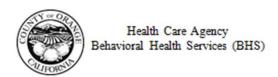


August 5, 2013









Mental Health Services Act Steering Committee Meeting

Monday August 5, 2013 1 - 4 p.m.Delhi Community Center. 505 E. Central Ave. Santa Ana, CA

AGENDA

Sharon Browning, Facilitator 1:05 - MHSA Financial Update Mike Geiss, Financial Consultant 2:20 - BREAK 2:30 - CalMHSA Statewide Sarah Brichler and Ann Collentine, CalMHSA **Project Updates**

3:45 - Steering Committee Comments

3:50-Public Comments

4:00 - Adjourn

1:00 - Welcome

Next Month: MHSA Subcommittee Meetings, Monday September 9, 2013 (the week after the Labor Day Holiday).

> 1:00 p.m. - 2:25 p.m. CSS Adults and Older Adults and/or PEI 2:35 p.m. - 4:00 p.m. - CSS Children and TAY and/or WET and Innovations

> > **Delhi Community Center**

Orange County MHSA Steering Committee

MHSA Fiscal Update August 5, 2013

Mike Geiss



Mental Health Services Act

- The MHSA created a 1% tax on income in excess of \$1 million to expand mental health services
- Approximately I/I0 of one percent of tax payers are impacted by tax
- Two primary sources of deposits into State MHS Fund
 - 1.76% of all monthly personal income tax (PIT) payments (Cash Transfers)
 - Annual Adjustment based on actual tax returns
 - Settlement between monthly PIT payments and actual tax returns

Mental Health Services Act

- Cash Transfers are largest in months with quarterly tax payments and year end tax payments
 - January, April, June and September
- Annual Adjustments are incredibly volatile
 - Two year lag
 - Known by March 15th
 - Deposited on July 1st
- Funds distributed to counties monthly based on unspent and unreserved monies in State MHS Fund at end of prior month
 - Counties receive one amount not identified by component
 - Orange County receives approximately 8.1% of statewide MHSA distributions

MHSA Estimated Revenues

- FY13/14 May Budget Revision is primary source for projections
- Approximately 15% of FY12/13
 Component Funding is estimated to be from prior year State MHS Fund deposits
- FY13/14 Budget increased State share of MHSA funding from 3.5% to 5%
 - Assist in funding the Investment in Mental Health Wellness Act of 2013

MHSA Estimated Revenues

- January, 2013 total Personal Income Tax Collections were significantly higher than anticipated
 - Due to primarily higher than anticipated 2012 estimated tax payments
 - Proposition 30 created three higher income tax brackets for families with taxable income above \$500,000 retroactive to 2012
 - Reduced Federal tax rates expired at the end of 2012 increasing taxes for dividend income and capital gains in 2013
- State tax law change does not impact amount earned in State MHS Fund
 - Increases cash transfers but decreases annual adjustment
- Federal tax law change may marginally impact amount earned in State MHS Fund

MHSA Revenues

(Dollars in Millions)

MHSA Estimated Revenues^{a/} (Cash Basis-Millions of Dollars)

	Fiscal Year								
	Actual Estimated								
	10/11	11/12	12/13	13/14	14/15	15/16			
Cash Transfers	\$905.0	\$910.0	\$1,256.4	\$1,323.0	\$1,406.3	\$1,489.3			
Annual Adjustment	\$225.0	(\$64.5)	\$157.0	\$153.5	\$216.0	\$86.0			
Interest	\$9.7	\$2.4	\$2.6	\$1.2	\$1.0	\$1.0			
Total	\$1,139.7	\$847.9	\$1,416.0	\$1,477.7	\$1,623.3	\$1,576.3			

a/FY13/14 Governor's May Budget Revision cash transfers and interest through FY13/14 and annual adjustment through 15/16.

Orange County MHSA Component Funding (Dollars in Millions)

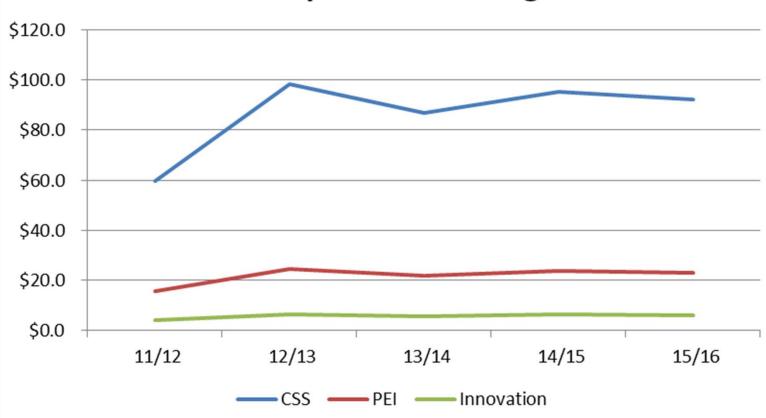
Orange County MHSA Estimated Component Funding (Millions of Dollars)

	Fiscal Year								
	Actu	ual	Estimated						
	11/12	12/13	13/14	14/15	15/16				
CSS	\$59.8	\$98.2	\$86.7	\$95.2	\$92.4				
PEI	\$15.5	\$24.6	\$21.7	\$23.8	\$23.1				
Innovation ^{a/}	\$4.0	\$6.5	\$5.7	\$6.3	\$6.1				
Total	\$79.3	\$129.3	\$114.1	\$125.3	\$121.6				

a/5% of the total funding must be utilized for innovative programs (W&I Code Section 5892(a)(6)).

Orange County MHSA Component Funding (Dollars in Millions)

Orange County Estimated MHSA Component Funding



MHSA Fiscal Planning

- Amount of component funding is not guaranteed
 - Estimated funding needs to be tracked
 - More risk to counties
- Cash flow will vary during the fiscal year
 - 40% of MHSA cash transfers received in last three months of fiscal year
- Use tools provided in MHSA to manage funding
 - Local prudent reserve
 - Three year reversion period for unspent CSS, PEI and Innovation funds
- Funds still subject to reversion if not spent within specified time period
- Three Year Integrated Plan beginning in FY14/15

Other Community Mental Health Funding

- 1991 Realignment
 - Mental Health guaranteed minimum level of funding
 - Orange County received \$65.1 million in FY11/12 and estimate receiving \$67.3 million in FY12/13
 - Includes VLF Collection
 - Don't anticipate any additional growth until at least FY 14/15
 - FY14/15 growth won't be available until probably October, 2015
 - Anticipate receiving approximately \$300,000 in October, 2013 from FY12/13 growth in 2011 Realignment

Other Community Mental Health Funding

- 2011 Realignment
 - EPSDT and Managed Care now included in Behavioral Health Subaccount
 - FY11/12 Orange County distributions
 - EPSDT \$16.9 million
 - Managed Care \$8.9 million
 - FY12/13 Orange County receives 3.4% of deposits into Behavioral Health Subaccount (\$32.6 million base)
 - EPSDT (\$18.1 million)
 - Existing EPSDT (\$15.4 million)
 - Katie A. implementation (\$1.0 million)
 - Transfer of Healthy Families Program to Medi-Cal (\$1.6 million)
 - Mental Health Managed Care (\$9.4 million)
 - Substance Use Disorders (\$5.1 million)
 - Drug/Medi-Cal (\$1.8 million)
 - Drug Courts (\$1.9 million)
 - Non-Drug/Medi-Cal (\$1.4 million)
 - Don't anticipate much additional growth until FY13/14
 - Growth not known until FY14/15

Medi-Cal Program Changes

- Responsibility for the Medi-Cal Specialty Mental Health program shifted from DMH to the Department of Health Care Services (DHCS)
- Statewide Maximum Allowances (SMAs) eliminated
- Supplemental Payment State Plan Amendment
 - Will allow counties to voluntarily claim for Certified Public Expenditures above the SMAs
- Implementation of Federal Affordable Care Act in January, 2014

Medi-Cal Program Changes

- Counties looking towards new federal reimbursement system in future
- Current claims-based, minutes of service system with modes and service functions not sustainable
- Propose interim solution based on county mental health plan Certified Public Expenditures
- Longer term solution is probably case rates or capitated payments

Opportunities and Challenges

- Majority of community mental health funding driven by economy and not demand for services
- Counties being given more flexibility in return for increased responsibility and risk
 - MHSA
 - 2011 Realignment
- Federal Health Reform in 2014
- Potential new federal reimbursement system could provide increased flexibility as well as additional risk to counties

MHSA-Funded Statewide Prevention & Early Intervention (PEI) Projects



Background, Status & What's on the Horizon

Orange County Steering Committee Meeting
August 5, 2013

Presented By:

Ann Collentine, MPPA Sarah Brichler, MEd CalMHSA Program Director CalMHSA Program Manager

- Overarching Goals of PEI Statewide Projects
 - Prevent Suicides
 - Improve Student Mental Health
 - Reduce Mental Health Stigma and Discrimination
- Major Activities over 4 years of the Program
- Overview of PEI Statewide Projects Evaluation

Compassion. Action. Change.

- CalMHSA is an organization established by county governments to improve mental health services and outcomes
- PEI Statewide Programs are funded by the MHSA (Prop 63) from counties choosing to participate in the CalMHSAadministered initiative

STRUCTURE

What PEI capacities & resources are PPs developing and implementing?

- Networks
- Needs assessment
- Service expansion
- Outreach
- Training & technical assistance
- Screening
- Educational resources
- Marketing campaigns
- Cross-system collaboration
- Policies & protocols

PROCESS

What intervention activities are delivered, and to whom?

- Participation in training & education
- Exposure to outreach
- Exposure to media
- Access to and use of services
- Quality and cultural appropriateness of services

SHORT TERM OUTCOMES

What are immediate targets of change?

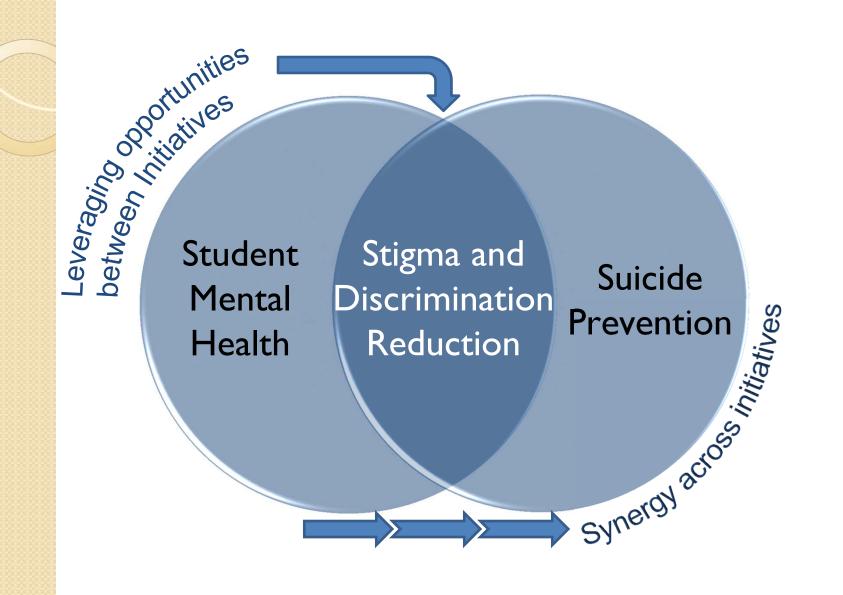
- Knowledge
- Attitudes
- Normative behavior
- Mental & emotional wellbeing
- Help-seeking

KEY OUTCOMES

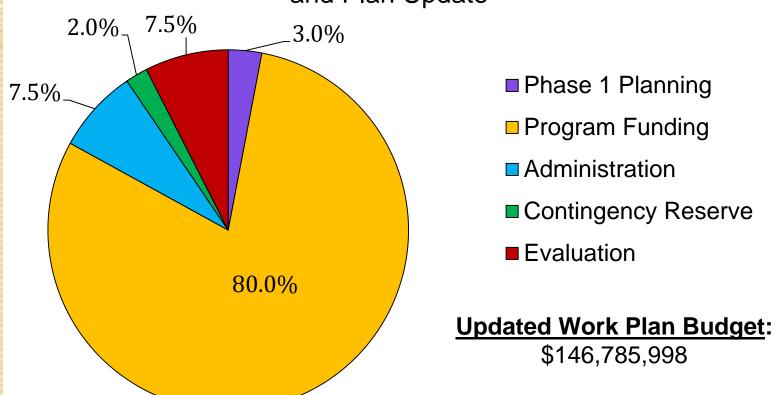
What negative outcomes are reduced?

- Suicide
- Discrimination
- Social Isolation
- Student failure/ disengagement

*Evaluation Logic Model, RAND 6/29/2012



Funding Allocated after CalMHSA Work Plan Amendment and Plan Update



Suicide Prevention Programs

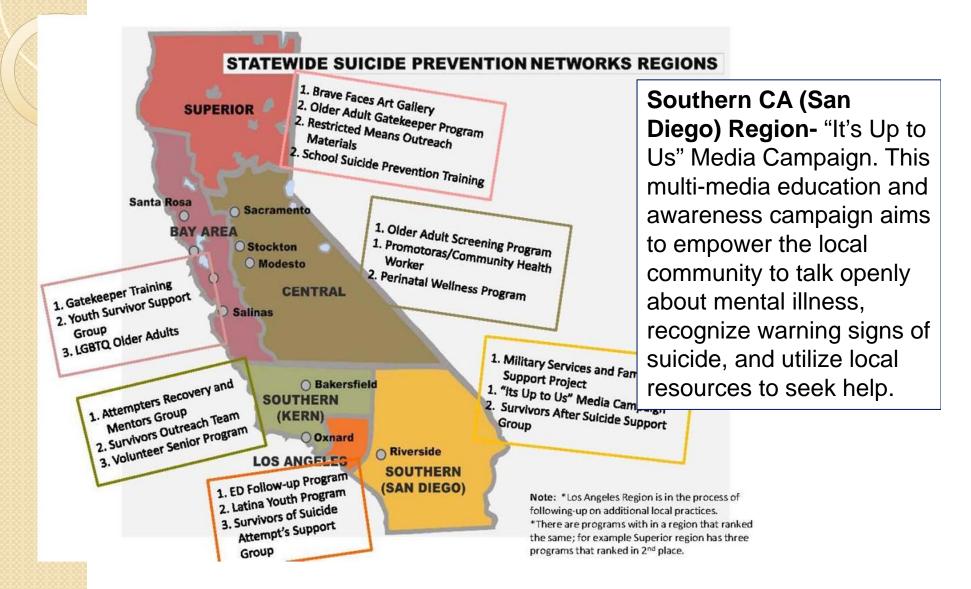
- Regional Task Force Meetings serve as the focal point for suicide prevention activities.
- Develop a Best Practice for each region to improve suicide prevention practices that are customized to meet local needs to reduce suicides.
- Develop a common set of metrics collecting for crisis hotlines throughout the state.

Get involved in the Regional Suicide Prevention Taskforce

Next meeting will be scheduled for September or October 2013

Lead Contact for the Southern region:

Yeni Palomino, Community Health Improvement Partners (858) 609-7969, ypalomino@sdchip.org



Formation and Development of CSPN (Includes needs assessment)

> Jan-Sept 2012

Regional Planning Committee

Dec 2012-Feb 2013 County
Liaisons
Conference
Calls

April-May 2013 Best Practices Workgroup

> May-Dec 2013

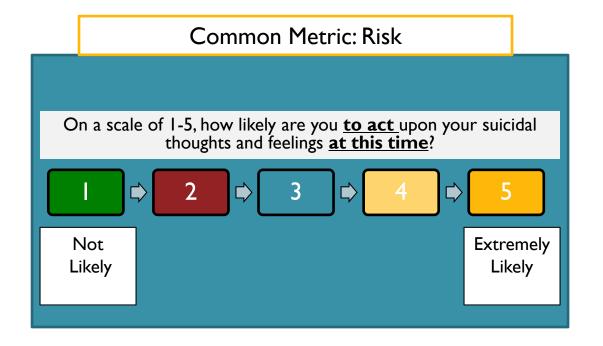
Turn in Application to SPRC

Jan 2014

Review, Revise, and Resubmit

> Jan-June 2014

- Identify and Collect Common Metrics in Crisis Centers statewide
- Identified common metrics are:
 - Demographics
 - Reason for the call
 - Call volume
 - Risk
 - Follow Up
 - Caller Satisfaction



Enhancements to the existing partnership between Orange County & Didi Hirsch Suicide Prevention & Crisis Services:

- Provide enhanced crisis hotline services:
 - Language expansion to include Korean and Vietnamese speaking counselors
 - Expand hours of the online crisis chat service
- Expansion of NAMI Orange County Warmline hours (from 11pm to 3am)
- Enhance community awareness:
 - Promote the hotline and warmline services through multiple media strategies; utilize the Know the Signs campaign
 - Provide safeTALK training

 Support partner counties (Ventura, Los Angeles, Orange, San Bernardino, Riverside, Imperial and San Diego) in their suicide prevention efforts in Southern California

Didi Hirsch contact: Lyn Morris

(310)895-2305, <u>Lmorris@didihirsch.org</u>

http://www.didihirsch.org/orange-county-services

Pain Isn't Always Obvious

KINUW THE SIGNS

Suicide Is Preventable.org

El Sufrimiento No Siempre Se Nota

RECON ZCA LAS SEÑALES

El Suicidio Es Prevenible



- More people in California will recognize warning signs, confidently offer help and be able to connect at-risk individuals to resources
- 2. More news media know how and adhere to the recommendations for reporting on suicide
- More individuals with thoughts of suicide know of resources and are helped by others

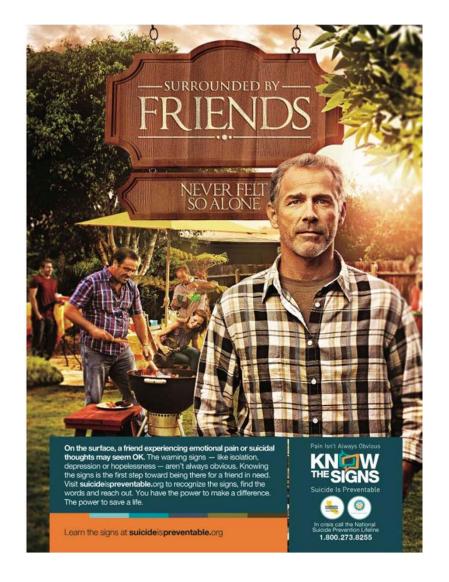


PAIN ISN'T ALWAYS OBVIOUS.

Learn the signs at suicide is preventable.org KNOW THE SIGNS







www.SuicideisPreventable.org



www.elsuicidioesprevenible.org



Engagement

- 349,749 unique website hits within the state of California during four month period
- 93% web responses from California residents
- 23.8% overall brand lift from the start of the campaign.
- 23.5 million total completed views for online video ads

Coverage

- 720,378,821 impressions were served in CA (22% over-delivery)
- Impressions were evenly divided throughout each county resulting in 8+ frequency during flight (Average Frequency 12)
- Media was delivered by a DMA level but online impressions coverage tracked by county*
- Reach
 - English 76% (includes Asian and African American)
 - Spanish Language/Hispanic 24%

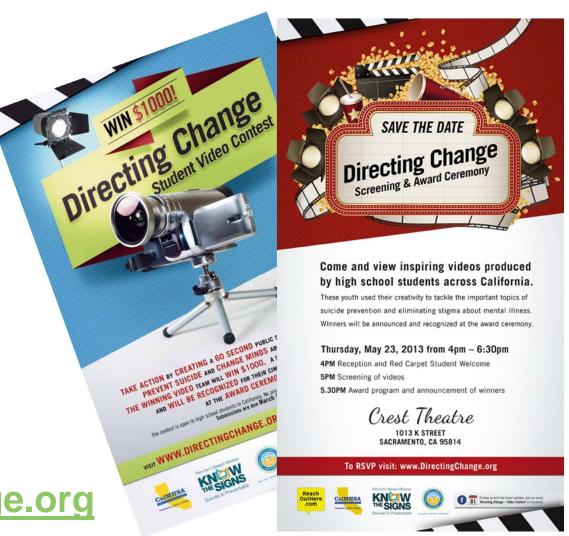
Bonus/Added Value

• 68% value added that equals to about \$2,176,000 in media spend

- Open to high school students
- Two categories:
 Suicide Prevention &
 Eliminating Stigma
- 371 submissions, representing 922 students in 142 schools from 35 counties.

View the PSAs at

www.DirectingChange.org



Winning Directing Change PSA's

Suicide Prevention Category

1st Place: Angel Lopez



Eliminating Stigma Category

1st Place: Spencer Wilson



Regional Third Prize Winner: "Anyone"

Alicia Cota, Tina Profant, and Ava Lorizzo

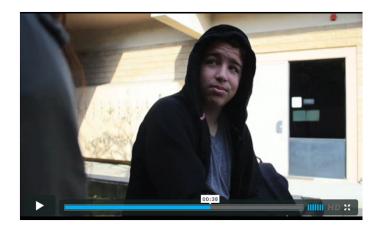
View the video at:

http://www.directingchange.org/anyone/

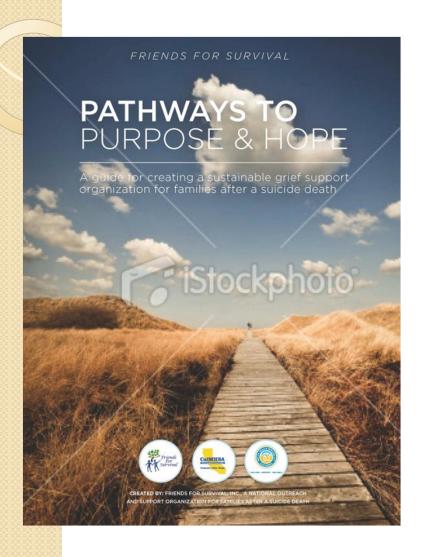


Olivia Mazzucato View the video at:

http://www.directingchange.org/hope-2/







- Mobile App
- Friends for Survival
 - Step-by-Step strengthening survivor community manual
- Native American
 - Illustrated resource guide
- Spanish
 - Low-Literacy outreach tool
- Mass Media fall flight additional targets
 - LGBTQ
 - API
 - African American

- Applied Suicide Intervention Skills Training (ASIST) T4Ts and safeTALK T4Ts have been provided, with more to come
- 189 new ASIST Trainers and 28 new safeTALK Trainers
 - 76 ASIST Workshops training 1,560 participants
 - 6 safeTALK workshops held training 82 participants
- e-suicideTALK 1-2 hour online exploration of suicide prevention. 16,100
 FREE licenses available for California residents through crisis centers

The next local ASIST workshop: August 20, 2013, Santiago Canyon College.

Nearby ASIST workshops:

October 16, 2013: Los Angeles

November 13, 2013: Los Angeles

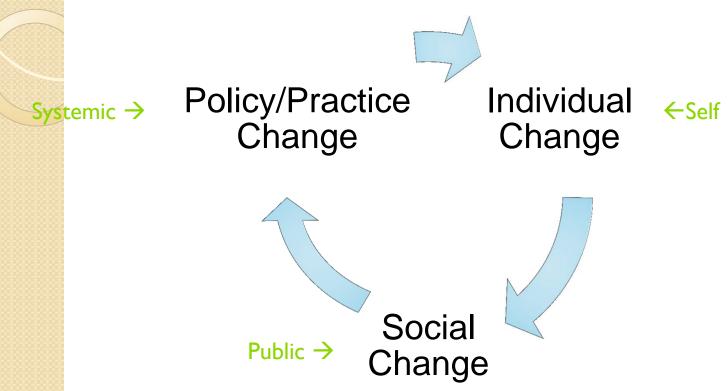
November 21, 2013: Los Angeles

December 09, 2013: Santa Ana

Stigma and Discrimination Reduction Programs

- Reduction in negative consequences associated with having a mental health challenge
- Encourage seeking help for a mental health challenge
 - Self-stigma
 - Public stigma
 - Systemic stigma
- Eradicate discrimination against individuals and families living with mental health challenges





Multi-level approaches are thought to be important because each level reinforces and exploits change that occurs at the others. That is, each level influences the others in a reciprocal chain of events. A good example is changes in smoking in the U.S. over the last several decades. Very small changes in practice over the years (about 1% reduction in smoking rates each year) both were caused by shifts in policy and led to other shifts in policy, such as restrictions on advertising and bans on smoking in public; these developments shifted social norms and in turn reinforced changes in behavior, leading to further shifts in policy. The result was a major shift at all three levels.

<u>4 Programs – 10 Contractors</u>

Program I: Strategies for Supportive Environment

Program II: Values, Practices & Polices

Program III: Promising Practices

Program IV: Advancing Policies to Eliminate

Discrimination

The TLC³ Approach

TARGET: key groups of people

LOCAL: in the communities

CONTINUOUS: on-going efforts

CREDIBLE: relatable people

CONTACT: delivered by people with

first-person experiences

Stign

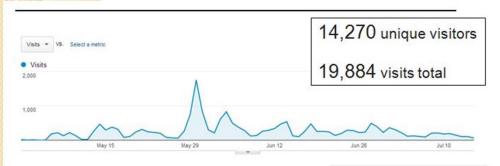
EACH MAINE MATTERS

California's Mental Health Movement



http://calmhsa.org/sdr-consortium/
www.EachMindMatters.org

Each Mind Matters Campaign



www.EachMindMatters.org

By far, the most popular pages on EachMindMatters.org are related to the documentary, "A New State of Mind: Ending the Stigma of Mental Illness."

"A New State of Mind: Ending the Stigma of Mental Illness" has received 4,490 online views in six weeks.

40,537 page views

A near majority of visitors come directly to EachMindMatters.org, indicating that word is getting out and that the url is gaining traction.



The largest contributors of referrals to the site are:

NAMI.org - Facebook - Twitter

Strategies for a Supportive Environment Program Social Marketing Strategic Approach:

- Empowering a New Generation will combine existing and future communications into a holistic system of change.
 - Inoculation campaign: 9-13 year olds
 - Empowering youth: 14-24 year olds
- Addressing Decision Makers, will leverage, amplify and extend the efforts of the statewide network focused on mental health issues including all awardees within the statewide PEI programs, county PEI programs and MHSA, NAMI California, CAYEN and REMHDCO to create a more robust communications infrastructure poised to reach Californians across the lifespan and within racially, ethnically and culturally diverse populations with stigma reduction messages.

Parent & Caregiver Outreach: 0-8 year olds

EACH MIND MATTERS

Get Informed v Join the Movement v Grea

JUN 05

Julie Kang Shares Her Story

Posted by Each Mind Matters | Change Agents





Last week Change Agent blogger Julie Kang wrote a moving three-part series about her experience living with a mental illness.

Julie openly shared how the stress resulting from rigorous computer science course work at a top-tier university affected her. She described how the stress caused her to hallucinate, socially withdraw and feel paranoid.

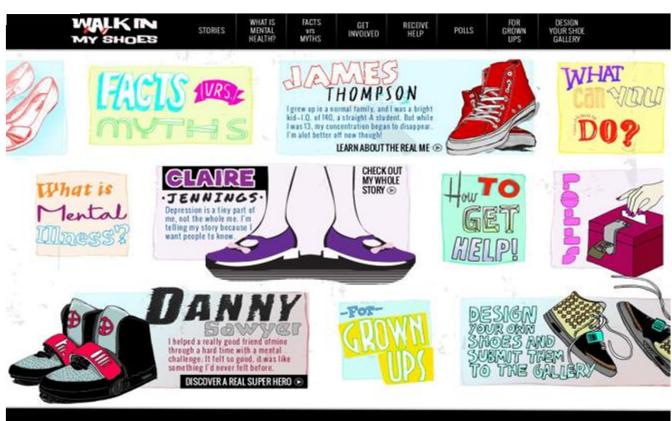
66 "When people asked me what it felt like to be depressed, I would say that it felt like I weighed 1,000 pounds, and usually they thought I was just making fun of my weight. But it literally felt like I had to drag 1,000 extra pounds with me everywhere I went, even just to go to the bathroom."

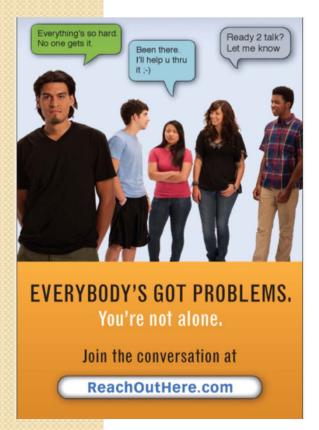
Julie was eventually admitted to mental health services on campus and had to withdraw from school. Receiving a diagnosis of major depressive disorder, Julie returned home where she got rest and began therapy and taking medication. When she returned to school, Julie continued to use these tools to successfully manage her depression.



COMMING

www.walkinourshoes.org Inoculation: 9-13 year olds





Mobilization: 14-24 year olds



www.ReachOutHere.com www.BuscaApoyo.org







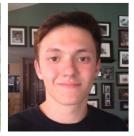




















Mobilization Campaign to Date

- ReachOutHere has received a total of 154,936 visits from Californians since the forums launched in May 2012. (Total US visits for this time period is 942,307)
- 120,490 Californians have visited ReachOutHere since the launch of the forums. (Total US visitors is 797,274)
- There are 65,698 forum members.
- The ReachOut forum moderators have referred 260 individuals to the Boys Town National Hotline.
- 23 youth of varying genders, ethnicities and sexual orientations act as Peer Supporters in the forums.
- The ReachOutHere Facebook page has 2,388 fans.
- The first round of media to promote the forums reached 73 percent of Californians ages 14-24 a minimum of eight times each and resulted in \$554,500 worth of bonus exposure.
- The second round of media recently began, including a statewide digital banner ad and social media campaign, and print and radio ads in major metro areas across the state.

Decision-Makers: 25 and older





What Do Prevention & Early Intervention Look Like?

In California, we are breaking new ground by focusing our efforts on prevention and early intervention. We are not willing to stay silent and wait until crisis hits before having a conversation about mental health. Californians are creating innovative programs that equip people and communities with the tools, resources and information they need to foster wellness, and to recognize and respond to the symptoms and signs when they arise.

Here are just a few examples:

Suicide is preventable, if you know the signs, can find the words and have resources to reach out to for help. SuicideisPreventable.org has vital information

Are you a young person struggling with difficult thoughts and feelings? You aren't alone! Visit ReachOut.com to connect with others who know what you're going through and can offer support.

Research shows one of the most effective ways to raise awareness and reduce stigma is through the face-to-face sharing of personal stories. Speakers bureaus in communities throughout the state offer local speakers who can come and share their stories of mental health challenges and stigma with your business, school or organization. Find a speakers bureau near you at SpeakOurMinds.org.

www.EachMindMatters.org

www.SpeakOurMinds.org



- Advisory Committee
- Needs Assessment
- Master Plan
- Community Roundtable (Regional Network Exchange)
- Evaluation
- Sustainability

www.uacf4hope.org/gateway-hope

Strategies for a Supportive Environment Program Capacity Building:

- Create a 12-Region Capacity Building Program operating Network Advisory
 Committee
- Conduct a Needs Assessment to identify gaps in local capacity
- Develop and implement culturally and linguistically competent outreach throughout the state in a 12-region approach.
- Develop a set of recommendations/ action plan for on-going sustainability

SDR Consortium:

Joseph Robinson, joseph.robinson@calmhsa.org

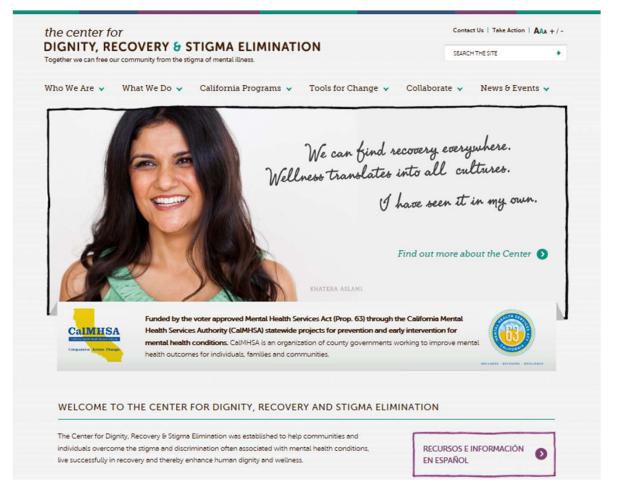
Social Marketing:

Nicole Jarred, <u>njarred@rs-e.com</u>

Capacity Building:

Sireyia Ratliff, sratliff@uacf4hope.org

Re



dignityandrecoverycenter.org

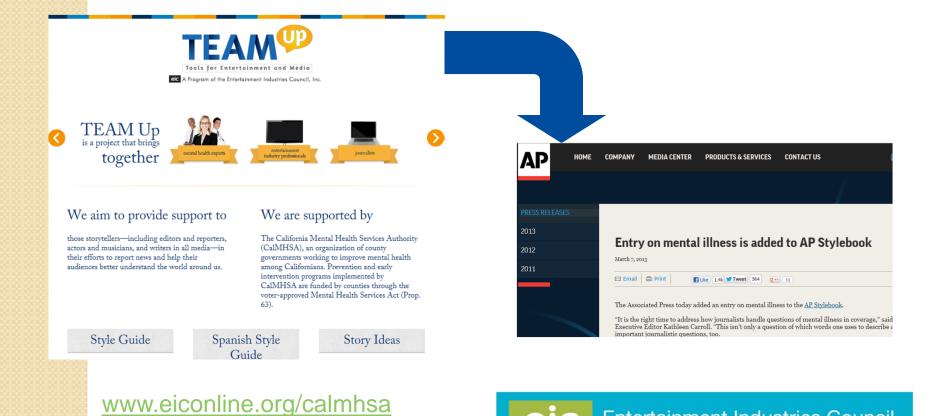
Values, Practices and Policies Program

 Resource Development - design instruments and assessment tools to evaluate existing SDR Training Programs to capture best practices in training programs across California and establish a framework for evaluating and improving existing anti-stigma training programs.

Accomplishments:

- Launching the new http://dignityandrecoverycenter.org website
 - Stigma and Discrimination Reduction Registry
 - Tools and Resources for Stigma Reduction in California's 58 Counties
 - Request for Proposals
- Developing State-of-the-Art Tools for Stigma Reduction
 - California Quality Improvement- Fidelity, Assessment, and Implementation Rating (CQI-FAIR)
 - Self Assessment Tools
 - Outcome Measures
- Community Development Partners
 - A process for providing program quality improvement utilizing state-of-the-art tools for stigma reduction

Partn



Entertainment Industries Council
-Encouraging the Art of Making a Difference

www.IBHP.org





About Us

Advocacy

Mental Health Services Act

Anti-Stigma Efforts

Need Help?

Mental Health Library

In the News Archive

· Programs/Projects

Access Coalition

California Coalition for Mental Health

California Youth Empowerment Network

Racial and Ethnic Disparities Coalition

Wellness Works!



Wellness Works!

Wellness Works! is a workplace mental health program aimed at reducing mental health stigma and discrimination and supporting mental wellness in the workplace. Wellness Works! is based on the award-winning and nationally-recognized *Mental Health Works* curriculum developed by the Canadian Mental Health Association, Wellness Works! is a program funded by counties through California's Prop 63 (the Mental Health Services Act) designed exclusively for employers as the state's leading go-to resource for education, training, and consulting needs on addressing mental health in the workplace.

Wellness Works! improves working lives by helping individuals in various roles in the workplace provide effective support to employees who are struggling with mental health issues. Wellness Works! addresses the organizational factors that affect overall workplace mental health with an emphasis on creating psychologically safe and healthy work environments benefiting all workers.

www.mhac.org/programs/wellness-works.cfm







HOME

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CALMHSA

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WHAT WE DO

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IN THE LEGISLATURE

JOBS & OPPORTUNITIES

PRESSROOM & STORIES

MEETINGS & TRAININGS

RESOURCES &



Mental Health Stigma & Discrimination Reduction Project

Compassion. Action. Change.

Background

Disability Rights California was awarded a three year prevention and early intervention (PEI) stigma and discrimination reduction funding through the county / California Mental Health Services Authority (CalMHSA) and Prop. 63. The funding period is August

1, 2011 through June 30, 2014. This is one of the many PEI projects funded by CalMHSA.

CalMHSA administers programs funded by the Mental Health Services Act (MHSA) on a statewide, regional and local basis. PEI initiatives aim at preventing suicides, reducing stigma and discrimination, and improving student mental health. CalMHSA is a

CalMHSA

WELLINES - RECOVERY - RESILENCE group of county governments working to improve mental health outcomes for individuals, families and communities.

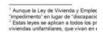


El derecho de los inquilinos que discapacidades mentales a tene de servicio o de apoyo emocion:

Para propietarios y otros proveedores de servicios de vivienda

1. ¿Qué es el "alojamiente

Una persona que tiene una discr conforme a las leyes estatales y la venta o en el alquiler de una v dueño u otro proveedor de servis puede negarse a alquilar o vend de discriminación debido a que o proveedor de servicios de vivien razonable" a inquilinos y solicitar discapacidad mental. Esto signifi debe tomar las medidas necesas prácticas para permitir que una y pueda utilizar y disfrutar la vivien







具有心理健康障礙的承租人對飼養服務性 或情感支持性動物的權利

ue tiene una discr

Disability
Rights
California
California's Protection & Advocacy System
Toll-Free (800)776-5746
www.disabilityrightsca.org



售或租賃房屋上的歧视。 1產經紀人,不得因個 對該等人士表現任何形 與住房申請人「合理的 政策與實務做法,以允

見加州豫障權利署資料:

· 但是其意義相同。

t内、僅出租一期間予

Integration Mandate of the ADA and Olmstead Decision

Does the Americans with Disabilities Act (ADA) give people with psychiatric disabilities the right to potentially live at home or in the community?

Yes. There is a variety of federal and state laws that enable persons to receive services and supports at home and in the community. The Americans with Disabilities Act (ADA) is one such federal law. It requires the state and counties to provide services in the "most integrated setting" appropriate to each person's needs. This is the ADA's "integration mandate".

W hat is the "most integrated setting"?

This is the place where people with psychiatric disabilities can interact with people who do not have disabilities to the fullest extent possible. An apartment with supportive services is an example of an integrated setting.

W hat court case led to the protection of this right to live in the community?

The Olmstead case involved two women in Georgia whose disabilities included mental retardation and mental illness. Both lived in state-run institutions, even though their treating professionals had determined that they could be appropriately served in the community. The women sued, arguing that their continued institutionalization violated the ADA's integration

www.disabilityrightsca.org/CalMHSA/CalMHSA.html

- Resource Development:
 - Aran Watson, aran@mentalhealthsf.org
- Partnering with the Entertainment Industry:
 - Marie Gallo-Dyak, <u>mgdyak@eiconline.org</u>
- Promoting Integrated Health:
 - Dr. Karen W. Linkins, <u>karen@desertvistaconsulting.com</u>
- Promoting Mental Health in the Workplace:
 - Zima Creason, zcreason@mhac.org
- Reducing Stigma and Discrimination within Existing Mental Health and System Partners:
 - Holly Davison, holly.davison@namicalifornia.org
- Promising Practices Program
 - Daniel Esparza, <u>daniel@mentalhealthsf.org</u>
- Advancing Policy to Eliminate Discrimination Program
 - Margaret Jakobson-Johnson, <u>Margaret.Jakobson@disabilityrightsca.org</u>

- UACF Region 11
 - Contact: Barbara Mendoza, <u>bmendoza@starsinc.com</u>
- NAMI California NAMI Orange County
 - Contact: Steve Pitman, info@namioc.org (714) 544-8488
- Mental Health Association of Orange County
 - Contact: Jeff Thrash, mhaoc.org (714) 547-7559

Student Mental Health Programs





Home » Learning Support » Counseling/Student Support » Mental Health

Printer-friendly version

Student Mental Health Policy Workgroup

The Student Mental Health Policy Workgroup will assess the current mental health needs of California students and gather evidence to support its policy recommendations to the State Superintendent of Public Instruction and the California Legislature.

The State Superintendent of Public Instruction (SSPI) Tom Torlakson has convened a Student Mental Health Policy Workgroup (SMHPW) with funding from the California Mental Health Services Authority (CalMHSA) 2 . The CalMHSA is an organization of county governments working to improve mental health outcomes for individuals, families, and communities. It administers Prevention and Early Intervention programs funded by the Mental Health Services Act (MHSA) (Proposition 63 [2004]) on a statewide, regional, and local basis.



WELLNESS - RECOVERY - RESILIENCE Mental Health Services Act (Proposition 63) [25]



California Mental Health Services Authority [2]

The all-volunteer, unpaid work group is comprised of teachers, school counselors, school social workers, school psychologists, school nurses, and school administrators, as well as state and county mental health professionals. The combined expertise of this diverse group will assess the current mental health needs of California students and gather evidence to support its policy recommendations to the SSPI and to the California Legislature.

The SMHPW will meet on a quarterly basis and all meetings are open to the public.

www.cde.ca.gov/ls/cg/mh/smhpworkgroup.asp Read about it in the CalMHSA Express: HERE

California Department of Education (CDE):

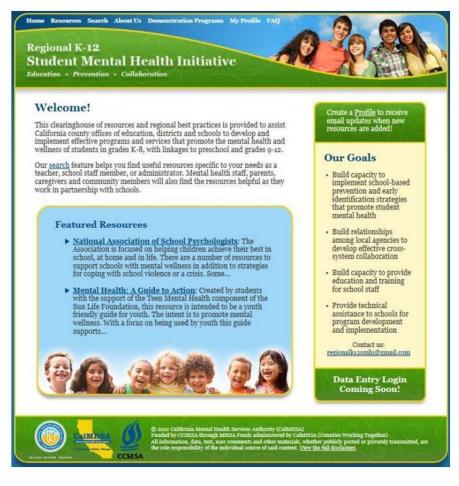
- Training Educators through Recognition and Identification Strategies (TETRIS)
 - Increase capacity of educators to identify student mental health issues in early grades and promote positive school climate, student wellness, and higher academic achievement for all students
 - Using the Eliminating Barriers to Learning (EBL) curriculum for training

Contact: Monica Nepomuceno

mnepomuceno@cde.ca.gov



www.regionalk12smhi.org/

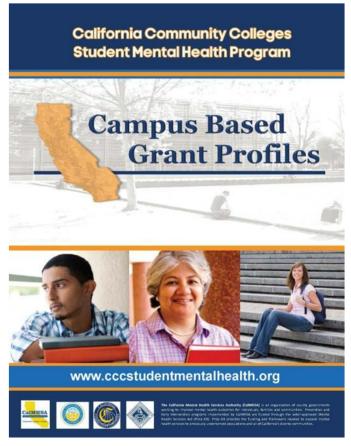


California County Superintendents Educational Services Association (CCSESA):

- Develop regional plans
- Facilitate protocol changes across systems for prevention and early identification
- Build capacity to provide education and training district/school staffs, families/caregivers and community partners
- Implement school-based demonstration programs
- Create online statewide clearinghouse of resources and best practices

Region 9 Contact: Daria Waetjen

dwaetjen@ocde.us



cccstudentmentalhealth.org/main.php

Local recipients of the Campus
Based Grants:

1.The Orange Consortia:

A collaboration between Orange Coast College and Golden West College.

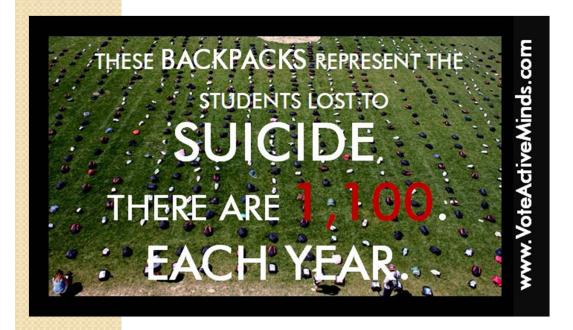
2. Santiago Canyon College

California Community Colleges:

- Completed contracting processes for all components (Training and technical assistance, Suicide Prevention, Evaluation) and selected 23 campuses/consortium grants to implement Student Mental Health PEI programs
- Developed initial set of prioritized TTA needs and trainings (result of needs assessment)
- Involved stakeholders (COAGMSH) in efforts (product input/review; two meetings)

Mental Health Services webpage:

http://extranet.cccco.edu/Divisions/StudentServices/MentalHealthServices.aspx



Orange County Campuses:

September 17th: Santiago Canyon

College

Contact: John Hernandez Hernandez_john@sccollege.edu

September 19th: CSU Fullerton

Contact: Ana Aguayo-Brant aaguayo@calstate.edu

http://www.activeminds.org/our-programming/send-silence-packing





tinyurl.com/StudentH101

Individual campus websites highlighting campus activities:

calmhsa.org/wpcontent/uploads/2011/11/CSU-Websites.pdf

California State University:

- Training
 - 4,663 students have been received training in ASIST and Mental Health First Aid
 - CSU faculty and staff will serve as certified trainers and gatekeepers
- County and Campus Collaboration
 - Providing campuses the opportunity to coordinate trainings and build greater collaboration between campus partners related to suicide prevention, resources, and referrals.
- Social Marketing Campaign
 - Student Health 101, an electronic magazine, focused on college-aged students about suicide prevention, health, and wellness.



Assisting Students in Distress

See Something. Say Something. Do Something.









UC faculty/staff and graduate teaching/research assistants are in a unique te compassion for UC students in distress

Both undergraduate and graduate students may feel slew, isolated, and even boodess when faced with academic and life challenges. These feelings can easily disrupt academic performance and may lead to dysfunctional coping and other serious consequences.

You may be the first person to SEE SOMETHING distressing in a

dent since you have frequent and prolonged contact with them. The University of California, in collaboration with the California Mental Health Services Authority (CalMHSA), requests that you act with compassion in your dealings with such students.

Say Something.

Students exhibiting troubling behaviors in your presence are likely having difficulties in various settings including the classroom, with roommates, with family, and in even in social settings.

Trust your instincts and SAY SOMETHING if a student leaves you feeling worried, alarmed, or threatened!

Do Something.

Sometimes students cannot, or will not turn to family or friends. DO SOMETHING! Your expression of concern may be a critical factor in saving a student's academic career or even their life.

The purpose of this folder is to help you recognize symptoms of student distress and identify appropriate referrals to campus resources.

The Family Educational Rights and Privacy Act (FERPA)

The Family Educational Rights and Privacy Act (FERPA) permits communication about a student of concern in connection with a health and safety emergency. Observations of a student's conduct or statements made by a student are not FERPA protected. Such information should be shared with appropriate consideration for student privacy.

Academic Indicators	Physical Indicators	Safety Risk Indicators	Psychological Indicators
You'd and action in quality of work and grades Repeated absences Blasses consent in writings or presentations Multiple response for extensions You find yourself design more person of rakes than academic consenting during office hours Overly demanding of facebaylouff attention Overly demanding of facebaylouff attention	Marked changes in physical appearance including description in growning, bygiene, or weight leas/gain Encastre faigued deep desurbance Interaction, hang over, or smilling of alcohol Disortessed or "out of it" Carbied, tangentid, or durred speech	Unprovoked anger or hostility Implying or making a direct threat to have a sid or others Asademic assignments dominated by thems of actions hospidaneas, regic workshareas, indexes, departing and or side of the side of the side of the side of the "ory for hap" Communicating threat to a phone calls over reproducing or phone calls	Self-disclosure of personal discreas-family problems, financial difficulties consempleing mixeds, grid Excess ive tenefulness, panic reactions, it raishifter or unmutal aparts Verbal abuse (e.g., taunding, badgering tottlendeston) Expressions of concern about the student by his/her peers

University of California - Irvine

Disruptive or Distressed?: Use this information to determine.

Disruptive Student

A student whose conduct is dearly and imminently rackless, disorderly, dangerous, or threatening, including self-harmful behavior.

To get help

rnal for your or If you are concerned for your of others's a fery due to a student's disruptive and/orther atening behavior, call 911 or the UCIP dice

Report incident to

- The Office of Sauden t Conduct UCI Poke Department
- For Consultation or Emergency Counseling Clinical Social Worker
 UCI Consultation Team
- For illness or injury
- Non-urgent: Student Health Center 824-5301 Medical Emergency: 911

Distressed Student

- A student with peristent behaviors such as undily arction

- confused
 Lacla motivation and/or consumration
- well constant attention
- demonstrate bizare or estate behavior
 opperes saicidal thoughts

- To get help Consultation and Referals:
- Consultation and Referals:

 = Counseling Center

 = UCI Police Department

 = Stadent Health Center

 Campus Assak Resources and Education
 (CARE)
- Administrative/Student Conduct
- Office of Student Conduct
 Office of the Ombudsman

- Academic Issues:
 School Auadam ic Advisor
 Dopa ament of Undergradus se Education Graduate Department Chair
- Grafuate Advisor
- If a student is causing a disruption but does not pose a threat
- Ensure your refery in the environment. Use a calm, non-confinitational approach to defuse/do-escalate the situation.
- Set limits by explaining how the behavior is imppropriate.
- If behavior continues, ask the student to stop and warmhim or her that official action may be taken.
- a If the disruptive behavior presists, no tily the student that disciplinary action may be taken. Ask the student to leave. Inform him or her that refusal to k ave may be a square eviolation subject to discipline.

 Immediately report the incident to the appropriate resource.

If you believe there is a safety risk, contact UCI Police Department.

AVC Wellness, Health & Counseling Services

Campus Assault Resources & Education (C.A.R.E.) Clinical Social Worker Counseling Center 949 824 6457

949 824 4642

Campus Resources For Students

949.824.5590

Office of Ombudsman 949.824.7256 LGBT Resource Center 949.824.3277 International Center 949.824.7249

Student Health Cente 949 824 5301 UCI Police Department 949.824.5223

Campus Resources For Faculty/Staff Cascade Centers/EAP 800.433.2320

Campus Counsel 949.824.2880 Workplace Violence Prevention Information 949.824.5223

Resources in the Community Irvine City Police Department 949.724.7000 National Sticide Prevention Hotline 800.273.8255 Hoag Memorial Hospital 949.764.4624 UC Irvine Medical Center 714.456.7890 Western Medical Center Hospital 714.885.8555

Sexual Assault Victims Services 714.834.7991

- STEP UP! UC Irvine was nominated and selected for an Outstanding Support of Prevention Award by the Irvine Prevention Coalition, which honors individuals and program that "go the extra mile" to make a difference in the lives of families in Irvine.
- Campus and Community Collaborations
- In the last quarter, UC Irvine has:
 - Provided mental health trainings
 - Invited 429 students to participate in the Online Suicide Screening Program
 - Provided over 375 hours of counseling and direct coaching for 61 students
 - Facilitated 12 workshops to 156 students
 - Incorporated 11 LGBTQ Mentors to provide 50 sessions with mentees

University of California:

- Suicide Prevention Depression Screening
 - Interactive screening program
 - Collaboration with campus Primary Health Care Providers
- Social Marketing Campaign
 - Film original training video
 - Repurposing current training videos/PSA's:

Veteran's PSA: http://www.youtube.com/watch?v=d40XgG5iEng

- Faculty Staff Training
 - Red Folder Initiative (targeted faculty/staff)
 - Faculty Guide (Deans and Department Chairs)



Higher Education Contacts:

- CCC California Community Colleges Office of the Chancellor
 - Statewide Lead: Betsy Sheldon: <u>bsheldon@cccco.edu</u>
 - Orange Coast College: Sylvia Worden sworden@occ.cccd.edu
 - Golden West College: Rob Bachmann rbachmann@gwc.cccd.edu
 - Santiago Canyon College: Melissa Campitelli-Smith campitelli_melissa@sccollege.edu
- CSU California State University Office of the Chancellor
 - Statewide Lead: Ana Aguayo-Bryant: aaguayo@calstate.edu
 - Cal State Fullerton: Leticia Gutierrez-Lopez <u>Igutierrez-lopez@fullerton.edu</u>
- UC University of California, Office of the President
 - Statewide Lead: Taisha Caldwell: taisha.caldwell@ucop.edu
 - **UC Irvine:** Negar Shekarabi <u>nshekara@uci.edu</u>

Maximize Learning by Investing in Evaluation

- Evaluate to what extent are the strategies of the PEI statewide projects Preventing Suicide, Improving Student Mental Health and Reducing Mental Health Stigma and Discrimination
- All 25 contractors required to conduct program evaluations
- Contracted with the RAND Corporation for a comprehensive/ independent evaluation

Key objectives:

- Establish baselines and community indicators
- Conduct thorough program evaluations
- Identify innovative programs for replication
- Promote continuous quality improvement efforts

Accomplishments:

- Completed Evaluation Strategic Plan
- Completed PEI Statewide Evaluation Framework
- Finalizing Literature Reviews on Suicide Prevention, Stigma and Discrimination Reduction and Student Mental Health
- Developed and Implementing TA plans for all 24 contracts

- Statewide PEI Evaluation Strategic Plan
- Statewide Prevention and Early Intervention Evaluation Framework
- Literature reviews
 - Stigma and Discrimination Reduction 01-02-13
 - o Suicide Prevention 01-02-13
 - Student Mental Health 01-02-13

Evaluation documents are available here:

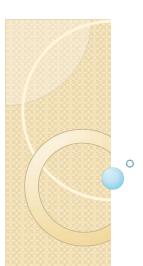
calmhsa.org/programs/evaluation/

- Programs, strategies and interventions taking place throughout California in FY 2013-14. Project funding currently through 6/30/2014.
- Evaluation and Impact Analysis FY 2014-2015

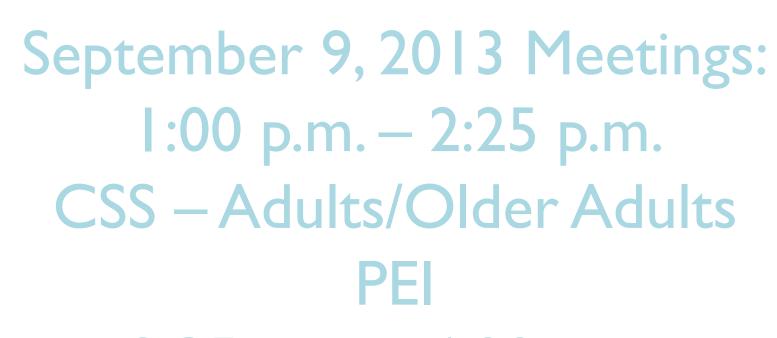
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Comments from the Steering Committee Members



Public Comments



2:35 p.m. – 4:00 p.m.

CSS – Children and TAY

WET and Innovation