

Department of Developmental Services
Mental Health Services Act
Progress Report
Fiscal Year 2012-13
January 1, 2013 through June 30, 2013

Background

The Department of Developmental Services (DDS) oversees eight innovative regional center (RC) projects designed to benefit consumers, families, direct service professionals (DSP), clinicians, and other professionals. The projects focus on the following priority areas:

1. Enhancing Community Capacity
2. System Improvement
3. Service Integration
4. Replication of Successful Model Projects

Regional Center Mental Health Services Act (MHSA) Updates

Alta California Regional Center (ACRC)

Project Title: ***Substance Abuse Reduction***

Priority Areas: 1, 2, 3, 4

Collaborative Partners: National Association on Alcohol, Drugs and Disability, Inc., and the Joint Task Force (includes consumers, families, courts, schools, hospitals, mental health, law enforcement, probation, and service providers).

Project Website: www.altaregional.org/resources/mhsagrantsarp.cfm

Project Background: The *Substance Abuse Reduction* project develops a multi-agency task force to address substance abuse and developmental disabilities. Through this project, consumers will have access to substance abuse classes focusing on prevention and wellness, in addition to a peer support group and a residential clean and sober facility. RC staff and service providers will receive education regarding substance abuse in individuals with developmental disabilities.

Project Update: During the reporting period, over 100 individuals received an overview of the *Substance Abuse Reduction* project. Participating agencies included Bridges Inc., Dignity Health, Kaiser Permanente, Pathways, Placer County Adult System of Care, Sacramento County Offices of Adult Protective Services and Human Assistance, Safety Center, Sutter-Yuba County Mental Health, and Pathways.

Upon receiving an overview of the project, Bridges, Inc. was vendorized to provide outpatient drug treatment services for ACRC consumers, and is finalizing their program design.

An additional 90 individuals, representing 20 agencies, received training via the established curriculum, *Serving Clients with Developmental Disabilities – Increasing Competencies and Understanding the Developmental Services System*. The agencies included Bridges Inc., Golden Sierra Workforce, Marysville Police Department, Mexican-American Addiction Program (MAAP), Placer Adult System of Care and Children's System of Care, Sierra County Health

and Human Services, Sutter County Office of Education, Sutter-Yuba Offices of Alcohol and Drug Services, Mental Health, Probation, Tahoe Youth and Family Services, Walter House Residential, WellSpace, WestCare, community members, and others. The curriculum utilized for the training can be found at www.altaregional.org/resources/mhsagrant/sarp.cfm.

After reviewing multiple Requests for Proposals, MAAAP was selected to develop and implement the peer-mentoring program. This program will facilitate linkages between consumers and peer mentors. Beginning in the fall of 2013, the mentors will participate in training to deliver substance abuse prevention training throughout the community to ACRC consumers in alcohol and drug recovery.

The Joint Taskforce convened meetings on February 11, and June 10, 2013. Over the last six months, the membership has grown by five members, bringing the total to 13. The next Joint Taskforce meeting will convene on September 9, 2013.

Taskforce members have finalized the training materials for the RC Service Coordinator training. Trainings will convene on July 23, August 13, and August 14, 2013. An additional training for RC service providers will convene in the fall of 2013. The training will focus on the dynamics of substance abuse recovery and the active role of the individual in the process.

Project Title: ***MHSA Forums***

Priority Area: 4

Collaborative Partners: The Mental Health/Developmental Disabilities Collaborative, Sacramento County Children's Mental Health, RCs, Education, and DDS.

Project Background: ACRC will host *MHSA Forums* to highlight successful projects from Cycles I and II, encourage statewide replication, and promote the adoption of best practices and service approaches for consumers with dual diagnoses. The *MHSA Forums* will also deliver tools for effective system-wide collaboration.

Project Website: www.altaregional.org/resources/mhsagrant/mfsaForums.cfm

Project Update: The first *MHSA Forum, Unlocking the Secrets to Success: Providing Innovative Services to Children with Developmental Disabilities and Mental Health Needs*, convened on June 18, 2013, in Sacramento. Over 260 professionals across the state attended this one-day conference focusing on children and transitional age youth (TAY).

Participants received information regarding MHSA projects from North Bay Regional Center's *Project Connect*, San Andreas Regional Center's *Santa Clara Infant Family Early Childhood Mental Health Certificate Program*, and Westside Regional Center's *Los Angeles Transition-Age Youth Service Integration Project*. Conference materials are available at <http://www.altaregional.org/resources/mhsagrant/mfsaForums.cfm>. The final *MHSA Forum* will convene in the spring of 2014 and will focus on adult consumers with dual diagnoses.

Central Valley Regional Center (CVRC)

Project Title: ***Foundations of Infant Mental Health Training Program***

Priority Areas: 1, 2, 3

Collaborative Partners: The Central California Children's Institute, the Regional Infant Family Early Childhood Mental Health (IFECMH) Steering Committee, and the Interagency IFECMH Training Council (includes representatives from CVRC, Fresno County Department of Social Services, Fresno and Merced County Offices of Education, Fresno and Tulare County Children's Services Networks, and Fresno County Department of Behavioral Health).

Project Website: <http://www.fresnostate.edu/chhs/ccci/projects/imh/index.html>

Project Background: The *Foundations of Infant Mental Health Training Program* is based on the *Revised Training Guidelines and Personnel Competencies* for IFECMH. The program is designed for clinicians, service providers, and other professionals working in one of the six participating agencies in the CVRC catchment area to address professional developmental needs.

Project Update: The IFECMH Training Council convened six meetings to prepare for the final five trainings and plan for Year Two of the program. The Year One training program consisted of eight monthly lectures followed by reflective practice groups of twenty professionals.

Pre-surveys indicated that participants did not perceive themselves as very knowledgeable in any of the learning objectives. However, post-surveys indicated an improvement in participants' knowledge across all learning objectives for the sessions.

Year One participants' experiences, and a discussion on how the *Foundations of Infant Mental Health Training Program* has enhanced professional practices, will be available at <http://www.fresnostate.edu/chhs/ccci/projects/imh/index.html>. Year One session materials, a Year Two recruitment brochure, an alumni directory, and many other resources are also available on this webpage.

North Bay Regional Center (NBRC)

Project Title: ***Building Bridges – Meeting the Needs of Individuals Diagnosed with a Mental Illness and a Developmental Disability***

Priority Areas: 1, 2, 3, 4

Collaborative Partners: Dr. Robert Fletcher, NADD; mental health service providers representing Napa, Solano, and Sonoma counties; Special Education Local Plan Area (SELPAs); health services personnel; law enforcement; and other professionals.

Project Website: www.nbrc.net/mhsa/mhsa.htm

Project Background: NBRC is replicating San Gabriel/Pomona Regional Center's (SG/PRC) MHSa Cycle I Project, which focused on best strategies for working with and supporting families of consumers who are at-risk for abuse and trauma.

Project Update: The three taskforces, Napa, Solano, and Sonoma counties, continue to convene their monthly meetings. On April 18, 2013, Dr. Robert Fletcher provided a full-day consultation to taskforce members. To further the goals of existing county mental health and RC Memorandum of Understandings (MOUs), each taskforce identified cross training initiatives. As a result, representatives from the RC and county mental health were identified to begin planning and implementing each initiative. Dates for the cross training are scheduled for the winter of 2013.

Updates on each of the taskforces' activities for the reporting period are summarized below:

- The Napa County Taskforce identified the agency, Creating Behavioral Education Momentum, to provide training to the Napa County Police Department. The training will enhance police officers' knowledge and understanding in working with consumers with dual diagnoses.
- The Solano County Taskforce continues to research available curriculum and training models to train law enforcement, judicial personnel, professionals working with TAY, and others.
- The Sonoma County Taskforce has revised their training design by reducing the training groups from two to one. Dr. Robert Fletcher developed a curriculum, *Guidelines for First Responders: Encountering People with an Intellectual Disability Co-Occurring with Mental Illness (ID/MI)*, to train mental health professionals and first responders. This curriculum is available at www.nbrc.net/mhsa/mhsa.htm.

Project Title: **Project Connect**

Priority Areas: 1, 2, 3, 4

Collaborative Partners: Napa County Office of Education (NCOE), the Regional Interagency Collaborative (includes professionals from the areas of early childhood mental health, early intervention, childcare, education, foster care, home visiting services, primary healthcare, and family advocates), and the Leadership Council (consisting of key stakeholders comprised of professionals from the tri-county area with a background in early intervention, early childhood services, SELPAs, County Mental Health, First 5, and family advocacy).

Project Website: www.projectconnectnbrc.net

Project Background: *Project Connect* addresses barriers and gaps existing across the early childhood mental health service systems in Napa, Sonoma, and Solano counties. *Project Connect* familiarizes agencies and professionals with the importance of the social-emotional well-being of young children. Training prepares professionals to support, evaluate, intervene, and treat the mental health needs of young children and to support their families. *Project Connect* also builds an on-going evaluation plan to measure progress towards ameliorating barriers.

Project Update: A Leadership Council meeting convened on February 14, 2013. The next meeting is scheduled for September 2013. At the February meeting, members decided to restructure the previously identified five Focus Areas into the following three:

- *Best Practice Model*
- *Professional Development*
- *Universal Screening*

Leadership Council members are currently developing the *Early Childhood Mental Health System Community Self-Assessment Tool*. This tool is designed to help set priorities for an individual community, based on their goals and resources. The tool also offers Best Practice rankings of its elements in an easy to use format. Procedural and design adjustments will be incorporated into the next revision of the tool based on findings from the initial pilot.

NBRC provided a presentation at the Early Start Advanced Practice Institute (API) in Sacramento on May 5 and 6, 2013. The API is an annual professional development event for early start professionals, and a collaborative effort between DDS and the California Department of Education. At this event, NBRC provided an overview of *Project Connect*, as well as a detailed presentation on the aforementioned tool to approximately 80 participants. The same presentation was delivered to over 260 professionals at the *MHSA Forum*, hosted by ACRC. This presentation will be available at www.projectconnectnbrc.net.

NBRC convened a seminar, *Every Child Matters: Connecting Around Infant and Early Childhood Mental Health*, on June 26, 2013, at the NCOE. Over 60 individuals, including families, early education and child development specialists, and others attended this public event. The event focused on state-of-the-art knowledge and content related to general infant mental health topics. Content was presented by two credentialed speakers with recognized expertise in the field of early childhood mental health and emphasized timely research-based and best practice-based content. In addition to the presentations, participants had the opportunity to network with other early childhood providers and gather resources from a variety of organizations. Pre and post-tests were administered during the event. Materials from the seminar are available at <http://www.projectconnectnbrc.net/events.html>.

San Gabriel/Pomona Regional Center (SG/PRC)

Project Title: ***PROJECT HOPE***

Priority Areas: 4

Collaborative Partners: SG/PRC's Bio-Behavioral Consultation Committee is comprised of a psychopharmacologist, a psychiatrist, and a behavior specialist, and representatives from Alma Family Services, Board Resource Center, and GGRC.

Project Website: <http://www.sgprc.org/Resources/Resources.html>

Project Background: *PROJECT HOPE* offers group and individual psychotherapy to an identified core group of adult consumers with a recent history of one or more psychiatric hospitalizations. These consumers receive training in anger management, social skills, human sexuality, and problem solving. The goal is for consumers, families, and providers to learn strategies that reduce problem behaviors and decrease the need for psychiatric hospitalization.

Alma Family Services provides semi-annual training for SG/PRC staff, families, residential providers, and other vendors. Training seeks to increase awareness of the signs and symptoms of mental health disorders, provide tips to enhance consumers' coping abilities, and

offer strategies to identify and de-escalate behaviors that might lead to psychiatric hospitalization.

Project Update: Based on their individual need, the 13 consumers participating in *PROJECT HOPE* are also participating in three group psychotherapy sessions. Identified consumers receive training in social skills, anger management, and human sexuality, from February 2013 through September 2013. Consumers completed a self-assessment before each group and will review lessons learned after each session.

Three trainings convened during the reporting period. The first two trainings, *Signs and Symptoms of Mental Health* and *Navigating the Mental Health System*, convened on May 18, 2013. Approximately 90 parents, caretakers, RC vendors, and community partners participated in this training. On May 18, 2013, 124 RC residential vendors, parents, and community members attended a recurrence of *Signs and Symptoms of Mental Health*. Participants received pre and post-tests during the three sessions. The PowerPoint presentations for the training are available at <http://www.sgprc.org/Resources/Resources.html>.

On September 23 and October 21, 2013, the RC is convening another series of the aforementioned training. RC staff and vendors, parents, caretakers, and community member/partners are invited to participate.

Materials for the webcast training, *How to Advocate in the Mental Health System*, will be finalized by the end of July 2013. Production tasks will begin in August and the final Digital Video Disc will be available in November 2013.

Westside Regional Center (WRC)

Tools for Assessing Quality of Services (TAQS) & Los Angeles Transition Age Youth Service Integration Project (LATAY SIP)

The *TAQS* and *LATAY SIP* Taskforce members met on February 20 and June 12, 2013. The next meeting is scheduled for the fall 2013. *TAQS* and *LATAY SIP* staff are continuously working with Taskforce members to update the website, www.reachacrossla.org, to include additional resources for professionals, advocates, family members, and consumers.

Project Title: **TAQS**

Priority Areas: 1, 2, 3

Collaborative Partners: North Los Angeles County Regional Center (NLACRC), Los Angeles County Department of Mental Health (DMH), the Child and Family Center, and the Task Force (comprised of advocates, consumers, family members, professionals from the fields of education, medicine, and mental health, social workers, care providers, and designated staff from the Departments of Children and Family Services, Rehabilitation, and Probation).

Project Website: <http://www.reachacrossla.org/LATAQS.aspx>

Project Background: The *TAQS* project identifies which assessment and treatment models are being utilized, develops quality assessment tools to evaluate best practices, and improves integrated systems of care for consumers with dual diagnoses. The Interagency Collaborative has expanded its role to address current service needs. The Collaborative will create tools

based on administrative record reviews and surveys to enhance the quality of assessments and treatments for consumers with mental health challenges.

Project Update: TAQS staff surveyed mental health providers to learn more about their views and knowledge regarding RC consumers with dual diagnoses. Responses from over 60 providers have assisted Taskforce members in developing an enhanced understanding of providers' approaches, perspectives, and current practices. Data from the survey revealed the following:

- The most frequently used service is case management, followed by medication evaluation and management.
- The largest areas of need for services are service coordination and coordination of care between county DMH and RCs.
- The most beneficial therapeutic model is Cognitive Behavioral Therapy.

TAQS project staff are reviewing, assessing, and assembling all evidence collected for the next phase of the project, the *Best Practice Evidence Review*. The Delphi Panel will meet on November 15, 2013, to create draft quality indicators that will be utilized in a provider and family tool. These indicators will also be used as the foundation for training in Year Three.

The methodology combines the best available scientific evidence with the collective judgment of eight expert panelists (from various universities and organizations) regarding what constitutes best practice for dual diagnosis. TAQS project staff are recruiting county DMH and RC specialists in the area of quality assurance. Providers, parents, and caregivers are also being recruited to assist with the review. TAQS project staff are also collaborating with the University of California at Los Angeles' Health Services Research Center to ensure the validity and usefulness of the quality indicators and the aforementioned tool.

TAQS project staff and the Taskforce are researching domains of quality for dual diagnosis. The final list of domains and quality indicators will be included in the next progress report.

Project Title: **LATAY SIP**

Priority Areas: 1, 2, 3

Collaborative Partners: NLACRC, DMH, the Child and Family Center, and the Task Force comprised of advocates, consumers, family members, professionals from the fields of education, medicine, and mental health, social workers, care providers, and designated staff from the Departments of Children and Family Services, Rehabilitation, and Probation.

Project Website: <http://www.reachacrossla.org/LATAYSIP.aspx>

Project Background: The *LATAY SIP* identifies needs, barriers, and patterns of services used among TAY in the Los Angeles area. TAY and their families support the project by identifying services most frequently used. These include points of entry, strengths and weaknesses present at each agency, and barriers of multi-agency services. In-service training events address the needs of TAY, provide a forum for collaboration and exchange of information, and boost workforce competency. The *LATAY SIP* will develop a user-friendly, culturally

appropriate resource directory for TAY, families, case managers, agency personnel, and others.

Project Update: A group of 22 parents, advocates, and professionals participated in key informant interviews to provide information regarding local needs, patterns of service utilization, and identify barriers to service. Findings from the interviews were effective for the development of TAY specific interventions. The interventions follow a model to address the importance of changing behaviors on both individual and organizational/system levels and across many of the domains and themes identified during the interviews.

From ten significant emergent themes, which evolved from the interviews, the Taskforce is focusing on the following top four:

1. Enhancing cross-system collaboration and communication
2. Increasing awareness about services and resources
3. Developing transition-specific services and processes
4. Establishing effective communication among consumers, families, and providers

To achieve the primary goal of enhancing cross-system collaboration and communication, *LATAY SIP* staff are forming a TAY Collaborative and organizing cross-system training events for community partners.

The TAY Collaborative will focus on improving outcomes of TAY and providing continuity in the delivery of supports. The Collaborative will also identify a point-person at each agency to:

- Clarify referral criteria and referral processes
- Clarify policies and procedures
- Develop or update MOUs
- Organize training events

In August, September, and October 2013, three two-day cross-system trainings will convene at WRC. A group of 60 service providers, from RCs and mental health agencies, will participate in Motivational Interviewing. Motivational Interviewing will provide insight into establishing more effective communication techniques in working with TAY and their families. The marketing materials for the training are under development and upon completion can be viewed at <http://www.reachacrossla.org/LATAYSIP.aspx>.