

Gatekeeper Education Program:

- Gatekeeper Community Education & Stigma Reduction
- Professional Mental Health Education
- Mental Health First Aid Training
- Suicide Prevention
 - SafeTALK
 - Applied Suicide Intervention Skills Training (ASIST)
- Peer Volunteer Program
- Latino Outreach & Education

People who live and work in Solano County are in the best position to recognize early signs or changes in behavior of seniors that may indicate the beginning of mental or emotional distress. Our universal prevention strategy addresses the high rates of depression and isolation amongst our seniors. Collectively, these programs will increase the likelihood more people will get the intervention they need to avoid a mental health crisis.

For more information or to schedule a training please call; 707-644-6612 x 214.



MAKE A REFERRAL

***PREFERRED METHOD**

Online:

www.solanoseniorspei.org/referral/

Call 707-644-6612 x 221

Fax 707-736-7000

Please be prepared to provide:

- A. The person's name**
- B. The person's phone number and address (if possible)**
- C. A brief description of the problem or situation**
- D. Your own name and phone number so we can follow-up with you**

The person being referred will be contacted within five business days of receipt of referral and an update will be given to the referring party at that time.

In case of an emergency situation you should call 911 or the County Crisis Line at 707-428-1131. Adult Protective Services can be reached at 707-784-8259.

***Our Philosophy is...
When in doubt...
make a referral!***



What is P.E.A.S.?

***Sometimes life
takes a surprise
turn...
We can help you
stay on track.
Help is available!***

AAAG
AREA AGENCY ON AGING
SERVING NAPA AND SOLANO
Assistance, Advocacy, Answers on Aging



WELLNESS • RECOVERY • RESILIENCE

www.solanoseniorspei.org

It's important for people to remember most of us can have times when we feel depressed, overwhelmed or anxious. We may even have periods when we experience high levels of stress and can't cope. For some people these feelings become enveloping. There is no single way to develop a mental illness, but there are well known contributing elements such as genetic factors combined with stressors, such as: loss of loved ones, chronic pain, chronic illness, loss of independence, war related distress, trauma, poverty, isolation and lack of family or friends. Mental illnesses can occur in combination with substance and/or alcohol abuse. No matter how or why people develop mental health challenges, there is usually some form of help available which can help improve quality of life. The ultimate goal of the Prevention and Early Access Program is to get the word out that help is available! It's normal for people to feel overwhelmed and to need a little TLC to help them through difficult times. It is important to ask for help!

Eligibility for all PEAS Programs:

- Senior 60 and over
- Live in Solano County
- Income level does not affect eligibility
- Willing to accept help

We're here to help!

PEAS Provides:

- Brief Intervention Services
- Case Management Services
- Short-term Mental Health Counseling
- Support Groups
- Latino Outreach Services
- Gatekeeper Education Program

Brief Intervention & Case Management Services Include Linkage To:

- Comprehensive psycho-social assessment
- Mental health and physical health resources (e.g. mental health clinicians, primary care, health care specialists)
- Access to affordable basic needs resources (e.g. food, housing, transportation, utilities)
- Access to social and recreational resources (e.g. senior centers, libraries, volunteering, exercise programs)
- Eligibility to benefit resources (e.g. healthcare, financial)

Short-term Mental Health Counseling:

- For individuals facing mild to moderate mental health challenges
- PEAS case management clients will have priority for this program

Support Groups:

- Grandparents Raising Grandchildren Support Group

Structured support groups will offer professional and peer support to help individuals learn coping strategies, create peer connections and reduce isolation a person may be experiencing.

*Please call 707-644-6612 x 221 to inquire about the dates and times of support groups

Latino Outreach Services:

- Community Education & Outreach
**in partnership with the Gatekeeper Education Program*
- Brief Intervention Services
- Case Management Services

Our bicultural, multilingual Latino Navigator/ Case Manager will provide culturally sensitive support to the Hispanic community. We are able to serve monolingual Spanish speakers with a full array of services for brief intervention and case management. For more information please call 707-644-6612 x

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