Mental Health Services Act (MHSA)

Innovation Plan – Increasing Access to Mental Health Services and Supports Utilizing a Suite of Technology-Based Interventions

Mental Health and Substance Abuse Recovery Commission
June 6, 2018

San Mateo County Health System
Behavioral Health and Recovery Services
www.smchealth.org/mhsa
MHSA – Prop 63
Transforming our behavioral health care system

Primary MHSA Programs FY 16/17

- Community Service and Supports (CSS)
  $22.4M
  CSS provides direct treatment and recovery services to individuals of all ages living with serious mental illness or emotional disturbance.

- Prevention and Early Intervention (PEI)
  $6M
  PEI targets individuals of all ages prior to the onset of mental illness, with the exception of early onset of psychotic disorders.

- Innovations (INN)
  $1.5M
  INN funds projects to introduce new approaches or community-driven best practices that have not been proven to be effective.

MHSA imposes a 1% tax on personal income in excess of $1 mill
Assembly Bill (AB) 114

- Identified reallocated amounts subject to reversion
- Allowing counties to submit a plan to spend reallocated funds
- Reallocated funds must be spent in same component
- For INN three-year clock will begin upon approval of project plans
- Reversion and reserve guidelines moving forward
Innovation Plan

• MHSA Three-Year Planning Process
  o Un-met Need: Technology to reach isolated older adults, monolingual communities and transition age youth in crisis
  o Opportunity: County Behavioral Health Technology Collaborative

• Innovation Plan
  o Join the statewide collaborative to pilot technology-based interventions that support behavioral health and wellness and are intended to
    ▪ increase access to mental health care;
    ▪ promote early detection of mental health symptoms; and
    ▪ predict the onset of mental illness
The Tech Suite is a collection of innovative apps from different vendors that support wellness and recovery.

- **24/7 Online Peer Chat and Support Apps**
  - Chat with trained peer mentor or peer groups

- **Personalized Wellness Coach**
  - Mindfulness exercises and behavioral therapy interventions with a friendly AI interface customized to each consumer

- **Wellness Apps**
  - Analyzes cell phone data and recommends interventions

**Outreach** to connect people to tech suite services

**Evaluation** to determine effectiveness and adjust services
Process Timeline

- **Feb 2018**: MHSA Steering Committee meeting to propose use of INN reversion funds for the County Behavioral Health Technology Collaborative
- **Apr/May 2018**: Present Technology Suite to diverse groups for additional input
  - Incorporate input into a proposal/plan for San Mateo County including budget
- **May/Jun 2018**: Present to MHSARC for opening of a 30-day Public Comment
- **Jul 2018**: Submit to BoS for approval - consent only agenda
- **Aug/Sep 2018**: Submit and present to MHSOAC for approval
Community Input

**AB 114 Innovation Plan Community Forums**

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• **Community-wide customization**
  • Crisis plan
  • Culture, language, and age fit
  • Model apps for targeted design
  • Integrate with existing services
  • Stigma and design preferences
  • Data security and liability
  • Training/Certification of Peer Listeners
  • Substance use
Community Input (cont’d)

- Implementation Considerations
  - Piloting apps with subpopulations
  - Protection of sensitive information
  - Outreach in places where people go to and already interact with
  - Sustainability plan
Adjustments made to the INN Plan

- Based on final feedback received
  1. Included a phased approach to implementation to pilot one app per target group with a small subpopulation; to be determined by focused advisory groups
  2. Adjusted the target population that we expect to serve based on this smaller pilot
  3. Added a learning goal related to connecting individuals to in-person services
Implementation Milestones

1. Tech Suite Advisory Committees (Phase 1 and 2)
   - Customize apps
   - Develop outreach strategy – access points
   - Advise on evaluation – local learnings
   - Local marketing – identify contractor

2. Identify and contract with agencies and peer/family specialists (Phase 1 and 2)
   - Conduct training of BHRS staff and community providers
   - Outreach and support

3. Information security is in place and implementation begins (Phase 2 and 3)

4. Data collection and analysis of outcomes (Phase 3)
Local Programming
- Keep at the County
- Fund strategies needed to support culturally responsive implementation
- Training of staff and peer workers
- Peer/family support specialists
- Agencies/outreach workers serving monolingual Spanish and Chinese communities
- Local marketing efforts and materials

Budget Breakdown

Local Programming: $1,046,500
Core Technology: $992,578*
Future Technology: $1,465,591*
Statewide Marketing & Evaluation: $367,498
Learning Goals

• **Learning Goal 1:** Does the availability and implementation of technology-based mental health apps connect transition age youth in crisis, older adults experiencing isolation, and the Spanish and Chinese monolingual communities to in-person services?

• **Learning Goal 2:** Does engaging with the apps promote access to mental health services and supports?

• **Learning Goal 3:** Does engaging with the apps effectively promote wellness and recovery?
Thank you!

For more information: smchealth.org/MHSA
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