



SAN LUIS OBISPO COUNTY
BEHAVIORAL HEALTH DEPARTMENT



WELLNESS • RECOVERY • RESILIENCE

INNOVATION

INNovation

- This is a less-structured/informal meeting.
- All attendees are welcome to comment and ask questions, etc.
- Update on the two new Innovation projects FY 2018-2022
- New Innovation Round Proposals



INNOVATION

- INNOVATION STAKEHOLDER INTRODUCTIONS
- STAFF INTRODUCTIONS



INNOVATION Agenda

- Welcome, Introductions, and Goals for meeting (10 mins)
 - Frank Warren, SLOBHD
 - Nestor Veloz-Passalacqua, SLOBHD
- Budget (5 mins)
- Steps to INNOVATION (5 mins)
- INNOVATION Proposals (35 mins)
 - Swiss Army Knife
 - San Luis Obispo Threat Assessment Program
 - Holistic Adolescent Health
- Ranking (to be completed outside meeting)
- Conclusion (5 mins)



INNOVATION Budget

- Innovation Round 2019-2023
- Our estimated budget for all four-years of Innovation is about \$1.5M
- Equals roughly \$375K per year (for all approved projects)



Steps to INNovation

- Approval by the Behavioral Health Board
- Approval by the Board of Supervisors
- Approval by the Mental Health Services Oversight and Accountability Commission
 - Technical Assistance provided by OAC staff
 - Presentation to Commission
- Request for Proposal/Non-Competitive Bid for Services
- Contract development and Board of Supervisors Approval



Innovation Proposal: Swiss Army Knife



Problem Definition

- Transition Aged and at-risk youth lack a comprehensive Transition Plan integrating mental health and wellness, milestone achievements, access to resources.
- Anxiety & Depression Among this Group is Increasing (National Institute of Mental Health and the National Alliance of Mental Illness)
- Untreated can lead to Alcohol/Drug Use, Sleep Interruptions, & Inability to complete coursework
- Recidivism
 - FY 2017-2018 about 23% youth/at-risk youth recidivated

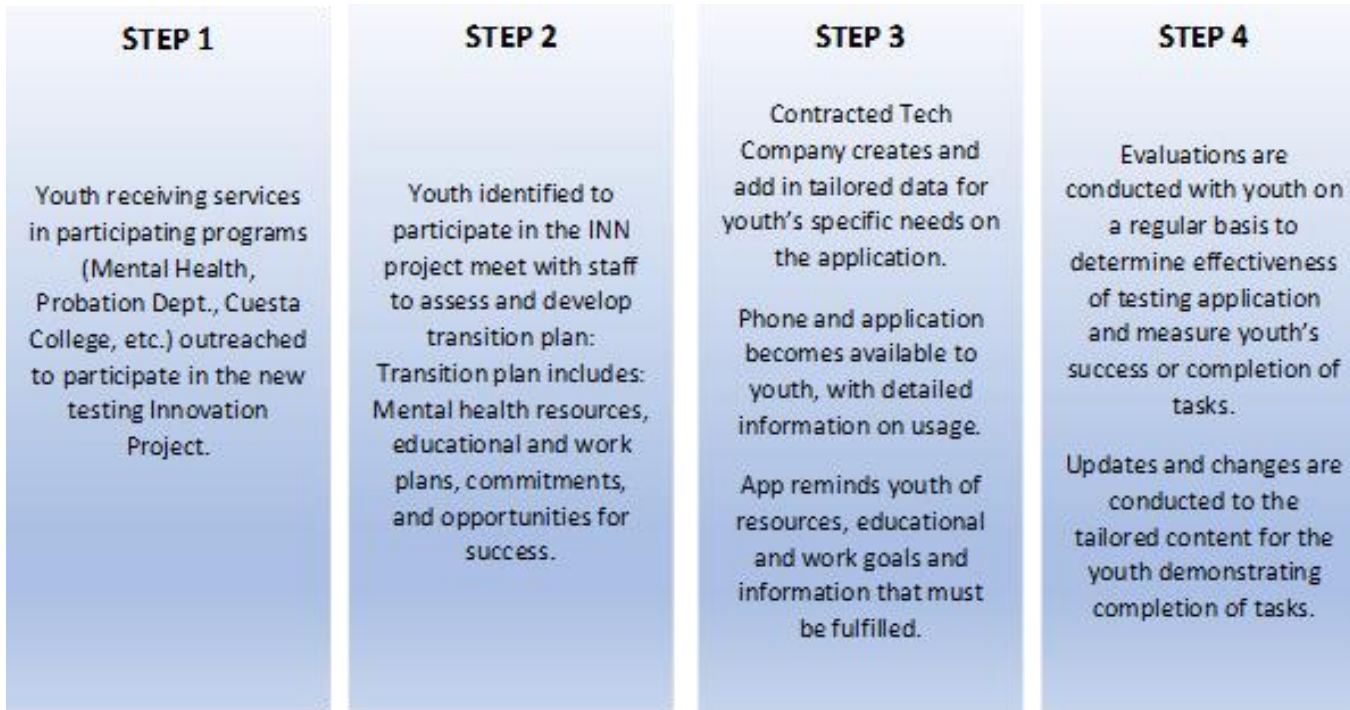


Innovation Proposal

- Design and develop a transitional plan provided on a mobile phone for youth to continue to have access to a support system that includes mental health resources, contacts, and commitments created specifically for each youth's needs.
- Stakeholders Engage with Amazon Web Services & Cal Poly (HUB) for Alignment and Creation of New Digital Solution
- Digital Solution Includes Mobile Phones with each Youth's Unique Schedules, Commitments, Physical and Behavioral Support, Encouragement & Contacts



Innovation Implementation



Outcomes and Objectives

- Learn about what technological methods increase youth access to community resources
 - Increase the number of referrals and connection of youth with mental health services/programs
- Learn what technological methods increase County agencies collaboration around consumers' recovery path and success
 - Increase the level of interagency and local community-based organization collaboration
- Learn what technological methods assist youth in accessing online Mental Health content.
 - Increase the level of comfort for youth to seek mental health services by inquiring or accessing mental health services
- Learn about what specific content or information laid out in the application increases youth to be committed to achieve goals.
 - Increase the level of youth commitment to achieve personal goals



Questions?



COUNTY OF SAN LUIS OBISPO | INNOVATION



Innovation Proposal:

San Luis Obispo Threat Assessment Program (SLO-TAP)



COUNTY OF SAN LUIS OBISPO | INNOVATION



Problem Definition

- San Luis Obispo County lacks a coordinated and collaborative training model and system to assess and intervene as necessary with school-based threats.
 - Between 2000 and 2013, FBI reviewed 160 incidents involving an individual who attempted to kill people in a confined/populated area. (FBI 2014)
- In 2018, there have been 92 school shooting incidents, double the number of incidents for 2016 and 2017
- Locally and Regionally Since 2014:
 - Isla Vista Mass Murder (May 23, 2014)
 - Atascadero High student threatened to 'shoot up' school (March 14th, 2018).
 - A 17 year old Morro Bay High School student was arrested for suspected threats (March 26th, 2018).
 - Individual in mental health therapy makes a threat toward Ventura Schools (August 2018)
 - Borderline Bar and Grill Shooting, Thousand Oaks, CA (November . 2018).



Innovation Proposal

- Develop a coordinated, collaborative training model and system to: assess, intervene, and provide care as a threat becomes apparent or imminent.
- Federal and State Trends in Community Systems Design
- By creating the Innovation Grant we can address the following challenges:
 - Lack of professionals solely dedicated to Threat Systems Design and Maintenance
 - Ongoing need for training due to staff turnover
 - System “Responsibility Overload” leads to missed information
 - Inconsistent cooperation and understanding among EI, MH, and LE agencies
 - Lack of shared language and procedural models
 - Multiple LE jurisdictions within or near EI boundaries
 - Monitoring Systems inconsistent if disciplinary or intervention actions taken
 - Minimal to no research on the efficacy of treatment for individuals who make threats for violence



Innovation Implementation

Provide Stakeholder/Participant Training

- Clinical Skills Focused

Develop a Community Threat Assessment System

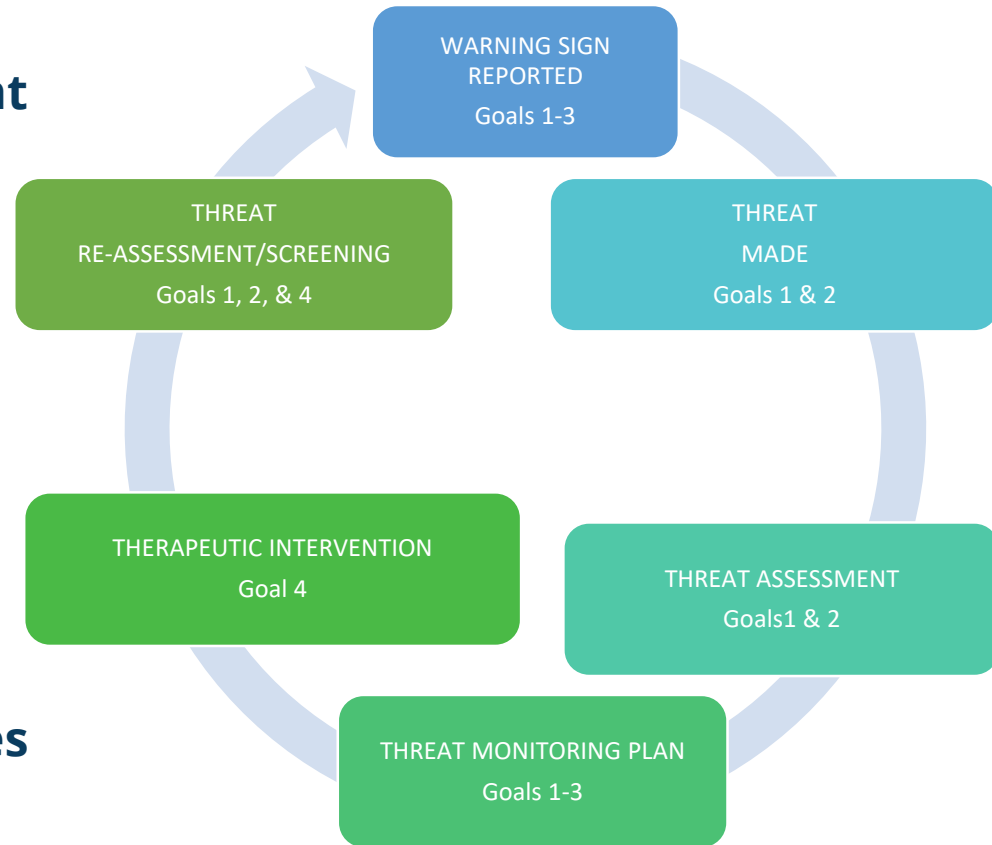
- Systems Focused

Community Education and Outreach on Warning Signs

- Prevention Focused

Increase Knowledge of Mental Health Intervention Approaches

- Intervention Focused



Outcomes & Objectives

Goal	Aims	Objective Outcomes
Provide Stakeholder Training	The County and its stakeholders hope to learn more about the best approaches for teaching and training for threat assessment for MHPs, LE, and EI staff in a community.	Increase the level of skill and knowledge for MHPs, LE, and EI staff to identify and prevent school and community threats
Community Threat Assessment System	The County and its stakeholders seek to understand the best components that make an efficient, coordinated and collaborative model related to threat assessment.	Increase the level of interagency organization/collaboration through a coordinated model of threat assessment
Community Education- Warning Signs	The County and its stakeholders seek to learn better methods to increase prevention, early detection, and engagement as it relates to threat assessment.	Decrease the level of potential threats identified and increase the number of potential threat assessments provided to individuals
Mental Health Intervention Approaches	The County and its stakeholders seek to better understand how MHP should approach and treat individuals or students who have made threats or gestures towards homicidal violence.	Increase MH providers (in community training); increase student referrals for MHS based upon threat assessment recommendations



Questions?



COUNTY OF SAN LUIS OBISPO | INNOVATION



Innovation Proposal:

Holistic Adolescent Health: Empowering Youth Through a Comprehensive Teen Health Approach



Problem Definition

- Teen stress and anxiety interferes with students' abilities to maintain good mental and physical health. San Luis Obispo County lacks a comprehensive health education model that gives students the help and support they need to maintain all aspects of their physical and social/emotional health



Innovation Proposal

- Deliver a holistic health education model that includes both instruction and coaching.
- Choose content that builds skills and improves students' abilities to practice healthy living, to maintain positive relationships and sexual health, and to cope with everyday stress and anxiety to maintain emotional balance.
- Assess students' need for additional mental health resources and direct them appropriately.



Innovation Implementation



Develop 15-session curriculum for students at Morro Bay High and Lopez Continuation School:

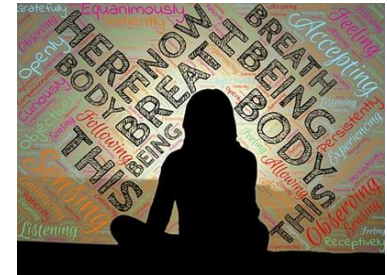
- Relationships and Communications
- Healthy Eating
- Staying Active
- Coping With Stress
- Sexual Health
- Gender Identity
- Mindfulness
- Importance of Sleep



6 sessions of one-on-one coaching, using motivational interviewing techniques.

Assess students' knowledge, health practices, and feelings of well-being in key areas.

For students indicating need for evaluation and/or intervention, refer and assist students with connections to additional community resources.



Outcomes & Objectives

- Does the model effectively increase teens' ability to cope with stress and anxiety?
 - Increase the mood stability and overall feelings of well-being of the participating students
 - Increase the student's ability to identify and cope with feelings, especially negative emotions such as depression and/or anxiety
- Does incorporating the teaching of mindfulness practices in conjunction with other health-focused curriculum increase teens' ability to make healthy decisions regarding their mental, physical, and sexual well-being?
 - Increase the overall student level of physical fitness activity and nutrition knowledge
 - Increase student intentionality regarding behaviors related to health
- Does inclusion of one-on-one coaching increase the likelihood that students will practice what they learned in health classes?
 - Determine if one-on-one coaching improves the likelihood that students will utilize the knowledge and tools taught
- Have we discovered better methods for increasing early detection of mental health-related issues?
 - Establish a referral process for youth who may need additional support



Questions?



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Ranking Process

- The ranking process is anonymous
- Stakeholders will receive an e-mail with a link with each proposal information (hard copies of the proposals and ranking sheets will also be available for the stakeholders). This PowerPoint presentation will also be made available to stakeholders/
- Stakeholders will have seven (7) days to complete the ranking process (the e-mail will provide more detail information. The deadline can also be extended if needed)
- Ranking scores will be added and final results sent to stakeholder and the Innovation Presenters
- Any questions or concerns, please feel free to contact the Innovation Coordinator.



Innovators

- Continue revising proposals and have a final draft by the end of the month.
- You will be notified of the ranking on Thursday, February 14th by the end of business day (unless extensions are requested)
- Once prioritization is released, we will then work the Oversight & Accountability Commission team to finalize the narrative of the proposal and address any questions/concerns.

