

# Brighter Futures

(Innovation 10 - Consumer Early Childhood Mental Health)



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Innovation Projects

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## Who We Are

**Brighter Futures** is a team of clinicians and trained Mental Health Workers that provide community-based supportive services for families with children ages 6-13 who experience social, emotional, and behavioral health problems. The foundation of Brighter Futures is to help build healthy relationships between parents and children.



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## What We Do

This project uses Mental Health Workers who have lived experience of having a child with mental health problems or have worked with the mental health system to reach out to other family members who have children with similar problems.

The use of mental health worker with lived experiences promotes a wellness focus on role-modeling, self-efficacy, and self-advocacy for these families.

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## Program Criteria

- Parents and/or families with children between 6-13 years old
- Child experiences social, emotional, and/or behavioral problems
- Orange County residents

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## Goals

- Empower families as the experts in determining the services and resources they need
- Help parents and children recognize personal strengths and promote resiliency
- Link families to supportive services in the community
- Reduce isolation and create a community-based support network

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## Roles of Staff

### 2.5 Master's Level Clinicians

- Trained in TF-CBT, SBIRT, and Motivational Interviewing
- Provide short-term individual and family counseling; Works directly with families on treatment plan tailored to each child's needs and identified goals
- Collaborate with peer specialists in making linkages and referrals
- Data collection and scoring
- Program promotion

### 3 Mental Health Workers

- Trained in SBIRT and Motivational Interviewing
- Make appropriate and helpful linkages to community resources (e.g. food banks, parenting classes, individual/couples counseling)
- Provide supportive services and case management
- Data collection and scoring
- Program promotion

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### Services Offered

- 16-week community-based services
- Short-term counseling
- Short-term case management
- Peer support services
- Linkage to services within Orange County




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### Evaluation & Outcomes

**Can a well-trained consumer/family member be an effective paraprofessional in all clinical settings?**

Data collection attempts to answer:

- 1) Type and extent of mental health treatment being provided
- 2) Quality of life from the point of view of each family member
- 3) Participants' success in achieving good health and reduction of their symptoms
- 4) Satisfaction surveys by participants and peers

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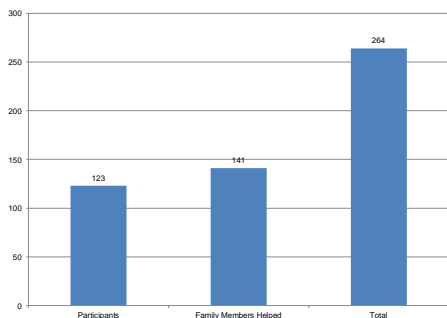
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### People Served By Brighter Futures




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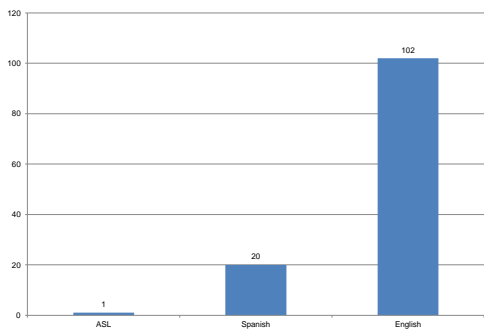
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## Participant's Primary Language



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## Outcome Measures

- **Pre-test and 2 post-tests** (in-take and exit of program)
  - **Generalized Anxiety Disorder Scale (GAD-7)**
    - measures anxiety
  - **Quality of Life (WHOQOL-BREF)**
    - measures life satisfaction
  - **Protective Factors Survey**
    - measures family resiliency and family functioning
  - **Satisfaction Surveys**
    - Family member satisfaction survey
    - Youth satisfaction survey
- \*Outcome measures and family member satisfaction survey are filled out by participant's primary caregiver\*

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## Qualitative Data

- Brighter Futures Yearbook
- Video Testimonials
- Letters
- Artworks



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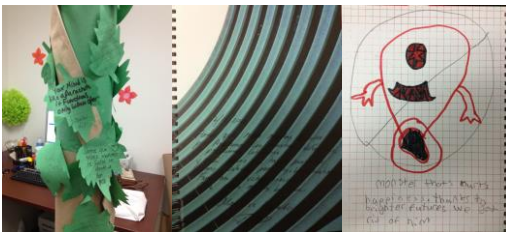
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### Referring Agencies & Collaborations

- Buena Clinton Youth and Family Center \*
- Magnolia Park FRC \*
- La Habra FRC \*
- Minnie Street FRC \*
- Corbin Center \*
- Orange County Children's Therapeutic Arts Center \*
- Theodore Roosevelt Elementary School\*
- School of Our Lady\*
- Abiding Savior Lutheran School\*
- California Gang Reduction, Intervention and Prevention (CALGRIP)\*

\* Agencies where we see participants on-site

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### Referring Agencies & Collaborations

- Connect the Tots
- Stress Free Families
- CYS
- Pre-natal Drug and Alcohol Services
- Guinn Elementary School
- Latino Health Access
- Westminster FRC
- Western Youth Services
- Rancho Santiago College District
- Self-referrals/ word of mouth

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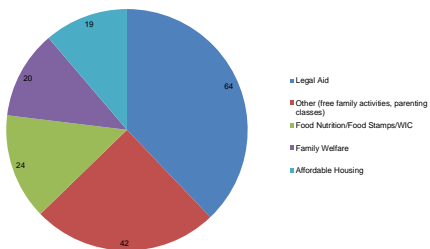
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## Referrals & Linkages

### Top 5 referrals given:




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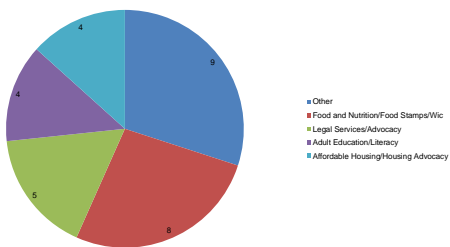
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## Referrals & Linkages

### Top Linkages:




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## Program Promotions

Brighter Futures promoted to the following agencies/events:

- PEI (Collaborative and Quarterly Meeting)
- Connect the Tots
- CYS (Service Chief Meeting)
- CYS- North & South
- ADAS
- Child Guidance Center
- Family Resource Center Council Meeting
- Casa de la Familia Women's Support Group
- Orangewood Children's Foundation
- Phoenix House Wraparound
- Linkage to Wellness Fair
- Community Action Advisory Committee (CAAC)
- NAMI

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## Program Promotions

Chinese Moon Festival  
 Wellness Center  
 Project RENEW  
 USC Masters Social Work Program  
 Turning Point  
 Human Options  
 WTLC  
 Parent 2 Parent Parenting Class  
 Orange County Head Start  
 Immersion Training  
 Corbin Center  
 Minnie Street FRC  
 La Habra FRC  
 Magnolia Park FRC

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## Program Promotions

Buena Clinton Youth and Family Center  
 Orange County Children's Therapeutic Arts Center  
 Theodore Roosevelt Elementary School  
 Latino Health Access  
 Westminster FRC  
 Western Youth Services  
 Rancho Santiago College District

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## Future Direction

- Future Goals:
  - Children's Group
  - Psycho-educational Group for parents
- Increase participants
  - Continue program promotion
  - Revisit agencies

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## Brighter Futures



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