

Overview of MHSA Prevention and Early Intervention (PEI) Projects



*Los Angeles County Department of Mental Health
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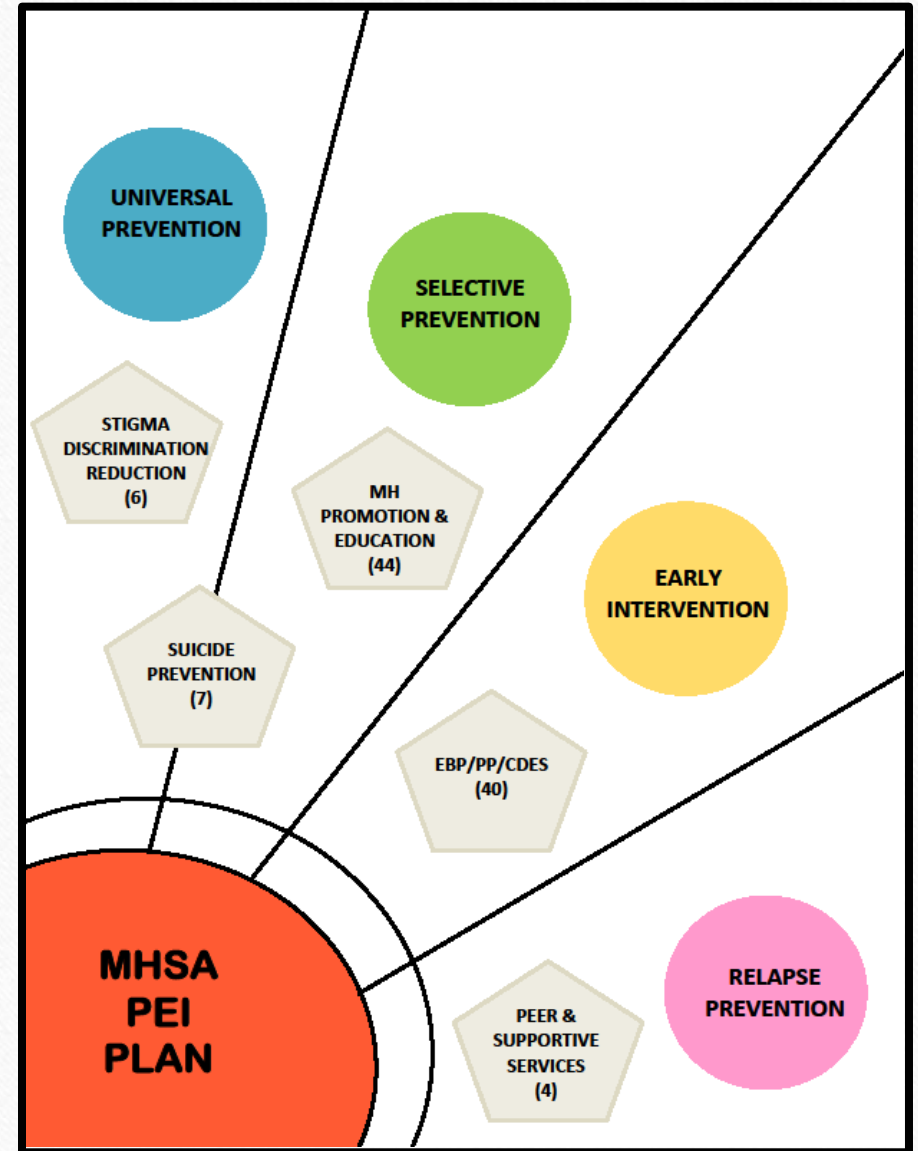
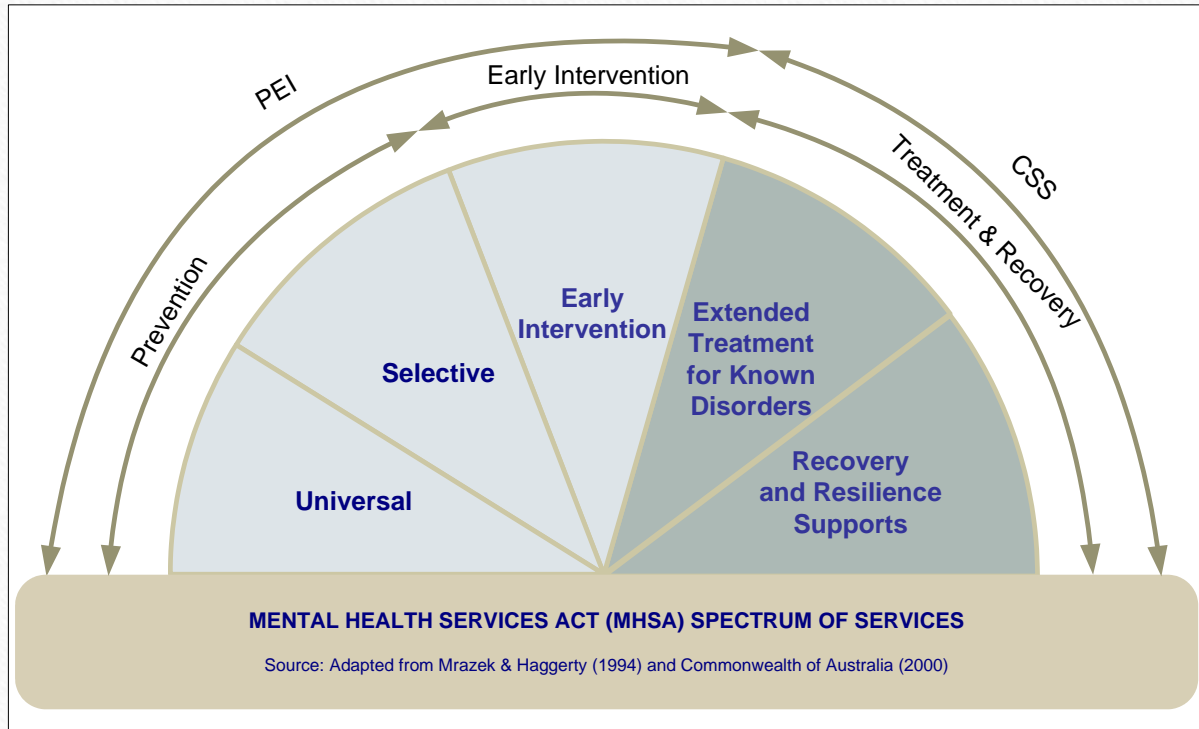
PEI 3-Year Plan

FYs 2017-18, 2018-19 & 2019-20

**Board of Supervisors adopted the
Department of Mental Health's
MHSA Prevention and Early
Intervention Plan on May 30, 2017**

- **7 PEI Plan Programs**
- **Total 79 LA DMH PEI Programs/Projects**
- **32 Prevention Programs**
- **38 Early Intervention Programs**
- **16 Evidence-Based Programs**
- **13 Promising Practices**
- **9 Community-Defined Evidence Practices**

MHSA PEI SPECTRUM OF SERVICES



Universal Prevention

Universal Prevention targets the general public or a whole population group that has not been identified on the basis of individual risks.



Stigma and
Discrimination
Reduction

Suicide
Prevention

Suicide Prevention

- 1 24/7 Crisis Hotline
- 2 Applied Suicide Intervention Skills Training (ASIST)
- 3 Assessing and Managing Suicidal Risk (AMSR) Training
- 4 Latina Youth Program
- 5 Partners in Suicide (PSP) Team
- 6 Question, Persuade and Refer (QPR) Training
- 7 Recognizing and Responding to Suicide Risk (RRSR) Training

Anti-Stigma and Discrimination

- 1 **Children's Stigma and Discrimination Reduction Project**
- 2 **Family-Focused Strategies to Reduce Mental Health Stigma and Discrimination**
- 3 **Mental Health First Aid (MHFA)**
- 4 **Older Adults Mental Health Wellness Project**
- 5 **Profiles of Hope Project**
- 6 **Psychological First Aid**

Selective Prevention

Selective Prevention targets individuals or a subgroup whose risk of developing mental illness is significantly higher than average.



- Largest increase of new programs
- 15 COS expansion programs that contract agencies may now provide
- Parenting Programs
- School-Based Programs; School Failure Reduction Programs
- Veterans Programs
- Housing Supportive Services
- Community Mental Health Promoters Programs

Selective Prevention

1	Active Parenting	22	Mental Health Promoters
2	American Indian Life Skills (AILS)	23	Mindful Schools
3	Arise	24	More Than Sad
4	Asian American Family Enrichment Network (AAFEN)	25	Nurse Family Partnership (NFP)
5	Boys And Girls Club Project Learn	26	Olweus Bullying Prevention Program
6	ChildHelp Speak Up and Be Safe	27	Peacebuilders
7	CSECY Training	28	Positive Action
8	Domestic Violence Prevention Program	29	Positive Parenting Program (Triple P Prevention)
9	Erika's Lighthouse	30	Project Fatherhood
10	FOCUS Resilience Pilot	31	Promotores (Latino)
11	Guiding Good Choices	32	Safe Schools Ambassadors
12	Healthy Ideas	33	School Threat Assessment and Response Team (START)
13	Home Visitation Programs	34	School, Community and Law Enforcement (SCALE)
14	Housing Support Services (Adult)	35	Second Step
15	Intimate Partner Violence Prevention Program	36	Senior Reach
16	L.A.'s BEST	37	Shifting Boundaries
17	Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex and 2-Spirit (LGBTQI2) TAY Services	38	TAY Drop-In Center Targeted Outreach & Engagement Strategies
18	Library Project	39	Teaching Kids To Cope
19	Life Skills Training	40	Veteran Navigators
20	Love Notes	41	Veterans Community Colleges Program
21	Making Parenting A Pleasure (MPAP)	42	Veterans Mental Health Services
		43	Why Try

Early Intervention

Early Intervention is directed toward individuals and families for whom a short duration (usually less than 18 months), relatively low-intensity intervention is appropriate to measurably improve a mental health problem or concern very early in its manifestation, thereby avoiding the need for more extensive mental health treatment or services, or to prevent a mental health problem from getting worse.

- 40 Evidence-Based Practices, Promising Practices, and Community-Defined Evidence Practices
- 3 Practices for Anxiety
- 8 Practices for Trauma
- 2 Practices for First Break/Early Psychosis
- 9 Practices for Depression
- 1 Practice for Emotional Dysregulation Difficulties
- 4 Practices for Disruptive Behavior Disorders
- 9 Practices for Parenting and Family Difficulties
- 4 Practices for Severe Behaviors/Conduct Disorders

Underserved Communities

SUBCONTRACTS WITH COMMUNITY ORGANIZATIONS AND/OR OUTREACH BY PROVIDERS FOR MENTAL HEALTH PROMOTERS PROGRAM

- **American Indian/Native American**
- **Armenian**
- **Ethiopian, Somali, and Other African Communities**
- **Filipino**
- **Japanese**
- **South Asian**
- **Thai (pending)**

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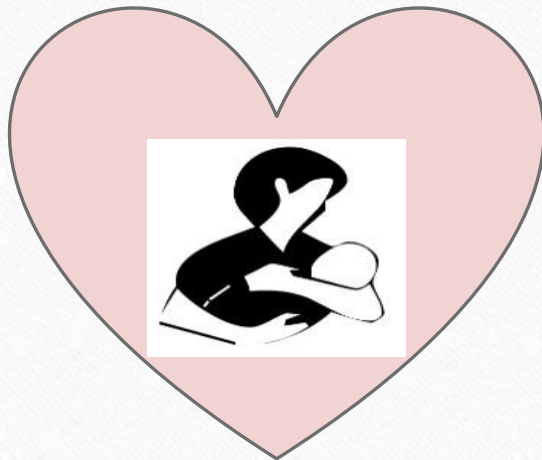


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Early Intervention

1	Aggression Replacement Training (ART)	21	Loving Intervention Family Enrichment Program (LIFE)
2	Alternative For Families- Cognitive Behavioral Therapy (AF-CBT)	22	Managing And Adapting Practice (MAP)
3	Blind/Visually Impaired Program (Multi-EBPs)	23	Mental Health Integration Program (MHIP)
4	Brief Strategic Family Therapy (BSFT)	24	Mindful Parenting Groups (MP)
5	Caring For Our Families (CFOF)	25	Multidimensional Family Therapy (MDFT)
6	Center for the Assessment and Prevention of Prodromal States (CAPPS)	26	Multisystemic Therapy (MST)
7	Child-Parent Psychotherapy (CPP)	27	Parent-Child Interaction Therapy (PCIT)
8	Cognitive Behavioral Intervention For Trauma In Schools (CBITS)	28	PIER Model
9	Crisis Oriented Recovery Services (CORS)	29	Positive Parenting Program Level 4 & 5 (Triple P)
10	Deaf/Hearing Impaired Program (multi EBPs)	30	Problem Solving Therapy (PST)
11	Depression Treatment Quality Improvement (DTQI)	31	Programs To Encourage Active Rewarding Lives For Seniors (PEARLS)
12	Dialectical Behavioral Therapy (DBT)	32	Prolonged Exposure-Post Traumatic Stress Disorder (PE)
13	Families Overcoming Under Stress (FOCUS)	33	Providing Alternative Thinking Strategies (Paths)
14	Family Connections (FC)	34	Reflective Parenting Program (RPP)
15	Functional Family Therapy (FFT)	35	Seeking Safety (SS)
16	Group Cognitive Behavioral Therapy (CBT)	36	Strengthening Families Program (SFP)
17	Group Individual Psychotherapy (IPT)	37	TF-CBT- Honoring Children, Mending The Circle
18	Incredible Years (IY)	38	The Mothers And Babies Course, Mamas Y Bebes
19	Individual Cognitive Behavioral Therapy (Ind CBT))	39	Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
20	Individual Psychotherapy (IPT)	40	UCLA Ties Transition Model

Maternal Mental Health



- **Renewal of Nurse Family Partnership with Department of Public Health Services**
- **Planning of in-home visitation programs**
- **Ongoing Individual CBT Trainings Countywide through Adult System of Care**
- **Interpersonal Psychotherapy Therapy for Maternal Depression-Trainings projected to occur in Fall/Winter 2017**
- **Exploring possible collaboration with community providers (Maternal Mental Health, Welcome Baby, etc.)**

Early Psychosis Intervention (EPI) Program: Portland Identification and Early Referral (PIER) Model

- As part of the PEI 3 Year Planning Process, research into FEP/EPI programs to include in the new PEI Plan began in September 2016
- Extensive discussions with developers, other agencies, and counties about their first break programs.
- The Portland Identification and Early Referral (PIER) Model program selected.
- The PIER Model has both outreach and mental health components and was included in the 3-Year PEI Plan. Other supportive components, such as supportive employment, peer support groups, family support, are an inherent part of the program for LA County.

Early Psychosis Intervention (EPI) Program: Portland Identification and Early Referral (PIER) Model

- DMH will build upon and expand the PIER Model to develop and brand its own EPI program. During efforts to establish a new First Early Psychosis/EPI program, DMH will continue to support the current CAPPS program during this transition stage.
- Implementation in line with Legislation AB 1315 (passed June 2017)
- Currently, within California the following counties have early psychosis programs based upon the PIER Model:
 - Contra Costa County, CA – First Hope Program
 - San Diego County, CA – Kickstart Program
 - Ventura County, CA -VIPS Program
 - Santa Clara County (San Jose), CA
 - Imperial, Sacramento, San Francisco, Sacramento Counties

Relapse Prevention

Relapse Prevention. In the course of illness, relapse is a return of symptoms after a period of time when no symptoms are present. Any strategies or treatments applied in advance to prevent future symptoms are known as relapse prevention.

PROGRAMS

- 1 Peer Support Group Training
- 2 Peer Support Groups
- 3 Supportive Employment Services
- 4 TAY Housing Support

Examples of Implementation Strategies for New and Expanded PEI Programs

Providers

- Current Legal Entities/Contract Agencies
- New Community-Based Organizations
- DMH Directly Operated Programs
- L.A. County Departments
- Philanthropic Organizations
- Community/Collaborative Partners
- Media

Strategies

- Expanded COS and Prevention Programs
- Pilots for Prevention Programs
- Subcontracting
- Solicitations/Bidding Process
- Sole Source Contracting
- Expanded Training
- Media Campaigns (Internet, Social Media, etc.)