

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

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 (ARCA) and RCs, Central Valley Regional Center (CVRC) is developing a training curriculum, convening training, and providing 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: The Forensic Task Force members met on February 23, 2016, and the meeting focused on planning for the 2016 *Statewide Forensic Forum*. Members determined that information gathered from collective discussions at the 2015 *Statewide Forensic Forum* will be utilized to continue to develop important and valuable statewide interagency collaboration and community resources. Two additional Forensic Task Force meetings were scheduled for July 26 and October 25, 2016.

On March 7-9, 2016, ARCA presented the project at the *9th Annual Developmental Disabilities Public Policy Conference*. Over 200 professionals, consumers, and family members attended the conference.

Over 100 professionals from all 21 RCs attended the 2016 *Statewide Forensic Forum* on April 26-27, 2016. The *Forum* consisted of panel discussions followed by small work group discussions regarding the mental health court system, multi-system collaboration, developing forensic expertise within the RCs, and developing community resources and services and supports. The 2017 *Statewide Forensic Forum* is scheduled for February 27-28, 2017.

On June 7-8, 2016, 20 individuals, comprised of RC staff and other professionals, attended *The Essentials of Competency Training*. Participants learned competency training fundamentals for individuals with developmental disabilities. This train-the-trainer model provided the skills and knowledge necessary to implement competency training programs to assist consumers in effectively navigating the criminal justice system. Two competency training tools, *The Slater Method* and *The Florida State Hospital Curriculum (CompKit)*, were presented to participants.

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 is expanding the content of CVRC's MHSa Cycle II project, the [*Foundations of Infant Mental Health Training Program*](#). Through team-based learning, 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 Year Two 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, 10 training sessions convened on January 13, January 28, January 29, February 12, February 25, February 26, March 17, April 15, April 29, and June 24, 2016. These sessions focused on the *Neuro-Relational Framework (NRF)*, followed by small group case discussions. Training materials from these sessions are available on the project website. The remaining training sessions will convene on July 15, August 26, September 30, October 21, October 28, and November 18, 2016.

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 is establishing 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.

Update on Project Deliverables: The Advisory Council members met on March 25 and June 28, 2016, and received project updates and progress to date. Stakeholders met on January 26, 2016, to identify goals and strategies for community training and outreach. As a result, the following trainings and events convened during the reporting period and participants received information regarding the services and supports that are offered at *The Schreiber Center*.

- Over 60 professionals from Arc of Alameda County, Community Access, Creative Growth Day Program, and Thrive Support Services attended *Mental Health Issues for Individuals with Intellectual and Developmental Disabilities* on April 29, May 3, May 17, and June 10, 2016. This training provided information on risk factors for mental illness, common diagnoses and symptoms, and strategies for supporting consumers.
- On May 9, 2016, project staff attended the Regional Center of the East Bay Consumer Advisory Committee meeting to answer questions related to specialty mental health criteria, insurance, and eligibility. Consumers in attendance were invited to join the Advisory Council to provide advocacy and feedback for *The Schreiber Center* staff.
- Seventy-six individuals, including parents and direct support professionals from 21 local support agencies, attended *Trauma-Informed Services for Persons with Intellectual Disabilities: Safe and Effective* on May 24, 2016. Participants were introduced to the six core values of a trauma-informed program. Participants also gained skills to allow adults with developmental disabilities to develop skills for safety, self-regulation, and self-determination.
- On June 28, 2016, approximately 50 individuals from *The Schreiber Center*, dignitaries, local providers, and others attended the grand opening of the center in Hayward, California.
- The multi-disciplinary consultation group continues to meet monthly to evaluate clinical issues and provide feedback regarding complex cases. The group also discusses cases regarding medication management needs of consumers. Clinical staff report this multi-disciplinary approach is helpful in supporting the consumers being served.

The Schreiber Center has 22 cases that are currently open for assessment, counseling services, and medication management.

SAN DIEGO REGIONAL CENTER

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

Counties: Imperial and San Diego

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

Project Background: In collaboration with the Fred Finch Youth Center, this project responds to and addresses the complex needs of dually diagnosed transitional 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 60 nurses, physicians, and social workers from Aurora Behavioral Health Care, Jewish Family Services Patient Advocacy, Scripps Mercy Hospital, and Sharp Mesa Vista Hospital attended four trainings on February 25, April 14, April 15, and May 18, 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](#). Three additional hospital trainings are being scheduled within the next six months.

Consumers are referred to the *PNP* by RC service coordinators and hospitals if they meet the criteria of a dual diagnosis and have had multiple long lengths of stay at inpatient psychiatric facilities. These consumers may benefit from either the *TIP Model* or a mental health connection, or both. Consumers may also receive intensive case management services from the *PNP* Navigation Coordinator. There are currently 10 consumers enrolled in the *PNP* and four consumers' cases have been closed or referred to community resources. The *PNP* Navigation Coordinator is monitoring each consumer's hospitalization and collaborating with hospital staff regarding the effectiveness of the aforementioned toolkits. Project staff are maintaining data and progress notes on consumers that are participating in the *PNP*. In early 2017, along with targeted survey questions, the data 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://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 is providing 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: During the reporting period, project staff focused on implementing EBP trainings and collaborating with representatives from DMH to ensure all training followed protocol guidelines. As a result of these efforts, approximately 130 local behavioral and mental health providers participated in the following training and workshops:

- On April 22, 2016, 40 clinicians from 22 local mental health agencies attended *Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)*. Participants learned concepts of phase-oriented trauma treatment and adaptations to the *TF-CBT* model for children with intellectual and developmental disabilities. Participants also learned how to incorporate caregivers and affiliated service providers into consumer center trauma treatment, and how to develop a resilience plan. The trainer emphasized the importance of and the need for adapted treatment and cultural considerations.
- Twenty-eight clinicians from 11 local mental health agencies attended *Seeking Safety* on May 10 and May 11, 2016. Participants received a copy of the official *Seeking Safety Treatment* manual to utilize during and after the training. The trainer dedicated a large portion of time on case studies devoted to adaptations specific to individuals with developmental disabilities.

- On March 24, 2016, psychologists and social workers from 11 different local agencies attended the *Triple P Extension* training. These clinicians are already accredited in *Triple P Standard Stepping Stones*; however, they attended this training to learn how to apply the *Triple P* skills with children with developmental disabilities.
- Eleven clinicians from seven different local agencies attended a *Seeking Safety with Intellectual and Developmental Disabilities* workshop on May 19, 2016. The training assisted clinicians in applying the *Seeking Safety* model to their therapeutic work with consumers who are dually diagnosed. Participants also received an overview of RC eligibility and services.
- A half-day *Child-Parent Psychotherapy (CPP) with Co-Occurring Intellectual Disabilities* workshop convened on June 28, 2016. Twenty-five clinicians from 16 local agencies strengthened their knowledge of RC eligibility and services, developmental differences profiles, and application of *CPP* with special needs populations. Participants also explored the core concepts of evidence-based practice in special needs infant-preschooler populations, evaluated mental health treatment issues specific to special needs populations and trauma, and discussed integration of the *CPP* model.

Project staff conducted two outcome evaluations for two past trainings. Preliminary data reveal how valuable the *EBP for Dual Diagnosis* project is for the community. Many local mental health professionals have increased their knowledge and enhanced understanding of how to adapt selected *EBPs* in providing treatment to consumers with mental health disorders. Many other clinicians have learned about services that are provided through the RC.

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 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: During the reporting period, the TAY Collaborative convened nine meetings. Seven additional meetings are planned for July and August 2016. Members continue to support RC service coordinators that serve consumers and their families in assessing, planning, and reviewing cases to sort out complexities of care resulting from challenging conditions.

Project staff conducted quarterly outreach to RC service coordinators, Family Resource and Empowerment Center staff, and members of the TAY Collaborative regarding the availability and importance of mental health screenings. Twenty-four TAY consumers were referred and

received a mental health screening. 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. Consumers are currently attending weekly meetings and receiving psycho-educational and wellness services.

The Parent Mentor Program provides emotional and informational support to families. Currently, there are four active mentors, which are supporting eight families. The program coordinator convenes a monthly check-in with each mentor and informs them of upcoming workshops, trainings, and conferences related to mental health disorders. *Project UNITE* staff attended several events to inform the community about the program and recruit potential mentors. Over 25 individuals have expressed interest in participating in upcoming Parent Mentor trainings scheduled for July 16, 23, and 30, 2016.

For additional information regarding each RC project, please visit <http://www.dds.ca.gov/HealthDevelopment/cycle3.cfm>.