Mental Health Services Act
Steering Committee
Meeting
... 
December 1, 2014

Welcome
... 
Sharon Browning,
Facilitator

MHSA Update
... 
Jeff Nagel
MHSA Coordinator
Local/State Updates

MARY HALE
Behavioral Health Director

Subcommittee Reports
CSS Adults and Older Adults – Helen Cameron and Patti Pettit
CSS Children and TAY – Linda Smith and Kelly Tran
PEI – Pamela Kahn and Alyce Mastrianni
Innovations – William Gonzalez and Denise Cuellar

Mental Health Services Act (MHSA)
Innovation Projects

Round 1 Projects: Preliminary Data Summary
Round 1 Innovation Projects

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

ROUND 1 INNOVATION PROJECTS

Timelines

<table>
<thead>
<tr>
<th>Project</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>ICS</td>
<td>09/01/2011</td>
<td>12/31/2015</td>
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<tr>
<td>Collective Solutions</td>
<td>04/04/2012</td>
<td>12/31/2015</td>
</tr>
<tr>
<td>VTW</td>
<td>07/01/2013</td>
<td>06/30/2015</td>
</tr>
<tr>
<td>OC ACCEPT</td>
<td>07/11/2011</td>
<td>12/31/2015</td>
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<td>OC4Vets</td>
<td>07/01/2012</td>
<td>12/31/2015</td>
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<td>OC Community Cares</td>
<td>11/21/2011</td>
<td>06/30/2014</td>
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<td>PLC</td>
<td>07/27/2012</td>
<td>12/31/2015</td>
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<tr>
<td>Training Services to Meet the Mental Health Needs of the Deaf Community</td>
<td>07/01/2012</td>
<td>06/30/2014</td>
</tr>
<tr>
<td>Brighter Futures</td>
<td>04/04/2012</td>
<td>12/31/2015</td>
</tr>
</tbody>
</table>

Round 1 Innovation Projects

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

**Overarching Innovative Component**
Peer Support services were provided in all programs
ICS
ICS is a collaboration between County Behavioral Health services and community medical clinics that provides access to integrated medical and mental health services to County and community participants

Additional Innovative Component:
• Integration of medical and mental health services for County and community participants

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) An Orange County psychiatrist and mental health therapists are placed within two community medical centers
3) An Orange County psychiatrist is placed a third community medical center

Collective Solutions
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

Additional Innovative Component:
• Therapeutic services directly targeting family members

Goals:
• Increase family's community support network
• Increase family's resilience, coping skills, and ability to manage crisis situations related to mental illness

Primary Purpose:
• Promote interagency collaboration
VTW
VTW provides support services to adults living with a mental health diagnosis who are seeking employment through goal-specific community services

Additional Innovative Component:
• Stepping stone for individuals requiring additional support in entering or re-entering competitive employment

Goal:
• Assist participants with vocational fulfillment through volunteer work

Primary Purpose:
• Increase the quality of services, including better outcomes

OC ACCEPT
OC ACCEPT provides LGBTIQ-specific mental health services to address behavioral health issues disproportionately faced by the LGBTIQ community

Additional Innovative Component:
• LGBTIQ-specific mental health services

Goals:
• Provide a safe environment to express feelings, build resilience, become empowered, and connect with others for support
• Provide trainings on LGBTIQ specific topics to raise awareness, reduce stigma, and educate the community

Primary Purpose
• Increase access to underserved groups

OC4Vets
OC4Vets, a project in partnership with the OC Community Resources Veterans Service Office, provides brief screening, clinical case management, referrals and linkages, and resource specialists for housing and employment.

Additional Innovative Component:
• Co-located Veteran’s services

Goal:
• Engage Veterans in this unique co-location to provide an integrated, holistic approach to Veteran behavioral health

Primary Purpose:
• Increase access to underserved groups
• Access to other resources through referrals and linkages
OC Community Cares Project

OC CCP served as a referral and linkage-based system that established working relationships with local mental health providers and linked them to individuals unable to access mental health care. Participants with mild to moderate symptoms of depression or anxiety were matched with providers for short-term, pro-bono psychotherapy

**Additional Innovative Component:**
- Organized a system of providers willing to offer pro-bono psychotherapy services and link them to participants

**Goal:**
- Link mental health providers with eligible participants

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

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PLC

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

**Additional Innovative Component:**
- Collaborations between ethnic-based service providers, behavioral health clinicians, and local ethnic community businesses

**Goal:**
- Assist individuals with mental illness with integrating or reintegrating into their local ethnic community businesses

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

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

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:**
- Focus on the mental health needs of the deaf community
- Training of 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 community
- Prepare individuals with necessary skills to become mental health workers and peer specialists

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

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

Additional Innovative Component:
• Serves children ages 6-13 who are in need but are not eligible for other available services

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

Primary Purpose:
• Increase the quality of services, including better outcomes

Demographics

<table>
<thead>
<tr>
<th>Project</th>
<th>Launch – June 30, 2014</th>
<th>Fiscal Year 2013-2014</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Unduplicated</td>
<td>Additional Members</td>
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<tr>
<td>OC ACCEPT</td>
<td>201</td>
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<tr>
<td>OCAVets</td>
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<tr>
<td>Training Services to Meet the Mental Health</td>
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<td>Needs of the Deaf Community</td>
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<tr>
<td>Brighter Futures</td>
<td>109</td>
<td>125</td>
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### ROUND 1 INNOVATION PROJECTS EXPENDITURES

<table>
<thead>
<tr>
<th>Project</th>
<th>Total Expenditures</th>
<th>Cost per Client</th>
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<tbody>
<tr>
<td>ICS</td>
<td>$5,385,457</td>
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<td>$523,091</td>
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<td>OC ACCEPT</td>
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<td>$651,340</td>
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<table>
<thead>
<tr>
<th>Project</th>
<th>Fiscal Year 2013-2014 Expenditures</th>
<th>Cost per Client</th>
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</thead>
<tbody>
<tr>
<td>ICS</td>
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<td>$278,707</td>
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### AGE

- **Launch – June 30, 2014**

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<th>Gender Distribution</th>
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<td>OC4VETS</td>
<td>Other: n = 359, Transgender: n = 157, Female: n = 110, Male: n = 109</td>
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<tr>
<td>Project Life Coach</td>
<td>Other: n = 137, Transgender: n = 117, Female: n = 110, Male: n = 109</td>
</tr>
<tr>
<td>Volunteer to Work</td>
<td>Other: n = 130, Transgender: n = 120, Female: n = 110, Male: n = 109</td>
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<tr>
<td>Brighter Futures</td>
<td>Other: n = 109, Transgender: n = 107, Female: n = 100, Male: n = 99</td>
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</table>

### GENDER

- **Launch – June 30, 2014**

<table>
<thead>
<tr>
<th>Project</th>
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<tr>
<td>OC4VETS</td>
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<tr>
<td>Project Life Coach</td>
<td>Other: n = 157, Transgender: n = 117, Female: n = 110, Male: n = 109</td>
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<tr>
<td>Volunteer to Work</td>
<td>Other: n = 150, Transgender: n = 110, Female: n = 100, Male: n = 99</td>
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<tr>
<td>Brighter Futures</td>
<td>Other: n = 109, Transgender: n = 107, Female: n = 100, Male: n = 99</td>
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</tbody>
</table>
ETHNICITY
Launch – June 30, 2014

- Collective Solutions: n=99
- Community Cares: n=116
- ICS: n=915
- OC ACCEPT: n=192

- Other
- Native Am.
- Hispanic
- Caucasian
- Asian/PI
- African Am.

PRIMARY LANGUAGE
Launch – June 30, 2014

- Collective Solutions: n=103
- Community Cares: n=115
- ICS: n=942
- OC ACCEPT: n=200

- Other
- Vietnamese
- Spanish
- Korean
- Farsi
- English

Homelessness
(% Within Each Program)
Launch through June 30, 2014

- Collective Solutions: n=101
- Community Cares: n=106
- ICS: n=620
- OC ACCEPT: n=184
- OC4VETS: n=385
- Project Life Coach: n=149
- Volunteer to Work: n=110
- Brighter Futures: n=108

1% 8% 11% 5% 56% 3% 4% 1%
## Program Activities

### Referrals and Linkages

**Launch – June 30, 2014**

<table>
<thead>
<tr>
<th>Project</th>
<th>Total Referrals</th>
<th>Total Linkages</th>
<th>Top 5 Linkage Types</th>
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<tbody>
<tr>
<td>ICS</td>
<td>1488</td>
<td>565</td>
<td>Transportation (95)</td>
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<tr>
<td></td>
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<td>Specialty Health Care (53)</td>
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<td></td>
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<td>Primary Health Care (62)</td>
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<td>157</td>
<td>Mental Health Care (45)</td>
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<td></td>
<td>Adult Education/Library (65)</td>
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<td></td>
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<td>Recreation (61)</td>
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<td>VTW</td>
<td>41</td>
<td>26</td>
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<tr>
<td></td>
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<td>Clothing (3)</td>
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<tr>
<td>OC ACCEPT</td>
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<td>80</td>
<td>Specialty Health Care (62)</td>
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<td></td>
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<td>Substance Abuse (6)</td>
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<td>Employment (6)</td>
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<td>1331</td>
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<td>Food and Nutrition (255)</td>
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<td>Employment (253)</td>
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<td>Mental Health Care (2)</td>
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<td>PLC</td>
<td>233</td>
<td>113</td>
<td>Employment (32)</td>
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<td></td>
<td>Adult Education/Library (31)</td>
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<td>Mental Health Care (50)</td>
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<td>Food and Nutrition (4)</td>
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<td>Housing (4)</td>
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<td>Brighter Futures</td>
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<td>69</td>
<td>Mental Health Care (29)</td>
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<td>Food and Nutrition (24)</td>
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<td>Mentoring (4)</td>
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<td></td>
<td></td>
<td></td>
<td>Housing (4)</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Family Welfare (4)</td>
</tr>
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### OC4Vets Participant Resources

**Launch – June 30, 2014**

- **Employment Assistance:** 100%
- **Housing Resources:** 90%
- **Supportive Services:** 80%

- **n=376**
Clinical Outcomes

Change in Average Depression Score
Initial Score = Moderate or Severe
Launch - June 30, 2014

- Collective Solutions: 17.2 to 7.3
  - n = 30

- Community Cares: 18.0 to 9.8
  - n = 25

- ICS: 16.4 to 13.2
  - n = 438

- OC ACCEPT: 17.4 to 11.6
  - n = 51

OC ACCEPT Trainings
Launch – June 30, 2014

- Schools Districts, Colleges, and Universities: 9
- Foster Care: 9
- Mental Health Providers: 17
- Other: 6

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>
<th>First Score</th>
<th>Last Score</th>
<th>Difference</th>
<th>Statistically Significant?</th>
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</thead>
<tbody>
<tr>
<td>Collective Solutions</td>
<td>15.6</td>
<td>15.6</td>
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<tr>
<td>Community Cares</td>
<td>15.8</td>
<td>9.8</td>
<td>-6.0</td>
<td>*</td>
</tr>
<tr>
<td>ICS</td>
<td>16.6</td>
<td>11.5</td>
<td>-5.1</td>
<td>* (p &lt; .008)</td>
</tr>
<tr>
<td>OC ACCEPT</td>
<td>15.6</td>
<td>11.2</td>
<td>-4.4</td>
<td></td>
</tr>
<tr>
<td>OC4Vets</td>
<td>16.4</td>
<td>14.0</td>
<td>-2.4</td>
<td>*</td>
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<tr>
<td>Project Life Coach</td>
<td>16.6</td>
<td>10.9</td>
<td>-5.7</td>
<td>*</td>
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<tr>
<td>Volunteer to Work</td>
<td>14.2</td>
<td>9.6</td>
<td>-4.6</td>
<td></td>
</tr>
</tbody>
</table>

*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>Protective Factor</th>
<th>First Score</th>
<th>Last Score</th>
<th>Difference</th>
<th>Statistically Significant?</th>
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<tbody>
<tr>
<td>Family Functioning</td>
<td>4.7</td>
<td>5.1</td>
<td>0.4</td>
<td>* (p &lt; .0125)</td>
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<td>Social Support</td>
<td>4.8</td>
<td>5.3</td>
<td>0.5</td>
<td>* (p &lt; .0125)</td>
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<td>Concrete Support</td>
<td>4.2</td>
<td>4.1</td>
<td>0.1</td>
<td></td>
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<tr>
<td>Nuturing &amp; Attachment</td>
<td>5.7</td>
<td>5.8</td>
<td>0.1</td>
<td></td>
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*Possible Range: 1 - 7*

- *Statistically significant increase (p < .0125)*

### Change in Average OC4VETS PTSD Score

*Initial Score >= 45*

**Launch - June 30, 2014**

<table>
<thead>
<tr>
<th>Score</th>
<th>p-value</th>
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<tbody>
<tr>
<td>PCL-M: First</td>
<td>60.85</td>
</tr>
<tr>
<td>PCL-M: Last</td>
<td>56.19</td>
</tr>
</tbody>
</table>

- *Statistically significant decrease (p = .043)*

*n = 37*
Reliable Improvement | Clinically Meaningful Improvement
---|---
19% | 27%

**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
- Life expectancy of individuals with SPMI tends to be 25 years less than the general population (Parks et al., 2006)

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

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

![BMI Chart]

- BMI-First
- BMI-Last

Obese
Overweight
Healthy Weight

\[ p = .011 \]
Significant Weight Loss (>5%) Among Initially Obese ICS Clients by time from First to Final Measurement
Launch – June 30, 2014

- Up to 6 mos.: 10.8%
- 6 mos. - 1 yr.: 24.6%
- Over 1 yr.: 36.2%

n = 202

Change in Mean Blood Pressure for Initially Hypertensive ICS Clients (BP >140/90)
First to Last Measurement
Launch – June 30, 2014

- First: Systolic 156.4, Diastolic 98.6
- Last: Systolic 140.1, Diastolic 87.3

p < 0.01

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

ICS (n = 71-88)
Non-ICS (n = 423-530)

* with and without diabetes
Training Services to Meet the Mental Health Needs of the Deaf Community

Student Feedback
HS 100 and HS 176 Fall 2013

<table>
<thead>
<tr>
<th>Improvement</th>
<th>Rating</th>
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<tbody>
<tr>
<td>Increased knowledge of the mental health needs of the Deaf and Hard of Hearing individual</td>
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<tr>
<td>Increased awareness of challenges faced by Deaf and Hard of Hearing individuals</td>
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<tr>
<td>Rated as per the ASL Certificate to work with Deaf and Hard of Hearing individuals</td>
<td>3.64</td>
</tr>
<tr>
<td>An increased understanding of the gaps in Mental Health services for the Deaf and Hard of Hearing community</td>
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</tr>
<tr>
<td>An increased interest in pursing the ASL/MT program to work with the Deaf and Hard of Hearing Community</td>
<td>4.69</td>
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Possible Range: 1 – 5
n = 44

Evaluation of Peers

Comparison of Peer and Staff Satisfaction
Participant Survey FY 13-14
Possible Range: 1 - 5

<table>
<thead>
<tr>
<th>Program</th>
<th>Peer Support</th>
<th>Staff Satisfaction</th>
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<tbody>
<tr>
<td>Collective Solutions</td>
<td>4.92</td>
<td>4.68</td>
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<tr>
<td>Community Cares</td>
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<tr>
<td>OC ACCEPT</td>
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<td>OC4VETS</td>
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<td>Project Life Coach</td>
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<tr>
<td>Brighter Futures</td>
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<td>4.98</td>
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Possible Range: 1 – 5
Comparison of Peer and Staff Satisfaction by Case Manager Assignment
Participant Survey FY 13-14
Possible Range: 1 - 5

ICS

Staff Evaluation of Peers (FYs 12-14)
Subscale Scores
Possible Range: 1 - 4

Staff Evaluation of Peers (FYs 12-14)
Overall Rating
Possible Range: 0 - 10

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

n = 64

n = 64

n = 64

n = 65

n = 65

n = 64

n = 65
Overall Program Satisfaction

Participant Survey FY13-14
Possible Range: 1 - 5

Recommendations
ICS

- Provided cutting edge services to treat medical conditions and mental illness by coordinating services between providers
- Showed a decrease in depression and anxiety symptoms
- Exceeded expectations by showing a significant decrease in participants’ weight and blood pressure
- Demonstrated success of the peer model

OC4Vets

- Co-location of services allowed clinicians and peer navigators to address Veterans’ immediate needs by helping Veterans access needed resources
- Despite not directly providing mental health treatment, participants demonstrated significant improvement in general anxiety and PTSD symptoms
- Participants reported being highly satisfied with peers and the overall program

OC ACCEPT

- OC ACCEPT is the only program that has a mental health focus for the LGBTIQ community
- Educated providers on LGBTIQ-specific issues
- Advocated for the specific needs of the LGBTIQ population
- Participants demonstrated statistically significant improvement in depression and anxiety
- Participants reported being highly satisfied with peers and the overall program
ACTION ITEM:
Approve Subcommittee’s recommendation for continuation of funding to be added to the MHSA Annual Plan Update.

Steering Committee Member Comments...

Public Comments...
January Subcommittee Meetings

1:00 p.m. – 2:25 p.m. CSS Adults and Older Adults or PEI

2:35 p.m. – 4:00 p.m. CSS Children and TAY or Innovations