

**Department of Developmental Services (DDS) Mental Health Services Act Fiscal Year 2008-09 Work Plan**

**Goal 1: Improve the care for consumers with a dual diagnosis (developmental disability and mental illness) by training Service Providers, and Families and Consumers**

<b>Activity</b>	<b>Outcome</b>	<b>Timeline</b>	<b>DDS Responsible Party</b>	<b>Secondary Responsible Party</b>
<p>1. A series of trainings and support materials will be developed, and will be offered online and in regional locations throughout the state. Trainings will concentrate on mental health issues for persons with a developmental disability and dual diagnosis, as well as their families. Trainings will occur once or twice each year and will target direct service providers (DSP), consumers and family members. It is estimated that 25 to 50 participants will attend each training.</p>	<p>These trainings and support materials will focus on improving and enhancing:</p> <ul style="list-style-type: none"> <li>• care for consumers with a dual diagnosis (such as increased use of community outpatient resources and reduced numbers of administrative days used);</li> <li>• the identification of problems resulting from mental illness much earlier in the lifespan;</li> <li>• coordination of care with psychiatrists and other local mental health professionals;</li> <li>• support and management for consumers with a dual diagnosis;</li> <li>• community collaboration between schools, mental health clinics, regional centers (RC), and other agencies in coordination of care for services for those with dual diagnoses;</li> <li>• cultural competence of mental health professionals and others who work with those with a dual diagnosis; and,</li> <li>• knowledge of special care-giving strategies for infants and young children who have been traumatized by abuse and neglect and who are served by RCs.</li> </ul>	<p>Training will occur on an at least annual basis to be determined by each RC receiving funding.</p>	<p>Health Development Section (HDS)</p>	<p>RCs &amp; County Mental Health Agencies</p>

<b>Activity</b>	<b>Outcome</b>	<b>Timeline</b>	<b>DDS Responsible Party</b>	<b>Secondary Responsible Party</b>
2. DDS will utilize a system of on-line training so that consumers with a dual diagnosis, families, service providers, etc. can access training materials when it is convenient for them to do so.	<p>Increased access of training materials by families, consumers, direct support professionals, as well as other stakeholders.</p> <p>Usage will be reported to DMH semi-annually on DDS' progress report.</p> <p>The on-line program will have capability for adaption or modification to meet the changing needs of the population it serves.</p>	<p>Summer 2010</p> <p>Ongoing, upon identification of a Contractor.</p>	HDS	Contractor
3. DDS will issue a Request for Application for RC to conduct trainings, and develop support materials or contract with local community RC providers and/or mental health providers to complete these activities.	Enhanced knowledge and understanding of persons with a dual diagnosis.	Funding to RCs will begin in Spring 2009, and last through June 2011.	HDS	RCs & County Mental Health Agencies
4. DDS will include the Family Resource Center Network of California (FRCNC) in the distribution of support materials for consumers and families.	Families who access FRCs will be provided with materials that include information on mental health.	Development of materials will begin by Fall 2009.	HDS	FRCNC
5. DDS will develop, or contract for development, a newsletter to be distributed for consumers and family members. Different methods of distribution will be explored.	Consumers and families will have access to up-to-date information on mental health and developmental disabilities.	Annually	HDS	
6. RCs will offer trainings to consumers with a dual diagnosis/families, and DSPs.	Increased knowledge of how to access community resources and self-advocate for services; increased understanding of mental health management and medication management.	Training events will occur annually.	HDS	RCs & County Mental Health Agencies

**Goal 2: Expand Community Capacity - Best Practice Training for Clinicians & Other Professionals**

<b>Activity</b>	<b>Outcome</b>	<b>Timeline</b>	<b>DDS Responsible Party</b>	<b>Secondary Responsible Party</b>
<p>1. DDS will issue a Request for Application for RC to conduct trainings and develop support materials, or to contract with local community RC providers and/or mental health providers to complete these activities.</p>	<p>Expanded knowledge of:</p> <ul style="list-style-type: none"> <li>• Evidence-based and innovative models for effective coordinated and integrated services for consumers with dual diagnoses;</li> <li>• Screening and early identification of social-emotional problems, prevention and early intervention strategies, mental health triage, and cross referrals to appropriate services;</li> <li>• Interventions and strategies for families, as well as for individuals with dual diagnoses;</li> <li>• Early childhood developmental considerations with emphasis on the age appropriate resources and referrals for at risk infants and toddlers and their parents; and,</li> <li>• Financing resources and options.</li> </ul>	<p>Trainings will be conducted from annually through the grant period (2009-2011).</p>	<p>HDS</p>	<p>RCs &amp; County Mental Health Agencies</p>
<p>2. Training on issues affecting persons with a dual diagnosis will be included in DDS sponsored healthcare professional training activities. It is anticipated that up</p>	<p>Existing training events will incorporate mental health as a topic area. Clinicians will be exposed to information on mental health issues.</p>	<p>Annually</p>	<p>HDS</p>	<p>UC Medical Schools</p>

Activity	Outcome	Timeline	DDS Responsible Party	Secondary Responsible Party
to 200 clinicians will attend each activity. Target audience will be primary care physicians, nurses (NPs, LVNs, LPNs), psychologists, MFTs, LCSWs, and other healthcare professionals.				
3. RCs will annually co-sponsor a series of training for RC and community mental health clinicians on a variety of mental health issues, including how to assess, diagnose, and treat individuals with a dual diagnosis as well as early identification and referral. Target audience will consist of 50 to 100 individuals including psychiatrists, psychologists, pediatricians, RC and community mental health staff, educators, case managers, program directors, and administrators.	Collaborative training will increase the skill level of staff in RCs, county mental health agencies, community clinicians, and RC providers to better serve persons who are dually diagnosed.	Training will occur on an annual basis to be determined by each RC receiving funding.	HDS	RCs, in collaboration with their local community mental health agencies.

**Goal 3: Regional Planning to address opportunities and obstacles towards improving the delivery systems at the local level.**

<b>Activity</b>	<b>Outcome</b>	<b>Timeline</b>	<b>DDS Responsible Party</b>	<b>Secondary Responsible Party</b>
<p>1. The DDS Consulting Psychologists will work collaboratively with the Association of Regional Center Agency’s (ARCA) Mental Health Consultants and local programs to conduct needs assessments.</p>	<p>The intended outcomes of the assessments will include:</p> <ul style="list-style-type: none"> <li>• Identification of consumers at risk, who represent multiple inpatient hospitalizations, ongoing placement problems, and high costs without satisfactory resolution of their mental illness and resulting behaviors.</li> <li>• Assessment of the need for inpatient diversion programs with a goal of maintaining a consumer’s residence in a less restrictive environment;</li> <li>• Identification of the need for mobile urgent care teams;</li> <li>• Evaluation of the use of 23-hour beds for future assessment and observation, thereby avoiding inpatient admissions;</li> <li>• Assessment of the need for aftercare options following intensive treatment;</li> <li>• Assessment of the need for Crisis Residential Facilities and evaluate successful programs and research options for programs with blended funding, including the use of federal funds;</li> <li>• Exploration of transitional placement options for consumers with dual diagnoses who are moving from a restrictive environment to a lesser restrictive setting;</li> <li>• Investigation of the use of developmental centers as a community resource, for example, in assessing and monitoring consumers who are titrating off medications.</li> </ul>	<p>Through-out grant period (2009-2011)</p>	<p>HDS</p>	<p>The Mental Health/ Developmental Services Collaborative, ARCA, RCs, County Mental Health Departments, and additional stakeholders, as identified.</p>

<p>2. DDS will convene regional planning activities with RC staff, consumers/family members, community mental health professionals, and other stakeholders. It anticipated that between 50-75 participants will attend each activity.</p>	<p>The regional planning projects will address opportunities and obstacles towards improving the delivery systems at the local level.</p>	<p>2009-2011</p>	<p>HDS</p>	<p>ARCA, and the Mental Health / Developmental Services Collaborative</p>
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