

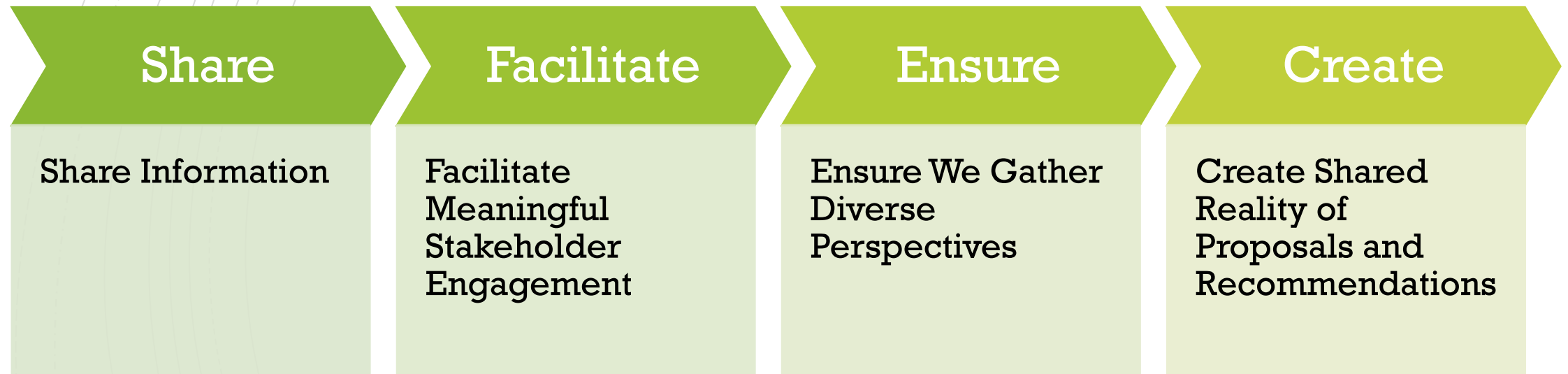
Mental Health Services Act  
Stakeholder Steering Committee Meeting  
7.23.19

Leng Power-BHRS

# Welcome

- Ruben Imperial- Interim Behavioral Health Director
- Leng Power – Innovations Manager

# Purpose of Convening



# Agenda

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**Status of MHSA Annual Update FY 19-20**

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**Overview of MHSA**

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**Review Innovation Planning Process**

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**Meet the Proposals**

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**Table Top Discussions**

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**Next Steps and Close**

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# MHSA Annual Update

FY 19-20

STANISLAUS COUNTY BEHAVIORAL HEALTH AND RECOVERY SERVICES



## MENTAL HEALTH SERVICES ACT ANNUAL UPDATE FISCAL YEAR 2019-2020

MAY 2019



WELLNESS · RECOVERY · RESILIENCE



# MHSA Overview

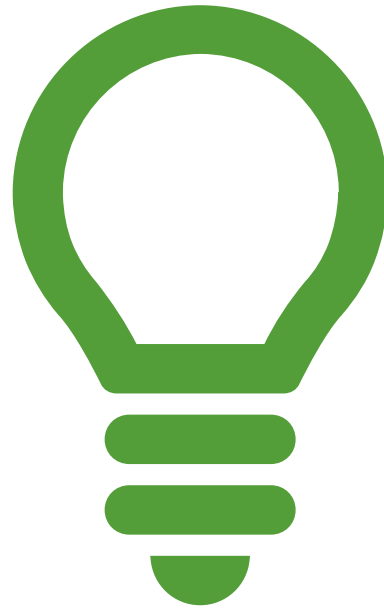
Community  
Services and  
Supports

Prevention and  
Early Intervention

Workforces  
Education and  
Training

Capital Facilities  
and Technological  
Needs

Innovations



# Innovation Planning Process: From Concept to Project

*From Concept to Proposal Selection*

# Meet The Projects

- Stanislaus County of Education- NAMI on Campus
- Romeo Medical Clinic- Whole Health Approach To Improve Mental Health Outcomes
- MoPride -It's My Life: Social Self Directed Care





# Whole Health Approach to Improve Mental Health Outcomes

Sam Romeo, MD

Chris Hawley, MD

Ashlee Frausto

# Catastrophic Reality For Americans with Serious Mental Illness

- Landmark study in 2006
- Life expectancy is **25 years shorter**
  - Not because of suicide, overdose, or accidents
- Dying **too early** from **preventable** chronic diseases related to unhealthy lifestyles
  - Lung disease (85% preventable)
  - Heart disease (80% preventable)
  - Strokes (80% preventable)
  - Cancer (45% preventable)



# What's been done?

## 2011

- **Substance Abuse and Mental Health Services (SAMHSA)** recommends shifting from Recovery Model to Whole Health Model

## Today

- **No** Whole Health Models, tools, or training for Behavioral Health Service Providers
- Huge life expectancy disparity still exists (NY Times 2018)



# BHRS and Community Stakeholder Identified Goals for INN Projects

- **Goal:** Increase the quality of mental health services, including measured outcomes.

## **Learning Objective:**

What will help clinicians and other service providers become more open and receptive to whole person approaches to well-being and become better able to link their clients to appropriate information and support?

# Project Background

- Family Physicians of Romeo Medical Clinic and Psychologists at CSU Stanislaus developed a whole health model of care in use in employee wellness settings since 2006.
- Improves health of whole person
- The model and electronic platform can be adapted to support improved outcomes in behavioral health clinics.



# Whole Health Approach to Improve Mental Health Outcomes

1. Train Behavioral Health Service Providers in a whole health model of care
2. Support and measure **mental health** and **wellbeing outcomes** for behavioral health service providers who use whole health platform for their own well-being.
3. Support and measure **mental health** and **wellbeing outcomes** for behavioral health clients as they use whole health platform for their wellbeing.



# The Value of this Project for Behavioral Health and Community Stakeholders in Stanislaus County

- Evaluate the outcomes of implementing a whole health model of care in behavioral health settings
- Provide whole health training and wellbeing support for 35+ behavioral health service providers using an expanded model of care
- Support the whole health of the approximately 20,000 clients over the 5-year innovation project
- Establish Stanislaus County as a national leader in mental health innovation

**THANK YOU**  
**for your collaboration and support**  
**of this project!**



Whole Health for Whole People



# References

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<https://www.nytimes.com/2018/05/30/upshot/mental-illness-health-disparity-longevity.html>
- Colton CW, Manderscheid RW. Congruencies in increased mortality rates, years of potential life lost, and causes of death among public mental health clients in eight states. Prev Chronic Dis [serial online] 2006 Apr [date cited]. Available from:  
URL: [http://www.cdc.gov/pcd/issues/2006/apr/05\\_0180.htm](http://www.cdc.gov/pcd/issues/2006/apr/05_0180.htm)
- Swarbrick M., A wellness approach, [Psychiatr Rehabil J.](#) 2006 Spring;29(4):311-4
- Bartels S, Desilets R. Health Promotion Programs for People with Serious Mental Illness (Prepared by the Dartmouth Health Promotion Research Team). Washington, D.C. SAMHSA-HRSA Center for Integrated Health Solutions. January 2012.



“It's My Life: Social Self-Directed Care”  
Innovation (IML) Project  
2019 - 2024

# Introductions...

- My name is...
- My Preferred Gender Pronoun (PGP) is...
- My role with MoPRIDE is...
- My lived experience is...

# Need...

- ❖ 75% LGBTQ+ adults have experienced emotional difficulties related to sexual orientation/ gender identity expression.
- ❖ Its 89% for persons in the Trans Spectrum group

Where the stress of potential or actual community rejection may have consequences to a person's health and wellbeing, community-based supports are important resources in buffering the negative effects of these social prejudices (Doty et al., 2010).

# Stanislaus LGBTQ+...

- ❖ 3.5% of adult population identify as LGBTQ
- ❖ 14,000 LGBTQ+ adults living in Stanislaus County
- ❖ 2,800 (3X = 8,400) LGBTQ+ adults experiencing or at risk of mental illness.
- ❖ Currently – NO adult LGBTQ+ specific services provided through BHRS or their contractors.

MoPride, Inc. is a Non-profit, established in 2014. The Goal of MoPRIDE is to bring people together to celebrate the achievements of the LGBTQ+ movement, to remember our history, and to raise awareness of the work that still needs to be done. We provide support, resources and groups for the LGBTQ+ Community, their families, allies, and anyone interested in learning more about the LGBTQ+ community.

**The Central Valley Pride Center is MoPRIDE, Inc.'s primary vehicle for providing services.**



**400 12th Street, Suite 2  
Modesto, CA, 95354**

**CENTER HOURS OF OPERATION  
Tuesday-Friday 2 pm - 7 pm  
Saturday 11 am - 5 pm**

**Drop in Center**

# Who do we serve...

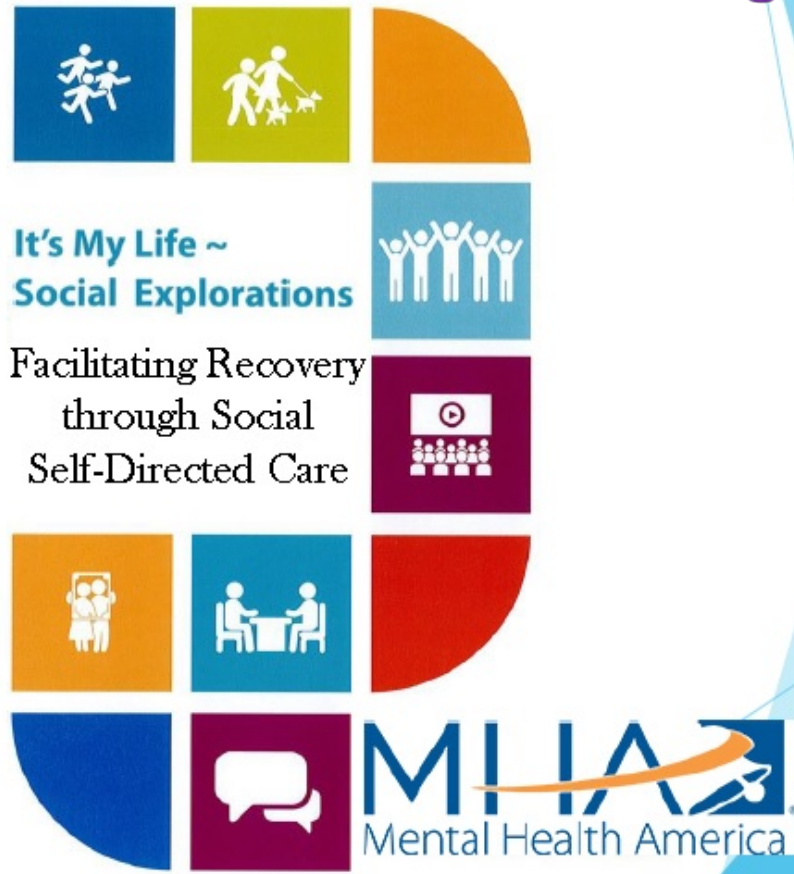


- 1400+ guests in 2018
- 25% Transgender/ Non-binary/ Gender Queer
- Diversity of ethnicities
- 33% Community support



# MoPRIDE

## “It's My Life: Social Self-Directed Care” Innovation (IML) Project



LGBTQ+ Community



Board of Directors

**Its My Life**

Innovation Project



Peer Life  
Coaches

Peers

Volunteers

# Process of project



- 5 Peers Life Coaches/ 2.75 Peer Managers
- LGBTQ+/ Lived experience
- 80 hours



- Guerilla and traditional marketing
- 20 Peers Year 1/ 40 peers Year 2 to 5
- LGBTQ+/ At risk or with a mental health issue
- Need determined by Personal Outcome Measures Interview



- Participant Handbook – rules/ responsibilities/ confidentiality
- 12 month enrollment
- Weekly meeting – various life/ social skill theme
- \$50 Stipend

# Process of project



- Goal setting/ Introspection/ Matching
- Weekly interaction with Life Coach
- Groups



- Supported/ Peer Life Coach
- Supported/ Peer Partner
- Independent



- Personal Outcome Measures
- Guided Journals
- Satisfaction Surveys
- Hospitalization Rates

# Process of project

“Can adopting specific strategies to create culturally sensitive environments and resources reduce behavioral health disparities”



Results

- Personal Outcomes Measurement tool

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Questions

Thank You



BREAK

15 Minutes

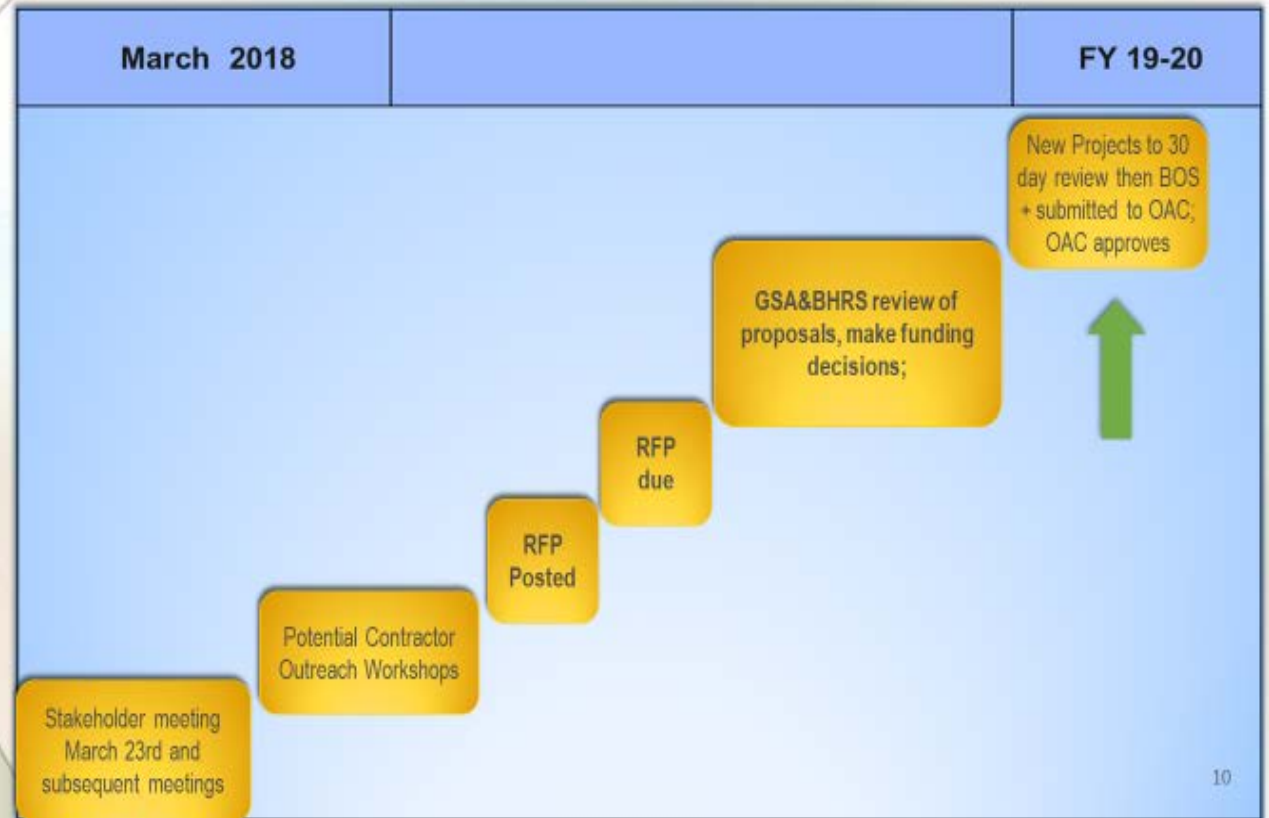
# Table Top Discussion

- What did you hear?
- What is the problem to be solved with each project?
- What did you find Innovative about each project?



# Next Steps Innovations Timeline

## Update: Innovation Timeline



The background features several concentric circles of varying radii, some solid and some dashed, in a light gray color. A large green callout box is centered on the page, containing white text. The callout box has a rectangular top and a pointed bottom. The text inside the box is centered and reads: "Questions", "Comments", "Reflections", followed by "Leng Power-Innovations Manager" and "lpower@stanbhrs.org".

Questions  
Comments  
Reflections

Leng Power-Innovations Manager  
lpower@stanbhrs.org