# MHSA OUTCOMES AND EFFECTIVENESS FY 2020-21

Exhibit F – MHSA Outcomes and Effectiveness | June 2022 |

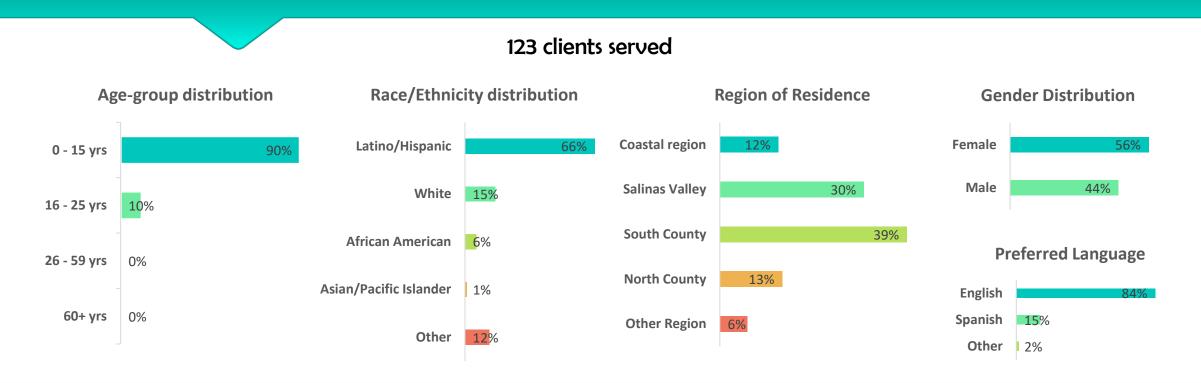
## Community Services & Supports Component (CSS Programs)

- 8,934 beneficiaries served
- 52% were Hispanic/Latino clients
- 58% were Female
- 78% preferred English language to receive services
- 22% were residents of our South County region

In the last 10 years, the percentage of Hispanic clients served has increased by 12%.

### (CSS-01) Early Childhood & Family Stability FSP

Family Preservation FSP, Family Reunification FSP, Salinas Home Partners FSP, Family Assessment Support & Treatment (FAST) FSP, Kinship Center Adoption Preservation FSP, Kinship Center First Five Trauma FSP, Kinship Center King City FSP

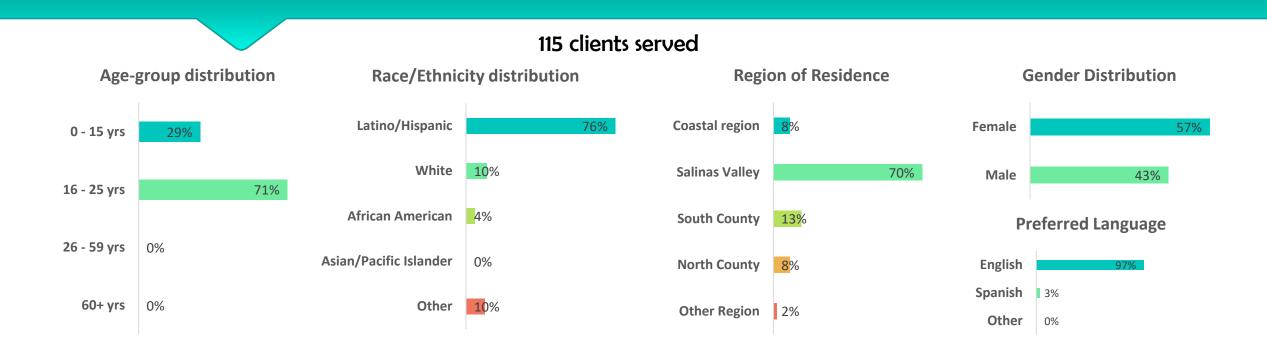


35% clients had their treatment goals partially or fully met at discharge.

Services now available in-person, via tele-health or telephone based on needs of the family. Efforts to integrate cultural responsiveness and equitable services to families in the community. Improved the safety awareness during clinical work.

## (CSS-02) Dual Diagnosis FSP

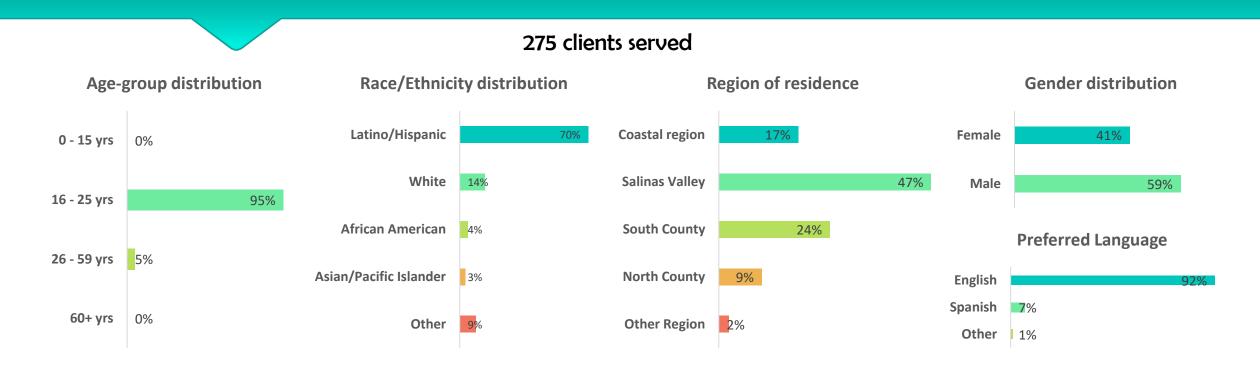
Integrated Co-Occurring Disorders FSP, Santa Lucia Residential Treatment FSP



16% clients had their treatment goals partially or fully met at discharge.

Implemented new engagement techniques that effectively met children, youth, and family needs. Adopted Covid-related safety practices during clinical work.

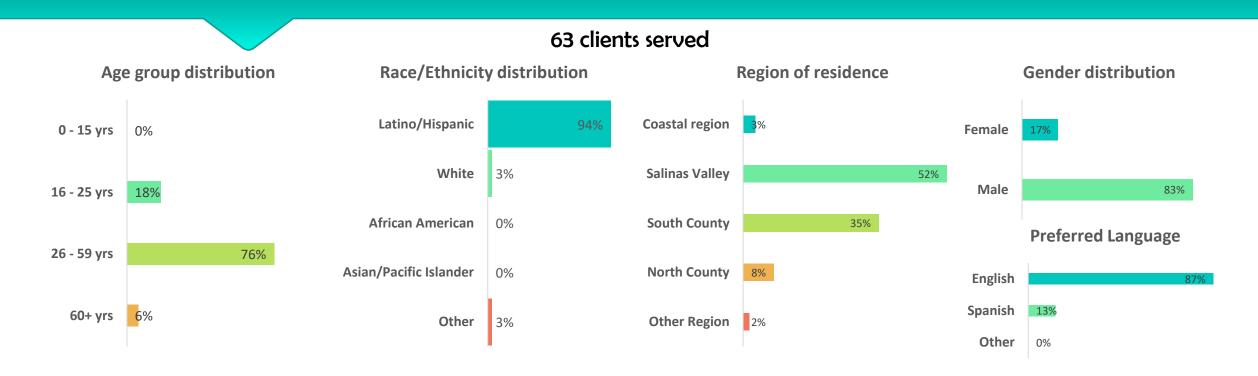
## (CSS-04) Transition Age Youth FSP AVANZA FSP



6% clients had their treatment goals partially or fully met at discharge.

Made a rapid transition to telehealth and telepsychiatry services within the first weeks of the pandemic shelter in place. Improved the safety practices for clients that needed in-person services.

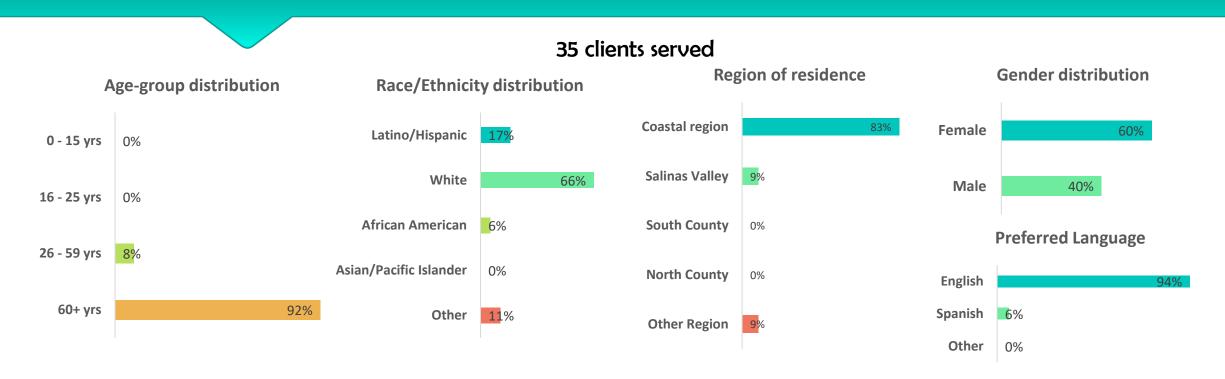
## (CSS-05) Adults with SMI FSP Assertive Community Treatment FSP



6% clients had their treatment goals partially or fully met at discharge. 87% of consumers were not hospitalized and 94% of consumers were not incarcerated during the fiscal year

ACT staff meet with clients at least 2-3 times weekly and into their homes, communities, and adapted to COVID-19 protocols by increasing telecommunication services to clients

## (CSS-06) Older Adults FSP Older Adults FSP, Drake House FSP

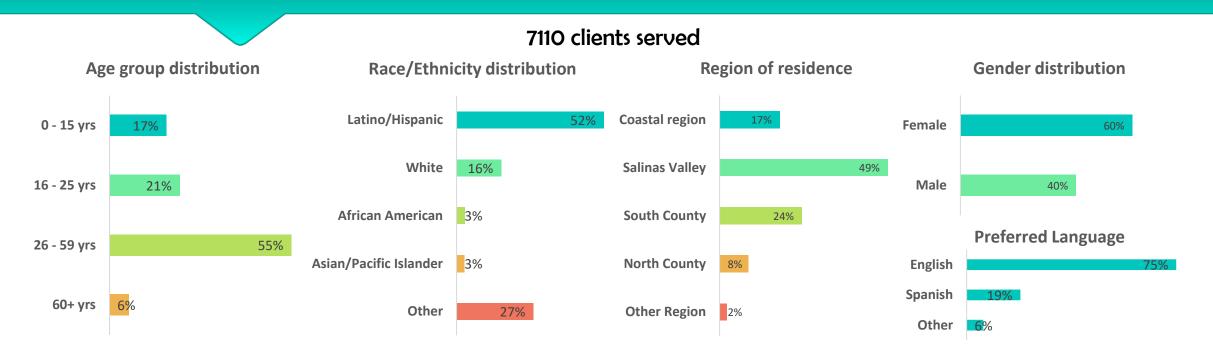


35% clients had their treatment goals partially or fully met at discharge.

County staff trained older adults in how to use smartphones for telehealth, and access internet to reduce boredom. Provided Transportation Coach and Wellness Navigator to help clients obtain a smart phone. Older adults were also able to access other community resources to obtain social support and decrease isolation.

## (CSS-07) Access Regional Services

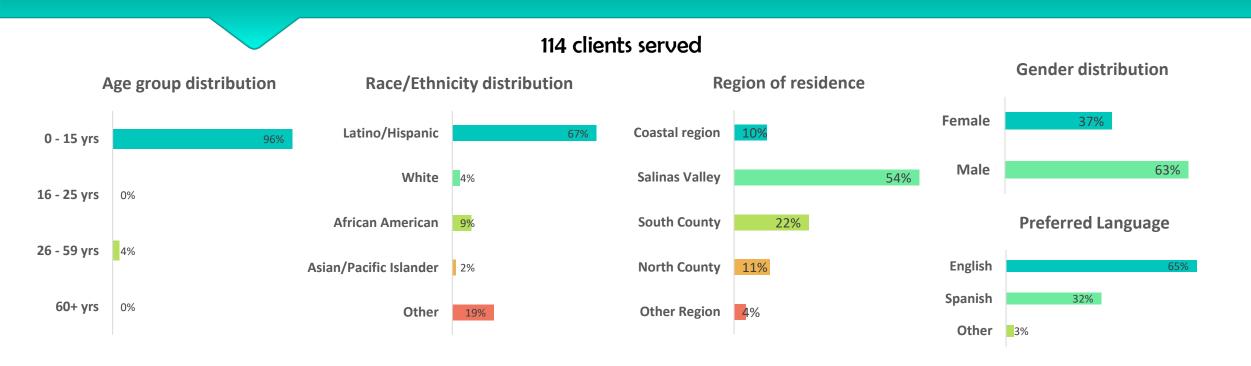
Access to Treatment Salinas, Coastal Region, King City, and Soledad Access Medication Support, Promotores, GAP, Clinic Integration, USC Telehealth Access AB109, Access Probation, CALWORKS (All Regions), OMNI Resource Center, CHS Outpatient Mental Health Services in Salinas/Seaside/South County



20% clients had their treatment goals partially or fully met at discharge.

Services now available in-person, via tele-health or telephone based on needs of the family. Access Salinas expanded services to begin a new MOU with NIDO clinic. CalWorks built a greater community network for resources and linking clients to services. A new MOU was developed for Victims of Domestic Violence

## (CSS-08) Early Childhood Mental Health CS MCSTART, MCSTART

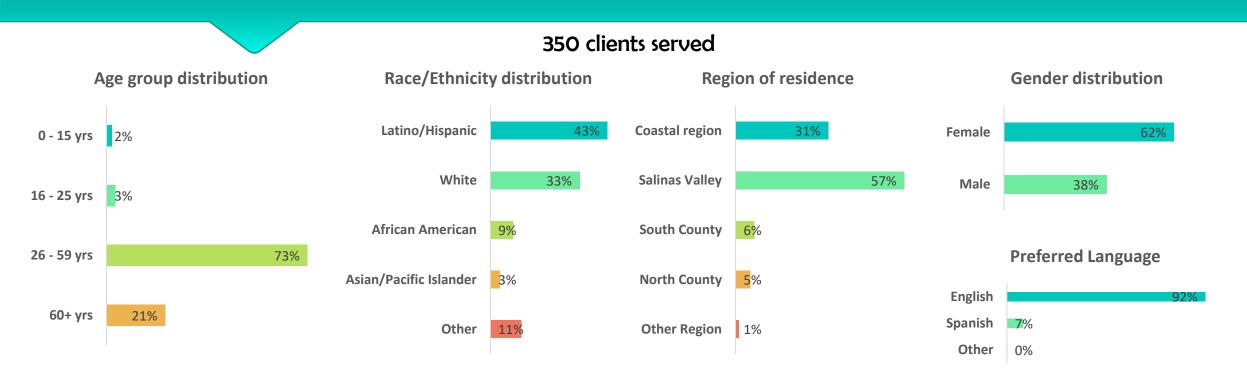


16% clients had their treatment goals partially or fully met at discharge.

Adopted lot of new engagement techniques that effectively met children, youth, and family needs. At MCSTART youth and families returned to in-person and some home visitation or community sessions. Improved the safety awareness during clinical work.

### (CSS-10) Supported Services to Adults with SMI

Peer Partners for Health/Wellness Navigators (Marina & Salinas), Central Coast Center for Independent Living (Return to Work Benefits Counseling)

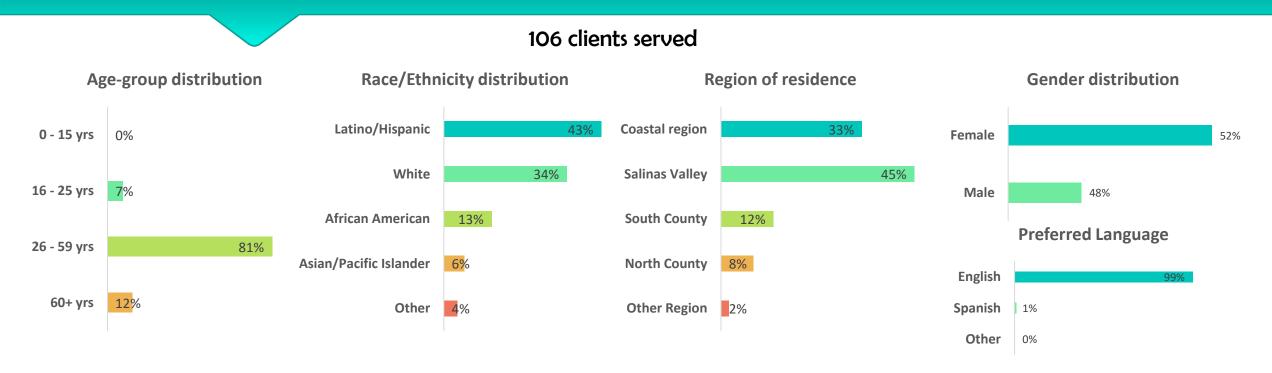


38% clients had their treatment goals partially or fully met at discharge.

100% PPH clients were linked to two or more community resources, and 60% improved or maintained their wellness. CCIL was able to secure state funding to provide Homeless Prevention and Housing Assistance Services to people with disabilities through Emergency shelter access that lead to permanent supportive housing for most of the program participants.

## (CSS-11) Dual Diagnosis Services

**Dual Recovery Services (Keep It Real)** 

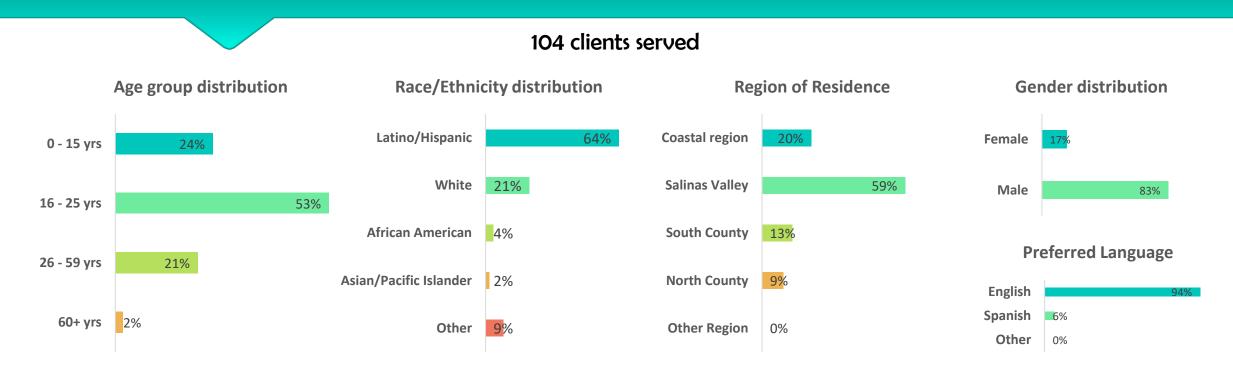


40% clients had their treatment goals partially or fully met.

Keep It Real staff incorporated Harm Reduction principles and teaching into each group and individual session. Developed a collaboration with MCBH to engage clients in the initial intake process. Supplied cell phones with internet for those clients lacking such resources to connect to teleconferencing groups

## (CSS-13) Justice Involved FSP

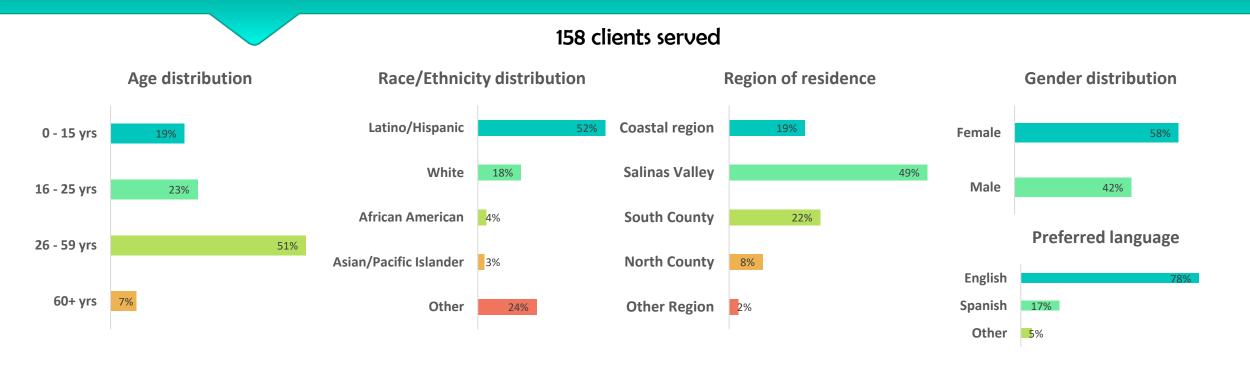
Mental Health Treatment Court - Creating New Choices (CNC) FSP, Juvenile Mental Health Court / Collaborative Action Linking Adolescents (CALA) FSP, Juvenile Sex Offender Response Team (JSORT) FSP



26% clients had their treatment goals partially or fully met at discharge.

Despite staffing challenges, bilingual and bicultural services continue to be offered. Virtual services have reduced barriers for parents and caregivers to participate in treatment. Developed protocols for evaluating and mitigating risk, allowing for in-person care to occur.

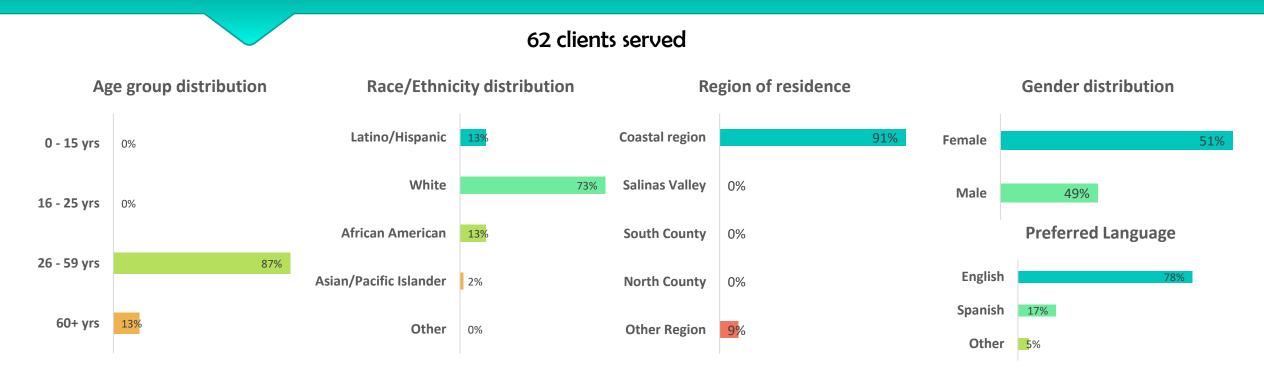
## (CSS-14) Homeless Services & Supports Lupine Gardens FSP, Sunflower Gardens FSP



8% clients had their treatment goals partially or fully met at discharge.

A sense of community established among residents and new residents continue to engage in Lupine services. 38% of Sunflower clients attained employment, attended school, or volunteered; 75% of consumers eliminated psychiatric hospitalizations; and 91% of consumers maintained or improved their mental health recovery.

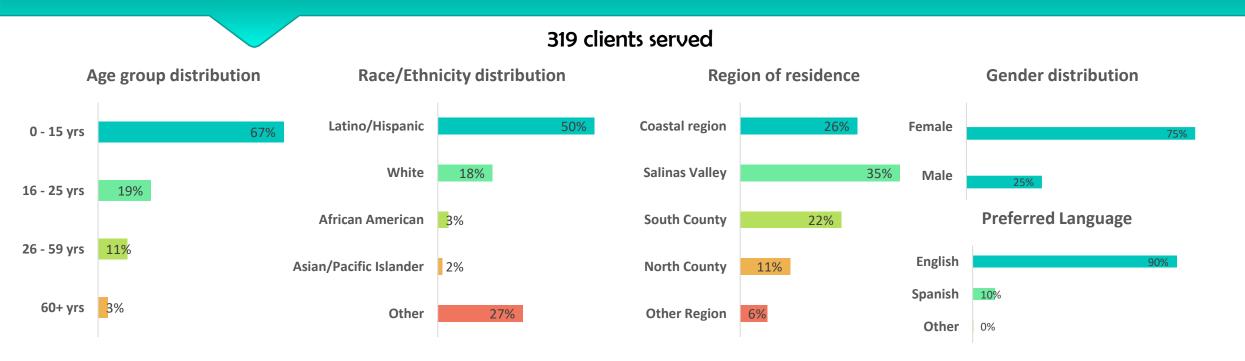
## (CSS-15) Homeless Services & Supports MCHOME FSP, Rockrose Gardens



8% clients had their treatment goals partially or fully met at discharge.

MCHOME supported 8 clients to obtain permanent housing and a significant number of people into temporary shelters. 95% of Rockrose Garden clients remained housed or exited to other permanent housing and actively engaged in medical services with their Primary Care Physician.

## (CSS-16) Responsive Crisis Interventions Archer Child Advocacy Center, Bates Treatment, Mobile Crisis Team

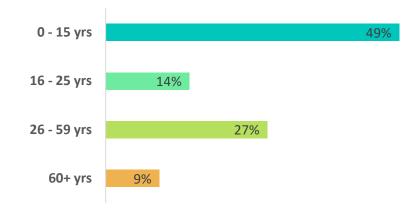


97% clients had their treatment goals partially or fully met at discharge.

Services now available in-person, via tele-health or telephone based on needs of the family. Efforts to integrate cultural responsiveness and equitable services to families in the community. Improved the safety awareness during clinical work.

## **Prevention & Early Intervention (PEI)**

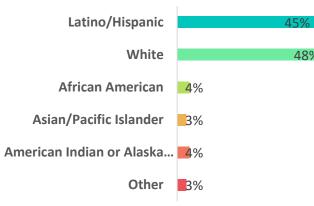
#### 19,339 individuals engaged in PEI activities 22,984 2-1-1 calls received



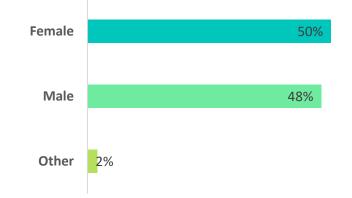
Age group distribution

#### **Race/Ethnicity distribution**

48%



#### **Gender distribution**



Service utilization among underserved populations increased between FY 18-19 & FY 20-21

Data suggests that MCBH is attending to identified gaps in services.

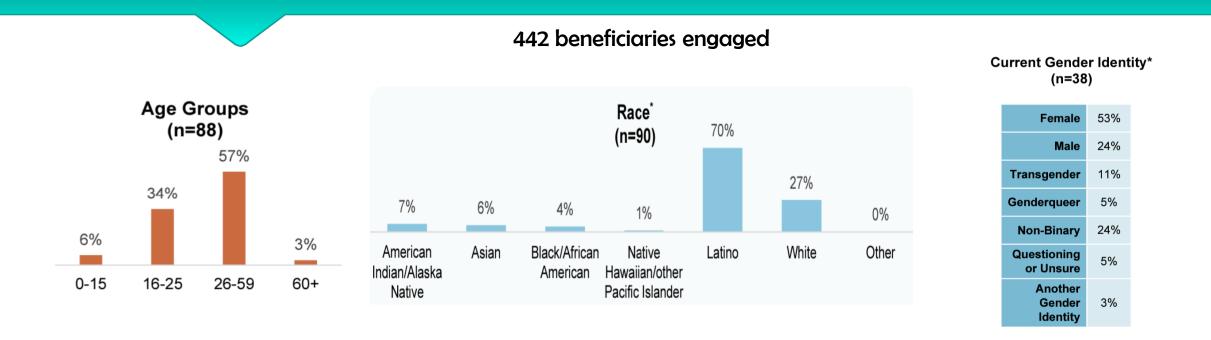
MCBH quality of services, reported outcomes, and satisfaction levels have steadily increased over the past three years.

# PREVENTION

The Epicenter | Parent Education Program | Senior Companion Program | Senior Peer Counseling |

## **The Epicenter**

## youth-led organization and one-stop resource center to connect youth to community services and resources

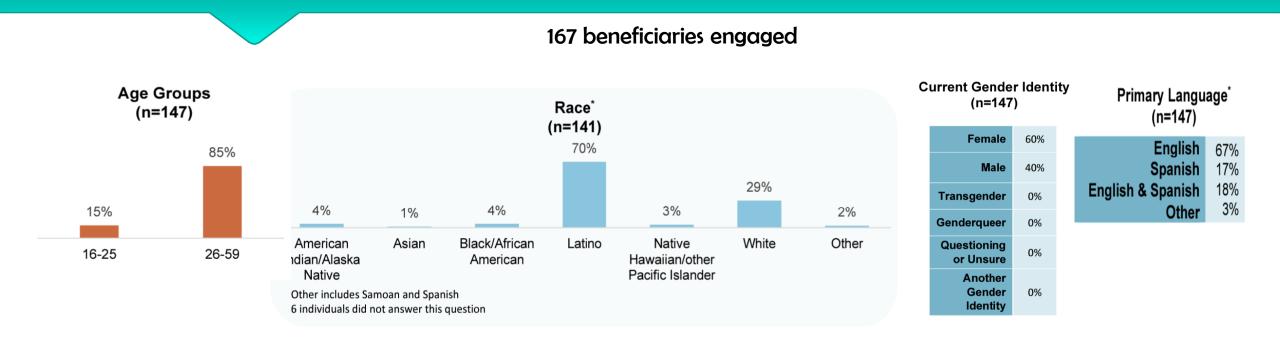


83% of outcome survey respondents said that they know when to ask for help as a result of this program. Collaboration with other agencies led to an expanded reach for advertising and establishing programming in new areas such as the underserved region of South County.

Working with MCBH staff led to the creation of the LGBTQ+ Network of Care that will streamline access to services across the county tailored to the LGBTQ+ experience.

## **Parent Education Program**

Community Human Services (CHS) provides parenting programs in Spanish and English for parents and caregivers of children ages 0 to 12 years old



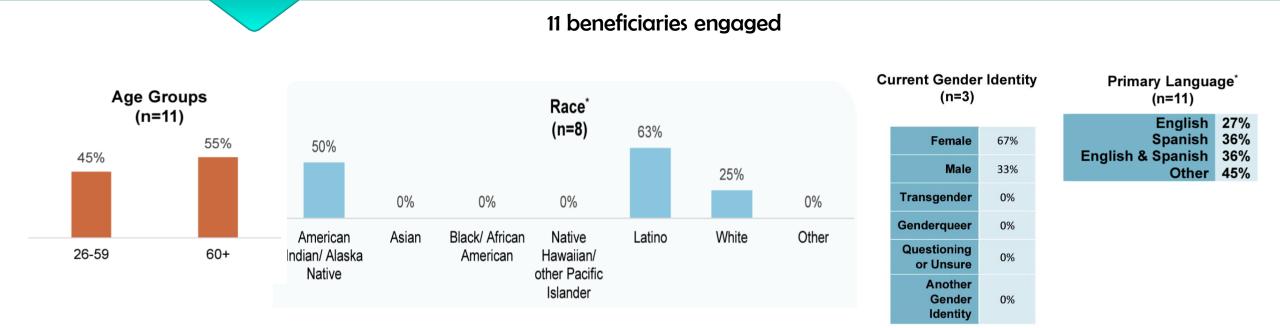
98% of outcome survey respondents said they were better able to deal with problems as a result of this program.

Participants say the Nurturing Parenting Program has been a support through many stressors and it has been therapeutic to get time to socialize with other adults.

Participants are invested and putting in their best efforts to learn tools to better their relationships with their children.

## **Senior Companion Program**

supports the achievement and maintenance of the highest level of independent living for their clients through various activities and by providing opportunities for their clients to interact socially

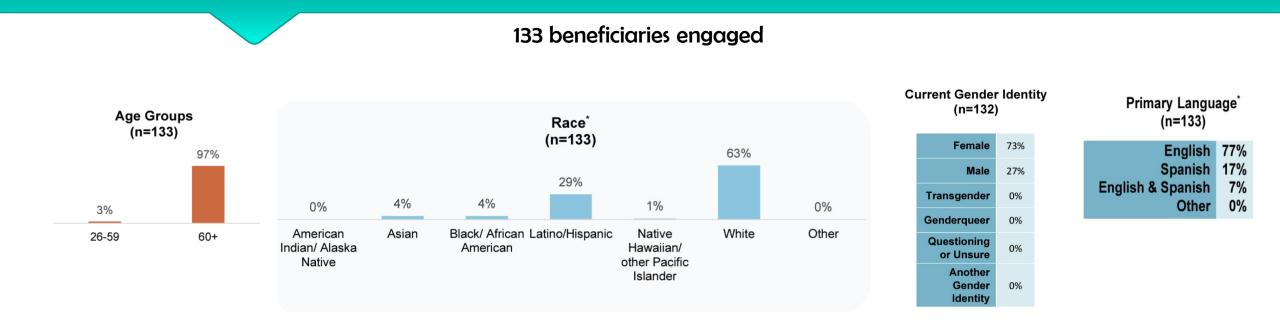


11 individuals engaged in program activities

Senior companions have adapted to this "new normal" by having regular phone visits and pick ups for preordered groceries and prescriptions they deliver to their clients

## **Senior Peer Counseling**

Alliance on Aging offers peer-to-peer counseling and support groups provided by trained volunteers.



100% of outcome survey respondents said they received services they were happy with and in the language they speak best.

Offered an ongoing Zoom class in Cognitive Behavioral Therapy and Mindfulness that has been well attended and received. Resumed "Time to Talk" in-person support group in Salinas and launched a new "Gratitude & Communication" support group.

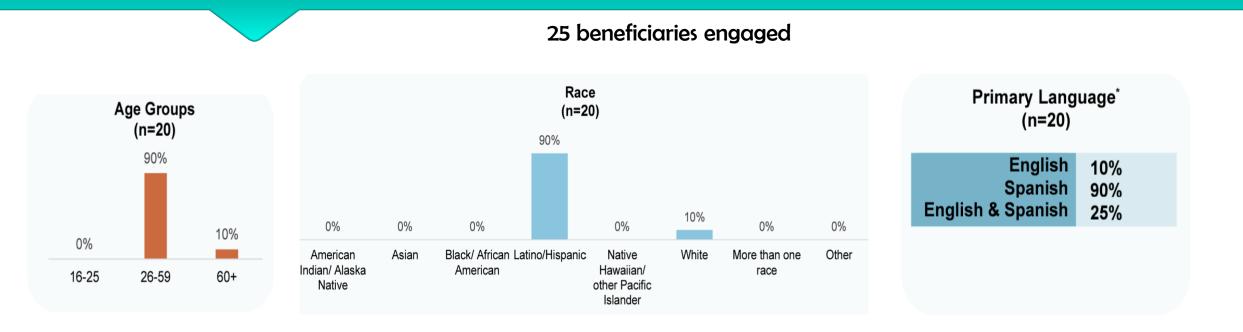
## **EARLY INTERVENTION**

Family Support Groups | Felton Early Psychosis | School-Based Counseling |

School-Based Domestic Violence Counseling | Services to Education | Silver Star Resource Center

## **Family Support Groups**

Family Support Groups are facilitated by MCBH staff to provide support for family members of individuals living with mental health conditions.



25 individuals engaged in Family Support Groups

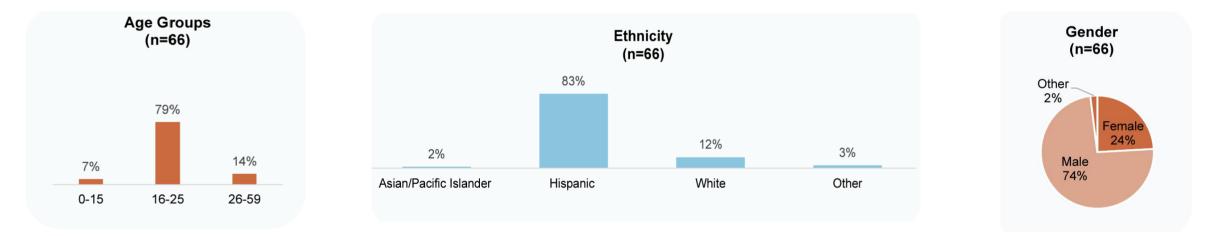
Increased peer referrals to groups.

Group members reported decreases in their symptoms of depression and anxiety. Improved awareness of mental illness symptoms and improved communication with loved ones.

## **Felton Early Psychosis**

(re)MIND<sup>®</sup> is a program of Felton Institute to provide treatment and management of early psychosis with evidence-based, culturally competent assessment, diagnosis, and interventions

66 participated in the (re)MIND program 214 received information through outreach

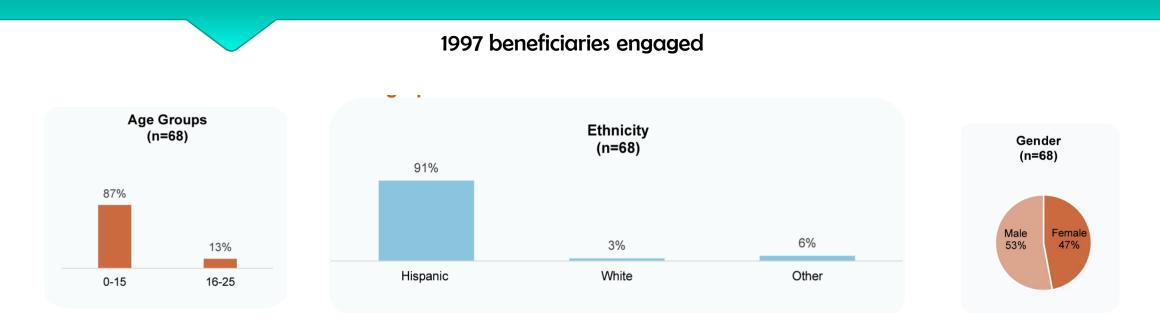


95% of outcome survey respondents said that they know when to ask for help as a result of this program.

Maintained the level of client care throughout several staff transitions. 29 incoming referrals leading to additional clients served. Providing appointments via phone, Zoom, and in the office to reduce "no shows."

## **School-based Counseling**

School-Based Counseling is a program sponsored by Pajaro Valley Prevention and Student Assistance to provide mental health services to children and their families in schools located in northern Monterey County in the Pajaro/Las Lomas area



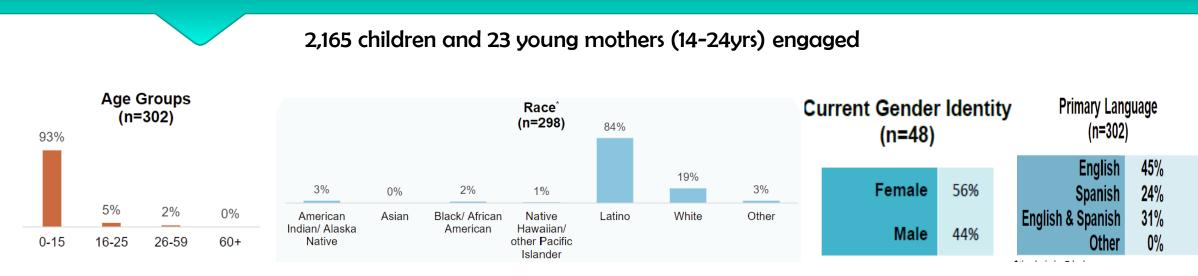
On average, 1,500 individuals connected weekly to food and resources for support services in a partnership with the National Guard and the Food Bank of Monterey County.

PVPSA facilitated the distribution of vaccines to 400 residents.

Maintained consistent treatment schedules with most clients by using telehealth, or with flexible in person scheduling.

### **School-based Domestic Violence Counseling**

The Sticks & Stones<sup>®</sup> school-based counseling program, sponsored by Harmony at Home, is a prevention and intervention program for children exposed to violence and trauma in Monterey County.

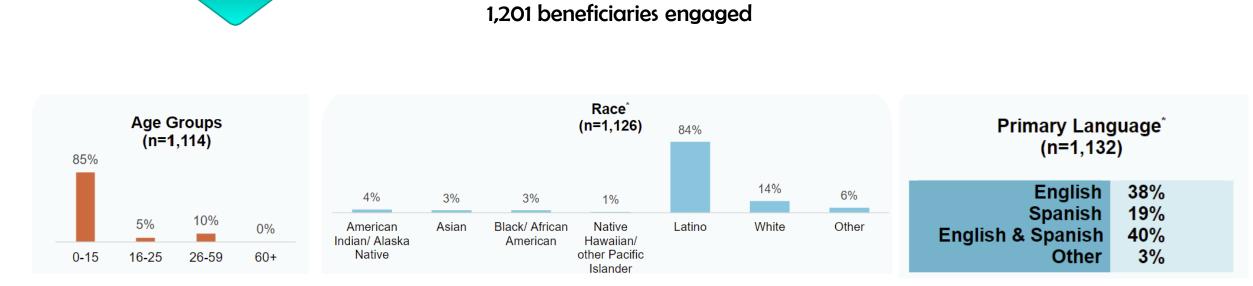


Began new counseling programs mid-year at 12 schools in Alisal Union School District. Although a challenge, within a month enough counselors were hired for all 12 sites.

Opportunity to engage the entire family and help improve communication between children and parents via telehealth.

## **Services To Education**

MCBH has a very strong partnership with the Monterey County Office of Education and school districts and provide training, consultation, and support to schools to develop positive school climates, understand and address behavioral health issues in students and implement state mandated district suicide prevention plans.



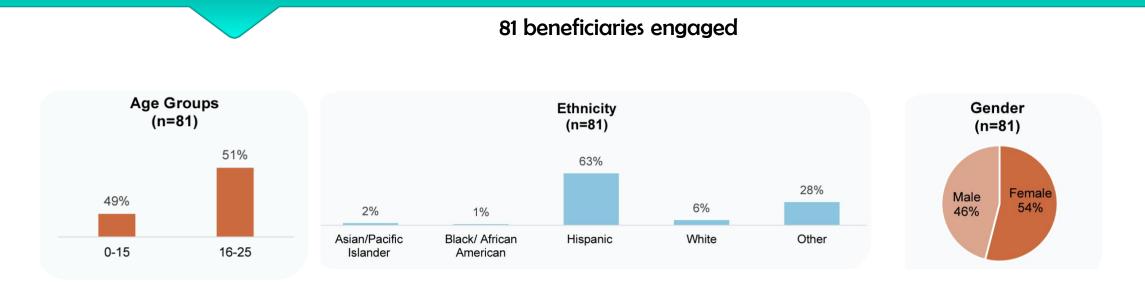
90% of outcome survey respondents said they have a better understanding of mental illness after participating in this program. 1,201 individuals engaged in program activities

MCBH clinician consultation to school staff has resulted in an increase in referrals

The end of the school year is historically busy and adjusting parent support group times could help address drops in attendance.

## **Silver Star Resource Center**

Silver Star Resource Center is a multi-agency collaborative of prevention and early intervention services which are co-located to make resources easier to access for youth and families.



93% of outcome survey respondents said they were more aware of when to ask for help after participating in this program. 81 individual youth at risk of juvenile justice system involvement and their families engaged in program activities.

Maintained zero waitlist for youth and families being referred to services despite the many changes and disruptions.

# ACCESS AND LINKAGE TO TREATMENT

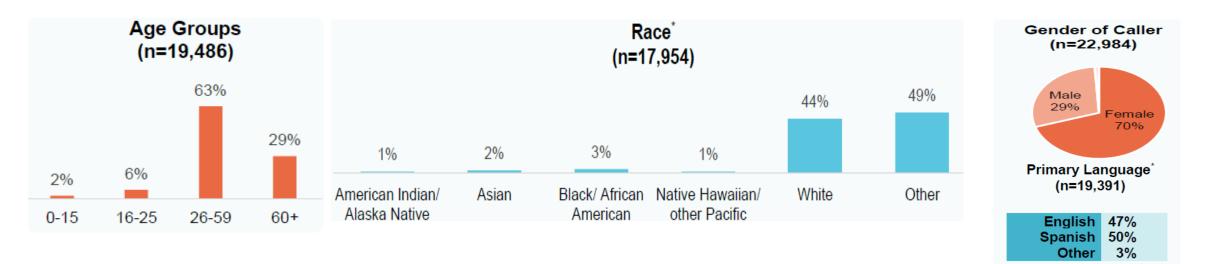
211 calls

**Veterans Reintegration Transition Program** 

#### 211

211 is a free phone and digital network provided by United Way Monterey County that connects residents in need of assistance to community health and social services

22,984 calls attended 24,724 page views from 211 searches



996 referrals were made to mental/behavioral health treatment

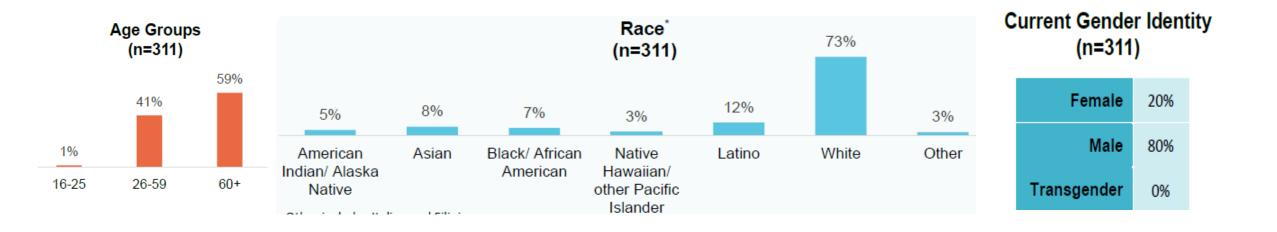
Launched a vaccine registration assistance initiative and was able to register over 700 COVID-19 vaccination appointments Conducted intakes for high-risk older adults to the Great Plates Program which provided a home-delivered meal service for eligible residents during a portion of the pandemic.

Explored solutions such as promoting the website and texting call specialists for resources, to help reduce call volume

## **Veterans Reintegration Transition Program**

The Veterans Reintegration Transition Program provides education and awareness to veterans, their dependents, and survivors on entitled benefits that include mental health services available in the community through Monterey County Military & Veterans Affairs Office.

2,819 Beneficiaries engaged



47 referrals were made to mental/behavioral health treatment

Outreach and community engagement efforts have increased significantly, driving interest in services to multi-year highs. In one quarter, the MVAO submitted 422 claims that were awarded, totaling \$756,467 in retroactive payments and \$137,918 in recurring monthly compensation to veterans.

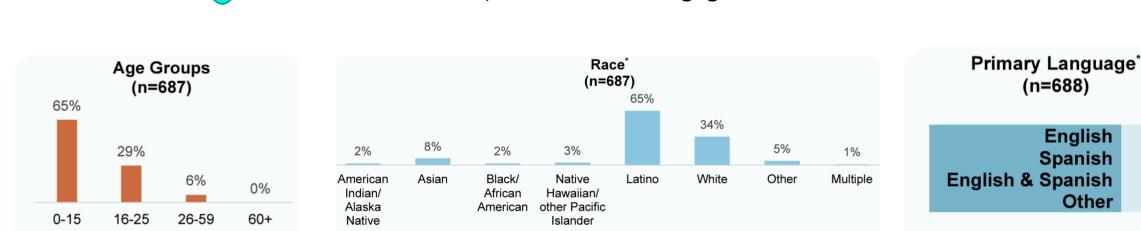
## **SUICIDE PREVENTION**

Suicide Prevention Service program

## **Suicide Prevention Service**

Suicide Prevention Service is a program of Family Service Agency of the Central Coast. The primary mission is to identify high-risk individuals, families, and groups and provide them with safe alternatives to suicidal behavior.

2,801 beneficiaries engaged



English 61% Spanish 15% **English & Spanish** 27% Other 2%

93% of outcome survey respondents said they know when to ask for help because of their training. 2,801 individuals engaged in program activities

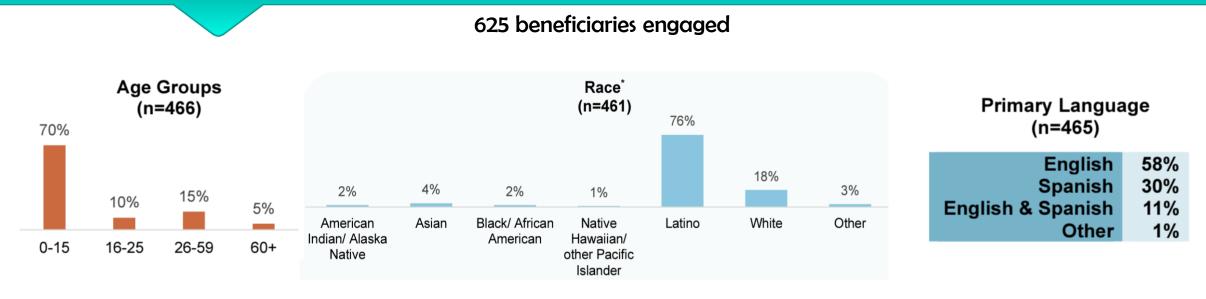
Despite reduction or elimination of longstanding funding sources, an increased demand for crisis line, outreach, and shifting from a phone based to a Voice over Internet Protocol (VoIP) system, the Suicide Prevention Service staff met the gargantuan task of continuing uninterrupted services.

# STIGMA AND DISCRIMINATION REDUCTION

FAMILY SELF-HELP SUPPORT AND ADVOCACY

## Family Self-help Support And Advocacy

National Alliance on Mental Illness (NAMI) Monterey County provides education, outreach, support, and resources to individuals and family members who have loved ones that are affected by mental illness. Program activities include community presentations, mental health educational programs, and peer-led support groups that are all free of charge.



90% of outcome survey respondents said they were more likely to help someone in need who has a mental illness.

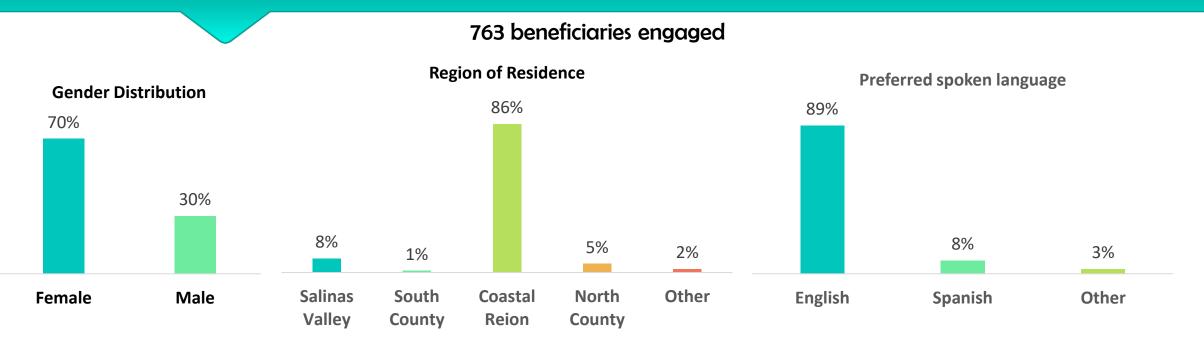
Program participants reported being more open to change and willing to take more action to their mental illness Several new steps were taken including reaching out to bilingual facilitators statewide, increased outreach efforts, and plans to train bilingual participants who can provide NAMI groups in Spanish.

# Outreach for Increasing Recognition of Early Signs of Mental Illness

AFRICAN AMERICAN COMMUNITY PARTNERSHIP| LATINO COMMUNITY PARTNERSHI| COMMUNITY PRESENTATIONS AND OUTREACH| PROMOTORES MENTAL HEALTH PROGRAM

## **African American Community Partnership**

The Village Project, Inc. offers the African American Community Partnership program, which provides culturally competent counseling, group therapy, and related services to African Americans and other individuals and families of color.



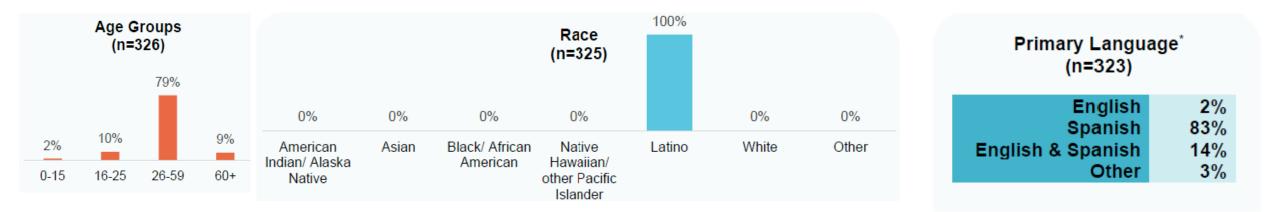
The Afterschool Academy has been functioning virtually with students and parents adapting successfully to this new reality.

Therapy services also smoothly transitioned to carrying on through telehealth therapy.

## Latino Community Partnership

Center for Community Advocacy's Latino Community Partnership program uses Promotores de Salud (Health Promoters) to educate the Latino community about mental health issues and remove the stigma associated with seeking mental health services.

5083 beneficiaries engaged



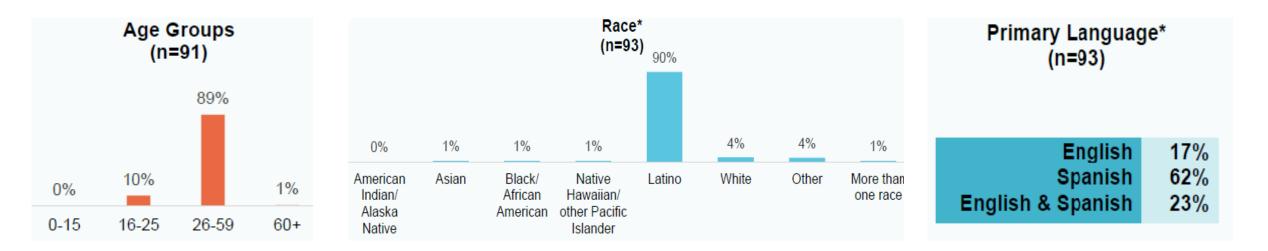
100% of outcome survey respondents said they would use what they had learned after participating in this program CCA began having mental health resources for farm workers within the fields they work in and at their homes, raising awareness and connecting them to services

CCA provided 7 new iPads with a one tap feature, resulting in increased attendance to their education sessions.

### **Community Presentations And Outreach**

Monterey County Behavioral Health (MCBH) staff provide community-based psychoeducational workshops and presentations to advance awareness and knowledge of mental health and related topics across Monterey County.



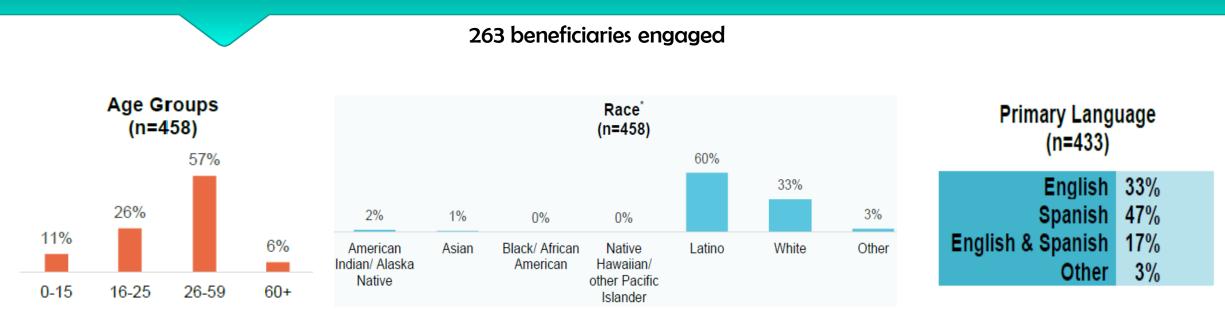


94% of outcome survey respondents said they would use what they had learned after participating in this program

Spanish speaking community members actively engaged in online platforms Provided 379 online sessions reaching vulnerable community members

### **Promotores Mental Health Program**

Central Coast Citizenship Project's Promotores Mental Health Program uses Promotores de Salud (Health Promoters) to educate the unserved and underserved Latino community about mental health issues and remove the stigma associated with seeking mental health services



100% of outcome survey respondents said they would recommend this program to a friend or family member

19 referrals were made to mental/behavioral health treatment Pivoted to online services to support participants.

# Workforce Education & Training (WET) Component

WET programs are intended to increase the number of well-trained public behavioral health providers who enter and remain in the field, serving underserved and hard to serve individuals.

## **Pipeline/Career Awareness [WET-01]**

MCBH uses MHSA funds to outreach to universities and professional programs to share information about community behavioral health careers in general, and with MCBH, in particular

- O MCBH has a clinical position vacancy rate that consistently hovers around 20%.
- MCBH staff members mentor around thirteen Master of Social Work (MSW) and Marriage and Family Therapy (MFT) students, 33 each Academic Year. MHSA money is used to pay for an Intern Coordinator and mentor time recruiting, training and supervising PSW Interns.

## **Education and Training [WET-02]**

To support staff development, MCBH has designed a robust training curriculum focused on clinical competencies in the areas of: Culturally Rooted Care; Trauma Informed Care; Clinical Fundamentals; Clinical Conceptualization; Treatment Interventions; Clinical Documentation; and Professional Development.

- MCBH also uses funds to pay for administrative support to manage advertising, enrollment, and attendance of the approximately 100 classes offered each fiscal year.
- Staff members learn treatment strategies specific to the populations they serve (e.g., juvenile justice, transitional age youth, early childhood.)

## **Retention** [WET-03]

To support staff retention

- O MCBH provides technical assistance to staff interested in applying for federal and state loan repayment
- O Human Resources Department (HRD) increased salaries in 2021, after a lengthy analysis process
- Expanded services for FY 22-23 include deployment of local Loan Repayment Program \$500.000

## **Evaluation and Research [WET-04]**

Efforts to assess and improve the effectiveness of course content and instruction methodology

 MCBH is developing tools and protocols to assess training and treatment outcomes and develop on-line instruction, when feasible.

## Capital Facilities & Technological Needs (CFTN) Component

Capital Facilities funds allow counties to acquire, develop or renovate buildings to provide MHSA-funded programs.

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Capital Facilities funds allow counties to acquire, develop or renovate buildings to provide MHSAfunded programs.

- HVAC replacement at the Marina Clinic. The equipment has reached the end of its useful life and is unrepairable. Budget estimate: \$2,500,000.
- Development of a new facility on East Sanborn Road in Salinas. This facility will provide mental health services to children, youth, and their families. Total budget estimate: \$25,000.000. MHSA contribution: \$4.5million
- Renovation on an East Salinas facility located directly behind the Monterey County Women, Infants & Children Program office on the corner of East Alisal Street and Pearl Street. This will enable and enhance mental health services for East Salinas residents of all ages. Budget estimate: \$4,000,000.
- Development of a Mental Health Rehabilitation Center (MHRC), repurposing a retired county facility. 100+ bed facility. Total budget estimate: \$40million. MHSA contribution: \$5million

## **INNOVATIONS (INN) Component**

## INN-01: Micro-Innovation Grant Activities for Increasing Latinx Engagement

This INN project supports small-scale community-driven projects to engage the local Hispanic/Latino and indigenous farmworker communities

- \$50,000 maximum budget and 12-month maximum timeline
- Six (6) rounds of applications offered / Fourteen (14) projects approved for implementation
- Identified and testing a range of approaches (ex. Radio shows, PSA's, holistic health approaches, leveraging cultural heritage events, etc.)
- **3,726** *individuals reached directly via in-person events and services* through FY18-21, with thousands reached indirectly via radio, television, and social marketing campaigns.
- O Evaluation:
  - Access Clinics observed 7% increase in number of Hispanic/Latino clients.
  - Satisfaction surveys collected, indicating Hispanic/Latino consumer needs and preferences.
  - Final evaluation report to be completed in FY22/23 will offer full investigation of effective strategies for inclusion in PEI, CSS, etc.

### **INN-02: Screening for Timely Access**

This INN project is a collaboration with CalMHSA and LA County to develop a web-based mental health screening and referral tool.

- Web-based screening and referral tool is currently under development.
- Will assess for a wide spectrum of mental health disorders and identify relevant local resources based on condition, demographics, insurance status, etc.
- Two primary goals:
  - O Connect individuals to the appropriate resource sooner.
  - Support clinical staff in managing higher caseloads and allocating more time to therapy services.
- O Available in English and Spanish.
- Product to become publicly available in Fall 2022. (Outcome data is TBD)

### **INN-03: Transportation Coaching by Wellness Navigators**

This INN project is a collaboration with Interim, Inc., to develop and test a model wherein Peer Specialists train and aid clients in attending their mental health appointments and participating in preferred wellness activities



O Provided training and employment opportunities for local peer workforce; Peer Specialist staff was co-located in Access Clinics.

#### O Evaluation:

- 44% of clients improved their attendance on appointments
- 32% of clients improved in their ability to travel to appointments on their own
- O 36% of clients reported participating in more wellness and recovery activities
- 50% of clients achieved 1 transportation goal
- 13% of clients achieved 2 transportation goals
- Services to be sustained via CSS funding

## **INN-04: Psychiatric Advance Directives**

This INN project is a collaboration with several other counties to create a PAD document and shared technology platform.

- MCBH is currently working with local partners, along with the multi-county collaborative, to develop the PAD tool. This includes:
  - Working with clients and stakeholders to determine contents within a PAD.
  - Working with Justice System and Emergency Services partners to identify feasible workflows to utilize PADs.
  - Public policy advocacy to support utilization of PADs.
- Implementation of PADs anticipated in FY23/24. (Outcome data is TBD)

## **INN-05: Residential Care Facility Incubator**

This INN project supports the development of a plan to increase residential care facilities in Monterey County. Specifically, this plan aims to encourage and support property owners to utilize available bedrooms and/or buildings to house SMI homeless adults that will receive supportive services.

- O This INN project is to be facilitated in two phases: 1) Planning, and 2) Implementation
- O Currently, only Phase I is approved for funding.
- O Phase I to consist of conducting a feasibility assessment and deliver an implementation plan for Phase II.
- O No direct service / outcomes data to be collected during Phase I.