

UPSTREAM RESOLUTION of ALIGNMENT
Aligning NAMI Sonoma County Practices and Activities
With the Upstream Investments Initiative

RESOLUTION of NAMI Sonoma County

WHEREAS, the County of Sonoma is sponsoring a community-wide strategic initiative called Upstream Investments with the following **mission**: To facilitate the implementation of prevention-focused policies and interventions that increase equality and reduce monetary and societal costs for all residents of Sonoma County.

WHEREAS, the Upstream Investments **vision** for all residents of Sonoma County is that poverty is eliminated and all people have an equal opportunity for quality education and good health in nurturing home and community environments.

WHEREAS, the Upstream Investments Initiative is designed to target the following **factors**:

Social and economic factors

Poverty and racial/ethnic disparities
Community conditions
Public opinion, public policy, and laws

Family and individual factors

Family dysfunction -
Negative peer influences
Early antisocial behavior

WHEREAS, the Upstream Investments Initiative seeks to promote four community **goals**:

1. The whole community is engaged in supporting the healthy development of children.
2. Community members have access to education and training and are adequately prepared for the challenges of the future.
3. All community members are well sheltered, safe, and socially supported.
4. Sonoma County has a thriving diverse economy that produces economic security for all.

WHEREAS, the Upstream Investments Initiative seeks to expand **funding** for Model Upstream Programs and also seeks to promote **organizational practices** that support the Upstream Vision.

WHEREAS, the Upstream Investments Strategic Initiative promotes the implementation of **outcomes-based practices** including Evidence-Based Practices, Promising Practices, and Emerging Practices.

WHEREAS, Twenty-two **indicators of success** will inform the community about the success of Upstream Investments.

1. Reduced child maltreatment
2. Reduced youth binge drinking
3. Reduced youth drug use
4. Reduced youth depression
5. Reduced youth tobacco use
6. Reduced teen births
7. Reduced obesity
8. Improved pre-school attendance
9. Improved 3rd grade reading
10. Improved 3rd grade math
11. Improved high school completion
12. Improved housing affordability
13. Reduced homelessness
14. Reduced juvenile arrests
15. Reduced adult arrests
16. Reduced domestic violence
17. Reduced gang membership
18. Improved youth connectedness
19. Reduced poverty
20. Reduced unemployment
21. Improved health insurance rates

NOW, THEREFORE, BE IT RESOLVED that NAMI Sonoma County shares the Upstream Investments' **mission, goals**, commitment to improving the **indicators of success**, and **vision** and has aligned its organizational practices with the Upstream Investments Initiative as follows:

✓ Explain how the Organization's **mission/vision** are aligned with the Upstream mission/vision. *NAMI Sonoma County works toward preventing mental health crisis, educating the public, reducing stigma about mental illness so that individuals seek early intervention when needed, and providing outreach to the public schools in the form of classroom presentations that feature the personal stories of youth who have overcome mental health challenges.*

- ✓ List which Upstream **Indicators of Success** are promoted by the organizations practices and programs.

NAMI Sonoma County promotes the following indicators of success:

1. Reduced child maltreatment
2. Reduced youth binge drinking
3. Reduced youth drug use
4. Reduced youth depression
5. Reduced obesity
6. Improved high school completion
7. Improved higher education
8. Improved housing affordability
9. Reduced homelessness

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10. Reduced juvenile arrests
11. Reduced adult arrests
12. Reduced domestic violence
13. Reduced gang membership
14. Improved youth connectedness
15. Reduced poverty
16. Reduced unemployment

NAMI Sonoma County's mental wellness programs, family and individual support, and Hearts and Minds health improvement program are upstream programs that reduce the probability of mental health deterioration that result in school dropout, family violence, poverty and unemployment, substance abuse, lawlessness, and homelessness.

- ✓ Make a commitment to submitting the Organization's programs to the **Portfolio of Model Upstream Programs**. Or, list the Organizations' programs that are already on the Portfolio of Model Upstream Programs.

NAMI Sonoma County currently partners with the Sonoma County Office of Education on a Model Upstream Program called Project Success. In this regard, we belong to Tier 1.

Our NAMI Signature Programs comply with Tier 2. We would like to receive technical assistance so that we can move our programs into the Tier 1 category. We are totally committed to developing evaluation protocols that will demonstrate that our services are developed as evidence-based practices. Our national office is also working on research to establish that our Signature Programs are evidence-based.

- ✓ Identify the level of Organizational **funding** dedicated to upstream investments.

Since all of the work that we do is preventative and supportive in nature in regards to mental health and we do not provide mental health treatment, one hundred percent of our annual budget of nearly \$400,000 goes toward upstream investments.

- ✓ Describe any **organizational practices** that reflect upstream principles (such as strategic planning, policies, budget activities, resource deployment, or contracting).

All of our policies are prevention-focused. We do outreach to families and individuals, youth and older adults, at all socio-economic levels. We have a significant focus on racial and cultural diversity. Our board of directors includes representatives from law enforcement, health services, and education. Our interventions are educational and supportive; they reflect equality and justice. Individuals and families who participate in our programs find that the lessons they learn save them costly and fruitless or negative outcomes that impact not only themselves but general society.

- ✓ Describe **collaborations** with other organizations that promote Upstream Investments.

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Project SUCCESS is a school-based NREPP (National Registry Evidence-Based Programs and Practices) program that prevents and reduces substance use among adolescents by placing highly trained professionals in schools to provide a full range of substance use prevention and early intervention services. Project Success PLUS (Schools Using Coordinated Community Efforts to Strengthen Students) is a national model program that has been proven effective in preventing and reducing teen substance use.

Project Success PLUS, through the Sonoma County Office of Education, includes a focus on behavioral health and is currently in place in five districts in Sonoma County. Project Success PLUS works to reduce the factors that put students at risk for substance abuse, while working to enhance the factors that will promote behavioral health and protect students from the social and emotional risks associated with alcohol, tobacco and other drug use. This is accomplished by placing highly trained counselors in schools to provide a full range of substance use prevention and early intervention services.

NAMI makes Project Success presentations in high schools as prevention education where students are given a brief overview of mental illness and given a unique opportunity to hear an individual's personal experience with mental illness. NAMI Staff and Interns provide information about local resources available for teens and young adults over the course of the presentation.

Our other partners on Project Success are the Drug Abuse Alternative Center, Petaluma People Services Center, and the Student Assistance Program Collaborative.

We collaborate with Community Action Partnership (human resources assistance), the California Parenting Institute (Latino Service Provider meetings), the Northern California Center for Well Being, the Sonoma County Human Services Department (MHSA programs), and Catholic Charities (hosted CHOW meetings).

- ✓ List ways that the Organization is **promoting** community-wide knowledge and understanding of Upstream Investments (such as posting a link to SonomaUpstream.org on the Organization's website or including Upstream Investments in Organizational publications).

NAMI Sonoma County holds several classes per month that allow for the distribution of materials to a diverse audience. Upstream Investment information can be thusly distributed. We also have a website where a link to SonomaUpstream.org is posted. Our monthly newsletter showcases community organizations with feature articles and on-going announcements; the newsletter is distributed both electronically and by mail.



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Approved and adopted the 4th day of October 20 11. I, the undersigned, hereby certify that the foregoing Resolution Number n/a was duly adopted by the Board of Directors of NAMI SC
[ORGANIZATION GOVERNING BODY]

Following Roll Call Vote: Ayes: 7
 Nos: 0
 Absent: 3

Paul E. Lee
Clerk/Secretary for [ORGANIZATION GOVERNING BODY]