



Mental Health Services Act Steering Committee Meeting

June 6, 2011
Health Care Agency
Behavioral Health Services





Welcome



Sharon Browning,
Facilitator

Local/State Updates

Mark Refowitz

Behavioral Health Director

MHSA Update

Clayton Chau
Center of Excellence

OC ACCEPT

Gerry Aguirre and
Hieu Nguyen
Innovation Projects

Innovation Project

OC ACCEPT

(Formerly “OK To Be Me”)



Clayton Chau
Gerry Aguirre
Hieu Nguyen

Health Care Agency/Behavioral Health Services



OC ACCEPT

- **A**cceptance through
- **C**ompassionate
- **C**are
- **E**mpowerment and
- **P**ositive
- **T**ransformation

OC ACCEPT

- **OC ACCEPT** seeks to provide a safe environment with acceptance and compassion for individuals to express their feelings, build resilience, be empowered, and connect with others for support.
- **OC ACCEPT** also seeks to raise awareness and reduce stigma by providing education about the LGBTIQ population to the community at large.

Program Implementation

- **Phase I:** Orientation
- **Phase II:** Program Promotion
- **Phase III:** Implementation of Program
- **Phase IV:** Lessons Learned/Evaluation & Outcome

Phase I: Orientation

Description

- Attend trainings in mental health, co-occurring disorder recovery, and LGBTIQ related topics
- Collaborative support among team members to better understand:
 - Mental health needs
 - Substance use/abuse
 - Familial and supportive challenges
 - Experiences common to members of the targeted population

Phase I: Action Steps

- **1. Developing program manual**
 - Staff will develop descriptions and procedures of program
 - Develop resource directory
- **2. Recruiting peer mentors**
 - Done throughout course of program
 - Trained peer mentors will be equipped to provide outreach, engagement, and linkage services via phone or in person
- **3. Trainings of staff**
 - Mental Health First Aid
 - Motivational Interviewing
 - SBIRT (Screening, Brief Intervention, Referral, & Treatment)
 - Topics on behavioral health in the LGBTIQ population
 - Staff mentoring staff program to foster cohesion and acknowledge expertise of staff
 - Collaborative multi-disciplinary team approach, every staff members have equal parts in the program

Phase II: Program Promotion

Description

- Community Outreach/Education
- Introduce “OC ACCEPT” to existing community programs to initiate collaboration
- Ethnic communities
- Colleges, schools, LGBTIQ resource centers, and community presentations

Phase II: Action Steps

- Notifying the community and other agencies/services about **OC ACCEPT**
- Promotion
 - Conferences/Community Events (Meeting of the Minds, Bullying Conference, OC AIDS WALK, OC PRIDE, TAY Health Fair, ECT.)
 - Existing Services/Programs (APAIT, REACH, The Center OC, Public Health, Family Resource Network) → Adult Mental Health, CYS, etc.

Phase III: Program Implementation

Description

- To provide LGBTIQ culturally sensitive/competent services and foster positive interactions between peers and family members with a message of hope for wellness, recovery, and resiliency.

Phase III: Action Steps

- Services offered
 - Community-based Supportive Services
 - Education, Outreach, Engagement, Linkages
 - Case Management
 - Short-term Individual and/or Family Counseling
 - Education/Employment Workshops
 - Support/Discussion Groups
 - Health & Wellness Activities
 - Round-up Meetings
- Use the Plan, Do, Study, and Act Model to make changes as new information is gathered

Phase VI: Lessons Learned

- Evaluation and Outcome
- Gathering data materials when providing services to participants and their support system through assessment tools identified.

Phase VI: Lessons Learned

- Attempting to Answer:
 - 1) Type and extent of mental health treatment being provided (Peer Mentors: SBIRT and Clinicians: EMDR, WRAP)
 - 2) Quality of life from the point of view of each family member
 - 3) Participants' success in achieving good health and reduction of their symptoms
 - 4) Satisfaction surveys to be administered to both participants and providers at the 12th , 18th, and 24th month allowing for changes through the PDSA Model

Phase VI: Action Steps

Assessment Tools

- Pretest and posttest for depression, anxiety, life satisfaction scales (PHQ-9), (BASIS-24)
- Program evaluation (General/Youth Outcome Questionnaire)
- Staff evaluation
- MORS Scale
- LGBTIQ related surveys
- Public Health Data

Records Review

- Number of people seen
- Results of interactions (pos/neg, linkages/not, unable to identify resources)
- Successful linkages to appropriate services
- Number of declined services

Resources

Parents and Friends Support:

PFLAG Orange County

P.O. Box 28662
Santa Ana, CA 92799-8662
brendathompsonpflag@gmail.com
Phone: (714) 997-8047

Suicide Prevention/Support:

Trevor Project

<http://www.thetrevorproject.org/>
Trevor Line (866) 488-7386

Suicide Prevention Center: Didi Hirsch

(866) 727-4747

Warmline Network Services

(877) 910-9276

Crisis Services

Centralized Assessment Team

(866) 830-6011 or (714) 517-6353

LGBT Specific Services

OC ACCEPT

2035 E. Ball Rd., Suite 100-C
Anaheim, Ca 92806
(714) 517-6100

The Center OC

(714) 953-5428 x330
1605 N. Spurgeon Street
Santa Ana, CA 92701

Government/National Organizations

www.glsen.org

www.glma.org

www.gsanetwork.org

<http://www.stopbullying.gov/>

Human Diversity



**“We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.”
Jimmy Carter.**



*Please enjoy a 10
minute break

Youth as Parents

Giselle Rocha

Prevention & Intervention

YOUTH AS PARENTS PROGRAM



**OC Health Care Agency
Behavioral Health Services
Prevention & Intervention
1725 W. 17th St., Room 120M
Santa Ana, CA 92706
(714) 567-6230 Phone
(714) 834-8051 Fax**



YOUTH AS PARENTS

THE TYPICAL YOUTH AS PARENTS CLIENT IS ...

Female, about 15½ years old, lives in Santa Ana or Anaheim, and she is unmarried, and is either pregnant or has a very young child.

As the father of the baby (FOB) is not in the picture, she receives no financial support from him.

She lives with a single parent (usually her mother) and she has younger siblings for whom she needs to care, as her parent has to work 2, maybe 3, jobs to provide for the basic needs for the whole family.

She has experienced family and environmental stressors that include drug/alcohol abuse, domestic violence, dating violence, death of a family member, gang violence, and neighborhood crime.



YOUTH AS PARENTS

THE TYPICAL YOUTH AS PARENTS CLIENT IS ...

She has academic difficulties. This may be due to absences from school to care for her younger siblings when her parent is working, or because of an educationally-poor environment as her own parent is not educated, or because of the family and environmental stressors identified before.

Although her first language is Spanish, the teen is bilingual. However, her mother with whom she lives, extended family members, and the FOB (when he is in the picture) are generally all monolingual Spanish speakers.

Both the teen and her mother are generally unaware, or have limited knowledge, of resources and services that are available for themselves and their family.



YOUTH AS PARENTS

THE TYPICAL YOUTH AS PARENTS CLIENT IS ...

There is inadequate supervision for the teen, as her single parent is working long hours, and this provides the opportunity for the teen to engage in high-risk activities, such as drug and alcohol use, gang affiliation, and being sexually active (usually with older partners). Some of these activities result in the teen being involved with the legal system and possibly on Probation.

Regardless of how she may have gotten pregnant (planned or unplanned), she now has to be someone's mommy without knowing how to be a kid herself, and without the skills of being a parent.

She deals with all her problems, and her baby, as best she can, but she often feels frustration, low self-esteem and depressed.



YOUTH AS PARENTS

ABOUT THIS PROGRAM

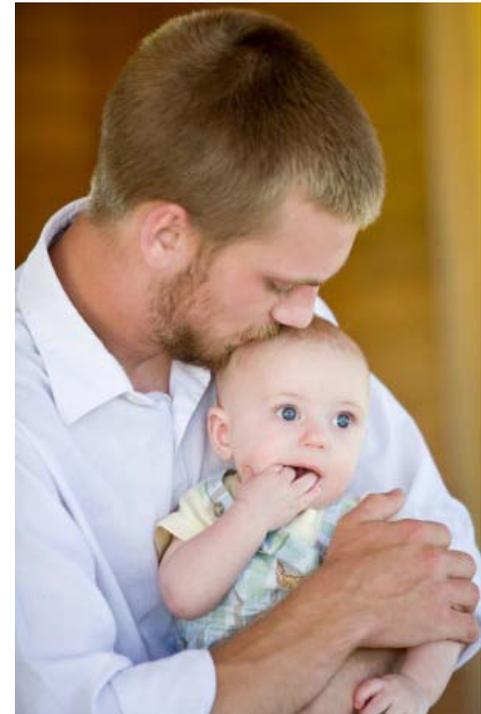
- The Youth As Parents Program is part of OCHCA Behavioral Health Services, in the Prevention and Intervention Division. This program serves an underrepresented population in need of preventive services in the area of mental health.
- This is a free County-operated program offered throughout Orange County that is designed to help pregnant and parenting teens (up to the age of 19) and their children.
- Funded by MHSA PEI



YOUTH AS PARENTS

ABOUT THIS PROGRAM (CONT.)

The purpose of the program is to prevent or lessen the impact of mental and emotional problems, domestic violence, substance abuse, involvement with Probation, and history in foster care for teen parents. This program can also identify such concerns early in the development of the child(ren) of the teen parent.



YOUTH AS PARENTS

PROGRAM GOALS

The overall goal of the program is to support teen parents to complete their educational and vocational goals and to empower them to be good parents to their children by ...



YOUTH AS PARENTS

PROGRAM GOALS (CONT.)

- Intervening early to limit the impact of psychosocial and emotional risks and traumas experienced by teen parents and their children
- Addressing environmental and relationship stressors
- Supporting and educating on child development and parenting



YOUTH AS PARENTS

PROGRAM GOALS (CONT.)

- Supporting teen parents' scholastic and vocational progress
- Decreasing the number of unintended pregnancies
- Improving the health outcomes of their pregnancies



YOUTH AS PARENTS

PROGRAM SERVICES



- A comprehensive needs assessment is completed to assist in developing a service plan that best meets the needs of teen parents and their children.
- On-going individualized case management by professional case management staff. This is conducted at the teen's home, school or work site monthly, and more often as needed.



YOUTH AS PARENTS

PROGRAM SERVICES (CONT.)

- Referral and linkage to appropriate services.
- Parenting education and short-term, evidence-based interventions such as Triple P .
- Peer mentoring.



YOUTH AS PARENTS

ACCESS TO SERVICES



- Potential clients or anyone having contact with them can make referrals to the Youth As Parents Program. Referrals can be called in to the program, or our referral form can be completed and then mailed or faxed to our office.
- Once referrals are received, all applicants are assessed for eligibility and linked to similar programs if they do not meet program guidelines.



YOUTH AS PARENTS

PROGRAM OUTCOMES

- Last academic year, about 6 of our teen clients graduated from high school or completed their GED, and some have continued with their education and are attending a community college.
- This academic year, so far, about 7 of our teen clients have graduated from high school or completed their GED.
- During the current fiscal year, 2010-2011, 13 teen clients have successfully completed the program.
- We collaborated with the Trident Education Center Teen Parent Program and with Fristers to provide parent education groups, using Triple P curriculum material. Between the two sites, the program has provided parenting education to about 40 teen parents.



YOUTH AS PARENTS

PROGRAM OUTCOMES

- We have been using the PHQ-9, which is a depression questionnaire. The results from this measure have not shown much change over time. We feel that this tool is not meeting the needs of the program for determining outcomes, so we are looking at using other measures of program success such as:
 - Confidence in parenting skills
 - Maintaining emotional wellness and use of positive coping skills
 - Achieving/maintaining sobriety
 - Developing/maintaining positive support systems
 - Developing/maintaining safe romantic relationships
 - Maintaining good general health
 - Maintaining good attendance and making academic progress
 - No repeat pregnancies
 - No child abuse reports



YOUTH AS PARENTS

CLIENT LETTERS



YOUTH AS PARENTS PROGRAM



Growing up and raising a baby are the toughest jobs anyone can have.

Teen parents, especially, need support and knowledge to empower themselves to do the job of parenting while facing the most challenging period of their live.



YOUTH AS PARENTS

FUTURE PROSPECTS

- We will continue our collaborations with Fristers and with the Trident Education Center Teen Parent Program in the fall.
- We are starting a Triple P parent training group at our site later in the month of June.
- We continue to conduct outreach activities to inform others about our program and services.
- In the coming year, we look forward to increasing our staff so we can conduct more parent training groups, and so we can develop the mentoring component of our program.



YOUTH AS PARENTS PROGRAM



If you are a pregnant or parenting teen, or you know one, and you would like more information or to enroll in the program, please call **(714) 567-6230**.



YOUTH AS PARENTS PROGRAM



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Behavioral Health Services
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Committee Member Comments

Sharon Browning,
Facilitator

Public Comments

Sharon Browning,
Facilitator

Next Meeting

Monday, July 11, 2011

Downtown Community Center, Anaheim

714-765-4500