

# Mental Health Services Act Steering Committee Meeting

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December 1, 2014



# Welcome

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Sharon Browning,  
Facilitator

# MHSA Update

Jeff Nagel  
MHSA Coordinator

## Local/State Updates

MARY HALE

Behavioral Health Director

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## 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

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## Mental Health Services Act (MHSA) Innovation Projects

Round 1 Projects: Preliminary Data Summary




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## 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

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**ROUND 1 INNOVATION PROJECTS**  
**Timelines**

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

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## 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

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## 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

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## ICS

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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## Demographics

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### PARTICIPANTS SERVED

Project	Launch – June 30, 2014		Fiscal Year 2013-2014	
	Unduplicated	Additional Members	Unduplicated	Additional Members
ICS	960	---	515	---
Collective Solutions	105	81	88	45
VTW	110	---	110	---
OC ACCEPT	201	---	131	---
OC4Vets	385	---	170	---
OC Community Cares	120	---	84	---
PLC	157	---	71	---
Training Services to Meet the Mental Health Needs of the Deaf Community	428 Enrolled (duplicated)	---	N/A	---
Brighter Futures	109	125	78	64

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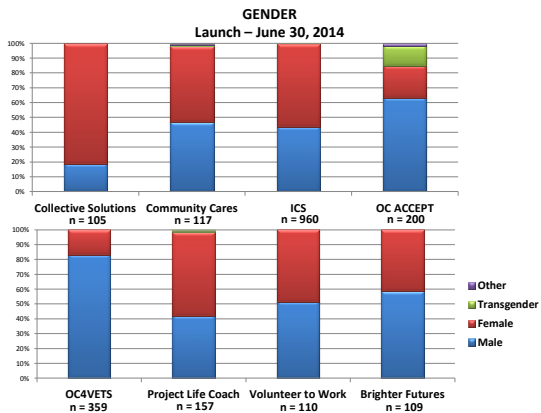
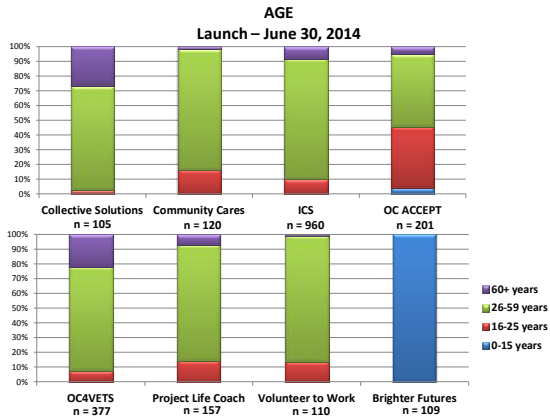
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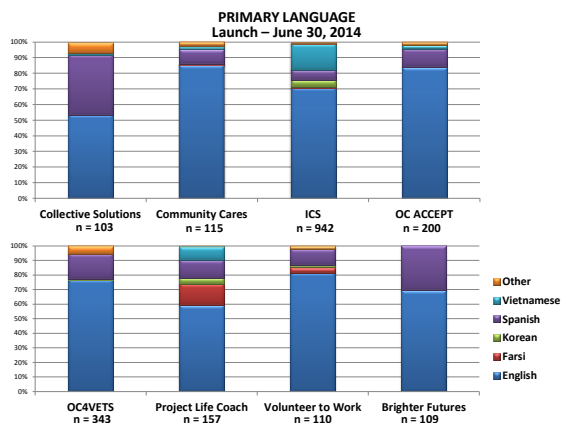
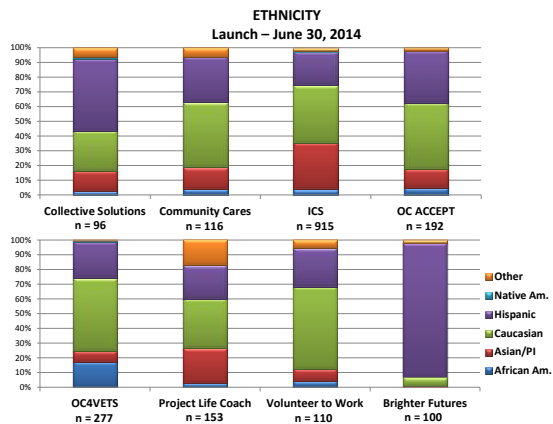
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## ROUND 1 INNOVATION PROJECTS EXPENDITURES

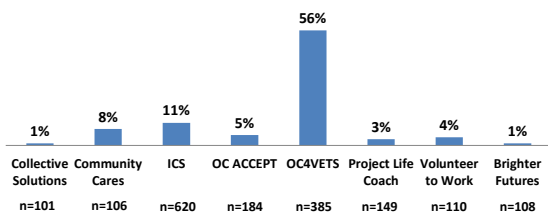
Project	Launch – June 30, 2014		Fiscal Year 2013-2014	
	Total Expenditures	Cost per Client	Total Expenditures	Cost per Client
ICS	\$5,385,457	\$5,609	\$1,848,281	\$3,588
Collective Solutions	\$586,121	\$3,151	\$237,313	\$1,784
VTW	\$523,091	\$4,755	\$523,091	\$4,755
OC ACCEPT	\$1,072,906	\$5,337	\$423,969	\$3,236
OC4Vets	\$1,987,046	\$5,161	\$996,047	\$5,859
OC Community Cares	\$489,907	\$4,082	\$122,239	\$1,455
PLC	\$1,143,374	\$7,282	\$383,067	\$5,395
Training Services to Meet the Mental Health Needs of the Deaf Community	\$229,000	N/A	\$114,500	N/A
Brighter Futures	\$651,340	\$2,783	\$278,707	\$1,962







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

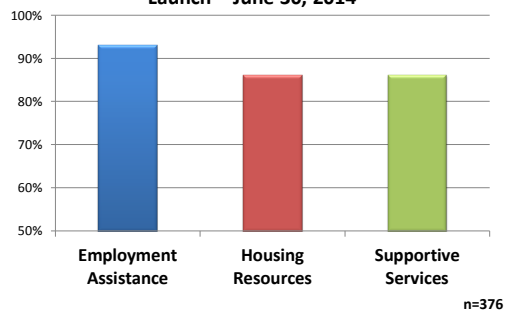


## Program Activities

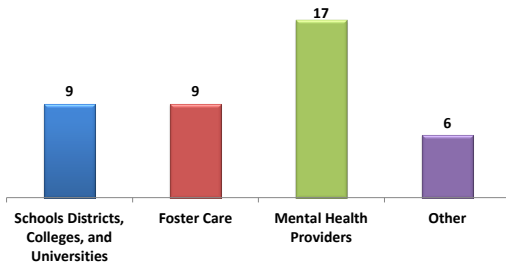
### REFERRALS AND LINKAGES Launch – June 30, 2014

Project	Total Referrals	Total Linkages	Top 5 Linkage Types
ICS	1488	565	Transportation (93) Specialty Health Care (77) Primary Health Care (53) Mental Health Care (48) Recreation (16)
Collective Solutions	404	157	Mental Health Care (52) Adult Education/Literacy (24) Recreation (15) Employment (14) Public Safety (7)
VTW	41	26	Job Placement (15) Adult Education/Literacy (5) Clothing (4) Mental Health Care (1)
OC ACCEPT	344	80	Specialty Health Care (18) Primary Health Care (8) Substance Abuse Services (7) Employment (7) Mental Health Care (5)
OC4Vets	1944	1331	Housing (305) Food and Nutrition (255) Employment (253) Transportation (247) Mental Health Care (97)
OC Community Cares	10	7	Employment (4) Family Welfare (2) Mental Health Care (1)
PLC	233	113	Employment (57) Adult Education/Literacy (11) Mental Health Care (10) Food and Nutrition (4) Housing (4)
Brighter Futures	255	69	Mental Health Care (12) Food and Nutrition (10) Mentoring (4) Housing (4) Family Welfare (3)

### OC4Vets Participant Resources Launch – June 30, 2014

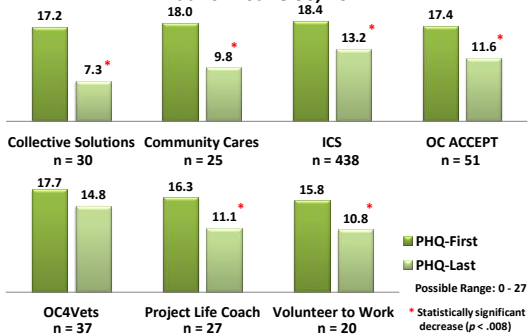


## OC ACCEPT Trainings Launch – June 30, 2014

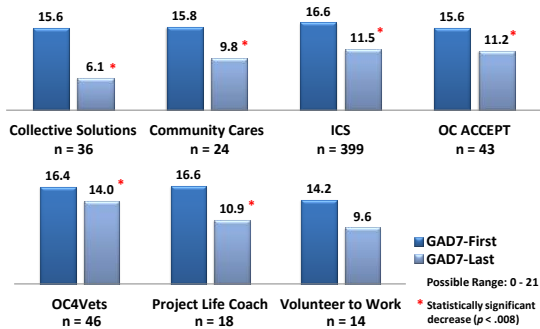


## Clinical Outcomes

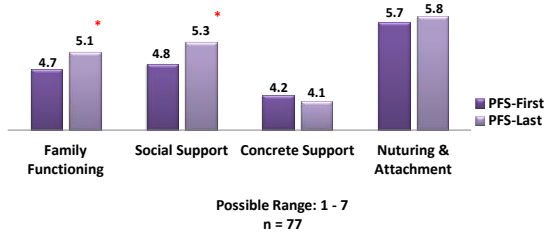
### Change in Average Depression Score Initial Score = Moderate or Severe Launch - June 30, 2014



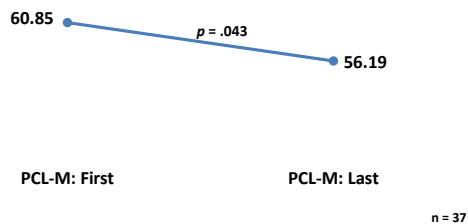
**Change in Average Anxiety Score**  
Initial Score = Moderate or Severe  
Launch - June 30, 2014



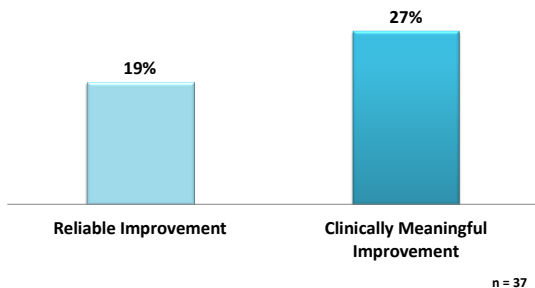
**Change in Average Protective Factors Scores**  
Brighter Futures: All Participants  
Launch - June 30, 2014



**Change in Average OC4VETS PTSD Score**  
Initial Score  $\geq 45$   
Launch - June 30, 2014



**Degree of Change in OC4VETS PTSD Score**  
**Initial PCL-M Score  $\geq 45$**   
**Launch - June 30, 2014**



## 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

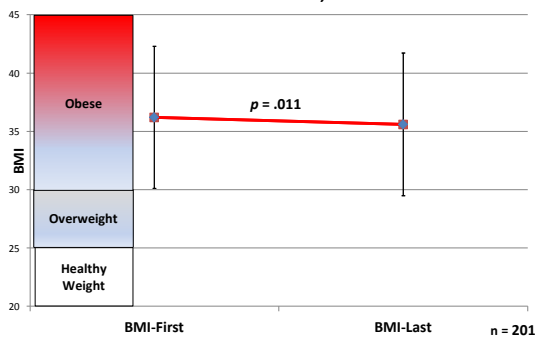
- Life expectancy of individuals with SPMI tends to be 25 years less than the general population (Parks et al., 2006)

### Goal of ICS:

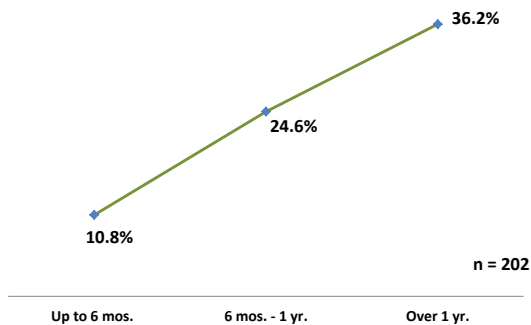
- Fully integrate participants' physical and mental health care needs

### Change in Mean BMI for Initially Obese ICS Clients (BMI $\geq 30$ )

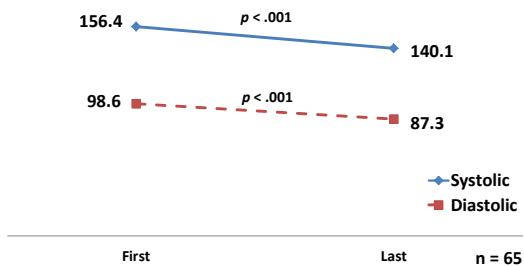
**First to Last Measurement**  
**Launch - June 30, 2014**



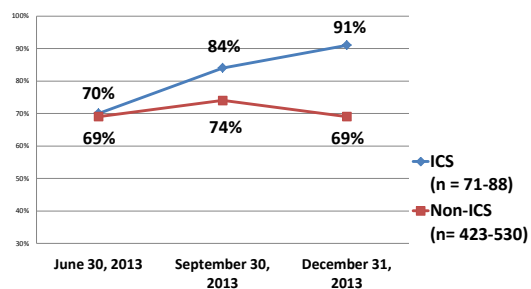
**Significant Weight Loss (> 5%) Among Initially Obese ICS Clients  
by time from First to Final Measurement  
Launch – June 30, 2014**



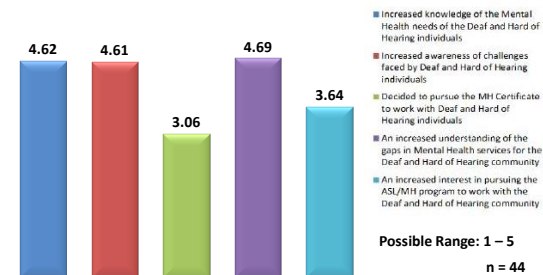
**Change in Mean Blood Pressure for Initially Hypertensive ICS Clients  
(BP >140/90)  
First to Last Measurement  
Launch – June 30, 2014**



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



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




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## Evaluation of Peers

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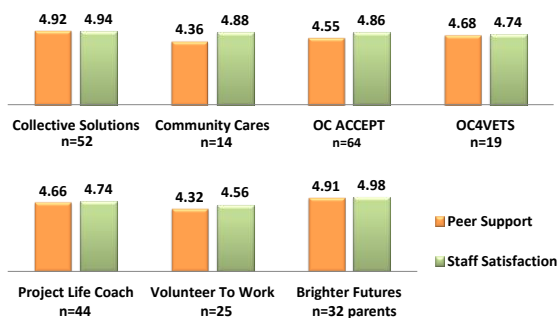
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**Comparison of Peer and Staff Satisfaction**  
**Participant Survey FY 13-14**  
**Possible Range: 1 - 5**




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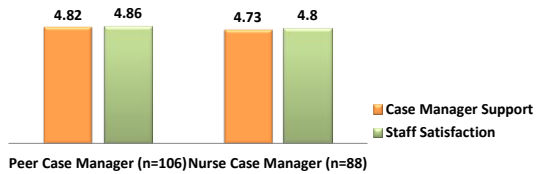
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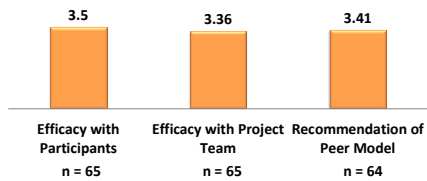
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**Comparison of Peer and Staff Satisfaction  
by Case Manager Assignment  
Participant Survey FY 13-14  
Possible Range: 1 - 5**

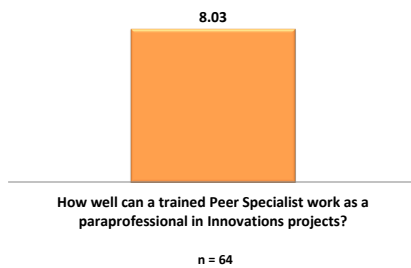


ICS

**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**





## Overall Program Satisfaction

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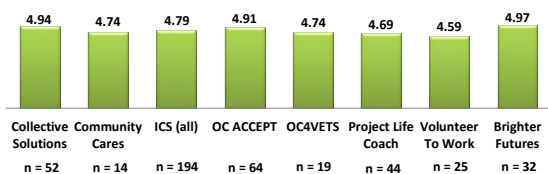
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**Overall Program Satisfaction  
Participant Survey FY13-14  
Possible Range: 1 - 5**




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## Recommendations

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## 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

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## 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

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## 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

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## **ACTION ITEM:**

**Approve Subcommittee's  
recommendation for  
continuation of funding to  
be added to the MHSA  
Annual Plan Update.**

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## **Steering Committee Member Comments**

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## **Public Comments**

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## January Subcommittee Meetings

1:00 p.m. – 2:25 p.m. CSS Adults and  
Older Adults or PEI  
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2:35 p.m. – 4:00 p.m. CSS Children  
and TAY or Innovations

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