MHSA INNovation Advisory Committee

INNovation Committee Agenda

- **Introductions & Goals**
  - ▶ **Frank Warren: MHSA Coordinator, SLO Behavioral Health**
  - ▶ **Landon King: MHSA Innovation Coordinator, SLO Behavioral Health**
- **MHSA INNovation**
  - ▶ **MHSA – Frank Warren**
  - ▶ **INN History – Frank Warren**
  - ▶ **Project Development/Regulations – Landon King**
  - ▶ **Current Projects – Landon King**
  - ▶ **Budgets – Landon King**
- **INNovation Round 6-7 (2023-2028)**
- **INNovation Presentation - Wilshire Community Services**
- **Conclusion**

The Mental Health Services Act in San Luis Obispo County:

▶ **Proposition 63, passed in 2004**

▶ **Millionaire's Tax**

The MHSA Provides:

▶ Funding, personnel, and other resources

▶ Supportive programs for underserved

populations

▶ Best practices and innovative approaches

▶ Prevention, early intervention, treatment,

and recovery

▶ Community partnerships and stakeholder

engagement

strength in community
National Suicide Prevention Lifeline:
800-273-8255

EachMind MATTERS

COUNTY of SAN LUIS OBISPO

SAN LUIS OBISPO COUNTY
BEHAVIORAL HEALTH DEPARTMENT

PROPOSITION 63
MENTAL HEALTH SERVICES ACT
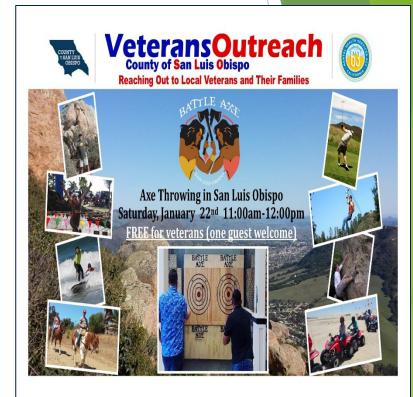CALIFORNIA

WELLNESS · RECOVERY · RESILIENCE

MHSA planning benefits from community stakeholder input

- Consumers, family members, and providers
- Review programs and make recommendations
- Input for improvements outlined in Annual Update
- Plan reviewed (30 days) & public hearing at Behavioral Health Board

INNovations in SLO County

Round 1 (2012-2016)

- **System Empowerment for Consumers, Families, Providers:** SLO BHD
- **Atascadero Student Wellness Career Project:** SLO BHD
- **Older Adult Family Facilitation:** Wilshire Community Services
- **Non-Violent Communication (NVC) Education Trial:** United Way
- **Wellness Arts 101:** Cuesta College
- **System Enhancement Program:** TMHA
- **Operation Coastal Care:** SLO BHD
- **Multi-Modal Play Therapy Outreach Trial:** CAPSLO

Round 2 (2016-2020)

- **Creating Opportunities for Lantinas to Experience Goal Achievement (COLEGA):** Women's Shelter Program of SLO
- **Late Life Empowerment & Affirmation:** Wilshire Community Services
- **Transition Assistance & Relapse Prevention:** TMHA
- **Not for Ourselves Alone:** SLO BHD

Round 3 (2018-2022)

- **SLOACCEPTance:** Cal Poly
- **3-By-3:** First 5

Current INNovation Projects (Rounds 4 & 5)

- INN 4.1: Holistic Adolescent Health Project – CAPSLO

  ▶ Completion Date: December 31st, 2023.

- INN 4.2: Behavioral Health Assessment & Response Project (B-HARP) – Holifield Psychological Services

  ▶ Completion Date: June 30th, 2023.

- INN 5.1: Behavioral Health Education & Engagement Team (BHEET) – Transitions Mental Health Association.

  ▶ Completion Date June 30th, 2025.

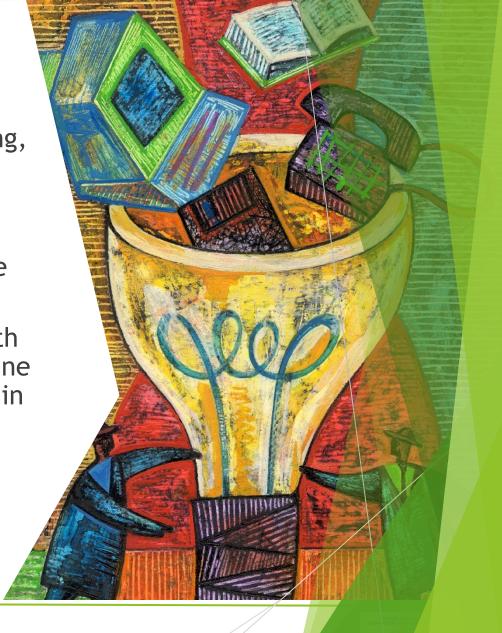- INN 5.2: SoundHeal

  ▶ Completion Date December 31st, 2024.

What is Innovation?

- Innovation is focused on learning, not on sustainable services.

- Innovation funds are used for developing models, testing the models, and communicating the results.

- Project development begins with community planning to determine county specific needs and gaps in service.

INNovation Development Guidelines

- Introduces a unique and untested mental health practice or approach.

- Makes a change to an existing practice in the field of mental health, including application to a different population.

- Applies a promising community driven practice or approach that has been successful in a non-mental health context.

- Supports participation in a housing program designed to stabilize a person's living situation while also providing supportive services onsite.

INNovation Purpose

Innovation must include one of the following primary purposes:

- Increase access to underserved groups.

- Increase the quality of services, including better outcomes.

- Promote interagency and community collaboration related to mental health services.

- Increase access to mental health services.

INNovation Development Process

- Starts here: Establish Advisory Committee.
  - ▶ Advisory Committee
    - ▶ Step 1: Education (Committee meeting)
    - ▶ Step 2: Needs & Ideas (Committee meeting)
    - ▶ Step 3: Innovation Creation Station
    - ▶ Step 4: Proposals (Committee meeting)
    - ▶ Step 5: Consensus-based decisions via ranking system
- Innovation plan developed based on outcomes of ranking.

INNovation Approval Process (cont.)

- Draft sent to MHSOAC (OAC) for review

  - ▶ Mental Health Services Oversight and Accountability Commission.

- Announce to MHSA Advisory Committee (MAC) and Local Review

  - ▶ 30-Day Public Review of Approved Proposal.

- BHB and BOS Approval.

- MHSOAC Final Approval.

INNovation Timeline

- Development and approval process = 6+ months (avg).

- Projects are time-limited: preferably 3-4 years (5 max).

  ▶ 6-month implementation ➡ 2-3 years operations ➡ 6-month evaluation.

  ▶ INN plans must account for continuity for individuals receiving services at the time of project completion.

- Final project evaluations are published and submitted to MHSOAC within 6-months of completion.

INNovation - Budget

- Innovation Rounds 6-7 (2023-2028)
  - ▶ Budget for up to $1 million spread across all Innovation projects each year.
  - ▶ Overall individual project < $1 million.
  - ▶ Starting FY 23-24 (Round 6)
    - ▶ Community supported INN idea from 2020.
  - ▶ Budget for Round 7: $200-250k/year + unspent dollars from Round 6

Problem Definition

- San Luis Obispo lacks the proper model of care and intervention to fully engage Older Adults in the areas of physical and mental health. Older Adults diagnosed with a mental illness, are more likely to experience difficulty with obtaining and/or sustaining an appropriate level of care when facility placement becomes necessary.

- Many Residential Care Facilities for the Elderly (RCFE's) are reluctant to accept patients with a documented Mental Illness due to a lack of appropriate resources.

- Facilities that treat individuals with a Mental Illness are reluctant to accept Older Adults due to a lack of medical resources.

- Successful options that meet the unique needs of this sector of the Older Adult population have yet to be identified.

Innovation Proposal

- The project would use a hybrid model employing elements of the successful:

  ▶ "School and Family Empowerment" model, and

  ▶ Implementing them in Residential Care Facilities for the Elderly (RCFE).

- A major component of the program would be to provide:

  ▶ Appropriate education and consultation to facility staff so that they feel more empowered and comfortable with;

  ▶ Identifying red flags and triggers,

  ▶ Deescalating situations,

  ▶ Recognizing and addressing crisis, recognizing symptoms and reducing their presentation, and

  ▶ Promoting an environment of wellness and recovery.

Innovation Implementation

- The project would include teams comprised of:
  - ▶ Behavioral Health Clinician, and
  - ▶ Advocate

- Teams would be located at the RCFE's in order to create an integrated and collaborative effort between Behavioral Health and Physical Health

Outcomes & Objectives

- To learn if providing mental health support in an RCFE would produce better health outcomes and create more living options for Older Adults. The learning goals:
  - ▶ Would a team-based, wrap around approach to mental health assessment and treatment in RCFEs promote better health and wellness outcomes for the participants?
  - ▶ Would increasing community collaboration and access to mental health care increases the number of placement options available to Older Adults with a mental illness?
  - ▶ Would providing a team-based, wrap around approach to mental health assessment and treatment in RCFEs for the Elderly create more sustainable housing and treatment options for Older Adults with a mental illness?
  - ▶ Would the testing model have a positive impact in the elderly population mental and physical outcomes?

INNovation: Community Needs/Idea Generation

➤ **Open Needs & Ideas Forum on SurveyMonkey.**

  ➤ Notable or potential mental health issues specific to our community.

  ➤ Gaps in Mental Health Services.

  ➤ Populations/Communities.

  ➤ General ideas.

➤ **Next Meeting: March, 2023.**

INNovation Conclusion

Questions & Discussion

Thank you!