

PROGRAM INFORMATION:

Program Title:	Cultural-Based Access/ Navigation and Peer Support Specialist Program	Provider:	Sarbat Bhala, Inc.
Program Description:	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.	MHP Work Plan:	3-Culturally and community defined practices Choose an item. Choose an item.
Age Group Served 1:	ALL AGES	Dates Of Operation:	April 2013 - present
Age Group Served 2:	Choose an item.	Reporting Period:	July 1, 2016 - June 30, 2017
Funding Source 1:	Early Intervention (MHSA)	Funding Source 3:	Choose an item.
Funding Source 2:	Prevention (MHSA)	Other Funding:	Click here to enter text.

FISCAL INFORMATION:

Program Budget Amount:	\$69,920.00	Program Actual Amount:	\$69,085.25
Number of Unique Clients Served During Time Period:	290		
Number of Services Rendered During Time Period:	2,767		
Actual Cost Per Client:	\$238.23		

CONTRACT INFORMATION:

Program Type:	Contract-Operated	Type of Program:	Other, please specify below
Contract Term:	July 1, 2016 – June 30, 2021	For Other:	Prevention and Early Intervention (PEI)
		Renewal Date:	July 1, 2021

Level of Care Information Age 18 & Over:

Level of Care Information Age 0- 17:

The Level of Care information above does not apply to this contracted program.

TARGET POPULATION INFORMATION:

Target Population: Punjabi Community

CORE CONCEPTS:

- **Community collaboration:** individuals, families, agencies, and businesses work together to accomplish a shared vision.
- **Cultural competence:** adopting behaviors, attitudes and policies that enable providers to work effectively in cross-cultural situations.
- **Individual/Family-Driven, Wellness/Recovery/Resiliency-Focused Services:** adult clients and families of children and youth identify needs and preferences that result in the most effective services and supports.
- **Access to underserved communities:** Historically unserved and underserved communities are those groups that either have documented low levels of access and/or use of mental health services, face barriers to participation in the policy making process in public mental health, have low rates of insurance coverage for mental health care, and/or have been identified as priorities for mental health services.
- **Integrated service experiences:** services for clients and families are seamless. Clients and families do not have to negotiate with multiple agencies and funding sources to meet their needs.

Please select core concepts embedded in services/ program:

(May select more than one)

Community collaboration

Individual/Family-Driven, Wellness/Recovery/Resiliency-Focused Services

Please describe how the selected concept (s) embedded :

Using the Punjabi culture to reach out to the targeted population. The general focus is to make the Punjabi culture the bridge between our youth and elderly to connect and offer support to prevent the obvious growth of depression and suicide prevalent in our community. It is also to implement programs that make available the place and activities needed for community members to vent and ask for help. There are workshops, monthly peer support sessions for different age groups, gardening, and outreach presentations among other activities.

PROGRAM OUTCOME & GOALS

- **Must include each of these areas/domains:** (1) Effectiveness, (2) Efficiency, (3) Access, (4) Satisfaction & Feedback Of Persons Served & Stakeholder
- **Include the following components for documenting each goal:** (1) Indicator, (2) Who Applied, (3) Time of Measure, (4) Data Source, (5) Target Goal Expectancy

1) Effectiveness: Since Sarbat has started to reach out and become available, more people have been opening up about the problems that the Punjabi community faces. We see all families and ask individuals what services they require. Also, children have an open space to come to and vent their stress and connect. The goal is to be able to have offices or branches of services at least in every church; if not that, then at least the information and volunteers or employees regularly working to supply the need for each area. Right now, outreach is the main focus to introduce and familiarize the program to all individuals so that they realize help is out there for those that need it.

2) Efficiency: At this point each of our clients only costs us \$238.23 dollars.

3) Access: We serve the Punjabi community that is under represented and underserved. From first contact to seeing a peer support worker - 3 days. From first contact to being put in a peer support group – 5 days. From first contact to placement into a depression workshop - 9 days.

4) Satisfaction & Feedback: 90% of the clients are happy with services. 80% of the clients report wellness. Those that regularly attend the events and are familiarized with the paperwork fill out monthly prevention data sheets. Responses include the need for more Punjabi language based resources to be available such as therapists and psychologists in all the different resources that the County offers. The Punjabis are already intimidated by the way the system works. By programs hiring their own “resources” such as therapists and psychologists, they would be familiar with the background of the clients as well as the culture and can interact with them regularly. More pamphlets and presentations need to be available in Punjabi as well as training provided for Punjabi volunteers or employees to be able to do this.

Sarbat Bhala, Inc. will work with the Department to develop outcomes as well as target goal expectancies in the next reporting cycle.