

## **PEI PLAN APPROVAL SUMMARY**

**County: Tri-City**

### **Plan Projects:**

This PEI Plan has 5 projects:

- 1) Community Capacity Building Project
- 2) Older Adult Well-being Project
- 3) Transition-Aged Young Adult Well-being Project
- 4) Family Well-being Project
- 5) Student Well-being Project

### **Plan Strengths:**

- Tri-City accomplished an impressive Community Program Planning Process. Over 50% of the focus groups were conducted either in Spanish only or Spanish and English.
- After several unsuccessful attempts to engage Latino Transition-aged youth, staff attended local soccer events, walked onto soccer fields and directly engaged the players. These conversations resulted in 4 focus groups with 52 transition-aged youth.
- Project 1 engages unserved and under-served ethnic communities across three cities. The program will train over 1,000 Mental Health First Aiders to respond to a people who are struggling with mental health issues.
- Project 2 includes a Peer Support Program to provide peer counseling and support groups for older adults.
- Project 3 will train transition-aged young adult volunteers as peer counselors. They will be trained to assess the mental health and well-being, provide peer counseling, and to lead age and issue-based peer support groups.
- Project 4 will fund a staff member to identify existing community resources (NAMI programs, parent and family support groups, etc.) that reflect the culture and traditions of families who seek support. The project will also include a range of wellness activities – e.g., exercise, music, and cultural awareness activities.
- Project 5 targets students experiencing mental and emotional distress, including students at risk of suicide and students at risk of school failure. Project 5 also includes a College Student Wellbeing Program that will engage leaderships from area colleges and expand wellness and prevention efforts for college students in the tri-city area.

**BUDGET: \$ 1,555,118**

**Staff and the Plan Review Team Recommends: APPROVAL**