

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

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

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 members met on July 26, 2016, and October 25, 2016. The Task Force addressed the status of the project and progress on deliverables. The Task Force also focused on planning for the 2017 *Statewide Forensic Forum*, reviewing objectives, participants, and speakers. The next Task Force meeting will be held in the Spring of 2017.

The 2017 *Statewide Forensic Forum* is scheduled for February 27–28, 2017, and will be held at San Gabriel/Pomona Regional Center. The Forum will allow individuals the opportunity to become informed about what is happening statewide regarding the forensic population and services, and engage in problem solving collaboration with other professionals in small groups.

The Essentials of Competency Training was held on November 1–2 and 14–15, 2016. The training provided the skills and knowledge necessary to implement competency training programs to assist consumers in effectively navigating the criminal justice system. The regional center community services departments have received all of the materials related to the trainings, and will continue to have technical assistance available from a competency training consultant. The trainings were attended by regional center resource development

staff, to enhance comprehension related to provider expectations, and to support the sustainability of programs for new providers.

A resource library is under development, which will include a computer indexing system to make resources more accessible to the community. The website is in the final stages of development, and will be hosted and maintained by the Association of Regional Center Agencies.

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 MHSA 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: Sixty-nine professionals are participating in the last year of the *Foundations of Infant Mental Health Training Program*. These professionals represent the fields of early education, mental health, public health, occupational therapy, and social work. During the reporting period, five training sessions convened, one on each of the following days: July 15, August 26, September 30, October 21, and November 18, 2016. The focus of these sessions was cultural competency. Training materials from these sessions are available on the project website.

During this reporting period, the program participants created a regional resource directory. The directory contains local community resources, including those that promote mental health, and is organized to align with the Neuro-Relational Framework. The directory is available at: <http://www.fresnostate.edu/chhs/ccci/documents/4C%20Resource%20Directory.pdf>.

October 25–28, 2016, the primary faculty from CCCI attended a training, *Personal Approach to Change and Equity Level 1*, with VISIONS, Inc., to enhance existing cultural competency skills. In 2017, the project will establish quarterly 4C Supervision Groups in order to maintain dialogue and reflection between the program graduates. A meeting of participants interested in attending the Supervision Groups is planned for Thursday, February 2, 2017.

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 has had 108 client referrals to date. Currently, there are 32 clients receiving psychotherapy, case management services, medication support or crisis intervention services.

During the reporting period, The Schreiber Center focused on consultation and training for staff and community members. On August 23, 2016, a meeting was held to plan for the upcoming year's objectives, which will focus on staff and community needs related to specialty mental health. Community outreach efforts were continued by disseminating information and brochures at ten different county and community events.

The Schreiber team continues to participate in weekly meetings with the founder of the Puente Clinic, Dr. Chris Esguerra. This has resulted in increased competencies for clinicians to:

- assess mental health needs;
- make differential diagnoses; and,
- identify best matched care.

Mental Health Issues for Individuals with Intellectual and Developmental Disabilities was a series of five trainings conducted on August 30, November 16, November 30, December 5, and December 8, 2016. A total of 100 individuals attended this training. The curriculum is available at: <http://www.acphd.org/schreiber-center/training.aspx>.

In October 2016, the Alameda County Developmental Disabilities Planning and Advisory Council started collaboration with Future Films Production in an effort to create an informational film demonstrating the referral process at The Schreiber Center. This video will be used to train regional center service coordinators on the referral process. A preliminary version of the video will be reviewed for feedback in February 2017.

Upcoming events in 2017 include continued psychiatric trainings and development of a timeline for a pilot referral process to expand the current model to include three mental health agencies as referral sites.

SAN DIEGO REGIONAL CENTER

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

Counties: Imperial and San Diego

Project Website: http://sdr.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: Approximately 41 nurses, physicians, and social workers from The University of California, San Diego, Medical Center and Paradise Valley/Bayview Hospital attended training on November 1 and December 5, 2016. Hospital professionals received an overview of *PNP* and were introduced to both the “Home to Hospital” and “Hospital to Home” toolkits. Professionals also learned how to connect consumers to suitable behavioral health programs, and techniques for implementing the [Transition to Independence Process \(TIP\) Model](#). Additional hospital trainings are being scheduled within the next six months. In addition, the *PNP* Coordinators are working with emergency responders in San Diego County in an effort to have the toolkits included in emergency response plan protocols.

Consumers were referred to *PNP* by regional center service coordinators and hospitals if they met the criteria of a dual diagnosis, and have had multiple long lengths of stay at inpatient psychiatric facilities. The project exceeded the target of 20 consumers enrolled in *PNP*. Currently, transition planning has begun for all consumers enrolled in the project. The *PNP* Navigation Coordinator has been working with consumers and their planning teams to plan for ongoing *TIP* services, mental health resources, and maintaining of the consumers’ toolkits to maintain stabilization in the community.

Project data and progress notes from consumers that are participating in *PNP* are being analyzed and reviewed. As the project comes to a close, it will be evaluated to determine the effectiveness of the toolkits and the *TIP* training.

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. Efforts resulted in approximately 243 local behavioral and mental health providers who participated in the following training and workshops:

- On July 26–27, 2016, 44 clinicians, from 22 different local mental health agencies, attended training focused on adaptations to Dialectical Behavior Therapy (DBT) for individuals with intellectual disabilities. The training included information on trauma, distress tolerance, emotional regulation, relationship effectiveness, and strategies for group and individual therapy efficacy.

- A half-day DBT workshop was attended by 18 parents and 20 providers/vendors on July 27, 2016. The workshop highlighted tools for improving family relationships and strategies for decreasing conflict, increasing cooperation and tolerance for distress, and improving communication and relationship skills.
- Approximately 114 service coordinators from Westside Regional Center attended a mindfulness practice training entitled *Tools to Reduce Stress and Burnout and Promote Effective Communication Training Overview and Evaluation*. This training took place on August 25, 2016, and September 1, 2016, to provide tools to service coordinators for stress reduction to better assist consumers and their families.

Three outcome evaluations were conducted for past trainings. Evaluation data reveals that *Evidence-Based Practices for Dual Diagnosis* has had a valuable impact in the community. Participating local mental health professionals report increased knowledge and enhanced understanding of how to adapt selected EBPs to provide treatment to consumers with mental health disorders and developmental disabilities. Participating clinicians have learned about services that are provided through the regional center.

Project staff developed a project manual/blueprint and timeline to provide future opportunities for successful replication of the EBP project. The materials can be located on the project website. 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.

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. In addition, the program has continued referring families and matching them with a trained Parent Mentor.

The TAY Collaborative convened nine meetings. This multi-disciplinary team supports regional center service coordinators in assessing and planning services for consumers with a dual diagnosis.

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. Eleven TAY consumers were referred and received mental health screenings during the reporting period. A total of 39 were screened and referred to community assessments and supports over the course of the project. The TAY Collaborative continues to refer consumers and their families to additional program components, such as the wellness/drop-in center and the Parent Mentor Program.

The Parent Mentor Program provides emotional and informational support to families. Currently, there are eight active mentors who are supporting seven families. The program coordinator convenes a bi-monthly check-in with each mentor and informs them of upcoming workshops, trainings, and conferences related to mental health disorders. The project conducted a second Parent Mentor training on July 16, 23, and 30, 2016, for the second cohort. On November 19, 2016, a workshop, *Communication Pitfalls*, was attended by six mentors. Project UNITE staff attended several events to inform the community about the program and recruit potential mentors.

A total of 64 individuals, including parents, professionals, and consumers participated in Project UNITE during this reporting period.

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/>.