



# 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



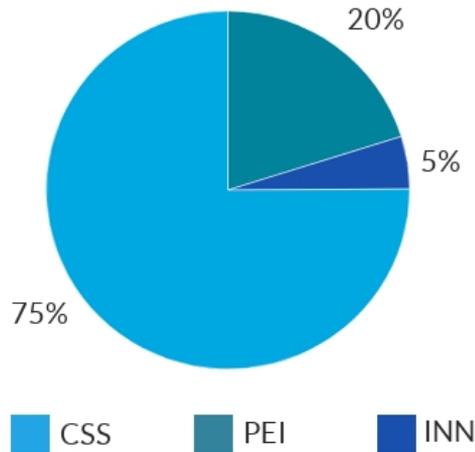
San Mateo County Health System  
Behavioral Health and Recovery Services  
[www.smchealth.org/mhsa](http://www.smchealth.org/mhsa)



# MHSA – Prop 63

Transforming our behavioral health care system

## Primary MHSA Programs FY 16/17



\$29.9M Total



\$22.4M

### Community Service and Supports (CSS)

CSS provides direct treatment and recovery services to individuals of all ages living with serious mental illness or emotional disturbance.



\$6M

### Prevention and Early Intervention (PEI)

PEI targets individuals of all ages prior to the onset of mental illness, with the exception of early onset of psychotic disorders.



\$1.5M

### Innovations (INN)

INN funds projects to introduce new approaches or community-driven best practices that have not been proven to be effective.

# Assembly Bill (AB) 114

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- 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

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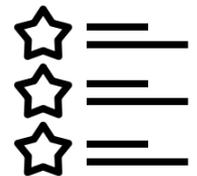
- **MHSA Three-Year Planning Process**
  - Un-met Need: Technology to reach isolated older adults, monolingual communities and transition age youth in crisis
  - Opportunity: County Behavioral Health Technology Collaborative
- **Innovation Plan**
  - Join the statewide collaborative to pilot technology-based 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

# Technology Suite

The Tech Suite is a collection of innovative apps from different vendors that support wellness and recovery.



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



**Evaluation**  
to determine  
effectiveness  
and adjust  
services

# Process Timeline



# Community Input

Foros de innovación para la comunidad



San Mateo 行为健康和康复服务部(BHRS) 诚邀您参加:  
创新社区论坛



San Mateo County Behavioral Health and Recovery Services  
(BHRS) invites you to a:

MHSA Innovation Community Forum



San Mateo County Behavioral Health and Recovery Services  
(BHRS) Mental Health Services Act (MHSA) invites you to:

Innovation Community Forums



BHRS is piloting technology based-interventions to support mental health and wellness.

## AB 114 Innovation Plan Community Forums

Session	Date
Coastside CSA	April 17, 2018
Peer Recovery Collaborative	April 17, 2018
Northwest/Northeast CSA	April 17, 2018
Youth Commission	April 26, 2018
Family Partners & Peer Workers	April 30, 2018
Monolingual Spanish	May 1, 2018
Older Adults	May 2, 2018
MHSARC – Public Comment	May 2, 2018
South County	May 3, 2018
Central CSA	May 3, 2018
Diversity and Equity Council	May 4, 2018
BHRS Management	May 8, 2018
Monolingual Chinese	May 8, 2018
East Palo Alto CSA	May 10, 2018

# Community Input (cont'd)

- 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

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- 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

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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)

# Budget Breakdown



Local Programming

**\$1,046,500**



Core Technology

**\$992,578\***



Future Technology

**\$1,465,591\***



Statewide Marketing & Evaluation

**\$367,498**

## 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

# Learning Goals

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- **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](http://smchealth.org/MHSA)  
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