

**Mental Health Services Act
Prevention and Early Intervention
From Proposed Guidelines, September 2007 – DMH Info Notice 07-19**

*This overview is taken directly from the California State Department of Mental Health's
Prevention & Early Intervention Guidelines published in September 2007*

Overarching Goals

Prevention of serious mental illness and serious emotional disturbance
and
Reducing disparities

Overview

Prevention and Early Intervention (PEI) approaches in and of themselves are transformational in the way they restructure the mental health system to a “help-first” approach. Prevention programs bring mental health awareness into the lives of all members of the community through public education initiatives and dialogue. To facilitate accessing supports at the earliest possible signs of mental health problems and concerns, PEI builds capacity for providing mental health early intervention services at sites where people go for other routine activities (e.g., health providers, education facilities, community organizations). Mental health becomes part of wellness for individuals and the community, reducing the potential for stigma and discrimination against individuals with mental illness.

PEI funding is to be used to prevent mental health problems, or to intervene early with relatively short duration and low intensity approaches to achieve intended outcomes, *not* for filling gaps in treatment and recovery services for individuals who have been diagnosed with a serious mental illness, or serious emotional disturbance and their families.

Key Community Needs:

- ❖ Disparities in access to mental health services
- ❖ Psycho-social impact of trauma
- ❖ At-risk children, youth and young adult populations
- ❖ Stigma and Discrimination
- ❖ Suicide risk

PEI Priority Populations

- ❖ Underserved cultural populations
- ❖ Individuals experiencing the onset of serious psychiatric illness
- ❖ Children/youth in stressed families
- ❖ Trauma-exposed
- ❖ Children/youth at risk for school failure
- ❖ Children/youth at risk of juvenile justice involvement

Operational definition of Prevention and Early Intervention – programs and interventions at the early end of the spectrum

Prevention:

- ❖ Involves reducing risk factors or stressors
- ❖ Building protective factors and skills
- ❖ Promotes positive cognitive, social and emotional development
- ❖ Generally no time limits/low cost

Early Intervention

- ❖ Addresses a condition early in its manifestation
- ❖ Is of relatively low intensity
- ❖ Is of relatively short duration (usually less than one year)
- ❖ Has the goal of supporting well-being in major life domains and avoiding the need for more extensive mental health services
- ❖ May include individual screening for conformation of potential mental health needs

Priority Age: 51% of funds to serve children and youth up to age 25

Exception for Early Onset Programs

- ❖ Specialized programs for individuals at risk of or who are experiences early onset of a psychotic illness
- ❖ Based on transformational interventions from Australia, Europe, Canada
- ❖ Identify and provide services to youth/TAY in non-stigmatizing, non-Mental Health settings
- ❖ Program is generally 2-5 years in duration

Stakeholder Process

- ❖ Builds on county's planning process for Community Services & Supports
- ❖ Includes non-mental health organizations and stakeholders
- ❖ Required and recommended sectors
- ❖ Outreach and engagement to underserved communities
- ❖ Identification of key community mental health needs and related PEI priority population
- ❖ Developing workplans connected with PEI priority populations
- ❖ PEI Resource materials to select strategies; counties may select alternative strategies w/ rationale

- ❖ Follows a logic model:
 - Identification & selection of Key Community Mental Health Needs and related PEI Priority Populations for PEI programs and interventions
 - Assessment of Community Capacity and Strengths (counties are encouraged to incorporate current or recent asset mapping results)
 - Selection of PEI programs to achieve desired outcomes
 - Development of PEI projects with timeframes, staffing and budgets
 - Implementation of accountability, evaluation and program improvement activities

State-Administered Projects

- ❖ Student Mental Health Initiative
- ❖ Suicide prevention
- ❖ Stigma and discrimination reduction
- ❖ Ethnically and culturally specific programs and interventions
- ❖ Training, technical assistance and capacity building
- ❖ Statewide evaluation

State Department of Mental Health web links:

http://www.dmh.cahwnet.gov/Prop_63/MHSA/Prevention_and_Early_Intervention/default.asp