Impact of MHSA (Prop. 63)

Marvin J. Southard, DSW
Director
Los Angeles County Department of Mental Health
MHSA Impact Summary

- Transformed the treatment for the seriously mentally ill by providing integrated care. *(Slides 6–25)*
- Provided the opportunity to engage in prevention and early intervention using state of the art evidence based practices with measurable outcomes. *(Slides 27–39)*
- Provided the innovation mechanisms to test methods of doing integration of behavioral health services. *(Slides 40–43)*
- Saved the mental health system from collapse during the downturn in realignment and local revenues during the recession.
- Allows for the maintenance and rebuilding after the disturbances of the recession and for coping with the new access demands posed by MCE expansion.
Community Services and Supports Fiscal Year 2012–13

- Unique clients receiving a direct Mental Health Service through the CSS Plan: **97,370**
- Primary language and ethnicity breakdown:
Community Services and Supports Fiscal Year 2012–13

- New clients receiving CSS Services Countywide with no previous MHSA Service: 25,093
- Primary language and ethnicity breakdown:

  - Primary Language:
    - English: 80%
    - Spanish: 16%
    - Unknown/not reported: 1%
    - Other: 3%

  - Ethnicity:
    - Hispanic: 42%
    - African American: 25%
    - White: 22%
    - Unknown: 4%
    - Asian: 4%
    - Other: 2%
    - Native American: 1%
    - Pacific Islander: 0.21%
Fiscal Year 2012–13
Full Service Partnership Outcomes

FSP Child and Adult Clients Spent Fewer Days Hospitalized Post-Partnership

Percent Change:
- FSP-Child: -40%
- FSP-Transitional Age Youth: 23%
- FSP-Adult: -25%
- FSP-OlderAdult: 7%
Fiscal Year 2012–13
Full Service Partnership Outcomes

FSP TAY and Adult Clients Spent More Days Living Independently Post-Partnership

<table>
<thead>
<tr>
<th>Category</th>
<th>Pre Days</th>
<th>Post Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>FSP-Transitional Age Youth</td>
<td>70,090</td>
<td>97,694</td>
</tr>
<tr>
<td>FSP-Adult</td>
<td>419,509</td>
<td>704,392</td>
</tr>
<tr>
<td>FSP-OlderAdult</td>
<td>89,888</td>
<td>89,441</td>
</tr>
</tbody>
</table>

Percent Change:
- FSP-Transitional Age Youth: 39%
- FSP-Adult: 68%
- FSP-OlderAdult: 0%
Fiscal Year 2012–13
Full Service Partnership Outcomes

FSP Clients Spent Fewer Days Homeless Post-Partnership

Percent Change:
- FSP-Child: -74%
- FSP-Transitional Age Youth: -39%
- FSP-Adult: -71%
- FSP-OlderAdult: -67%

Pre Days vs Post Days
Fiscal Year 2012–13
Full Service Partnership Outcomes

FSP TAY Clients Spent Fewer Days in Juvenile Hall Post-Partnership

Percent Change:
- FSP-Child: 3%
- FSP-Transitional Age Youth: -59%

Pre Days: 7,099, 11,082
Post Days: 7,291, 4,495
Fiscal Year 2012–13
Full Service Partnership Outcomes

FSP Clients Spent Fewer Days in Jail Post-Partnership

<table>
<thead>
<tr>
<th>Category</th>
<th>Pre Days</th>
<th>Post Days</th>
<th>Percent Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>FSP-Transitional Age Youth</td>
<td>19,537</td>
<td>17,554</td>
<td>-10%</td>
</tr>
<tr>
<td>FSP-Adult</td>
<td>152,395</td>
<td>75,458</td>
<td>-50%</td>
</tr>
<tr>
<td>FSP-OlderAdult</td>
<td>8,046</td>
<td>3,837</td>
<td>-52%</td>
</tr>
</tbody>
</table>
Fiscal Year 2012–13
Full Service Partnership Outcomes

FSP Clients had Fewer Hospitalizations Post-Partnership

<table>
<thead>
<tr>
<th></th>
<th>Pre Clients</th>
<th>Post Clients</th>
</tr>
</thead>
<tbody>
<tr>
<td>FSP-Child</td>
<td>1,026</td>
<td>666</td>
</tr>
<tr>
<td>FSP-TAY</td>
<td>683</td>
<td>430</td>
</tr>
<tr>
<td>FSP-Adult</td>
<td>2,276</td>
<td>2,100</td>
</tr>
<tr>
<td>FSP-OlderAdult</td>
<td>203</td>
<td>193</td>
</tr>
</tbody>
</table>

Percent Change:
- FSP-Child: -35%
- FSP-TAY: -37%
- FSP-Adult: -8%
- FSP-OlderAdult: -5%
Fiscal Year 2012–13
Full Service Partnership Outcomes

More FSP Clients Live Independently Post-Partnership

<table>
<thead>
<tr>
<th>Category</th>
<th>Pre Clients</th>
<th>Post Clients</th>
<th>Percent Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>FSP-Child</td>
<td>89</td>
<td>107</td>
<td>20%</td>
</tr>
<tr>
<td>FSP-TAY</td>
<td>308</td>
<td>427</td>
<td>39%</td>
</tr>
<tr>
<td>FSP-Adult</td>
<td>1,753</td>
<td></td>
<td>57%</td>
</tr>
<tr>
<td>FSP-OlderAdult</td>
<td>311</td>
<td>342</td>
<td>10%</td>
</tr>
</tbody>
</table>
Fiscal Year 2012–13
Full Service Partnership Outcomes

Fewer FSP Adult and Older Adult Clients Were Jailed Post-Partnership

Percent Change:
- FSP-TAY: 14%
- FSP-Adult: -14%
- FSP-OlderAdult: -13%
Fiscal Year 2012–13
Full Service Partnership Outcomes

Fewer FSP TAY Clients Were in Juvenile Hall Post-Partnership

<table>
<thead>
<tr>
<th></th>
<th>Pre Clients</th>
<th>Post Clients</th>
<th>Percent Change</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FSP-Child</strong></td>
<td>107</td>
<td>217</td>
<td>103%</td>
</tr>
<tr>
<td><strong>FSP-TAY</strong></td>
<td>95</td>
<td>38</td>
<td>-60%</td>
</tr>
</tbody>
</table>
Fiscal Year 2012-13
Full Service Partnership Outcomes

Fewer FSP Clients Were Homeless Post-Partnership

<table>
<thead>
<tr>
<th>Category</th>
<th>Pre Clients</th>
<th>Post Clients</th>
<th>Percent Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>FSP-Child</td>
<td>32</td>
<td>32</td>
<td>0%</td>
</tr>
<tr>
<td>FSP-TAY</td>
<td>313</td>
<td>235</td>
<td>-25%</td>
</tr>
<tr>
<td>FSP-Adult</td>
<td>3,156</td>
<td>1,999</td>
<td>-37%</td>
</tr>
<tr>
<td>FSP-OlderAdult</td>
<td>199</td>
<td>131</td>
<td>-34%</td>
</tr>
</tbody>
</table>

Legend:
- Green: Pre Clients
- Blue: Post Clients
Fiscal Year 2012–13
Employment – Full Service Partnership Outcomes

FSP Adult Clients Spent More Days in Positive Employment Post-Partnership

Percent Change:
- Competitive Employment: 11%
- Non-Paid Employment: 70%
- Other Gainful Employment: 49%
- Paid In House Employment: 70%
- Supportive Employment: 64%
- Transitional Employment: 64%
Fiscal Year 2012–13
Employment – Full Service Partnership Outcomes

FSP TAY Clients Spent More Days in Positive Employment Post-Partnership

Percent Change: 22%  44%  68%  93%  79%  70%

Competitive Employment  Non-Paid Employment  Other Gainful Employment  Paid In House Employment  Supportive Employment  Transitional Employment

Number of Days Pre  Annualized Number of Days Post
Increased community involvement and engagement in meaningful activities:
Field Capable Clinical Services Outcomes TAY Program

Increased community involvement, engagement in meaningful activities and receipt of needed medical care:

![Bar chart showing percent "Yes" responses at 18 month update, N=242.]

- Arrangement Suitable: 86% Baseline, 93% 18 Month Update
- Free From Abuse: 96% Baseline, 96% 18 Month Update
- Satisfied with Living: 86% Baseline, 83% 18 Month Update
- Access to Stable Adult: 95% Baseline, 95% 18 Month Update
- Access to Medical: 95% Baseline, 98% 18 Month Update
- Receives Needed Medical: 92% Baseline, 95% 18 Month Update
- Involvement in Community: 60% Baseline, 68% 18 Month Update
- Meaningful Activities: 72% Baseline, 79% 18 Month Update
Field Capable Clinical Services Outcomes Adult Program

Increased satisfaction with living arrangements, access to a stable adult, access to medical care, receipt of needed medical care, involvement in the community and engagement in meaningful activities:

Percent "Yes" Responses at 18 Month Update
N=3,105

- Arrangement Suitable: Baseline 91%, 18 Month Update 95%
- Free From Abuse: Baseline 95%, 18 Month Update 97%
- Satisfied with Living: Baseline 86%, 18 Month Update 94%
- Access to Stable Adult: Baseline 94%, 18 Month Update 98%
- Access to Medical: Baseline 94%, 18 Month Update 94%
- Receives Needed Medical: Baseline 90%, 18 Month Update 94%
- Involvement in Community: Baseline 60%, 18 Month Update 66%
- Meaningful Activities: Baseline 70%, 18 Month Update 78%
Field Capable Clinical Services Outcomes Older Adult Program

Increased suitability of living arrangements, access to social support, access to medical care, involvement in the community and engagement in meaningful activities:
89% of clients receiving UCC Services were not hospitalized within 30 days of the UCC visit.
Any Inpatient, PMRT, ER Jail Contact within 30 Days of a UCC Assessment

84% of clients receiving a UCC assessment did not receive any Inpatient, PMRT, Psych ER or Jail MH contact within 30 days of the assessment.
Alternative Crisis Services – Outcomes Fiscal Year 2012–13

Any Contact with Jail Mental Health Services within 30 Days of being seen at a UCC

98% of clients did not have any contact with Jail Mental Health Services within 30 days of being seen at a UCC.
Any Visit to a Psychiatric Emergency Room within 30 Days of Being Seen at a UCC

97% of clients did not have any visits to a Psychiatric ER within 30 days of being seen at a UCC.
Unique clients receiving a direct mental health service through PEI Plan: **73,140**

Primary language and ethnicity breakdown:
### Prevention and Early Intervention Evidence Based Practices

#### Top 10 EBPs Delivered in the County

<table>
<thead>
<tr>
<th>EBP</th>
<th># of Unique Clients Served</th>
<th>Average Cost per Client</th>
</tr>
</thead>
<tbody>
<tr>
<td>Managing and Adapting Practice</td>
<td>16,457</td>
<td>$4,138</td>
</tr>
<tr>
<td>Seeking Safety</td>
<td>11,849</td>
<td>$3,230</td>
</tr>
<tr>
<td>Trauma Focused CBT</td>
<td>11,404</td>
<td>$3,868</td>
</tr>
<tr>
<td>Crisis Oriented Recovery Services</td>
<td>4,987</td>
<td>$1,237</td>
</tr>
<tr>
<td>Mental Health Integration Program</td>
<td>4,766</td>
<td>$814</td>
</tr>
<tr>
<td>Triple P Positive Parenting Program</td>
<td>4,212</td>
<td>$2,623</td>
</tr>
<tr>
<td>School Threat Assessment Response</td>
<td>3,607</td>
<td>$2,415</td>
</tr>
<tr>
<td>Interpersonal Psychotherapy for Depression</td>
<td>2,593</td>
<td>$2,517</td>
</tr>
<tr>
<td>Child Parent Psychotherapy</td>
<td>2,178</td>
<td>$3,788</td>
</tr>
<tr>
<td>Aggression Replacement Training</td>
<td>2,081</td>
<td>$2,458</td>
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</table>
## Prevention and Early Intervention Evidence Based Practices

### Top 5 EBPs Delivered in the County by Age Group

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<tbody>
<tr>
<td>Managing and Adapting Practice</td>
<td>13,308</td>
<td>Seeking Safety</td>
<td>4,718</td>
</tr>
<tr>
<td>Trauma Focused CBT</td>
<td>9,490</td>
<td>Managing and Adapting Practice</td>
<td>3,124</td>
</tr>
<tr>
<td>Triple P Positive Parenting Program</td>
<td>3,973</td>
<td>Trauma Focused CBT</td>
<td>1,846</td>
</tr>
<tr>
<td>Seeking Safety</td>
<td>2,726</td>
<td>School Threat Assessment Response Team</td>
<td>1,164</td>
</tr>
<tr>
<td>School Threat Assessment Response Team</td>
<td>2,387</td>
<td>Aggression Replacement Training</td>
<td>885</td>
</tr>
</tbody>
</table>

### Children

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### TAY

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## Prevention and Early Intervention Evidence Based Practices

### Top 5 EBPs Delivered in the County by Age Group

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<th># of Clients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seeking Safety</td>
<td>3,992</td>
<td>Mental Health Integration Program</td>
<td>613</td>
</tr>
<tr>
<td>Mental Health Integration Program</td>
<td>3,734</td>
<td>Interpersonal Psychotherapy for Depression</td>
<td>415</td>
</tr>
<tr>
<td>Crisis Oriented Recovery Services</td>
<td>2,481</td>
<td>Seeking Safety</td>
<td>413</td>
</tr>
<tr>
<td>Individual Cognitive Behavioral Therapy</td>
<td>1,380</td>
<td>Crisis Oriented Recovery Services</td>
<td>197</td>
</tr>
<tr>
<td>Interpersonal Psychotherapy for Depression</td>
<td>913</td>
<td>Problem Solving Therapy</td>
<td>159</td>
</tr>
</tbody>
</table>
Managing and Adapting Practice (MAP)
◦ Encompasses several foci of treatment, including anxiety, trauma, depression and disruptive behavior disorder.
◦ Both children and parent/caregivers have endorsed the strongest positive change related to the treatment of disruptive behavior disorders
  • 67% of parents endorsed positive change on the Youth Outcome Questionnaire (YOQ)
  • 57% endorsed positive change on the Eyberg Child Behavior Inventory (ECBI)
  • 40% of children endorsed positive change on the YOQ–SR
  • 55% endorsed positive change on the ECBI
Prevention and Early Intervention Outcomes

(MAP continued)

- Matched pair results to date indicate that parent/caregivers are endorsing positive change related to MAP 64% of the time
  - 45% improvement in functioning achieved
  - children are endorsing positive change 55% of the time
  - 41% improvement in functioning achieved.

*All comparisons are made at the beginning and at the end of treatment.
Prevention and Early Intervention Outcomes

- **Triple P Parenting**
  - Aimed at reducing parenting and family difficulties
  - Resulted in a **38%** positive change as endorsed by parents
  - **22%** positive change as endorsed by children on the YOQ–SR
  - Demonstrated a 58–60% positive reliable change in parent/caregiver ECBI scores
Prevention and Early Intervention Outcomes

- Trauma Focused Cognitive Behavioral Therapy
  - For the 64 agencies providing trauma focused services, **74%** of the recipients of this practice self-identify as Latino
  - Both children and parent/caregivers have endorsed positive change on the YOQ.
  - Parents endorsed a **38%** improvement in their children’s overall functioning
  - Children reported a **35%** improvement in their overall functioning, representing **51%** and **47%** reliable change percentage, respectively
  - On average, parents report a **37%** improvement and children report a **42%** improvement in trauma symptoms on the Post Traumatic Stress Disorder Reaction Index (PTSD–RI) after completing Trauma Focused Cognitive Behavioral Therapy
Incredible Years
  ◦ Aimed at improving parenting skills and reducing family difficulties
    • Average age of client is 8
    • 66% of clients are male
    • 81% are Latino
    • A comparison between pre and post-average scores for the ECBI and the YOQ shows a reduction in symptoms below the clinical cutoff
    • Reductions in average scores range from 17% to 33%
Prevention and Early Intervention Outcomes

- Group CBT for Depression
  - Aimed at reducing early course depression
  - Demonstrated on average a 35% reduction in symptoms as measured by the PHQ-9
  - 21% reduction in overall symptoms as measured by the Outcome Questionnaire (OQ-45.2), representing 38% to 43% positive reliable change respectively
Aggression Replacement Training (ART)
- Sixteen agencies are providing this practice
- Aimed at treating disruptive behavior disorders in 12–17 year olds
- **14 to 25%** reductions in symptoms when comparing pre and post–treatment average scores for the ECBI
- **11 to 25%** reductions in average scores pre and post–treatment on the YOQ–Parent and YOQ–SR
Prevention and Early Intervention Outcomes

Seeking Safety
- 73 contract agencies and county-operated programs
- Significant reductions in trauma as measured by the PTSD-RI and the Outcome Questionnaire/YOQ-SR & YOQ (parent and self-report)
- Average symptom reduction after completion of the practice for children and their parent/caregiver ranges from 29% to 35% depending upon the questionnaire
- Average symptom reduction for adults aged 18 and above is 20%, with reductions seen below the clinical cutoff for the PTSD-RI for adults
Prevention and Early Intervention Outcomes

- *Child Parent Psychotherapy:* For the treatment of trauma in young children ages 0–6. This practice has yielded a 62% improvement in trauma symptoms as measured by the YOQ–Parent.
Prevention and Early Intervention Outcomes

- Crisis Oriented Recovery Services (CORS)
  - 32 contract and county operated programs are providing this brief treatment model to address situational crises
  - Adults and children who completed the six session model experience a 21% improvement as measured by the OQ 45.2 and YOQ–SR respectively
  - Parents reported a 33% improvement in their child’s symptoms
Innovation – Models of Integrated Mental Health, Substance Use and Physical Health Care

- Integrated Clinic Model (ICM)
- Integrated Mobile Health Team (IMHT)
- Integrated Services Management for Underserved Ethnic Populations
  - African/African American
  - Native American
  - Asian Pacific Islander
  - Latino
  - Middle Eastern/Eastern European
Innovation
Integrated Care Outcomes

- Significant reductions in mental health symptoms from the baseline assessment to the six month assessment for each of the models

- Indicates that clients were better able to manage their mental health and made progress towards their recovery

- Significant overall reductions on each of the three IMR subscales: Recovery, Management, and Substance Use

*Clinician–completed Illness Management and Recovery Scale (IMR)
Significant increases in engagement and coping from baseline assessment to the six month assessment for each of the INN models

- Indicates that clients were in more advanced stages of recovery after participating in INN for six months

*Clinician-completed Milestones of Recovery Scale (MORS)
**Innovation**

**Integrated Care Outcomes**

- Significant reductions in physical and mental health impairment for ISM and ICM clients from the baseline assessment to the six month assessment

- Indicates that ISM and ICM model clients experienced less impairment due to their physical and mental health

*Client–completed PROMIS Global Health Scale*