In November 2004, California voters passed Proposition 63, the Mental Health Services Act (MHSA). MHSA funding provides a broad continuum of prevention, early intervention and services, and the necessary infrastructure, technology and training elements to effectively support the local mental health services system throughout California.

**program description**

The **Crisis Assessment, Prevention, and Education (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 and license-eligible mental health clinicians. Services are located in:
- Fifteen Sonoma County high schools - Analy, Cloverdale, El Molino, Elsie Allen, Healdsburg, Laguna, Maria Carrillo, Montgomery, Piner, Rancho Cotate, Ridgway, Santa Rosa High School, Sonoma Valley, Technology High School, Windsor

CAPE provides crisis response and training in mental health issues to the following sites:
- Santa Rosa Junior College (SRJC), Sonoma State University (SSU), Family Justice Center, Positive Images, VOICES

**program services**

- **Mobile Response** to 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.

**SONOMA COUNTY BEHAVIORAL HEALTH:**

**CRISIS ASSESSMENT, PREVENTION, AND EDUCATION (CAPE) TEAM**

**MHSA Component:** Prevention and Early Intervention (PEI)

**Initiative/Population:** Transition age youth at risk of experiencing first onset of mental illness

**Program Location:** Sonoma County, CA

For more information, go to:

[www.sonoma-county.org/health/services/cape.asp](http://www.sonoma-county.org/health/services/cape.asp)

- **Peer-based and Family Services**, including increasing awareness, education and training, and 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 (NAMI) and Sonoma County Behavioral Health Division (SC-BHD).
QPR is an evidence-based training that teaches any person how to look for signs of suicide and how to talk to the person, and refer them on for care.

**Program Statistics**

- **442** - Total number of unduplicated clients served
- **469** - Total number of episodes
- **1,832** - Total number of encounters
- **3,709** - Total number of people trained in QPR*

*QPR is an evidence-based training that teaches any person how to look for signs of suicide and how to talk to the person, and refer them on for care.

**Notable Accomplishments**

Training and education are a key part of the CAPE Team’s mission. CAPE offers the following trainings:

- QPR (Question, Persuade, Refer) - A suicide prevention training geared towards the general public
- Classroom presentations on a variety of mental health topics and trainings for school/site staff on mental health topics as requested
- AMSR (Assessing and Managing Suicide Risk) - A suicide prevention training geared towards mental health professionals
- MHFA (Mental Health First Aid) - An overview of mental health topics & first response
- YMHFA (Youth Mental Health First Aid) - For adults assisting young people

**Program Demographics**

**Age**
- 0 to 15: 73%
- 16 to 25: 27%

**Gender**
- Male: 54%
- Female: 42%
- Other: 1%

**Language**
- English: 99%
- Spanish: 1%

**Ethnicity**
- Hispanic/Latino: 58%
- Not Hispanic: 42%

**Race**
- Asian/Pacific Islander: 5%
- Black/African-American: 3%
- Multi-Racial: 11%
- Native American: 1%
- Other: 22%