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# AGENDA ITEM 3

Action

February 25, 2015, Commission Meeting

San Luis Obispo County Innovation Plans

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**Summary:** The Mental Health Services Oversight and Accountability Commission (MHSOAC or Commission) will consider approval of San Luis Obispo (SLO) County's request to fund its new Innovative (INN) projects, (1) Defining Peer Support: Effective Peer Mentorship for Latino Women; (2) Late Life Empowerment and Affirmation Program (LLEAP); (3) Transition and Relapse Prevention (TARP): Not for Ourselves Alone; (4) Trauma Informed County of SLO (TICS). Staff reviewed the county plans and recommends the Commission approve a total of \$1,919,935.00 for the four projects. Each project is for four years.

The Mental Health Services Act (MHSA) requires INN projects do one of the following: a) Introduce a new mental health practice or approach, including but not limited to prevention and early intervention; b) Make a change to an existing mental health practice or approach, including, but not limited to, adaptation for a new setting or community; or c) Introduce, to the mental health system, a promising community-driven practice/approach, that has been successful in non-mental health contexts or settings. The law also requires INN projects address one of the following as its primary purpose: (1) Increase access to underserved groups; (2) Increase the quality of services including measurable outcomes; (3) Promote interagency and community collaboration; or (4) Increase access to services.

## **Defining Peer Support: Effective Peer Mentorship for Latino Women**

This program seeks to increase the quality of services and provide better treatment outcomes. The County will, when providing peer services, investigate what level of lived experience is most beneficial. The proposed plan is designed for under-reached and under-served Latino populations. The ultimate goal is to increase the clients' long-term well-being and increase the peer providers' personal improvements in their own recovery.

In conjunction with INN regulations, the evaluation and learning objectives are intended to reduce the risk of severe mental illness, reduce hospitalizations, and improve the ability to cope with the loss of a spouse or long-term partner. Measurements will be tracked using health records, PHQ9 screenings, intake assessments, exit polls, and client surveys.

## **Late Life Empowerment and Affirmation Program (LLEAP)**

This program targets older adults who, due to the loss of their spouse, are at risk of high rates of depression, anxiety, and clinical depression. The LLEAP project will provide tools to boost confidence, decrease the damaging effects of isolation and depression through social settings, and

provide skill development through peers. The targeted age group is any adult aged 60 years or older who has lost a partner and needs mental health services. The project uses an adaptive mental health curriculum currently provided in supporting victims of domestic violence. This is innovative in that there are few programs or services specifically addressing mental health needs of widows, widowers, or long-term partner losses.

LLEAP anticipates serving 25-30 clients per year. Evaluation will include a variety of pre/post measures.

### **Transition and Relapse Prevention (TARP)**

The TARP project aims to benefit the system of care by reducing incarceration rates, law enforcement interactions, and relapse rates of Full Service Partnerships (FSP) clients as well as improving the well-being of FSP team members themselves. SLO wants to increase the quality of services and outcomes by using a “whatever it takes” approach to support clients, from FSP intensive services to a supportive recovery model using peers to help deploy this model.

The learning objective is to determine if peer-led services will assist in alleviating the demand for clients using acute mental health care programs and/or facilities. Measurements consist of evaluating relapse rates of FSP clients graduating two years prior to the TARP INN project. The outcomes will be measured comparing means established in baseline data gathered in pre-tests and reported in retroactive surveys along with client records prior to TARP implementation.

### **Not for Ourselves Alone: Trauma Informed County (TIC) of SLO**

This INN project was designed to build capacity and increase interagency collaboration to serve community members with trauma who are not reached initially through health and social services agencies. The project trains county agencies (libraries, parks and recreation facilities, courts, registrars, etc.) to learn about trauma and how it affects mental health clients. It ultimately seeks to provide better understanding of mental health issues resulting in higher customer service and lower incidences of re-traumatizing mental health consumers and their families. It is an assertive and progressive program expecting to train over 500 service providers along with their organizations.

Measurements will include client records, comparison of baseline data, feedback from community based organizations and service providers, number of Certificates of Completion, reports on quality of services received, satisfaction rate surveys, and training sign-in sheets. Learning objectives, and service quality improvements will be analyzed through reporting indicators from participating county agencies, decreased incidents at public areas, community feedback surveys, and service provider reviews. Target rate for TIC is 30% of county employees and agencies will be trained by project end. Also by the end of the project, there is an expectation of a 30% decrease in the stigma related to mental health consumers.

**Presenter:** Nev Jones, PhD, Staff

**Enclosures:** Innovation Plan Approval Summaries: San Luis Obispo County Innovations (4)

**Handout:** PowerPoint (presented at the meeting).

**Motion:** MHSOAC approves SLO County Innovation Projects:

Name: Defining Peer Support: Effective Peer Mentorship for Latino Women

Amount: \$615,708

Project Length: 4 Years

Name: Late Life Empowerment and Affirmation Program (LLEAP)

Amount: \$344,311

Project Length: 4 Years

Name: Transition and Relapse Prevention (TARP)

Amount: \$318,475

Project Length: 4 Years

Name: Not for Ourselves Alone: Trauma Informed County (TIC) of SLO

Amount: \$641,441

Project Length: 4 Years