

Mental Health Services Act: Prevention & Early Intervention
Work Group: Ages 26 to 59
September 5, 2008

Attendees: Emily Marsh, Norma Paige, Joanne de los Reyes-Hilario, Cecile Mills, Guy Grant, Carly Galarneau, Kristie Clemens, Bonita Magnani, Carol Williamson, Carol Sedar, Pam Bartholomew, John Wright, Alicia Nájera, and Jerry Solomon.

1. Agenda Review.
2. Introductions.
3. **Speakers: Kristie Clemens** (Walnut Avenue Women's Center), **Joanne de los Reyes-Hilario** (Women's Crisis/Defensa de Mujeres) and **Bonita Magnani** (Survivors' Healing Center). Each person presented their agency and the work that they do. **Walnut Avenue Women's Center:** supportive services to women and children; early childhood education; teenage parent program; toddle center; community education (helping youth make health choices and have healthy relationships); domestic violence programs (including 24 hour hotline, groups for parents, groups for kids, and individual counseling); and have 3 "safe homes". **Women's Crisis/Defensa de Mujeres:** crisis intervention; 24 hour crisis line; services to domestic violence and sexual assault victims; help with restraining orders; go to court, police or district attorney's office with clients; have drop-in counseling groups; have shelter for women in immediate danger; offer 8 week family workshop (for parents and group for kids); work with youth that have witnessed domestic violence, including teen support group. **Survivors' Healing Center:** small agency (only 3 staff) that serves youth and adult child sexual abuse victims; offer extensive therapy groups; serve men, women, LGBT, Latinos. **All three agencies:** work together and often refer to each other.
4. **Outcomes: Onset of Serious Mental Illness (& First Break).** Discussion about the proposed projects the group has come up with. Group wants to make sure we state that these are to be client-centered services. Projects fall into two main categories: onset of serious mental illness (which includes ptsd), and first break.
 - a To promote early detection of serious mental illness (in a stigma neutral fashion).
 - Strategy
 - o Train gatekeepers in early signs and symptoms of mental illness, suicidality, trauma-exposed youth and how to make effective, helpful referrals.
 - Evaluation
 - Utilization data
 - Consumer goal achievement measures
 - Consumer satisfaction measures
 - Global Assessment of Functioning
 - b To provide comprehensive client-centered services to those of all ages experiencing or at risk of experiencing a psychotic break.
 - Strategy
 - o To offer evidence-based treatment (EPPIC?) to treat the primary signs and symptoms of psychotic disorders and provide on-going recovery services for (up to two years).

September 8, 2008

- To engage family members early in the treatment process and enlist them as allies in assisting the consumer.
- Evaluation
 - Decrease the use of the Behavioral Health Unit
 - Decrease the use of emergency room services
 - Decrease in the loss of work/school/family time
 - Completion of a WRAP plan
 - Improved Global Assessment of Functioning (GAF)
- c To provide a program that enhances resilience and protective factors for those identified as “at risk” for developing serious mental illness.
 - Strategy
 - Offer professional and peer-to-peer psycho-educational and recovery services
 - Evaluation
 - Utilization data
 - Consumer goal achievement measures
 - Consumer satisfaction measures
 - Global Assessment of Functioning
- 5. Client Outcomes:** Group reviewed the above and brainstormed more outcomes: avoid hospitalization; return to life activities (work, school, maintain housing); self sufficient/functioning; mental health education (to understand diagnosis); to expose person to persons that are successful in their recovery; WRAP; safety; to having a neighborhood advocate; to create safe place, supportive environment to address isolation; to have an easy, rapid access for social/economic needs; decrease distress; increase functioning.

LAST MEETING: Friday, September 19, 2008. From 9:30 to 11:30 at the Diversity Center, 1117 Soquel Avenue, Santa Cruz, Ca.