

The Los Angeles Mental Health And Developmental Disabilities Education (LA MHaDDE) Program

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Culver City, CA

Acknowledgements

- CA Mental Health Services Act (MHSA) grant & Department of Developmental Services (DDS)
- Westside Regional Center
- Project Partners:
 - North Los Angeles County Regional Center
 - Los Angeles County Department of Mental Health
 - Solutions Building Collaborative
 - Westside Family Resource and Empowerment Center

Back to Basics

■ Developmental Disabilities

- Intellectual Disability, Autism, Cerebral Palsy, Epilepsy, Conditions similar to ID
- Served by Regional Centers

■ Mental Health Disorders

- Mood Disorders (depression, anxiety, bipolar disorder), Thought Disorders (schizophrenia), Personality Disorders (borderline personality), etc.
- Served by LA Dept of Mental Health

The Way We Were

- Myth: those with DD cannot have mental illness
- Myth: those with DD would not benefit from mental health treatments
- Reality: systems existed in silos, with little meaningful interaction beyond referrals
- Barriers to care:
 - lack of shared infrastructure, sustained interagency relationships, and shared knowledge base

Count Us In!

- National research indicates that mental illness may occur *at a higher rate* in people with developmental disabilities
 - 20-30% have a dual diagnosis (**Stress Vulnerability Model**)
- California Statewide Needs Assessment (2006)
 - 16% of people served by the Regional Center are listed as having co-occurring psychiatric conditions - **underestimate of actual need due to data constraints**
- Treatment models
 - Cognitive behavior therapy, dialectical behavior therapy
 - **Multi-modal to improve outcomes**

LA MHaDDE Program Beginnings

- Successful models use integrated approach
 - First steps: build relationships, share knowledge
- Goals:
 - Educate on recognition, evaluation, treatment, referral
 - Establish collaboration across systems of care

What to do, what to do

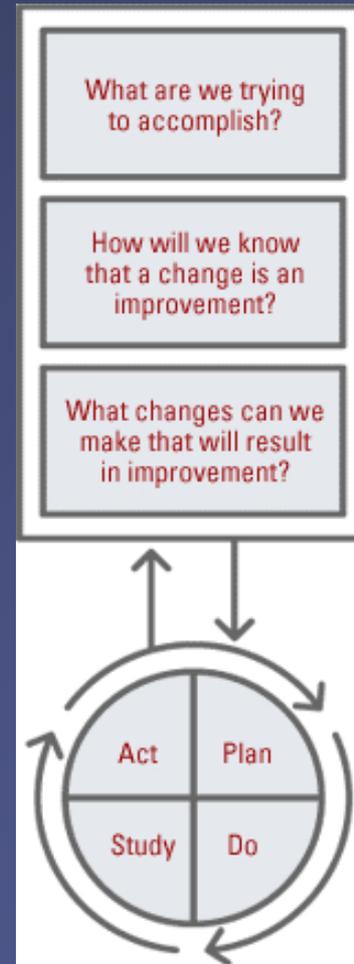
■ Actions:

1. Involve the community
2. Understand the need
3. Develop the curriculum
4. Conduct and evaluate the trainings

Down the Runway

■ Plan-Do-Study-Act (PDSA) model

- Form the Team
- Set Aims
- Establish Measures
- Test Changes
- Implement Changes



Involve the Community

- Task Force of Stakeholders to oversee program
 - Recruit each stage of the service delivery
 - Include family members, clients & advocates, medical professionals, mental health professionals, educators, therapists, social workers, administrators, direct care providers

Understand the Need

■ Formal Needs Assessment

- Key informant interviews
- Meet local MHSA and DMH Service Area members
- Written Survey to local medical professionals, mental health professionals, therapists, social workers, direct care providers, educators, family members, and client advocates

Develop the Curriculum

■ Train by cohorts

- Clinicians
- Allied Health Professionals
- Direct Service Providers
- Administrators
 - Clients/family and advocates across cohorts

■ Focus on competencies

- E.g., Participant conducts an appropriate differential diagnosis to identify common psychiatric diagnoses among those with developmental disabilities

Program! Get your Program!



Exceptional Behaviors, Innovative Responses:

Strategies for Assessment and Therapy for Individuals with Developmental Disabilities and Mental Health Issues

Nov 5, 2010 • Skirball Cultural Center, Los Angeles, CA

Register online: www.mhsinc.org/calendar

FREE CEs • Registration fee: \$30

| | |
|-------------------|---|
| 8:00am - 9:00am | Registration and Continental Breakfast |
| 9:00am - 11:15am | Translating Action into Words: Identifying & Documenting Developmental and Mental Health Issues in Children & Transition Age Youth Mayra Mendez, PhD, LMFT - Clinical Coordinator of Developmental Disabilities Programs, Saint John's Child & Family Development Center |
| 11:15am - 12:15pm | Networking Lunch |
| 12:15pm - 1:45pm | It Takes a Team: Best Practices in Management and Intervention Strategies to Address Behavioral Challenges Jennifer Keany, MS, MFT - Behavior Analyst and Executive/ Clinical Director Keany Associates, Inc. |
| 1:45pm - 2:00pm | Break |
| 2:00pm - 3:30pm | Understanding Complex Behaviors: Enhancing Observation and Management in the Therapeutic Setting Alice Kibele, PhD, OTR/L |



Skirball

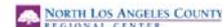
DIRECTIONS: 2701 North Sepulveda Boulevard, Los Angeles, CA 90049 (310) 440-4500

From the 405: Take the SKIRBALL CENTER DR. / MULHOLLAND DR. exit • Turn RIGHT onto SKIRBALL CENTER DR. • Turn RIGHT onto N SEPULVEDA BLVD. • Turn LEFT onto HERSCHER WAY.

Presented By:



Partners:



Solutions Building
Community Collaborative



Conference sponsored by MHSA grant from the State Department of Developmental Services

Conduct and Evaluate the Trainings

2010 Spring Series

- May 8th-Clinicians
- May 12th-Direct Support Providers
- June 9th-Allied Health Professionals

Follow-up Surveys

2010 Fall Series

- Oct. 28th-Direct Support Providers
- Nov. 5th-Allied Health Professionals
- Nov. 10th-Clinicians
- Dec. 2nd-Mental Health Providers

2011 Admin Luncheon

- March 4th

2011 Stakeholder's Conference

- April 15th

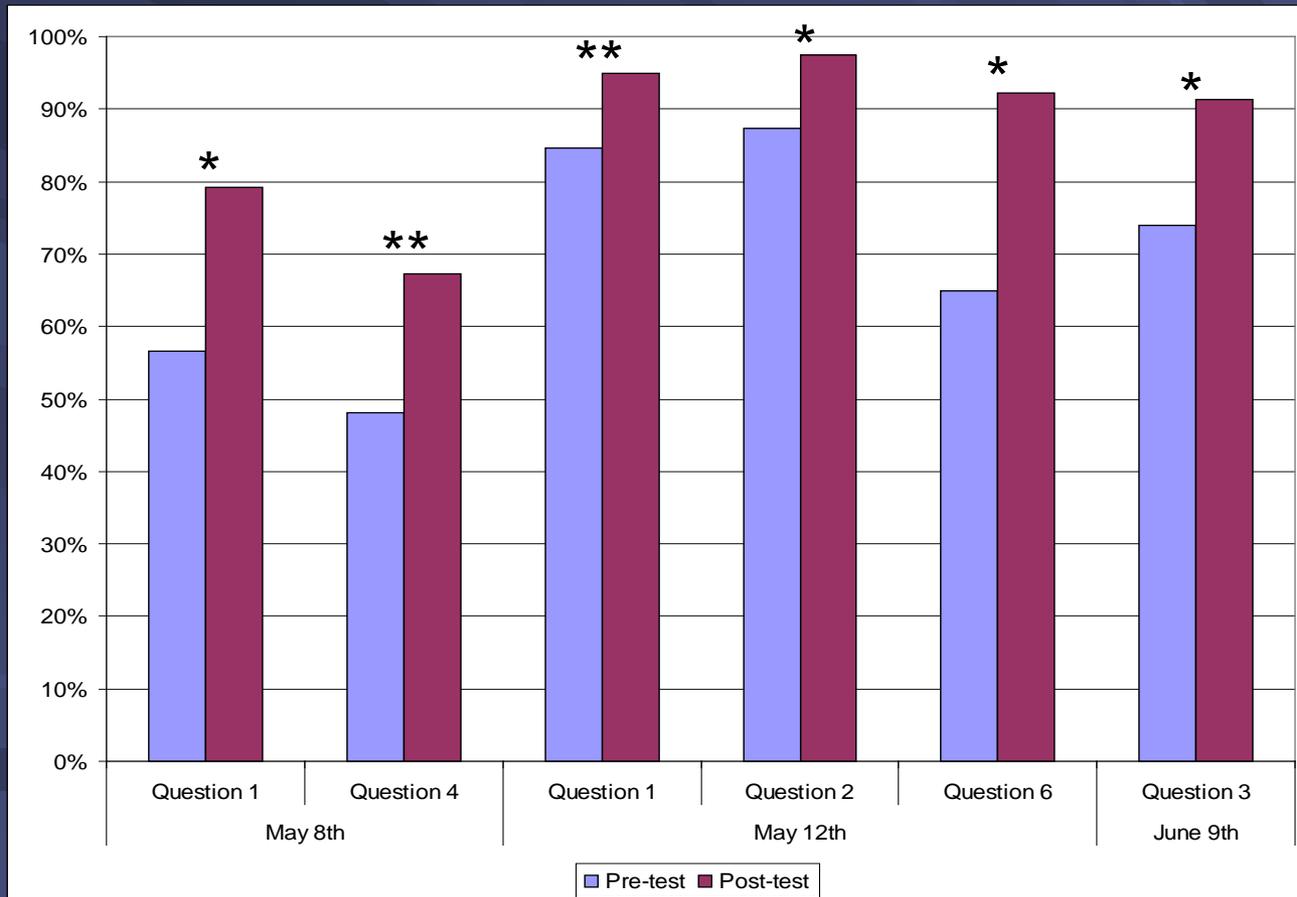
Follow-up Surveys

Who's on First?

| Participants | N |
|---|------------|
| Psychologists, Therapists, Social Workers | 196 |
| Direct Support Providers | 160 |
| Service Coordinators/Case Managers | 88 |
| Parents/Others | 67 |
| Administrators | 50 |
| Nurses | 37 |
| Physicians | 28 |
| OT, PT, SLP | 25 |
| Behaviorists | 25 |
| Educators | 16 |
| Interns/Trainees | 9 |
| TOTAL | 701 |

What d'ya know?!

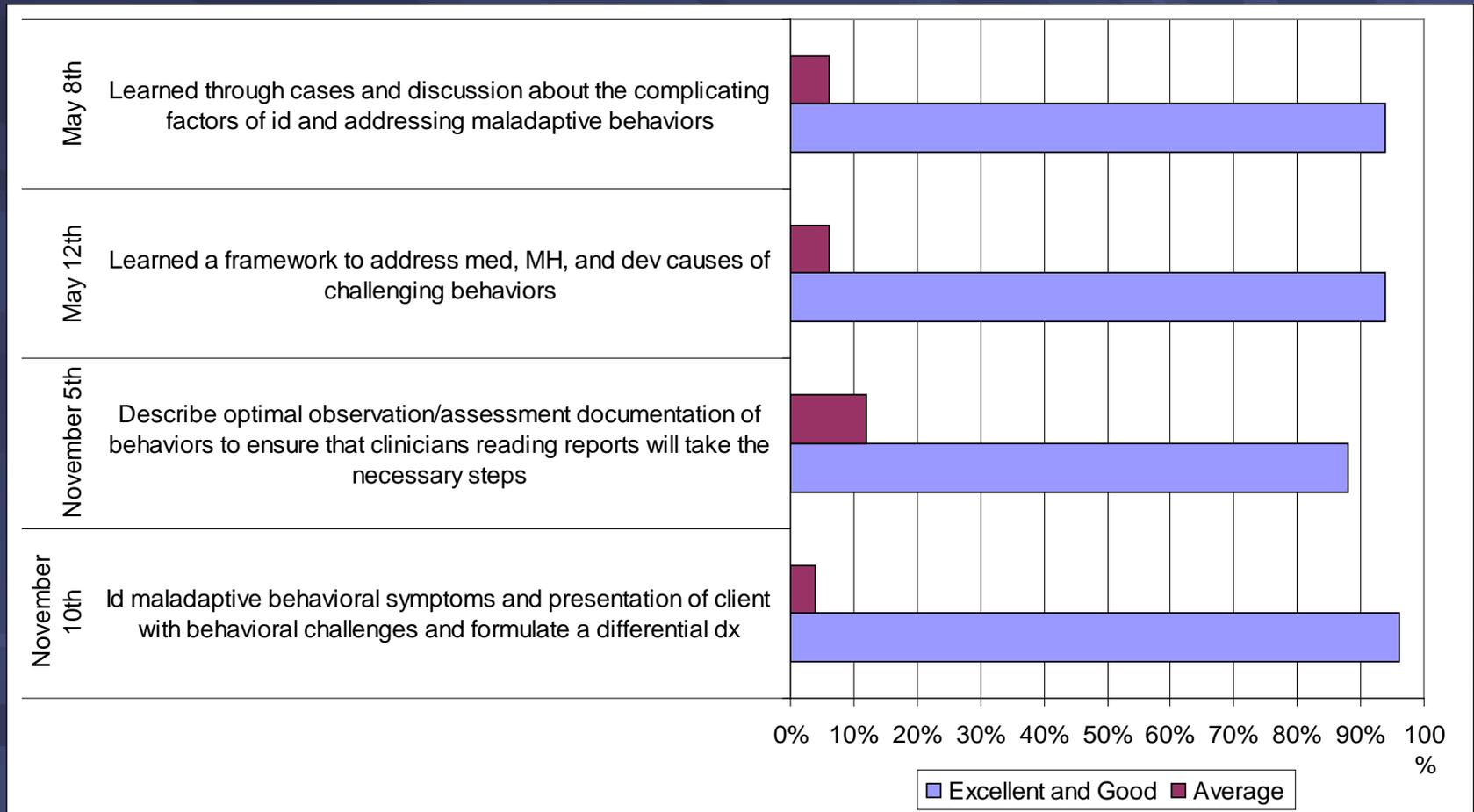
■ Pre & Post questions from 2010 conference series



* significant at $p < 0.02$

** significant at $p < 0.05$

They Liked Us!



The Fabric of Our Lives

■ Cross-System Collaboration

- Replication of Santa Clarita Valley Dual Diagnosis Coordinating Council clinical case management model
- Meetings to update MOUs

■ Resources

- Reach Across LA website
<http://www.reachacrossla.org>
- LA MHaDDE Resource directory
- LA MHaDDE Program manual

Climb Every Mountain

- Recruitment specific to cohort
- Evaluation
 - Survey completion
 - Measuring practice changes (observation)
- Continuation of collaboration

Play it again, Sam

- Over 700 community-based clinicians, allied-health professionals, and direct support providers participated
- Self-reported increases in knowledge, skills, and practice changes
- Improved relationships between local organization personnel
- A comprehensive network directory of local resources
- A forum for regular, multi-system case management

Next Steps

- Reach Across LA recently awarded two new MHSA grants FY 2011-2014:
 - Assessing Quality of Care for Dual Diagnosis
 - Transition-Age Youth

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