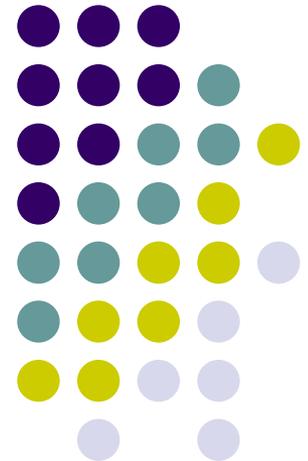


Innovation

SAN LUIS OBISPO COUNTY
BEHAVIORAL HEALTH DEPARTMENT

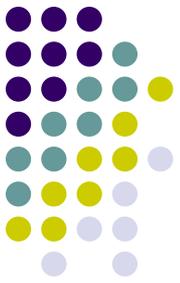


Planning Meeting
January 22, 2015



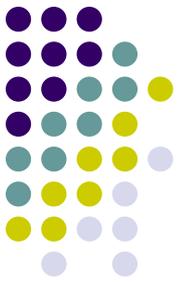
WELLNESS • RECOVERY • RESILIENCE

Today's Goals



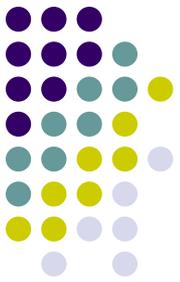
- Evaluation Overview
- Review of submitted ideas
- New ranking process
- Timeline and next steps

System Empowerment for Consumers, Family Members and Providers



- This project included a trust building retreat designed to engage providers, consumers and family members in building literacy amongst their respective needs and issues, and developed core training for all participants within the public mental health system.





Three projects created:

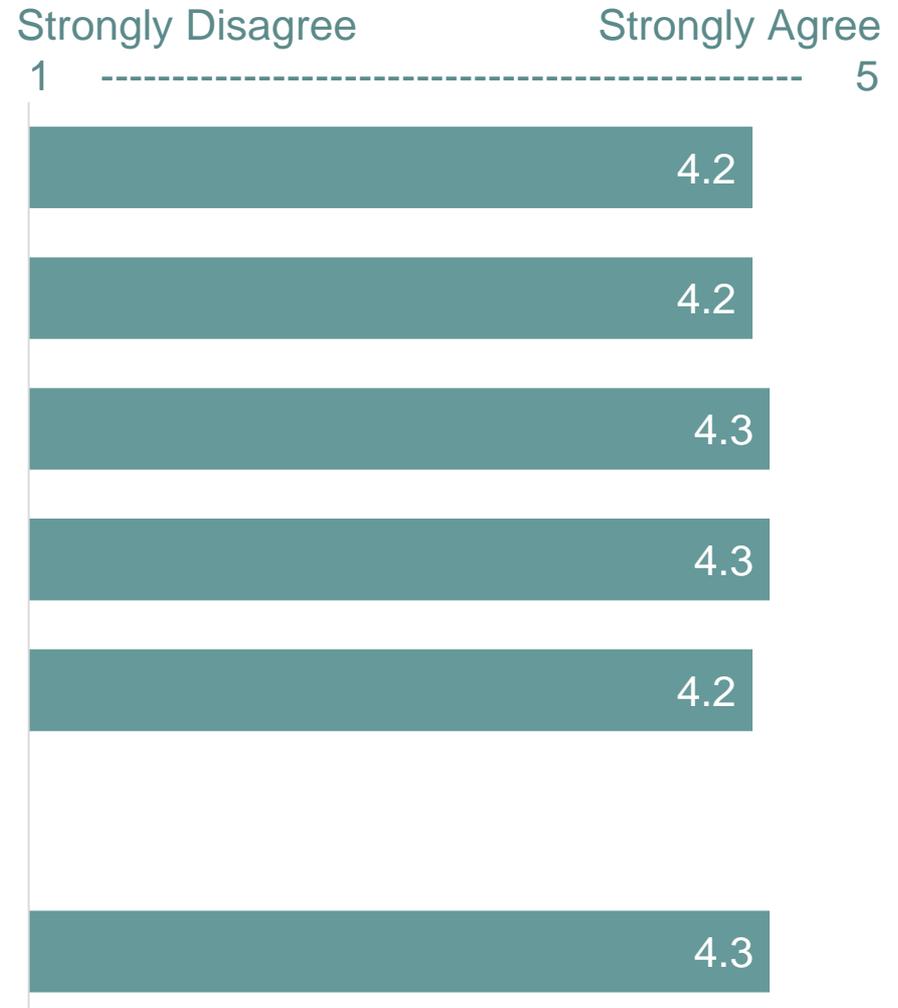
Educational Need	Target Audience	Project to Address Need
Understanding of HIPAA	Family members and peers	HIPAA trainings
Empathy training	All: family members, peers, providers	Replicate “Rest of the Story” panel from retreat
Awareness of local resources	Providers	Training for County staff

Three HIPAA trainings conducted

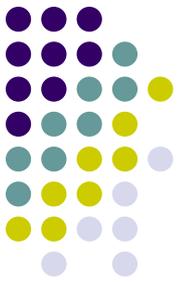


As a result of this training, I better understand:

- Why privacy is important.
- The key laws related to mental health privacy.
- How privacy laws affect someone who have a mental illness.
- How privacy laws affect family members of those with mental illness.
- How privacy laws affect providers of mental health services.
- I am more informed about where to go for additional information.



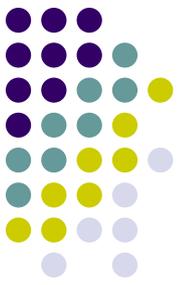
Atascadero Student Wellness Career Project



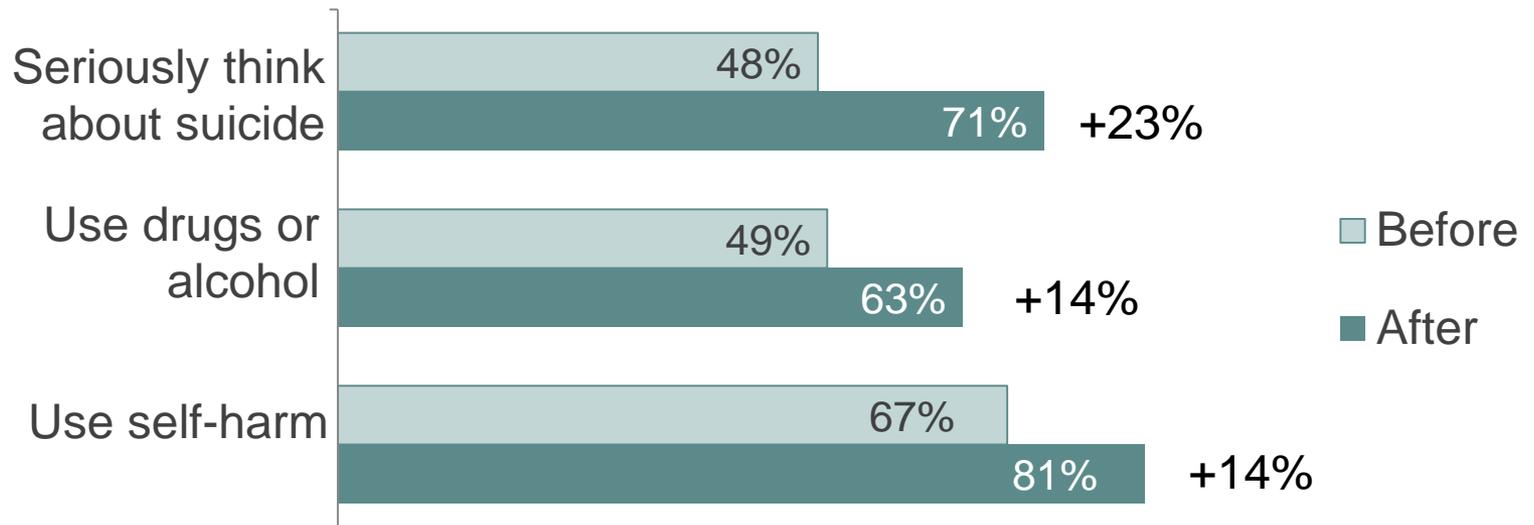
- In partnership with Atascadero Unified School District this projects tested a peer counseling model with a public health emphasis focused on reducing stigma and increasing exposure to behavioral health education and careers.



Students who often visited the Wellness Center reported improved mental health.

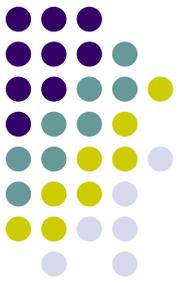


Students reported that in the last month they did NOT...

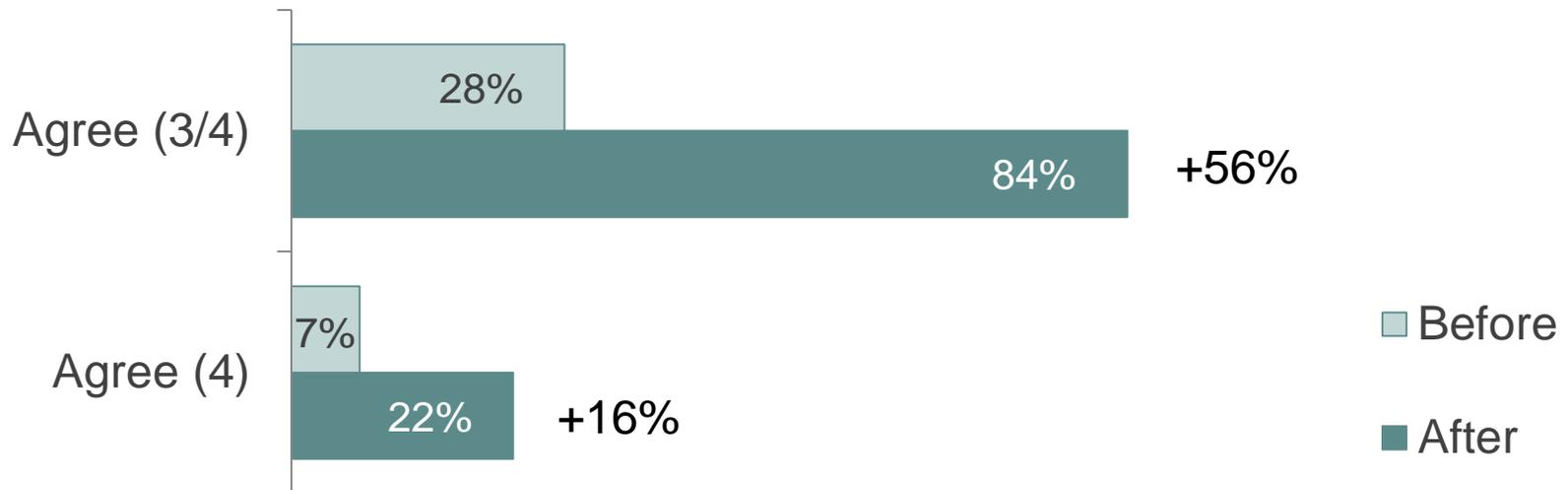


I can talk about anything and it's anonymous and confidential. I always feel better after I come to the Wellness Center. They always help me out.

Students who often visited the Wellness Center reported improved mental health.

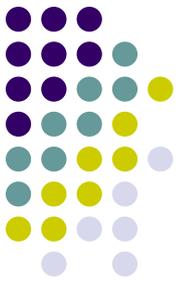


"I feel confident in my ability to cope with stress, depression, and anxiety."



To me the Wellness Center is a safe haven, somewhere that I'm able to talk to friends and get help, or help them.

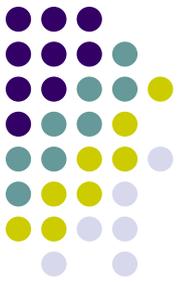
Older Adult Family Facilitation



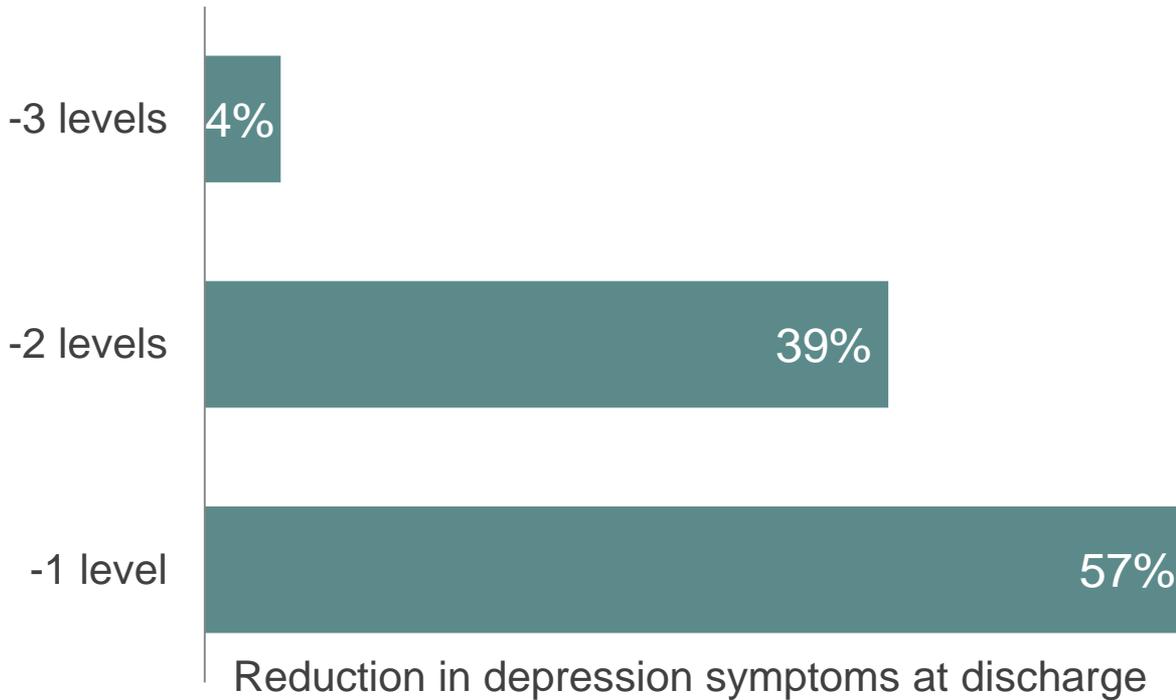
- Adapted a family facilitation model successful with children to the older adult population. This model addressed the need for integrating system supports when engaging seniors in mental health care.



Outcome: Improved Mental Wellness



All clients reported a reduction in depression symptoms of at least one severity level:



PHQ-9 Depression Screening

20+: Major depression, severe.

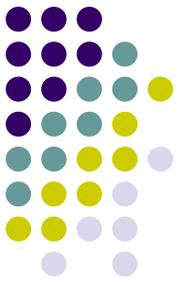
15-19: Major depression, moderately severe.

10-14: Major depression, mild.

5-9: Minimal symptoms.

0-4: No signs of depression.

Outcome: Improved Mental Wellness



Of the 15 clients with moderately severe or severe major depression (PHQ-9 score of 15+) at intake:

- Five clients exited with only minimal symptoms (PHQ-9 score of 5-9)
- Eight clients exited with mild symptoms (PHQ-9 score of 10-14)
- Two clients exited at a moderately severe level (PHQ-9 score of 15-19), dropping from a severe level.

PHQ-9 Depression Screening

20+: Major depression, severe.

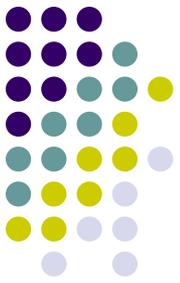
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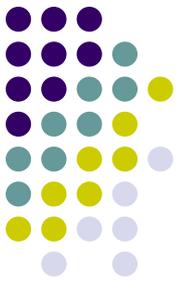
0-4: No signs of depression.

Non-Violent Communication Education Trial



- Tested a communication practice for transitional age youth with serious mental illness and their families, by adapting a known communication method in businesses and mediation.

NVC at Continuation High Schools

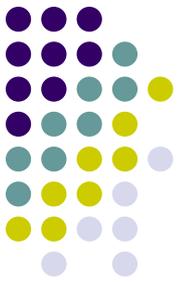


- Pacific Beach High classes for teens
- Lopez High classes for teens

Results for Teens:

- *I am not angry as much. Things I learned have really helped me with this. I have more understanding of what is happening.*
- *I stopped having suicidal thoughts because of this class.*
- *I've noticed I'm not blaming the other person now. It's easier at home. I haven't gotten frustrated as much.*
- *I am able to interact with my parents more and I am coming out of my room more and this is because of this class.*
- *I am now able to stay aware when I get angry and make a choice to step back. If it weren't for this class I would be in jail.*

NVC at T-MHA's YTP youth treatment program



- Worked directly with teens
- Worked with staff in small groups
- Facilitated staff development workshops

A floor staff describes how NVC changes interactions:

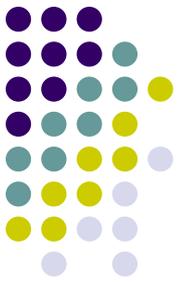
Whereas before I would say [in a suspicious tone], "Why are you doing that? What are you doing?"

This [training] allowed me to kind of guess: "I bet you they're really wanting some ... fun right now."

And that enabled me to say, "So are you really wanting to play right now? Are you wanting some fun?"

[To which they would respond:] "Yeah, I want to play! I'm so bored."

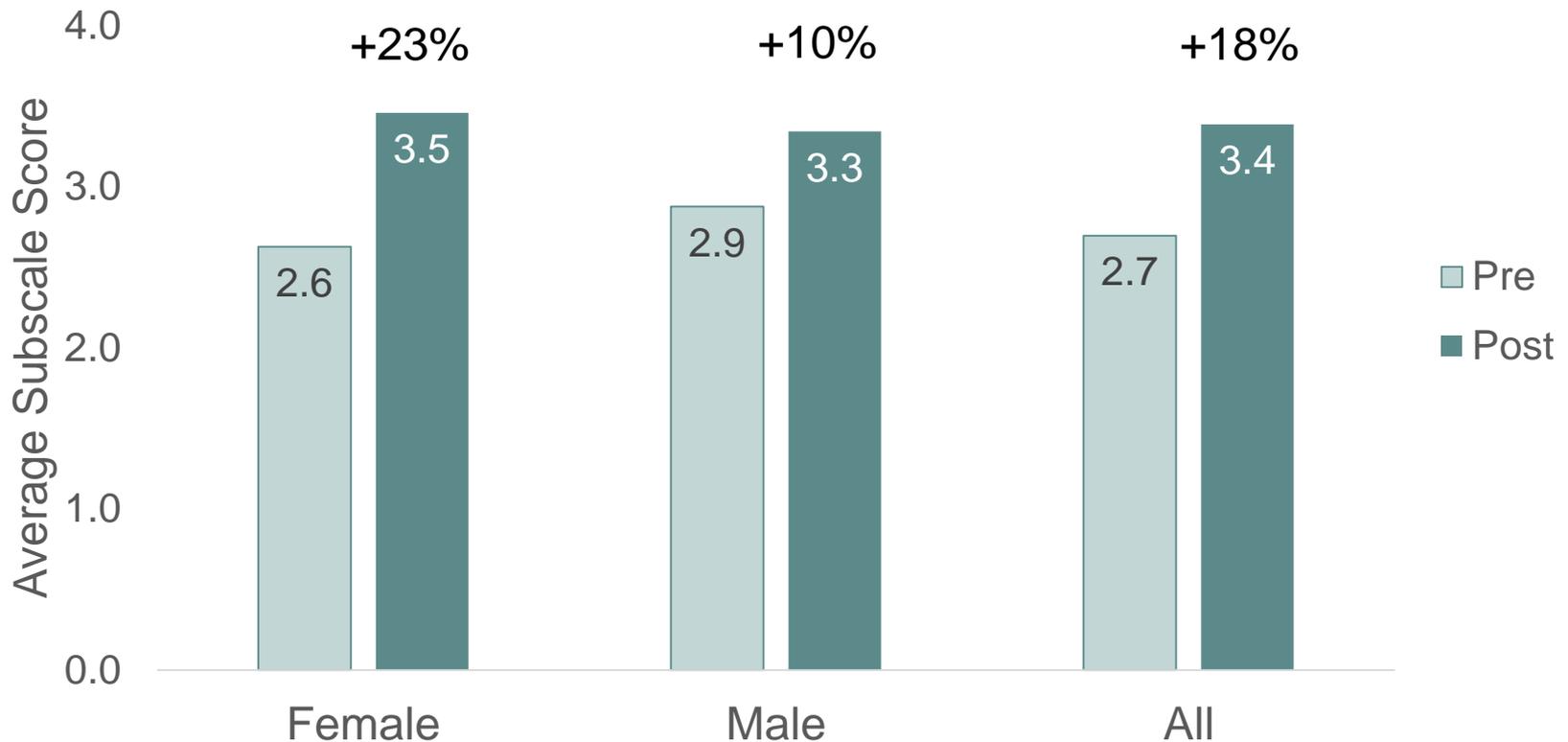
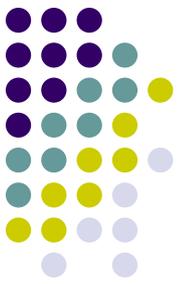
Wellness Arts 101



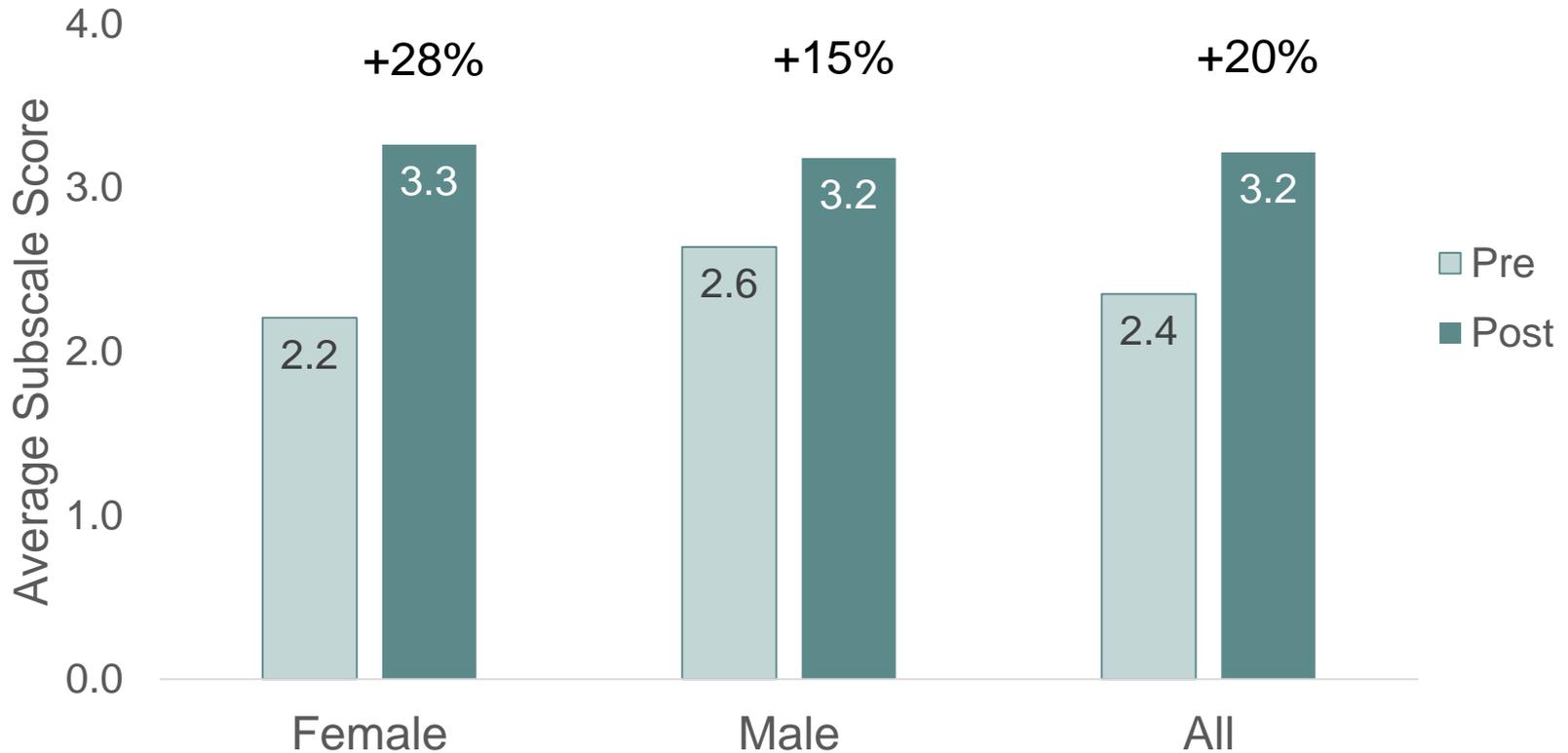
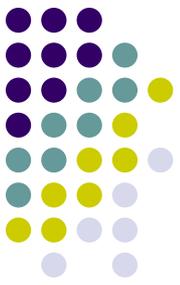
- Cuesta College provided a for-credit college course designed for students with mental illness to develop art and whole wellness skills while meeting in a safe environment and building academic capacity.



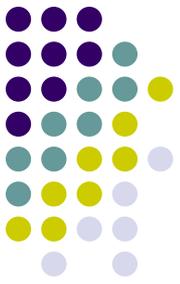
Students reported improvement in mental wellbeing; females reported the greatest improvement.



Students also reported improvement in educational readiness; again, females reported the greatest improvement.

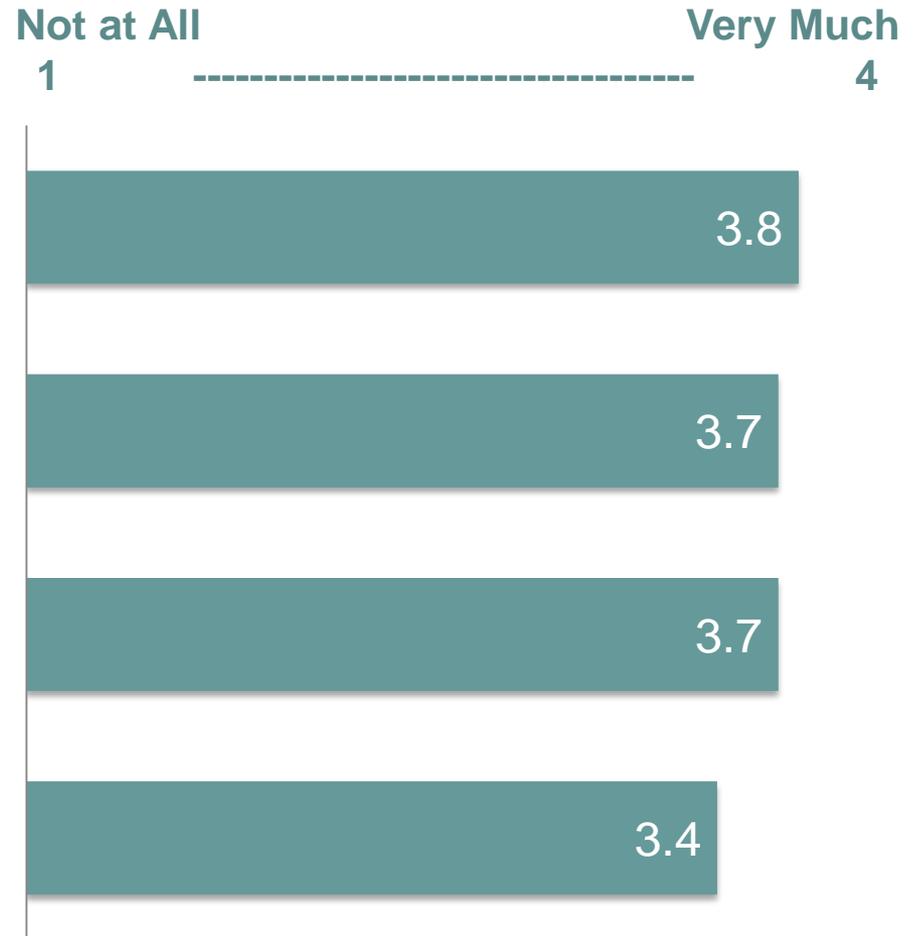
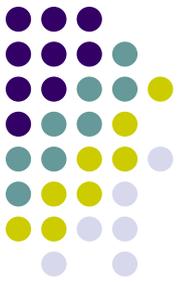


Service Enhancement Program



- Customer service met mental health clinics the in this adaptation of the Stanford Cancer Center's patient, family and caregiver program and examined new customer service practices to improve engagement and outcomes.

Clients reported that SEP helped them navigate the mental health system.



SEP staff introduced me to additional resources and/or information

3.8

I feel less anxiety, confusion, and/or frustration about how to get support when I work with SEP staff.

3.7

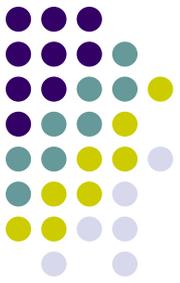
Because of SEP services, I better understand how to access care within the County mental health system.

3.7

Because of SEP services, it is easier for me to make it to my mental health appointments.

3.4

Families stressed the importance of the support they received.



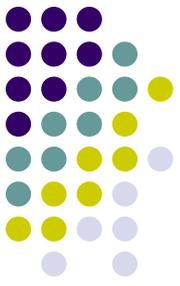
“It should be part of the mental health work-up. Step 1, go see John. Because that’s a viewpoint and candidness that is precious and hard to come by.”

“My son is doing better and I feel like part of it is the staff helping me and hearing from me what my concerns were.”

“He has built up a relationship with John and Lydie... Everybody else is so busy doing their jobs. Lydie and John are the face of Mental Health.”

“Processing through what I did with John is probably what led me to [NAMI Family to Family and Al-Anon]. I would say the best thing was processing through the issues and trying to figure out what to do next.”

“The most helpful thing, really, is the feeling I got that I could call her any time.”

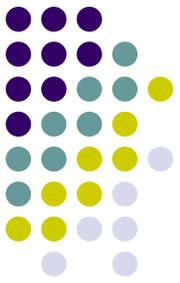


Veteran's Outreach Program



- A therapist was embedded in non-military or clinic settings with the goal of increasing access to and determining how best to treat returning soldiers and their families.

Project Benefits: Participant Interviews



Connecting and socializing with other veterans

A lot of people crawl under a rock, think there's something wrong with them. They don't know there are others in the same shape that they are. This helps them learn that, and that they can interact with others.

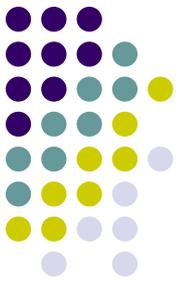
Getting out of the house

It's kind of an excuse for vets like myself that are having issues to get out. Get out the door. For myself, it's the only way I have to do things. I don't do things on my own, hiking, getting out.

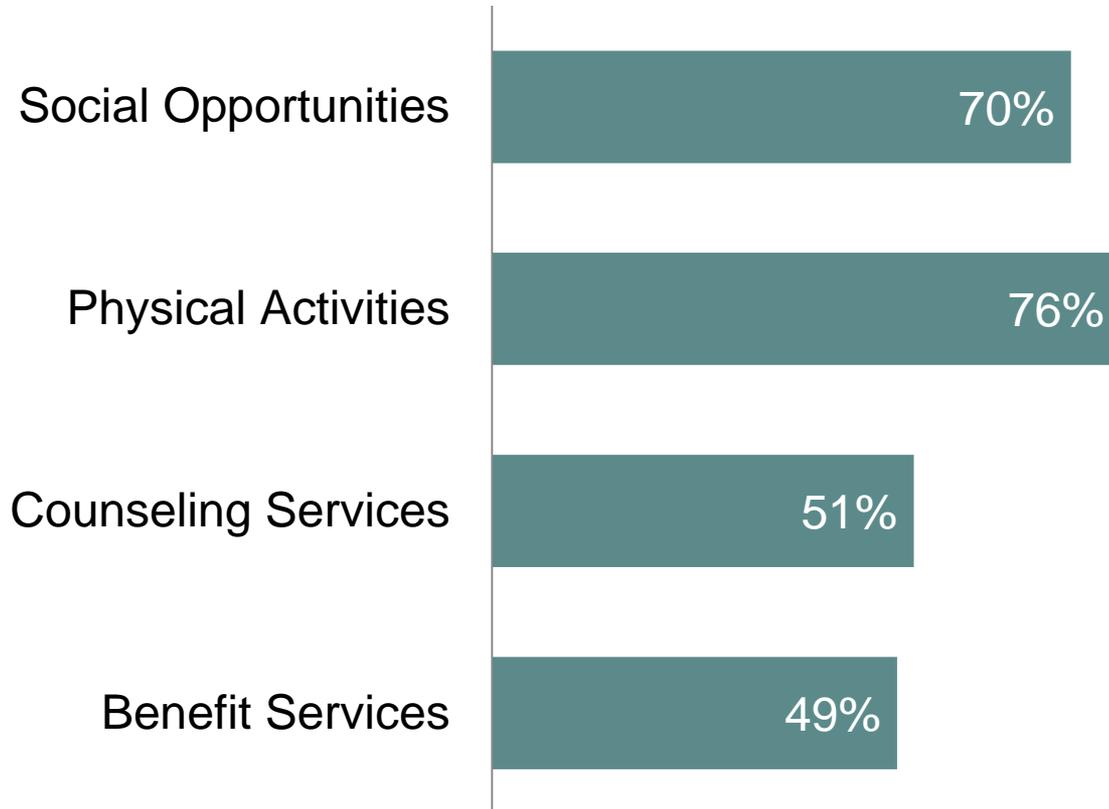
Having fun

When you're zipping down the zip line, you're having fun, not thinking about the bad things. You realize that was fun and it got all this bad stuff off your mind, let's do it again.... The more you learn to do that, the better you can deal with your problems.

Project Benefits



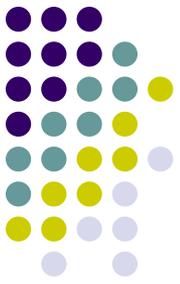
Which resources are you now more likely to access?



Having a therapist at events

Personally for me it has [helped]. I've talked to Liz before, during the events. She knows your issues, what you're going through, how hard it is. There's a sense of peace that you can go to her, that she's there at the event.

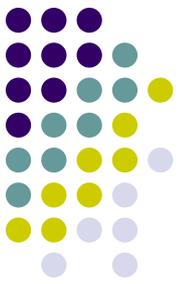
Multi Modal Play Therapy Outreach Trial



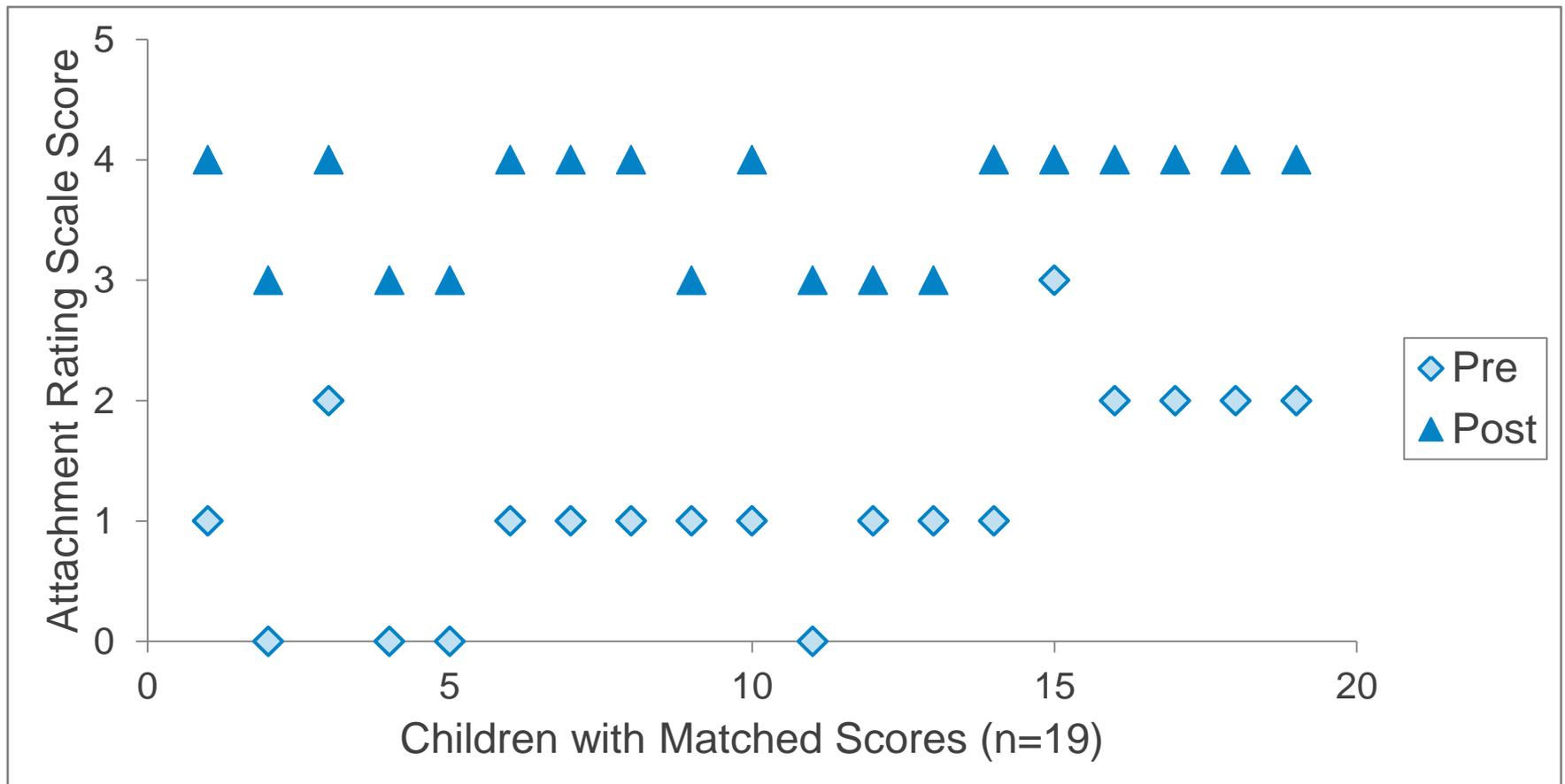
- A parent led, multi-modal play therapy approach used three evidence based practices to increase access and services to rural and remote areas of the county.



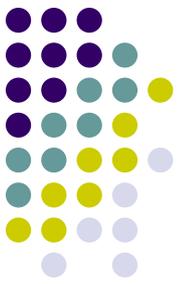
While almost all children entered therapy at a 0-2, 100% of children ended at a 3 or 4 (more attached).



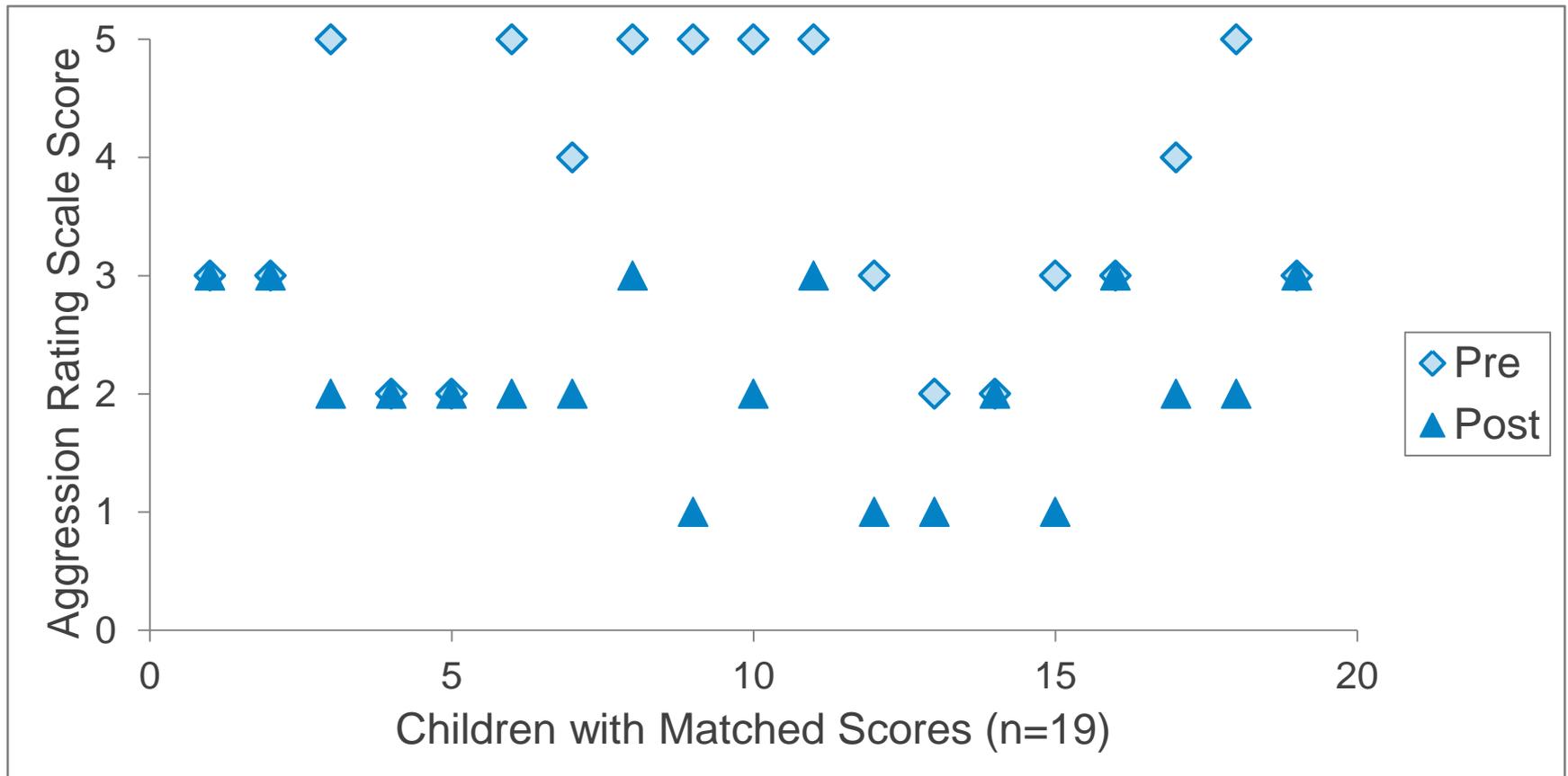
Positive changes were seen for all children in their attachment to the therapist. The children who were the least attached initially made the largest gains.



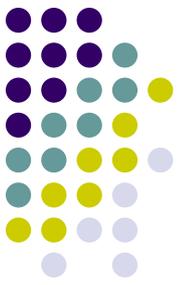
All children rated highly aggressive (4 or 5) moved at least two points down, ending at a 3 or lower.



The children who were most aggressive initially had the largest decrease over the course of therapy.



What is *innovation*?



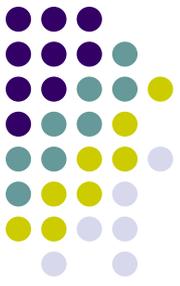
- Innovation is focused on learning, not on implementation. Innovation funds are used for developing the model, testing the model, and communicating results.

Developing the
model
Process Learning

Testing the Model
Outcome Learning

Communicating the
results
Preparing the
model for
replication

Principles of *innovation*

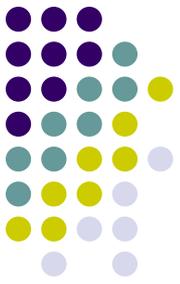


Planning

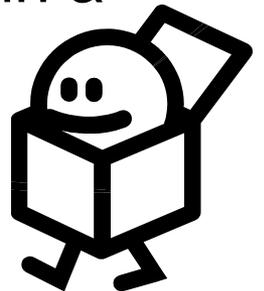
- Programs seek to solve a *persistent, seemingly intractable mental health challenge*
 - Defined as: a community specific priority issue related to mental health or an aspect of the system or services in the county
 - Innovative project is designed to test a new approach that cannot be solved with simple funding.



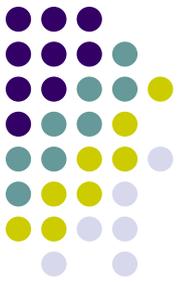
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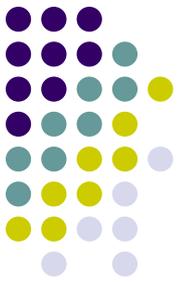
- An Innovative project contributes to learning by doing one of the following:
 - Introduces a brand new mental health practice or approach including prevention and early intervention
 - Makes a change to an existing practice in the field of mental health, including application to a different population
 - Introduces a new application or adaptation to the mental health system that has been successful in a non-mental health setting.



What is *innovation*?



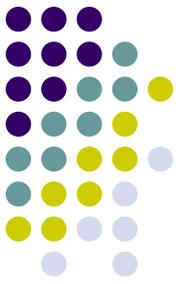
- Innovation project must include one of the following primary purposes:
 - Increase access to underserved groups
 - Increase the quality of services, including better outcomes
 - Promote interagency collaboration
 - Increase access to services



New Ideas

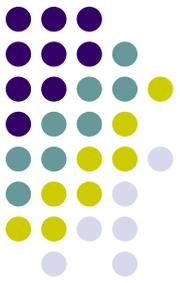
- Not for Ourselves Alone
- Latina Domestic Violence Mental Health Resiliency Project
- Teen Slate
- Resource and Reconnection Meetings for Re-Entry
- Late Life Empowerment and Affirmation Program (LLEAP)
- FSP Transition and Relapse Program (TARP)
- Smart Art
- Dwelling in the Future (Ulterior Response)
- County Peer Crisis Support

Prioritization Process Changes

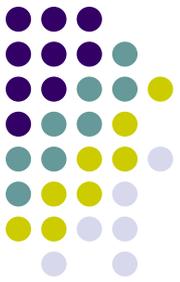


- Online link will be sent to stakeholders next week
 - County staff are available to bring computer to someone who does not have access
 - Confidential and anonymous
 - Allow for greater room for comments and feedback that may otherwise not be shared with the larger group
 - Supports the MHSA goal of increased community collaboration

Next Steps



- February 14th stakeholders will rate ideas and community needs
 - County will determine budget and funding based upon stakeholder feedback
 - Hold additional focus groups: eg: Wellness Arts, and other client/family groups as needed
- April 2015 – Submit Innovation plan for 30 day review
- May 2015 – Submit Innovation plan to BH Board
- June 2015 – Submit to Board of Supervisors and MHSOAC
- Begin July 2015 with six month start up and six month evaluation at end



What could change?

- Regulations still in flux at State level
- Previous plan did not require Board of Supervisors approval prior to MHISOAC approval
- Questions?