

# MHSA Outcomes

## Prevention & Early Intervention

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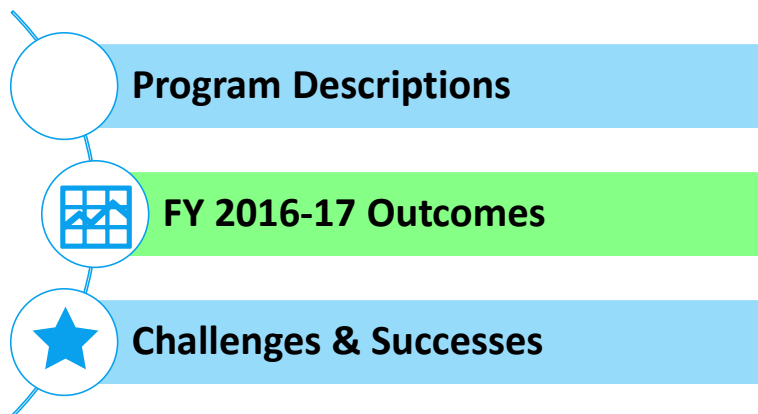
Mark Lawrenz  
PEI Division Manager  
March 2018



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## Overview

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## Prevention Program Categories

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All PEI-Funded

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## *Prevention:* Community Events & Education

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# Program Goals

## Mental Health Community Events

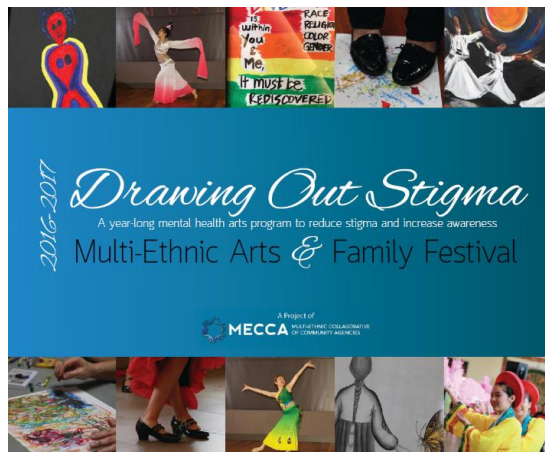
- Express thoughts/feelings, raise awareness, change attitudes through visual/artistic media

## Statewide Projects (CalMHSA)

- Focuses on:
  - Suicide Prevention
  - Stigma and Discrimination Reduction
  - Student Mental Health

# MH Community Events

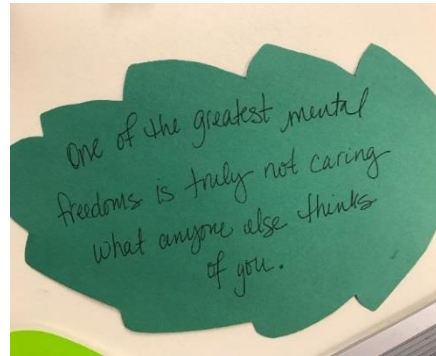
- 5 projects
- Completed by June 30, 2017
- ~13,920 served since FY 2012-13



# Statewide Projects (CaIMHSA)



- 45 local agencies supported
- Directing Change: 46 submissions
- 53,400 green ribbons/wristbands

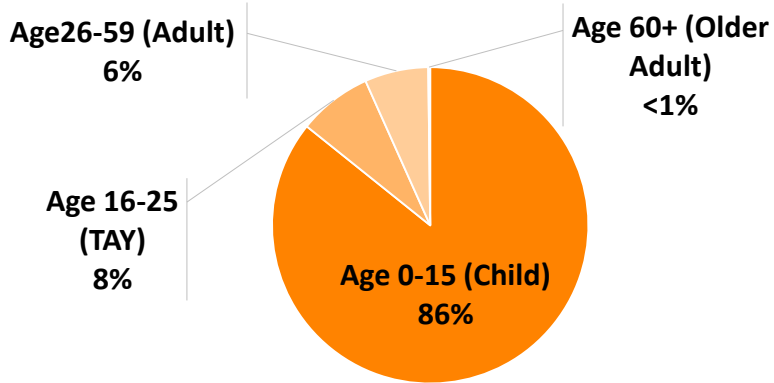


## ***Prevention:*** **School-Related Services**

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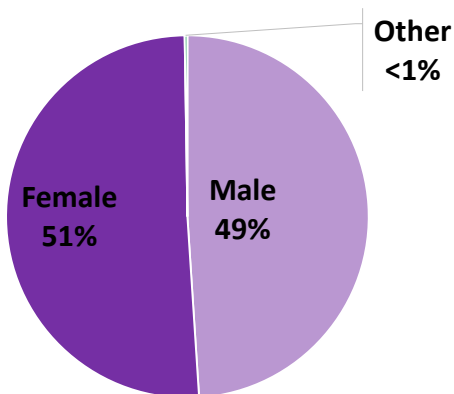
## School-Related Programs: Age

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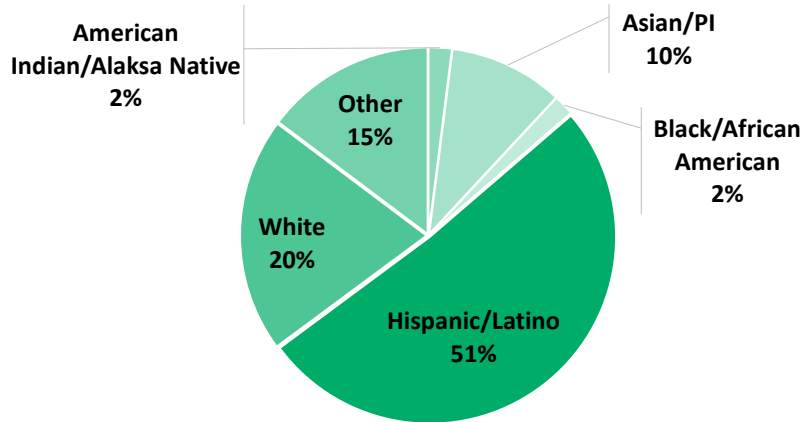
## School-Related Programs: Gender

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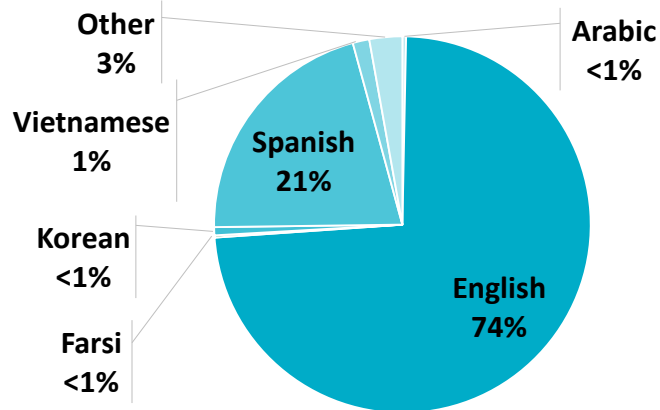
## School-Related Programs: Race/Ethnicity

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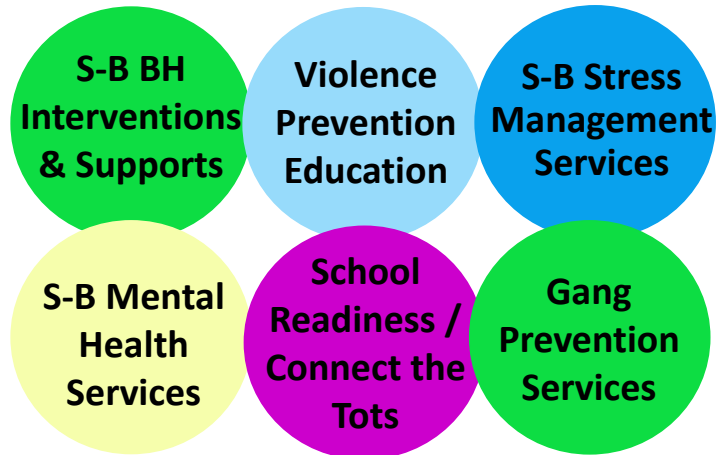


## School-Related Programs: Language

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## School-Related Programs



All PEI Funded

## S-B BH Interventions & Supports

### Target Population

- K-12 students, parents, teachers

### Served in FY 2016-17

- 26,924 students
- 1,590 parents/guardians
- 914 school staff

### Services

- Tier 1: classroom curriculum
- Tier 2: smaller student groups
- Tier 3: family intervention

## Tier 2: Self-Concept Scale

### Measure

Self-Concept

Reliable, valid

Completed by  
students

### Scoring

Total score

Range: 16 -80

Higher scores = More  
positive self-concept

## Tier 2: Self-Concept

Self-Concept

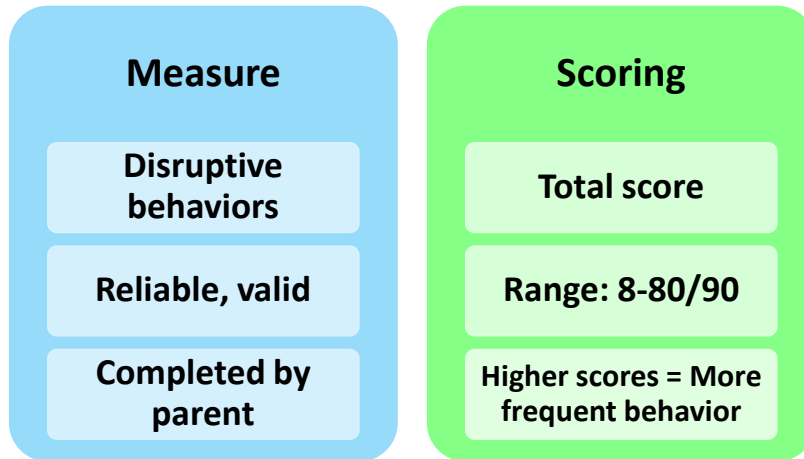
**3%↑**

Before: 62.6

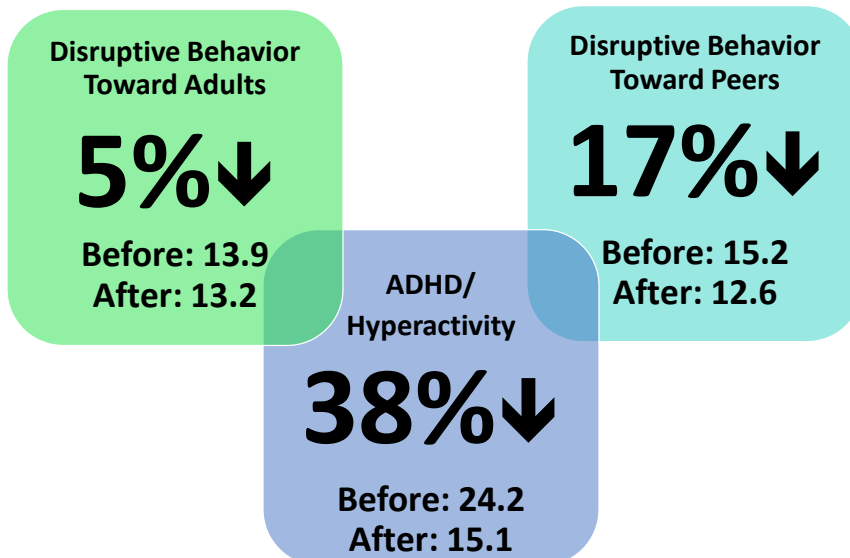
After: 64.2



## Tier 3: CADBI



## Tier 3: Disruptive Behavior



# Violence Prevention Education

## Target Population

- K-12 students, parents, teachers
- Community sites, e.g., DV shelters

## Served in FY 2016-17

- 48,805

## Services

- Bullying
- Conflict Resolution
- Crisis Response Network
- Media Literacy
- Safe From The Start

# VPE Survey Responses

## Measure

Surveys that assess attitudes, knowledge, behaviors

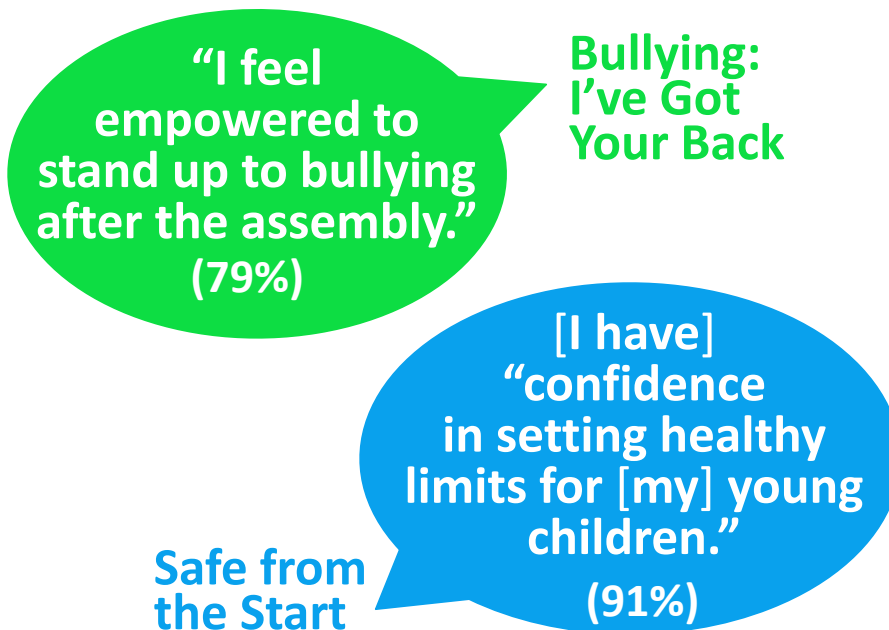
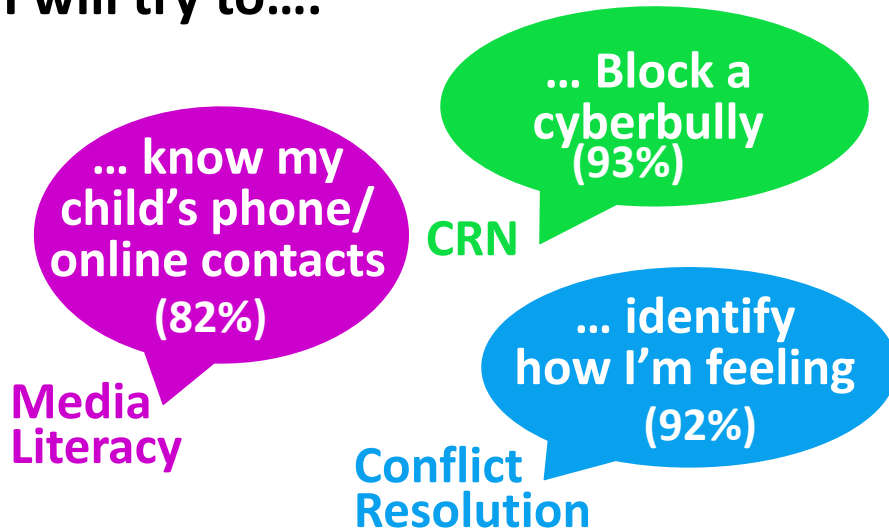
Completed by participants

## Scoring

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

% Reporting Strongly Agree/Agree

**“After today’s presentation,  
I will try to....**



## School Readiness/Connect Tots

### Target Population

- Children 0-8 years exhibiting behavioral problems and their families

### Served in FY 2016-17

- 861 children
- 1,035 parents

### Services

- Needs assessments
- Parent education, training, coaching
- Case management
- Referral and linkage

## PARCA-SE

### Measure

Parenting self-efficacy

Modified

Completed by parents

### Scoring

Average score

Range: 1-7

Higher score = More frequent use of skill

## PARCA-SE

Supporting  
Good Behavior

**7%↑**

Baseline: 5.8  
Follow Up: 6.2

Setting  
Limits

**14%↑**

Baseline: 5.1  
Follow Up: 5.8

Proactive  
Parenting

**16%↑**

Baseline: : 5.1  
Follow Up: 5.9

Overall  
Score

**11%↑**

Baseline: 5.3  
Follow Up: 5.9

## S-B Stress Management

**Target  
Population**

- K-12 teachers, who implement strategies in their classrooms

**Served in FY  
2016-17**

- 64 teachers
- reaching 3,033 students

**Services**

- Training in stress management and mindfulness techniques,
- Teachers incorporate in the class

# Mindful Attention Awareness

## Measure

Mindful Attention  
Awareness

Reliable, Valid

Completed by  
teachers

## Scoring

Average score

Range: 0-6

Higher score =  
Increased mindfulness

# Mindful Attention Awareness

**27%↑**

Baseline: 3.3  
Follow Up: 4.2

## S-B Mental Health Services

### Target Population

- Students transitioning from elementary to middle school or from middle to high school
- Parents

### Served in FY 2016-17

- 2,039 students
- 155 parents

### Services

- Classroom curriculum to increase resilience and build protective factors during transitions

## Behavioral Health Knowledge

### Measure

Survey measures resourcefulness

Completed by students

### Scoring

Total score

Range: 0 - 13

Higher score = greater resourcefulness

## Behavioral Health Knowledge

**16%↑**

**Baseline: 10.1**  
**Follow Up: 11.7**

## Gang Prevention Services

### Target Population

- Collaboration with Probation
- 4<sup>th</sup> - 8<sup>th</sup> grade at-risk youth

### Served in FY 2016-17

- 426 students

### Services

- Case management
- Workshops
- Student/family action plan



## PROMIS Pediatric Global Health

### Measure

Perception of  
overall health and  
well-being

Completed by  
participants

### Scoring

Total score

Range: 7 - 35

Higher score =  
greater global health

## PROMIS Pediatric Global Health

**9%** ↑

Baseline: 24.9  
Follow Up: 27.2

# ***Prevention:*** **Community Training**

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## **Community Training**

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**PEI Funded**



**INN Funded**



## Training, Assessment & Coordination

### Target Population

- PEI priority populations, their family members, community members working with them

### Served in FY 2016-17

- 185 individuals received BH responses
- ~ 200 individuals from local providers trained

### Services

- Behavioral health trainings:
- Psychological First Aid, Critical Incident Stress Management, Grief Education, Self-Care Education

## Challenges & Successes

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## Challenges

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**Working with school schedules to provide School-Based programs**



**Fearful Community Climate**



**Implementation of PEI Regulations**

## Successes

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**School-Based Programming has positive reputation in schools**



**Hired two new Research Analysts for PEI Programs**



**Crisis Response Network continued timely response to community need**

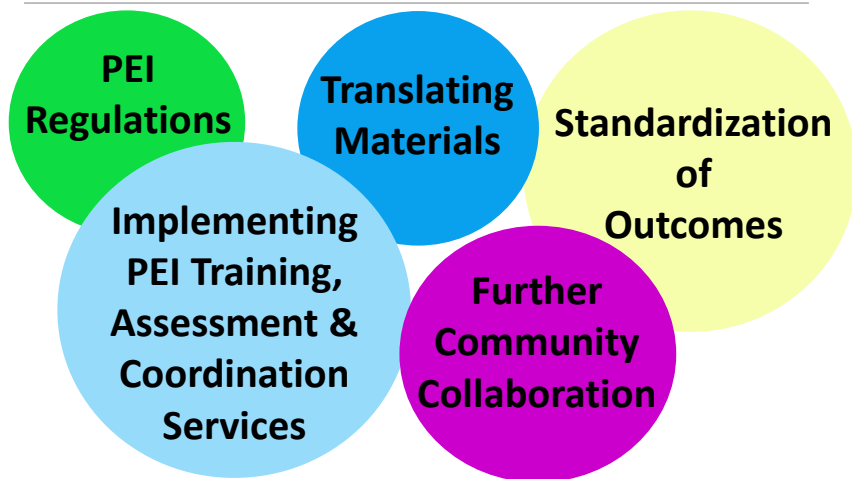
# Future Directions

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## Future Directions

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## In Their Own Words...

This was not just about art, but there is meaning behind it. We got to learn about mental health, see a new perspective and learn how to build yourself [up].

–Community Mental Health Events

*“When I used to get mad I would fight, now when I get mad I breathe.”*

– 3<sup>rd</sup> grade student

School-Based Stress Management Services

*“I learned that it is better to work out a win-win situation in a conflict” And, “the most important part is to use “I” rather than “you” when telling them what they did wrong.” Lastly, “I learned how to solve difficult situations.” -VPE*

*“My daughter has been doing better and listens more. I don’t feel as stressed when she misbehaves. “*

– School Readiness/Connect the Tots

*“I owe it all to GRIP. My daughter was struggling and I thought I was doing my job as a parent, but you made me realize that what my wife and I were doing was all wrong. She had missed 38 days of school...We got our daughter back.”*

– Gang Prevention Services

VPE = Violence Prevention Education

