



COUNTY OF SAN DIEGO, HEALTH AND HUMAN SERVICES AGENCY, BEHAVIORAL HEALTH SERVICES

MENTAL HEALTH SERVICES ACT (MHSA) INNOVATION PROGRAMS AND SERVICES

The Mental Health Services Act (MHSA), Proposition 63, was approved by California voters in November 2004 and became effective January 1, 2005. The MHSA provides funding for expansion of mental health services in California. As required by the law, the County of San Diego, through the Health and Human Services Agency (HHSA) Mental Health Services Division, has completed the MHSA Innovation Program and Expenditure Plan. The MHSA Innovation Plan outlines proposed MHSA-funded programs and services to be provided locally. Innovation programs provide services that are novel, creative and/or ingenious mental health practices/approaches that are expected to contribute to learning, which are developed within communities through a process that is inclusive and representative, especially of unserved and underserved individuals.

The County's MHSA Innovation Plan will be updated annually based on funding revisions and other program considerations. New programs will be added based on funding availability. The MHSA provides access to services for identified unserved/underserved clients in new or expanded programs, but may not replace or supplant existing services. Services provided through MHSA support the County's adopted Live Well, San Diego! initiative by enabling participants with mental health needs and the general public to access necessary resources and thereby lead healthy and productive lives.

In accordance with the MHSA ***Vision Statement*** and ***Guiding Principles***, services are designed to adhere to the following principles:

- Cultural and linguistic competency
- Promotion of resiliency in children and their families, and recovery/wellness for adults and their families
- Increased access to services, including timely access and more convenient geographic locations for services
- Services that are more effective, including evidence-based or best practices
- Reduced need for out-of-home and institutional care, maintaining clients in their communities
- Reduced stigma towards mental illness
- Consumer and Family participation and involvement
- Increased array and intensity of services
- Screening and treatment for persons with dual diagnoses
- Improved collaboration between mental health and other systems (education, law enforcement, child welfare, etc.)
- Services tailored to age-specific needs
- Address eligibility gaps by serving the uninsured and unserved

INN Plan	Program	Program Description	Program Goal	Target Population	Services Offered	Contact Information
INN-01	Wellness and Self-Regulation for Children and Youth District: 1 & 4	Integrated therapeutic experience for children in an existing program (e.g., residential or day treatment, school site) that uses a number of innovative activities to address overall mental and physical wellness.	The goal is to positively impact arousal level, mood, appetite and eating behavior, sleep patterns, physical health, and social interactions in order to increase wellness and self-regulation and healthy lifestyle changes.	<ul style="list-style-type: none"> • Children and youth, age 0-16 years • Diagnosed with Serious Emotional Disturbance 	<ul style="list-style-type: none"> • Physical fitness • Relaxation training • Spirituality and mindfulness education • Nutritional education • Social skills activities • Gardening • Other activities TBD • Integrated with usual mental health services 	<p>New Alternatives South Campus 730 Medical Center Ct. Chula Vista, CA 91911 (619) 421-6900</p> <p>San Diego Center for Children 3002 Armstrong St. San Diego, CA 92111 (858) 569-2142</p>
INN-02	Peer and Family Engagement Project District: 4	Integrated teams of transition age youth, adult, older adult and family peer support specialists that provide a number of services to new mental health clients at the clinic site. One team also serves individuals in the County Emergency Psychiatric Unit.	The goal is to provide peer and family support to individuals and families at or prior to their first mental health visit. The support teams also focus on providing wellness and recovery support and education throughout service utilization.	<ul style="list-style-type: none"> • Transition age youth, age 18-24 years • Adults, age 25-59 years • Older adults, age 60+ • Individuals receiving services at the Emergency Psychiatric Unit 	<ul style="list-style-type: none"> • Initial engagement and orientation • Outreach • System navigation • Ongoing support and education groups • Referral and linkage with community • Supports and options for school and employment 	<p>Mental Health Systems, Inc. 3990 Old Town Ave, Ste. C-107 San Diego, CA 92110 (619) 688-1804</p>

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INN-03	Physical Health Integration Project District: 4	This program offers an integrated approach to mental and physical health services through two program sites – a primary care clinic and a mental health clinic. Eligible clients receive ongoing behavioral health services at a primary care location. In addition, a Behavioral Health Consultant and an Alcohol and Drug Consultant offer services at the primary care site. A Nurse Care Coordinator provides physical health information and screening at the partnering mental health clinic.	The goal of this program is to integrate mental and physical health services in a coordinated manner in order to improve overall health, wellness and recovery outcomes for clients. The program strives to improve collaboration between these clinics. The program also reduces stigma and discrimination via education at the primary care clinic site.	<ul style="list-style-type: none"> • Transition age youth, age 18-24 years • Adults, age 25-59 years • Older adults, age 60+ • Diagnosed with Serious Mental Illness • Program eligibility determined by the Nurse Care Coordinator at the mental health clinic site 	<ul style="list-style-type: none"> • Mental health and substance use support and services • Physical health services • Recovery-oriented individual and group wellness education • Chronic disease management • Peer support and recovery groups 	<p>Family Health Centers of San Diego Nora Cole (619) 515-2300 norac@fnesd.org</p>
INN-04	Mobility Management in North San Diego County District: 2-5	This program provides peer-based information sharing and support to assist clients with transportation options. A volunteer peer ride share program also enhances client mobility. The program lead coordinates resources and collaborates with the transportation community.	The goal of the program is increase community access and involvement of behavioral health clients. The program also aims to improve social functioning and client mobility.	<ul style="list-style-type: none"> • Adults, age 18-59 years • Older adults, age 60+ • Residing in the North Regions of San Diego County 	<ul style="list-style-type: none"> • Peer-based information sharing and support (Travel Buddy) • Transportation resource coordination • Peer ride share program 	<p>North County Transit District Pamela Jackson 810 Mission Ave. Oceanside, CA 92054 (760) 966-6525 pjackson@nctd.org</p>

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INN-05	Positive Parenting for Men in Recovery District: All	This program offers a unique parenting enrichment program for fathers in Alcohol and Other Drug treatment programs in order to improve their parenting skills, provide education on mental health, and understand the impact of trauma and violence on their children and families.	The goals of the program are to increase healthy parenting practices, decrease trauma and violence exposure to kids and families, and increase knowledge and use of mental health resources in order to improve the well being of families.	<ul style="list-style-type: none"> • Transition age youth, age 18-24 years • Adults, age 25-59 years • Enrolled in an Alcohol and Other Drug treatment program through Alcohol and Drug Services 	<ul style="list-style-type: none"> • Parenting education and skills training • Education on co-occurring disorders • Wellness and recovery support • Education on prevention of family trauma and violence • Mental health counseling and referrals 	<p>McAlister Institute Treatment & Education (MITE) Regional Recovery Centers</p> <p>SOUTH REGION 1180 Third Ave., C-3/C-4 Chula Vista, CA 91911 (619) 691-8164</p> <p>EAST REGION 1365 N. Johnson Ave. El Cajon, CA 92020 (619) 440-4801</p> <p>NORTH COASTAL REGION 2821 Oceanside Blvd. Oceanside, CA 92054 (760) 721-2781</p> <p>MHS, Inc. Regional Recovery Centers</p> <p>CENTRAL REGION 6244 El Cajon Blvd Suites 15-18 San Diego, CA 92115 (619) 287-8225</p> <p>NORTH INLAND REGION 620 N. Ash Street Escondido, CA 92027 (760) 741-7708</p> <p>MID-COAST REGION 3340 Kemper Street San Diego, CA 92110 (619) 523-8121</p>

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INN-06	After School Inclusion District: 4	This program will provide Inclusion Aides at existing integrated community-based after-school programs throughout the County to allow youth with social-emotional/behavior issues access to after-school programs that same-aged typical (i.e. non-disabled) peers attend.	The goal of the program is to increase access to after-school programs to youth with social-emotional/behavioral issues who have been prevented from attending, discharged from, or at risk of discharge from inclusive after-school programs.	<ul style="list-style-type: none"> Youth, age 5-14 years with social-emotional/behavioral issues Enrolled in after-school program sites located at elementary and middle school throughout the County 	<ul style="list-style-type: none"> Motivational engagement Inclusion Aide support Referrals to mental health and community services Integration with after-school program 	<p>YMCA 4080 Center St Suite 103 San Diego, CA 92103 (619) 543-9850</p>
INN-07	Transition Age and Foster Youth District: All	This program is to enhance life skills, increase self sufficiency and self esteem, improve behavioral and mental health conditions, and overall wellness for TAY and Foster Youth.	The goal of this program is to reduce the mental health services access barriers presenting to TAY and Foster Youth. The end result is to facilitate a successful transition to independent living and increase the number of youth/TAY that transition out of the Children's and Adult Systems of Care.	<ul style="list-style-type: none"> Children (ages 14-17) and TAY clients (ages 18-25) who are currently in outpatient mental health clinics, with an emphasis on Latino and African-American youth Foster Youth - half of the target population served by this program are expected to be in the foster care system or are transitioning out of the system TAY Academy 14-25 	<ul style="list-style-type: none"> Three interactive components: Coaching, Mentoring and Teaching Activities focusing on education/higher education, vocational training, comprehensive independent living skills, employment preparation and supports Support with peer, parent, life skills coaches and older adult Housing and flex fund support 	<p>San Diego Youth Services</p> <p>2220 Broadway San Diego, CA 92101</p> <p>3845 Spring Drive Spring Valley, CA 91977</p> <p>1124 Bay Boulevard, Ste D Chula Vista, CA 91911</p> <p>215 Barnes Street Oceanside, CA 92054</p> <p>1050 N. Broadway Escondido, CA 92026</p>

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INN-08	Independent Living Facilities Project District: All	This program will create an Independent Living Facility (ILF) Association with voluntary membership.	The goal of this program is to promote the highest quality home environments for adults with severe mental illness.	<ul style="list-style-type: none"> • ILF Operators • Individuals, families, discharge planners and care coordination who are seeking quality housing resources 	<ul style="list-style-type: none"> • Community collaboration • ILF Directory • Education and Training to Clients and ILF Operators 	<p>Community Health Improvement Partners 5095 Murphy Canyon Rd, #105 Suite 220 San Diego, CA 92123 Beth Ruland bruland@sdchip.org</p>
INN-09	Health Literacy	This program will conduct an environmental scan and assessment of current similar web site programs developed for physical health to determine efficacy and usage rates. Development of the interactive web-based application after the results from the environmental scan and assessment.	The goal of this program is to improve awareness and knowledge about one's mental health and health condition, wellness, symptom management, and side effects of medication with hope in improving the individual's health by increasing knowledge.	<ul style="list-style-type: none"> • Children • TAY • Adults • Older adults 	<ul style="list-style-type: none"> • Fully implemented interactive web-based application designed to engage persons with SMI and their families 	<p>On Hold</p>

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INN-10	In Home Outreach Teams District: 2, 4, 5	This program will operate up to three regional mobile teams that will be clinic-based and provide mobile in-home outreach and engagement services to individuals with SMI who are reluctant to seek outpatient mental health services and their family members.	The goal of this program is to reduce the effects of untreated mental illness in individuals with SMI and their families and to increase family member satisfaction with the mental health system of care.	<ul style="list-style-type: none"> • TAY • Adults • Older adults • In the North County and Central Region • Special outreach and engagement with African American individuals with SMI that have not been in the outpatient mental health system and are being released from the jail system 	<ul style="list-style-type: none"> • In-home assessment • Crisis intervention • Case Management • Support Services • Peer and Family member engagement • Linkages to outpatient programs 	<p style="text-align: center;">Telecare 1660 Hotel Circle North, Suite 314 San Diego, CA 92108 Gary Hubbard (619) 788-4662 g Hubbard@telecarecorp.com</p> <p style="text-align: center;">Mary Woods (619) 961-2120 mwoods@telecarecorp.com</p>