



The Los Angeles County Department of Mental Health (DMH) is undertaking an intensive, inclusive, and multi-faceted approach to developing the County's Prevention and Early Intervention (PEI) Plan, one of five plans authorized by the Mental Health Services Act (MHSA) enacted by California voters in 2004.

**Prevention** in mental health involves reducing risk factors or stressors, building protective factors and skills, and increasing support. Prevention promotes positive cognitive, social and emotional development and encourages a state of well-being that allows the individual to function well in the face of changing and sometimes challenging circumstances.

**Early Intervention** is directed toward individuals and families for whom a short duration (usually less than one year) and relatively low-intensity intervention is appropriate to measurably improve a mental health problem or concern very early in its manifestation, thereby avoiding the need for more extensive mental health treatment or services; or preventing a mental health problem from getting worse.

**Service Area Approach.** The focus for developing the L.A. County PEI Plan is at the Service Area level—utilizing informational meetings, key informant interviews, focus groups, and community forums. Service Area profiles identifying socio-economic demographic data and mental health statistics, as well as data related to health, education, social services, and public safety will be developed to aid the planning process.

The State Department of Mental Health (SDMH) has targeted 5 community mental health needs, 6 priority populations, and 6 statewide efforts for the Prevention and Early Intervention program:

**Key Community Mental Health Needs**

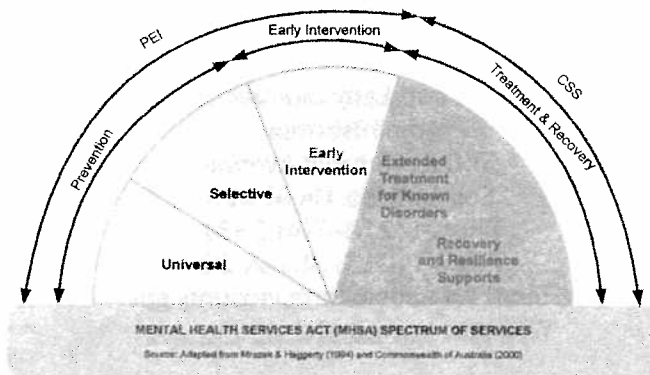
- Disparities in Access to Mental Health Services
- Psycho-Social Impact of Trauma
- At-Risk Children, Youth and Young Adult Populations
- Stigma and Discrimination
- Suicide Risk

**Priority Populations**

- Underserved Cultural Populations
- Individuals Experiencing At-Risk Mental State (ARMS) or Onset of Serious Psychiatric Illness
- Children/Youth in Stressed Families
- Trauma-Exposed
- Children/Youth at Risk for School Failure
- Children/Youth at Risk for Entry to or in Juvenile Justice System

**State-Administered Projects**

- Suicide Prevention
- Stigma and Discrimination Reduction
- Ethnically and Culturally Specific Programs and Interventions
- Training, Technical Assistance and Capacity Building
- Student Mental Health Initiative
- Statewide Evaluation



**Sector Partnerships.** SDMH has identified 7 sectors that counties must partner with to develop their PEI Plan. Community partnerships and resource leveraging are required with:

- ▶ Underserved Communities
- ▶ Education
- ▶ Individuals with Serious Mental Illness and/or Their Families
- ▶ Providers of Mental Health Services
- ▶ Health
- ▶ Social Services
- ▶ Law Enforcement

SDMH also recommended additional sectors, including community family resource centers, employment, and media.

**Funding.** The following chart lists the estimated funding amounts for Los Angeles County from 2007-2009.

FISCAL YEAR	LA COUNTY DMH PEI ESTIMATED FUNDING
2007-2008	\$34,001,800 * <i>*includes \$7,074,500 million in planning funds</i>
2008-2009	\$57,161,000
<b>TOTAL:</b>	<b>\$91,162,800</b>

A minimum of 51% of the overall County PEI Plan budget must be dedicated to the child (ages 0-15) and transition-age youth (TAY ages 16-25) populations.

\_\_\_\_\_ Please send me information on future PEI meetings. \_\_\_\_\_ I would be willing to participate in a focus group for PEI planning.

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Position/Title: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Please check the category or sector that is most applicable to you:

- \_\_\_\_\_ Mental Health Consumer
- \_\_\_\_\_ Family Member/Parent of Mental Health Consumer
- \_\_\_\_\_ Mental Health Provider
- \_\_\_\_\_ Faith-Based Organization
- \_\_\_\_\_ Other

- \_\_\_\_\_ Health
- \_\_\_\_\_ Social Services
- \_\_\_\_\_ Employment
- \_\_\_\_\_ Community Member

- \_\_\_\_\_ Education
- \_\_\_\_\_ Law Enforcement
- \_\_\_\_\_ Media
- \_\_\_\_\_ Other Government Agency

## ***Interested in participating in future PEI meetings?***

If you would like to be contacted to participate in future planning activities for the Los Angeles County Prevention and Early Intervention Plan, please complete this form on the other side, tear off the form, and mail it to the address below:

County of Los Angeles Department of Mental Health  
Program Support Bureau  
Mental Health Services Act (MHSA)  
Prevention and Early Intervention (PEI) Administration  
550 S. Vermont Avenue  
Los Angeles, CA 90020

\*You may also e-mail the information to [mhsapei@dmh.lacounty.gov](mailto:mhsapei@dmh.lacounty.gov)

## **Community Involvement in PEI Planning**

- Q. Who should get involved in developing the PEI plan?**  
Anyone who has an interest in mental health services. People who care about how mental health prevention and early intervention services will be delivered in Los Angeles County.
- Q. How can I get involved in PEI planning in the Service Areas?**  
Participate in your local mental health Service Area Advisory Committees (SAACs). Contact the DMH Service Area District Chief for meeting schedules, check the DMH website [www.dmh.lacounty.gov](http://www.dmh.lacounty.gov) or e-mail [mhsapei@dmh.lacounty.gov](mailto:mhsapei@dmh.lacounty.gov)
- Q. What are other opportunities to provide input to the PEI Plan?**  
Individuals may be invited to participate in key informant interviews and focus groups, which will occur in late 2007-early 2008. Community forums, where participants will be asked to select specific PEI strategies for their Service Areas, will be held starting in February 2008.
- Q. How do I get information about getting involved?**  
Email [mhsapei@dmh.lacounty.gov](mailto:mhsapei@dmh.lacounty.gov) or call (213) 738-2331 to receive information about upcoming community events and participation in planning for PEI programs.
- Q. What if I don't understand some of the terms used in this booklet or want to learn more about PEI?**  
PEI guidelines, resource documents, and a glossary are available on the State DMH website: <http://www.dmh.ca.gov/mhsa/PreventionEarlyIntervention.asp>

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Mental Health Services Act (MHSA)  
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**COUNTY OF LOS ANGELES  
DEPARTMENT OF MENTAL HEALTH**

**MENTAL HEALTH SERVICES ACT  
(MHSA)**

## **Prevention and Early Intervention (PEI) Plan**



**Marvin J. Southard, D.S.W.**  
Director