



INNOVATION PLAN APPROVAL SUMMARY

San Luis Obispo County

Total Requested for Innovation: \$1,877,100

Staff Recommend: APPROVAL

Review History

- County Submitted Innovation Work Plan: December 20, 2010
- MHSOAC Vote regarding Plan Approval: February 24, 2010

County Demographic Profile

Population: 266,970

- Latino: 19.6%
- API: 3.4%
- Native American: 1.1%
- African American: 2.1%
- Caucasian: 72.6%

Age

- 18.7% under age 18
- 14.8% age 65 or older

Work Plan #1 – System Empowerment for Consumers, Families, and Providers

Duration: three years

Budget Request: \$158,694

Key Features of Innovation Program

- This Innovation creates an approach to mutual learning and enhanced collaboration among consumers, family members, and mental health providers.
- Key elements include a trust-building retreat followed by mutual development of a core training program and curriculum for participants (consumers, family members, providers) within the public mental health system.
- The county also expects the Innovation to initiate policies that enhance education of mental health providers and improve communication.

Expected Contribution to Learning and Development of New/Improved Mental Health Approaches

- The Innovation Program challenges the “us versus them” paradigm that hinders many providers, consumers, and families from working as a team to promote recovery and resilience.
- The county expects the Innovation to build trust and communication, diminish disparities, and promote collaboration.

Similar to other MHSA Innovation Programs: None

Work Plan #2 – Atascadero Student Wellness Career Project

Duration: five years

Budget Request: \$258,499

Key Features of Innovation Program

- Initiated by San Luis Obispo County high-school students, the program intends to engage high school youths' interest, capacity, and skills to provide mental health supports to peers.
- The county will create a peer counseling model with a public health emphasis that includes a youth-directed stigma reduction campaign and exposes students to behavioral health education and careers.
- Other innovative elements include placing a public mental health system provider on the Atascadero High School campus and training peer counselors to use the Screening and Brief Interventions tool, which is gaining acceptance as a best practice in college peer health programs.

Expected Contribution to Learning and Development of New/Improved Mental Health Approaches

- San Luis Obispo County will learn if combining youth-designed prevention and stigma reduction strategies, peer counseling with a public health focus, and behavioral health career development will have a greater impact on improving high school students' mental health outcomes, decreasing stigma, and increasing pursuit of college behavioral health education compared to traditional peer counseling models.
- The Innovation will also assess the impact of training high school peer counselors to utilize the Screening and Brief Interventions instrument.

Similar to other MHSA Innovation Programs: none

Work Plan #3 – Older Adult Family Facilitation

Duration: three years

Budget Request: \$201,812

Key Features of Innovation Program

- This Innovation Program aims to create forward-looking solutions that enhance choice, safety, comfort, support, and well-being for older adults.
- It combines elements from Child Welfare Services' Family Group Decision Making (FGDM) and Elder Mediation, with emphasis on creating meaningful connections to a broad range of community resources and supports for older adults and their families.
- The program intends to fill service gaps between existing Full Service Partnerships and Prevention/Early Intervention services.

Expected Contribution to Learning and Development of New/Improved Mental Health Approaches

- The county will learn whether, and how, a Family Facilitation model, incorporating elements from Elder Mediation and Child Welfare Services' Family Group Decision Making (FGDM), will increase family and community collaboration and improve mental health outcomes for seniors with mental health issues beyond the scope of Senior Peer Counseling and other prevention and early intervention services, and their families.

Similar to other MHSA Innovation Programs: Mariposa County

Work Plan #4 – Nonviolent CommunicationSM (NVC) Education Trial

Duration: three years

Budget Request: \$176,692

Key Features of Innovation Program

- The Innovation adapts a communication method, now used in business, education, juvenile justice, and mediation settings, as an early intervention practice for transition-age youth with serious mental illness and their families.
- The model will focus on youth identified as not amenable to treatment and challenged in recovery because of aggression, conflict, and/or difficulties communicating.
- The Innovation will include education groups and ongoing group support.

Expected Contribution to Learning and Development of New/Improved Mental Health Approaches

- The county will assess whether NVC training as an early intervention strategy for transition-age youth with serious mental illness reduces the escalation of problems, improves pathways to treatment, and ultimately improves communication between the client and family members.

Similar to other MHSA Innovation Programs: none

Work Plan #5 – Wellness Arts 101

Duration: four years

Budget Request: \$318,026

Key Features of Innovation Program

- This program is a for-credit community college course on expressive art for students who have been engaged in or referred for mental health services.
- The course, to be offered in partnership with Cuesta College, combines academics with the opportunity to develop social and life skills while participating in a therapeutic activity.
- The Innovation was developed by and for college students with a mental illness.

Expected Contribution to Learning and Development of New/Improved Mental Health Approaches

- The county will assess whether and how this approach benefits mentally ill students, primarily transition-age youth, who struggle with navigating the campus culture, academic pressures, and socialization issues while dealing with treatment, recovery, and the lack of supports.
- Evaluation will assess both wellness, communication, stigma reduction, and academic outcomes.

Similar to other MHSAs Innovation Programs: Riverside (only in focus on arts)

Work Plan #6 – Warm Reception and Family Guidance

Duration: four years

Budget Request: \$188,921

Key Features of Innovation Program

- The County will adapt Stanford’s “Cancer Concierge Services” model to serve Mental Health Services clients. The intention is for clients newly referred to the mental health system, and supporting family members, to feel safe, secure, informed, and supported so that they may focus on treatment and recovery.
- The model uses elements of peer-based system navigation, similar to those in many mental health programs. In addition, the model blends new intake procedures, supportive activities during any wait period between referral and available services, a coordinated “any door” policy among key mental health ports of entry, and staff to offer warm guidance to help link clients to the appropriate provider.
- All materials, support activities and education services will be provided in English and Spanish either in print or translation along with bilingual/bicultural project and reception staffing.
- The model includes expanding cooperation amongst system provider agencies to increase client and family care when moving between services and supports.

Expected Contribution to Learning and Development of New/Improved Mental Health Approaches

- The Innovation will provide a comprehensive look at the use of a medical health strategy in a mental health context.
- The Warm Reception and Family Guidance model intends to increase successful access and engagement of new clients and their families within the public mental health system.
- The county will assess the program’s impact on engagement in treatment by new mental health clients, positive relationships of clients and family members with mental health providers, and clients’ mental health outcomes.

Similar to other MHSAs Innovation Programs: Madera, San Diego

Work Plan #7 – Operation Coastal Care

Duration: three years

Budget Request: \$130,846

Key Features of Innovation Program

- Operation Coastal Care provides licensed mental health therapists to partner with local “surf” recreation/rehabilitation programs for veterans and other high-risk individuals.
- The Operation Coastal Care embedded mental health therapist will assess and respond to participants’ mental health issues such as depression, anxiety, addiction, and PTSD, both on-site during surf events and through follow-up assessment and treatment in comfortable, confidential environments.
- Services and supports will also be available for family members.
- The therapist will provide linkage and referral for participants and their families to services available throughout the public mental health system.

Expected Contribution to Learning and Development of New/Improved Mental Health Approaches

- This Innovation tests an adaptation of a relatively new rehabilitation practice for veterans and other high-risk individuals, which the county believes has the potential to be a best practice for mental health services for this underserved population.
- The learning goal of Operation Coastal Care is to determine if the addition of an embedded therapist to physical rehabilitative surf programs will reduce stigma and increase access and engagement to mental health services for veterans and other high-risk individuals.
- The county will measure the program’s contribution to improving participants’ mental health outcomes.

Similar to other MHSA Innovation Programs: None

Work Plan #8 – Multi-Modal Play Therapy Outreach Trial

Duration: three years

Budget Request: \$305,144

Key Features of Innovation Program

- This Innovation pilots an innovative approach to a parent-led, multi-modal, attachment-focused play therapy delivered in home and community settings. The program is designed for children and their parents currently not engaged by the public mental health system, especially for families in rural and remote areas of the county.
- Parent and caregiver input and feedback is at the core of this approach. The Innovation includes three evidence-based play therapy models. Therapists will not identify the first modality or its progression until parents have had the opportunity to experience all three therapy models and provide input to their child’s treatment plan.
- Parents participating in the trial will have an opportunity to learn about and be referred to resources and supports throughout the community.

Expected Contribution to Learning and Development of New/Improved Mental Health Approaches

- The Multi-Modal Play Therapy Outreach Trial will provide the County with important information regarding how to best engage and serve children with attachment disorders outside of a clinic setting and how better to involve parents.
- The county will learn if, and how, an emphasis on parental choice in treatment planning that combines three distinct therapies (Theraplay, Filial Therapy, and Non-Directive Play Therapy) conducted in homes and neighborhood centers will increase parents' acceptance of and engagement in services.
- The county will also assess the attachment disorder symptom outcomes of children who receive mobilized Multi-Modal Attachment Focused Play Therapy compared to children who receive services exclusively through the County child assessment clinic.

Similar to other MHSAs Innovation Programs: none

Innovation Administration

These administrative expenses apply to all of San Luis Obispo County's Innovation Programs.

Innovation Administration, Indirect Services: \$138,466

Example Reviewer Comments

- The county will learn a lot from these programs.
- These programs all reflect the community. It is obvious that veterans, youth, clients and family members created these programs.
- The descriptions of the community issues that these Innovations address are particularly strong.