

Department of Developmental Services
Mental Health Services Act
Project Updates
Cycle III - Fiscal Years 2014-15 through 2016-17
Reporting Period: January 1, 2015 – June 30, 2015

BACKGROUND

The Department of Developmental Services oversees Mental Health Services Act (MHSA) funding for innovative projects developed by regional centers (RC). These projects focus on prevention, early intervention, and treatment for children and adult consumers with mental health diagnoses, and also provide support for families. Dual diagnosis refers to individuals with developmental disabilities and co-occurring mental health diagnoses.

UPDATES ON REGIONAL CENTER PROJECT DELIVERABLES

CENTRAL VALLEY REGIONAL CENTER

Project Title: ***Mental Health/Developmental Services Collaborative - Facing the Issues for Persons with Developmental Disabilities Involved in the Criminal Justice System***

Counties: All 58

Project Website: http://www.cvrc.org/index.php?id=155#ARCA_CJ

Project Background: In collaboration with the Association of Regional Center Agencies and RCs, Central Valley Regional Center (CVRC) will develop a training curriculum, convene training, and provide statewide technical assistance to potential RC vendors. These efforts are designed to address the lack of competency trainers within communities and reduce incarceration time.

Update on Project Deliverables: In January 2015, a survey was distributed to all RCs to determine both the number of consumers and the number of available competency trainers in California. Data collected revealed that over 900 consumers are involved in the criminal justice system statewide. A majority of these individuals have a pending court case, and nearly as many are on diversion or probation. Data also indicates that trainer shortages are not uncommon, and placement options are still needed. Another concern is the consumers' reluctance or inability to engage in competency training.

In February and March 2015, four meetings with RCs were held to collect information, tools, and strategies used in the criminal justice system that can be shared with others. In addition to building consistency statewide, the idea for the *California Statewide Forensic Forum* was originated at these meetings. Four additional RC meetings are scheduled for August and September 2015.

One hundred twenty-one individuals representing all 21 RCs, The Arc, providers from supporting living services and day programs, and many others, attended the *California Statewide Forensic Forum* on June 8 and June 9, 2015. In addition to group discussions, various panels focused on *Navigating the Court System*, *Multi-Systems Collaboration*, *Services and Supports*, and *Developing Resources* that were used as a segway to table discussions. Forum materials, including presentations, are available on the project website.

Two quarterly Forensic Task Force meetings were held during the reporting period. On March 25, 2015, members reviewed and discussed the aggregate data from the aforementioned survey. Members will utilize data to develop training curricula for competency trainers and identify state and national models of collaboration and best practices. On June 24, 2015, members discussed the *California Statewide Forensic Forum*, including statewide issues and implementation of identified recommendations.

Project Title: ***Enhancing Cultural Competence in Clinical Care Settings - The 4C***

Counties: Fresno, Kings, Madera, Mariposa, Merced, and Tulare

Project Website: <http://www.cvrc.org/index.php?id=155#4C>

Project Background: In collaboration with Central California Children's Institute, this project will expand the content of CVRC's MHSA Cycle II project, the [*Foundations of Infant Mental Health Training Program*](#). Through team-based learning, this project will promote culturally competent clinical care and systems coordination in early childhood mental health through team-based learning.

Update on Project Deliverables: Year One of the training program began in January 2015 with an average of 36 professionals attending the first eight sessions. The last five training sessions for Year One will convene on August 21, September 18, October 9, October 23, and November 20, 2015. By the end of Year One, participants will do the following:

- Understand both the reflective and parallel process through the lens of increasing self-awareness;
- Shift from a "multi-disciplinary" (isolated approach) to "inter-disciplinary (respecting each sector with a shared approach), to "trans-disciplinary" (guiding another professional in one's separate discipline); and
- Utilize a three-step process and apply a culturally-competent model to review case scenarios.

Three hundred sixty-five CVRC professional staff attended *Awareness of Self as a Cultural Being*, on April 7, 2015. This training engaged professionals to support the development and implementation of a broader RC plan to promote a culturally competent service delivery system. The training opened the door for further discussions regarding race and culture, as well as increased the awareness and gained acceptance that culture is based on more than just gender and religion. The PowerPoint presentation from this training, as well as the materials from the aforementioned training sessions, can be found on the project website.

REGIONAL CENTER OF THE EAST BAY

Project Title: ***The Schreiber Center***

County: Alameda

Project Website: www.acphd.org/schreiber-center

Project Background: In collaboration with the Alameda County Public Health Department and Alegria, a community provider supporting adults with developmental disabilities who have

medical, behavioral or age-related support needs, this project will establish a new, specialized mental health clinic in Alameda County. The clinic will provide psychiatric assessment, medication management, and individual and group therapy to consumers with dual diagnoses.

Update on Project Deliverables: An Advisory Committee, comprised of a consumer, parent advocate, and professionals from eight local agencies, began meeting quarterly and continues to recruit additional members.

A survey was distributed in May 2015 to professionals from local agencies to determine what available community and web-based trainings are available. Survey findings reveal that RC professionals have limited knowledge in the area of specialty mental health. Additionally, Alameda County Behavioral Health professionals seek a better understanding regarding individuals with intellectual and developmental disabilities. A complete list of the trainings is available on the project website.

Schreiber Center clinical staff attended ten trainings and received over 40 hours of web-based training. These training materials and presentations are available on the project website. Additionally, a monthly Brown Bag Summer Training Series began on June 30, 2015. Focus areas for the series include *Mental Health Interventions, Autism vs. I/DD Differential Diagnosis, Tapping and Eye Movement Desensitization and Reprocessing, a Question and Answer Vignette with a RC Psychiatrist, and Trauma-Informed Care.*

The *Schreiber Center* received eight referrals during its soft opening on April 20, 2015, with four cases opened for assessment and counseling. A multidisciplinary consultation group, comprised of *Schreiber Center* staff, two psychologists, a clinician, a nurse, and quality assurance professionals, meet monthly to discuss complex cases and assess staff needs and skills.

SAN DIEGO REGIONAL CENTER

Project Title: ***The Psychiatric Navigation Project (PNP)***

Counties: Imperial and San Diego

Project Website: <http://sdr.org/resources-support/mental-health-services-act/>

Project Background: In collaboration with the Fred Finch Youth Center, this project will respond to and address the complex needs of dually diagnosed transition age youth (TAY) who are high utilizers of emergency rooms and acute psychiatric facilities. The *PNP* will use evidence-based practices to assist with referral and connection to appropriate community resources; assist with continuity of care before, during, and after hospital admission; and identify new community resources.

Update on Project Deliverables: The Steering Committee convened monthly to develop a survey that will assist in increasing the quality of emergency treatment, decreasing hospitalizations, and developing the first of two toolkits, "Home to Hospital." The survey was distributed to approximately 160 professionals from area hospitals and county mental health agencies. The toolkit will be piloted among hospitals, and changes will be made cooperatively. Survey findings were also used to develop Frequently Asked Questions and the *PNP* brochure, which will be distributed to professionals during future hospital trainings.

Three RC staff attended a [Transition to Independence Process \(TIP\) Model](#) training, which will be used throughout the project. The *TIP Model*, an evidence-supported promising practice, addresses the unique needs of young adults with emotional and behavioral difficulties. The goal of the *TIP Model*, a recommended best practice in San Diego County, is to engage young people in their own future planning process by providing developmentally appropriate, non-stigmatizing, culturally competent, and appealing services and supports. For more information regarding the *TIP Model*, please visit www.tipstars.org.

The first hospital training is scheduled for July 28, 2015, for professionals at Bayview Behavioral Health. Hospital professionals will learn about the “Home to Hospital” toolkit and techniques for implementing the *TIP Model*, connect consumers to suitable behavioral health programs, and receive an overview of the *PNP*.

The first five consumers were referred by RC service coordinators and hospitals as they met the criteria of a dual diagnosis and multiple, long lengths of stay at inpatient psychiatric facilities.

WESTSIDE REGIONAL CENTER

Project Title: ***Evidence-Based Practices (EBP) for Dual Diagnosis***

County: Los Angeles

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

Project Background: In collaboration with the Los Angeles County Department of Mental Health (DMH), a host of EBP trainers, and RC vendors, this project will provide training on three approved Los Angeles County EBP practices and their application in prevention and early intervention for consumers with dual diagnoses.

Update on Project Deliverables: In January 2015, a small group of administrators from Los Angeles County DMH collaborated with project staff on the development and delivery of EBP trainings for DMH clinicians. Essential data were collected, including DMH-specific EBP training protocols and techniques, to gather needs assessment data from DMH clinicians. The administrators also advised staff on adaptation of training material addressing RC consumers with co-occurring mental health diagnoses.

Based on the needs assessment data obtained from DMH Administrators, RC Liaisons, and clinician surveys, it was determined that EBP training was necessary in the areas of *Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)*, *Positive Parenting Program, (Triple P)*, *Seeking Safety (SS)*, and *Dialectical Behavior Therapy (DBT)*. With the exception of the *Triple P* training, which will be held in fiscal year (FY) 2015-16, the following trainings were held during the reporting period:

- Fifty clinicians from 16 local DMH agencies attended *TF-CBT* training on May 27 and May 28, 2015. Thirty-three of these clinicians will participate in additional training modules for *TF-CBT* certification, beginning in July 2015.

- Seventy-six clinicians from 20 local DMH agencies attended two, one-day SS trainings on June 9 and June 10, 2015. Participants received a copy of the *Seeking Safety Treatment Manual*, which is available on the project website.
- Forty-two clinicians from 16 local DMH agencies participated in *DBT* training on June 15 and June 16, 2015, and will return for a follow-up training on July 10, 2015. Beginning on July 13, 2015, participants will have access to monthly *DBT* consultation meetings to provide ongoing training and support as they implement *DBT* with consumers.
- Approximately 50 clinicians attended two supplemental workshops on June 19, 2015, focusing on tailoring both the *SS* and *TF-CBT* EBP. Both workshops included clinical vignettes, as well as a comprehensive presentation about the RC system. Workshop participants expressed an interest in attending additional workshops to apply these EBP concepts.

All training materials are available on the project website. Training participants completed pre and post evaluations to assess understanding and retention of the concepts presented. Data reveal training was both informative and engaging.

Project Title: ***Project UNITE***

County: Los Angeles

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

Project Background: In collaboration with Sifted Los Angeles, Family Resource and Empowerment Center, and the University of Southern California Center for Excellence in Developmental Disabilities at Children’s Hospital Los Angeles, this project will provide new and enhanced specialized services and supports for transition-age youth (TAY) with, or at risk of, dual diagnoses. The project will also increase early detection and assessment of mental health conditions, and facilitate linkages with treatment and integrated supports for TAY and their families.

Update on Project Deliverables: The TAY Collaborative, a multi-disciplinary team, established during Westside Regional Center’s (WRC) MHSA Cycle II project, continues to meet monthly. The team supports service coordinators serving TAY consumers and their families in assessment and planning, and reviews cases to sort out complexities of care resulting from challenging conditions.

Of the 30 TAY consumers that have been recruited, ten consumers have received a mental health screening using the three previously piloted tools. Findings are presented during TAY Collaborative Meetings. Positive feedback has been received as a result of these screenings. Many consumers have been directed towards community skill programs, higher education resources, and programs aimed at helping transition towards more independent lives. Additionally, *Project UNITE* staff are creating documents, including informed consent/assent forms, statement of purpose and detailed explanations of methods and procedures, to meet the state requirements for conducting a research study.

A subcontractor has secured a location for the wellness/drop-in center in Venice, California, and has developed both the program guide and model, *Sidekix*. This research-based model, *Therapeutic Lifestyle Change Model*, incorporates exercise, nutrition, relationships, recreation, relaxation, nature, contributions to others, and meaning of life. The subcontractor also conducted intake interviews for five consumers who have expressed interest in the *Sidekix* program. The first session of the program will start on July 11, 2015. In addition to receiving psycho-educational services, consumers can participate in workshop-style and free-formed drop-in activities at the center.

Sixteen parents attended training on June 13, June 20, and June 27, 2015, to become mentors for the *Parent Mentor Program*. Preliminary feedback from the training was positive, and parents stated they learned very good ways to provide “peer to peer” support useful in all walks of life. Parent mentors will be invited to continuing education sessions to share their mentorship experiences and receive additional training on coaching and local community resources.

Additional RC project information, which is currently being updated, is available at http://www.dds.ca.gov/HealthDevelopment/MHSA_RCFundingInfo.cfm.