



Upstream Mental
Health Support
PathPoint

Project Tools: Trainings

Dialectical Behavior Therapy Skills (DBT Skills)

Mindfulness

Distress tolerance

Emotional regulation

Interpersonal skills

Mental Health First Aid (MHFA)

Skills include how to identify, understand, and respond to signs of mental illness and substance use disorders.

Evidence-based, backed by substantial research
Proven effective in a range of populations

Goal

Teach “upstream” (proactive) skills that are critical to developing sustainable strategies for mental wellness and addressing challenges before they escalate

Target Groups

People

People with Intellectual & Developmental Disabilities and Support Staff

Programs

Employment

- **Project SEARCH:** year-long transition-to-work internship program that combines classroom
- **Integrated Work:** Community-based, group employment and skill-building with safety, social, and soft skills training

Independent Living

- **Community Independent Living Program (CILP):** independent living program for individuals who need low to moderate support while living in a community-based environment
- **Independent Living Services (ILS):** In-home support and training

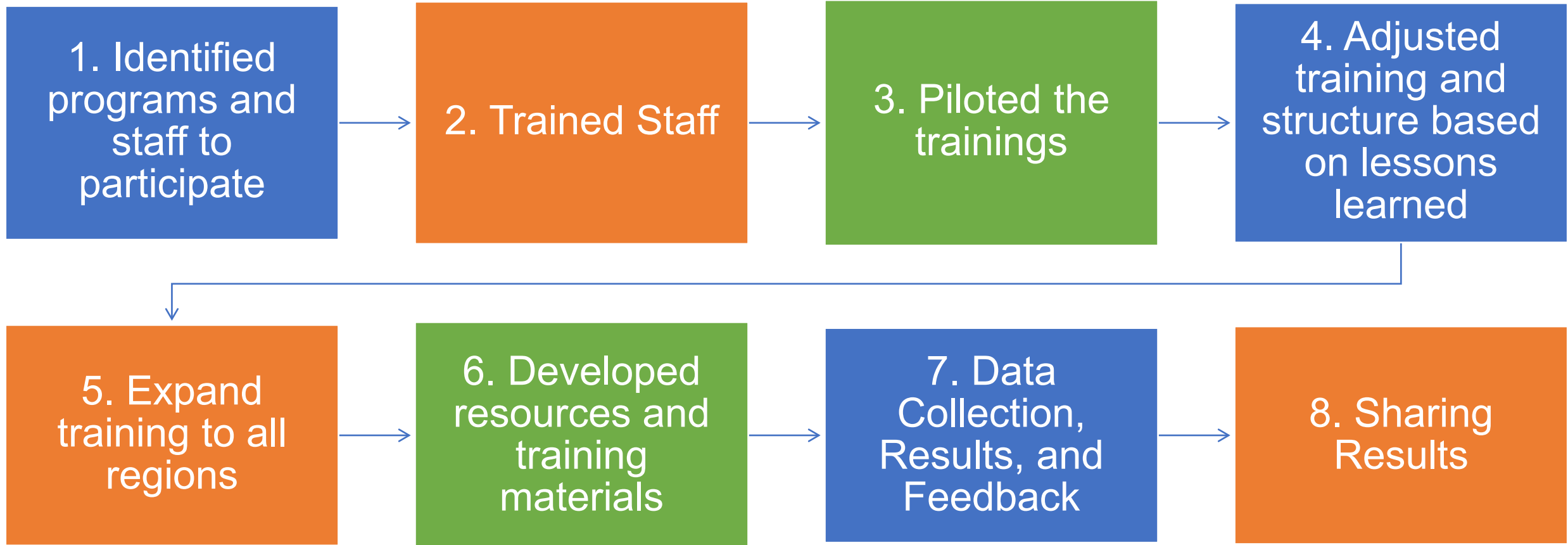
Regions

Kern, Los Angeles, San Luis Obispo, Santa Barbara and Ventura

Collaborative Partners

- **Mental Health First Aid (MHFA)**
 - <https://www.mentalhealthfirstaid.org/>
- **PathPoint Mental Health First Aid (MHFA) Trainers**
- **Cognitive & Behavioral Consultants (CBC)**
 - <https://www.cbc-psychology.com/>
- **Special Education Digital Instructor**
- **PathPoint Behavioral Health Division**

Activities



People Reached



96 self
advocates
trained



31 staff
trained

PathPoint – Upstream Mental Health Support Deliverables

Training videos

Adapted curriculum

Lesson plans

Posters

Worksheets

Flash cards

Workbooks

**Research Measures,
Outcomes and
Best Practices**



Concerns

Supported Individuals

- Emotional Regulation
 - Difficulties in Emotion Regulation Scale (DERS-16)
 - Non-acceptance of negative emotions
 - Engaging in goal-directed behaviors
 - Controlling impulsive behaviors
 - Effective emotion regulation strategies
- Comfort talking about mental health
- Confidence in their ability to help themselves and others cope

Staff

- Burnout
- Comfort talking about mental health with supported individuals
- Confidence in their ability to help supported individuals cope

Outcomes and Impact



Staff

1. Low burnout
2. Increase in comfort with discussing mental health
3. Increase in confidence supporting individuals to cope with mental health issues

Supported Individuals

1. Higher emotional regulation
2. Increase in comfort with discussing mental health
3. Increase in confidence about supporting others in coping with mental health issues

Upstream Mental Health Support Program: Results



Tools

- DBT Skills
- Mental Health First Aid programming

Increased comfort levels

- Discussing mental health issues
- Helping others
- Emotional regulation

Lower staff burnout



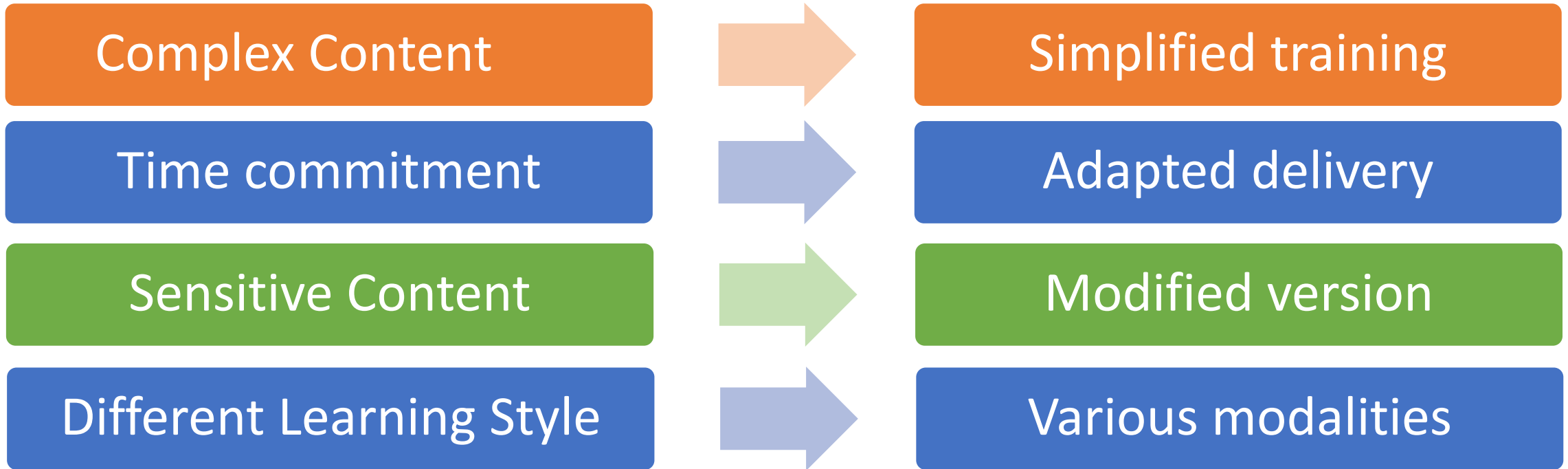
Long-Term Potential



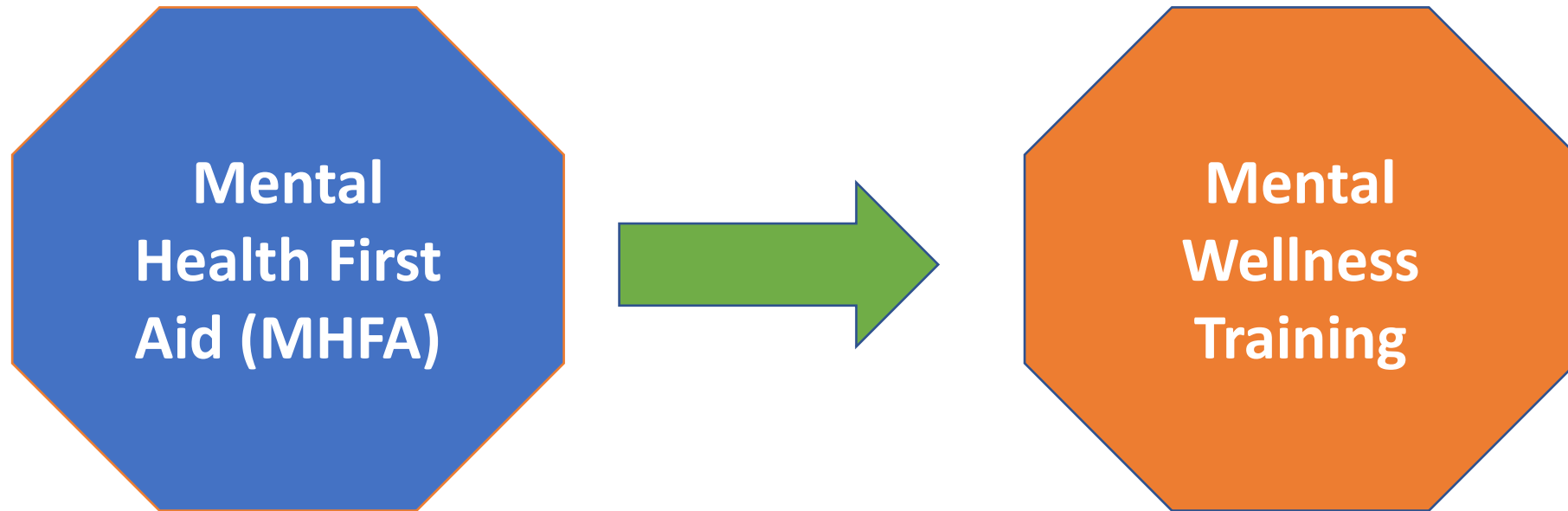
Increasing awareness of behavioral health resources and reducing stigma about mental health.

Helping people with I/DD live the lives they choose with higher employment retention and housing stability.

Barriers & Solutions



Improved Best Practice



Lessons Learned

- It takes time to open up to a sensitive topic
- Breaks are important and helps everyone regain focus
- Reinforcement is key
- Role-playing is helpful
- Support with long-term goals and steps needed to reach those goals

Anecdotes

“One of the people in my class asked how he was doing. He really struggles with impulse control and constantly interrupts and says inappropriate things. Once we talked about impulse control from dysregulated emotions he has been trying to pay more attention to himself and catching himself from acting impulsively. He also was able to take a look at his anger and realized that the first place he goes when he is angry is retaliation.”

“I am getting such positive response and engagement with the people in my classes. Such openness to the skills taught. It's very exciting and rewarding.”

“One individual was very quiet and had trouble interacting. After going through the training he has opened up and is starting to socialize more. They have reported that they are feeling more in control of their emotions.”

Status

- Continuing training with new groups
- Refreshers for prior groups
- Sustainability through materials and trainings created
- Expanding to other programs
- Applying for a grant in partnership with Kern Regional Center to replicate structure
 - Training for individuals, families, and other service providers

Opportunity

- CBC has helped launch a new foundation, [Access Psychology Foundation](#),
 - “To overcome behavioral health disparities that exist among racially diverse and underserved populations by increasing access to evidence-based prevention, treatment, training and education.”
- Scholarships for agencies and schools that want to launch a DBT program for underserved communities:
 - <https://www.access-psychology.org/training-programs/>
 - Application: <https://form.jotform.com/222284859419164>

Questions?

