

**Department of Developmental Services
Mental Health Services Act
Project Updates**

Cycle III – Fiscal Years 2014-15 through 2016-17
Reporting Period: December 31, 2016, through June 30, 2017

BACKGROUND

The Department of Developmental Services oversees Mental Health Services Act (MHSA) funding for innovative projects developed by regional centers. 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 diagnoses 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: <https://www.cvrc.org/home/ifmh-training-project/>

Project Background: In collaboration with the Association of Regional Center Agencies (ARCA) and regional centers, Central Valley Regional Center (CVRC) is developing a training curriculum, convening training, and providing statewide technical assistance to potential regional center vendors. These efforts are designed to address the lack of competency trainers within communities and reduce incarceration time.

Update on Project Deliverables: The Forensic Task Force has concluded all scheduled meetings.

The 2017 *Statewide Forensic Forum* was held on February 27–28, 2017 at the San Gabriel/Pomona Regional Center. The *Forum* included 130 participants including, mental health court representatives, public defenders, district attorneys, regional center staff, and providers. The *Forum* allowed professionals the opportunity to both gain information about what is happening statewide regarding the forensic population and associated services, and to engage in problem solving collaboration with other professionals in small groups.

Over the course of the project, *The Essentials of Competency Trainings* was conducted five times. All course materials were provided to the 21 regional centers.

The resource library is still under development, and will be hosted and maintained by the Association of Regional Center Agencies at <http://arcanet.org/mhsalibrary>.

The project manual/blueprint, timeline, and curricula can be found on the project website <http://reachacrossla.org/>.

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

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

Project Website: <https://www.cvrc.org/home/ifmh-training-project/>

Project Background: In collaboration with Central California Children's Institute (CCCI) at California State University, Fresno, this project is expanding the content of CVRC's MHTA Cycle II project, the [*Foundations of Infant Mental Health Training Program*](#). This project is promoting culturally competent clinical care and systems coordination in early childhood mental health through team-based learning.

Update on Project Deliverables:

In the last reporting period, the project conducted meetings to review future plans and project sustainability. Some ongoing efforts in sustainability include:

- Establishment of a 4C Supervision Group to maintain dialogue and reflection between the program graduates. A cultural competency training was conducted on April 22-23 for the 4C Supervision Group, with another training scheduled for October 2017.
- Introduction of *Use of Self as a Cultural Being* training, and The 4C curriculum, in collaboration with Kern Regional Center introduced the. Through training, the project hopes regional centers will replicate the project for ongoing utilization.
- Acceptance to present The 4C curriculum at the Zero to Three National Training Institute on November 29-December 1, 2017.

The project manual/blueprint, timeline, and curricula can be found on the project website <http://reachacrossla.org/>.

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 established a new specialized mental health clinic in Alameda County. The clinic is providing psychiatric assessment, medication management, and individual and group therapy to consumers with dual diagnoses. Additionally, The Schreiber Center will also provide a comprehensive training program for clinicians, to enhance competency in the assessment, diagnosis, treatment, linkage, and discharge of consumers.

Update on Project Deliverables: The Schreiber Center continued project efforts during the last reporting period. The clinical team continued to receive consultation with Dr. Esguerra and participated in a training *Psychiatric Care for Those with Intellectual Disabilities and Comorbid Behavioral Health Issues* on May 3, 2017. Additional consultation meetings were held in February, March, and May.

The Schreiber Center completed the development of video on the referral process used for outreach and trainings. The video will also support the sustainability of the clinic. The video can be found at https://drive.google.com/file/d/0B_oigwbl8y_6anZtM3RvVmQ0bWM/view?usp=sharing.

During the reporting period, the project continued trainings and community outreach activities. Ten trainings were held during the reporting period. The training, *Psychiatric Care for Those with Intellectual Disabilities and Comorbid Behavioral Health Issues* focused on identification, assessment, treatment and coordinated care for individuals with developmental disabilities and comorbid psychiatric conditions. On May 8, 2017 two crisis intervention trainings *Mental Health Issues for Individuals with Intellectual and Developmental Disabilities* were held. One for families and support staff, and one for law enforcement and community partners. Outreach efforts, which included participation in community events and local council meetings.

The project manual/blueprint, timeline, and curricula can be found on the project website <http://reachacrossla.org/>.

SAN DIEGO REGIONAL CENTER

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

Counties: Imperial and San Diego

Project Website: http://sdrc.org/?page_id=5509

Project Background: In collaboration with the Fred Finch Youth Center, this project responds to, and addresses the complex needs of, dually diagnosed transition-age youth who are high utilizers of emergency rooms and acute psychiatric facilities. *PNP* uses evidence-based practices to assist with referral and connection to appropriate community resources; assists with continuity of care before, during, and after hospital admission; and identifies new community resources.

Update on Project Deliverables: During the last reporting period, project outcomes and data were evaluated to determine the effectiveness of the project toolkits and the *TIP* training.

Project representatives met with three hospitals including professional staff such as, social workers, licensed clinicians, nurses and physicians. They were reintroduced to the home to hospital and hospital to home toolkits and the facilitators who would be available ongoing to assist with discharge and stabilization.

During this period, the project continued training on the *PNP* and the toolkits for community mental health providers serving the TAY population. These trainings developed interagency collaboration and resulted in cross-trainings between the regional center and Kickstart, a

county-funded Mental Health program providing assessment, treatment, and linkages for TAY. Additionally, in-patient psychiatric and Emergency room staff, administrators, and social workers were provided an overview of SDRC's roles and responsibilities per the Lanterman Act.

One of the project's goals was to provide training to 15 service providers. Over the course of the project, *PNP* staff provided training to more than 180 professionals on the *PNP*, toolkits, and on coordinated care across systems. In addition to professional staff, the project exceeded the target of 20 consumers enrolled in the *PNP*, with a total of 21 consumers and 8 families participating in the project. Participants were provided training, information, and assistance, including toolkit training and support, coordinated intake and discharge planning to various community resources, and training in emotion regulation using the *TIP* model. Overall, this training resulted in a 62% decrease in hospitalizations from baseline.

Concluding the project, the *PNP* Navigation Coordinator worked with consumers and their planning teams to set up ongoing *TIP* services, mental health resources, and maintenance of the consumers' toolkits to sustain stabilization in the community.

The project manual/blueprint, timeline, and curricula can be found on the project website http://sdrc.org/?page_id=5509 to provide future opportunities for successful replication of the *PNP* project.

WESTSIDE REGIONAL CENTER

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

County: Los Angeles

Project Website: <http://reachacrossla.org/programs/ebps/>

Project Background: In collaboration with the Los Angeles County Department of Mental Health, a host of EBP trainers, and regional center vendors, this project is providing training on three approved Los Angeles County EBPs and their application in prevention and early intervention for consumers with dual diagnoses.

Update on Project Deliverables: During the reporting period, project staff focused on implementing EBP trainings and collecting data from mental health providers who participated in trainings. The following trainings were conducted during the last reporting period:

- Problem Solving Therapy: March 22 and 23, 2017.
- Working with African American Clients and Families Workshop: July 12, 2017.
- Promoting Resilience Against Burnout Workshop: July 13, 2017.
- Mindfulness-Based Practice with Children and Youth Exposed to Trauma: July 19, 2017.
- The Utilization of Motivational Interviewing with Clients of Color Workshop: July 19, 2017.

Outcome evaluations revealed the project has had a valuable impact in the community, and professionals reported an increase in knowledge in adapting EBPs to provide treatment to consumers with mental health disorders and developmental disabilities.

The project manual/blueprint, timeline, and curricula can be found on the project website <http://reachacrossla.org/> to provide future opportunities for successful replication of the EBP project.

Project Title: **Project UNITE**

County: Los Angeles

Project Website: <http://reachacrossla.org/programs/project-unite/>

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 is providing new and enhanced specialized services and supports for transition-age youth (TAY) with, or at risk for, dual diagnoses. The project is also increasing early detection and assessment of mental health conditions, and facilitating linkages with treatment and integrated supports for TAY and their families.

Update on Project Deliverables: Project UNITE continued to focus on recruiting participants for screenings and the wellness drop-in center. To date the 60 TAY clients received screening, and 24 were referred to community resources.

During the reporting period, the TAY Collaborative convened 20 meetings to review findings from the mental health screenings and refer youth to appropriate community resources. The project plans to expand the TAY collaborative to include consumers of all ages to evaluate and manage referral pathways for consumers with or at risk of mental health conditions.

Project staff conducted quarterly outreach to regional center service coordinators, Family Resource and Empowerment Center staff, and members of the TAY Collaborative regarding the availability and importance of mental health screenings. Twenty TAY consumers were referred and received mental health screenings during the reporting period.

The Parent Mentor Program provides emotional and informational support to families. During the reporting period, seven active mentors supported twelve families. The program coordinator convened a bi-monthly check-in with each mentor and informed them of upcoming workshops, trainings, and conferences related to mental health disorders. The project coordinator referred trained parent mentors to apply for parent leader positions in a new WRC parent support program run by the Autism Society of Los Angeles.

Project staff developed a project manual/blueprint and a timeline to provide future opportunities for successful replication of Project UNITE. WRC’s MHSA website <http://reachacrossla.org/> has been redesigned, allowing for mobile device accessibility. The site has also been updated with current project information and curricula.

For additional information regarding each regional center project, please visit: <http://www.dds.ca.gov/HealthDevelopment/>.