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2016-2018 National Program Report: Tacoma (WA)

Program Information

Title of Program: The Many Facets of Mental Health

We would like this program to be considered for an award: Yes

Is the program reported a single facet, integrated (at least 3 facets) or umbrella program? Umbrella

If integrated, choose the lead facet:

If integrated, select the additional facets involved:

If Other please specify:

Using the Service Delivery Model developed by the chapter, please complete the following questions:

What was the problem or situation addressed?

In 2016 in pursuit of "Building a Healthy Legacy," the Tacoma (WA) Chapter (TWACHap) overwhelmingly adopted Mental Health, a national initiative, as its umbrella program for 2016-2018. The problem to be addressed, based on myriad credible research studies, is: the need for increased awareness of and education about mental health in the African American (A/A) community. One study concludes, ". . . only 1 in 3 African Americans (A/As) who need help with mental health issues are [actually] receiving it," (Mental Health America,1996) Additional research studies highlight situational factors which undergird the selection of this need: Mental health problems for African American women are 50% higher than for white women. (Mental Health America) Black teenagers attempt suicide more frequently than white teenagers (8.2% vs 6.3%). (US HHS Office of Mental Health) Black American adults experience serious mental health problems 20% more than adult whites. (HHS Office of Mental Health) There continues to be a stigma around the topic of mental health in the A/A community. Additional inhibiting factors include belief that depression is a form of weakness; reliance on faith, family and social communities for emotional support even though medical or therapeutic treatment may be needed; conscious or unconscious bias from providers; history of unrevealed medical experimentation and misdiagnoses leading to inherent distrust; socio-economic status can make treatment less available. (National Alliance on Mental Illness [NAMI]) A recent survey contained in the Links, Inc. Mental Health Toolkit identified the following three mental health concerns as most prevalent among members of the TWACHap): racism (34%), need for mind/body practice (28%), need for meditation/prayer (25%).

What was the mission/vision of the chapter in implementing this program?

The mission/vision of the Tacoma (WA) Chapter of the Links, Incorporated in implementing this program is: To develop and collaboratively sustain an ongoing structured set of community based activities and experiences that transform and increase the level of awareness and education about mental health issues among members of the South Puget Sound African American community.

What were the goal(s)/objective(s) of the Program?

Note: Numbers in this section are cumulative (short+medium+long term) 1. HHS: To produce an all facet ½ day community mental health educational forum: "Now You See It, Now You Don't" for 100 South Puget Sound residents. 2. HHS: To increase TWACHap member's awareness of mental and physical health issues through "Health Moment" presentations during monthly chapter meetings and the conduct of a ½ day wellness retreat focusing on mental health/stress reduction. 3. STY: To promote self-esteem and confidence by delivering anti-bullying curriculum, "Say No to Bullying Today," published by Apex Performance Solutions, to 50 students of color ages, 5-18 at The Tacoma Urban Performing Arts Center (TUPAC). 4. ARTS: To support TUPAC's goal of instilling a sense of pride and self-esteem in 100 TUPAC students through assisting TUPAC with organizational and resource development. 5. NTS: To increase awareness of 500 South Puget Sound A/A residents about the human trafficking and resources for reporting suspected instances by facilitating

dialogue around the screening of the Chosen video at 1 large community event, 2 schools, 2 youth organizations and 2 A/A fraternal organizations. 6. ITS: To catalyze development of physical/emotional health of women and girls of African descent by providing 225 H2O backpacks; monetary donations to Boots on the Ground and Jamaica Campaigns; collaboration with women's groups in observance of International Women's Girl's Days.

Description of the Program:

Health and Human Services is the lead facet for this transformational sustainable umbrella program, which is designed to address the need for increased education and awareness of mental health issues and resources among A/As in the South Puget Sound of WA State. Each of the five facets has identified at least one mental health issue/problem/need, which is in alignment with national priorities as well as being consistent with the mission of the facet. Each facet is tasked with using the Service Delivery Model (SDM) to design and deliver a series of educational and awareness activities focused on a different aspect of mental health. Mental health related issues identified by facets include such varied topics as: Human trafficking; Alzheimer's disease as a form of dementia; stress reduction; hospice; children and mental health; exercise, spirituality; meditation; visual and performing arts; and an international perspective. The resultant programmatic richness dramatically underscores the diversity, immensity and complexity of topics resident under the umbrella rubric, "mental health." Such a wide-ranging multi-faceted effort serves to promote the Links Brand as does the requisite collaboration with community and corporate organizations. Further, the lead facet is charged with planning an annual all facet community event. The 2017 event was a ½ day community mental health forum, entitled "Now You See it, Now You Don't." This event featured a keynote speaker on Alzheimer's disease followed by round robin mini-workshop topical presentations by each facet, wherein every attendee participated in all five workshops. A heart healthy lunch was served.

List Activities (Outputs) Implemented:

Goal 1: HHS Outputs: Produced ½ day all facet community mental health forum: "Now You See It, Now You Don't" Keynote + Mini-Workshop Presentations: WA St. Alzheimer's Assoc. – Keynote address HHS – Hospice: What You Need to Know STY – Mental Health in Children NTS – Human Trafficking in the Pacific NW ITS – International Perspective ARTS – Mental Health & Art AKA Sorority – Seniors: Depression/Suicide Ideation + Refreshments Participation:100 So. Puget Sound A/A Adults & Families Outcomes: Increased awareness in the South Puget Sound A/A community of mental health issues and resources Goal 2 – HHS Outputs: Admin. chapter mental health needs assessment; monthly health moment; distribute Individual Health Journals; produce ½ day mental health retreat. Participation: All chap. members Outcomes: Increased awareness of mental/physical health & stress reduction strategies Goal 3 – STY Outputs: 4 weekly anti-bullying workshop sessions: how to handle conflict, observed bullying behaviors, students create Anti-Bullying Pledge/administer to peers. Participation: 50 TUPAC students of color (50) + 20 parents Outcomes: Reduced incidents of bullying at TUPAC by 50% Goal 4: ARTS Outputs: Devote a portion of Arts facet budget to mutually agreed needs at TUPAC; request donation from other 4 facets; provide consultation/leads re: fund development, marketing, nonprofit governance & accounting. Participation: 100+TUPAC students, parents, staff & volunteers. Outcomes: TUPAC has decreased (fewer) supply & physical repair needs Goal 5: NTS Outputs: Administer pre-post survey; facilitate dialogue around the screening of the video at 1 large community event, 2 schools, 2 youth organizations and 2 A/A fraternal organizations. Participation: 500 A/A adults & children in South Puget Sound Outcomes: Increased awareness in the South Puget Sound A/A community of the 3 types of human trafficking (sex, forced labor, debt bondage); signs of each; resources for reporting suspected instances Goal 6: ITS Outputs: Purchase/ship to Haiti 225 water backpacks; donate 50 women's Hope Kits from World Vision for Jamaica; participate in & support annual observance of Women's and Girl's Days; organize chapter participation in NAMI Walk [All chapter members Participation: Needy residents of Haiti (225) & Jamaica; all chapter members Outcomes: Increased resources for women & girls in Haiti & Jamaica; increased participation in local mental health & women's events.

Targeted Groups

Women:	3660
Children (ages 0-12):	195
Teens (ages 13-18):	180
Young Adults (ages 19-24):	195
Senior Citizens:	329
Family:	1280
Others:	
Please Specify "Others":	
Males (Total):	675

Females (Total): 3660

Total Number of People Served: 4435

Average household income: \$50,000 - \$74,999

Ethnicities served:

- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian or Other Pacific Islander
- White
- Hispanic or Latino

Please Specify "Other":

Methods Used to Determine the Group(s)

Describe the methods used to determine the target groups served.

Results of myriad credible research studies point to the need for increased education & awareness of mental health issues and resources in the A/A community. Thus, the A/A community in the South Puget Sound area was identified as the macro target group.

Total Number of people served: 4435

Total number of people who successfully completed program: 1045

Did you collaborate with other community groups to plan and/or implement this program? Yes

If yes, give names of groups and describe their involvement:

"Now You See It, Now You Don't: The Many Facets of Mental Health" was a programming brainchild that collaborated with several community organizations. Held at Bethlehem Baptist Church in Tacoma, WA (a large church attended by many in our community) in partnership with the Alzheimer's Association and the Zeta Omega Omega chapter of Alpha Kappa Alpha Sorority, Inc. The keynote address given by the Alzheimer's Association provided the targeted group with insight on Alzheimer patient experiences and the research taking place in our community. The forum was designed so small groups of community members could get 15-minute "lessons" on topics such as: The effects of bullying on children (STY), Depression and Suicidal Ideation Among Seniors (NTS), Mental manipulation and Human Trafficking (NTS), Challenges affecting the mental health of families in the Congo (ITS), and Hospice and Caregiving (HHS). Every 15 minutes, groups transitioned to another "café" table topic. Attendees also enjoyed a dance performance from a noted choreographer and learned the physical, emotional and spiritual benefits of dance for whole health (ARTS). Aspects of mental health were covered uniquely at each table: lectures, videos, storytelling and quizzes to test the attendees learning.

Cost of the Program

Projected Cost: \$ 20500

Actual Cost: \$ 9850

Was a grant or underwriting obtained? Yes

If yes, give funding source(s) name(s): Links Foundation-HeartLinks

Total Amount Underwritten or Grant Amount Received: \$ 1000

Were any in-kind donations/services provided? Yes

If yes, give funding source(s) name(s): Bethlehem Baptist Church (1250), the Alzheimer's Assoc(250), Franciscan Med(200), Multicare(200), Alpha Kappa Alpha (250), AARP (100) Ebony Nurses (100), Pierce County Health (200), Prayer Tower (500), Chef (350)

Total Amount of In-Kind Donations: \$ 3400

List items donated:

Consulting on program and logistics, subject matter expertise, brochures, waiver of speaker fees, utilized Bethlehem Baptist Church gymnasium and classroom, Prayer Tower facility, Chef purchased food and provided healthy meal

Operation and Sustainability

How many years has the program been in operation? 3

What year did the program start? 2016

If the program has been in operation five (5) years or more, please include specific modifications that you have implemented this program year.

What were the most outstanding qualities of this program?

• The need for the program is based on a solid body of credible peer-reviewed research. • There are myriad nonprofit, corporate and governmental organizations engaged in mental health research & direct service delivery. However, there are few efforts devoted to education and raising the awareness of mental health issues of members of a specifically selected lay community, such as the African American community [of South Puget Sound]. • Due to the nearly infinite potential approaches to and perspectives resident in the term "mental health," structuring the program for sustainability is not as difficult as it might be with a more narrowly defined topic. • Because chapter members voted for the program and designated it to be an umbrella program, all members and all facets are engaged in its design and implementation and invested in its success.

How will this program be sustained and/or institutionalized?

At annual retreat review and evaluation of results leading to enhancements and refinements will occur. Analysis of investments and returns to determine next level of funding to sustain the umbrella program completed. Self evaluation of facet successes allowing each to determine their upcoming activities in conjunction with the umbrella program. Will continue to consult with professional resources in the community to stay current on mental health challenges. Assessing the level of collaboration and service delivery model utilization via reports.

Integrated Programming

Describe how your integrated program was created. Please detail how your chapter's facets collaborated in the program's planning and execution.

Marketing and Evaluation

How did the chapter communicate and publicize the program?

The chapter members promoted programs within their circles of influence, social media, church announcements, other newsletters and Tacoma Chapter's website. Highlighted events in 50th anniversary souvenir book distributed at annual fundraiser reaching more than 300 guests. Presentation by our classic through ages artist who shared the impact of art as she has struggled with depression educated attendees on the many facets of mental health.

How was the program evaluated?

In general, one or more of the following methods is utilized: • Administration of structured survey instruments, such as questionnaires completed by participants following each individual activity or [related] series of activities. • Administration of surveys before (pre) and after (post) the activity. The NTS facet utilizes such a method to assess participant's knowledge and awareness of human trafficking prior to viewing the video then, again, after viewing it. •

Verbally asking structured questions combined with conscientious recording of responses. This method is particularly effective with very young children. • Researching local statistics on mental health. Facets submit results of all evaluation methods to the chair of the program committee. At the end of the program year the program committee reviews the results of individual facets against facet goals and in the context of addressing the stated need as well as potential for sustainability.

List measureable outcomes, up to three:

Increased participation of African Americans at each mental health forum by 20% Published articles and resources on mental health and well-being
Increased self esteem of 50 women in Haiti & increased self esteem & self confidence of 50 women and girls Jamaica

Program Summary / Impact Statement

Provide a summary of the chapter program that can be used for publication.

"A Multi-Faceted Approach to Increasing Awareness of Mental Health Issues in an African American Community" The Mental Health Program of the Tacoma (WA) Chapter of the Links, Incorporated is designed to address the well documented need for increased education and awareness of mental health issues and resources in the African American (A/A) community. The A/A community of South Puget Sound is the target group. The program, known as an umbrella program, engages and directly involves each of the five facets [i.e., topical program sub-committees] of the national organization. Hence, each member of the chapter is involved in program design and implementation and is invested in its success. Each of the five facets has identified at least one mental health issue/problem/need, which is in alignment with national priorities as well as being consistent with the mission of the facet. Health and Human Services (HHS) is the lead facet. Each facet is tasked with using the Service Delivery Model (SDM) to design and deliver a series of educational and awareness activities focused on a different aspect of mental health. In October 2017 the programmatic strategy was showcased when HHS coordinated an all facet half day community mental health educational forum entitled: "Now You See It, Now You Don't." The event, held in a church gymnasium, included a keynote address on Alzheimer's disease, followed by a series of round robin mini-workshops presented by the five facets. Workshop topics ranged from human trafficking to mental health and the arts to hospice to international perspectives to mental health in children. In addition, the local chapter of Alpha Kappa Alpha Sorority Inc. provided a heart healthy lunch as well as a presentation on seniors and suicidal ideation. Seventy-five members of the South Puget Sound African American community attended. The pastor, who was in attendance, has requested that we reprise this event in 2018.

Chapter Participation

Number of members in chapter:	24
Number of active members in chapter:	24
Number of active members who participated in program:	24