, community awareness, and education provided in culturally sensitive formats and contexts.

Fresno American Indian Health Project is a culturally sensitive health access and advocacy program designed to enhance the health and well being of the American Indian community in the City of Fresno, CA. The Health Project provides public health services and access to free & low cost quality health care. The primary program services are comprehensive case management, public health nursing, providing access to health services and prevention education.

**AGES SERVED:**

Children  
 Adult

TAY  
 Older Adult

**DATES OF OPERATION:** Oct. 11, 2011-Current

**DATES OF DATA REPORTING PERIOD:** Jan –December 2012

**OUTCOME GOAL**

**OUTCOME DATA**

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**Goal 1: Reduction in Consumer Stressors** (define measuring tool and results in Outcomes # 1)

**Outcome 1:**

The Needs and Stressor tool is used to measure the number of stressors consumers have when they arrive for services. The tool identifies four primary areas which are; Basic needs, Physical and Mental needs, Environmental/Social needs and Other Needs (related to participant's family, friends, work, etc...).

As part of the consumer's action plan, The Community Health Worker and Peer Support Specialist work to provide linkage to appropriate services. Services clients are linked to include, but are not limited to: counseling (Family, Individual and children), legal (divorce and child custody), food, housing and tribal resources. The linkage services are provided within Fresno County and include Fresno County Department of Behavioral Health, Fresno Family Counseling Center, Central California Legal Services, Exceptional Parents Unlimited, food distribution sites, Sierra Tribal Consortium, Tribal Temporary Aid to Needy Families, and other American Indian service programs.

93 participants received services during the year 2012; of those 43% were successfully linked to appropriate services. In the initial assessment, the average number of stressors a consumer had was eight. As a result of services, provided and linkage to necessary resources stressors were reduced an average of three, as identified in a follow-up assessment.

**Goal 2: Increase in Consumer Wellness** (define measuring tool and results in Outcomes # 2) Wellness Score

**Outcome 2**

The wellness score identifies the clients overall wellness; which includes their present support system and stress state, self-confidence, confidence level in

asking for help, and knowledge of community resources. This tool uses a scale of zero to thirty-seven, the higher the points the better overall wellness of the client.

The initial assessment indicated

- 0% of consumers fell into the scale of zero to ten,
- 36% fell in the scale of eleven to twenty,
- 54% fell in the scale of twenty-one to thirty,
- 10% fell in the scale of thirty-one to thirty-seven.

In the second round of assessments, after services were provided the overall wellness consumers revealed improvement:

- 0% of the consumers fell into the scale of zero to ten,
- 26% fell in the scale of eleven to twenty,
- 37% fell in the scale of twenty-one to thirty,
- 37% fell in the scale of thirty-one to thirty-seven.

Many of the clients continue to attend FAIHP's support groups as well as using one-on-one meetings to increase consumer wellness.

**Goal 3: Increase Consumer Coping Strategies** (define measuring tool and results in Outcomes # 3) Coping strategies

### **Outcome 3**

The Coping Strategies and Protective Factors tool gives a perspective of the positive practices the client is implementing. Some of the coping strategies that consumers already come in with are; spiritual prayer or meditation, good hygiene, natural remedies and

gardening.

We have incorporated ways to increase the number of coping strategies a consumer can employ. As a means to assist consumers to deal with their daily struggles staff encourages them to attend FAIHP's support groups and group and community activities. Within the support groups we incorporate healthy lifestyles and mental health wellness and stress relieving techniques as well as physical activity complimented by materials they can take home for further self-support.

In the initial assessment, using The Coping Strategies and Protective Factors tool consumers came in on average, with sixteen coping strategies. The follow-up assessment increased their coping strategies by an average of five, leaving them on average with twenty-one.

### **Other Outcomes**

Outreach was conducted to recruit and engage clients in our services. Staff attends outreach activities each month at different events/sites throughout Fresno County such as FAIHP's Health Fair, American Indian events, and other outreach opportunities in Fresno County. We collaborate with many service programs and with local AI/AN programs. As a result of outreach efforts, staff has been able to reach an average of 97 consumers monthly and raise their awareness on their mental health as well as their family and friends.

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**DEPARTMENT RECOMMENDATION(S):** Based on outcome and measurements reported, the Department recommends continued MHSA Funding for the Cultural Based Access Navigation Specialist and Peer Support program for FY 2013-14