

CAPE | Community Assessment and Education to Promote Behavioral Health Planning and Evaluation



Introduction to CAPE Toolkit
for Community Leaders in
Finney County, Kansas

Project Partners

CAPE | Community Assessment and Education to Promote Behavioral Health Planning and Evaluation



CAPE Project

- Goal: Develop better understanding of where and how local leaders get their community behavioral health information.
- Activities:
 - Collection of data
 - Survey to community leaders
 - Webinar series
 - Packages to communities
 - www.healthbench.info/communities.html

CAPE Toolkit

- Product of CAPE technical team
- Provide resources for (and organized by) community behavioral health issues
- Community-based programs
- Different levels of evidence
 - Includes:
 - Evidence-based
 - Emerging / Promising
 - Untested



CAPE Toolkit Behavioral Health Areas

- | | |
|---|--------------------------------|
| • Alcohol abuse | • Intimate partner violence |
| • Alcohol-related automobile accidents/deaths | • Non-medical prescription use |
| • Alzheimer's/Dementia | • PTSD |
| • Anxiety | • Schizophrenia |
| • Bipolar disorder | • School/work absenteeism |
| • Child abuse and neglect | • STDs |
| • Child/youth mental health | • Stress |
| • Depression | • Suicide |
| • Fetal alcohol syndrome | • Teen pregnancy |
| • High school dropout rate | • Tobacco |
| • Illegal drug use | • Other at-risk youth |
| | • Other mental health |



CAPE Toolkit

- Online, searchable database
- Searches can use keywords or categories
- Tip: Searches will be more successful when they are less restrictive (using fewer terms).
- Web address:
 - www.ncrcrd.msu.edu/ncrcrd/search



Parenting Strategies

To prevent anxiety and depression in children

Dr. Debra Bolton

Kansas State University



Knowledge for Life

Situation

- Immigrant families at risk for behavioral health concerns
- Family unit weakened by issues
- Long work days
- Acculturation
- Social isolation



Knowledge for Life

Family Engagement

- Expanded Food and Nutrition Education Program
- The Incredible Years
- Self-management of Chronic Disease
- Bi-Lingual/Bi-Cultural 4-H incorporate *Parenting Strategies*



Knowledge for Life

Outcomes

- Parents report “letting go” of children for increased autonomy
- Parents seen as leaders
- Renewed strength in handling everyday stressors
- New connections offer emotional support system



Knowledge
for Life

Contact

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20

CAPE Toolkit



21
