# PROPOSITION 63: MENTAL HEALTH SERVICES ACT PREVENTION AND EARLY INTERVENTION PLANNING GUIDELINES

The Mental Health Services Act (MHSA) was passed in November 2004 as Proposition 63 on the ballot. The intent of the MHSA is to expand mental health care for children, youth, adults, and seniors using programs proven to be effective. The MHSA also provides prevention services to help children, youth, adults and seniors get care before a mental illness becomes disabling.

#### CALIFORNIA'S 5 KEY COMMUNITY MENTAL HEALTH NEEDS

Initial Prevention and Early Intervention (PEI) efforts will be expected to focus on addressing five key community mental health needs and specific priority populations:

- Disparities in Access to Mental Health Services: PEI efforts are expected to reduce disparities in access to early mental health interventions due to stigma, lack of knowledge about mental health services, or lack of suitability (i.e., cultural competency) of traditional mainstream services
- 2. <u>Psycho-Social Impact of Trauma</u>: PEI efforts are expected to reduce the negative psycho-social impact of trauma on all ages.
- 3. <u>At-Risk Children, Youth and Young Adult Populations</u>: PEI efforts are expected to increase prevention efforts and response to early signs of emotional and behavioral health problems among specific at-risk populations.
- 4. <u>Stigma and Discrimination</u>: PEI is expected to reduce stigma and discrimination impacting individuals with mental illness and mental health problems.
- 5. <u>Suicide Risk</u>: PEI is expected to increase public knowledge of the signs of suicide risk and appropriate actions to prevent suicide.

#### PREVENTION AND EARLY INTERVENTION SCOPE AND INTENT

- PEI funding should be used to <u>prevent</u> mental health problems or to intervene <u>early</u> with relatively "short-duration" and "low-intensity".
- PEI funds should NOT be used to fill gaps in treatment and recovery services for individuals diagnosed with serious mental illness (SMI) or serious emotional disturbance (SED).
- The intent of the PEI strategy is to engage persons <u>prior to</u> the development of a SMI or SED.
- In the case of early interventions, the intent is to alleviate the need for additional mental health treatment and/or transition to extended mental health treatment.

#### PREVENTION AND EARLY INTERVENTION PRIORITY POPULATIONS

- Underserved Cultural Populations.
- Individuals Experiencing Onset of Serious Psychiatric Illness.
- Trauma Exposed.
- Children/Youth in Stressed Families.
- Children/Youth at Risk of School Failure.
- Children/Youth at Risk of Juvenile Justice Involvement

#### PREVENTION AND EARLY INTERVENTION PRIORITY AGE

- PEI County Plans will address all age groups. HOWEVER
- A MINIMUM OF 51% of the overall County PEI budget must be dedicated to individuals who are between the ages of 0-25.

## "50% of all lifetime mental health disorders start by age 14 and 75% start by age 24"

(Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication, 2005 Ronald C. Kessler, PhD; Patricia Berglund, MBA; Olga Demler, MA, MS; Robert Jin, MA; Kathleen R. Merikangas, PhD; Ellen E. Walters, MS)

### REQUIRED AND RECOMMENDED SECTORS AND PARTNER ORGANIZATIONS FOR PREVENTION AND EARLY INTERVENTION PLANNING

County plans must include the key strategic service sectors, systems, organizations and people that contribute to particular mental health outcomes in successful prevention and early intervention programs. These partnerships should extend across sectors of the community, including, but not limited to, the following:

Required Sectors	Recommended Partner Organizations
Underserved Communities	Community based organizations representing Native American, African American, Hispanic/Latino, Asian/Pacific Islander, Refugee, Immigrant, Lesbian/Gay/Bisexual/Transgender, and other underserved/unserved communities

Cont.

Education	County offices of education, school districts, parent/teacher associations, Special Education Local Plan Areas, school-based health centers, colleges/universities, community colleges, adult education, First 5 Commissions
Individuals with Serious Mental Illness and/or their Families	Client and family member organizations
Providers of Mental Health Services	Mental health provider organizations
Health	Primary health care clinics, public health, specialist mental health services, specialist older adult care health services, Native American Health Centers, community clinics, alcohol and drug treatment centers, regional centers, emergency services, maternal child and adolescent health services
Social Services	Child and family welfare services, CalWORKs, child protective services, home and community care, disability services, adult protective services
Law Enforcement	County criminal justice, courts, juvenile and adult probation offices, judges and public defenders, sheriff/police
Recommended Additional Sectors	Recommended Partner Organizations
Community Family Resource Centers	Multipurpose family resource centers, faith centers, arts, sports, youth clubs/centers, parks and recreation, homeless shelters, senior centers, refugee assistance centers
Employment	Public and private sector workplaces, employee unions, occupational rehabilitation settings, employment centers, Work Force Investment Boards
Media	Radio, television, internet sites, print, and newspaper