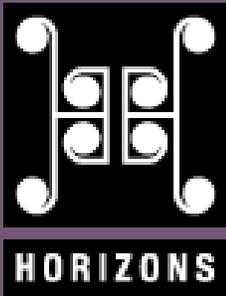


## A Prevention & Early Intervention (PEI) Program

### Population Served:

Mainly at-risk Latino youth and families who reside in the Mission District of San Francisco



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### **MHSA (Proposition 63)**

was passed by California voters in November 2004 to expand and transform mental health services for children and adults. The Act is funded by a 1% tax surcharge on individual personal incomes over \$1 million per year.

## Horizons Emic Behavioral Health Services (BHS)

### What Does Emic BHS Do?

Emic BHS, part of Horizons Unlimited of San Francisco, Inc., provides culturally affirming and linguistically sensitive, strength-based, family-focused intervention strategies to support and assist youth and families at-risk of getting involved in street violence and gangs and developing behavioral health problems that impede their ability to function in their home, school, and community. The program links youth and their families to linguistically-appropriate, longer-term services, community engagement activities, immigration legal services, and, if needed, behavioral health treatment programs.

### Who Is Served By This Program?

From July 1, 2015 to June 30, 2016, Emic BHS served 198 at-risk youth and families affected by complex traumas, including school bullying, domestic violence, immigration, drug use, school suspension, torture, homelessness, and discrimination.

**61%**  
English  
Speakers

**69%**  
16 to 24  
Years  
Old

**73%**  
Female

**75%**  
Latino

### Activities/Services

#### **Outreach & Engagement**



Emic BHS conducts outreach at community events (e.g., Carnival, health and resource fairs), schools, and jails. They outreached to 11 middle and high school Wellness Coordinators, informing them of their services and resources, particularly their Spanish-speaking therapist. A case manager goes to local jails to provide incarcerated youth with resources to meet their needs as they re-enter the community.

**90** individuals were screened or assessed for practical, emotional, substance use and mental health needs, and other services  
**Goal: 46**

**62%** of individuals screened were referred for case management  
**Goal: 60%**

#### **Screening & Assessment**

Staff identify practical, emotional, and mental health needs of clients expressing an interest in more in-depth services, using strength-based and motivational interviewing. They provide referrals as needed to case management, mental health support, and/or support groups.

**What does 'emic' mean?** An emic approach to behavioral health is client-centered; clients' cultural backgrounds, traditions, customs, unique experiences, and goals are respected, embraced, and incorporated into treatment. The emic approach is consistent with the wellness and recovery model, a core principle of MHS funded programs.

### Wellness Promotion

Emic BHS organizes Zumba, medicinal drumming, and support groups aiming to enhance protective factors (like community engagement), reduce risk factors (like substance use), and promote healthy behaviors. A case manager develops activities that address trauma, anxiety, hopelessness, relocation, loneliness, and the effects of being estranged from family members for the Newcomers Wellness Group youth participants at Mission High School.

**105**  
individuals  
participated in  
wellness promotion  
activities  
*Goal: 32*

**94%**  
of participants in  
wellness activities  
reported an increase  
in their quality of life  
*Goal: 75%*

**50 clients**  
received  
individual or  
family therapeutic  
services  
*Goal: 25*

**100%** of  
clients  
completed at  
least one  
therapeutic  
treatment goal  
*Goal: 75%*

### Individual / Group Therapeutic Services

The mental health therapist provides on- and off-site screening and assessment services, such as crisis intervention, health education risk reduction counseling, and clinical case management. Therapy may address trauma, substance use, domestic violence, and other concerns. Providers link clients in need of long-term services to outpatient services for behavioral health support.

### Service Linkage



Staff link clients to needed services, including mental health and substance use treatment, emotional support, language interpretation/translation, immigration, violence prevention, school services, and other social services.

**58**  
individuals received  
non-clinical case  
management  
*Goal: 24*

**100%**  
of clients receiving  
non-clinical case  
management  
completed at least  
one case plan goal  
*Goal: 75%*

### What Will Emic BHS Do in the Future?

As a result of collaborative input from participants, Emic BHS plans to (1) increase the number of Newcomer Wellness Group sessions they conduct throughout the year and (2) add a mental health therapist consultant year-round.

*"One particular student was very quiet and reluctant to talk or share anything at the start...However, with time, he opened up and really blossomed; taking the lead in group, sharing, and motivating others to do the same."*

-Staff quote

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