

### BHCOE: AN ENGINE FOR PREVENTION AND EARLY INTERVENTION, INNOVATION AND WORKFORCE DEVELOPMENT

#### A Brief History of Community Engagement Mental Health at UC Davis

UC Davis has a long history, spanning nearly 40 years, of deep community engagement to create positive change and lasting impact for Californians affected by mental illness. In its earliest years in the 1970's, under the leadership of founding Chair Donald Langsley, the UC Davis Department of Psychiatry was a national leader in the community mental health movement and many of the best practices that remain central in community psychiatry today were developed and implemented in Sacramento County at that time. Since then the Department has played a unique and central role in providing psychiatric care and workforce development in Sacramento County. UC Davis has again played a central role in developing many of the region's most innovative and impactful MHSA programs. This has involved building wide-ranging partnerships with community stakeholders and in particular underserved populations to identify and develop solutions to their mental health needs. This timeline of MHSA funded programs illustrates the growth of mental health services in the Sacramento region.

**2004** Mental Health Services Act passed.

**2007** Transcultural Wellness Center developed to provide unique culturally appropriate mental health services to the Asian Pacific, Islander community in Sacramento.

**2008** Unique workforce development programs created to train medical students and residents in community psychiatry and promote this area of practice as a career choice.

**2009** Strategies developed to reduce Latino mental health care disparities.

**2009** County-funded SacEDAPT program established to provide all youth in the county who are in the early phase of a serious mental illness with state of the art evidence-based therapies to improve clinical and functional outcomes and prevent disability through prevention and early intervention.

**2010** A new generation of providers of integrated care cultivated through the expansion of the only residency programs in the western United States that combine psychiatry with both internal medicine and family medicine.

**2014-2015** SacEDAPT prevention and early intervention program expanded to Napa and Solano Counties.

In 2014, the MHSA-funded UC Davis Behavioral Health Center Of Excellence was founded. In collaboration with our partner center at UCLA we have further expanded our efforts to leverage the unique clinical, research and educational expertise of the University, our extensive partnerships with the Sacramento and surrounding communities, and our proximity to stakeholders and policymakers in the Capitol to further enhance our contribution to the mental health and well-being of the people of California.

The Mental Health Services Act prioritizes prevention and early intervention, innovation and workforce development. The Behavioral Health Center of Excellence at UC Davis has a focus on these three areas.

# PREVENTION AND EARLY INTERVENTION

## Prevention and Early Intervention for Psychosis Programs

UC Davis is a leader in California in early intervention for psychosis programs. It is leading the development and establishment of these specialized programs throughout northern California.

Partnering with the UC Davis SacEDAPT programs, two community mental health programs, and Sacramento County, the UC Davis BHCOE fosters treatment, research and dissemination of best practices.

### Treatment Using Best Practices

- Develop programs to support early psychosis PEI treatment dissemination statewide.
- Partner with the SacEDAPT program to train Sacramento community clinicians in early psychosis diagnosis and clinical care
- Oversee the implementation of two new early psychosis PEI programs in Napa and Solano Counties.

### Research and Evaluation of Best Practices

- Outcomes evaluation is a central function of the BHCOE and provides a statewide resource for assessing the impact of MHSA and other community mental health programs. It is done in partnership with community stakeholders.
- Create an inventory of California programs and their fidelity to evidence-based standards.
- Collaborate on a Pilot study to inform a statewide costing analysis of California First Episode Early Intervention for Psychosis programs and the positive impact of early psychosis PEI programs.

### Dissemination of Best Practices

- In partnership with the UCLA BHCOE, we convened a statewide conference in September 2015 featuring national and state leaders and attended by over 30 counties.
- Provide leadership at the National level, partnering the NIMH, SAMHSA and the EPINET and PEPPNET networks in their efforts to develop technical support resources, informatics resources and standardized outcome measurements for integration into routine practice in order to build a learning health care network for early psychosis care.

## Student Mental Health Promotion

Student mental health is one of our priority areas. We are working in partnership with UC Davis Student Health and Counseling Services and UC Davis School of Medicine to deliver evidence-based practices to improve mental health.

### Extending Services

- The UC Davis BHCOE has partnered with the UC Davis and UC San Diego Student Health and Wellness Centers to develop a virtual library of evidence-based resources to extend student access to mental health promotion and self-care resources.
- The UC Davis BHCOE is engaging family members and loved ones to ensure the best possible outcomes for student mental health.

### Providing Training

- The UC Davis BHCOE is launching a Demonstration Project with the Student Health and Counseling Services at UC Davis, the Mental Health Commission of Canada and the University of Calgary for faculty and staff training to recognize and appropriately support campus and medical school students with mental health problems.

# INNOVATION

## Psychiatric Emergency Services

Using Office of Statewide Health Planning and Development (OSHPD) data and partnering with the UC Davis Emergency Department, we are evaluating the use of emergency departments across the state for people with psychiatric emergencies. Comparisons of use across counties are being examined. The results can be used to understand resource utilization across the state.

## Investing in New Cures and Innovative Clinical Care Best Practices

In 2015, the UC Davis BHCOE invested in 22 multidisciplinary projects poised to have an impact on the diagnosis and care of people suffering from mental illnesses. In less than one year, these projects have delivered:

### Six publications

“Suicide prevention in primary care: optimistic humanism imagined and engineered.” (Jerant, 2014)

“How family members manage risk around functional decline: The autonomy management process in households facing dementia.” (Berry, Apesoa-Varano, Gomez, 2015)

“Medication takeovers: Regimen adjustment work, covert druggings, and social control in households facing Alzheimer’s. (Berry, Apesoa-Varano, 2016)

### Over \$4 million in new grants

*“We were successful in obtaining a 3-year cooperative agreement with the National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (U01CE002664, which became active April 1, 2015), to greatly expand the project and increase its focus on middle-aged men (aged 35-64), a high risk group for suicide,”*  
Anthony Jerant, MD.

### Multiple presentations at national conferences

### New collaborations locally, nationally and internationally

## Promoting Community Engaged Research and Clinical Care

- The Outcomes Evaluation Core of the Center conducted a timely and informative engagement of stakeholders to listen to their insights and experiences about their priorities for community mental health. These priorities were used as part of the decision process for pilot funding.
- In partnership with Ken Wells of the UCLA BHCOE, prioritized mental health services research proposals with high levels of effective community engagement in our funded pilot proposals.
- Partnering with UCLA to develop second BHCOE statewide conference on Community Engaged Mental Health Treatment and Research in fall 2016.
- The BHCOE Webinar Series, launched fall 2016, was created with input from the community with the goal of educating and disseminating information to communities across California and the US. The series opened with “An Overview of Early Intervention for Psychosis Programs: What You Need to Consider about Models, Implementation, and Evidence-Based Practices” followed by three webinars, each of which takes a deeper focus about guidelines and best practices, implementation in California and best practices in psychotherapeutic use for young adults experiencing their first episode of psychosis. The webinars draw on expertise from national and international leaders in the field.
- Using social media, we are engaging the community in conversations about mental illness and mental health promotion. In the past month, we have reached 243 twitter followers and have had 633 unique website views and the numbers continue to grow each day.

## POLICY AND EDUCATION

The UC Davis BHCOE has engaged a number of key policy makers in mental health at the local state and national levels, including:

### Engaged Policy Makers

- Assembly member Dr. Susan Talamantes Eggman
- Assembly member Dr. Richard Pan
- Sacramento Mayor Kevin Johnson
- Congresswoman Doris Matsui

### Training and Workforce Development

The purpose of training and workforce development is to create learning environments that prepare students for a future in mental health across a wide range of potential areas from policy to clinical practice, expose them to research and foster understanding of policy to become effective advocates for mental health.

- Through a Mental Health Career Development program, the UC Davis BHCOE is training junior faculty as investigators in patient-oriented mental health research. The goal of this program stems from the rapidly diminishing pipeline of new clinical researchers by supporting their training in conducting rigorous mentored clinical/patient-oriented research into serious mental illness.
- The UC Davis BHCOE has partnered with the UC Davis Department of Psychiatry and Behavioral Sciences to offer psychiatry residents a yearlong course on community psychiatry, with the BHCOE's Director of Policy and Advocacy, Darrell Steinberg, providing instruction in the class.
- Through a philanthropic gift, we have created a new award to further promote trainee interest in community mental health including specialized training in the evidence-based practices to provide early psychosis specialty care in the EDAPT program.
- In partnership with the Steinberg Institute, the UC Davis BHCOE provides an internship for UC Davis graduate students from all schools and colleges to learn about the legislative cycle and the process of creating bills that impact mental health services and care at the local, state, and national levels.
- The UC Davis BHCOE offers an undergraduate internship for UC Davis undergraduate students from all schools and colleges who are interested in getting hands-on experience in working on mental health-focused projects, events, and outreach experiences.

## THE BHCOE TEAM at UC DAVIS



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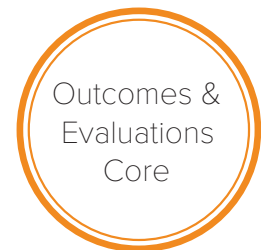
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