Orange County Health Care Agency Behavioral Health Services

MHSA Innovation Projects

January 22, 2018

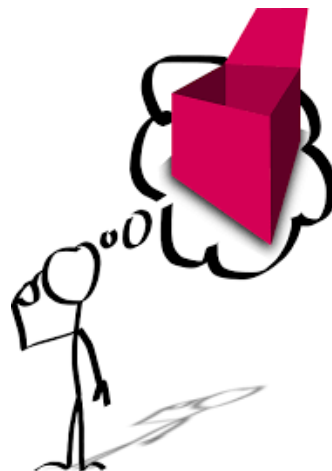# Innovation Projects

Vision

➢ Change the mental health system of care

Mission

➢ Create projects that contribute to learning

Purpose

➢ Test new approaches and identify effective strategies

More Americans suffering from stress, anxiety and depression, study finds

By DENNIS THOMPSON | HEALTHDAY | April 17, 2017, 11:30 AM

Treatment in America

60%
Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.[4]

50%
Nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.[1]

I need them to be present with me in the storm, not just tell me what to do

I FEEL LIKE I CAN'T OPEN UP TO MY FRIENDS ABOUT MY ANXIETY AND DEPRESSION, BECAUSE THEY'LL THINK I JUST WANT ATTENTION.

Critical Issues Faced by Multicultural Communities

✓ Less access to treatment
✓ Less likely to receive treatment
✓ Poorer quality of care
✓ Higher levels of stigma
✓ Culturally insensitive health care system
✓ Racism, bias, homophobia or discrimination in treatment settings
✓ Language barriers
✓ Lower rates of health insurance

Mental Health Problems Rising Among College Students

by SUSAN DONALDSON JAMES

Amy Ebeling struggled with anxiety and depression throughout college, as her moods swung from high to low, but she needed help until all came crashing down senior year.

"At my high points I was working several jobs and internships — I could take on the world," said Ebeling, 24, who graduated from Ramapo College of New Jersey last December.

"But then I would have extreme downs and want to do nothing," she told NBC News. "All I wanted to do was sleep. I screwed up in school and at work, I was crying and feeling suicidal."

WELLNESS 04/17/2017 09:10 am ET

Mental Illness Is On The Rise But Access To Care Keeps Dwindling

It's time to wake up and address this problem.

By Lindsay Holmes

YOU KEEP A LOT TO YOURSELF BECAUSE IT'S DIFFICULT TO FIND PEOPLE WHO UNDERSTAND

The stigma that often surrounds mental health problems and mental illnesses is keeping many people from seeking the help they need when they need it most

SOURCE: MENTAL HEALTH COMMISSION OF CANADA

Serious psychological distress, or SPD, defined by feeling of sadness and depressive symptoms that interfere with an individual's physical wellbeing.

LOANS FROM AMERICAN EXPRESS MERCHANT FINANCING
LEARN MORE

TRENDING
Read Live U On The Loo Governmen Shutdown

HealthyPlace.com

NIH National Institute of Mental Health

Transforming the understanding and treatment of mental illnesses.

Search the NIMH website [Search]

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Mental Health Information | Statistics | Consumer Health Publications | Help for Mental Illnesses | Clinical Trials

Home > Health & Education > Mental Health Information

Introduction

The Pros and Cons of Mental Health Apps

Current Trends in App Development

Research via Smartphone?

A New Partnership: Clinicians and Engineers

Evaluating Apps

What is NIMH's Role in Mental Health

## Technology and the Future of Mental Health Treatment

Introduction

Technology has opened a new frontier in mental health support and data collection. Mobile devices like cell phones, smartphones, and tablets are giving the public, doctors, and researchers new ways to access help, monitor progress, and increase understanding of mental wellbeing.

Join A Study
• Studies for Adults
• Studies for Children

Science News
Memory Gene Goes Viral

IRP Researchers Develop Suicide Risk Screening

Technology

Technology can:

- ➢ **Offer large scale impact**

- ➢ **Provide unlimited access**

- ➢ **Alleviate fear and stigma of accessing services**

- ➢ **Detect and prevent serious mental illness**

- ➢ **Create a bridge to mental health services**

- ➢ **Support individuals living with mental illness**

Mental Health Technology Solutions Project

- ➢ **Suite of mental health focused applications**

- ➢ **Designed to increase access to services**

- ➢ **Los Angeles county is the lead on this project**
  - • **Laying the foundation for counties that join later**

- ➢ **CalMHSA is the fiscal intermediary and contracting agent**

Project Core Components

Tech Solutions	**Marketing**	**Evaluation**

- **24/7 Peer Chat**
- **Therapy Avatar**
- **Customized Wellness Coach**

- **Promotion**
- **Engagement**

- **Data collection**
- **Analysis**

24/7 Peer Chat

What does this component do?

➤ **Offers chat with a trained peer mentor**

➤ **AI (Artificial Intelligence) assistance for peer mentor during chat**

Why do we need it?

➤ **Large scale access**

➤ **Support any time during the day**

Therapy Avatar

What does this component do?

➢ **Offers scripted mindfulness exercises and Cognitive Behavioral Therapy interventions**

➢ **Exercises are customized through AI and based on a person's responses**

➢ **Interactive process between the person and Avatar**

Why do we need it?

➢ **Access point for individuals who prefer anonymity**

Hi, I'm Florine! Let's chat!

Customized Wellness Coach

What does this component do?

➢ **Automatically tailors wellness strategies to a person's needs**

➢ **Connects a person to the other components of the suite**

Why do we need it?

Hi, Flor! You seem a bit sad today. Would you like to talk?

➢ **Detection of early warning signs**

➢ **Prevention of mental illness**

Marketing

What does this component do?

➢ **Promotion of the Technology Solutions suite of apps**

How will people know about this project?

➢ **Plans to market within:**
- **School systems**
- **Social media**
- **Mental health organizations**
- **Public locations**
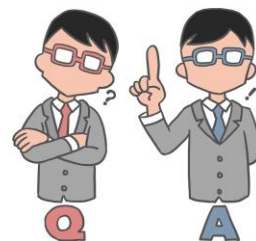
Mental Health
Technology Solutions!

Evaluation

What does this component do?

➢ **Qualitative and quantitative data analysis**

Why do we need it?

➢ **Evaluation will identify what we learned**
- **How effective are the components in OC?**
- **Who does it work for?**
- **When does it work best?**
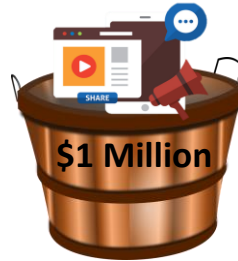- **What will this tell us about current services?**

Proposed Budget

Annual: $6 Million
Total 4-Year: $24 Million

$3 Million

$1 Million

$1 Million

Tech Solutions

Marketing

Evaluation

Administrative: $1 Million

Technology Solutions Additional Orange County Component

➢ **Orange County proposes to add an additional multi-component app to the suite**

➢ **This new app is still under development**

➢ **Innovation Subcommittee meetings will be held to continue developing this app**

➢ **Meetings are open to all stakeholders**

Next Steps

➢ **HCA will seek approval from the Board of Supervisors to join the Technology Solutions project**

➢ **Upon Board approval, HCA will seek approval from the Mental Health Services Oversight and Accountability Commission**

➢ **Innovation staff will continue subcommittee meetings to develop an additional app**

Questions?

Reversion Update

➢ **Per an official notice from DHCS, Orange County has $9,778,937 in reverted INN funds (from dollars received between FYs 2005-06 and 2013-14.**

➢ **HCA has 30-60 days to appeal the amount.**

➢ **This amount is subject to change depending on whether HCA appeals and/or any dollars from FY 2014-15 are deemed reverted.**

Action Items

➢ **Approve HCA to develop a plan to use reverted INN dollars on existing and/or new projects (if approved) in the manner that maximally protects reverted and existing funds**

➢ **A plan to use AB 114 reverted funds will depend on (1) whether the Board / MHSOAC approve OC to join Tech Solutions, and at what budget and (2) whether and when the Board / MHSOAC approve OC to implement the OC multi-component app, and at what budget**

➢ **HCA will return to the Steering Committee with updates on Plan specifics as they are developed**

Contact Information

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