



PORTIA BELL HUME BEHAVIORAL HEALTH AND TRAINING CENTER
A Non-Profit Community Mental Health Organization
Administrative Office: 1333 Willow Pass Road, Suite 101, Concord, CA 94520
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Community Behavioral Health Training Center
Course No. II-1: Public Health Approach to Promote Psychological Well
Being of a Community

Location: Portia Bell Hume Behavioral Health and Training Center – Concord
1333 Willow Pass Road, Suite 101, Concord, CA 94520

Date and Time:

Wednesday, March 4, 2020

Program:

8:30am – 5:00pm

8:30am – Registration, Refreshments and Socialization

9:00am – Preceptor Group

10:30am – Break

10:45am – Introduction to Public Health Approach

12:15pm – Lunch

1:00pm – Introduction to Community Organization, Behavioral Consultation,
Community Peer Consultation Support Groups and Cosmic Self Concept

2:30pm – Break

2:45pm – Identifying 1) Agencies that can use Behavioral Consultation 2) Possible
Programs to deal with Transitions

4:00pm - Break

4:10pm - Review of learning, evaluations, and future planning

Total C.E. Units: 6 Units

Registration Fees:

Continuing Education Credit	Fee
6 units (includes lunch, coffee, refreshments and reading materials)	\$100.00
Total Fee	\$100.00

Discounts: For Hume Center Associated Personnel, six units of C.E. credit: \$75.00 (25% discount).

Course Participants: This course is designed for practicing Psychiatrists, Psychologists, Psychiatric Social Workers, Psychiatric Nurses and Marriage and Family Therapists.

Course Description:

The concepts of Primary, Secondary and Tertiary Prevention will be introduced. This course will focus on the knowledge and skills required to prevent mental disorders and promote Psychological wellbeing of the community we serve. When individuals have to adapt to a new situation or “transition” in life it creates new challenges. Often, already existing cultural institutions or programs can help them to cope with the new challenges. At times, such resources are not sufficient; either the resources are inadequate or the individual needs exceed the available resources. Two major conceptual frameworks and the needed skills will be introduced.

1. Strengthen the already existing resources in the community through providing Behavioral Consultation.
2. To develop psychological oriented programs to facilitate the successful resolution of Transitional situation.
3. To develop Self Help Peer Consultation Groups according to their life roles.
4. To develop Cosmic Self Concept

Objectives:

1. Participants will understand the concepts of Primary, Secondary and Tertiary Prevention.
2. Participants will understand the need to acquire knowledge and skills necessary to provide Behavioral Consultation and Develop Programs to deal with transitions in life.
3. Participants will be able to develop Self Help Peer Consultation groups according to one’s life roles.

Assignment:

1. Identify the organizations that have a stake in the wellbeing of the persons you provide Secondary preventative services to who can benefit from Behavioral Consultation services.
2. Develop Programs to deal with transitions the persons you provide Secondary preventive services to.

3. To identify Self Help Peer Consultations groups in the community.

Readings:

1. Promotion of Psychological Wellbeing
2. Community Mental Health Consultation
3. Dynamics of Consultants Relationship to the Consultee Agency

Faculty: R.K. Janmeja (Meji) Singh, Ph.D

Meji received a Lifetime Achievement Award from California State Psychological Association. The Surgeon General of the United States Army awarded him a Certificate of Appreciation as a Consultant for developing a Liaison Psychiatry Program and Preventive Services at Letterman Army Medical Center in Presidio, San Francisco. Oxford Symposium recognized him with an Award for Outstanding Contribution to School-based Family Counseling. The United States Congress recognized him for his Fifty Years of Community Service as a Licensed Psychologist.

He was an Adjunct Professor of Psychology for the Doctoral Program in School Psychology at U.C. Berkeley (1991-2007). He was the Founding President of Portia Bell Hume Behavioral Health and Training Center (1993-2001). He was the Dean and Professor of Integrative Psychology at Rosebridge Graduate School of Integrative Psychology (1986-1996). Assistant Director, Center for Training in Community Psychiatry and Mental Health Administration, Berkeley, California (1966-80). Deputy Commissioner for Preventive Services at Genesee County Community Mental Health Services (1968-70) For three years he worked for the State Hospitals for mentally ill and for thirty years in Community Mental Health Programs. He has provided Organizational Development Consultation and Behavioral Consultation to hundreds of organizations across the United States.