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Discovery. Diversity. Distinction.

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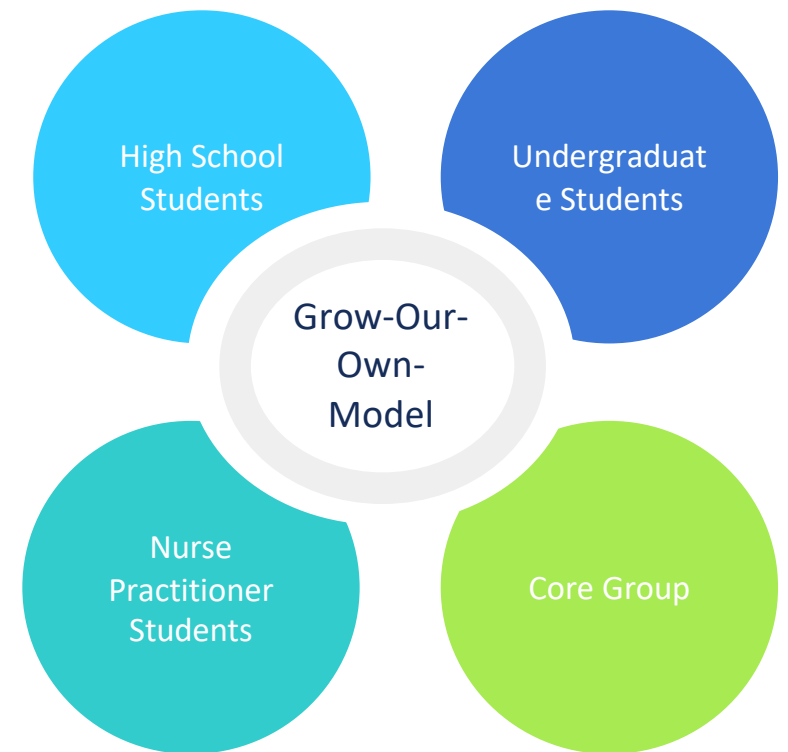
# Central Valley California Overview

- ❑ The prevalence of mental illness is **higher** among residents living in this community than others in California. While 5.1 percent of Fresno adults have a serious mental illness, and 5.7 percent of Kern County residents, that number increases to 6.9 percent in Kings County and 7 percent in Madera County.
- ❑ Serious emotional disturbance are also the **highest** among children living in the San Joaquin Valley as documented in Mental Health Care in California: painting a picture.
- ❑ In addition to a high prevalence rate of mental illness, **access to a competent mental health clinician is challenging**. About half of adults and two-thirds of adolescents with mental health needs did not receive treatment.

# Growing Our Own Model

## Key Projects

- ❑ Career development through career networking
- ❑ Linking behavioral health knowledge and career readiness during advance practice practicum hours
- ❑ Offering financial assistance through stipends
- ❑ Engaging in outreach activities for local high schools and community college students
- ❑ Collaboration with Community Partners for Health Conference for High School, Undergraduate Nursing and Community College Students

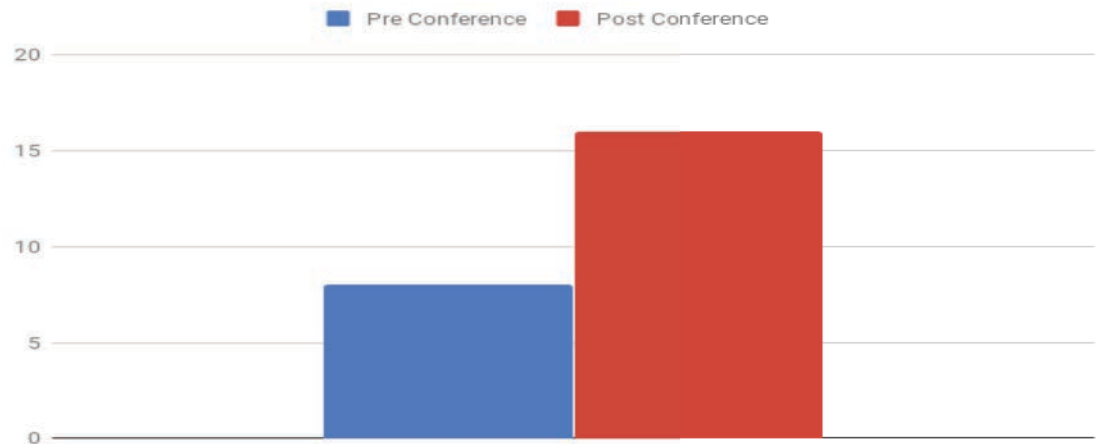


## Collaboration with Community Partners for “Growing Health Leaders” Conference for High School Students

- ❑ Create a venue for youth to connect with local health professionals to gain greater insight into mental health avenues students can pursue post-high school.
- ❑ Allows students to learn more about the realistic expectations of specific job pathways and speak to directly to professionals within their communities.
- ❑ Opportunity for speakers to share about their experiences working within the community, pathway to their career and to engage the students in discussion and activities.

### Outcomes:

Students Considering a Career in Behavioral Health Field

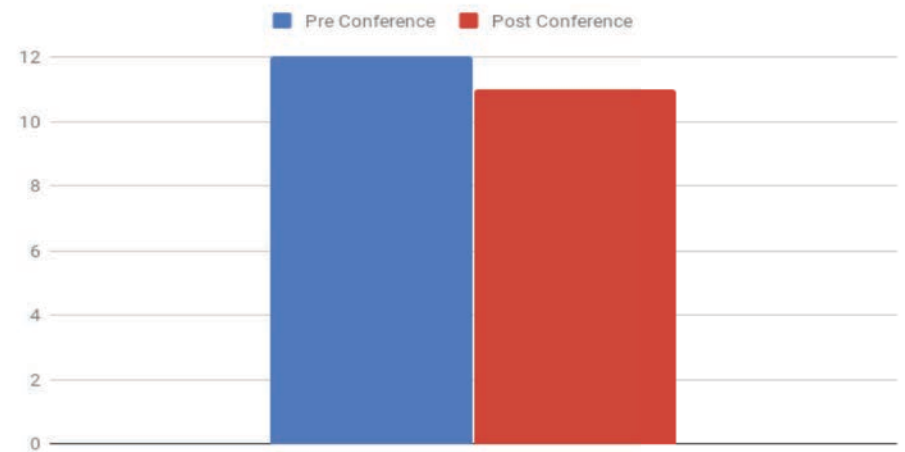


## Mind Space: Bridging Pathways, Building Workforce Workshop for Undergraduate Nursing and Community College Students

- ❑ A problem based approach to change mental health stigma, and create interest in mental/behavioral health careers
- ❑ Allows students to learn more about the realistic expectations of specific job pathways and speak directly to professionals within the behavioral health arena.
- ❑ Panel discussion of mental health professionals to share their experiences within the behavioral health system, the pathway to their career, and an interactive Q&A session.

### Outcomes:

Students Considering a Career in  
Behavioral Health Field



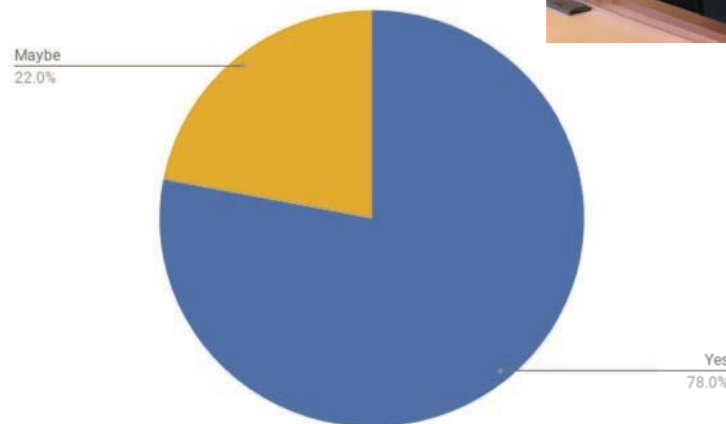
## Behavioral Health Core Group Seminar

- ❑ Introduction of a selected core group of high school students to various public mental/behavioral health careers across a continuum of learners.
- ❑ To Increase knowledge about behavioral health careers across the multiple disciplines and educational preparation levels
- ❑ Participate in interactive activities about common mental health challenges.



### Outcomes:

Students Considering a Career in Behavioral Health Field



## Mental Health Practicum for Family Nurse Practitioner Students

- Provision of Mental Health Clinical hours for Family Nurse Practitioner(FNP) students at Fresno State
- Goal: To explore careers in behavioral health and be better prepared to care for patients in primary care.
- Successful completion of 40 specialty hours in psychiatry/behavioral health by 5 FNP students
- Psychiatrist and Psychiatric Mental Health Nurse Practitioner precepted the FNP students
- Students received stipends for their participation.

College of Health and Human Services – School of Nursing

### Student Reflections:

- Student#1: "That is why I am planning to continue my field on mental health and family nurse practitioner. I find these very interesting and I know there is a lot more to learn and broaden my knowledge."
- Student#2: "I was only able to do a maximum of 40 hours of practicum in this specialty, which I felt was insufficient. With the number of patients that we see in family practice that have mental health conditions, I think it is necessary to do more hours to have a better grasp of the medication regimens for the various illness."
- Student#3: "I spoke with my preceptor about his journey to becoming a mental health practitioner from a family nurse practitioner. Eventually, I would like to receive a certification in this area."
- Student#4: "After my time, I would consider going into mental health as a specialty. I have enjoyed my time learning and growing in a new area."
- Student#5: "I wish I would have had more time in behavioral health and shown a greater variety of experiences. I have no doubt I am open to working in any mental health facility or capacity."

# Outcomes and Recommendations

## Outcomes:

- Decrease mental health stigma
- Increase interest in pursuing behavioral health careers

## Recommendations:

- Incorporate Mental Health into the nursing curriculum across all specialties
- Mental health education beginning middle school to reduce stigma
- Expand clinical experience began acute care for nursing students, including wellness and community resources
- Include additional education to the family nurse practitioner programs



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