

PEI PLAN APPROVAL SUMMARY

County: Amador

Plan Projects:

This PEI Plan has 5 projects:

- 1) Intervention for Anxiety and Depression in Stressed Families
- 2) Youth Wellness Center
- 3) Mental Health Liaison
- 4) Promotores de Salud
- 5) Support & Respite for Parenting Grandparents

Plan Strengths:

- Amador County Community Program Planning (CPP) process included phone interviews and meetings which were held in accessible community venues such as Family Resource Centers, First 5 preschools, English as a Second Language (ESL) classes and County senior centers.
- The Planning Process also included outreach to key community leaders in the Native American community. Amador County is home to two distinct Miwok tribes.
- When appropriate, smaller CPP meetings were arranged to ensure that participants felt comfortable.
- Project 1 provides two interventions. The first intervention is Parent Child Interactive Therapy which is designed for children 0-8 years old. The second intervention will deliver Aggression Replacement Therapy (ART), a social skill building/anger management strategies for aggressive children and adolescents
- The Youth Wellness Center, Project 2, targets older school-aged youth aged 12-18 years old. The Youth Wellness Center provides a safe, wellness-oriented environment for providing peer-to-peer services which aim to reinforce individuals' resiliency and strengthen youth leadership capabilities.
- Project 3 funds a liaison to bridge the services gap between Behavioral Health and Primary Care providers. The liaison will support the integration of services, care and treatment. Special attention will focus on the needs for older adults.
- Project 4, Promotores de Salud, focuses on access to mental health services by the Spanish-speaking community. The promotores will address barriers to accessing services, by providing transportation, as well as addressing language and stigma issues.
- Project 5 supports respite care and educational workshops for grandparents who are raising children. Project 5 also intends to improve grandparents' ability to

mobilize their social support networks and better adapt to their role as primary caregivers.

BUDGET: \$ 417,195

Staff and the Plan Review Team Recommends: APPROVAL