

Department of Developmental Services
Mental Health Services Act
Progress Report
Fiscal Year 2011-12
July 1, 2011 through December 31, 2011

Background

The Department of Developmental Services (DDS) is overseeing eight innovative regional center (RC) projects for consumers, families, direct service professionals, clinicians, and other professionals. The projects focus on the following priority areas:

1. Enhancing Community Capacity,
2. System Improvement,
3. Service Integration, and
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: The Sacramento County Alcohol and Drug Services Division, National Association on Alcohol, Drugs and Disability, Inc., and the Joint Task Force (including consumers, families, courts, schools, hospitals, law enforcement, mental health, probation, and service providers).

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

ACRC is establishing the *Substance Abuse Reduction* project to develop a multi-agency task force addressing substance abuse and developmental disabilities, a consumer support group, and a residential clean and sober facility. Consumers will have access to substance abuse education focusing on prevention and wellness, while RC staff and service providers will receive education regarding substance abuse in individuals with developmental disabilities.

In 2012, ACRC will present *Addiction Recovery for Individuals with Developmental Disabilities* for professionals in the developmental disabilities, substance abuse, and mental health fields. This event will provide an overview of the RC system; an introduction to the substance abuse system; and a vision of how the systems can work together to meet the needs of this population. During the reporting period, ACRC has held internal planning meetings to develop this event. ACRC and Sacramento County Alcohol and Drug Services Division have held information sharing meetings to best evaluate services.

Project Title: ***MHSA Forums***

Priority Area: 4

Collaborative Partners: The Association of Regional Center Agencies (ARCA), the Mental Health/Developmental Disabilities Collaborative, Sacramento County Children's Mental Health, RCs, Education, and DDS.

In 2012, ACRC will host two *MHSA Forums* to identify and promote best practices and service approaches to effectively serve consumers with mental illness involved in the criminal justice system. These Forums will provide a mechanism for effective system-wide collaboration among probation, courts, child welfare services, mental health, education, and the RC within ACRCs catchment area.

Dually Diagnosed Juveniles in the Criminal Justice System will convene in April 2012, while *Dually Diagnosed Adults in the Criminal Justice System* will convene in June 2012. A local planning committee comprised of key staff from the RCs, mental health, and others are meeting regularly to organize the forums and promote attendance.

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 (includes representatives from child-serving agencies from four of the eight San Joaquin Valley counties), and the Interagency IFECMH Training Council (includes representatives from the Fresno County Department of Social Services, the Fresno and Merced County Offices of Education, the Fresno and Tulare County Children's Services Networks, and the Fresno County Department of Behavioral Health).

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

CVRC is developing a two-year regional training, the *Foundations of Infant Mental Health Training Program*, based on the *Revised Training Guidelines and Personnel Competencies* for IFECMH. The program will be designed for clinicians, service providers, and other professionals from six agencies in the RC catchment area, and will be directly responsive to the professional development needs of participating agencies.

Approximately 75 individuals participated in a statewide webinar on the *California Training Guidelines* on May 6, 2011. The webinar provided the RC the opportunity to publicize the development of the *Foundations of Infant Mental Health Training Program*.

The Regional IFECMH Steering Committee met in September 2011 to develop a training questionnaire that was administered to professionals via meetings for Fresno,

Kern, Madera, Merced, Mariposa, and Tulare counties. The IFECMH Interagency Training Council will review the training questionnaire results and design the training curriculum around the results. CVRC will share the training inventory results with DDS in their June 30, 2012, progress report.

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, National Association for the Dually Diagnosed (NADD); Napa, Solano, and Sonoma county mental health service providers; Special Education Local Plan Area (SELPA); health services personnel; law enforcement; and other professionals.

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

NBRC will replicate San Gabriel/Pomona Regional Center's (SG/PRC) MHSA Cycle I Project, which focused on the best strategies for working with and supporting the families of consumers at risk for abuse and trauma.

Building Bridges – Meeting the Needs of Individuals Diagnosed with a Mental Illness and a Developmental Disability will introduce area professionals to methods and resources for screening, identification, diagnosis, treatment, and discharge in a collaborative cross-system context. The trainings will present effective ways to reduce inappropriate behaviors and differentiate between behaviors associated with mental illness as opposed to behaviors associated solely with developmental disabilities.

On March 7, 2012, NBRC will host a half-day conference specifically designed for families and service providers. Over 20 organizations, including local family resource centers, Easter Seals, First 5, Area Board IV, Autism Speaks, and other agencies received the "Save the Date" announcement.

On March 8, 2012, a one-day conference designed for professionals in the Mental Health/Developmental Disabilities field will convene. RCs, the ARCA, local school districts, human service agencies, and medical associations received the Save the Date announcement. The curriculum was designed to initiate systemic change and improve countywide collaboration. Action planning groups will be established to improve service planning and delivery. Dr. Robert Fletcher will return in Fiscal Years 2012-13 and 2013-14 to facilitate the inter-agency action planning, and assist in furthering the collaborative goals of the action-planning groups formed at the conference.

Project Title: **Project Connect**

Priority Areas: 1, 2, 3, 4

Collaborative Partners: The 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 (consists of key stakeholders from the tri-county areas in the areas of early intervention, early childhood services, SELPAs, County Mental Health, First 5, and family advocacy).

Project Website: www.projectconnectnbrc.net

Project Connect will address the barriers and gaps that exist across the early childhood mental health service systems in Napa, Sonoma, and Solano counties. *Project Connect* will familiarize agencies and professionals with the importance of the social-emotional well-being of young children. Training will prepare professionals to support, evaluate, intervene early, and treat the mental health needs of young children and support their families. *Project Connect* will also build an ongoing evaluation plan to measure progress toward ameliorating barriers.

NBRC and NCOE identified key members in the infant-family and early childhood mental health systems within the tri-county area to form the Leadership Council. NBRC and NCOE held five strategy and planning meetings in preparation for the first Leadership Council meeting, held on October 21, 2011. Fifteen individuals, representing 12 organizations and agencies, met to discuss the goals and objectives of *Project Connect*. At the next meeting, members will identify and prioritize gaps in services and other issues, for which the Regional Interagency Collaborative will seek solutions.

San Gabriel/Pomona Regional Center (SG/PRC)

Project Title: **PROJECT HOPE**

Priority Areas: 4

Collaborative Partners: SG/PRCs Bio-Behavioral Consultation Committee (BBCC), comprised of a psycho-pharmacologist, a psychiatrist, and a behavior specialist; the Alma Family Services; the Board Resource Center; and the Golden Gate Regional Center (GGRC).

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

SG/PRC will replicate GGRCs *Anchor Project*, which established a treatment program for 30 “high risk” consumers with mental health challenges. *PROJECT HOPE* will offer group and individual psychotherapy to an identified core group of adult consumers with a recent history of one or more psychiatric hospitalizations. These consumers will

receive training in anger management, social skills, human sexuality, and problem solving. The goal is for consumers, families, and providers to learn strategies to reduce problem behaviors, and decrease the need for psychiatric hospitalization.

Alma Family Services will provide semi-annual training for SG/PRC staff, families, residential providers, and other vendors. Training will 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.

The project's Executive Summary has been developed and presented to the SG/PRC case management staff. The BBCC is reviewing the list of consumers, who will potentially participate in the project. The Intake Form, tailored for consumers, and the Referral Form, designed for service coordinators and support staff, are in the final review phase.

Westside Regional Center (WRC)

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

Priority Areas: 1, 2, 3

Collaborative Partners: The North Los Angeles County Regional Center (NLACRC), the Los Angeles County Department of Mental Health, the Child and Family Center, and the Task Force (comprised of consumers, family members, advocates, mental health and medical professionals, therapists, social workers, care providers, the Department of Children and Family Services, the Department of Rehabilitation, the Department of Probation, education, and vocation).

Projects' Website: www.reachacrossla.org

The *LATAY SIP* will identify local needs, barriers, and patterns of services use of transition age youth (TAY) in the Los Angeles area. TAY and their families will support the project by identifying services used most frequently; identifying points of entry; identifying the strengths and weaknesses present at each agency; and identifying barriers to multi-agency collaborative services. In-service training events will address identified needs of TAY and provide a forum to collaborate, exchange 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.

The *TAQS* project will identify what assessment and treatment models are being utilized, develop quality assessment tools to evaluate best practices, and improve integrated systems of care for consumers with mental illness. The Interagency Collaborative will expand its role to address current service needs, and will create tools, based on administrative record reviews and surveys, to enhance the quality of assessments and treatments for consumers with mental health challenges.

WRC developed and launched www.reachacrossla.org, a website devoted to WRC's cross-system collaborative projects to:

- Be a comprehensive community resource for health professionals, families, and individuals with developmental disabilities and mental health disorders; and
- Provide an online home to each of their MHPA grants.

WRC designed a website flyer to distribute at community-based meetings to recruit participants and increase project awareness. The first joint task force meeting convened on September 30, 2011, and will meet quarterly. Individuals from each area of the service delivery system are participating in the task force.

The Task Force will request approval from the Committee for the Protection of Human Subjects to analyze administrative data on individuals with a dual diagnosis served by WRC and NLACRC. This request will build a broad profile of common demographic, logistical, educational, medical, and service factors for consumers with or at risk for dual diagnosis.

For both projects, two research assistants have begun a systematic literature review on needs assessments and intervention to guide the next phase of the projects.