Mental Health Services Act
Prevention and Early Intervention Component

Erica Porteous
Acting Program Manager
November 20, 2014
Section I

Purpose of Mental Health Services Act (MHSA) Prevention and Early Intervention (PEI) Component
WIC § 5840 (a)(b) states that counties shall design programs that prevent mental illnesses from becoming severe and disabling; emphasizing improvement on timely access to services for underserved populations, including the following components:

• Outreach to recognize the early signs of a mental illness
• Access and linkage to services
• Reduction in stigma associated with mental illness or seeking services
• Reduction in discrimination against those with a mental illness
Priority Populations include:

- Underserved Cultural Populations
- Individuals Experiencing Onset of Serious Psychiatric Illness
- Children/Youth in Stressed Families
- Trauma-Exposed
- Children/Youth at Risk for School Failure
- Children and Youth at Risk of Juvenile Justice Involvement
Source: Adapted from Mrazek and Haggerty (1994) and Commonwealth of Australia (2000)
See Risk/Protective Factors for Mental Emotional and Behavioral Disorders Across the Life Cycle handout
PEI Program Access Points

Community Based

School Based

System Enhancement
### Summary of PEI Programs

<table>
<thead>
<tr>
<th>School Based</th>
<th>Community Based</th>
<th>System Enhancement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Preschool PEI Program</td>
<td>1. Family Resource Center</td>
<td>1. Child and Youth Connection</td>
</tr>
<tr>
<td>3. Student Assistance Program</td>
<td>2. NCTI Crossroads Education</td>
<td>3. Community Wholeness and Enrichment</td>
</tr>
<tr>
<td></td>
<td>4. Promotores de Salud/Community Health Workers</td>
<td>4. LIFT Program</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5. Military Services and Family Support</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6. Older Adult Community Services Program</td>
</tr>
</tbody>
</table>
FY 2013/14
Unduplicated Individuals Served

169,201 total individuals served

75% (127,448)
20% (34,148)
5% (7,605)

Universal
Selective
Early Intervention
Services Provided
FY 2011/12-FY 2013/14

19% Average Increase in Unduplicated Services
22% Average Increase in Duplicated Services
Section I

On your worksheet, please rate how well you believe DBH has done in meeting the intent of the MHSA PEI Component.
MHSA PEI Goals

1. Reduce School Failure
2. Reduce Incarcerations/Juvenile Justice Involvement
3. Reduce Minor Consumers Removed from Home
4. Reduce Stigma and Discrimination
5. Reduce Prolonged Suffering
6. Reduce Suicide
7. Reduce Unemployment Among Consumers
8. Reduce Homelessness Among Consumers

All Goals Address Areas as they Relate to Behavioral Health Concerns
Section II

- Reduce School Failure/Dropout Rates
- Reduce Incarcerations/Juvenile Justice Involvement
- Reduce Minors Removed from their Home
## PEI Strategies that Reduce Risk Factors for School Failure

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Strategy</th>
</tr>
</thead>
</table>
| Early aggressive behavior                                                   | • Behavioral change skills building  
• Parental and teacher support/education/training                                    |
| Early persistent behavior problems Symptoms of a variety of disorders (e.g., ADHD, depression, anxiety) | • School-based interventions and treatment  
• Individual and group counseling  
• Educational outreach and engagement  
• Community provider-school partnerships                                      |
| Social deficiencies, hostile toward peers, socially inhibited               | • Bereavement and loss support  
• Conflict resolution training  
• Pro-social behavior education                                                   |
| Anti-social behavior, delinquency                                           | • Increased family involvement and bonding  
• Culturally-specific activities and support  
• Decision making education on how attitude/behavior translates to positive life outcomes |
| Favorable attitudes towards drugs Early substance use                       | • Education, skills and resources to help develop and maintain a healthy life style                                                       |
Preschool Students Integrating Positive Behaviors
FY 2011/12 & FY 2013/14

- Conflict Negotiation: 4%
- Relationships w/Adults: 5%
- Impulse Control: 8%
- Shared Use of Space: 10%
- Taking Turns: 11%
- Cooperative Play w/Peers: 12%

8% Average Improvement in All Areas
### PEI Strategies that Reduce Risk Factors for Incarcerations

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parental alcohol/drug use</td>
<td>• Parental substance use/abuse screenings, support and linkage</td>
</tr>
<tr>
<td>Cold/unresponsive mother behavior</td>
<td>• Maternal attachment screening and support</td>
</tr>
<tr>
<td></td>
<td>• Family support and counseling</td>
</tr>
<tr>
<td>Poor impulse control, sensation seeking</td>
<td>• Behavioral change skills building</td>
</tr>
<tr>
<td></td>
<td>• Parental and teacher support/education/training</td>
</tr>
<tr>
<td>Early persistent behavioral problems</td>
<td>• Conflict resolution training</td>
</tr>
<tr>
<td></td>
<td>• Pro-social behavior education</td>
</tr>
<tr>
<td>Early substance use</td>
<td>• Substance use screenings, support and linkage</td>
</tr>
<tr>
<td>School failure</td>
<td>• Family support and participation</td>
</tr>
<tr>
<td></td>
<td>• Training and education in school environment</td>
</tr>
<tr>
<td>Lack of commitment to conventional adult rules</td>
<td>• Integrated learning on attitudes/behaviors as they relate to decision making and positive outcomes</td>
</tr>
</tbody>
</table>
Goal: Reduce Incarcerations Related to Behavioral Health, cont’d.

Children/Youth Skills-Knowledge
FY 2011/12 - FY 2013/14

- Importance of School Success: 27%
- Anger Control: 39%
- Skills/Resources for Healthy Lifestyle: 65%
- Conflict Management/Coping w/Stress: 50%
- Comprehension of Cause and Effect: 66%
- Goal Setting for Healthy Lifestyle: 56%

50% Average Improvement Across All Areas

% Improvement in Test Scores
Goal: Reduce Removal of Minor from their Home

Risk Factors that Increase Likelihood of Removal from Home

- Lack of parental knowledge
- Aggressive behavior
- Safety risk for family and/or child/youth
Goal: Reduce Removal of Minor from their Home, cont’d

Improvement in Child/Youth Familial Functioning
FY 2011/12 - FY 2013/14

- 43% Average Improvement in Test Scores
- 38% Improvement in Behavior Towards Others
- 47% Improvement in Following Rules at Home
Section II

Based on the data presented concerning reducing school failure, reducing incarcerations and reducing minors removed from their home, please discuss:

• Strengths illustrated in meeting the goals
• Opportunities to strengthen how the department meets/measures the goals
Section III

✓ Reduce Stigma and Discrimination Associated with Mental Illness
✓ Reduce Prolonged Suffering
✓ Reduce Suicide
Goal: Reduce Stigma and Discrimination

San Bernardino County Demographics

- African American: 32.90%
- Asian/Pacific Islander: 2.30%
- Native American: 8.50%
- Latino: 6.30%
- Caucasian: 0.40%
- Other: 49.60%

Source: California Dept. of Finance, 2012

PEI FY 2013/14 Demographics

- African American: 12%
- Asian/Pacific Islander: 11%
- Native American: 3%
- Latino: 37%
- Caucasian: 36%
- Other: 12%

Source: California Dept. of Finance, 2012
Mental Health: Help Seeking Assessment
FY 2012/13 – FY 2013/14

- I know who to go to for help if I need it.
  - Adult Survey: 86%
  - Youth Survey: 76%
  - Child Survey: 86%

- I will ask for help when I need it.
  - Adult Survey: 96%
  - Youth Survey: 83%
  - Child Survey: 81%

82% Average “YES” Responses
### FY 2013/14

**Post Survey Results**

#### Mental Health Knowledge

<table>
<thead>
<tr>
<th>Program</th>
<th>Survey Question Indicator</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Promotores de Salud/Community Health Workers</td>
<td>Improved knowledge on mental illness.</td>
<td>68%</td>
</tr>
<tr>
<td>Promotores de Salud/Community Health Workers</td>
<td>Improved knowledge on mental wellness.</td>
<td>68%</td>
</tr>
<tr>
<td>Native American Resource Center</td>
<td>Aware of services available in the community.</td>
<td>60%</td>
</tr>
</tbody>
</table>

#### Intent to Seek Services

<table>
<thead>
<tr>
<th>Program</th>
<th>Survey Question Indicator</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Promotores de Salud/Community Health Workers</td>
<td>Intend to utilize mental health services.</td>
<td>64%</td>
</tr>
<tr>
<td>Promotores de Salud/Community Health Workers</td>
<td>Confident in accessing mental health services.</td>
<td>61%</td>
</tr>
<tr>
<td>Native American Resource Center</td>
<td>Willingness to participate in services.</td>
<td>70%</td>
</tr>
</tbody>
</table>
Statewide Projects

- **Foto Novelas/short stories** to educate/engage families
- **Directing Change** film contest for high school students
- **Walk In Our Shoes** campaign for children grades 4th-6th
- **The Speak Our Minds** speaker’s bureau project to promote awareness
Goal: Reduce Prolonged Suffering

Outcomes for Reduction of Prolonged Suffering

- Improved Life Satisfaction
- Increased Hope
- Increased Resiliency
- Decreased Impairment in Life Functioning
Goal: Reduce Prolonged Suffering, cont’d.

PEI Global Assessment of Functioning

Average Pre-Post
FY 2011/12-FY 2013/14

13% Average Increase

Pre Score
Post Score
Goal: Reduce Prolonged Suffering, cont’d.

Outcomes for Symptom Reduction
FY 2013/14

43% Average Increase

- Pre
- Post
### Goal: Reduce Suicide

#### PEI Strategies for High Risk Population

<table>
<thead>
<tr>
<th>High Risk Population</th>
<th>Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals living with a mental illness and/or substance use disorder</td>
<td>• Multiple access points for early interventions and treatment</td>
</tr>
<tr>
<td></td>
<td>• Individual and group counseling</td>
</tr>
<tr>
<td></td>
<td>• Access and linkage to additional system of care resources</td>
</tr>
<tr>
<td>Individuals bereaved by suicide</td>
<td>• Bereavement support groups and counseling</td>
</tr>
<tr>
<td>Individuals in justice or child welfare settings</td>
<td>• Partnerships and collaboration with justice and child welfare systems to address appropriate needs</td>
</tr>
<tr>
<td>American Indians/Alaska Natives</td>
<td>• Culturally-specific programs for America Indians/Alaksa Natives</td>
</tr>
<tr>
<td>Individuals who identify lesbian, gay, bisexual, transgender or questioning (LGBTQ)</td>
<td>• LGBTQ-specific programs that emphasize outreach and delivery of available resources in welcoming settings</td>
</tr>
<tr>
<td>Members of the Armed Forces and veterans</td>
<td>• Military-specific programs that emphasize addressing unique needs of military personnel and veterans and their families</td>
</tr>
<tr>
<td>Older men</td>
<td>• Older adult-specific programs that emphasize outreach, engagement and early interventions</td>
</tr>
<tr>
<td>All populations</td>
<td>• ASSIST Training and safeTALK</td>
</tr>
</tbody>
</table>
Goal: Reduce Suicide, cont’d.

PEI Statewide Projects

- **Know The Signs** Campaign to educate on warning signs and how to help
- **ASIST** training for suicide intervention
- **safeTALK** to become suicide alert
- **National Suicide Prevention Lifeline** to take calls of those in crisis
Goal: Reduce Suicide, cont’d.

Suicide Prevention Hotline Figures for San Bernardino County FY 2013/14

- 6,857 total calls
- 571 per month average

Number of Calls

www.SBCounty.gov
Section III

Based on the data presented concerning reducing stigma and discrimination associated with mental illness, reducing prolonged suffering, reducing suicide, please discuss:

• Strengths illustrated in meeting the goals
• Opportunities to strengthen how the department meets/measures the goals
Section IV

✔ Reduce Homelessness
✔ Reduce Unemployment
Goal: Reduce Homelessness

Risk Factors that Increase Likelihood of Homelessness

- Poor family functioning
- Socioeconomic disadvantage
- Less parental education
- Alcoholism in the family
- Abuse in the family
### PEI Programs That Reduce Risk Factors for Homelessness

<table>
<thead>
<tr>
<th>Program</th>
<th>Risk Factor</th>
<th>Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Resource Center</td>
<td>Socioeconomic disadvantage</td>
<td>Employment assistance, computer literacy training, ESL, access to resources, etc.</td>
</tr>
<tr>
<td>Military Services and Family Supports</td>
<td>Poor family functioning</td>
<td>Family-focused counseling and support</td>
</tr>
<tr>
<td>NCTI Crossroads</td>
<td>Abuse in the family</td>
<td>Parenting component, anger management, life skills, communication strategies</td>
</tr>
<tr>
<td>Native American Resource Center</td>
<td>Alcoholism in the family</td>
<td>White Bison 12 Step Program</td>
</tr>
<tr>
<td>LIFT Program</td>
<td>Less parental education</td>
<td>Case management, education and support</td>
</tr>
</tbody>
</table>
Goal: Reduce Homelessness, cont’d.

Positive Parenting Test Scores
FY 2013/14

Key Topics:
- Alternatives to Spanking
- Building Self-Worth in Children
- Positive Ways to Deal with Stress & Anger
- Family Morals, Values & Rules
- Positive Brain Development in Children

23.5% Average Improvement in Scores
Goal: Reduce Unemployment

Employment Readiness Skills
FY 2013/14

Employment: 24% Average Increase

Education: 8% Average Increase

Pre – “occasional/seasonal or multiple entry-level jobs”

Post – “stable employment in low income job”

Pre – “less than 12th grad graduation”

Post – “graduation with a GED or HSD”
Section IV

Based on the data presented concerning **reducing unemployment and reducing homelessness**, please discuss:

- Strengths illustrated in meeting the goals
- Opportunities to strengthen how the department meets/measures the goals
County of San Bernardino Department of Behavioral Health *MHSA Plans*
http://www.sbccounty.gov/dbh/mhsa/mhsa.asp#

http://dspace.ubvu.vu.nl/bitstream/handle/1871/16564/Lier_Journal%20of%20Abnormal%20Child%20Psychology_33(1)_2005_u.pdf?sequence=2


Mental Health Services Act  
http://www.mhsoac.ca.gov/docs/MHSA_AsAmendedIn2012_AB1467AndOthers_010813.pdf


http://preventioninstitute.org/component/jlibrary/article/id-356/127.html


https://www.ncjrs.gov/pdffiles1/oijdp/frd030127.pdf
Thank you for your participation and thoughtful feedback!

December CPAC will focus on Workforce Education and Training Outcomes

Your continued feedback is valuable to us!

Please ensure we have collected each of the surveys you completed today.