

Contra Costa Mental Health

Summary of Mental Health Services Act Programs for Fiscal Years 2014-2017

Overview

California approved Proposition 63 in November, 2014, and the Mental Health Services Act (MHSA) became law. The Act provides significant additional funding to the existing Contra Costa County public mental health system, and combines prevention services with a full range of integrated services to treat the whole person. With the goal of wellness, recovery and self-sufficiency, the intent of the law is to reach out and include those most in need and those who have been traditionally underserved. Services are to be consumer driven, family focused, based in the community, culturally and linguistically competent, and integrated with other appropriate health and social services. Funding is to be provided at sufficient levels to ensure that Contra Costa Mental Health can provide each child, transition age youth, adult, and senior with the necessary mental health services, medications and support set forth in their treatment plan. Finally, the Act requires that a three year program and expenditure plan be developed with the active participation of local stakeholders in a community program planning process.

Contra Costa Mental Health's MHSA Three Year Program and Expenditure Plan for Fiscal Year's 2014-17 can be viewed at <http://cchealth.org/mentalhealth/>. The plan sets aside \$41.6 million annually to fund over 80 programs and plan elements, and contains a detailed description of the organizations and services provided. The following is a summary of the major components:

Community Services and Supports (CSS). This component provides mental health service delivery systems for children and youth, transition age youth (ages 16-25), adults, and older adults (over 60), and utilizes the categories of Full Service Partnerships and General System Development. Children with a serious emotional disturbance, and adults with a serious mental illness are eligible.

- Full Service Partnerships. Full service partnerships are collaborative relationships with clients, and, when **appropriate, the client's family**, to provide a full spectrum of services in the community that include crisis intervention/stabilization, mental health treatment, peer support, family education services, access to wellness and recovery centers, and assistance in accessing needed medical, substance abuse, housing, educational, social, vocational rehabilitation and other community

services, as appropriate. A qualified service provider is available to respond to the client/family 24 hours a day, 7 days a week to provide intervention after hours. Community based mental health contract providers take the lead in full service partnerships, with designated county staff in place to ensure a full spectrum of services are available.

Full service partnership providers for children include Seneca Family Agencies, Lincoln Center, and Community Options for Family and Youth. Providers for transition age youth include Fred Finch Youth Center and Youth Homes. Rubicon Programs, Community Health for Asian Americans, Anka Behavioral Health , Familias Unidas and the Hume Center are full service partner providers for adults. Recovery Innovations operates recovery and wellness centers in each of **the county's three regions**, and Telecare operates a 16 bed transitional crisis residential program. Shelter, Inc. contracts with the County to provide a master leasing program, in which adults or children and their families are provided tenancy in apartment and houses throughout the County. **The County's** Homeless Services provides temporary shelter beds for adults and transition age youth, and manages housing services for 50 permanent housing units created through one-time capitalization projects via the California Housing Finance Authority. The County contracts with a number of licensed board and care operators to provide additional staff care to enable those with serious mental illness to avoid locked facilities and enable them to live in the community.

The full service partnership category is planned to serve 576 individuals yearly, with an annual cost of \$17,459,363, or \$30,311 per client.

- General System Development. This category uses MHSA funds to supplement **and improve the County's mental health service delivery system for all clients** who experience a serious mental illness or serious emotional disturbance, and include:
 - An older adult mental health program
 - **Children's wraparound support**
 - An assessment and recovery center co-located with primary care
 - Staff liaison with the Regional Medical Center
 - Clinic support, consisting of client transportation and resource management assistance, and clinician technical assistance with fidelity to MHSA funded evidence based practices
 - Quality assurance and administrative support staff

The general system development category has an annual cost of \$14,109,268.

Prevention and Early Intervention (PEI). This component funds services designed to prevent mental illness from becoming severe and debilitating by providing outreach and engagement to at risk populations, increasing recognition of early signs of mental illness, and intervening early in the onset of mental illness. All programs create access and linkage to mental health treatment, with an emphasis on outreach and engagement to those populations who have been identified as traditionally underserved.

- Prevention. Prevention programs are designed to reduce the risk of developing a serious mental illness, prevent relapse of individuals in recovery, reduce stigma and discrimination, and prevent suicide.
 - Reducing risk of developing a serious mental illness.
Eight agencies contract with the County to provide outreach and engagement to underserved communities:
 - Asian Community Mental Health serves primarily Southeast Asian and Chinese immigrants in the County
 - The Center for Human Development serves the primarily African American population in East County
 - Building Blocks for Kids serve African American and Latino families in West County
 - Jewish Family Services serves refugees and immigrants in the Latino, Afghan, Bosnian, Iranian and Russian communities
 - La Clinica de la Raza serves Latinos in central and East County
 - Lao Family Community Development serves Southeast Asian adults and families in West County
 - Rainbow Community Center serves individuals who identify as lesbian, gay, bisexual, transgender, or who question their sexual identity

Five agencies contract with the county to provide outreach and engagement to at-risk youth, while the County provides clinicians dedicated to support families experiencing the juvenile justice system:

- The James Morehouse Project at El Cerrito High in West County
- The New Leaf program at Martinez Unified School District
- People Who Care, serving East County
- The RYSE Center, serving Richmond and West County
- STAND! Against Domestic Violence, countywide
- County clinicians stationed at juvenile probation offices and Oren Allen Youth Ranch

Five agencies contract with the County to provide prevention programs designed to support healthy parenting skills:

- Child Abuse Prevention Council
- Contra Costa Interfaith Housing
- Counseling Options Parenting Education Family Support Center
- First Five of Contra Costa
- The Latina Center

The County operated Concord Health Center II has two mental health clinicians that are part of a prevention team that integrates primary and behavioral health care for adults.

One contract agency, Lifelong Medical Care, and the Senior Peer Counseling Program within the County operated older adult clinic provide prevention services designed to support isolated older adults.

- Prevent relapse of individuals in recovery. The Putnam Clubhouse provides peer based programming for adults throughout Contra Costa County who are in recovery from a serious mental illness.
- Reduce Stigma and Discrimination. The Contra Costa Behavioral Health Services Office for Consumer Empowerment provides leadership and staff support to a number of initiatives designed to a) reduce stigma and discrimination, b) develop leadership and advocacy skills among consumers of behavioral health services, c) support the role of peers as providers, and d) support consumers in actively participating in the planning and evaluation of MHSA funded services. These initiatives include a PhotoVoice Empowerment Program, a Wellness Recovery **Education for Choice and Hope Speaker's Bureau, a writer's group and a** self-help group in partnership with the National Alliance for the Mentally Ill, facilitating Wellness Recovery Action Plan groups, a Service Provider Individualized Recovery Intensive Training to prepare consumers as peer providers, and supporting an ongoing Committee for Social Inclusion.
- Prevent Suicide. The Contra Costa Crisis Center provides services to prevent suicides by operating a certified twenty four hour suicide prevention hotline. The County fields a mental health specialist to augment the psychiatric emergency services unit and the adult clinics for

responding to those individuals identified as at risk for suicide. The County also supports a multi-disciplinary, multi-agency Suicide Prevention Committee that is implementing a countywide suicide prevention strategic plan.

- Early Intervention. Early intervention services provide treatment and other interventions to address and promote recovery, and to mitigate the negative outcomes that result from untreated mental illness. The County operated First Hope Program serves youth who are at risk for, or show early signs of psychosis. A multi-disciplinary team provides intensive care to the individual and their family that consists of multi-family group therapy, psychiatric care, family psycho-education, education and employment support, and occupational therapy.

The Prevention and Early Intervention component is planned to serve 13,012 individuals yearly, with an annual cost of \$8,037,813, or \$618 per client.

Innovation (INN). The Innovation component funds new or different patterns of service that contribute to informing the mental health system of care as to best or promising practices that can be subsequently added or incorporated into the system. The following projects have been approved and implemented:

- Rainbow Community Center serves youth, and adult consumers who identify themselves as lesbian, gay, bi-sexual, transgender, or questioning their sexual orientation. The project builds learning collaboratives of local community members and organizations, and provides a service model specific to this population. This includes counseling, support groups, youth development activities, and tailored specialty mental health services.
- Women Embracing Life and Learning is a collaborative project involving Contra Costa Mental Health, Public Health, and the Women, Infant and Child Program. This new pattern of services integrates a coordinated approach to addressing perinatal and post-partum depression among women.
- The County is providing staff at the adult mental health clinics to lead a trauma recovery project. This promising practice utilizes cognitive restructuring for persons experiencing post-traumatic stress syndrome.
- Community Violence Solutions provides outreach and engagement to exploited youth who engage in street socialization, commercial sex work or survival sex. Staff adapt their outreach to engage youth where they are located, coordinate with and educate public entities, such as law enforcement, and mobilize resources to assist youth leave exploited situations.

The following project concepts are in the approval process for implementation:

- Peer Wellness Coaches
- Vocational Services for Unserved Mental Health Consumers
- Peer Partners for the Elderly Frail and Infirm
- Overcoming Transportation Barriers

Upon full implementation of all of the above projects the Innovation Component has an annual budget of \$2,019,495.

Workforce Education and Training (WET). This component includes staff recruitment and development through education and training, career pathway and financial incentive programs for current and prospective Contra Costa Mental Health employees and contractor agency staff. The following categories are utilized:

- Workforce Staffing Support. County staff conduct a workforce needs assessment, coordinate education and training activities, participate in local and state workforce activities, manage intern and scholarship programs, **maintain the County's mental health professional shortage designations, and** respond to workforce grant and proposal requests
- Training and Technical Assistance. Various individual and group training for consumers, family members and service provider staff are funded that support the values of the Mental Health Services Act, to include funds to the local chapter of the National Alliance for the Mentally Ill to provide Family-to-Family training in both English and Spanish.
- Mental Health Career Pathway Programs. Funds are allocated to enable a designated high school to develop and deliver a mental health class curriculum, provide stipend work experiences, and assist students connect with colleges that support a career ladder in public mental health. The County is also implementing a state funded grant to expand its peer provider training to assist family members to enter the workforce as family providers.
- Internships. Mental health graduate level students are placed in various county operated and contract programs. Particular emphasis is put on recruiting individuals who are bi-lingual and/or bi-cultural, and individuals with consumer and/or family members experience.
- Financial Incentive Programs. Scholarships are provided for employees **seeking upward mobility through obtaining a bachelor or master's degree.** In addition, the County participates in the state level Mental Health Loan Assumption Program, in which annual payments are made to a lending

institution in exchange for the employee working in the public mental health system.

The Workforce Education and Training Component has an annual budget of \$638,871.

Capital Facilities/Information Technology (CF/TN). This component enables counties to fund major infrastructure projects on a one-time basis to generally improve **the County's community mental health system. The County has been approved to** utilize up to \$6 million to design and implement an electronic health record system. This project would enable 1) clinical documentation to be shared with all members of a **consumer's treatment team, to include primary care providers, 2) network providers** and contract agencies to exchange clinical and billing information, 3) electronic submittal of pharmacy orders, and 4) consumers to access part of their medical record, make appointments and communicate with their treatment providers.

For further information regarding the above MESA funded programs feel free to contact the following staff:

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