

# MHSA Outcomes

## Prevention & Early Intervention

---

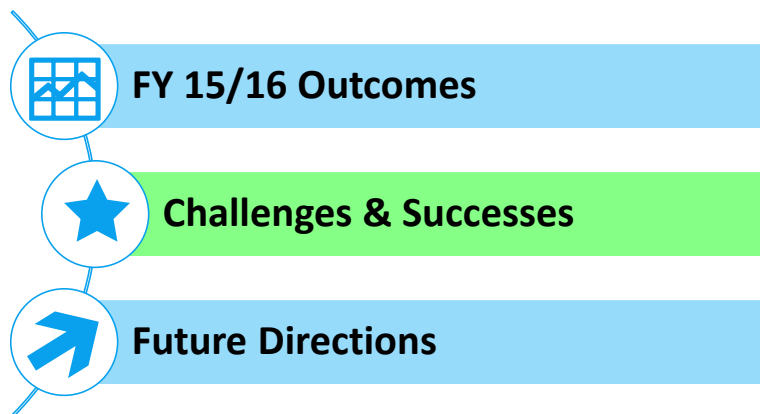
Mark Lawrenz  
PEI Division Manager  
May 2017



---

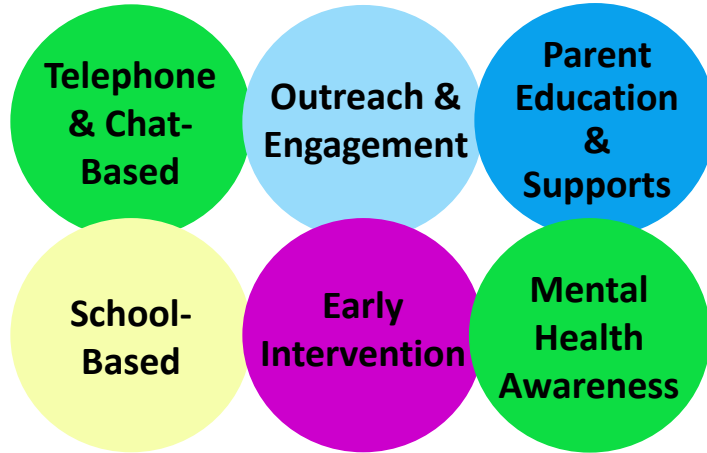
## Overview

---



## PEI Service Areas

---



## 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

**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

**BHS O&E**



**21,412** outreach contacts

**1,806** linkages

**60,942** outreach contacts

**5,634** linkages

**O&E Collaborative**



## Parenting & Family Strengthening Services

# Program Descriptions

## CSPP

### Parent Education & Support Services

### Stop the Cycle

### Family Support Services

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

# Program Descriptions

## Stress Free Families

- 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

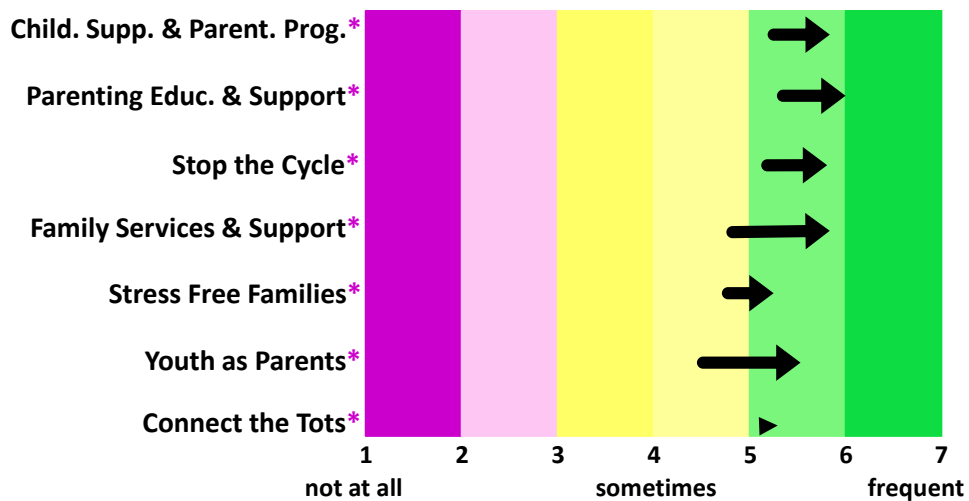
## Scoring

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



\*  $p < .05$

# 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

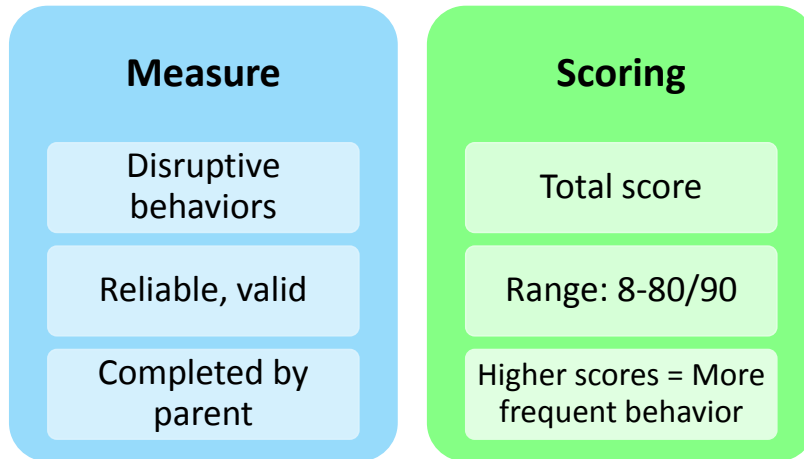
- Students transitioning to middle/HS and their parents
- FY 15/16: 2,164 students, 271 parents/guardians

### Violence Prevention Education

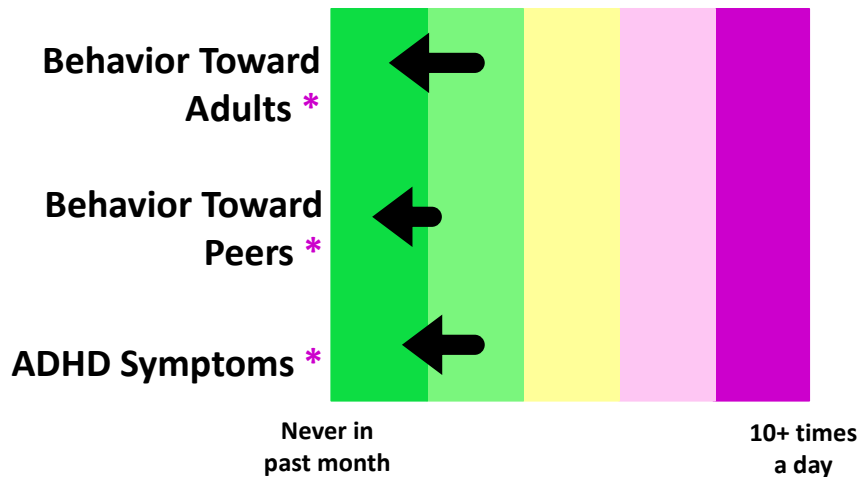
- K-12 students
- FY 15/16: 27,314 students, 4,163 parents, 900 teachers



# CADBI

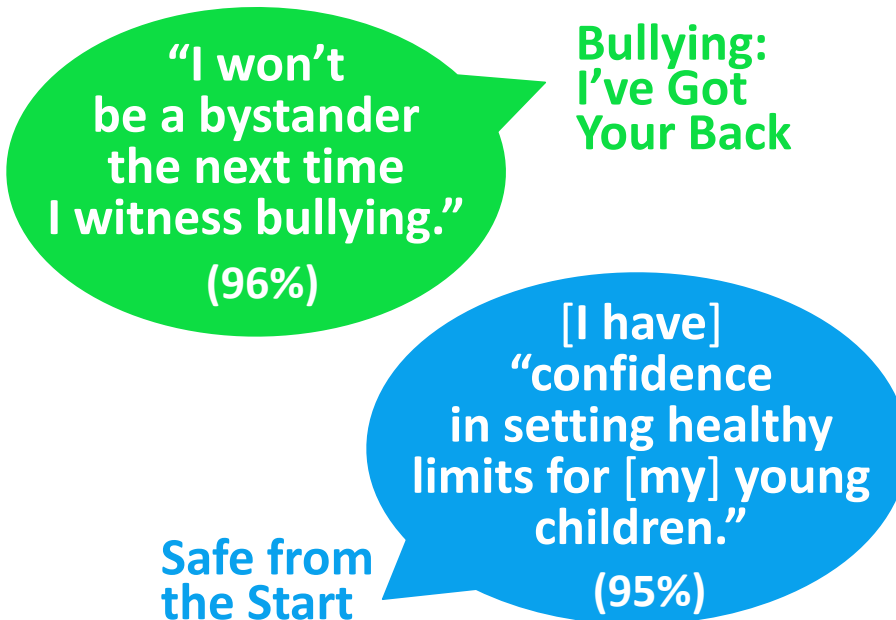
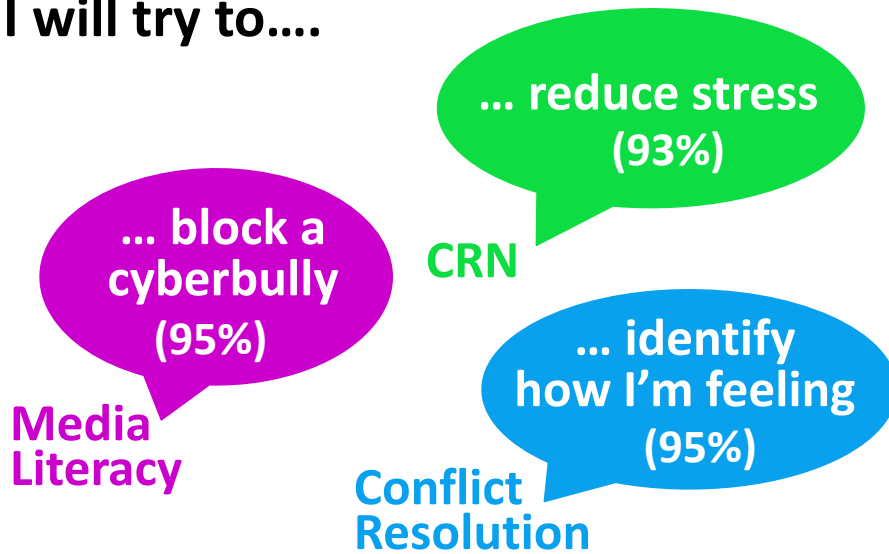


## SB BH Interventions & Supports Change in Disruptive Behaviors- FY 15/16



\*  $p < .05$

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



# Early Intervention

## School-Based MH Services

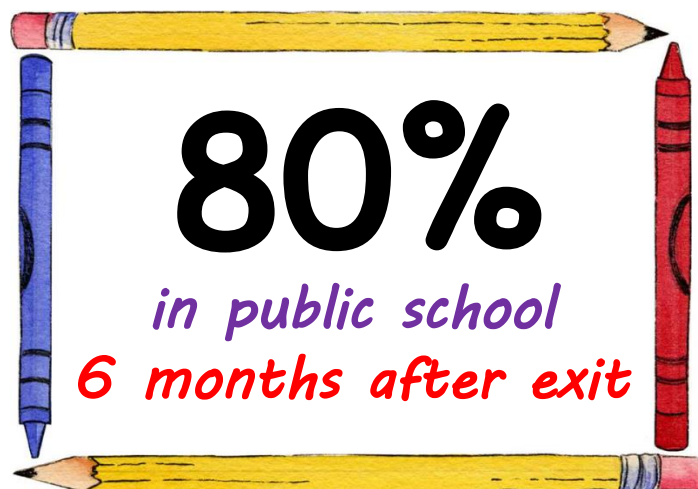
- Pilot in SAUSD middle schools
- Mild-moderate BH conditions
- FY 15/16: 380 students

## School-Based Early Intervention Services

- K-8<sup>th</sup> graders
- Attention, behavior, learning
- At risk of school failure
- FY 15/16: 20 students, 44 parents/caregivers

## School-Based BHS Early Intervention

Public School Placements - FY 15/16



# 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

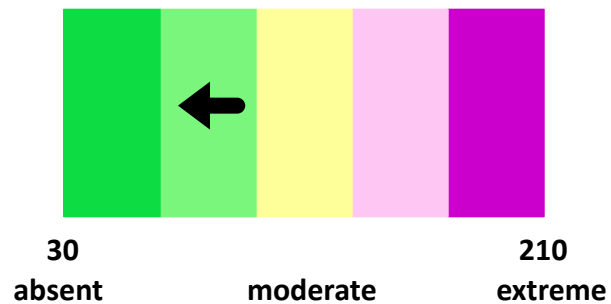
Total score

Range: 30-210

Higher scores =  
Greater severity

## OC CREW

### PANSS Total Score - FY 15/16



\*  $p < .05$

## 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

## Early Intervention Services

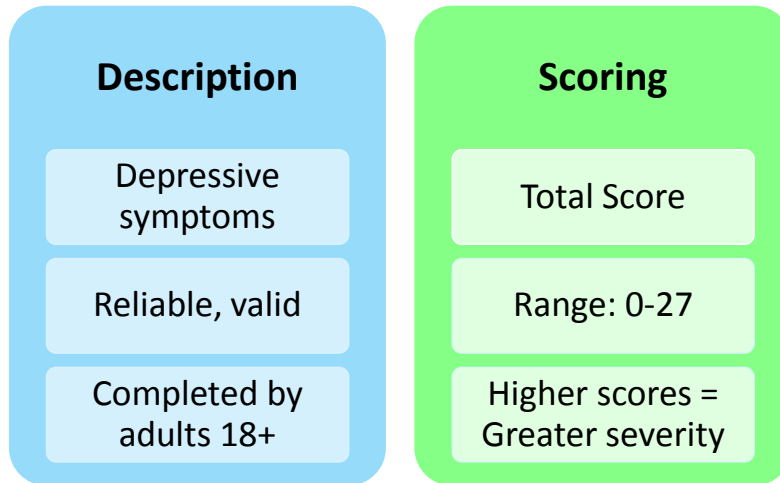
### OC4Vets

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

### OCACCEPT

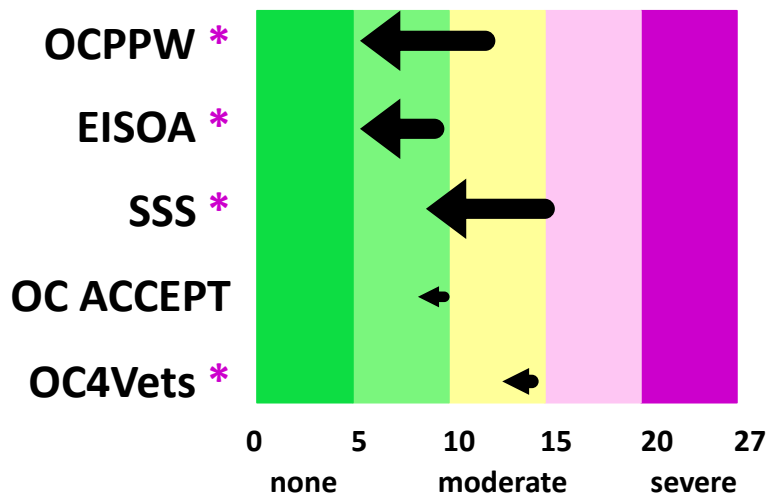
- LGBTIQ, their loved ones
- Addresses BH issues in this community
- FY 15/16: 112 participants, 24 community trainings

# PHQ-9 Depression



## Early Intervention

PHQ-9 - FY 15/16



\*  $p < .05$

## CCSS: Community Counseling & Support Services

### Services

- Serves individuals, all ages
- Early symptoms of BH conditions

### FY 15/16 Numbers Served

- 356 participants served

## OQ 30.2

### Description

Distress & social functioning

Reliable, valid

Completed by adults 18+

### Scoring

Total Score

Clinical Cutoff

Reliable Change Index



## OQ 30.2: Community Counseling & Support Services FY 15/16



■ "Non-Distressed" ■ Reliably Improved ■ Not Improved/Worse

## 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

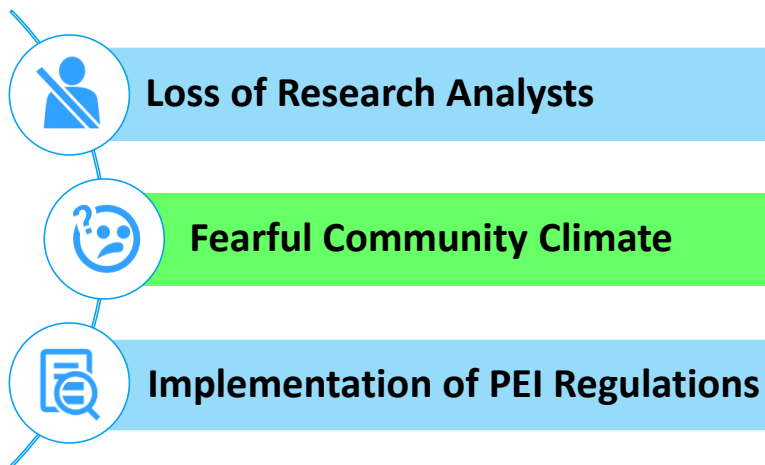
- 47 local agencies received support
- Directing Change Contest: 31 film submissions

# Challenges & Successes

---




## Challenges

---



## Successes

---

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

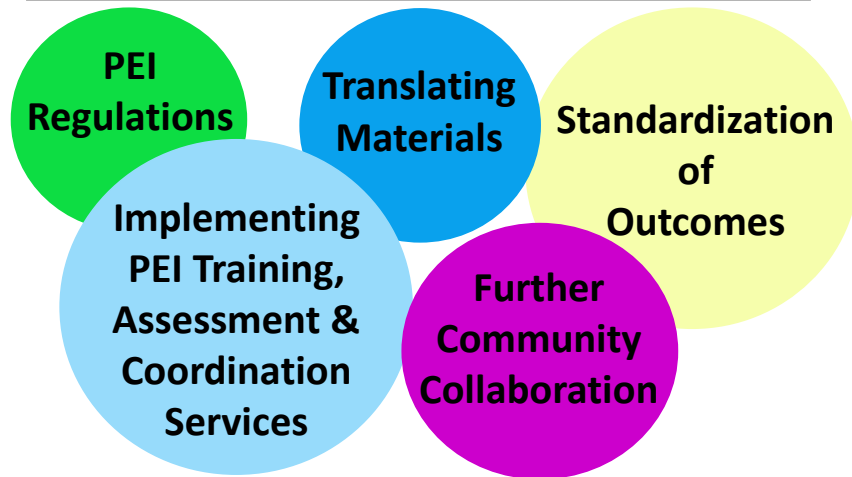


## Future Directions

---



## Future Directions



## 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 battle field 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

