

Building A Web of Safety & Belonging: A Community Prevention Initiative

PROBLEM STATEMENT: The current behavioral health landscape often focuses on reacting to crises rather than preventing them. High levels of stigma, shame, and isolation surround mental illness and substance use, while a lack of basic screening practices across community sectors leads to delayed support and services.

Objective

To provide comprehensive education and gatekeeper training across various sectors—including schools, businesses, and healthcare—to de-stigmatize mental health and empower community members to address early signs of behavioral health challenges.

Project Metrics

- **Educational Outreach:** Monitor the number and types of trainings, workshops, and educational opportunities provided to the community.
- **Data Integration:** Track data shared by various agencies, community-based organizations (CBOs), and providers regarding training reach.
- **Clinical & Health Outcomes:** Monitor county-wide metrics related to suicide rates, mental health-related Emergency Department (ED) visits, and drug overdose rates.
- **Competency & Confidence:** Utilize qualitative surveys to measure community partners' levels of confidence and competency in performing basic mental health screenings and preventative practices

Leverage Point

- School-Based Mental Health
- Prevention Mindset
- Mental Health & Primary Care
- ACE Awareness & Screening
- Shared Youth Well-Being Data
- Maternal Mental & Physical Health

Design Mandates

- Cultural Humility & Pluralism
- Psychological Safety & Dignity
- Adult & Provider Accountability

Ideas

- **Community Models:** Implement "true" community mental health care models, using Trieste, Italy, as a benchmark.
- **Local Partnerships:** Expand the CAPE team in Sonoma County schools and partner with SCOE and Buckelew for suicide prevention.
- **Culturally Relevant Care:** Utilize "On The Margins" for culturally-relevant education and specialized trainings.

Who/What - Lead

- Sonoma County Public Health
- Sonoma County Behavioral Health

Who/What - Project's Core

- SCOE, CAPE
- Health Organizations
- Buckelew
- Center For Well-Being

