



INNOVATIVE PROJECT APPROVAL SUMMARIES

San Luis Obispo County

Name of 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)**
- 4. Not for Ourselves Alone: Trauma Informed County of SLO**

Totals Requested for Projects:

- 1. \$615,708.00**
- 2. \$344,311.00**
- 3. \$318,475.00**
- 4. \$641,441.00**

Total Requested for Innovation: \$1,919,935.00

Duration of Each Innovative Project: Four Years

Staff Recommends: APPROVAL

Review History

County Submitted Innovation (INN) Projects: December 15, 2015

Mental Health Services Oversight and Accountability Commission (MHSOAC or Commission) vote on INN Projects: February 25, 2016.

Innovation Project Summaries

San Luis Obispo (SLO) County is seeking MHSOAC approval for the following INN Projects:

Defining Peer Support: Effective Peer Mentorship for Latino Women

This four-year project tests a change to the existing practice of peer support in the mental health system by providing a more concrete definition for who constitutes a “peer mentor.” It is expected this project will standardize the definition of a peer mentor in order to increase the effectiveness of their work. In particular, this project will test this hypothesis

with an under-reached, under-served population that constitutes an ever growing fraction of the State's populace. A learning goal of this project will be to assess whether the level of lived experience strongly affects the impact of peer services. Although peer advocacy is not a new practice, and its effectiveness in improving treatment outcomes is widely documented, there is no standard definition for a "peer mentor" within the mental health system of care.

Evaluation

The County has a detailed and multi-faceted plan for assessing outcomes assisted with different peer mentor characteristics including measuring:

- Participants' depression levels
- Participants' resiliency
- Participants' recovery rates
- Participants' self-reporting on effectiveness of the support groups and how the groups influenced long-term recovery
- Peers achieving positive client treatment outcomes
- Peers achieving personal improvements in their own recovery and wellbeing

Learning objectives seek to understand how to better build the capacity of the community peer program, adapt models for increasing positive mental health outcomes, and understand how to better reduce the negative impact of mental illness for an under-served population.

Late Life Empowerment and Affirmation Program (LLEAP)

The Late Life Empowerment and Affirmation Program (LLEAP) project aims to provide older adult women mental health services and tools to help them become the head of household and feel self-empowered after the loss of a spouse or long-term partner. The project would not focus on bereavement, as there are programs that already address this. LLEAP's goal is to focus on improving mental health by providing tools to help clients feel empowered and confident while reducing risk of isolation and depression. The project uses a skill development approach to engage widows or surviving partners socially and provides a setting where they can find comfort and affirmation among peers.

Evaluation

The LLEAP program goals include helping participants (1) reduce symptomology, (2) lower the risk of severe mental illness, (3) reduce hospitalizations and/or long-term placements, (4) reduce need for mental health services, (5) increase capability of managing day-to-day tasks, (6) improve the ability to accept and cope with the loss of a spouse, (7) reduce the feelings of isolation and anxiety and, (7) increase elder abuse awareness.

Measurements include electronic health records, PhQ9 screenings, intake assessments, exit polls, and client pre/post surveys.

Transition Assistance and Relapse Prevention (TARP)

The effectiveness of peer mentorship is widely documented. However, peers have not been used in the transition from wrap-around services to more independent models of care and treatment. This project employs a model that is successful in other contexts such as inmate reentry or post-acute physical care and applies it to adults enrolled in intensive mental health services. This project will support the effectiveness of peer mentorship in the transition from FSP programs into a self-supported, community-based model. If successful, this approach could increase the capacity of FSP providers to offer these services to more clients who need them while maintaining a high level of quality throughout the spectrum of treatment.

Evaluation

This INN plan seeks to increase the quality of services, including better outcomes, such as:

- Clients and team members will be more likely to achieve self-selected personal goals.
- Clients will be less likely to need crisis interventions.
- Clients will be less likely to use psychiatric health facilities.
- Clients will be more likely to find and remain in housing.
- Clients will follow-through treatment rates increase.
- Clients will lower relapse and recidivism rates.
- FSP team members experience an increase in their own recovery and wellness.
- Graduation and movement from the project take place more frequently, and allows more clients to be served by the FSP team.
- Participants will be less likely to be incarcerated or will have reduced involvement with law enforcement.

Measurements will consist of evaluating relapse rates of FSP partners graduating two years prior to the TARP Innovation project.

Not for Ourselves Alone: Trauma Informed County of SLO

The purpose of the *Not for Ourselves Alone: Trauma Informed County of SLO* INN project is different from the previous three. The key focus of this INN is to promote interagency collaboration. This innovative plan is designed to provide trauma informed care training across public agencies and programs in San Luis Obispo County. The intention is to build capacity and increase interagency collaboration to best serve county residents. This plan will reach out to libraries, parks, courts, airports, probation facilities, jails, Sheriff's Departments, and other governmental agencies. This project encourages engagement with the entire County to learn about trauma and how it may impact residents, including each agency's own employees. This concept has already found success within mental health services. The objective is to adapt it to agencies outside the public mental health system to increase involvement and participation, enhance customer service, promote outreach, reduce conflict, increase safety, and stimulate long-lasting and far-reaching learning objectives for all communities within SLO County.

Evaluation

The County objectives are to train SLO County public employees with a standard, yet flexible, approach when addressing both people and incidents related to trauma and/or mental health. The County expects to significantly increase collaboration with departments and agencies outside the mental health arena. SLO wants to encourage and assist public servants to reach out safely to anyone experiencing trauma or mental health concerns. The public employees will learn to de-escalate persons exhibiting signs of trauma, anxiety, and other forms of mental health issues. This will increase empathy-based approaches to reduce stigma with the goal of understanding basic services and assisting clients to refer them to appropriate amenities.

Measurement will be through:

- 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,
- Training sign-in sheets.