



SANTA CLARA COUNTY

Behavioral Health Services



WELLNESS • RECOVERY • RESILIENCE

MHSA INNOVATIONS PROJECTS:
TECHNOLOGY SUITE
HEADSPACE IMPLEMENTATION

MHSA SLC PLANNING MEETING - MARCH 16, 2018
SANTA CLARA COUNTY VALLEY SPECIALTY CENTER, CONFERENCE ROOM BQ160
751 S BASCOM, SAN JOSÉ, CA

INNOVATIONS PROJECT IDEA: TECHNOLOGY SUITE TO SUPPORT COMMUNITY MENTAL HEALTH

INN Purpose: Increase access to services

INN Approach: Introduces a new approach or approach that is new to the overall mental health system, including, but not limited to, prevention and early intervention.

Test: a suite of technology-based mental health solutions, designed to:

- Reduce time to recognition and acknowledgement that a symptom needs to be addressed and reduce time to receiving appropriate level of care.
- Increase purpose, belonging and social connectedness for users
- Reduce stigma associated with “mental illness” by promoting mental optimization.

Source: *Innovation Technology Suite Driving Behavioral Health Change* presentation by Debbie Innes-Gomberg, Ph.D. (Los Angeles County Department of Mental Health) at the MHSOAC, October 26, 2017.

INNOVATIONS PROJECT IDEA: TECHNOLOGY SUITE TO SUPPORT COMMUNITY MENTAL HEALTH

Target Population: Santa Clara County Adult and Older Adult System of Care

- Individuals early in the course of a mental health condition who may not recognize that they are experiencing symptoms
- Individuals identified as at risk for developing mental health symptoms or who are at risk for relapsing back into mental illness
- Socially isolated individuals, including older adults at risk of depression
- High utilizers of inpatient psychiatric facilities
- Existing mental health clients seeking additional sources of support
- Family members or adults suffering from mental illness who are seeking support
- Individuals at increased risk or in the early stages of a psychotic disorder

INNOVATIONS PROJECT IDEA: TECHNOLOGY SUITE TO SUPPORT COMMUNITY MENTAL HEALTH

Strategic Approach to Access Points

- Engaging mental health organizations such as the National Alliance for Mental Illness (NAMI) groups to promote use of applications
- Engaging senior centers and other key locations where senior adults are likely to congregate to promote use of applications
- Engage public locations such as libraries or parks in setting up kiosks or in encouraging use of applications
- Engage psychiatric emergency and inpatient settings, including Mental Health Urgent Care Centers, in identifying individuals at high risk of relapse from mental illness to encourage use of applications

Source: *Innovation Technology Suite Driving Behavioral Health Change* presentation by Debbie Innes-Gomberg, Ph.D. (Los Angeles County Department of Mental Health) at the MHSOAC, October 26, 2017.

INNOVATIONS PROJECT IDEA: TECHNOLOGY SUITE TO SUPPORT COMMUNITY MENTAL HEALTH

Multi-county collaborative project focused on increasing access for unserved/underserved populations:

- **Los Angeles - approved**
- **Kern County - approved**
- **Mono County - approved**
- **Modoc – submitted to MHSOAC**
- **San Mateo – CPP**
- **Monterey County – stakeholder input**
- **City of Berkeley – stakeholder input**
- **Tri-Cities – stakeholder input**
- **Riverside – stakeholder input**
- **Santa Barbara – stakeholder input**
- **Santa Clara County – stakeholder input**
- **Fresno County**
- **Sonoma County**
- **Yolo County**

ONE EXAMPLE OF TECH SUITE COMPONENT: 7 CUPS

The world's largest behavioral health support system, consisting of four main components:

- Volunteer Active Listeners: 210,00 listeners trained in active listening, who provide 1 on 1 emotional support
- Growth paths: 32 treatment plans consisting of educational & therapeutic exercises to teach coping skills
- Community: a vast community of users working together to provide a supportive and understanding environment
- Therapists: a directory of professional clinicians facilitating therapeutic outcomes



7 CUPS

INNOVATIONS PROJECT IDEA: HEADSPACE IMPLEMENTATION

Ramp Up Phase approved by the MHSOAC on November 16, 2017.

INN Purpose: Increase the quality of mental health services, including measurable outcomes.

INN Approach: Introduce a mental health practice or approach that is new to the overall mental health system, including, but not limited to, prevention and early intervention.

Target Population: Youth ages 12-25 in Santa Clara County

Other Centers: Australia (*headspace*), Canada (Foundry), Ireland, Denmark, Israel.

INNOVATIONS PROJECT IDEA: *HEADSPACE IMPLEMENTATION*

Ramp Up Phase: Adapt the model, create evaluation plan, form community network, organize youth advisory groups.

Implementation Phase:

- Replicate the *headspace* model – a “one stop shop” integrated health and mental health care by physicians, on-site psychiatric services, alcohol and drug treatment, educational and employment services for youth ages 12-25
- Adelsheim’s feasibility study concluded that there is clear value in developing this model in the US, since currently there is no similar public mental health early intervention structure in place for young people in the US
- Four years of implementation

Source: Adelsheim, S., Tanti, C., Harrison, V., and King, R., (2015). *headspace: US Feasibility Report*.



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Supporting Wellness and Recovery

INNOVATIONS PROJECT IDEA: HEADSPACE IMPLEMENTATION

HEADSPACE CENTRE JOURNEY

ACCESSING THE SERVICE

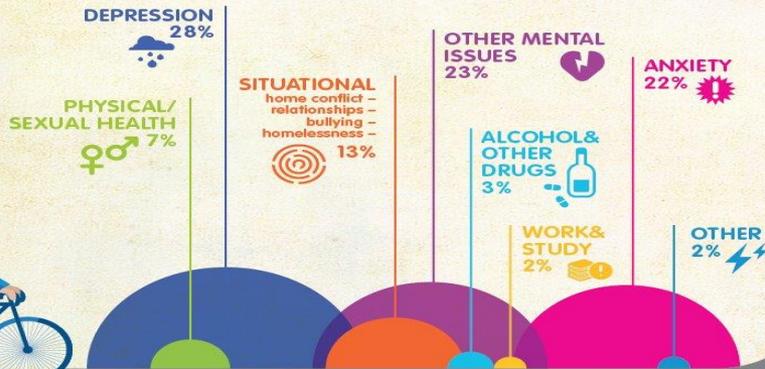
Waiting Time

80% of young people waited ... **2 WEEKS** or less for their first appointment



PRESENTING TO THE CENTRE

Young people presented to the centre with these issues ...



TREATMENT

The average young person has

4.1 sessions with headspace which includes:



Mental health services



Physical health services



Alcohol & drug services



Work & study services



OUTCOMES

Young people rate headspace at



Out of 5



Other 40% may have made smaller improvements that didn't reach significance or are still receiving services at headspace or other services that they were referred to



headspace[®]

National Youth Mental Health Foundation



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STAKEHOLDER COMMENT FORM

Please add your questions/comments to the form provided.

		<p>County of Santa Clara Behavioral Health Services Department Mental Health Services Act (MHSA) MHSA Innovations Project: headspace March 16, 2018 Stakeholder Comment Form</p>	
<p>PLEASE TELL US ABOUT YOURSELF</p>			
<p>What is your age?</p>	<input type="checkbox"/> 0-15 yrs <input type="checkbox"/> 25-59 yrs	<input type="checkbox"/> 16-24 yrs <input type="checkbox"/> 60+ yrs	<p>What is your gender?</p> <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other _____
<p>What group do you represent? (Check All that Apply)</p>	<input type="checkbox"/> Family/Consumer of MH services <input type="checkbox"/> Law Enforcement <input type="checkbox"/> Education <input type="checkbox"/> Cultural Competence and diversity	<input type="checkbox"/> Consumer of Mental Health Services <input type="checkbox"/> Veterans and/or representatives <input type="checkbox"/> Community Member <input type="checkbox"/> Disabilities advocate	<input type="checkbox"/> Social Services Provider <input type="checkbox"/> MH and Substance use Provider <input type="checkbox"/> Faith Community <input type="checkbox"/> Health care
<p>What is your ethnicity?</p>	<input type="checkbox"/> Latino/Hispanic <input type="checkbox"/> Asian/Pacific Islander	<input type="checkbox"/> African American <input type="checkbox"/> Caucasian/White	<input type="checkbox"/> American Indian/Native American <input type="checkbox"/> Other _____
<p>What is your primary system transformation interest?</p>			
<input type="checkbox"/> Community Collaboration (CCR § 3200.060) <input type="checkbox"/> Cultural Competency (CCR § 3200.100) <input type="checkbox"/> Consumer and Family Driven Mental Health Services (CCR § 3200.50, § 3200.120) <input type="checkbox"/> Wellness Focus: Recovery and Resilience (VIC § 5806, § 5813.5) <input type="checkbox"/> Integrated Service Experience (CCR § 3200.190)			
<p>PLEASE PROVIDE COMMENT/FEEDBACK BELOW:</p>			

THANK YOU

Deane Wiley, Ph.D.

Deputy Director



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