

**COUNTY OF LOS ANGELES – DEPARTMENT OF MENTAL HEALTH
PREVENTION SERVICES BUREAU**

**Prevention and Early Intervention
Development of Community Based Prevention and Early Intervention Services for At-Risk
Children/Youth and Families**

**Mid-Year Adjustment to the MHSA 3 Year Program and Expenditure Plan
Fiscal Years 2017-18 through 2019-20
April 12, 2018**

Background

The MHSA Three Year Program and Expenditure Plan addresses identified service gaps in key unserved and underserved focal populations. The plan provides an opportunity for the Los Angeles County Department of Mental Health (DMH) to review MHSA programs and services and solicit feedback from stakeholders on those services. Through the implementation of MHSA, DMH has made great strides to create a continuum of services for each age group ranging from prevention to early intervention to an array of intensive community services and supports.

The stakeholders identified a gap in service programs focused on providing trauma-informed prevention and early intervention supports for at-risk children/youth and families. DMH proposes to leverage MHSA Prevention and Early Intervention (PEI) funding to expand mental health services and supports to augment existing services provided by the Department of Children and Family Services (DCFS) and the Department of Public Health (DPH) to parents and caregivers of children and youth at-risk of trauma exposure and/or involvement with the child welfare system. The goal of this expansion is to implement a prevention strategy for parents and caregivers of DCFS involved youth to:

- 1) Expand prevention supports for children/youth and their families that address co-occurring trauma exposure and substance use; and
- 2) Expand preventative community based supports provided to parents and caregivers of children/youth at-risk of entering the child welfare system.

Proposed Change/Program Description

DMH Prevention Services Bureau proposes to change the MHSA Three Year Program and Expenditure Plan to address service gaps for at risk children/youth and families by co-locating Client Engagement and Navigation Services (CENS) in regional DCFS office to ensure greater access to trauma-informed substance use disorder services for high risk parents/caregivers of DCFS involved children and youth. This proposed change will co-locate Substance Abuse Navigators in DCFS offices to provide substance abuse services to DCFS involved parents/caregivers as needed. These services are intended to link DCFS involved families with timely and responsive support services to address any substance use needs.

Proposed services will seek to reduce risk factors and increase protective factors for preventing prolonged trauma and mental illness for at-risk children and youth and their parents and/or caregivers.

CENS will incorporate substance abuse services with mental health prevention services using trauma informed practices. Substance Abuse Navigators (SAN) will be trained on how to identify and address trauma and early signs/symptoms of mental illness. The SAN will utilize Motivational Interviewing (MI) to assess for substance use/abuse/addiction problems and its impairment on functioning, identify triggers contributing to substance use and readiness for change. The SAN will collaborate with DCFS staff to provide integrated health care and seamless connection to appropriate SUD treatment services.

**LAC Department of Mental Health-System Leadership Team
Prevention Services Bureau
MHSA PEI-Proposal for Prevention Services for At-Risk Children/Youth and Families
April 12, 2018**

The CENS will utilize motivational interviewing techniques to engage and encourage parents/caregivers to accept SUD treatment and to facilitate behavioral change. The CENS will conduct an American Society Addiction Medicine (ASAM) brief triage assessment to determine if the parent/caregiver needs SUD treatment and the provisional level of care to which the parent/caregiver will be referred. **The estimated cost of this expansion is \$3M annually.**

Target Population

- Underserved ethnic and cultural populations residing in high-risk and underserved communities within the County;
- At-risk children and youth who could benefit from PEI services and supports

MHSA Components

Prevention

Intended Program Outcomes

- Address service gaps for DCFS involved children and youth and community based at-risk children/youth, their parents/relatives and other caregivers;
- Provide trauma-informed and mental health first aid training to staff serving at-risk children/youth, their parents/relatives and other caregivers through partner County departments and existing community based services providers;
- Increased community awareness of mental health and available mental health services;

Proposed Outcome Tool

- Parent and Youth Survey proposed by RAND for Prevention Strategies to evaluate mental health prevention programs, which has a pre and post evaluation of the parent/youth or other outcome measures identified as appropriate to measure reduction of risk factors and an increase in protective factors.

Budget (MHSA)

The proposed work plan will utilize the current allotment of funds delineated in the MHSA Three Year Plan. Additional unspent MHSA PEI funding will be requested.