

Shifting the Current Forum Series

Day 3: Reducing the Negative Consequences of Mental Health Needs

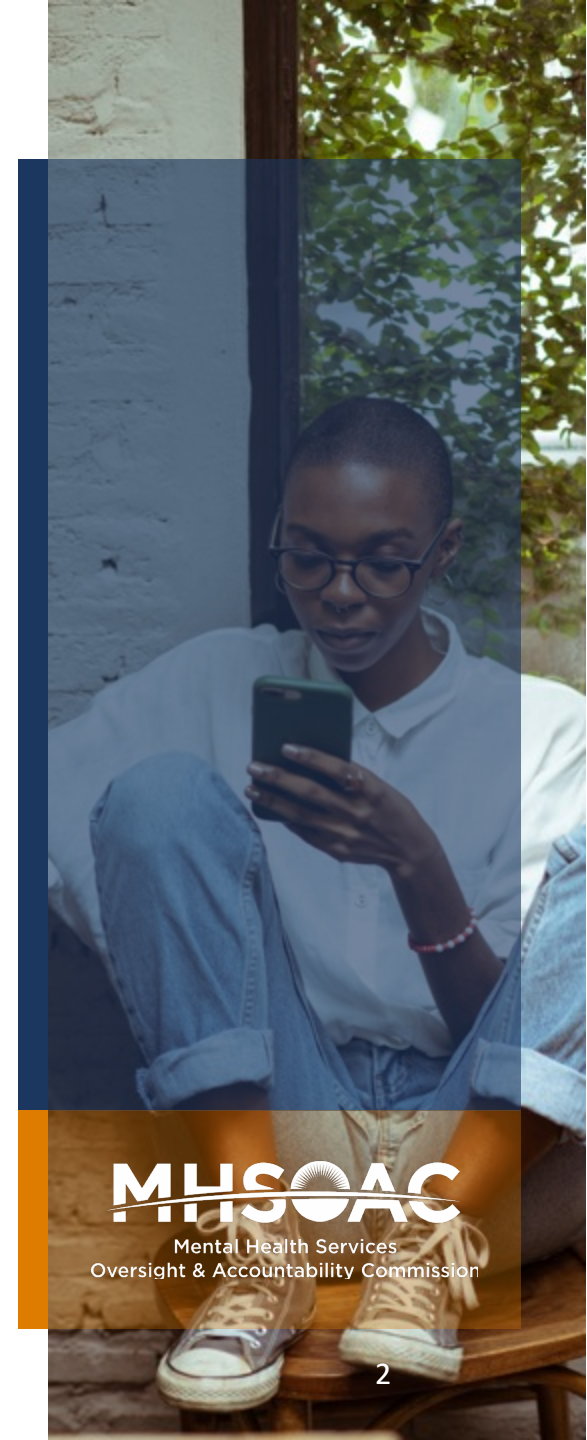
April 5, 2021

Welcome

Help us create an inclusive virtual space:

- Please mute while not speaking
- Use the raise hand reaction 😊+
- Video is encouraged (but not required)
- Closed captioning is available
- Chat feature is limited

****For technical assistance message “MHSOAC Tech” in the chat****



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Mental Health Services
Oversight & Accountability Commission



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Prevention and Early Intervention in Mental Health

Presentation by Kali Patterson, M.A. and Ashley Mills, M.S.

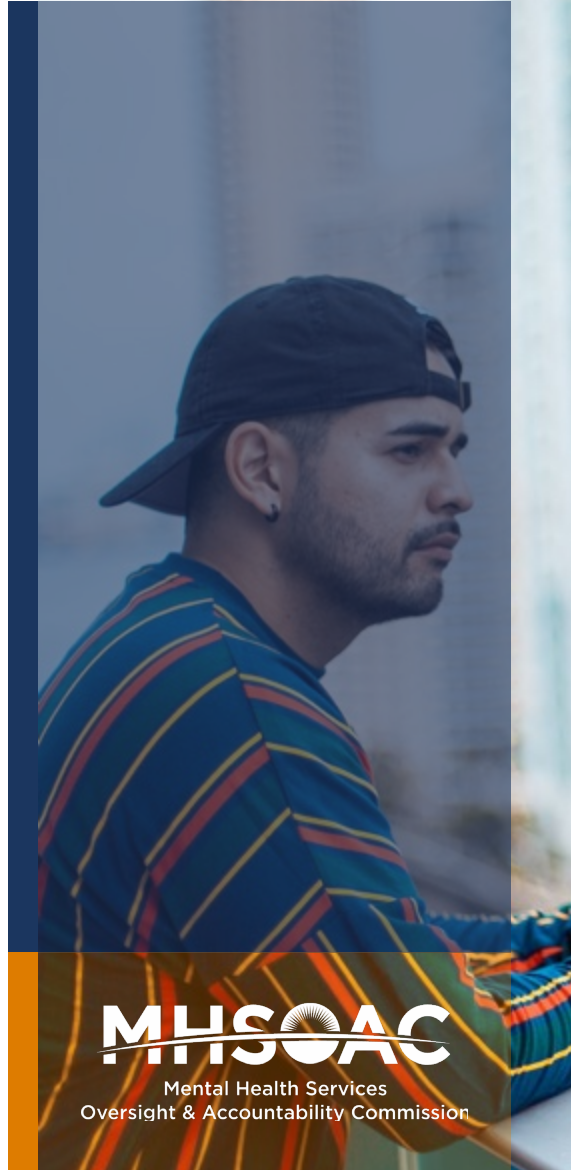
Shifting the Current Forum Series
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What is PEI?

Prevention and Early Intervention in Mental Health

- Mental Health Services Act (MHSA)
- Mental Health Services Oversight and Accountability Commission
- MHSA Prevention and Early Intervention
- PEI Project

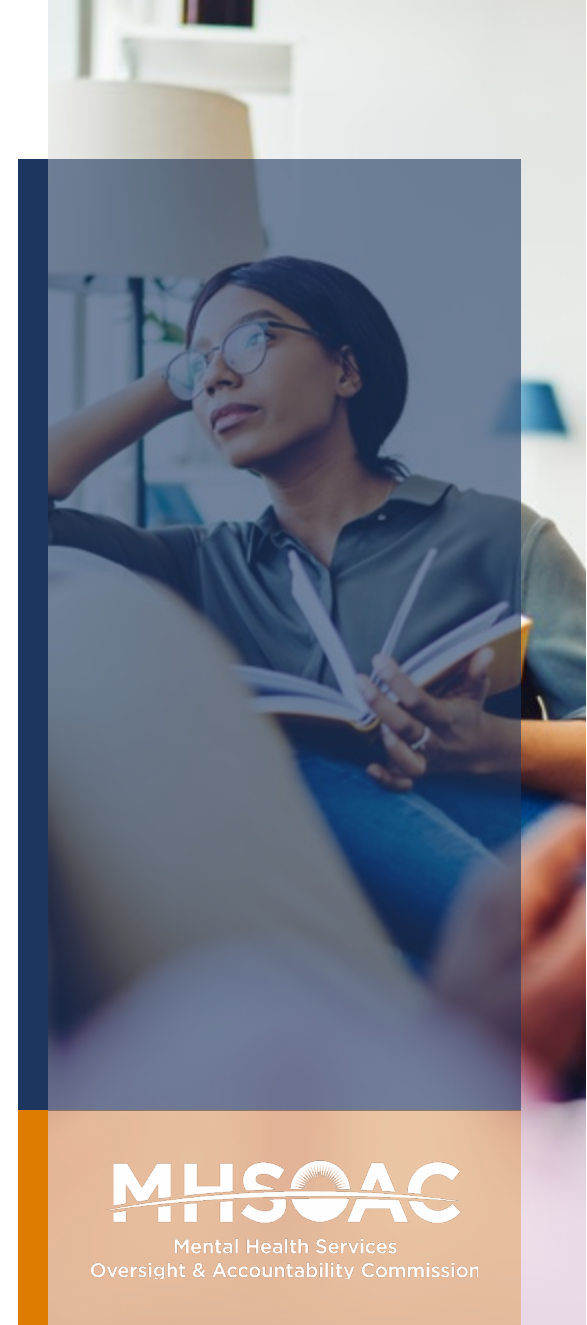


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Prevention and Early Intervention Project

- Initiated by Senate Bill 1004 (Wiener, 2018)
 - Establish priorities
 - Childhood trauma PEI
 - Psychotic and mood disorder PEI and suicide prevention
 - Youth outreach and engagement
 - Culturally and linguistically appropriate PEI
 - PEI strategies for older adults
 - Develop strategies for data monitoring and evaluation and technical support
- Advance prevention and early intervention

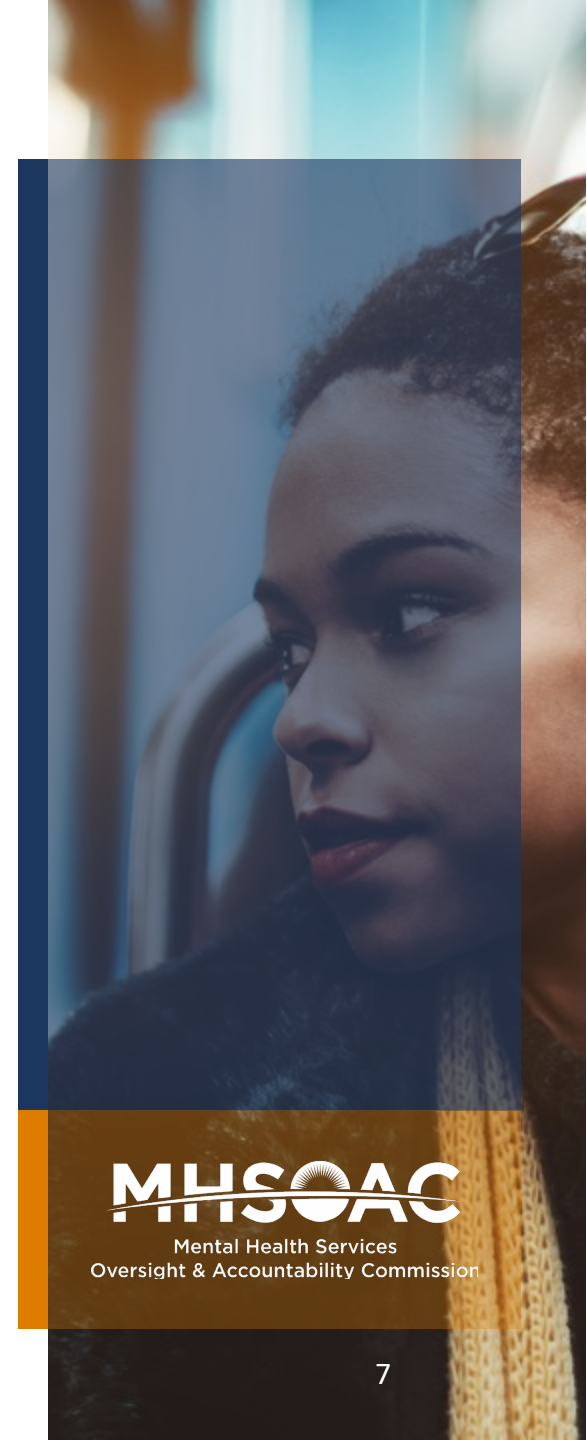


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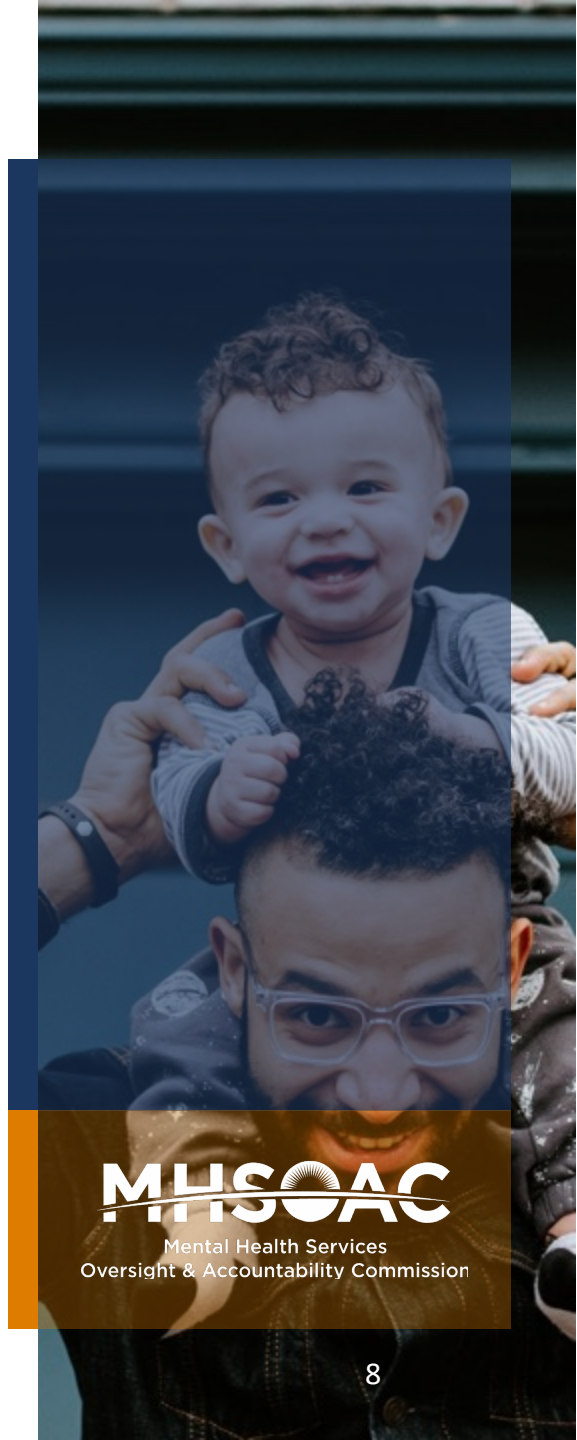
The Need

- Over 60% of Californians have **experienced negative and harmful childhood events** that threaten their development, health and longevity; the majority of which are preventable. (January 2020)
- The Healthy Minds Study found the **prevalence of depression and anxiety** in young people continues to increase, now reaching its highest levels, a sign of the **mounting stress factors** due to the coronavirus pandemic, political unrest, and systemic racism and inequality. (February 2021)
- **Involuntary psychiatric detentions have risen sharply** over the past decade, according to a new study by researchers at the UCLA Luskin School of Public Affairs. (November 2020)



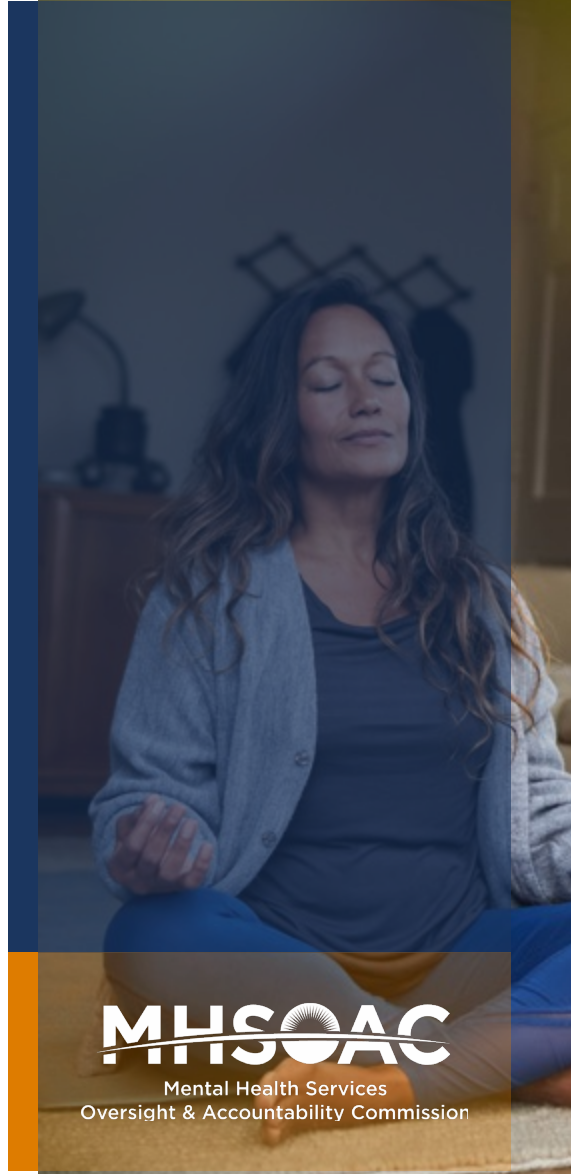
The Opportunity

- Address broad population factors increasing risk and promote factors that buffer against risk
- Deliver high quality prevention and early intervention programs and services using MHSA PEI funding
- Reduce the negative outcomes associated with mental health needs when those needs go unmet



How

- Policy, local planning, infrastructure, capacity building, collaboration, etc.
- Leveraging data – population and program outcomes
- Technical support



PEI Forum Series



Day 1 – Mental health risk and protective factors’ role in strategic PEI planning and program delivery

What we learned...

- Social Determinants
- Population data
- Technical support

What we heard...

- Culturally grounded measures
- Story behind the numbers
- Connect data with practice
- Democratize the data



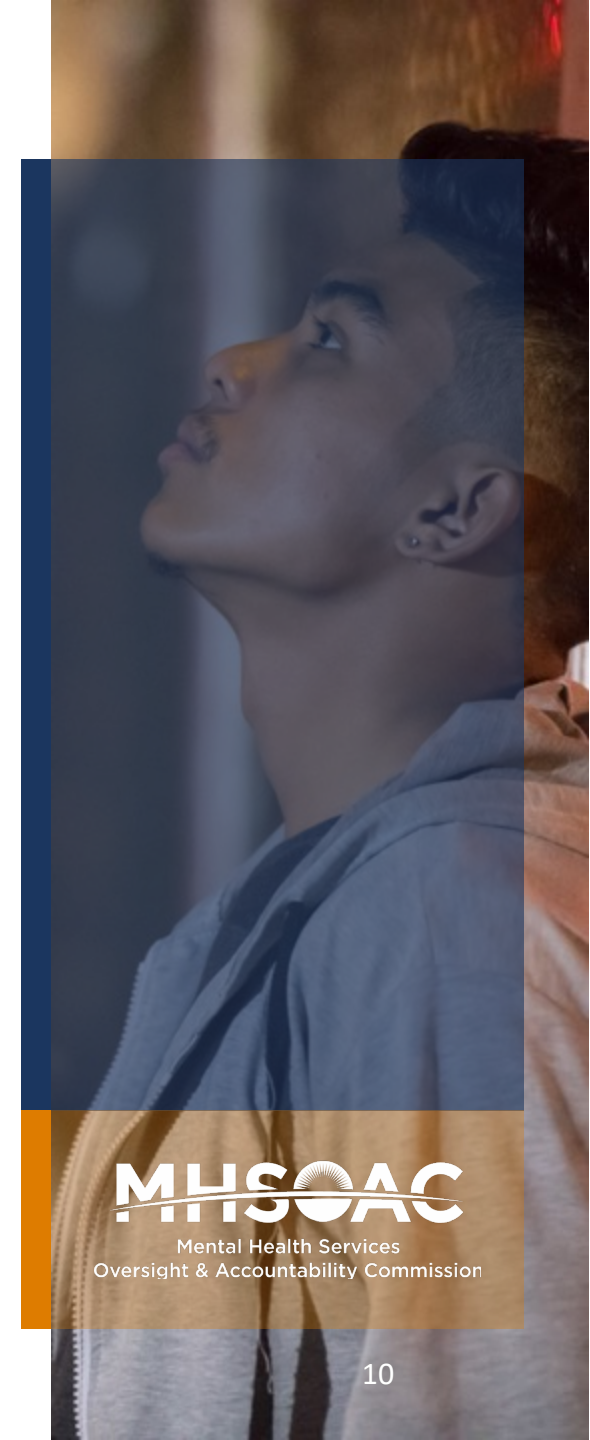
Day 2 - State and local MHSA-PEI Evaluation

What we learned...

- Evaluation is a tool, not a checkmark
- Impact is measurable but slow
- California is leading the way

What we heard...

- Quality vs. compliance
- Variability vs. standardization
- More guidance and TA
- Local ingenuity



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Day 3: Reducing the Negative Consequences of Mental Health Needs

Today's Agenda

Inspiring Speakers

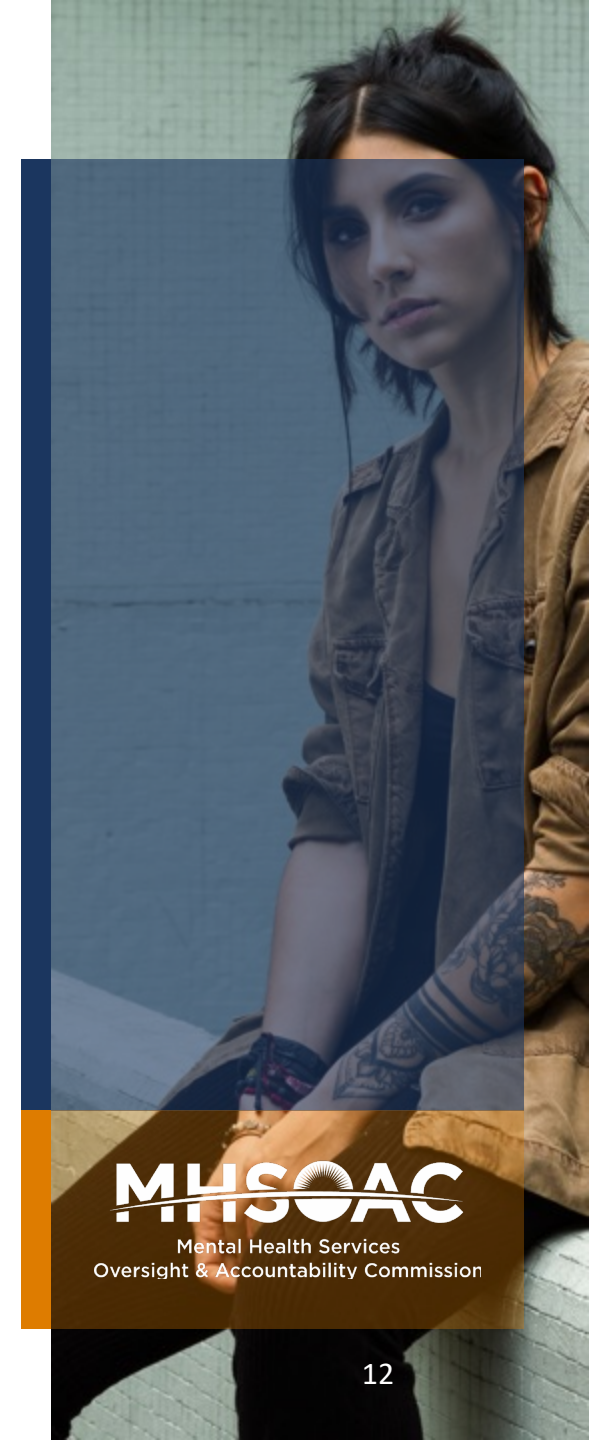
... what do we need to know as a collective to support our discussion today?

Compelling Storytelling

... how can we fill the gaps in our data and use creative expression to elevate the stories of lived experience to improve outcomes?

Facilitated Dialogue

... What are opportunities to reduce the negative consequences of unmet mental health needs? What collaboration, data and technical support is needed?

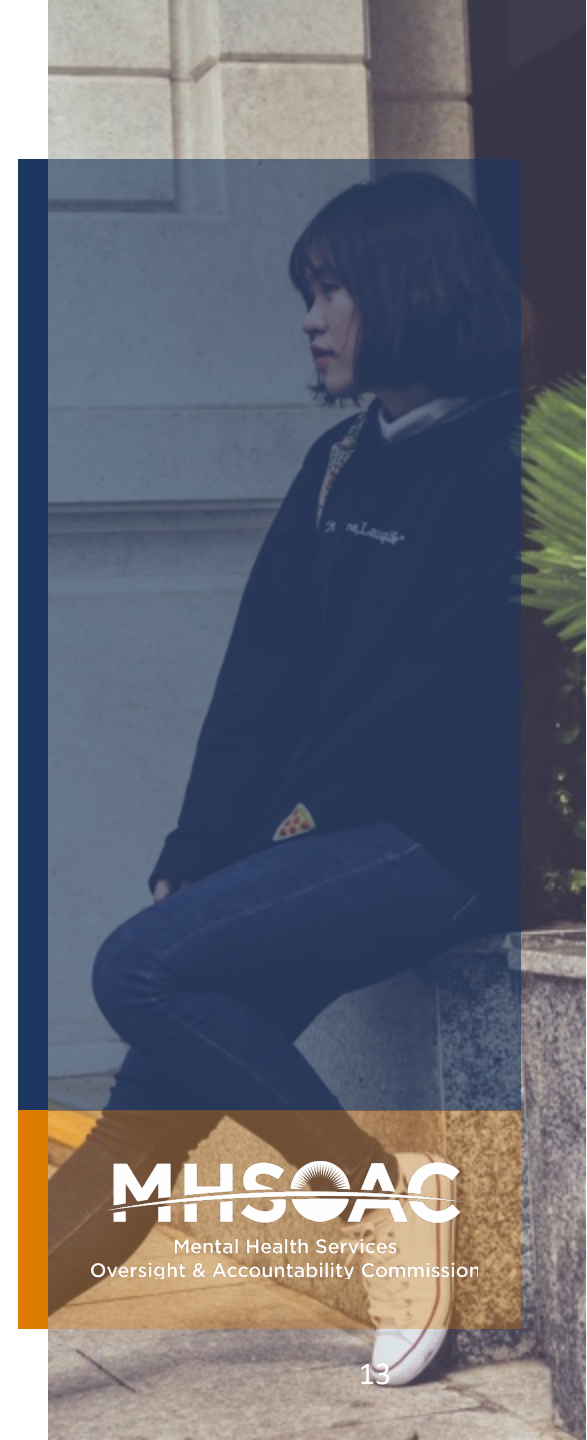


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Our Virtual Space: Asks and Offerings

- Step up, step back
- Respect pronouns
- Embrace creativity while elevating our shared strengths
- Breaks throughout the forum
- Forum video will be recorded, and summaries prepared



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Your MHSOAC Crewmembers for the Day

Your Guides

Ashley Mills, M.S., Research Supervisor

Kali Patterson, M.A., Research Scientist

Capturing Your Input

Amanda Lawrence, Ph.D., Research Data Analyst

Supporting Our Virtual Experience

Kara Chung, M.S., Health Program Specialist

Cody Scott, Logistical Support Analyst

The logo for MHSOAC features the letters 'MHSOAC' in a bold, white, sans-serif font. A stylized sun with rays is positioned behind the letter 'O'. The logo is set against a dark background that is part of a larger image showing a pier over water at sunset.

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Thank You



Speaker 1

Break

Speaker 2

Break & Short Film

Little Elizabeth

By Elizabeth Ayiku

AWI Winner, February 2018



<https://artwithimpact.org/film/little-elizabeth/>

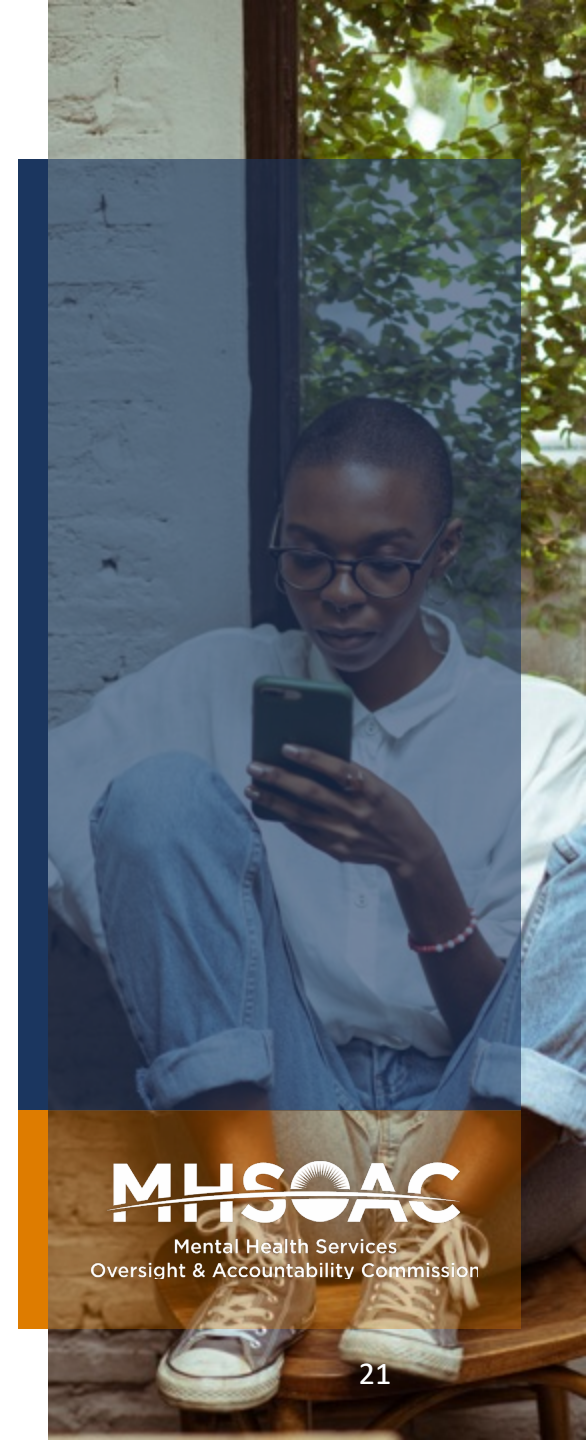
CONTENT HEADS UP

discussion of trauma and childhood sexual assault

Welcome Back

Film Debrief

Led by Cary McQueen, Art With Impact



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HOW ARE YOU FEELING AFTER WATCHING THIS FILM?

A Hopeful

B Sad

C Worried or
Anxious

D Angry or Frustrated

E Overwhelmed

Panel Discussion with Group Reflection

Opportunities to prevent negative mental health outcomes...

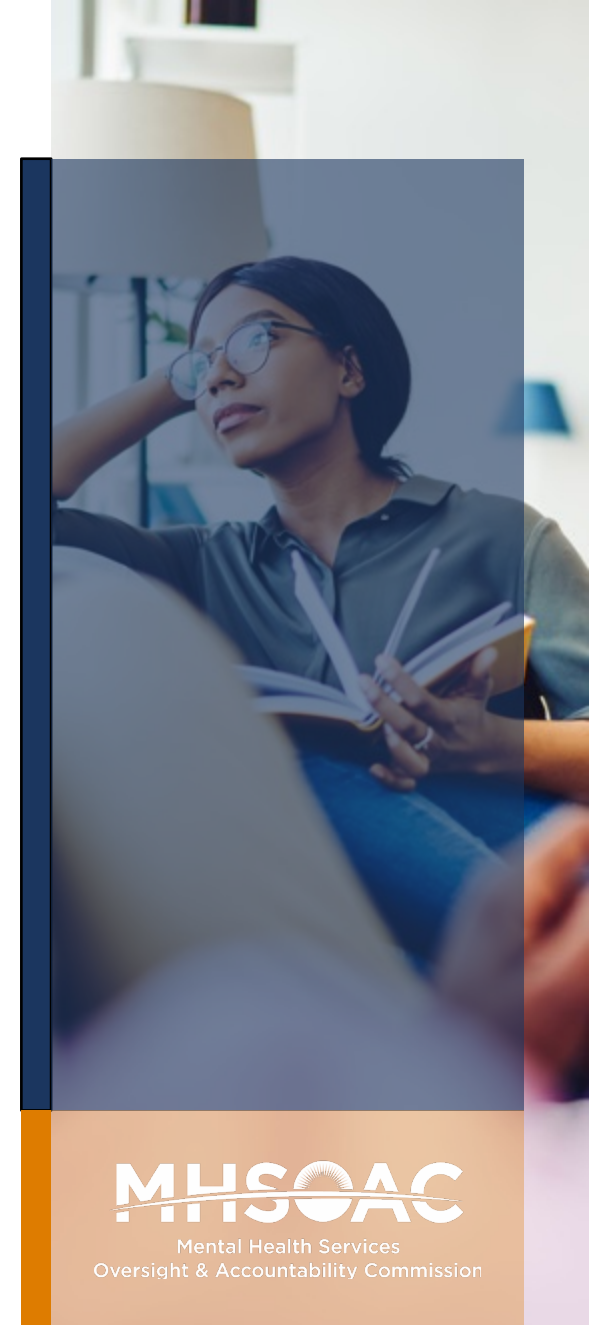
- Within and across systems
- Data and metrics
- Technical Support

Panelists

Brenda Grealish, MA - **Criminal Justice**

Pia V. Escudero, LCSW - **Education**

Richard S. Knecht, MS - **Child Welfare**



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Discussion Topic 1

Opportunities to reduce mental health outcomes in and across systems.

Panel

Group Reflection

What are key opportunities for prevention of negative mental health outcomes?

- What partners need to be involved?
- What are some barriers to collaboration?

Break

Discussion Topic 2

Opportunities to measure and track mental health risk factors and outcomes over time.

Panel

Group Reflection

What are key indicators, measures and data sources that capture negative mental health outcomes?

- Prolonged suffering
- School failure
- Unemployment
- Incarceration
- Child removal
- Homelessness
- Suicide

How can these indicators be tracked to demonstrate changes over time?

Discussion Topic 3

What technical assistance is needed to support efforts to reduce mental health disparities and their negative consequences?

Panel

Group Reflection

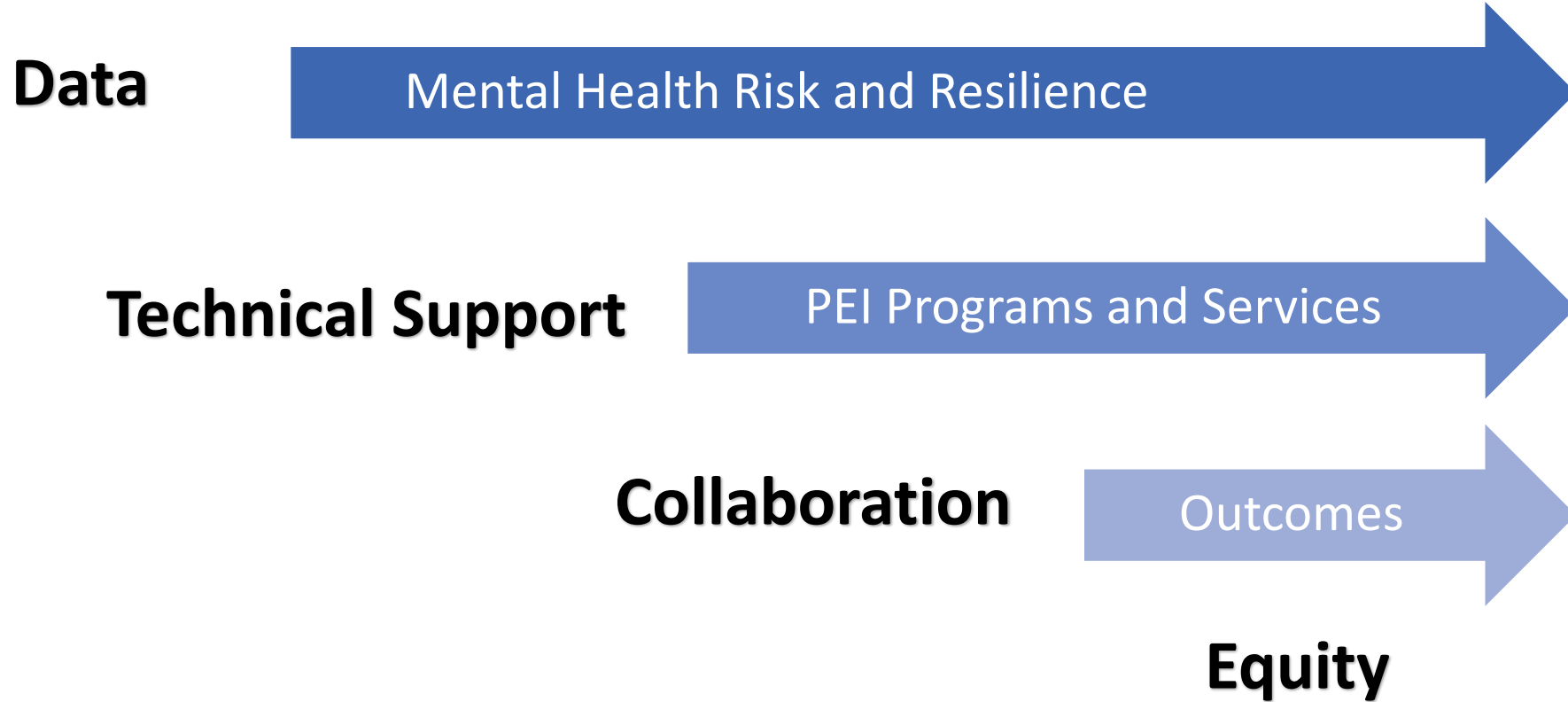
What technical support is needed?

- Strengthen multisector collaboration.
- Support data-driven efforts to reduce mental health disparities.
- Prevent negative mental health outcomes.

What next...



The Shift...



PEI Project Final Report

Stay tuned...



Thank you

Please complete our Forum 3 Survey

<https://www.surveymonkey.com/r/PEIF3FB>

PEI Event Material

[MHSOAC.ca.gov](https://mhsoc.ca.gov)

For additional information contact Amanda Lawrence, Ph.D.

Amanda.Lawrence@mhsoc.ca.gov

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