

COMMUNITY DEVELOPMENT PARTNERS

The Strengthening Families Program is a Mental Health Services Act program, which consists of “Caring Adults”, also known as “Community Development Partners” (CDPs). The goal is to hire CDPs with lived experience in the target communities. With regards to behavioral health services, these communities are the most unserved and underserved areas of Merced County, including, but not limited to: Atwater, Beachwood/Franklin, Dos Palos, El Nido, Gustine, Le Grand, Livingston, Planada, Santa Nella, South Dos Palos and Winton.



Description of CDP or Caring Adult:

- * Present in the community
- * Models caring behavior
- * Shows interest
- * Compassionate
- * Listens & communicates
- * Demonstrates patience
- * Instills trust and safety
- * Provides support and education



**BEHAVIORAL HEALTH AND
RECOVERY SERVICES**

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Prevention & Early Intervention

**STRENGTHENING
FAMILIES
PROGRAM**



Providing mental health
outreach and support services
to individuals, families,
and communities

PEI STRENGTHENING FAMILIES PROGRAM

The program provides:

- * School-based services
- * Community-based services
- * Home-based services

The program is designed:

- * To provide outreach and education about mental health, wellness and recovery to unserved and underserved communities
- * To bring Mental Health Prevention and Early Intervention services to individuals, of all ages, with mild to moderate problems
- * To recognize the symptoms of mental illness and to link individuals in need to higher levels of care



WHY PARTICIPATE IN THE PROGRAM?

- To develop positive relationships with caring adults outside the family who can serve as role models or mentors
- To support positive attachments and improve basic trust
- To address academic failure
- To improve low commitment to school
- To address negative peer pressure, substance use or lack of activity
- To improve access to youth services and opportunities for social involvement
- To teach cultural pride and self esteem
- To offer recognition for social involvement
- To teach healthy beliefs and clear standards for behavior
- To decrease vulnerability to harmful behavior
- To identify cultural norms that set high expectations for youth
- To encourage improved family relationships
- To address social isolation of family, low neighborhood attachment and/or community disconnectedness
- To address unrealistic family expectations for typical development
- To connect to social networks and support systems within the community
- To increase accessibility to resources, support, health care and social services

SERVICES PROVIDED BY THE CDP

One-to-one mentoring services

- ◇ Academic tutoring
- ◇ School improvement in grades and attendance
- ◇ Individual and family mentoring
- ◇ Teaching life-skills and positive interactions
- ◇ Promoting self-esteem and cultural pride
- ◇ Working on coping and problem-solving skills
- ◇ Anger and stress management
- ◇ Goal setting and achievement strategies
- ◇ Educational development and future planning
- ◇ Relationship building and improvement

Support groups and activity groups

- ◇ Circle of Friends and Support groups
- ◇ Life-skills group
- ◇ Anti-bullying group
- ◇ Sports and Exercise group
- ◇ Arts and Crafts group
- ◇ Anger/Stress Management/Coping groups
- ◇ Self-esteem and cultural identity
- ◇ Relationship building groups

Other Services

- ◇ Advocacy and Support
- ◇ Mental Health Education