

PEI General Standards: 2020 -2023 Three-Year Plan

Lake County's behavioral health system, and particularly their MHSa-funded PEI programs, reflect and are consistent with all applicable MHSa General Standards. These standards include (1) community collaboration, (2) cultural competence, (3) client driven, (4) family driven, (5) wellness, recovery, and resilience focused, and (6) integrated service experiences for clients and their families. The County's PEI programs are committed to these standards as follows:¹

Early Intervention Services

By nature, the Early Intervention Services (EIS) team and LCBHS approach services with all of the MHSa General Standards. Community collaboration is an essential piece. A key success of the program was improved relationships and collaboration with community partners to identify and refer potential EIS youth to the program. The entire Children's team attended trainings on cultural competence specifically for Latinx and Native American populations, which are more prevalent in the county. Cultural competence is an ongoing focus of all LCBHS programs and an area of continual growth. As an agency, LCBHS embarked on the Strengths Model Case Management implementation with a focus on service delivery with youth, including TAY. The Strengths Model emphasizes a client-driven and recovery-oriented approach. EIS and LCBHS will continue their fidelity implementation of the Strengths Model through the year 2020 and beyond. Current EIS services are family-driven and strive to provide integrated service experiences for clients and their families through coordinated, ongoing team meetings.

Family Stabilization and Well-Being: The NEST

The NEST regularly engages with community partners to share information, resources and services for TAY, youth, and their families such as Sexual Health and Reproduction Education, Windows Between Worlds Healing Art groups, Medi-Cal enrollment, etc. The program's policies prohibit unlawful discrimination based on race, gender, religion, marital status, registered domestic partner status, age, national origin or ancestry, physical or mental disability, medical condition including genetic characteristics, sexual orientation or any other consideration made unlawful by federal, state, or local laws. Services provided by the NEST are designed to effectively engage and retain individuals of diverse ethnic/racial, cultural, and linguistic populations as well as utilizing the strengths and forms of healing that are unique to the individual, the family, and or their culture/community. The NEST engages participants through an individualized and client-driven approach that emphasizes family involvement and natural, community-based supports. In this way, the program fosters supportive living and the ability to identify resources to meet their needs in the future.

The NEST's programming is designed to meet the unique needs of the TAY population and their families by utilizing the "family voice and choice" approach. Family and youth/child perspectives are intentionally

¹Early Student Support is not included in this section as the program was discontinued.

elicited and prioritized throughout their engagement in the program. Planning is grounded in family members' perspectives and recorded in their personalized independent transitional living plans. The NEST team strives to provide options and choices that reflect family values and preferences while promoting safety, stability, and permanency. Programming and services at the NEST are designed to empower youth through building social connections, increasing education, reducing stigma and discrimination, promoting accountability, and increasing self-determination. The NEST coordinates with county providers, such as behavioral health, health care providers, housing programs, substance use programs, and other social service agencies to bridge any gaps between the services offered at the NEST which may impact their ability to achieve stability and permanency.

Older Adult Outreach and Prevention: Friendly Visitor Program

The program works closely with Hospice, home care agencies, and wellness centers. The program conducts regular trainings and meetings at wellness outreach centers. The program includes client-driven treatment plans, and includes family at the client's request when they are present. Services are aimed at self-determination and helping clients find their own solutions. Clients and their families are offered information and referrals to all appropriate services available.

Peer Support Recovery Centers

All of the centers work to develop and maintain community collaboration by attending several community agency collaboration meetings. Staff table at community health fairs and attend business association meetings and special events in the communities they serve. Each center practices people's voice/people's choice. They offer staff trainings such as Wellness Recovery Action Planning (WRAP) and Motivational Interviewing to help team members focus on what the consumer wants, and not team members' own expectations for the client. Staff also attend WRAP and/or Whole Health Action Management (WHAM) facilitator trainings to enhance their ability to provide effective services to the community. All staff are expected to attend two cultural competency trainings annually and attend other trainings that focus on providing culturally appropriate services. Staff also live in the communities where they work or have life experience of mental health challenges. Staff with lived experience are uniquely equipped to deliver unbiased services, empower people that utilize the centers, and treat each consumer with dignity. When appropriate, the families of the consumers are included in center activities. There are also family groups planned at the centers to support and educate families on what mental health treatment is and to remove the stigma associated with these challenges.

Postpartum Depression Screening and Support: Mother-Wise

Mother-Wise began as an MHSA-funded program, and their model has included the MHSA standards from the beginning by implementing them in their own policies and approaches. Every contact potentially reduces stigma and incidence of Perinatal Mood and Anxiety Disorders (PMADs) in the County. Mother-Wise also offers health professionals an important resource to refer moms who need extra support. The program has always enjoyed strong support and collaboration from the community, which continues to grow with their reputation. Cultural competence is extremely important to maintaining relationships with individuals and the different groups they come from. When Mother-Wise transitioned to a non-profit

business, cultural competence was an important factor in selecting their board of directors, and all program decisions consider known cultural factors.

The program's ability to adapt is critical to providing the best possible service to moms. Staff training includes instruction and practice with active listening and non-judgmental support, and team members are encouraged to integrate these skills into their daily practice. As moms themselves, staff can often see potential issues coming. Whenever possible, they poll their clients and encourage feedback and suggestions to understand how to better serve them, changes to make, and why. Although the program is primarily focused on moms and babies, Mother-Wise also support dads, grandparents, and adoptive and foster parents. The program facilitates discussions on wellness and incorporates models compatible with other peer support groups, so moms in recovery, for example, can use experience from other groups to enhance their participation at Mother-Wise. Ultimately, the program supports moms to do their jobs as well as possible, leading to better outcomes for themselves, their babies, and their families.

Prevention Mini-Grants

The Mini-Grants program provides community-based providers and consumer and family groups with one-time funding opportunities to conduct prevention activities and projects focused on one or more of the following: (1) disparities in access to mental health services, (2) psycho-social impact of trauma, (3) at-risk children, youth, and young adult populations, (4) stigma and discrimination, and (5) suicide risk and/or prevention. Given the community-based nature of the Prevention Mini Grants, and the diverse range of client and family-driven services the Mini Grants support, this program displays consistency and commitment to all MHSA general standards.

Statewide, Regional, and Local Projects

LCBHS contracts its services for Statewide, Regional, and Local Projects through California Mental Health Services Authority (CalMHSA) and cannot accurately report on strategies for specific statewide and regional projects. Local projects display a commitment to the MHSA standards in a variety of ways. The Prevention Team collaborates with other agencies such as Probation, the Office of Education, Big Valley Rancheria, Sutter Health, the Moose Lodge members, Senior Centers, other local agencies, and the general community to bring Mental Health & Suicide Prevention workshops and trainings (e.g., Youth Mental Health First Aid, Teen Mental Health First Aid, Question, Persuade, Refer (QPR), Know The Signs, Self-Care) to schools, work places, and the community at large. The Life Is Sacred Alliance (LISA) suicide awareness taskforce holds quarterly meetings, which are open to partner agencies and community members. Community events provide additional opportunities for collaboration including Mental Health Matters, Heroes of Health and Safety, National Night Out, Recovery Happens, the Silver Seniors, and school campus tabling events.

In addition, programs are client-driven and aim to be inclusive of client's cultures. For example, training needs and the places that want to have trainings provided are identified by stakeholders and all trainings are focused on clients and/or their families. The QPR program has different modules for individuals from a variety of social and cultural backgrounds, including high school youth, young adults in college, adults, older adults, veterans, Spanish speakers, and Native Americans. QPR can be taught to adults and youth

(beginning in 9th grade) and was provided to Big Valley Rancheria staff and residents, both youth and adults, for the past two years.

Programs such as the Mental Health First Aid program provide education about wellness, recovery, and resiliency with the belief that individuals experiencing mental health challenges can get better and use their strengths to stay well. The Mental Health First Aid program serves adults and youth (both available in English and Spanish), public safety workers, Fire/EMS workers, workplaces, veterans, older adults, rural communities, and higher education. The program also includes a specific Teen Mental Health First Aid component designed for high school students (beginning in 10th grade). Providing mental health first aid training to individuals within the same community (e.g., schools, families, and adults who work with youth) increases awareness of information, tools, and strategies to prevent and improve mental health issues, reduce stigma, and create opportunities for communication around these issues.