Mental Health Services Act (MHSA) Innovation Projects

Round 1 Projects: Preliminary Data Summary

Round 1 Innovation Projects

IN01-001 Integrated Community Services (ICS)
IN01-002 Collective Solutions
IN01-003 Volunteer to Work (VTW)
IN01-004 Orange County Acceptance through Compassionate Care, Empowerment, and Positive Transformation (OC ACCEPT)
IN01-005 OC4Vets
IN01-006 Orange County Community Cares Project (OC CCP)
IN01-008 Project Life Coach (PLC)
IN01-009 Training Services to Meet the Mental Health Needs of the Deaf Community
IN01-010 Brighter Futures

Overarching question:
Can a well-trained consumer or family member be an effective paraprofessional in all clinical settings?

ICS

Project Description:
ICS is a collaboration between County mental health programs, community medical clinics, and substance abuse services that provides access to integrated medical and mental health services to County and community participants.

Innovative Components:
- Integrate medical and mental health services for County and community participants
- Peer support services at all sites
- Peer specialists engage participants and act as liaisons between their mental health and medical care providers

Goal:
- Fully integrate participants' physical and mental health care needs

Primary Purpose:
- Increase the quality of services, including better outcomes
ICS utilizes three different methods:

1) A contracted primary care physician, registered nurse case managers, and peer specialists are placed within three Orange County Behavioral Health Clinics
   - Westminster
   - Anaheim
   - Santa Ana

2) Orange County psychiatrists and mental health therapists are placed within two community medical centers

3) An Orange County psychiatrist is placed in Central City Community Health Center

All ICS participants were randomly assigned either to a peer specialist or a registered nurse case manager

Collective Solutions

**Project Description:**
Collective Solutions provides counseling and supportive services to family members struggling to cope with or manage a loved one’s symptoms of mental illness or co-occurring substance abuse disorder

**Innovative Components:**
- Therapeutic services directly target family members
- Peer support services
  - Peer specialists co-facilitated sessions with clinical staff to empower families, instill hope, and model recovery

**Goals:**
- Increase family’s community support network
- Increase family’s resiliency, coping skills, and ability to manage crisis situations related to mental illness

**Primary Purpose:**
- Promote interagency collaboration

VTW

**Project Description:**
VTW provides support services to adults living with a mental health diagnosis who are seeking employment through goal-specific community services

**Innovative Components:**
- Stepping stone for individuals requiring additional support in entering or re-entering competitive employment
- Peer support services
- Peer specialists assist in skill building and employment readiness activities, and seek out volunteer opportunities that match participants’ unique skills and goals

**Goal:**
- Assist participants with vocational fulfillment through volunteer work

**Primary Purpose:**
- Increase the quality of services, including better outcomes
OC ACCEPT

**Project Description:**
OC ACCEPT provides LGBTIQ specific mental health services to address behavioral health issues disproportionately faced by the LGBTIQ community.

**Innovative Components:**
- LGBTIQ specific mental health services
- Peer support services
  - LGBTIQ identified or allied peer specialists provide case management services, advocacy, and outreach and engagement activities

**Goals:**
- Provide a safe environment to express feelings, build resilience, become empowered, and connect with others for support
- Raise awareness and reduce stigma by providing education about the LGBTIQ population to the community at large

**Primary Purpose:**
- Increase access to underserved groups

OC4Vets

**Project Description:**
Hosted by the Orange County Veterans Service Office (VSO), OC4Vets provides a participant-focused environment for Veterans or families within the local military and Veteran community.

**Innovative Components:**
- Co-locating Veteran's services
- Peer support services
  - Peer navigators familiar with Veteran and military culture provide support and case management services

**Goal:**
- Provide an integrated, holistic approach to Veteran behavioral health and facilitate a smooth transition back to civilian life

**Primary Purpose:**
- Increase access to underserved groups

OC CCP

**Project Description:**
OC CCP served as a referral and linkage-based system that established working relationships with local mental health providers and linked them to local residents unable to access mental health care. Participants with mild to moderate symptoms of depression or anxiety were linked to providers for short-term, pro-bono psychotherapy (i.e., 12 sessions).

**Innovative Components:**
- Organize a system of mental health providers willing to offer pro-bono services and link them with eligible participants
- Peer support services
  - Peer specialists promoted services and recruited providers

**Goals:**
- Link providers with eligible participants unable to access the public mental health system or afford private mental health care

**Primary Purpose:**
- Increase access to services
PLC

Project Description:
PLC provides comprehensive life-coaching and supportive employment services to individuals with mental illness struggling to obtain employment, specifically individuals within the unserved and underserved monolingual or limited English proficiency communities in Orange County.

Innovative Components:
• Develop collaborations between ethnic-based service providers, behavioral health clinicians, and local ethnic community businesses
• Peer support services
  • Peer specialists provide case management, life coaching, and employment readiness skills

Goals:
• Assist individuals with mental illness with integrating or reintegrating into their local ethnic community businesses

Primary Purpose:
• Increase access to underserved groups

Training Services to Meet the Mental Health Needs of the Deaf Community

Project Description:
This project was designed to prepare Deaf and Hard-of-Hearing individuals with the necessary skills to become Mental Health Workers and Peer Specialists through participation in a Mental Health Worker Certificate Program.

Innovative Components:
• Address the mental health needs of the deaf community
• Train individuals to become mental health workers with specialized skills and programmatic materials adapted for the Deaf and Hard-of-Hearing community

Goals:
• Improve availability and access to mental health services for Deaf and Hard-of-Hearing individuals
• Prepare individuals with necessary skills to become Mental Health Workers and Peer Specialists

Primary Purpose:
• Increase access to underserved groups

Brighter Futures

Project Description:
Brighter Futures provides community-based counseling and peer supportive services to families with children ages 6 to 13 who are experiencing social, emotional, and behavioral health problems.

Innovative Components:
• Services directly target children ages 6-13
• Peer support services
  • Peer specialists provide family support, case management, and referral and linkage to community resources

Goals:
• Increase access to mental health care among ethnic communities
• Improve family functioning, increase resiliency, reduce isolation, and assist families in building support networks

Primary Purpose:
• Increase the quality of services, including better outcomes
<table>
<thead>
<tr>
<th>Project</th>
<th>Proposed 3-yr Budget</th>
<th>Total Expenditures</th>
<th>Approximate Start Date</th>
<th>Approximate End Date</th>
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Demographics

AGE Launch – June 30, 2014

Collective Solutions n = 105

Community Cares n = 120

ICS n = 360

OC ACCEPT n = 301

OC4VETS n = 377

Project Life Coach n = 157

Volunteer to Work n = 110

Brighter Futures n = 109

- 60+ years
- 20-29 years
- 10-15 years
- 0-10 years
## PARTICIPANTS SERVED

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<tr>
<th>Project</th>
<th>Unduplicated</th>
<th>Additional Members (Unduplicated)</th>
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*Estimated minimum

## REFERRALS AND LINKAGES

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<tr>
<th>Project</th>
<th>Total Referrals</th>
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<th>Top 5 Linkage Types</th>
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Clinical Outcomes
**Change in Average Depression Score**

*Initial Score = Moderate or Severe*

**Launch - June 30, 2014**

<table>
<thead>
<tr>
<th>Program</th>
<th>PHQ-First</th>
<th>PHQ-Last</th>
<th>Statistical Significance</th>
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<tr>
<td>Collective Solutions</td>
<td>17.7</td>
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<td>10.4</td>
<td>*</td>
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<td>ICS</td>
<td>16.3</td>
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<tr>
<td>OC ACCEPT</td>
<td>17.4</td>
<td>11.6</td>
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</table>

- Possible Range: 0 - 27
- Statistically significant decrease (p < .008)

**Change in Average Anxiety Score**

*Initial Score = Moderate or Severe*

**Launch - June 30, 2014**

<table>
<thead>
<tr>
<th>Program</th>
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<th>GAD7-Last</th>
<th>Statistical Significance</th>
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<tr>
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<tr>
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<td>11.1</td>
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- Possible Range: 0 - 21
- Statistically significant decrease (p < .008)

**Change in Average Protective Factors Scores**

**Brighter Futures: All Participants**

**Launch - June 30, 2014**

<table>
<thead>
<tr>
<th>Factor</th>
<th>PFS-First</th>
<th>PFS-Last</th>
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<td>Family Functioning</td>
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<td>Concrete Support</td>
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<td>*</td>
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<tr>
<td>Nuturing &amp; Attachment</td>
<td>5.7</td>
<td>5.8</td>
<td>*</td>
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</table>

- Possible Range: 1 - 7
- Statistically significant increase (p < .0125)
Mental and Physical Health

2009 NAMI Report Card Rating for U.S. Mental Health Services
- D average

Shortened lifespan for those with serious & persistent mental illness
- Individuals with SPMI die 25 years earlier than the general population (Parks et al, 2006)

Goal of ICS:
- Fully integrate participants’ physical and mental health care needs

Mean BMI for Initially Obese ICS Clients (BMI >= 30)
First to Last Measurement
Launch – June 30, 2014

Significant Weight Loss (< 5%) Among Initially Obese ICS Clients
by time from First to Final Measurement
Launch – June 30, 2014
Mean Blood Pressure for Initially Hypertensive ICS Clients (BP >140/90) 
First to Last Measurement 
Launch – June 30, 2014

![Graph showing mean blood pressure changes](image)

ICS Chronic Health Condition Management: 
Hypertensive Patients* with BP < 140/90

![Graph showing percentage changes](image)

Training Services to Meet the Mental Health Needs of the Deaf Community 
Student Feedback 
HS 100 and HS 176 Fall 2013

![Bar chart showing student feedback scores](image)

* with and without diabetes

Categories: 
- Increased knowledge of the mental health needs of the deaf and hard-of-hearing individuals
- Increased awareness of challenges faced by deaf and hard-of-hearing individuals
- Created a venue for the deaf and hard-of-hearing to work with the deaf and hard-of-hearing community
- Increased understanding of the gaps in mental health services for the deaf and hard-of-hearing community
- Increased interest in pursuing a PHN/NN program to work with the deaf and hard-of-hearing community

Possible Range: 1 – 5 

n = 44
Evaluation of Peers

Comparison of Peer and Staff Satisfaction
Participant Survey FY 13-14

Comparison of Peer and Staff Satisfaction by Case Manager Assignment
Participant Survey FY 13-14

ICS
Efficacy with Participants
n = 65

Efficacy with Project Team
n = 65

Recommendation of Peer Model
n = 64

Possible Range: 1 - 4

Staff Evaluation of Peers (FYs 12-14)
Overall Rating

How well can a trained Peer Specialist work as a paraprofessional in Innovations projects?

n = 64

Possible Range: 0 - 10

Overall Program Satisfaction
Overall Program Satisfaction
Participant Survey FY13-14

Possible Range: 1 - 5

Recommendations