

Placer County Prevention and Early Intervention  
Kings Beach Community Meeting  
Flip Chart Comments  
01/25/08

**Format:**

Discussion of mental and innate health: Laurie Martin

What is it like when one does not have mental or innate health: Stephanie Rogerson

Definition of PEI: Stephanie Rogerson

Overview of PEI process and history: Seana Doherty

Small Group Breakouts: Stephanie Rogerson and Laurie Martin

**GROUP ONE:**

**Who is in need of support and why?**

- ◆ everyone in North Tahoe who has an income of less than \$50,000
- ◆ 14 – 16 year old latino kids believing in future opportunities
- ◆ 18 – 24 latino males because of few opportunities (education, career etc)
- ◆ Latino community due to isolation & cultural differences across \_\_\_\_\_
- ◆ Middle schoolers because stresses are felt at this age.
- ◆ 50-70 yr olds because of lack of services.
- ◆ 9 year olds because this age they begin experiment with examples
- ◆ Because we are losing a lot of community feeling
- ◆ Because everything is expensive & hard.

**Where do you go in a crisis?**

- ◆ Therapy or el-anon
- ◆ Family or the outdoors
- ◆ Pastor
- ◆ Friends & family or professional with special knowledge
- ◆ Exercise
- ◆ Friends & professional peers
- ◆ Pet therapy

**Where should additional information be available?**

- ◆ WIC for postpartum depression
- ◆ Churches
- ◆ Library
- ◆ Schools could have real counselors
- ◆ FRC
- ◆ BGCNLT
- ◆ TWS
- ◆ Promotoras
- ◆ Police, Paramedics, Fire Departments

- ◆ Animal Control
- ◆ Pediatricians/OB Gyn's
- ◆ Doctors & Physicians
- ◆ Markets
- ◆ Phone books
- ◆ Safeway bags
- ◆ Bus stops/taxi's
- ◆ Newspapers, Pueblo, Moonshine
- ◆ Radio Lazar, KTHO, 106.9
- ◆ Hairdressers
- ◆ bartender
- ◆ dealers @ casinos
- ◆ School bus drivers
- ◆ break rooms at work
- ◆ peer programs
- ◆ coffee shops contractors

**What are innovative ways to support each other & ourselves?**

- ◆ Recreational scholarships for sports, arts, etc. Activity card for residents or a locals discount or everyone who qualifies gets \$500/year for healthy activities.
- ◆ Increase the number of after school & summer programs for kids
- ◆ Welcome Wagon introducing opportunities, resources etc,
- ◆ Locals line at Safeway for holiday weekends
- ◆ Increase locals discounts
- ◆ Community BBQ or potlucks for events
- ◆ Older kids mentoring younger kids
- ◆ Adults mentoring adults & teens
- ◆ Increase senior center services for North Shore
- ◆ See our WHERE ideas because they are fabulous!
- ◆ Multi-cultural festivals
- ◆ Increase faith involvement
- ◆ Get a priest for KB!!

**GROUP TWO:**

**Who is in need of support and why?**

- ◆ Everyone. Children 14 – 18 Boys Younger than girls
- ◆ Seniors 70+ who live on their own. Lack of resources & community
- ◆ Latino community specifically without papers. Job, medical insurance
- ◆ Parents of low income families. Hard to provide, pay rent, stay well.
- ◆ 11 -13 yr olds. Developing of insecurities becoming aware of self.
- ◆ Drug abusing families/Alcoholism children at risk.

**Where do you go in a crisis?**

- ◆ My mom
- ◆ Friends
- ◆ Family
- ◆ Community services agencies
- ◆ Church
- ◆ Teachers/coaches
- ◆ ER
- ◆ TWS
- ◆ School Counselor
- ◆ Co-workers
- ◆ Therapy for counseling
- ◆ Youth Groups
- ◆ B & G Cubs
- ◆ Crisis hotline

**Where should additional information be available?**

- ◆ Post office
- ◆ Agencies
- ◆ Teacher and school counselors
- ◆ Doctors
- ◆ Weather channel in Spanish
- ◆ Newspapers in Spanish
- ◆ Childcare providers
- ◆ Coaches
- ◆ Library
- ◆ Everyone in school district
- ◆ The whole Community
- ◆ Meals on Wheels/Mana
- ◆ Church leaders
- ◆ Police
- ◆ Firemen
- ◆ Community leaders

**What are innovative ways to support each other & ourselves?**

- ◆ Youth – things to do, eg. Volunteer, sports
- ◆ Educate about stigma – children
  - i. Peer helpers
  - ii. Bullying classes
- ◆ Seniors – have younger folks spend time with them
  - iii. Dominos

iv. Groups to get seniors together

v. Seniors work with young people to show wisdom

- ◆ Peer training of how to access inner wellbeing
- ◆ Groups at schools Peer-peer
- ◆ Support groups – sewing, book clubs, music, film, drama
- ◆ Soccer
- ◆ Promotoras – skilled facilitators to pass info to community
- ◆ Matilda – the movie