MHSA Outcomes
Prevention & Early Intervention

Mark Lawrenz
PEI Division Manager
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Overview

FY 15/16 Outcomes

Challenges & Successes

Future Directions
PEI Service Areas

- Telephone & Chat-Based
- Outreach & Engagement
- Parent Education & Supports
- School-Based
- Early Intervention
- Mental Health Awareness

Telephone & Chat-Based Services
Continuum of Services

- **OCLinks**
  - Navigation support
  - Clinical staff
  - Mon-Fri, 8am-6pm

- **WarmLine**
  - Behavioral health (BH) support
  - Peer mentors
  - Daily 9 or 10am-3am

- **Crisis Prevention Hotline**
  - Crisis support
  - Clinically supervised volunteers
  - 24/7

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36,995 calls
73-90% felt better

WarmLine

7,909 calls
30% suicidal ideation

Crisis Hotline

14,768 calls
97% got needed help

OCLinks
Outreach & Engagement (O&E) Services

O&E Services

BHS County O&E
- Full BH continuum
- All age groups
- Homeless/at risk of
- Entire county

O&E Collaborative
- At risk, mild-moderate
- All age groups
- Underserved
- Regional approach
<table>
<thead>
<tr>
<th>Organization</th>
<th>Outreach Contacts</th>
<th>Linkages</th>
</tr>
</thead>
<tbody>
<tr>
<td>BHS O&amp;E</td>
<td>21,412</td>
<td>1,806</td>
</tr>
<tr>
<td>O&amp;E Collaborative</td>
<td>60,942</td>
<td>5,634</td>
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Parenting & Family Strengthening Services
### Program Descriptions

#### CSPP
**Parent Education & Support Services**
- Parent Education Training
- Family Strengthening Programming
- Age-appropriate groups for youth
- Evidence-based curricula
- FY 15/16: 6,569 individuals served combined

#### Stop the Cycle
**Family Support Services**
- Families reported to/investigated by CPS
- FY 15/16: 116 participants, 302 children

#### Youth As Parents
- Pregnant/parenting youth at risk of BH problems
- FY 15/16: 85 participants

#### School Readiness/Connect the Tots
- Families with children 0-6 w/ behavioral problems
- FY 15/16: 1,098 parents, 840 children
**PARCA-SE**

**Measure**
- Parenting self-efficacy
- Modified
- Completed by parents

**Scoring**
- Total score
- Range: 1-7
- Higher score = More frequent use of skill

**Parent Education & Family Strengthening**
**Change in Total PARCA-SE Score - FY 15/16**

- Parenting Educ. & Support*
- Stop the Cycle*
- Family Services & Support*
- Stress Free Families*
- Youth as Parents*
- Connect the Tots*

* p < .05
School-Based Services

Prevention

- **S-B BH Interventions & Supports**
  - K-12 students, parents, teachers
  - FY 15/16: 17,713 students; 1,580 parents; 778 school staff

- **Transitions**
  - Students transitioning to middle/HS and their parents
  - FY 15/16: 2,164 students, 271 parents/guardians

- **Violence Prevention Education**
  - K-12 students
  - FY 15/16: 27,314 students, 4,163 parents, 900 teachers
CADBI

Measure

- Disruptive behaviors
- Reliable, valid
- Completed by parent

Scoring

- Total score
- Range: 8-80/90
- Higher scores = More frequent behavior

SB BH Interventions & Supports
Change in Disruptive Behaviors- FY 15/16

Behavior Toward Adults *
Behavior Toward Peers *
ADHD Symptoms *

Never in past month
10+ times a day

*p < .05
“After today’s presentation, I will try to....

... reduce stress (93%)

... block a cyberbully (95%)

... identify how I’m feeling (95%)

Media Literacy

Conflict Resolution

Bullying: I’ve Got Your Back

“I won’t be a bystander the next time I witness bullying.” (96%)

[I have] “confidence in setting healthy limits for [my] young children.” (95%)

Safe from the Start
# Early Intervention

## School-Based MH Services
- Pilot in SAUSD middle schools
- Mild-moderate BH conditions
- FY 15/16: 380 students

## School-Based Early Intervention Services
- K-8th graders
- Attention, behavior, learning
- At risk of school failure
- FY 15/16: 20 students, 44 parents/caregivers

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## School-Based BHS Early Intervention
**Public School Placements - FY 15/16**

80% in public school

6 months after exit
Early Intervention Services

1st Onset of Psychiatric Illness (OC CREW)

Services:
- Serves TAY ages 12 to 25 years
- First onset of psychosis

FY 15/16 Numbers Served:
- 83 TAY
- 59 family members
PANSS

Measure
- Schizophrenia symptom severity
- Reliable, valid
- Completed by psychiatrists

Scoring
- Total score
- Range: 30-210
- Higher scores = Greater severity

OC CREW
PANSS Total Score - FY 15/16

30 absent  moderate  210 extreme

*p < .05
Early Intervention Services

**OCPPW**
- Pregnant women, new mothers
- Mild-moderate depression/anxiety attributable to pregnancy/birth
- FY 15/16: 451 women

**Early Intervention for Older Adults**
- Older adults ages 60+
- Early onset, high risk of mental illness
- FY 15/16: 457 older adults

**Survivor Support Services**
- Those who lost a loved one to suicide
- Those who have attempted suicide
- FY 15/16: 129 participants

**OC4Vets**
- Veterans, their families
- Addresses BH issues in this community
- FY 15/16: 180 participants, 604 linkages

**OCACCEPT**
- LGBTIQ, their loved ones
- Addresses BH issues in this community
- FY 15/16: 112 participants, 24 community trainings
**PHQ-9 Depression**

**Description**
- Depressive symptoms
- Reliable, valid
- Completed by adults 18+

**Scoring**
- Total Score
- Range: 0-27
- Higher scores = Greater severity

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**Early Intervention**

**PHQ-9 - FY 15/16**

- OCPPW *
- EISOA *
- SSS *
- OC ACCEPT
- OC4Vets *

* 0 none 5 moderate 10 severe 15 20 27

*p < .05*
OQ 30.2: Community Counseling & Support Services FY 15/16

91% Healthy/Improved distress levels at follow up

Mental Health Awareness
Mental Health Awareness

Mental Health Community Events
- Stakeholders/CBO’s propose community events
- Raise awareness, change attitudes

CalMHSA
- Serves community at large
- Focuses on underserved communities, the most vulnerable

Mental Health Awareness

Mental Health Community Events
- 5 projects
- Completed by June 30, 2017
- About 4,000 participants served over last 2 years

CalMHSA
- 47 local agencies received support
- Directing Change Contest: 31 film submissions
Challenges & Successes

Challenges

- Loss of Research Analysts
- Fearful Community Climate
- Implementation of PEI Regulations
Successes

- Expansion of O&E Services
- Master MOU for School-Based Services
- Develop New, Strengthen Existing Community Collaborations

Future Directions
Future Directions

- PEI Regulations
- Translating Materials
- Standardization of Outcomes
- Implementing PEI Training, Assessment & Coordination Services
- Further Community Collaboration

In Their Own Words...

At this program, I liked … that I can say or release pent up ideas I’ve been holding in. I like that the environment it is placed in is well situated to feel comfortable and safe.

– School-Based MH Services

“Our house went from a battlefield to a house of mutual respect. Our son now sings how much he loves his mom and dad while he does his homework, which was a trigger activity for heated arguments before.”

– SBHIS EIS

“It has been a time of healing for me and although it is best that my daughter live with her father for now, I am better able to communicate with my daughter.

– Family Support Services

“I’m entirely unsure how I would have coped with my husband’s suicide without the help. This has given me support and assistance that has kept me functioning, moving forward and literally kept me alive”

– Survivor Support Services

The program has given me a lot of hope. It has helped with consultation, avoiding loneliness and unhappiness. The friendly atmosphere and the service provided mean a lot to us older adults who sometimes feel forgotten.

– EISOA (EIS for Older Adults)

EIS = Early Intervention Services