

TRI-CITY
MENTAL HEALTH SYSTEM

PREVENTION + EARLY
INTERVENTION PLAN



Focus for today

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- ▶ Review the draft Tri-City Prevention and Early Intervention Plan
- ▶ Questions and reflections
- ▶ Next steps



A quote ...

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- ▶ If you want to go fast, go alone. If you want to go far, go together.
—African proverb

Mental Health Services Act requirements: 5 plans

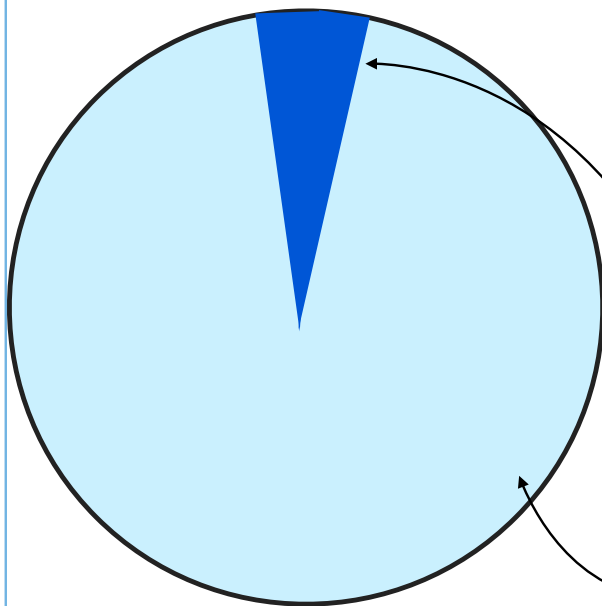
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- ▶ **Community Services and Supports (CSS):** focus on individual and families in greatest need; planning by age group
- ▶ **Prevention + early intervention (PEI):** Prevention; Early identification + intervention; Suicide prevention; Anti-Stigma/Anti-Discrimination
- ▶ **Workforce education + training:** Existing staff + potential new practitioners
- ▶ **Capital facilities and technology (+ Housing)**
- ▶ **Innovation:** Increase access, outcomes, collaboration

Mental Health Services Act requirements: 5 plans

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- ▶ We have completed, received approval for, and begun implementation of the Community Services and Supports (CSS) Plan.
- ▶ This conversation is about the Prevention and Early Intervention (PEI) Plan.



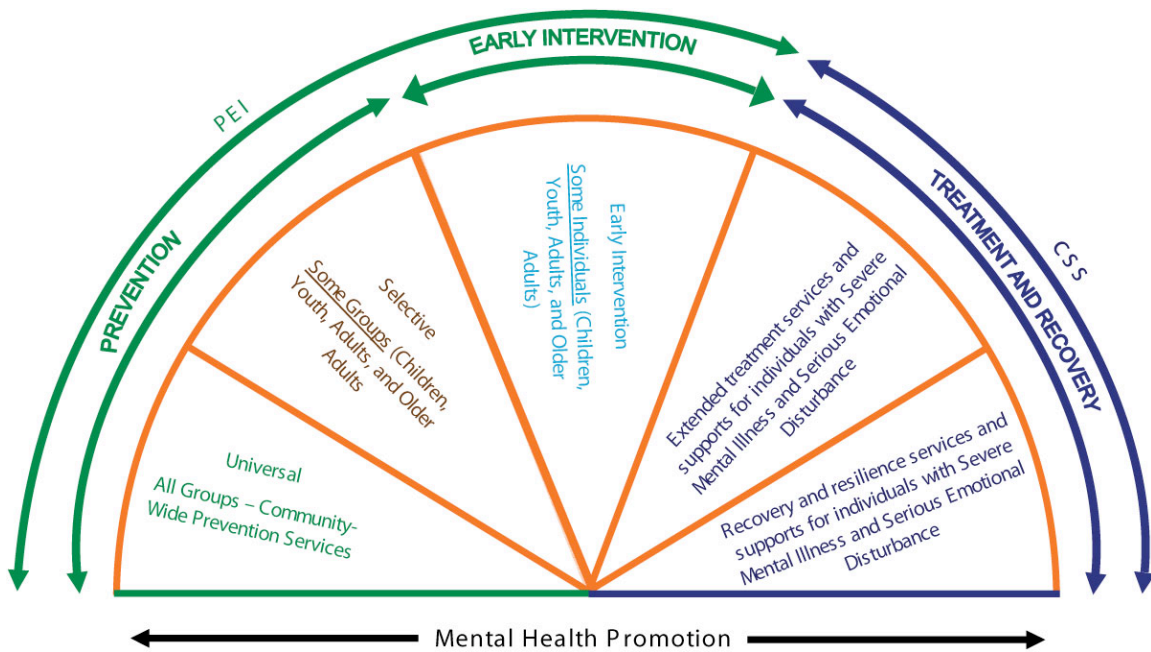
Tri-City pop: 230,000

Generally accepted prevalence rates for SMI/SED: 6.5% or 15,000

CSS is about people in the 6.5%.

PEI is about groups of people in the 93.5%.

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Community mental health needs addressed by PEI

- ▶ Prevention efforts/responses to early signs of emotional and behavioral health problems 0-25
- ▶ Disparities in access to early mental health interventions
- ▶ Suicide risk
- ▶ Negative psycho-social impact of trauma for all ages
- ▶ Stigma and discrimination

PEI priority populations

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- ▶ Individuals experiencing onset of serious psychiatric illness
- ▶ Children and youth in stressed families
- ▶ Trauma-exposed individuals
- ▶ Children + youth at risk for school failure
- ▶ Children + youth at risk of or experiencing juvenile justice involvement
- ▶ Underserved cultural populations

The \$ bottom line

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- ▶ **On-going services: we took a very conservative \$ approach**
 - ▶ Assumed \$1 million annual budget target ...
 - ▶ A 5% annual increase in expenses ...
 - ▶ The worst case revenue scenario extended out several more fiscal years beyond FY 2012-13 ...
 - ▶ We can continue services through **FY15-16.**

The \$ bottom line

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- ▶ Non-recurring funds: A total of **\$1,275,028** that will be expended by **June 30, 2013**
- ▶ Training + Technical Assistance Funds specifically for PEI: **30,800 per year for 4 fiscal years: FY 08-09—FY 11-12**

Five defining values

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- ▶ A focus on **communities**
- ▶ A commitment to **strengthen the capacities of communities** to promote the mental and emotional wellbeing of their members
- ▶ A commitment to **sustainability**
- ▶ A commitment to community-defined **results**
- ▶ A commitment to **learning**

Focus for today: The 3 Projects in the PEI Plan

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- ▶ **PEI Project 01: Community Capacity-Building**
 - ▶ Community Wellbeing Program
 - ▶ Mental Health First Aid Program
- ▶ **PEI Project 02: Family Wellbeing and Peer Support Project**
 - ▶ Family Wellbeing Program
 - ▶ Peer Support Program

3 Projects in the PEI Plan, cont'd

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- ▶ **PEI Project 03: Student Wellbeing**
 - ▶ K-12 Student Wellbeing Program
 - ▶ College Student Wellbeing Program

PEI Project 01: Community Capacity-Building

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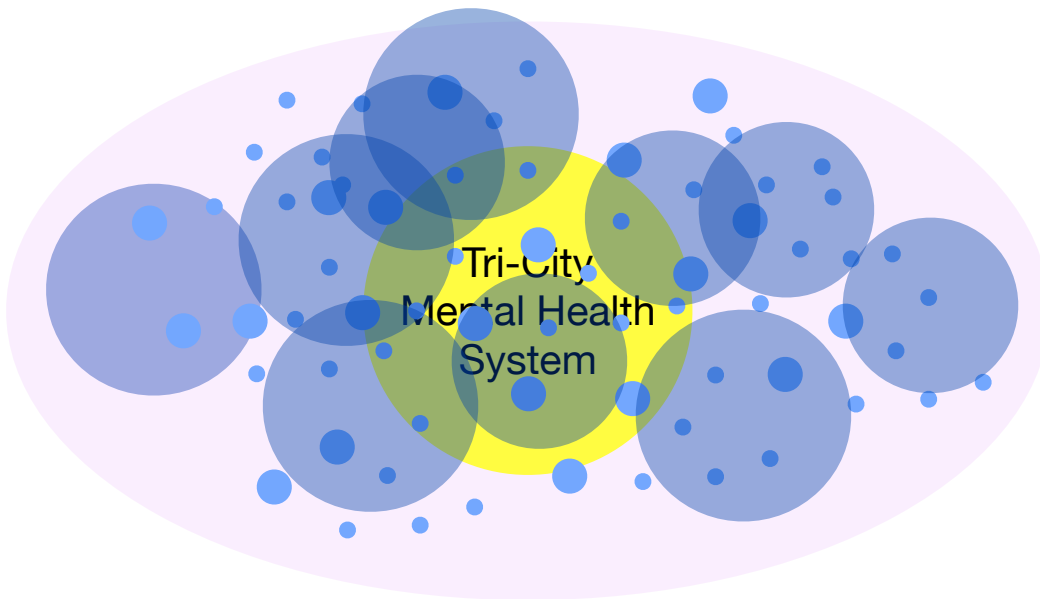
- ▶ Community Wellbeing program
- ▶ Mental Health First Aid program

PEI Project 01: Community Wellbeing program

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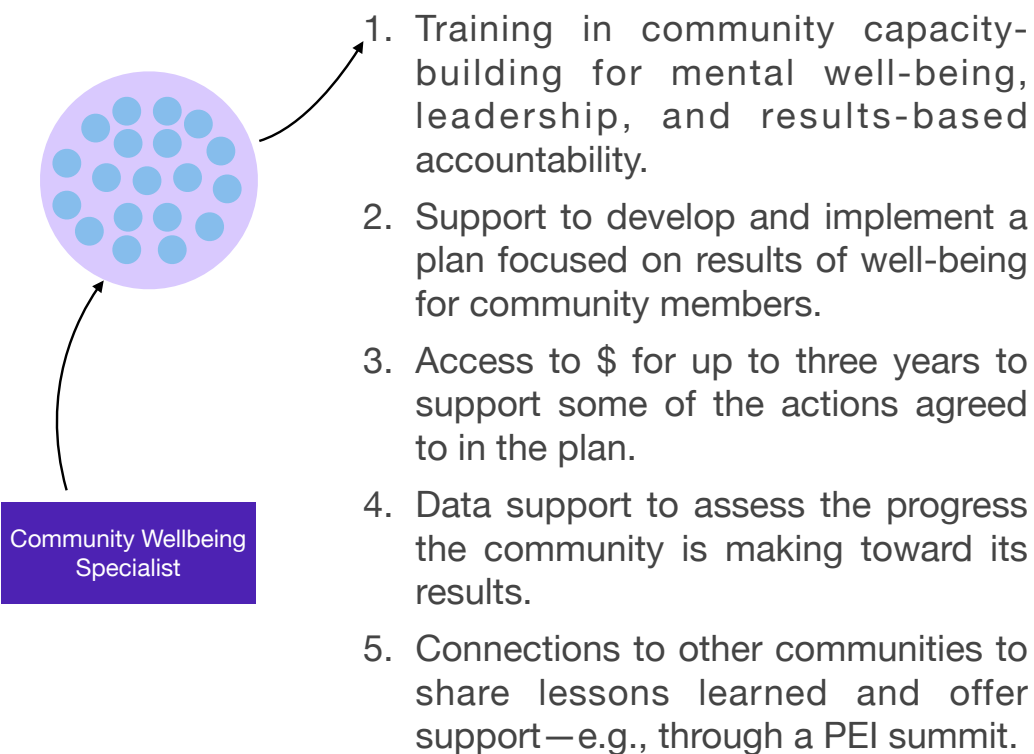
Community defined: a group of individuals who have sufficiently strong relationships that they provide tangible support to each other and can act together.

Tri-City Area



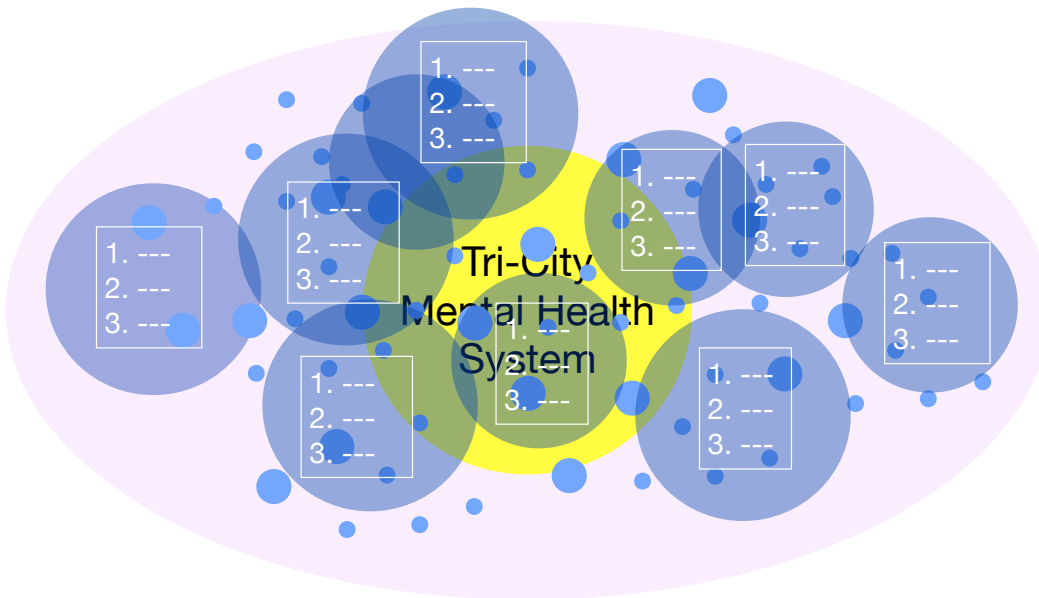
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Community Wellbeing program



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Tri-City Area



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PEI Project 01:

Mental Health First Aid program

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- ▶ Evidence based-practice
- ▶ Parallel to physical first aid (e.g., CPR)
- ▶ Basic structure
 - ▶ 5-day training for MHFA facilitators (25 in first cohort; 2 on staff with Tri-City)
 - ▶ Facilitators train first aiders across the community

PEI Project 02: Peer Support and Family Wellbeing

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- ▶ Peer Support program
- ▶ Family Wellbeing program

PEI Project 02: Peer Support Program

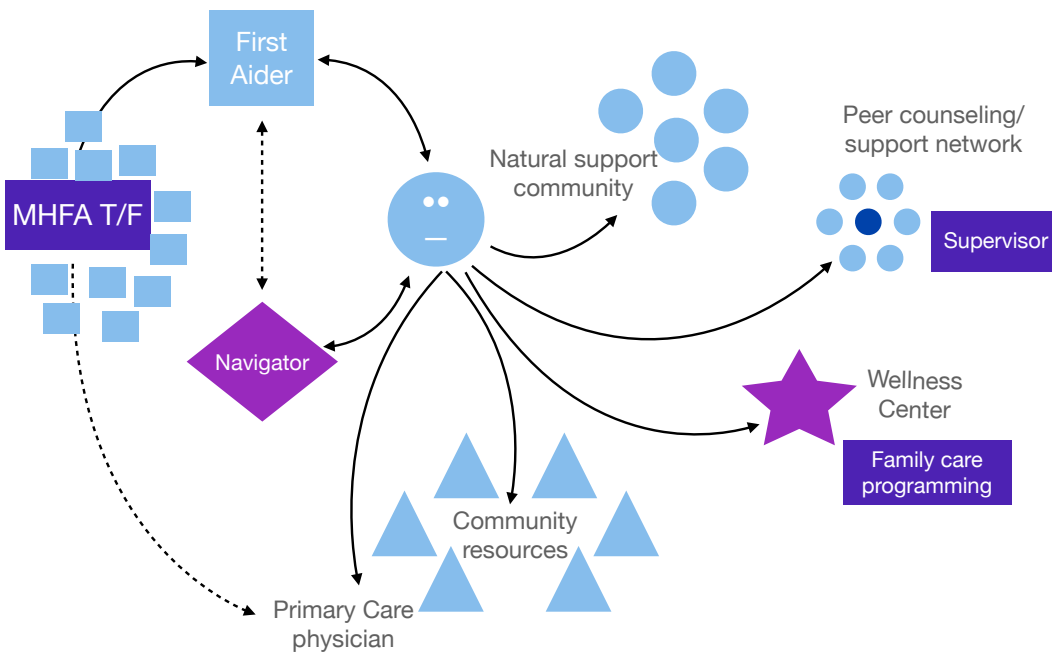
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- ▶ Evidence based-practice
- ▶ 1-1 and support groups
- ▶ Peer counselors receive training
- ▶ Part-time clinical supervision
- ▶ Focus on two age groups: older TAY/young adults and seniors

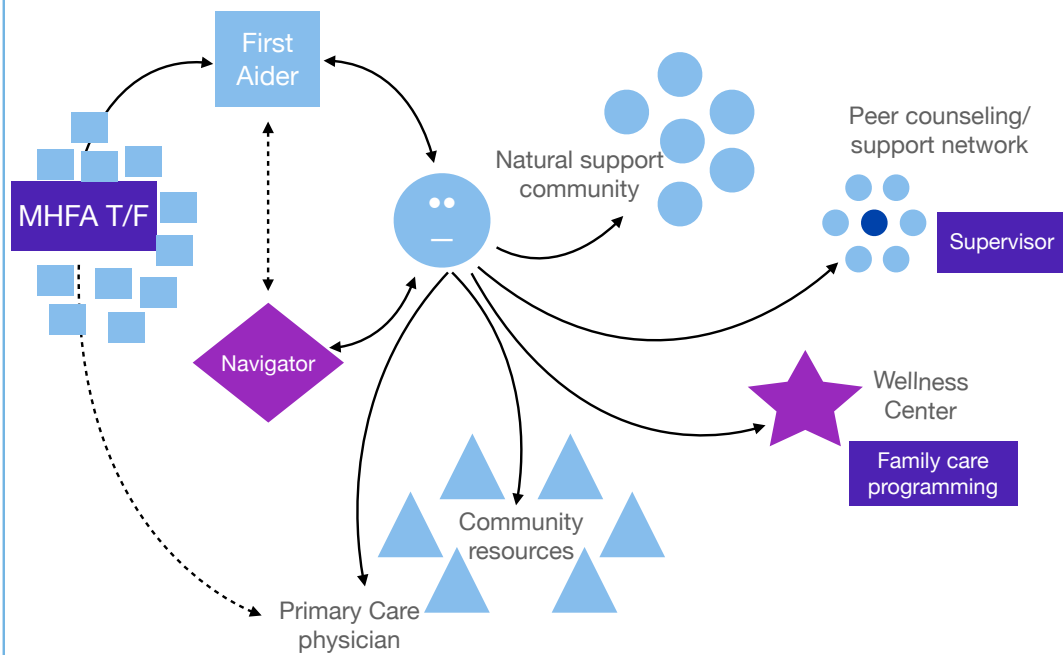
PEI Project 02: Family Wellbeing program

- ▶ Staff person with focus on families and caregivers, connected to wellness center funded under CSS plan
- ▶ Program funding for various community-based support efforts

One image of how programs could interact



One image of how programs could interact

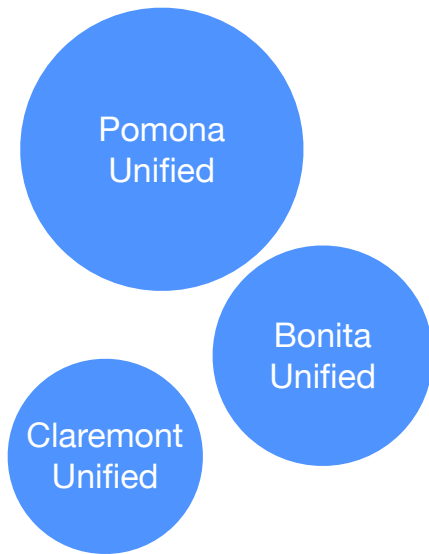


PEI Project 03: Student Wellbeing

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- ▶ K-12 Student Wellbeing program
- ▶ College Student Wellbeing program

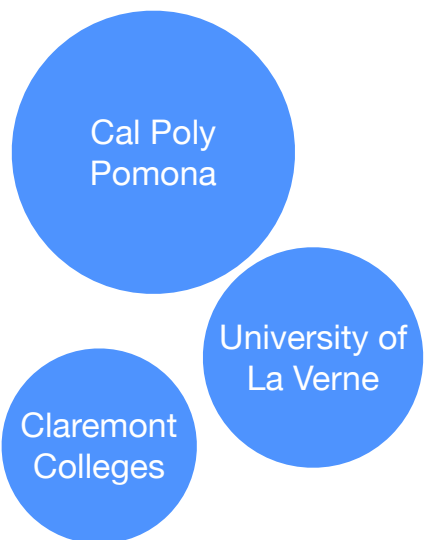
K-12 Student Wellbeing program



1. Leadership from 3 districts commit to develop an **integrated** student well-being plan
 - Consistent with PEI requirements and Tri-City PEI plan
 - Commitment to engage communities and families through the plan
 - Encouragement to connect with colleges for resources and to share learnings
2. Consultant support for the process
3. \$600,000 in non-recurring funds available to jump start plan upon approval by OAC in PEI plan update
4. *Possibility* (but *no guarantee*) of on-going funds depending on PEI revenues, etc.

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College Student Wellbeing program



1. Leadership from each college commits to develop a student well-being plan in joint planning sessions other colleges
 - Consistent with PEI requirements and Tri-City PEI plan
 - Commitment to engage communities and families through the plan
 - Encouragement to connect with schools to share resources and learnings
2. Consultant support for the process
3. \$235,028 in non-recurring funds available to jump start the plan upon approval by OAC in PEI plan update
4. *Possibility* (but *no guarantee*) of on-going funds depending on PEI revenues, etc.

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Questions for small groups

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- ▶ What did you hear?
- ▶ What did you like?
- ▶ What questions do you have now?

Summary of the process

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- ▶ 60 delegates
- ▶ 7 meetings + 2 orientations
- ▶ 6 subcommittee meetings
- ▶ Final result: **consensus**

Gradients of Agreement

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Endorse	Endorse with minor point of contention	Agree with reservations	Abstain	Stand aside	Disagree but will support the majority	Disagree and want out from impleme- tation	Can't go forward
<i>I like it</i>	<i>Basically I like it</i>	<i>I can live with it</i>	<i>I have no opinion</i>	<i>I don't like this, but I won't hold up the group</i>	<i>I want my disagreement recorded, but I'll support the decision.</i>	<i>I won't stop anyone else, but I don't want to make this happen.</i>	<i>We have to continue the conversation.</i>

Next steps

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1. Posted the plan: 12/22/2009
www.tricitymhs.org/mhsainformation.aspx#MHSA
2. Copies also at libraries, other public places.
3. Comments can be left on the website, or via email or fax.
4. Public hearing + Commission and Board action:
1/27/10
5. OAC review/approval: Feb-March 2010
6. Start work: April 2010