



Sonoma County Department of Health Services Behavioral Health Division

Crisis Assessment, Prevention, and Education Team

The Crisis Assessment, Prevention, and Education Team (CAPE Team) is a prevention and early intervention strategy specifically designed to intervene with transition age youth ages, 16 to 25, who are at risk of or are experiencing first onset of serious psychiatric illness and its multiple issues and risk factors: substance use, trauma, depression, anxiety, self harm, and suicide risk.

The CAPE Team aims to prevent the occurrence and severity of mental health problems for transition age youth. The CAPE Team is staffed by Sonoma County Behavioral Health licensed mental health clinicians. Services are located in 9 Sonoma County high schools, Santa Rosa Junior College and Sonoma State University.



**West Sonoma County
Union High School
District**

The CAPE Team has 5 essential components:

- **Mobile Response** in schools by licensed mental health clinicians with youth who may be experiencing a mental health crisis.
- **Screening, and Assessment** of at-risk youth in high schools and colleges.
- **Training and Education** for students, selected teachers, faculty, parents, counselors and law enforcement personnel to increase awareness and ability to recognize the warning signs of suicide and psychiatric illness.
- **Peer-based and Family Services** including increasing awareness, education and training, counseling, and support groups for at-risk youth and their families.
- **Integration and Partnership** with existing school and community resources including school resource officers, district crisis intervention teams, student and other youth organizations, health centers, counseling programs, and family supports including *National Alliance on Mental Illness* and Sonoma County Behavioral Health Division (SC-BHD).

Mobile Response: Mobile response capability provides students with in-person access to a licensed mental health professional that can assist with a mental health crisis.

Screening and Assessment: The CAPE Team's licensed mental health clinicians use evidence

based screening and assessment tools as a decision support and communication tool to allow for the rapid and consistent communication of the needs of youth experiencing a crisis that threatens their safety or well-being or the safety of the community. Youth are linked to appropriate community resources that may include Sonoma County's specialty mental health services specifically for transition age youth. This could also include linking to the newly formed Early Psychosis Treatment program.

Training and Education: The CAPE Team uses **QPR (Question, Persuade, Refer)**, an emergency mental health gatekeeper training intervention that teaches lay and professional gatekeepers, including students, to recognize and respond positively to someone exhibiting suicide warning signs and behaviors. QPR is listed on The Suicide Prevention Resource Center's Best Practice Registry. The CAPE Team also uses **Mental Health First Aid**, currently under review by SAMHSA's National Registry of Evidence-based Programs and Practices, to assist school personnel to develop key skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

Peer-based and Family Services: The CAPE Team provides specific information and support to groups of youth and their families including 2 gender specific support models; **Girls Circle** and **Council for Boys and Young Men** recognized by Centers for Disease Control, National Center for School Engagement, and Center for Substance Abuse Prevention as models for building resiliency, and skills to increase positive connection, personal and collective strengths, and competence.

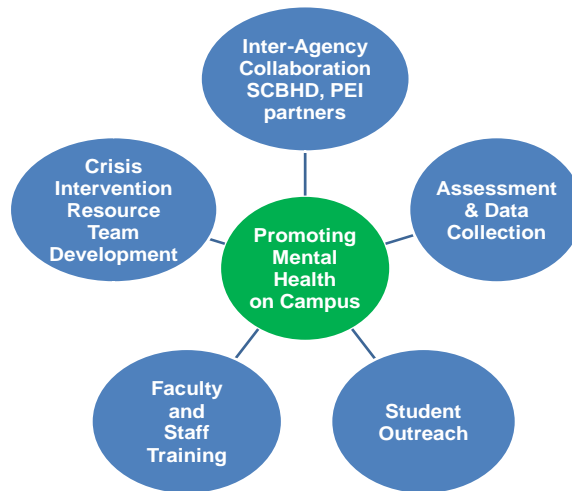
The CAPE Team provides informational lectures to parents on various behavioral health issues including anxiety and panic disorders, stress management and self care, substance use and mental health, depression, psychosis, anger management, bullying and cyber bullying, suicide prevention, and bipolar disorder.

Integration and Partnership: SC-BHD CAPE Team integrates into existing school structures and groups to increasing effectiveness of reaching youth. For example, CAPE Team members participate on the Santa Rosa Junior College (SRJC) **Crisis Intervention Resource Team (CIRT)**. CIRT's goal is to prevent crises before they occur through the provision of training, consultation, and intervention at the request of SRJC personnel. CIRT membership are individuals skilled in dealing with disruptive situations, including representatives from Campus Law Enforcement, Student Services, Student Psychological Services, Disability Resources and Counseling Department. The CAPE Team is working with CIRT to develop a threat assessment tool to be used to determine the credibility and seriousness of a threat and the likelihood that it will be carried out should one occur.

The CAPE Team funds a Health Promotion Specialist in SRJCs Student Health Services who works with the CAPE Team on CIRT; collects and analyzes data from the National College Health Assessment and other data sources; provides staff and faculty professional development activities including **QPR**; organizes student outreach such as sponsoring a

Mental Health Awareness Week with on campus activities and on-line mental health screening events, developing an online monthly health magazine linked to every student's home page; and participates with SC-BHD in other prevention and early intervention activities.

Five Components of Prevention and Early Intervention (PEI) at Santa Rosa Junior College



The CAPE Team also partners with **School Resource Officers**

(SROs) who are sworn officers assigned to high schools by local law enforcement agencies. Their goal is to provide security for students, staff and property, and to enforce violations on and around campus. SROs are an integral part of the schools in which they work and provide a means of communication between staff, students, parents, and the Police Department. SROs work closely with the CAPE Team to identify and provide support for students who are identified as being at risk.

Sonoma County Behavioral Health Division partnered with Sonoma County Office of Education's **Student Assistance Program – Project SUCCESS** to fund a mental health component to create **Project SUCCESS Plus + (PS+)**. Project SUCCESS is school-based substance abuse prevention and early intervention program and is considered a model program by SAMHSA. PS+ mental health staff works closely with other Project SUCCESS staff to refer youth who may be having mental health issues. The CAPE Team provides consultation and support to the PS+ staff and assistance in a mental health crisis.

Sonoma County Behavioral Health Division uses social media to provide education and support referring youth 2 statewide projects. The first is geared at youth ages 16 to 24, *Reach Out.com* at <http://us.reachout.com/>. The second social media project is for suicide prevention, *Know the Signs*: <http://www.suicideispreventable.org/>.

For more information on this program contact Sonoma County Behavioral Health Director Michael Kennedy at Michael.Kennedy@sonoma-county.org. or visit our website at <http://www.sonoma-county.org/health/services/cape.asp>