MHSA Outcomes
Prevention & Early Intervention

Mark Lawrenz
PEI Division Manager
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Overview

- Program Descriptions
- FY 2016-17 Outcomes
- Challenges & Successes
Prevention Program Categories

Community Events & Education
School-Related Services
Community Training

All PEI-Funded

Prevention:
Community Events & Education
Program Goals

Mental Health Community Events
- Express thoughts/feelings, raise awareness, change attitudes through visual/artistic media

Statewide Projects (CalMHSA)
- Focuses on:
  - Suicide Prevention
  - Stigma and Discrimination Reduction
  - Student Mental Health

MH Community Events
- 5 projects
- Completed by June 30, 2017
- ~13,920 served since FY 2012-13
Statewide Projects (CalMHSA)

- 45 local agencies supported
- Directing Change: 46 submissions
- 53,400 green ribbons/wristbands

Prevention:
School-Related Services
School-Related Programs: Age

- Age 0-15 (Child): 86%
- Age 16-25 (TAY): 8%
- Age 26-59 (Adult): 6%
- Age 60+ (Older Adult): <1%

School-Related Programs: Gender

- Female: 51%
- Male: 49%
- Other: <1%
School-Related Programs: Race/Ethnicity

- Hispanic/Latino: 51%
- White: 20%
- Asian/PI: 10%
- Black/African American: 2%
- Other: 15%
- American Indian/Alaksa Native: 2%

School-Related Programs: Language

- English: 74%
- Spanish: 21%
- Other: <1%
- Vietnamese: 1%
- Farsi: <1%
- Korean: <1%
- Arabic: <1%
School-Related Programs

- S-B BH Interventions & Supports
- Violence Prevention Education
- S-B Stress Management Services
- S-B Mental Health Services
- School Readiness / Connect the Tots
- Gang Prevention Services

All PEI Funded

S-B BH Interventions & Supports

**Target Population**
- K-12 students, parents, teachers

**Served in FY 2016-17**
- 26,924 students
- 1,590 parents/guardians
- 914 school staff

**Services**
- Tier 1: classroom curriculum
- Tier 2: smaller student groups
- Tier 3: family intervention
**Tier 2: Self-Concept Scale**

**Measure**
- Self-Concept
- Reliable, valid
- Completed by students

**Scoring**
- Total score
- Range: 16 - 80
- Higher scores = More positive self-concept

**Tier 2: Self-Concept**

Self-Concept

3%↑

Before: 62.6
After: 64.2
Tier 3: CADBI

Measure
- Disruptive behaviors
- Reliable, valid
- Completed by parent

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

Tier 3: Disruptive Behavior

Disruptive Behavior Toward Adults
- Before: 13.9
- After: 13.2
- 5%↓

Disruptive Behavior Toward Peers
- Before: 15.2
- After: 12.6
- 17%↓

ADHD/ Hyperactivity
- Before: 24.2
- After: 15.1
- 38%↓
### Violence Prevention Education

**Target Population**
- K-12 students, parents, teachers
- Community sites, e.g., DV shelters

**Served in FY 2016-17**
- 48,805

**Services**
- Bullying
- Conflict Resolution
- Crisis Response Network
- Media Literacy
- Safe From The Start

### VPE Survey Responses

**Measure**
- Surveys that assess attitudes, knowledge, behaviors
- Completed by participants

**Scoring**
- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

% Reporting Strongly Agree/Agree
“After today’s presentation, I will try to....

... know my child’s phone/online contacts (82%)

... Block a cyberbully (93%)

Media Literacy

... identify how I’m feeling (92%)

Conflict Resolution

“After today’s presentation, I will try to....

... Block a cyberbully (93%)

Media Literacy

... identify how I’m feeling (92%)

CRN

―

“I feel empowered to stand up to bullying after the assembly.” (79%)

Bullying: I’ve Got Your Back

[I have] “confidence in setting healthy limits for [my] young children.” (91%)

Safe from the Start
School Readiness/Connect Tots

Target Population
• Children 0-8 years exhibiting behavioral problems and their families

Served in FY 2016-17
• 861 children
• 1,035 parents

Services
• Needs assessments
• Parent education, training, coaching
• Case management
• Referral and linkage

PARCA-SE

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

Scoring
- Average score
- Range: 1-7
- Higher score = More frequent use of skill
PARCA-SE

Supporting Good Behavior

7%↑
Baseline: 5.8
Follow Up: 6.2

Setting Limits

14%↑
Baseline: 5.1
Follow Up: 5.8

Proactive Parenting

16%↑
Baseline: 5.1
Follow Up: 5.9

Overall Score

11%↑
Baseline: 5.3
Follow Up: 5.9

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S-B Stress Management

Target Population

• K-12 teachers, who implement strategies in their classrooms

Served in FY 2016-17

• 64 teachers
  • reaching 3,033 students

Services

• Training in stress management and mindfulness techniques,
  • Teachers incorporate in the class

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3/15/2018
### Mindful Attention Awareness

#### Measure
- Mindful Attention Awareness
- Reliable, Valid
- Completed by teachers

#### Scoring
- Average score
- Range: 0-6
- Higher score = Increased mindfulness

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#### Mindful Attention Awareness

- **Baseline:** 3.3
- **Follow Up:** 4.2
- **Increase:** 27%
S-B Mental Health Services

Target Population
- Students transitioning from elementary to middle school or from middle to high school
- Parents

Served in FY 2016-17
- 2,039 students
- 155 parents

Services
- Classroom curriculum to increase resilience and build protective factors during transitions

Behavioral Health Knowledge

Measure
- Survey measures resourcefulness
- Completed by students

Scoring
- Total score
- Range: 0 - 13
- Higher score = greater resourcefulness
Behavioral Health Knowledge

16% ↑
Baseline: 10.1
Follow Up: 11.7

Gang Prevention Services

Target Population
- Collaboration with Probation
- 4th - 8th grade at-risk youth

Served in FY 2016-17
- 426 students

Services
- Case management
- Workshops
- Student/family action plan
Measure
Perception of overall health and well-being
Completed by participants

Scoring
Total score
Range: 7 - 35
Higher score = greater global health

PROMIS Pediatric Global Health

9%
Baseline: 24.9
Follow Up: 27.2
Prevention: Community Training

Community Training

Training, Assessment & Coordination Services

Religious Leaders BH Training

PEI Funded

INN Funded
Training, Assessment & Coordination

Target Population
• PEI priority populations, their family members, community members working with them

Served in FY 2016-17
• 185 individuals received BH responses
• ~200 individuals from local providers trained

Services
• Behavioral health trainings:
  • Psychological First Aid, Critical Incident Stress Management, Grief Education, Self-Care Education

Challenges & Successes
Challenges

- Working with school schedules to provide School-Based programs
- Fearful Community Climate
- Implementation of PEI Regulations

Successes

- School-Based Programming has positive reputation in schools
- Hired two new Research Analysts for PEI Programs
- Crisis Response Network continued timely response to community need
Future Directions

- Standardization of Outcomes
- Translating Materials
- Implementing PEI Training, Assessment & Coordination Services
- Further Community Collaboration
- PEI Regulations
In Their Own Words...

This was not just about art, but there is meaning behind it. We got to learn about mental health, see a new perspective and learn how to build yourself up.

– Community Mental Health Events

“I learned that it is better to work out a win-win situation in a conflict” And, “the most important part is to use “I” rather than “you” when telling them what they did wrong.” Lastly, “I learned how to solve difficult situations.” – VPE

“My daughter has been doing better and listens more. I don’t feel as stressed when she misbehaves.”

– School Readiness/Connect the Tots

“When I used to get made I would fight, now when I get mad I breathe.”

– 3rd grade student

School-Based Stress Management Services

“I owe it all to GRIP. My daughter was struggling and I thought I was doing my job as a parent, but you made me realize that what my wife and I were doing was all wrong. She had missed 38 days of school...We got our daughter back.”

– Gang Prevention Services

VPE = Violence Prevention Education