

County of San Diego –
MHTSA Prevention & Early
Intervention Plan

Thirty-Day Public Review
19 September 2008

General Information

- Current PEI Funding FY08-09 at ~\$19 million
- Anticipate enhancement in FY09-10 to ~\$22 million
- Unspent from FY07-08 ~\$7 million
 - "One-time" use for start up, equipment, training costs
 - Pilot Projects
- Timeline
 - November present to Board and State
 - Early Implementation (FY08-09)
 - Competitive Procurement (FY09-10)

Primary & Secondary Prevention –
Media Campaign (PS01)

- Service: Media Based Education & Outreach – Universal Stigma and Suicide Risk Campaign
 - Secondary outreach & engagement to targeted populations/regions identified in other PEI Projects
 - Fotonovela & other thematic messages
 - Cultural Brokers, Latino & Native American Communities
- Population: All Ages, All Regions
- Funding: \$1,717,600

Primary & Secondary Prevention – Youth Peer Support Line (PS02)

- Service: Peer-to-peer phone “warm line” – not therapy – support and referrals
- Population: Children, Adolescents, TAY
 - All Regions of San Diego County
 - Estimated outreach to 1040 contacts
- Funding: \$191,560

Primary & Secondary Prevention – Family Peer Support Line (PS03)

- Service: Peer-to-peer phone “warm line” – not therapy – support and referrals
- Population: Adults/Older Adults – families of children/youth
 - All Regions of San Diego County
 - Estimated outreach to 1040 contacts
- Funding: \$191,560

Veterans and Their Families (VF01)

- Service: Outreach and mental health education/awareness to returning veterans & families
 - Training for providers
 - 24/7 Hotline & Website
 - Peer support – system navigation assistance
- Population: All Ages
 - Primarily North Coastal, but more regions
 - Estimated outreach to 1000
- Funding: \$1,000,000

**Domestic & Community Violence –
South Region Point of Engagement
Services (DV01)**

- Service: In-home mental health assessment & referral for children, youth & families involved in crisis child protection decisions
- Population: All ages
 - South Region of San Diego County
 - Referred by Law Enforcement/CPS
 - Estimated 1450 contacts
- Funding: \$500,000

**Domestic & Community Violence –
South Region & Polinsky Children’s Center
Trauma Exposed Services (DV02)**

- Service: In-home preventive intervention for trauma exposed children through CPS contact (DV01), as well as at Polinsky.
- Population: Children & Youth
 - South Region of San Diego County
 - Polinsky Children’s Center
 - Estimated 700 contacts
- Funding: \$800,000

**Domestic & Community Violence –
Children, Youth & Families Exposed to
Community Violence (DV03)**

- Service: Education & outreach to child-siblings & families of gang members, as well as community violence mental health crisis response
 - Program will be expected to work closely with Schools
- Population: Children/youth & families
 - Central Region of San Diego
 - Referrals from law enforcement, schools, other sources
 - Estimated 200 Contacts
- Funding: \$500,000

**Rural Communities –
Integrated Behavioral Health & Primary
Care Services (RU01)**

- Service: Universal Behavioral Health screen and early intervention mental health services in primary care clinics
 - Program will be expected to work closely with Schools
- Population: All Ages
 - East, North Inland Regions of San Diego
 - Estimated 3800 contacts
- Funding: \$1,400,000

**Native American Communities –
Elder Services Program (NA01A)**

- Service: Use of elder community for intergenerational activities to enhance community cohesion, cultural affiliation, social support, and peer navigators
- Population: All Ages
 - Embedded within Native American Communities
 - Estimated 100 contacts
- Funding: \$316,000

**Native American Communities –
Urban American Youth Center (NA01B)**

- Service: Activities that promote wellness, independence, cultural support and mental health awareness
- Population: Children & Youth
 - Urban Tribal Density / Central San Diego
 - Estimated 95 contacts
- Funding: \$ 431,000

Native American Communities – Outreach & Prevention Program (NA01C)

- Service: Community based education & awareness of mental health prevention, early intervention, and general wellness
- Population: All Ages
 - Embedded within Native American community activities
 - Estimated 1025 contacts
- Funding: \$491,000

Native American Communities – Suicide Prevention Program (NA01D)

- Service: Community based suicide awareness for risk factors, early detection, and intervention
- Population: All Ages
 - Embedded within Native American communities
 - Estimated 810 contacts
- Funding: \$362,000

Early Childhood Services (EC01)

- Service: Screening and early intervention services through 15 Head Start Centers, using parenting skills training (Triple P)
 - At least 3 Centers to be School-Based
 - Pilot: Training at 50 school on Triple P to potentially benefit 15,000 students
- Population: Children 0-5 & families
 - Central & North Coastal (Veterans' families)
 - Estimated 1125 intervention contacts
- Funding: \$1,200,000

**Children/Adolescent School Aged Services—
School-Based Program (SA01A)**

- Service: School-based referrals of at-risk children & adolescents and early intervention. Positive Behavioral Support services as universal screen, preventive interventions, and array of evidenced based practices for early intervention
- Population: Pre-K through 6th Grade
 - Two or more Regions of County, including East Region
 - Estimated 3100 contacts
- Funding: \$1,800,000

**Children/Adolescent School Aged Services—
Family Outreach Program (SA01B)**

- Service: Family education and peer-based intervention services for families of children identified in SB01A
- Population: Families of children/youth identified in SA01A
 - Estimated 1550 contacts
- Funding: \$1,000,000

**Children/Adolescent School Aged Services—
School-Based Suicide Prevention (SA02)**

- Service: School-based education and awareness of risk factors, early warning signs, and referral for intervention
 - Based on California Department of Education Guidelines (2005)
- Population: Children, Youth and Adults
 - Students & staff
 - Adolescent through College
 - All Regions of San Diego County
 - Estimated 2000 contacts
- Funding: \$818,000

**First Break of Mental Illness –
“Cool” Program (FB01)**

- Service: Intervention at early manifestation of psychotic illness (Prodromal Stage)
 - Screening by multiple gatekeeper sources: schools, outpatient clinics, primary care
 - Mobile Outreach & engagement to youth & families
 - Short-term Intervention of clinical & educational services
- Population: Youth & Adult, 14-25 years
 - Central Region of San Diego
 - Estimated 350 clients
- Funding: \$1,300,000

**Co-Occurring Issues –
Bridge to Recovery Program (CO01)**

- Service: Screening, brief mental health intervention & intensive case management for at-risk individuals
 - Quadrant III, High Substance Users, Low Mental Health
- Population: Adults & Older Adults (18+)
 - Identified at County Psychiatric Emergency
 - High suicide risk
 - All Regions of San Diego County
 - Estimated 1800 contacts
- Funding: \$1,500,000

**Co-Occurring Issues –
Mental Health Services in Alcohol & Drug
Services Programs (CO02)**

- Service: Partnership of Mental Health prevention education & early intervention services embedded within ADS programs
 - At least 9 programs
- Population: Consumers & their families - All Ages
 - All Regions of San Diego County
 - Estimated 720 contacts
- Funding: \$1,000,000

**Older Adult Community –
Elder Multicultural Access & Support
Services (OA01)**

- Service: Community based outreach, prevention education on mental health risks, linkage & referrals – peer counseling & support
- Population: Older Adults in multicultural communities
 - All Regions of San Diego County
 - Estimated 800 contacts
- Funding: \$476,574

**Older Adult Community –
Home Delivery Meals (OA02)**

- Service: Delivery drivers as initial gatekeepers, referral for follow-up assessment of need, brief in-home intervention for early intervention
- Population: Home bound Older Adults
 - Central & North Regions of San Diego County
 - Estimated 400 contacts
- Funding: \$465,192

**Older Adult Community –
Life Long Learning: Aging & Wellness
(OA03)**

- Service: Educational curriculum on mental health risks/awareness, wellness, normal aging
 - Offered in community settings
 - Multiple focus including: Seniors, family/caregivers, health & allied professional
- Population: Older Adults
 - Estimated 500 contacts
 - All Regions Eligible
- Funding: \$158,079

**Older Adult Community –
Resource for Enhancing Alzheimer’s
Caregiver Health (OA04)**

- Service: Community based outreach using structured support services, including education, stress management, problem solving, and referral

 - Population: Caregivers of Alzheimer’s patients
 - South Region of San Diego
 - Outreach to Hispanic community
 - Estimated 400 contacts

 - Funding: \$438,077
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**Older Adult Community –
Salud Program (OA05)**

- Service: Outreach & education, including mental health screening and early intervention, using Promotora model

 - Population: Older Adults with Diabetes
 - North Inland, North Coastal, South Regions of San Diego
 - Outreach to Hispanic Communities
 - Estimated 400 contacts

 - Funding: \$525,936
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