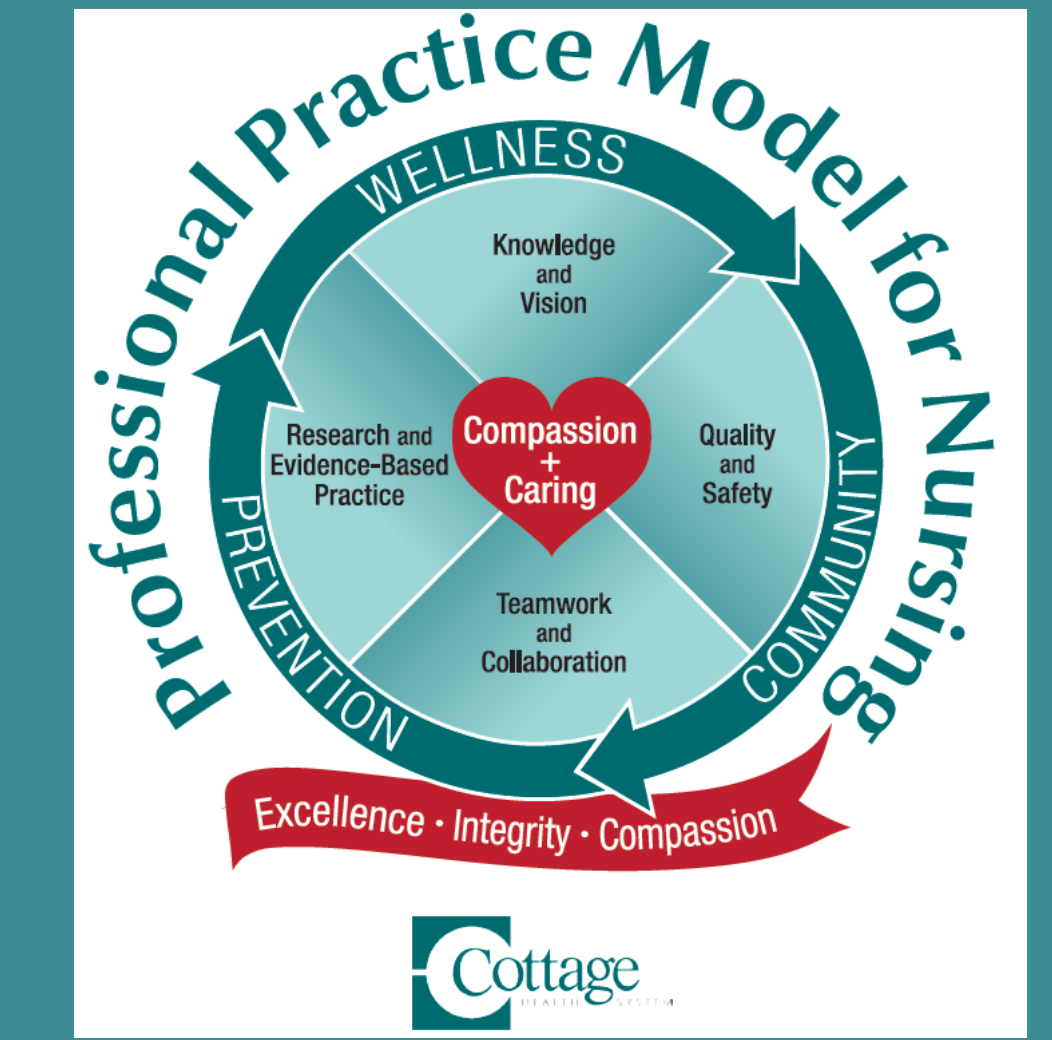




Parish Nursing Program's Mental Health Outreach: PathPoint-Behavioral Health



Background

The Parish Nursing Community Outreach Program became a part of Cottage Health System after St. Francis Medical Center closed in 2003. The program's main funding source continues to be the St. Francis Foundation.

Parish Nursing's vision is to empower people with disabilities or disadvantages, to seek health in mind, body, and spirit; by expanding their knowledge about whole person wellness, assisting to identify methods of disease prevention, and increasing access to health and community resources.

In addition to serving in the PathPoint: Behavioral Health Program which started in 2008, the Parish Nurses also work in 4 homeless shelters, 2 low-income senior housing facilities, 5 local ecumenical congregations, Catholic Charities, and also provide many community flu clinics and other health screenings.

Collaborative Partnership

The Parish Nursing program is partnered with PathPoint, to provide service for up to **130 mental health clients** in our community. The nurses assess and triage mental health symptoms and act as a liaison between the clients and their physician, which is key to the success of the program.

Nursing services include:

- **Health education:** is provided for clients and other non-medically trained staff members. The program is wellness-focused and addresses medication side effects, nutrition, diabetes management, and glucose monitoring.
- **Medication management:** packing and administering medications as needed, and monitoring vital signs.
- **Stress management:** relaxation exercises including tai chi classes for clients are a vital part of this wellness approach.

Community Impact

One of the many symptoms of mental illness is the inability to adequately attend to self-care or seek medical care when necessary.

PathPoint case managers work with the Parish Nurses to provide services to the clients in their homes and out in the community in order to help individuals maintain healthy and stable lives.

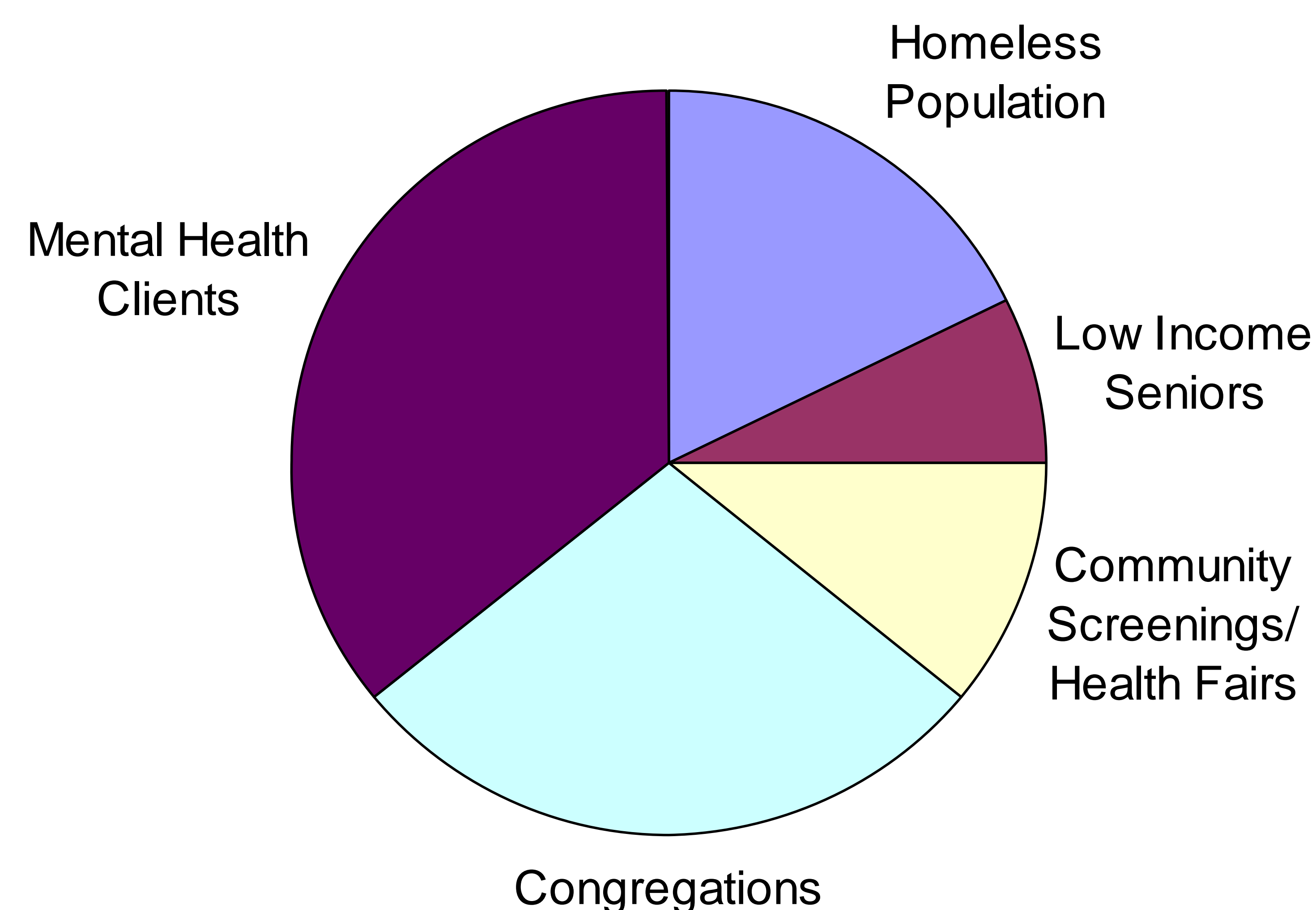
Many of the clients have little or no family support. As they age, their needs often increase, and they may not qualify for other community services.

Parish Nursing at PathPoint is a part of the healing process offered to the community with the support of a SB County grant, The St. Francis Foundation, and Cottage Health System. In many cases this important program is the only means of psycho-social support for some of the PathPoint clients.

Objectives

The objective of the Parish Nursing mental health program is to keep the clients in their homes and compliant with their medication program, in order to reduce admissions to the hospital and to decrease the chances of homelessness.

Where We Spend Our Time



Parish Nursing Outreach Venues

- Community Health Screenings
- Flu Clinics / Heart Fair / Cancer Fair
- Casa Esperanza
- Faulding Hotel / Hotel De Riviera
- Transition House
- FoodBank / St. Joseph's Church
- First Presbyterian
- OLOG Parish
- Trinity Lutheran Church
- Goleta Presbyterian
- Trinity Episcopal Church
- Five Wishes Trainings
- St. Vincent's Seniors
- Garden Court Seniors
- Catholic Charities



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