

Initiatives in Adult Mental Health Services 2014

Behavioral Health Partnership Oversight Committee

February 19, 2014

PA 13-3

- Passed after the tragedy in Sandy Hook
- Provided resources to enhance mental health services
 - Additional Assertive Community Treatment teams
 - Increases Mental Health First Aid
 - Expands Guardian Ad Litem (GALS)
 - Creates a Peer Bridger Program
 - Reviews the mental health system

Task Force To Study The Provision of Behavioral Health Services For Young Adults

- A 20-member task force to study the provision of behavioral health services in Connecticut, with particular focus on providing such service to 16- to 25-year-olds

Assertive Community Treatment ACT

- The ACT program works with adults with serious mental illness and /or co-occurring substance abuse disorders
- Evidenced based practice utilizing a multi-disciplinary team approach
- Priority is given to individuals leaving state psychiatric inpatient programs and the nursing home environment and needing intensive community support

Assertive Community Treatment ACT

- 4 **new** state-operated system locations with ACT programs:
 - Bridgeport, New Haven, Hartford, Waterbury
- 1 **new** Private Non-Profit program will be awarded in the coming weeks through the RFP process
- Each program must comply with ACT fidelity requirements and with other important initiatives designed to improve outcomes for the individuals served
- 4 **existing** ACT teams:
 - Manchester, New Britain and Middletown (PNP)
 - Norwich (State Op)



Mental Health First Aid

- Science based practice offered by the National Council for Behavioral Health
- Mental Health First Aid is the help offered to a young person experiencing a mental health challenge, mental disorder, or a mental health crisis; first aid is given until appropriate help is received or until the crisis resolves
 - Preserve life when a person is a danger to self or others
 - Prevent problems from becoming more serious
 - Promote recovery
 - Provide comfort and support
 - Help identify or guide a person to appropriate resources and supports



Mental Health First Aid

MHFA

- DMHAS will provide mental health first aid training to school district safe school climate coordinators
 - school climate coordinator is the person in the school district assigned to handle bullying issues and now MHFA
- 8 DMHAS employees attended a Train the Trainer session sponsored by SAMHSA to learn how to deliver the Youth Module of MHFA
- 67 Community providers have also been trained in mental health first aid
 - 30 adult mental health first aid trainers
 - 37 youth mental health first aid trainers

Guardian Ad Litem (GALS)

- Melissa's Project (Guardian Ad Litem) acts as a liaison between persons with severe and persistent mental illness and the systems and processes in which they are involved (courts, mental health service providers, community agencies, hospitals, and more), by coordinating, guiding, and overseeing all aspects of their care

Guardian Ad Litem (GALS)

- Melissa's Project expanded this year to provide case management services to increase capacity to serve people with routine or intermittent low-intensity support needs, including health issues, for the purpose of assisting individuals to access and use community resources and supports

Peer Bridger

- This program will serve up to 100 individuals with mental illness who are involved with the Probate Court System and in need of services
- CT Advocacy groups are advising DMHAS on the development of the program
- Intentional Peer Support, an evidence based practice will be included
- This program will provide innovative and effective approaches to offer DMHAS clients peer relationships that support healing, individual growth, learning opportunities and advocacy.

Young Adult Access Centers

- DMHAS is working to establish a program to serves young adults, ages 18-25, that is loosely based on the **headspace** model from Australia
- The **headspace** model helps young people who are going through a tough time, where they can get health advice, support and information
- **headspace** helps youth with:
 - General health
 - Mental health and counseling
 - Education, employment and other services
 - Alcohol and other drug services

Young Adult Access Centers

- A DMHAS/ Greenwich Department of Social Services sponsored Access Center currently exists at the YMCA in Greenwich
- It offers opportunities one day a week to relate to peers and participate in social activities
- It works to engage young adults, in a developmentally appropriate way, in treatment and recovery
- DMHAS is exploring expanding “access centers” in other unidentified locations

Governor's Proposed Mental Health Initiatives

AGENCIES	ITEM	AMOUNT \$
DMHAS	\$1.1 M for services for scattered sites supportive housing	\$3,639,000
	\$1.8 M for Transitional and Residential services for high risk population	
	\$250,000 for an anti-stigma campaign	
	\$289,000 for wrap around services Victory Gardens (74 units of supportive housing for veterans)	
	\$200,000 for Enhanced oversight of individuals in Nursing Homes	
DOH	RAPs for scattered sites supportive housing units	\$1,100,000
DESPP	Specialized crisis intervention training	\$50,000
TOTAL:		\$4,789,000