

COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

Mental Health Services Act (MHSA) Innovation Reversion Spending Plan

Behavioral Health Services

6/29/2018



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INTRODUCTION

Pursuant to AB 114 (Chapter 38, Statutes of 2017) and the Department of Health Care Services (DHCS) Information Notice 17-059, each County must prepare and publically post a plan for Mental Health Services Act (MHSA) funding subject to reversion from Fiscal Years (FYs) 2005-06 through 2014-15. The following plan is prepared by the County of San Diego Health and Human Services Agency, Behavioral Health Services (BHS) in compliance with the AB 114 requirements.

Chartered in 2017, AB 114 requires counties to prepare and publically post a plan for MHSA funding from FYs 2005-06 through 2014-15 that are subject to reversion to the State. DHCS has determined that \$7,223,768 of Innovation funds were subject to reversion as of July 1, 2017 (see attached chart). The following is a plan that describes how these funds have been allocated for Innovation projects within San Diego County to be spent by June 30, 2020, meeting the regulatory requirements of AB 114.

Using a “First in – First out” accounting method, BHS has allocated the total of \$7,223,768 of AB 114 funds for FY 2018-19 for nine Innovation projects already approved by the Mental Health Services Oversight and Accountability Commission (MHSOAC) and one proposed project that will be proposed to the MHSOAC, as described within this report. All projects were developed in collaboration with stakeholder-led councils and attendees at community engagement forums held annually.

INNOVATION FUNDS SUBJECT TO REVERSION

<i>INN Funds Identified as Subject to Reversion by Fiscal Year</i>	<i>Estimated INN Reversion Amount</i>
FY 2008-09	\$4,737,844
FY 2009-10	\$1,607,696
FY 2010-11	\$ 878,228
Total INN Funds Subject to Reversion	\$ 7,223,768

INNOVATION REVERSION PLAN

The County of San Diego is projected to spend all Innovations (INN) funds subject to reversion in FY 2018-19. If funds are not spent in FY 2018-19, the funds will be spent in FY 2019-20.

The estimated total INN budget in FY 2018-19 is substantially higher than the reversion total as determined by DHCS; however, expenses for the INN programs identified below in FYs 2018-19 and 2019-20 will be calculated toward the reversion amount identified above, if needed, to ensure no funds are reverted. This will ensure the County of San Diego is spending all INN funds subject to reversion and allows for flexibility if Innovation programs are delayed due to unforeseen circumstances, do not receive approval by the MHSOAC and/or do not spend the full budget.

<i>Innovation Cycle and Program Name</i>	<i>FY 2018-19 Estimated Budget*</i>	<i>FY 2019-20 Estimated Budget*</i>	<i>Total Estimated INN Budget</i>	<i>Notes</i>
<u>INN Programs (Cycle 3)</u>				
INN-13 Faith Based Initiative	\$758,969	\$0	\$758,969	INN funding ends FY19/20
INN-14 Ramp Up to Work	\$619,499	\$0	\$619,499	INN funding ends FY19/20
INN-15 Peer Assisted Transitions	\$1,119,896	\$0	\$1,119,896	INN funding ends FY19/20
INN-16 Urban Beats	\$972,170	\$972,170	\$1,944,340	
INN-17 Mobile Hoarding Intervention Program (CREST)	\$1,353,059	\$1,353,059	\$2,706,118	
<u>INN Programs (Cycle 4)</u>				
INN-18 Peripartum Program**	\$562,581	\$1,071,583	\$1,634,164	Annualized in FY 19/20
INN-19 Telemental Health	\$650,480	\$1,154,889	\$1,805,369	Annualized in FY 19/20
INN-20 ROAM Mobile Services	\$1,894,583	\$1,894,583	\$3,789,166	Program ends FY19/20
INN-21 ReST Recuperative Housing	\$1,407,001	\$1,407,001	\$2,814,002	
INN-22 Medication Clinic	\$1,988,452	\$1,988,452	\$3,976,904	
Total Estimated Innovation Expenditures	\$11,326,690	\$9,841,737	\$21,168,427	
Estimated INN Administration	\$1,699,004	\$1,476,260	\$3,175,264	
Total Estimated INN Expenditures	\$13,025,694	\$11,317,997	\$24,343,691	

* Includes costs for evaluation services

** Pending approval by the MHSOAC. If approved by the MHSOAC, expenditures for this program will be calculated toward reversion.

INNOVATION PROJECTS: CYCLE 3

INN 13 – FAITH BASED INITIATIVE

Project Description: To foster collaboration, this project aims to combine four (4) components into one program. The combined components unique to this adaptation include 1) Collaboration and Partnerships, 2) Community Education, 3) Crisis response and 4) Wellness and Health ministry. These components together will address the needs of the Faith Community as it relates to mental health. During the Innovation Community Planning Process, stakeholders submitted project ideas aligned with the key themes identified during the stakeholder process.

Primary Purpose: The approved primary purpose of the Faith-Based Initiative is to increase access to mental health services to underserved groups.

Qualification as an Innovative Project: This project is an adaptation combining existing practices into an integrated program.

Target Population: Faith-based congregations; peer educators; mobile crisis responders; adults and children; and adults diagnosed with serious mental illness while incarcerated.

Goals or Objectives of the Project: To test new methods of to learn if the proposed outreach and engagement approaches increases awareness, knowledge and de-stigmatizes seeking mental health, alcohol and other drug and support services and how to access them.

INN 14 – RAMP UP 2 WORK

Project Description: Ramp Up 2 Work will provide an array of supported employment activities that will include consumer owned small business, and competitive employment and include job preparation and subsidized apprenticeships through the development of partnerships with businesses and employment programs.

Primary Purpose: The primary purpose of the program is to increase the quality of services, including better outcomes.

Qualification as an Innovative Project: This project is an adaptation of existing practices in the supported employment field.

Target Population: Individuals with serious mental illness.

Goals or Objectives of the Project: To help individuals achieve employment goals and improve level of functioning.

INN 15 – PEER ASSISTED TRANSITIONS

Project Description: This project employs Peer Specialist Coaches to promote engagement through peer support, use of 'Welcome Home Baskets' and social/recreational activities, and mentoring through shared decision-making strategies. Services will be provided at a variety of

sites to help identify where the best applicability is, including a primary focus on crisis residential facilities ('crisis houses'), with additional trials at a non-County-operated psychiatric hospital.

Primary Purpose: The primary purpose of Peer Assisted Transitions is to increase the quality of services, including better outcomes.

Qualification as an Innovative Project: This project is an adaptation of existing practices in the supported employment field.

Target Population: Individuals with serious mental illness, particularly those who in addition to needing to use hospital and/or crisis house services have a limited social support network and are most likely to not be effectively connected with relevant services.

Goals or Objectives of the Project: To increase the depth and breadth of services to persons diagnosed with serious mental illness that use acute, crisis-oriented mental health services but are not effectively connected with community resources.

INN 16 – URBAN BEATS

Project Description: To assist transition age youth in engaging or investing in behavioral health services and/or identifying mental health symptoms and reducing stigma by connecting with through artistic expression. Transition age youth with a serious mental illness and at-risk transition age youth incorporate their message into youth-friendly social media that creatively combines therapeutic, stigma reducing, cultural expression and social justice messaging. Performances are shared with peers.

Primary Purpose: The primary purpose of Urban Beats is to increase the quality of mental health services, including better outcomes.

Qualification as an Innovative Project: This project is an adaptation to existing similar programs and it is designed to test whether a culturally sensitive program that focuses on engagement via multiple models of artistic expression is successful at engaging transition age youth with a serious mental illness that are currently enrolled in behavioral health programs as well as at-risk transition age youth who may develop behavioral health conditions.

Target Population: Transition age youth experiencing serious mental illness or are at-risk of behavioral health conditions.

Goals or Objectives of the Project: To test new methods of engagement. The program is intended to engage transition age youth in wellness activities by providing a youth-focused message created and developed by youth. These may include the visual arts, spoken word, videos, and performances.

INN 17 – COGNITIVE REHABILITATION EXPOSURE/SORTING THERAPY (CREST)

Project Description: CREST combines an adapted cognitive-behavior-rehabilitation therapy with hands-on training and support. The team consists of specially-trained professionals and peers

who will also collaborate with the participants other health providers. An aftercare support group helps participants maintain the skills learned. Hoarding is particularly dangerous for older persons, who may have physical and cognitive limitations. Hoarding can present a physical threat due to fires, falling, unsanitary conditions, and inability to prepare food.

Primary Purpose: The primary purpose of CREST is to increase the quality of mental health services, including better outcomes.

Qualification as an Innovative Project: This project adapts existing practices to a mobile format. It further tests adaptation of the delivery of services in a bilingual/bicultural format.

Target Population: Older adults with serious mental illness referred for hoarding behaviors that impact daily living and risk for eviction.

Goals or Objectives of the Project: The project seeks to diminish hoarding behaviors long term in older adults with serious mental illness.

INNOVATION PROJECTS: CYCLE 4

INN 18 – PERIPARTUM SERVICES

Project Description: The project provides screening and identification of mothers in their third trimester of pregnancy through partnerships with two high-volume Welfare-to-Work locations and the Public Health Nurse Family Partnership and Maternal Child Health home visiting program.

Primary Purpose: The primary purpose of Peripartum Services is to increase access to mental health services to underserved groups.

Qualification as an Innovative Project: By partnering behavioral health staff with existing Agency services, clients that are at increased risk (due to the psychosocial and socioeconomic factors, known risk factors associated with peripartum mood and anxiety problems) will have increased access.

Target Population: The target population for this project includes low income pregnant women, their partners, and parents with children up to age one. Particular focus will be placed on underserved populations such as refugee and immigrant families, Latino, and African American families.

Goals or Objectives of the Project: To engage and identify peripartum mothers at-risk of depression and anxiety to allow for early and effective treatment.

INN 19 – TELEMENTAL HEALTH

Project Description: Proposal is to initiate services prior to discharge from psychiatric hospital or crisis stabilization unit by an on-site Case Manager who would screen the client for appropriateness and amenability for receiving Telemental Health services. When the client is assessed to be a good fit for the service, the first Telemental Health appointment would be

scheduled and client coached through the electronic connection. When needed, tablets will be provided. The program would consist of a Program Manager, Case Managers and Telemental Health Therapists.

Primary Purpose: The primary purpose of Telemental Health is to increase access to mental health services to underserved groups.

Qualification as an Innovative Project: Adapts a new engagement and intervention technology in a high-risk subset population.

Target Population: Youth with serious emotional disturbances and adults with serious mental illness have accessed emergency psychiatric services and are unconnected to a mental health treatment provider.

Goals or Objectives of the Project: The program would aim to increase access to aftercare treatment for these clients that are at risk to return to psychiatric emergency services.

INN 20 – ROAMING OUTPATIENT ACCESS MOBILE (ROAM) SERVICES

Project Description: Two fully mobile mental health clinics will cover two designated regions of San Diego – North Inland and East County regions. Clinical staff per mobile mental health clinic will include clinician, nurse and dual-certified medical doctor as well as cultural broker, peer support specialist and family support specialist. Culturally competent services will be provided to address barriers in access and utilization to services for the diverse and socio-economically disadvantaged, and underserved Native American population.

Primary Purpose: The primary purpose of ROAM is to increase access to mental health services to underserved groups.

Qualification as an Innovative Project: The project adapts the pre-existing practice of Tulare County by testing mobile mental health clinics to the unique population and geography of San Diego by focusing on Native American individuals across all age groups living on reservation land. The project will also test engagement of cultural brokers as an embedded component of treatment to evaluate its efficacy in engaging and treating local Native American members as well as evaluating the efficacy of incorporating culturally competent services and traditional healing practices in the treatment model. ROAM will include Medication Assisted Treatment services to address individuals with co-occurring disorders.

Target Population: The target population will be youth and transition age youth with serious emotional disturbance, families, adults, and older adults with serious mental illness of Native American descent living on the various reservations across San Diego's rural areas.

Goals or Objectives of the Project: The ROAM program aims to increase access to mental health services to Native American communities in rural areas through the use of mobile mental health clinics, cultural brokers, and inclusion of traditional complimentary Native American healing practices in the treatment plan.

INN 21 – RECUPERATIVE SERVICES TREATMENT (ReST)

Project Description: The Recuperative Services Treatment (ReST) Housing program is designed to provide respite mental health care services and housing support in an open housing development or residential site for transition age youth clients with serious mental illness. Individuals will be referred post-discharge from acute, emergency mental health services. Those enrolled in the program will be engaged in recuperative services and connected to appropriate levels of care and housing to support ongoing recovery and wellness. ReST will be an Enhanced Strength Based Case Management program with mental health services.

Primary Purpose: The primary purpose of ReST is to increase the access to mental health services to underserved groups.

Qualification as an Innovative Project: ReST is an adaptation from the medical field's recuperative care centers that have been shown to reduce readmission to acute care settings.

Target Population: Transition age youth (18-25 years old) clients with serious mental illness who: 1) require rehabilitative services (e.g. managing symptoms, learning activities of daily living) post-discharge from acute care settings; 2) are homeless or at-risk of homelessness; 3) are unconnected to mental health treatment; and 4) have repeated utilization of inappropriate levels of care (e.g. acute/emergency care settings or jail in-patient care).

Goals or Objectives of the Project: San Diego County proposes to decrease the number of homeless and unconnected transition age youth (18-25 years old) with serious mental illness to prevent these individuals from inappropriately returning to acute, emergency mental health services (e.g. hospitals, emergency departments, crisis homes, Psychiatric Emergency Response Team, and jail mental health services) by providing recuperative and habilitative mental health care support to these individuals in respite housing.

INN 22 – MEDICATION CLINIC

Project Description: A Psychotropic Medication Clinic staffed by expert Child and Adolescent Psychiatrists, Case Manager, Clinicians, Psychiatric Nurse, and a Program manager provides medication support services via traditional face-to-face office visits, tele-psychiatry, as well as be embedded in Developmental Behavioral Pediatrician offices.

Primary Purpose: The primary purpose of the Medication Clinic is to increase access to mental health services to underserved groups.

Qualification as an Innovative Project: Clinic intends to provide psychiatry services via a variety of modalities (including tele-psychiatry) to support youth who require complex psychotropic medication regimens on an ongoing basis to maintain stability.

Target Population: Children and youth with serious emotional disturbances who are stable and have completed their psychotherapy treatment services; Children and youth who are new to San Diego County and are awaiting entry into outpatient programs and are already taking psychotropic medications; and children and youth who are currently being treated for complex

medical problems and have serious mental health problems, but have no access to a child and adolescent psychiatrist.

Goals or Objectives of the Project: For select youth, continuing psychotropic medication is essential to a stable and sustainable wellness, but resources for medication management-only services are limited. Youth with complex psychotropic medication regimens present an even greater challenge for access to services. Recent legislative changes have focused on the importance of careful oversight for the provision of psychotropic medications for Medi-Cal-eligible youth. A dedicated medication clinic will carefully monitor and implement legislative changes.

PUBLIC INPUT

To provide comment on the proposed Innovation Reversion Plan, detailed above, please reply to either 619-584-5063 (Toll Free: 888-977-6763) or email MHSProp63.HHSA@sdcounty.ca.gov.