

MENTAL HEALTH SERVICES ACT (MHSA) FUNDS
DEPARTMENT OF DEVELOPMENTAL SERVICES (DDS)
JULY PROGRESS REPORT (FY 2008-09) **REVISED**
(Reporting Period: 7/1/08 – 6/30/09)

Goal 1: Improve the care for consumers with a dual diagnosis (developmental disability and mental illness) by training service providers, and families and consumers

Goal 2: Expand Community Capacity – Best Practice Training for Clinicians & Other Professionals

Goal 3: Regional Planning to address opportunities and obstacles towards improving the delivery systems at the local level.

1. Program Information

- a. Brief summary of the major activities performed during FY 2008-09
- b. Identify 2 or 3 activities or accomplishments that are considered highlights and help further the intent of the MHSA (e.g. achieving system change)

This progress report describes DDS' major activities and accomplishments as specified in the FY 2008-09 Work Plan (Please see attached)

**Request for Application & Regional Center MHSA Projects
(Goal 1, Activities 1, 3, & 6; Goal 2, Activities 1, 2, & 3; and Goal 3, Activity 2)**

In January 2009, a Request for Application (RFA) was distributed to regional centers (RC) to carry out the MHSA activities on a local level.

In April 2009, a selection committee met and awarded funding to six RCs for seven projects. The selection committee was comprised of stakeholders, including representatives from Disability Rights California, the Association of Regional Center Agencies (ARCA), and different division within DDS. The Department of Mental Health was invited, but did not attend.

Projects will provide training to service provider, consumers, families, and clinicians on the needs of consumers with a mental health diagnoses. Training will also focus on infant mental health. One statewide project was funded for regional planning events. The attached document provides specific details on each project.

Grants to provide training to cross disciplines including DSP's, consumers, families, clinicians, and other professionals were awarded to the following RCs:

- **Golden Gate RC** - The project will develop and implement an innovative training focusing on infant mental health (relationship-based preventive intervention practice) utilizing evidence-based service models.

- **Harbor RC** - The project will conduct training on two evidence-based psychotherapeutic practices entitled *Promoting Optimal Service Delivery to the Dually Diagnosed Individual and Cross-Systems Collaboration*.
- **San Andreas RC** - The project will provide training focusing on the newly Revised Training Guidelines and Personnel Competencies for Infant-Family and Early Childhood Mental Health.
- **San Gabriel/Pomona RC** - The project will offer adult provider, families, early start providers, clinicians, and RC staff an extensive training focusing on the best strategies for working with and supporting the children and families of young consumers at risk for abuse and trauma. Additional training will focus on families, consumers, and providers who work with adults and adolescents who are dually diagnosed.
- **Westside RC** – The project will establish a training collaborative in partnership with North Los Angeles County Regional Center. The training collaborative will educate participants on recognition, screening, referral, treatment, and supports for consumers with mental health issues.

A grant to provide training to clinicians and other professionals was awarded to the following RC: (**Goal 2, Activities 2 and 3**)

- **San Gabriel/Pomona RC** – The project will provide Los Angeles County psychiatrists with training on best practices in medication management, side effects, and monitoring. The project also includes a Fellowship Practicum for County contracted and/or private psychiatrists to receive education addressing consumers with mental health issues.

Training and Support Materials

(Goal 1, Activities 1 & 4; Goal 2, Activities 2 & 3, and Goal 3, Activity 2)

RCs are beginning to develop a series of training and support materials for the training events offered in regional locations statewide. As training and support materials are received from RCs, DDS will post the materials to our website so DSPs, families, consumers, clinicians, and other professionals can access materials. DDS will also gather the support materials and distribute to the Family Resource Center Network of California.

Training for Clinicians and Other Professionals

(Goal 2, Activities 2 & 3)

DDS, in partnership with the University of California San Francisco School of Medicine, presented a conference, *Developmental Disabilities: Update for Health Professionals*. The conference was held in March 2009. Topic included early childhood mental health, cross-cultural mental health treatment, and family across the life span for individuals with a dual diagnosis. More information can be found at www.cme.ucsf.edu. See attached conference brochure.

Mental Health/Developmental Disabilities (MH/DD) Collaborative

(Goals 3, Activities 1 & 2)

On March 11, 2009, and June 3, 2009, the MH/DD Collaborative held its quarterly meetings. Meetings provide an opportunity to address issues facing the delivery systems for persons with dual diagnoses. The next meeting is scheduled for

October 21, 2009, from 10:00 a.m. to 2:00 p.m. at the Holiday Inn Capitol Plaza in Sacramento. DDS staff participate in these quarterly meetings. Topics include resource development for consumers with mental health issues.

Regional Planning Activities - (Goal 3, Activities 1 & 2)

The first Regional Planning Event, *Challenging Behaviors in Challenging Times: How We Can Best Serve Children through Regional Multi-Agency Collaboration*, (see attached flyer) was held on Thursday, August 9, 2009, in Sacramento. Those in attendance were individuals responsible for ensuring children and their families receive services from Mental Health Department, RCs, Special Education Local Plan Areas, Social Services, Child Protective Services, Probation, and First 5 Organizations. Attendees learned about successful programs in other areas and began to problem-solve how to best meet the needs of these children and families.

- c. Activities being coordinated with the local Mental Health system:

Needs Assessment - (Goal 3, Activity 1)

The needs assessment was developed to improve the delivery systems at the local level for consumers with a dual diagnosis. DDS' Consulting Psychologist is working collaboratively with the ARCA's Mental Health Consultants, MH/DD Collaborative, RCs, County Mental Health Departments, and local programs to conduct a needs assessment.

DDS has gathered data from Mental Health consultants, toured residential psychiatric facilities serving individuals with dual diagnoses, and explored blending-funding model delivery systems. DDS staff also attended the quarterly MH/DD Collaborative meeting and the first regional planning event. Data were collected in many domains, including consumers at risk, individuals residing in penal facilities, and demographic data on inpatient admissions and the need for additional crisis facilities. Data being collected will be shared in a future Progress Report.

2. Attachments

- a. FY 2008-09 MHSA Training Descriptions/Budget
- b. *Developmental Disabilities: Update for Health Professionals* brochure
- c. *Challenging Behaviors in Challenging Times: How We Can Best Serve Children through Regional Multi-Agency Collaboration Meeting Agenda*
- d. FY 2008-09 Work Plan
- e. FY 2009-10 Work Plan