

# SAN LUIS OBISPO COUNTY HEALTH AGENCY



## BEHAVIORAL HEALTH DEPARTMENT

*PREVENTION & OUTREACH DIVISION*

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## **Innovation Component Plan for FY 2016-2020**

### Project Description

TARP: The Transition and Relapse Prevention Project seeks to learn if rates of recidivism and relapse are reduced by embedding peer mentors with Full Service Partnership (FSP) adult clients preparing to “graduate.” This test practice will introduce a peer mentor into the individual’s FSP team within 90 days of graduation. The peer mentor will assist the client in transitioning into a non-intensive, self-supported system of care. The County will evaluate whether the rates of recidivism and relapse among FSP clients are reduced by this bridge approach, in comparison to those traditionally graduated or transferred to lower levels of care in other parts of the mental health system. This Innovation will test the effectiveness of peer support in the transition phase, as evidenced by a reduction in involuntary holds (PHF or law enforcement), obtaining and/or maintaining housing and employment/education, increased follow-through on appointments with clinics, and an overall self-reported increase in health measures and general wellness.

LLEAP: The Late Life Empowerment and Affirmation Program (LLEAP) will test whether a curriculum developed for victims of domestic violence (DV) can be adapted to meet the needs of older adult women who have lost their spouse and are feeling overwhelmed by having to be the “head of household.” The project seeks to learn whether DV curricula can be effective in the treatment of mental health issues among older adult widows, who often exhibit similar symptoms to those experienced by domestic violence victims (i.e. depression, PTSD, isolation, anxiety, etc.). The project will measure whether LLEAP clients show an increase in protective factors (such as socialization and reduction in isolation), have lower levels of depression and anxiety, learn to identify and prevent elder abuse and fraud, and are able to manage their lives independently by avoiding the need for long-term placements.

Not for Ourselves Alone: The “Not for Ourselves Alone” Innovation will provide trauma-informed care training across general, non-health-social service, agencies and programs in the County of San Luis Obispo, with the intention of building capacity and increasing interagency collaboration to best serve the citizenry. Community members with trauma are not served by health and social service agencies alone. This project is aimed at the County’s government agencies, to deepen the understanding of trauma and how it may impact its constituents – including its own employees. The project will test whether this understanding will lead to better, more informed public engagement and customer service. The Behavioral Health Department is proposing an Innovation that adopts a concept and practice which has already found success within the social and mental health field – and then adapting it to work in structures outside the public mental health system.

Latina DV MH Peers: This project will test two innovative approaches to working with Latino women who are victims of domestic violence (DV), and who also exhibit moderate or greater

mental health needs. First, the project will attempt to determine whether a certain level of “peer status” is more beneficial than another in providing support to a treatment group. Treatment groups will be paired with one of three different “peers” (a Latina woman, a Latina with lived DV experience, or a Latina with DV history who is also a mental health system consumer) in an attempt to better define “peer” as it relates to the client. Given the unique barriers to access of services for this demographic, it is expected that peer support can yield similar, if not better, results than those seen in traditional models of treatment. The County will test whether the peer’s experience, when other variables are somewhat constant, has a greater or reduced impact. Secondly, the project will test an adaptation of evidence-based alcohol and drug prevention models which build an internal support group to continue past the duration of a prescribed-term group or curriculum. This part of the Innovation will test whether clients can increase their long-term wellbeing by creating social support groups, comprised of project participants. The groups being facilitated by a therapist and peer will begin to form an internal support group amongst its members in order to provide a support system that mimics the cultural structure of the Latino community.