

Peers Helping Peers Program

Health Education Council

A Community Based, Peer-Centered Program to Reduce Mental Health Stigma and Improve Wellness.

Developed through a partnership between Health Education Council (HEC) and Sacramento Employment and Training Agency (SETA).



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Mission:

1) Decrease mental health stigma in Sacramento's young adult and Spanish-speaking adult populations.

2) Increase social connection and the ability of participants to serve as mental health supports for their peers.

3) Introduce participants to entry-level mental health jobs through community projects and paid internships.



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Spanish-speaking adult cohort: Facilitadores Comunitarios

- Paid 7-week virtual training in Spanish
- Group meets virtually once per week during the evening and completes weekly homework on Google Classroom.
- Led by linguistically and culturally competent trainers.
- Graduates have the opportunity to implement a community project or activity to reduce mental health stigma and improve wellness in their community.



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Partnership with SETA

- SETA provides workforce readiness training
- Recruitment of employers willing to host interns
- Payroll processing for interns
- Troubleshooting and mentoring for interns

Partnership with SETA has been most effective for our youth participants.



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Spanish-speaking adult cohort: Training Topics

Module 1	What is Mental Health? Mind, heart, and soul
Module 2	What is a peer mental health supporter (facilitador comunitario)/ Skills, role, and characteristics?
Module 3	Mental health of the Latinx community in the U.S: Context and how to approach community mental health work
Module 4	Developing community mental health work: Individual projects and agencies in Sacramento County
Module 5	Navigating mental health systems and how to support others during this process
Module 6	Mental health careers, beyond traditional models: Guest trainer Dr. Yvette Flores
Module 7	Deep dive and recap, navigating mental health and other services with case studies.



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Demographic snapshot (Cohort 1 &2) **N=28**

Age	#	%
16-25	2	7
26-54	25	89.5
55-59	0	0
60+	1	3.5
Gender Identity		
Female	24	85.7
Male	4	14.3
Ethnicity		
Latino	28	100
Preferred language		
Spanish	24	85.7
English	4	14.3



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Spanish-speaking adult cohort: Successes

- Partnership established with UC Davis Chicana Studies Department to use community based participatory research methods to develop and improve the curriculum.
- 30 graduated; 12 currently enrolled
- Participants engaged in the modifications to the curriculum through feedback and integration into training team.



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Spanish-speaking adult cohort: Successes continued

- Graduate from Cohort 1 became the trainer for Cohort 2 & 3
- 3 graduates hired into HEC's FEMA Crisis Counseling work
- Graduate led a 10-week art & wellness group for women through Zoom (14 women)
- Graduate planned and facilitated 2 trainings for HEC Women's Leadership Conference.



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Evaluation Results

- **Over 90% percent of participants reported they were more aware of community services, how to access services and how to get help for someone who needed mental health assistance.**
- ***Approximately 10% of PHP graduates have secured post-internship employment at their agency.***

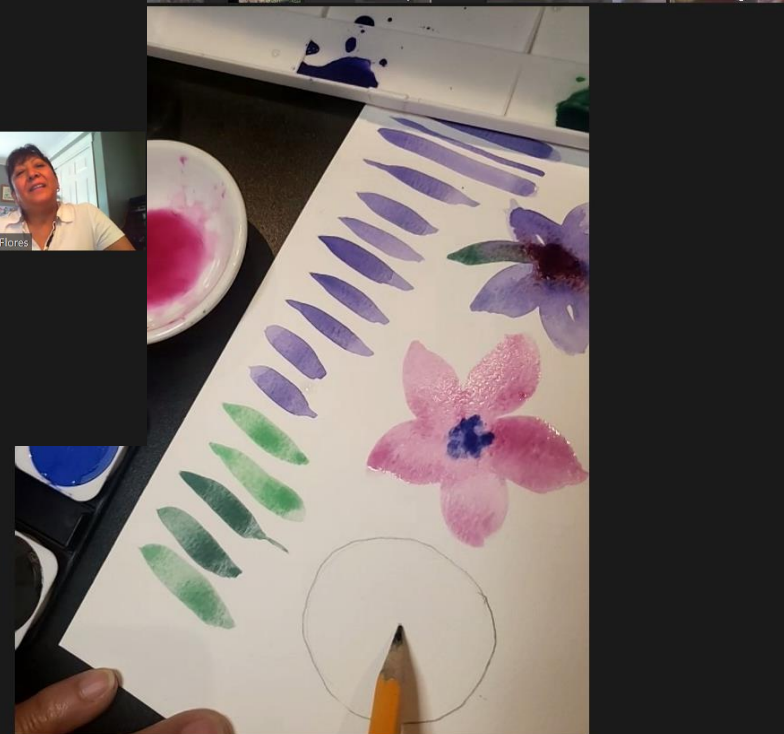
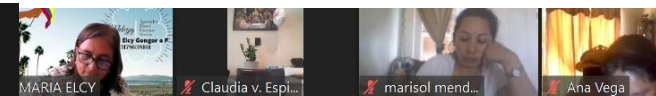


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Beneficios del arte

1. Mejora tu capacidad creativa
2. Mejora tu forma de comunicarte
3. Reduce niveles de estrés
4. Capacidad de mejorar
5. Aprendes algo nuevo
6. ¡Te divertirás!



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PHP: Youth Cohorts

- Target: 17-24 year-olds with lived experience
- On average 150 applicants for each 20-slot cohort
- Training covers:
 - *Mental health & its links to culture and racism*
 - *Mental health basics*
 - *Trauma & resilience*
 - *Substance abuse*
 - *Healthy relationships*
 - *Workforce readiness*
- Approximate 10% of PHP youth have secured post-internship employment at their agency.



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Participant feedback: Youth Cohorts

“PHP Brings real world problems to the attention of young adults”

“A hardship I experienced in my last year was a lack of a social aspect in my life, and PHP filled that through peer interaction”

“Opportunity to present about police brutality and white supremacy gave me and my cohort an understanding of what it is and how it affects us on a daily basis”



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Participant feedback: Adult Cohorts

“Now I feel confident to talk about mental health in my community and to help others navigate a crisis”

“The trainers created the perfect space that made each one of us feel unique”

“I appreciated that the program considers our skills and experience and that we can connect with other [class members] who complement and enrich our strengths”



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Program Sustainability

- Lessons learned and participant projects integrated in HEC programming, looking into promoting in other service agencies in Sacramento County
- Strengthening partnership with Sacramento County School districts that can integrate youth and/or Spanish speaking participants into parent and youth services
- Seek new funding as well as integrating PHP program components, into new workplans with existing funders



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Thank you!

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