



Rio Vista CARE
Family Resource Center

Final Report

April 30, 2019

1. Introduction and Summary

CARE is the sole local provider of free and low cost mental health services in the greater Rio Vista/Delta area. CARE provides bilingual, culturally appropriate services. CARE provides short-term psychotherapy using solution-focused, cognitive behavioral and family systems therapies in schools, the CARE office, and in clients' homes.

School-based services include individual and group counseling, psychosocial prevention and intervention groups, student mediation training, and mentoring. Clinic-based services include crisis intervention, basic needs, counseling, resource and referral, service navigation support and advocacy, family education and support. In-home services include home visits with a child abuse prevention approach focused on high-risk, isolated families with children up to age 18.

Rio Vista CARE reaches out to all genders and age groups in the Rio Vista and Sacramento Delta area (Clarksburg, Courtland, Walnut Grove and Isleton). We mainly provide counseling and group workshops at the River Delta Unified School sites.

Counseling services are provided to individuals and groups on a school year basis. The groups conducted are psychosocial, skill building groups and are composed of 5-8 students per group. These groups are 5-6 weeks in length and occur about 4 times per school year.

The services at the Family Resource Center (FRC) are all in Rio Vista. The majority of the MERP outreach has occurred at the FRC during the monthly Women's, Infants and Children services dates at Rio Vista CARE. The outreach worker has provided MERP materials and information to all FRC clients that are currently being served or case managed in our FRC 0-5 program and our 6-18 family support services. Other single individuals who reach out for services are also part of the MERP educational services.

CARE also goes out in the community and conducts presentations to local service clubs and or other non-profit entities in the community.

2. Implementation by Program

MERP materials are incorporated into our established programs through direct services. Clients who come in for family support/basic needs and parenting are outreached with MERP materials. Families and individuals receive on average 3-4 case managed visits.

Outreach events are geared towards families who receive WIC on a monthly basis. Presentations to community groups (service clubs), are done occasionally. Information about the MERP program is also on the Rio Vista CARE website www.riovistacare.org. We have recently also placed MERP information on Rio Vista CARE's Facebook page.

MERP materials distributed as follows during the project year. (40) Placemats and bookmarks to our family strengthening program participants during our December 2018 Christmas 94571 gift. (70) to older adults who seek out services through our family resource center participants that come in for basic needs assistance and seeking health insurance access, unemployment benefits and parenting classes. (50) Individuals received) Materials were handed out to St. Brigid's Episcopal Church during an outreach presentation. On the Friday's that the Solano County WIC program is in Rio Vista they also have provided MERP materials to its participants (24) clients received materials.

Placemats, post-card sticker, infographic and bookmarks have been distributed to all participants mentioned above. Both English and Spanish materials have been disseminated on a frequent basis.

3. Summary and Recommendations

The placemats with the more vivid graphics have been the most popular. These are easier to follow and understand. As far as the consumption of the fish the infographic has been helpful in showing clients what the appropriate portion to consume should be.

Participant feedback has been positive. Many of the participants did not know the harm of consuming fish products from the Delta. With the MERP education materials participants have a better idea how to care for themselves and their families when it comes to eating fish products.

The graphics on the placemat seem to be the most valuable. Many participants have voiced that due to this new knowledge they are better able to make decisions and inform friends and families about the dangers and benefits of fish consumption.

Staff who distribute the materials have communicated that learning about Mercury exposure was both informative and eye opening.

The challenges faced when incorporating the materials into the program have been minimal. Most of the participants are open to the education of the MERP materials and are willing to take the time to listen and go over the dangers and benefits.

Summary:

Overall the Rio Vista community and the surrounding rural area population benefitted from this most important informational program. Many of the participants did not realize the amounts of mercury that many of the fish contain.

The advisory information in all of the printed materials was easily understood and participants had a strong understanding of the informational materials distributed. Participants stated that even though some of their family members or themselves fished for entertainment and then released the fish back into the Delta they still appreciated all the information contained in the advisory materials.

For those that fish or whose family members fish and consume the catch- they felt that they were able to make safer and more informed choices when consuming the fish from the Delta. The most important information feedback was regarding the amounts of fish that pregnant women and small children could consume. The advisory materials clearly delineated the safety of fish consumption in the Delta area.