



THE CENTER
at Sierra Health Foundation



**The Center at Sierra Health Foundation
in partnership with Sacramento County presents:**

**African American
Trauma-Informed Wellness Program
(TIWP)**

This program is funded by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

Historic Context: Listening to the community

- In 2018, the Sacramento County Division of Behavioral Health Services (BHS) and local stakeholders formed the Cultural Competence Committee (CCC) Ad Hoc Workgroup.
- The **community developed a recommendation** for a new Prevention and Early Intervention program that addresses the mental health and wellness needs of the African American/Black community
- TIWP completed our first year of the grant. Programs have been renewed for another year and will receive \$353,762 to continue to build their wellness plans as they continue to serve the community.

TIWP Vision

- We envision a revitalized and healthy Black community in Sacramento. We believe this is possible through an increased sense of agency, connectedness, and awareness of health and wellness needs, greater participation in support services, and by developing a trusting relationship with Mental Health Service Providers (MHSP). We envision MHSP that actively seek to understand the context of mental health needs prevalent in Sacramento's Black communities, that develop programs and services in response to those needs and provide intervention as well as preventive support to Black individuals and families.

Mission

To realize this vision, we commit to:

1. Educating the public on common mental health needs and wellness practices for Black people in Sacramento
2. Supporting access to culturally responsive mental health services
3. Building the capacity of mental health service providers to identify and be responsive to common mental health needs within the Black community
4. Ensuring that service providers maintain an accurate account of the context of mental health needs in Sacramento's Black communities

If you want to go quickly, go alone. If you want to go far, go together.
-African Proverb

TIWP Cohort:

Grantee Partners

- Improve Your Tomorrow (IYT)
- ONTRACK Program Resources
- Roberts Family Development Center
- Rose Family Creative Empowerment Center

Collaboration- Year 1

- Safe Black Space
- Neighborhood Wellness
- Self-Awareness and Recovery

Improve Your Tomorrow

CORE VALUES: Improve Your Tomorrow was founded in 2013 to increase the number of young men of color (YMOC) who and graduate from colleges and universities. We envision a world in which YMOC are overrepresented in higher education, underrepresented in the criminal justice system, and are leaders in their communities.

WHAT SERVICES DOES OUR ORGANIZATION PROVIDE?

We lead Brotherhood Action Committee, Mentor Fellowship, IYT College Academy, IYT University, IYT Community College, policy and advocacy, strategic planning, member development, parent engagement, internships, and college tours.

ONTRACK Program Resources

CORE VALUES: ONTRACK Program Resources' core values are centered around strengthening programs and services offered to local underserved communities through creative and effective methods of collaboration with diverse community leaders, advocating for change to improve social justice outcomes and providing a linkage to community focused health and wellness services.

WHAT SERVICES DOES OUR ORGANIZATION PROVIDE?

Our program SOUL SPACE was designed to provide hands-on resources to maintain mental health, substance use prevention, financial stability, and emotional wellness through culturally affirming connections, education, and practical supports.

Roberts Family Development Center

CORE VALUES:

“Together we struggle, together we strive!” We address the impacts of generational poverty by serving and meeting the unique needs of low-income families and communities of color. Our expertise lies in working with African Americans who struggle to secure quality care and academic support for their children. We serve more than 1,000 individuals annually through our traditional academic and enrichment-based programming. We also serve more than 5,000 families annually through community-based initiatives and tailored outreach activities.

WHAT SERVICES DOES OUR ORGANIZATION PROVIDE?

We provide Resource and Referral assistance, warm hand-offs, mental health counseling, healing circles, support groups, case management, community listening sessions, youth skill building, restorative justice, mediation and advocacy and community-based mental health skills and awareness training.

Rose Family Creative Empowerment Center

CORE VALUES: Our goal is to provide outreach, engagement, and time-limited prevention services to the Black community of all ages in South Sacramento who have experienced or been exposed to trauma. This program incorporates an understanding of African American/Cultural Heritage including norms and traditions, the broad and multifaceted definition of family, and historical trauma. These community members will have access to culturally competent mental health services, safe spaces, and readily accessible healing opportunities in one centralized location that is accessible to public transportation.

WHAT SERVICES DOES OUR ORGANIZATION PROVIDE?

We have five programs that address healing and wellness: Healing Circles & Wellness Workshops, Cultural Broker & Case Management Services, Health Through the Arts Engagement Activities, the Mental Health Crisis/Suicide Prevention Hotline, and the Mental Health Resource Directory.

TIWP Collective Impact (Fiscal year to date August-September)

Group Healing Sessions and Wellness Circles

- 288 total number of sessions held (approximately 48 per month)
- Weekly and Monthly offerings

- Men's Healing Groups 18+
- Women's Healing Groups 18+
- Teen Summit 12-18years
- Saturday Fishing Program 12+

School-Based/Youth Support

- 10 high schools
- 2 middle schools
- 3 Elementary schools
- 15 sites total

- Providing: One-on-one mentoring, and tutoring daily to over 200 youth daily in K-12 setting

Individual Support

- 200+ individuals served
- Referrals are to and from CPS, DHA (Department of Human Assistance), Probation, Crisis Intervention and the County TICRT Program

- Weekly

Technical Assistance Trainings

- Cultural Broker Trainings
- Holistic prevention programming for Black people
- Strategic Planning for current and future Black mental health needs
- Edutainment 4 Equity trainings: Educating the whole Black Child, How to talk about Race, Teaching Resiliency, The Cultural Mindfulness Institute
- Group Study: Fostering spaces where we learn from each other, and engage in critical dialogue about different approaches to addressing wellness for Black people

TIWP Collective Impact and Innovative Programming

- Suicide prevention hotline
- Developing a Mental Health Resource Guide
- Freedom Schools and Literacy Prevention Focus
- Summer Prevention Programming
- Fishing Clinics and Skill Building Prevention Programming

Barriers and Focus Areas

(Qualitative data from a focus group with TIWP grantees)

1. Historic and current distrust between community members and County services
2. Not enough trusted and accessible Black therapists who are able to serve individuals on Medi-Cal due to restricted reimbursement practices
3. COVID- Creating numerous barriers for our partners, and community members in their ability to provide in-person care, staffing, and nuanced safety concerns

Year 1: Unexpected Outcomes amongst TIWP Cohort

(Qualitative data from a focus group with TIWP grantees)

- The program has created space for agency leaders and staff to explore their own healing.
- TIWP has helped to open and normalize conversations about mental health among families and community members.
- TIWP has helped to address a significant gap in the service system: culturally responsive, holistic mental health support for Black and African American community members.
- TIWP's success is built on a foundation of close collaboration and relationship building among the program partners—group meetings serve as a personal and professional “sanctuary.”

Year 1: Collaborative Events

- February 26, 2021 TIWP Launch
- April 2021, We Remember Town Hall (Ma'khia Bryant)
- June -TIWP Week of Wellness
- The Annual Juneteenth Festival at William Land Park
- Juneteenth Town Hall (Mental Health in Sacramento)



Looking Ahead

- Black History Month of Wellness
- CBO Lunch and Learns
- ACE's/ Universal Trauma Informed Care Trainings
- Social Media Campaigns
- Resource Navigation Pipeline Strengthening
- Mental Health Collaborations with the BCLC and other programs

Universal Trauma Informed Care Curriculum

Questions?



Contact Us

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Thank you!



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