

Department of Developmental Services
Mental Health Services Act
Project Updates
Cycle III – Fiscal Years 2014-15 through 2016-17
Reporting Period: July 1, 2015 – December 31, 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) 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: Seven professionals attended a competency training workshop, *The Essentials of Competency*, on December 16-17, 2015. These professionals 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 staff began recruiting various community agencies and providers to deliver competency training. Community agencies and providers interested in becoming an RC vendor shall submit a program design to develop training curriculum and convene training, in addition to provide technical assistance.

Approximately 40 professionals attended four statewide RC Forensic Specialist meetings on August 24, September 22, September 30, and October 1, 2015. Professionals from Alta California, Central Valley, San Gabriel/Pomona, and Frank D. Lanterman RCs provided feedback to project staff about the 2015 Statewide Forensic Forum. These individuals valued the opportunity to collaborate and learn from others. During the forum, statewide issues were

identified and included competency, court-related training and collaboration, data collection, juveniles, and placement considerations. During each meeting, group members tailored these statewide issues to their local area.

The next Statewide Forensic Forum is being planned for Spring 2016 for RC forensic specialists, community services, case management, and clinical staff. Project staff will use the information gathered from the shared discussions at the 2015 Statewide Forensic Forum to continue to develop community resources and strengthen statewide interagency collaboration.

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.

Update on Project Deliverables: The last five training sessions for Year One convened on August 21, September 18, October 9, October 23, and November 20, 2015. These sessions built upon previous sessions and emphasized procedural and symbolic play presentations as formats for working through trauma. Professionals from the fields of education, mental health, occupational therapy, psychology, and social work learned how to reinforce connections between the *Cultural Competence Lens for the Neuro-Relational Framework*. Participants were presented with information regarding the principles of Child Parent Psychology and how they connect to this model.

Evaluation data reveals that participants felt a sense of growth both personally and professionally. Participants also noted they are now able to successfully integrate the knowledge and skills acquired from the Year One training sessions into their work with children and families. All training materials for Year One are posted on the project website.

Based on feedback from Year One participants, the Year Two sessions will begin with an immersion into both the *Neuro-Relational Framework* and *Use of Self as a Cultural Being* models. Sixty-two professionals were recruited for Year Two and the first session will commence on January 13, 2016, and conclude in November 2016. The Year Two training schedule is available 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 is establishing a new specialized mental health clinic in Alameda County. The clinic is providing psychiatric assessments, medication management, and individual and group therapy to consumers with dual diagnoses.

Update on Project Deliverables: The Schreiber Center has received a total of 39 referrals, and 10 cases are currently open for assessment, counseling services, and medication management.

The multi-disciplinary consultation group continues to meet monthly to evaluate clinical issues and provide feedback regarding complex cases. The group also provides ongoing assessment of staff skills to identify training needs. A Brown Bag Training Series convened to increase community awareness of the Schreiber Center services and increase awareness of issues concerning individuals with developmental disabilities and co-occurring mental health diagnoses. Participants were provided with information regarding Schreiber Center services, supports, and outreach materials. All training materials for the trainings below are available on the project website.

- On August 27, 2015, 20 professionals attended *The Fine Line: The Balance Between Supporting Individuals in their Intimate Relationships and Protecting Vulnerable People*. Learning objectives included exploring how personal experiences, including cultures, impact how professionals support consumers, and identifying the most common issues and concerns that families and staff have related to sexuality among consumers.
- On September 23, 2015, 31 professionals attended *Intellectual Deficits and Mental Illness*. Training focused on understanding social stories, limited adaptive skills, sensory integration, communication enhancement, baseline, and co-regulation.
- On October 28, 2015, 16 professionals attended *Suicide Prevention for Individuals with Developmental Disabilities*. Professionals learned intervention and safety planning techniques, how to recognize when a consumer may be at risk for suicide, and the importance of warning signs and risk factors for suicide.
- On November 30, 2015, 15 professionals attended *Trauma-Informed Services for People with Developmental Disabilities: Safe and Effective*. This training provided the foundation for trauma-informed service focusing on adults with developmental disabilities. 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.

The Advisory Committee convened meetings on September 18, 2015, and December 4, 2015. The next meeting is scheduled for March 25, 2016.

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 responds to and addresses the complex needs of dually diagnosed transitional age youth (TAY) who are high utilizers of emergency rooms and acute psychiatric facilities. The 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: Over 70 counselors, nurses, and social workers from Palomar Medical Center, Bayview Behavioral, Paradise Valley, and Tri-City Hospitals attended three trainings on July 28, August 25, and October 28, 2015. Hospital professionals received an overview of the 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. Two additional trainings will convene in January and February 2016.

To date, five consumers are currently enrolled in the PNP. These consumers were referred by RC service coordinators and hospitals as they met the criteria of a dual diagnosis and had multiple long lengths of stay at inpatient psychiatric facilities. These consumers may benefit from either the TIP Model or community mental health resources, or both. Consumers may also receive intensive case management services from the PNP Navigation Coordinator.

Once a consumer is identified, the PNP Navigation Coordinator collects baseline data, identifies, coordinates, and makes referrals to community resources. The coordinator also closely monitors each consumer’s hospitalization and collaborates with hospital staff regarding the effectiveness of the aforementioned toolkits, and changes will be made cooperatively.

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: Project staff continued to research EBP and collaborate with training developers and implementation consultants. EBP staff collaborated with DMH representatives to ensure all training followed protocol guidelines. As a result of these efforts, the following four trainings convened during the reporting period:

- On July 10, 2015, 40 mental health clinicians from 16 local mental health agencies attended *Dialectical Behavior Therapy (DBT) “Nuts and Bolts.”* Participants learned to structure individual and group therapy sessions, conduct telephone coaching, complete chain analysis, and practice a variety of DBT skills, including mindfulness, distress

tolerance, emotion regulation, and interpersonal effectiveness. In addition, these clinicians have participated in six monthly DBT consultation meetings for ongoing support as DBT is implemented with consumers.

- Thirty-six clinicians from 16 local mental health agencies attended a *Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) Booster* training on December 8, 2015. Participants practiced engagement strategies, gradual exposure, trauma narrative, and discussed complex trauma applications. Thirty-three of these clinicians are completing the certification process, which includes participation in the three aforementioned trainings, consultation calls, and submission of two audiotapes of sessions with consumers.
- Twenty clinicians from 10 local agencies attended the *Positive Parenting Program (Triple P) Standard Stepping Stones* on November 16-18, 2015. After the training, clinicians were encouraged to start delivering Triple P interventions in preparation for the pre-accreditation workshop, which convened on December 16, 2015. Additionally, these clinicians are currently practicing the competencies, which will be targeted during the two-day accreditation workshop in January 2016.
- Thirty-nine clinicians from 12 various DMH agencies attended *Individual Cognitive Behavior Therapy (CBT)* on December 9-11, 2015. Participants learned about neurodevelopmental disabilities and comorbid psychiatric disorders. For participants that would like to become certified, DMH will cover the costs for participants to complete the remaining training protocols. The remaining protocols include participation in 16 weekly, 55-minute consultation calls, a one-day booster training, submission of one audiotape, and one case conceptualization on three existing *CBT* consumers.

The trainings above consisted of multi-media presentations and break-out group activities to practice applying training concepts. Training participants completed pre- and post-evaluations to assess understanding and retention of the concepts presented. Data from the evaluations reveal that training was both informative and engaging. Continuing education credits were offered to eligible licensed clinicians. All training materials are available on the project website.

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 provides new and enhanced specialized services and supports for transition-age youth (TAY) with, or at risk of, 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: In July 2015, the TAY Collaborative began convening one additional monthly meeting. The TAY Collaborative supports 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 UNITE staff continues to inform RC service coordinators, Family Resource and Empowerment Center staff, and TAY Collaborative members regarding the availability of mental health screenings.

During this reporting period, 30 consumers received a mental health screening and the results were presented to the TAY Collaborative. The Sidekicks program is currently providing ongoing psycho-educational services to six consumers through the wellness/drop-in center. While some of the services provided are workshop based, others are free-formed and drop-in based. Consumers are learning to exercise, choose healthy food options, give back to the community, build relationships with peers, participate in field trips, play video games, and listen to and make music. Participant evaluations noted that Sidekicks has helped them try things out of their comfort zone and explore things they never thought of doing before. The TAY Collaborative has linked the remaining consumers to community skills programs, mental health counseling services, job training, higher education resources, and support groups, such as the Parent Mentor Program.

The parent mentors are currently supporting seven families by providing emotional and informational support to families. The program has supported mentors through monthly trainings such as motivational interviewing and trauma-informed care of others. Parent mentors also participate in monthly continuing education workshops and provide input for additional trainings that may assist other parents. On December 5, 2015, 15 parents attended *Redefining Trauma: A Journey of Hope*. Parents learned self-care tips to recharge their own internal resources, gain resiliency, and better manage traumatic stress experiences.

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