Neurosequential Model of Therapeutics (NMT) in an Adult System of Care
Community Need

- MHSA FY 14/15 Three-Year planning process
  - Stakeholders identified the need for alternative treatment options to deepen focus on trauma informed care and provide improved outcomes for clients
  - Trauma is frequently undiagnosed or misdiagnosed leading to inappropriate interventions in behavioral health care settings
MHSA Innovation

- Since 2012, BHRS Youth System has provided extensive training with positive outcomes for children and youth.
- The expansion and evaluation of NMT in an adult system of care is the first of its kind.

**Learning Goal 1**

Can NMT, a neurobiology and trauma-informed approach, be adapted in a way that leads to better outcomes in recovery for BHRS adult consumers?

**Learning Goal 2**

Are alternative therapeutic and treatment options, focused on changing the brain organization and function, effective in adult consumers’ recovery?
About NMT

• Developed by Dr. Perry at the Child Trauma Academy as an alternative approach to addressing trauma

• NMT uses assessments to guide the selection of individualized alternative interventions (drumming, yoga, expressive arts, etc.)

• Interventions help clients better cope, self-regulate and progress in their recovery
• **Target population**
  - General adult clients (ages 26+) receiving specialty mental health services
  - Transition age youth (ages 18-25)
  - Criminal justice-involved clients re-entering the community

**Implementation**

**YEAR ONE (July ‘16 – June ‘17)**
- Jul ‘16 – Jan ‘17: **NMT PLANNING**
  BHRS develops outreach materials, identifies providers for NMT training, and develops resources for NMT interventions

**YEAR TWO (July ‘17 – June ‘18)**
- Jan ‘17 – Jun ‘18: **NMT TRAINING**
  12 providers in BHRS Adult System of Care participate in NMT Training
- Mar ‘17 – Jun ‘18: **NMT SERVICES**
  Providers implement NMT approach with adult clients and provide NMT services
Accomplishments To-Date

• 6 providers completed the NMT training, 5 are continuing to become trainers

• Broad array of resources established
  – Clients: Yoga, drumming, therapeutic massage, animal-assisted therapy
  – Clinics: therapeutic lighting, art supplies, weighted blankets, sensory integration tools
• 60 clients served total (doubled in Year 2)
  – 73% (44) adults, 23% (16) TAY

- Gender: Female 65%, Male 35%
- Race: White 41%, Other Race 43%, Two or More... 16%
- Ethnicity: Latino 35%, Not Latino 65%
- Language: English 88%, Other 12%
- Sexual Orientation: Heterosexual 78%, LGBTQ+ 19%
- Disability: Any Disability 63%, No Known... 38%
• Clients appear to be benefitting from NMT services

Percentage of Clients with Increased and Decreased Assessment Scores from Baseline to Follow-up, N=11, **FY17-18**

<table>
<thead>
<tr>
<th></th>
<th>% of clients with Decreased Scores</th>
<th>% of clients with Increased Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Brain Map</td>
<td>27%</td>
<td>73%</td>
</tr>
<tr>
<td>Sensory Integration</td>
<td>36%</td>
<td>64%</td>
</tr>
<tr>
<td>Self-Regulation</td>
<td>36%</td>
<td>64%</td>
</tr>
<tr>
<td>Relational</td>
<td>36%</td>
<td>64%</td>
</tr>
<tr>
<td>Cognitive</td>
<td>18%</td>
<td>82%</td>
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• The NMT approach may make it easier for some clients to engage in therapy.

• NMT implementation may be helping clinics and programs within the BHRS adult system of care be more trauma-informed.

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The moment you start, you get the anger out by massaging the clay. All the stress and tension I had in my hands and my mind, I didn’t have it anymore. I didn’t even remember the reason why I was so upset or hurt.

– NMT Client

[NMT] doesn’t feel like the normal going to the counselor and you just tell them your feelings and it’s depressing and it’s serious. [NMT] doesn’t feel like that. It feels light.

– NMT Client
Next Steps

• Train 12-18 from up to 6 different BHRS adult system of care programs

• Once providers are fully trained, approximately 75-100 clients will receive an assessment and relevant interventions annually.

• Would like to increase intervention resources

• Sustainability and expansion leveraged through the train-the-trainer model
  – Total for sustainability: $200,000 annually (.3 FTE MHS, maintenance and training, interventions)