



The Mental Health Services Act (MHSA) Annual Update for the Los Angeles County Department of Mental Health reports on the programs serving clients during Fiscal Year (FY) 2017-18.

**Actions since the last annual update:**

Over the first half of FY 2018-19, after the FY 2018-19 MHSA Annual Update was adopted by the Board of Supervisors, LACDMH posted several mid-year adjustments to the plan. A summary of those mid-year adjustments include:

- Transfer of Community Services and Supports (CSS) funding to Capital Facilities and Technological Needs, May 16, 2018 and November 29, 2018;
- Innovation projects further described in the Innovation Section; and
- Transfer of CSS funding to Workforce Education and Training, June 21, 2018.

## Community Services and Supports (CSS)

Full Service Partnership (FSP), Recovery, Resilience and Reintegration (RRR), Alternative Crisis Services, Planning, Outreach and Engagement (POE), Housing and Linkage Services

Unique clients receiving a direct Mental Health Service through a CSS Plan: **132,397**

### Recovery, Resilience and Reintegration (RRR)

Age Group	Unique Clients Served
Child	23,538
TAY	15,195
Adult	54,701
Older Adult	13,236

### Linkage

Program	# of Client Contacts
Jail Linkage	639
Service Area Navigation	12,273

### Housing

As of June 30, 2018, Los Angeles County Department of Mental Health has a total of 1,439 units. During FY 2017-18, the Department invested in 366 units.

### Planning, Outreach and Engagement (POE) Activities

- A full array of community-defined activities occurred through the Under-Served Cultural Community groups, including a new group for those with disabilities, as well as through Service Area specific outreach and education activities, including raising community awareness related to trauma, the Armenian Genocide, anti-bullying and suicide prevention.
- Outreach and engagement staff were present at community events throughout the year, including at libraries, places of worship, homeless shelters, and career and community wellness fairs.

### Alternative Crisis Services

Program	Unique Clients Served	Outcomes
Urgent Care Centers	41,423	While Urgent Care Centers vary by location, on average only 7% of clients present at psychiatric emergency departments within 30 days of the UCC visit, with Olive View's UCC's percentage much higher.
Law Enforcement Teams	19,728	<ul style="list-style-type: none"> <li>• 2% arrested</li> <li>• 68% hospitalized</li> </ul>
Enriched Residential	851	

## Full Service Partnership (FSP)

Age Group	Unique Clients Served
Child	4,081
TAY	2,619
Adult	6,007
Older Adult	1,566

## Impact on FSP on Residential Post-Partnership

Child (N=9,234), TAY (N=4,762), Adult (N=13,713), Older Adult (=1,715)

### Comparing a client's life before and after FSP enrollment

- ◆ FSP Reduces Homelessness
- ◆ FSP Reduces Justice Involvement
- ◆ FSP Reduces Psychiatric Hospitalizations
- ◆ FSP Increases Independent Living

FSP Program	Percentage by Clients	Percentage by Days
<b>Homeless</b>		
TAY	23% Reduction	43% Reduction
Adult	29% Reduction	68% Reduction
Older Adult	28% Reduction	60% Reduction
<b>Justice Involvement</b>		
TAY	60% Reduction	34% Reduction
Adult	17% Reduction	65% Reduction
Older Adult	13% Reduction	46% Reduction
<b>Psychiatric Hospitalizations</b>		
Child	12% Reduction	23% Reduction
TAY	45% Reduction	24% Reduction
Adult	25% Reduction	66% Reduction
Older Adult	12% Reduction	23% Reduction
<b>Independent Living</b>		
TAY	31% Increase	41% Increase
Adult	47% Increase	45% Increase

## Prevention and Early Intervention (PEI)

Suicide Prevention, Early Intervention, Prevention, Outreach for Increasing Recognition of Early Signs of Mental Illness Program, Stigma and Discrimination Reduction, Program to Improve Timely Access to Services for Underserved Populations and Access and Linkage to Treatment

### Stigma and Discrimination Reduction

35,138 individuals participated in these activities including Mental Health First Aid training and the WhyWeRise campaign.

### Prevention

The Department has implemented an array of 40 prevention activities and services geared toward addressing, either through education or support, the risk factors associated with the onset of mental illness or emotional disturbances, including a focus on enhancing protective factors such as social connectedness and support.

## Early Intervention

- 44,212 clients received an Early Intervention direct mental health service.
- 89% of clients served were children and TAY.
- Practices have resulted in reduced symptoms and improved functioning:
  - ⇒ Depression
    - After completion of Depression Treatment Quality Improvement, Managing and Adapting Practice, Mental Health Integration Program, Group and individual CBT for Depression, Interpersonal Psychotherapy for Depression, Problem Solving Therapy for older adults or the Program to Encourage Active Rewarding Lives for Seniors, on average clients have achieved at least **40%** reductions in depressive symptoms and/or at least **45%** improvement in functioning.
  - ⇒ Trauma
    - After completion of Alternatives for Families - CBT, Managing and Adapting Practice, individual Cognitive Behavioral Therapy, Child Parent Psychotherapy or Trauma Focused Cognitive Behavioral Therapy, on average clients have achieved at least **40%** reductions in post-traumatic stress symptoms and/or at least **45%** improvement in functioning.
  - ⇒ Improving Parenting Skills to Reduce Disruptive Behavior in Children
    - After completion of Parent Child Interaction Therapy, Loving Intervention Family Enrichment Program, Brief Strategic Family Therapy, Triple P Positive Parenting Program, Managing and Adapting Practice or Families Overcoming Under Stress, and Caring for Our Families, on average clients have achieved at least **40%** reductions in disruptive behaviors and/or at least **45%** improvement in functioning.
  - ⇒ Severe behavioral conduct
    - After completion of Functional Family Therapy or Multisystemic Therapy, on average clients have achieved at least a **30%** improvement in functioning.
  - ⇒ Anxiety
    - After completion of Managing and Adapting Practice, Individual Cognitive Behavioral Therapy or Mental Health Integration Program, on average clients have achieved at least **40%** reductions in anxiety symptoms and/or at least **45%** improvement in functioning.

## Suicide Prevention

- The Latina Youth Program reduced behaviors and the intensity of those behaviors associated with suicide risk.
- The Suicide Prevention Hotline continues to reduce self-rated suicidal intent and responded to 99,574 chats, calls and texts. The hotline has Spanish, Vietnamese, and Korean language capacity as well.
- The Partners in Suicide Prevention team participated in 133 suicide prevention events, including providing Applied Suicide Intervention Skills Training (ASIST), Question, Persuade and Refer (QPR), Mental Health First Aid (MHFA), and Assessing and Managing Suicide Risk (AMSR) trainings. The trainings collectively resulted in attendee-rated significant increases in knowledge about suicide prevention and help seeking.
- The School Threat Assessment Response Team (START) assessed 219 students and intervened with 86. Of the 86 students, 65% were assessed with a pre- and post-suicide and violence risk measure. The majority (54%) of students with an intervention were rated as low suicide risk and remained low. In contrast, the majority (52%) of the students with an intervention were initially rated as having a moderate risk for violence and reduced their risk to low after intervention.