

CALIFORNIA INSTITUTE FOR MENTAL HEALTH NEWSLETTER

June, 2003

Volume 6, Number 2



CIMH Values Driven Evidence-based Practices Initiative: Moving “Science to Services” and “Services to Science”

The CIMH Values Driven Evidence-based Practices Initiative is designed to assure the effectiveness of California’s mental health system’s services and administrative practices, using the best evidence available, while incorporating recovery oriented principles and cultural competence. The June training at the CMHDA Full Association is the next event that will focus upon this topic.

June 2003 Multi-Stakeholder Conference on Evidence-based Practices (EBP)

The multi-stakeholder conference, to be held June 17, 18, and 19th, will focus on knowledge dissemination and consensus building in the area of evidence-based practices. The conference goals are:

- To provide an opportunity for multi-stakeholders to convene to discuss EBP in California
- To increase the participant’s knowledge and understanding about EBP and EB thinking
- To understand organizational issues, barriers and requirements, and external and environmental factors necessary for implementation of an EBP
- To increase the knowledge and understanding of the participants about the challenges and opportunities of cultural competence issues in EBP
- To increase the knowledge and understanding of the participants about the challenges and opportunities of recovery practices and principles in EBP
- To build the beginning of a consensus values driven vision of EBP in California

The conference will feature many opportunities for participants to learn, become engaged, and provide input into developing a multi-stakeholder vision of values driven evidence-based practices for California. Some highlights of the conference agenda are:

1. Pre-Conference Day

- **WHAT DO CONSUMERS AND FAMILY MEMBERS WANT AS PART OF CALIFORNIA’S EVIDENCE-BASED PRACTICE VISION?**

Meaningful consumer and family member involvement in the development of a vision for evidence-based practices in

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California Women’s Mental Health Policy Council

New Officers

The California Women’s Mental Health Policy Council (WMHPC) recently elected new officers. The new Chair is **Latonya Slack**, J.D., Executive Director, California Black Women’s Health Project, and the new Vice-Chair is, **Lori Holman**. Beverly Abbott, L.C.S.W., has transitioned into the Immediate-Past Chair position. All three will hold these positions for two years.

Latonya comes to this position with a strong background as a health policy advocate and activist. She has worked in public interest and civil rights law on major impact litigation and advocacy cases involving communities of color in the Los Angeles and Bay Areas. While at UCLA, she worked with the National Health Law Program to influence policy for women of color with HIV/AIDs. Shortly thereafter, she began an AmeriCorps Legal project with the Legal Aid Foundation of Los Angeles counseling and advising grass roots non-profit community based organizations that work with at-risk youth. Specializing in board development, corporation law and advocacy training for fledgling groups in South Central and Venice honed her capacity building skills. During her four-year tenure with the California Black Women’s Health Project (CABWHP), she developed the agency’s Policy Advocacy Program, which incorporates policy advocacy and grassroots leadership development among Black women and girls in the state.

Lori also joins the WMHPC executive team with extensive experience in health policy and advocacy. She has lobbied at the state and national levels and coordinated legislative efforts in California to obtain non-discriminatory health insurance for the biological mental illnesses and the serious emotional disturbances of childhood, including AB 88 (Thomson). Much of her mental health advocacy work has centered on insurance parity, formularies, access issues, systems of care and special populations. She served as president of NAMI California from 1998-1999, and served on the board for five years. Lori also comes to this position with extensive business experience as a consultant in the financial planning, medical and dental practice management, and investment management. She owned Holman Capital Management that managed one hundred million dollars for pension plans, individuals and companies.

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*CIMH Values Driven Evidence-based Practices
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California is critical. A pre-preparation day will provide a forum to engage mental health consumers and family members in a learning process. The session will include the history of evidence-based practices, a definition of terms, current practices, methods, and issues. A facilitated discussion will follow that will ask what the participants want for the vision in California.

2. Highlights of Keynotes

• INCORPORATING RECOVERY PRACTICES AND PRINCIPLES INTO EVIDENCE-BASED PRACTICES

Many mental health consumers and family members are concerned that the movement toward evidence-based practices will ignore the recovery philosophy, principles, and practices. Some scientific evidence-based practices seem to be contradictory to the recovery philosophy. How does California assure that we maintain our focus on recovery while incorporating the best science has to offer into local mental health systems?

• TOWARDS CULTURALLY COMPETENT EMPIRICALLY SUPPORTED TREATMENTS: CHALLENGES AND FUTURE DIRECTIONS

Key challenges will be identified in bringing together two important directions in the delivery of mental health services: cultural competence and empirically supported treatments. Strategies to address the tension between both initiatives will be presented.

• IMPLEMENTING EVIDENCE-BASED PRACTICES: A VIEW FROM SAMHSA

What is the future development of evidence-based practices at the national level? An overview of SAMHSA's activities that include evidence-based practices and the Toolkit Project will be presented as well as information on evidence-based practices initiatives that are occurring in other states.

3. EBP Workshops

The workshops will provide an opportunity to understand the implementation processes for incorporating evidence-based practices into mental health systems.

- Wellness and Recovery Evidence-Based Practices
- San Diego Algorithm – Relationship with Environment
- Cultural Competence – The State of the Research
- Values Driven Evidence-Based Practices in Child and Family Services
- Evidence-Based Practices in Older Adult Mental Health: An Update

4. Breakout Sessions

Discussion groups will address and develop next step recommendations for the preliminary themes identified in a Stakeholders' Survey. This consensus building process is an important step for the incorporation of the values of California stakeholders into the integration of evidence-based practices in California. The thematic discussion groups are:

- Recovery/Resilience
- Cultural Competence
- Diffusion and Dissemination of EBP Information
- Organizational Change/Staff Development & Training
- Collaboration with Public and Private Institutions

We anticipate the development of a written report that will reflect the conference proceedings, and a video/DVD that will capture significant points and discussion from the conference.

Updates on Other Activities

In order for CIMH to move the agenda of the Values Driven Evidence-based Practices Initiative, CIMH will continue to:

1. Develop an internal strategic plan relating to the organization's promotion of values driven evidence-based practices;
2. Conduct a California based seven-county study of effective culturally competent practices that will be presented at the Cultural Competence Summit XI;
3. Conduct a comprehensive statewide planning process that incorporates critical planning, collaborative efforts, and consensus-building strategies as a foundation for the implementation of cultural competence training, technical assistance, and consultation with local mental health systems;
4. Create a document that lays out a proposed set of consensus principles and understandings, regarding research in mental health practices and cultural/racial/ethnic populations that will support policy and system planning activities and will be presented at the Cultural Competence Summit XI;
5. Create a second document that reviews the relationship between the research for practices that are nationally identified as 'evidence-based,' and to what extent the research reports findings for cultural/racial/ethnic populations. The review will also examine selected promising practices and will offer recommendations relative to these practices and research that can inform policy and system planning activities and will be presented at the Cultural Competence Summit XI.

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*CA Women's Mental Health Policy Council
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Vision for the Future

The new executive team promises to work hard at expanding the WMHPC's sphere of influence in Sacramento and with other statewide organizations. Latonya is particularly interested in developing collaborative efforts between the WMHPC and other health and women's organizations, as well as building a diverse and active membership. Lori's devotion to public policy comes through in her vision for the WMHPC. She wants to work to ensure that all mental health legislation has language, which allows for and ensures the development of culturally and gender appropriate services for women and girls.

Any questions or comments about the WMHPC should be directed to Andrea Aiello, MPH, Program Manager, at (916) 556-3480, ext. 102, or aaielo@cimh.org. Find out more information on the California Women's Mental Health Policy Council by logging onto www.cimh.org.



SAVE THE DATE!

**Rose Jenkins
Conference**

**Keeping the Dream Alive
The Vision of System of Care**

September 30—October 1, 2003

**Hilton Sacramento Arden West
Sacramento, California**

**Early registration is available online at
www.cimh.org**



SAVE THE DATE!

**Homeless and Housing
Coordinators Annual Meeting**

August 4-5, 2003

Embassy Suites Resort
4130 Lake Tahoe Boulevard
South Lake Tahoe, California

**For more information, log onto
www.cimh.org**

OLMSTEAD TRAININGS UPDATE

Employment and consumer advocacy were the topics of recent Olmstead trainings co-sponsored by CIMH, DMH and SAM-HSA, through their technical assistance grant to Advocates for Human Potential. Over thirty employment-related mental health staff from around the state participated in sessions addressing Work First and how to network to develop competitive jobs for people with psychiatric disabilities.

Thirty-five mental health client leaders participated in meetings in Northern and Southern California with Alan Marzilli, Advocates for Human Potential, to discuss the Olmstead Supreme Court Decision, the California Draft Olmstead Plan and ways to monitor plan implementation and incorporate the Olmstead Principles in local planning efforts.

In 1999, the United States Supreme Court issued a decision in *Olmstead v. L.C.* (119 S. Ct. 2176), in which the court concluded that states are required by the Americans with Disabilities Act (ADA) to place persons with disabilities in community settings rather than in institutions when:

- The state's treatment professionals have determined that community placement is appropriate;
- The individual does not object to community placement; and
- The placement can be reasonably accommodated, taking into account the resources available to the state and the needs of others with disabilities.

For more information regarding Olmstead, go to www.cimh.org and click on Olmstead Project.

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**CIMH Child and Family
Services and the Cathie Wright
Technical Assistance Center
(CWTAC)**

The **CIMH Juvenile Justice and Foster Care Mental Health Project**, supported by the Zellerbach Family Foundation, completed its first phase of Regional Trainings in Woodland Hills (April 1-2), Garden Grove (April 3-4), and Redding (April 9, 2003), California. Chief Probation Officers of California Regional Committees collaborated with us to create the training agendas, which focused upon theoretical and practical information regarding the use of evidence-based juvenile justice and mental health practices. The training materials are available on the CIMH website and several county departments have requested individualized local presentations of the training.

The next stage of the project is underway; supporting groups of counties implementing specific evidence-based practices. Two teams, Northern and Southern California, of up to sixteen counties, will receive orientation and early planning support in May and June, in preparation for providing **Multidimensional Treatment Foster Care (MTFC)**. This treatment program and placement alternative has strong research support for its effectiveness with youth exhibiting delinquent behavior. CIMH/CWTAC will work with county interagency teams, and the designers and researchers for **Multidimensional Treatment Foster Care, Patricia Chamberlain, PhD and Treatment Foster Care Inc.**, for over two years to establish this service in multiple California counties.

CIMH/CWTAC plans to expand this project to include additional counties with interest in implementing other evidence-based practices.

If you would like more information, contact Bill Carter, LCSW, at (916) 556-3480 ext. 130, or bcarter@cimh.org.



***Therapeutic Behavioral
Services (TBS) Update***

CIMH/CWTAC has ongoing monthly **TBS** Conference Calls for the TBS coordinators in the small counties and central region, and the southern region. CWTAC designs the agenda, moderates the calls, and circulates needed information. Department of Mental Health staff participate to provide technical assistance. A conference call for TBS Coaches is scheduled for July 25th.

Listserve

CWTAC has developed a TBS listserve on which counties discuss mutual questions and solutions, and identify resources. CWTAC provides technical assistance researching and responding to questions as appropriate. A Question and Answer section provides a permanent record of listserve questions and answers.

Curriculum Development

CWTAC is in the production phase of a final training product curriculum to accompany the CD-ROM/Videotape that is to be distributed to all counties. This curriculum and product has been developed to enable providers to meet the minimum qualification training requirements set forth in the final judgment and permanent injunction in the *Emily Q vs. Bonta* lawsuit. The training is divided into modules: Introduction, Eligibility, Assessment, Client Plans, and Documentation.

TBS Brochure Translation Project

A project translating the TBS brochure into twelve threshold languages is now completed. The languages are as follows: (1) Vietnamese, (2) Spanish, (3) Khmer, (4) Hmong, (5) Armenian, (6) Chinese, (7) Korean, (8) Russian, (9) Farsi, (10) Lao, (11) Tagalog, and (12) Simplified Chinese. These brochures are available to download from the TBS Project page on the CIMH website.

For more information on TBS, log onto www.cimh.org and go to CWTAC Therapeutic Behavioral Services Project. From this page, you can join the TBS Listserve and view posted questions and answers.

SAVE THE DATES!

***Regional Co-Occurring Disorders
Mental Health & Substance Abuse
Training***

Redding, CA—July 15, 2003

Rialto, CA—August 27, 2003

Oakland, CA—September 4, 2003

**For more information, log onto
www.cimh.org**

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Leadership Institute— First Graduating Class

On May 22nd the CIMH Leadership Institute celebrated its first graduates—the Class of 2003. The 40 graduates had attended nine days of intensive training in leadership, beginning with a three-day session in the fall and two-day follow up sessions in October, January and May. Dr. Steve Mayberg, State Director of Mental Health, attended the graduation and shared his perspective on critical attributes or principals for leaders—having a vision, being proactive, listening and communicating, “win-win” conflict resolution, appreciating and acknowledging the people we work with and modeling the behavior we believe in. Each graduate said a few words. They thanked their directors for sending them; they affirmed their commitment to public mental health; they expressed appreciation for what they had learned, and they spoke of the connections they had made with each other and their hope they could continue those relationships into the future. The Leadership Institute was created in response to concerns about future leadership. Current Mental Health Directors expressed concern because many directors are retiring now or in the near future. Judging from the quality and dedication of the Class of 2003, they need not worry. The future of public mental health is in good hands. Congratulations to the graduates!

May 2003 Leadership Graduates:

Jackie Acosta (Los Angeles County), **Cindy Biddle** (Glenn County), **Liz Biolley** (San Diego County), **Bill Carter** (CIMH), **Irma Castaneda** (Los Angeles County), **Sam Chan** (Los Angeles County), **Donna Dahl** (Riverside County), **Ann Edwards-Buckley** (Sacramento County), **Charles Ellis** (Los Angeles County), **Terri Franklin** (San Bernardino County), **Michael Kennedy** (Sonoma County), **Michael Lisman** (Alameda County), **Bradford Luz** (Butte County), **Lupe Mariscal** (Alameda County), **Luann Martenson** (Tri-City), **Candace Milow** (San Diego County), **Kathy Montero** (Glenn County), **Lance Morton** (Humboldt County), **Dennis Murata** (Los Angeles County), **Noel O’Neill** (Mendocino County), **Kathleen Friedland** (Trinity County), **Maria Funk** (Los Angeles County), **Ann Gimpel** (Mono County), **Bruce Gurganus** (Marin County), **Ann Houghthby** (Tehama County), **Denise Hunt** (Stanislaus County), **Cecilia Hutsell** (Glenn County), **Debbie Innes-Gomberg** (Los Angeles County), **Debora Johnson** (Riverside County), **Robin Kay** (Los Angeles County), **Ralph Ortiz** (San Bernardino County), **Madelyn Schlaepfer** (Stanislaus County), **Carrie Topliffe** (Santa Barbara County), **Deborah Torres** (San Mateo County), **Jeanne Vidar** (Humboldt County), **Edward Vidaurri** (Los Angeles County), **Jose Villasana** (Riverside County), **Michael Walker** (Los Angeles County), **Karen Williams** (Los Angeles County), and **Alexandra Wineland** (Humboldt County)

The Leadership Institute is a leadership development program created to help good leaders become great leaders and to face the challenges of leading public mental health systems. It was designed by the California Institute for Mental Health and the University of Southern California Sacramento Center in collaboration with an advisory board of experienced mental health directors. The Advisory Board will be meeting in conjunction with the June Full Association Meeting. At the meeting, the Advisory Board will be reviewing the evaluations of each of the Institute modules and making recommendations for changes to the curriculum for the next Leadership Institute. The Advisory Board will also consider recommendations for ongoing leadership training for current directors.



California Institute for Mental Health Office News: New Staff Members

CIMH is pleased to welcome aboard several new staff members:

Roshan Yazdi, Administrative Assistant, received her Bachelor of Science in Psychology from the University of California, Davis. Prior to joining CIMH, Roshan had been working in the Human Resources field for fortune 500 companies. Roshan started her work at CIMH on April 14th. She currently supports the Executive and Deputy Directors.

Sadia Salim, Administrative Assistant, is a graduate from Heald College, School of Business with an Associate Degree in Computer Business Administration. Sadia worked in the insurance and network cable industries for a year and a half before coming to CIMH. Sadia began her work at CIMH on April 21st. She is currently the Administrative Assistant to the Center for Multicultural Development.

Mary Kravitz, Accounting Specialist, has 25 years of experience including bookkeeping and office management, setting up bookkeeping systems, and software development. She also has two certificated degrees in Advanced Accounting and Advanced Accounting Micro Computers. Mary began her work at CIMH on April 22nd.

Chris Zubiate, MSW, a former Senior Policy & Program Development Specialist with Santa Clara Valley Health & Hospital System Mental Health Administration and more recently, CIMH staff to the California Mental Health Planning Council, has accepted the position of **Assistant Director for the Center for Multicultural Development**. Chris began his work with CIMH on May 7th. He brings a wealth of experience, knowledge, and energy to the CMD, as well as a Native American

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CIMH Attends the Annual Meeting of the NIMH Constituency Outreach and Education Program

As the California partner in the National Institute for Mental Health (NIMH) **Constituency Outreach and Education Program** (COEP), the California Institute for Mental Health (CIMH) participated in the fourth annual project meeting in Santa Fe, New Mexico, April 24-27th. Roberto Ramos, MA, CIMH Associate, and the California State Department of Mental Health Medical Director, Penny Knapp, MD, the project's Scientific Advisor, participated in the event with representatives from the fifty states and the District of Columbia.

The meeting agenda included updates regarding genetics of schizophrenia and other mental illnesses, neuroscience of mental illness and substance abuse, outreach to minority populations, suicide prevention, psychological effects of terrorism and disasters, and effective media outreach. Some highlights included:

- Newly appointed Director of NIMH, Dr. Thomas Insel, offered a keynote address highlighting promising research advances in the area of human genomics as it relates to mental illness.
- Clarissa Wittenberg, Director of Communications for NIMH, presented a new public education campaign, "Real Men, Real Depression".
- Dr. Richard Nakamura, Deputy Director for NIMH, provided an overview of progress in mental illness and substance abuse research with a focus on neuroscience.
- Dr. Robert Glover, Executive Director of the National Association of State Mental Health Program Directors, defined and discussed co-occurring disorders and illustrated the need for integrated treatment.
- Dr. Spero Manson, Professor of Psychiatry/Head of American Indian and Alaska Native Programs, University of Colorado, provided important information about working with these populations along with helpful resources for Partners.
- Ray Daw, Executive Director of the Na'nizhoozhi Center, Inc., gave a brief presentation about his mental health and substance abuse treatment program in Gallup, New Mexico. Kris Lee, Director of the Mental Health Association-Billings, Montana, shared her experience working with Crow Indian youth.
- Dr. Jane Pearson, Chair, NIMH Suicide Research Consortium, provided an extensive overview of suicide statistics and prevention resources in the

- NIMH grantee, Dr. Fran H. Norris, a community/social psychologist and Research Associate of the National Center for Post-Traumatic Stress Disorder in the Department of Veterans Affairs, presented psychosocial consequences of disasters and mass violence, including an overview of current research and suggestions for interventions.
- Dr. Ernest Marquez, NIMH Associate Director for Special Populations, introduced the topic of overcoming mental health disparities among Hispanic and other populations.
- Dr. Sergio Aguilar-Gaxiola, Professor of Psychology, California State University, Fresno, presented results of an NIMH-supported study on mental health among Mexican Americans and Mexican migrant workers.

For more specific information about the COEP, visit the CIMH website at www.cimh.org, or contact Roberto Ramos at (916) 556-3480 ext. 121 or rramos@cimh.org, or visit NIMH COEP website at www.outreach.nimh.nih.gov, and NIMH at www.nimh.nih.gov.

California Behavioral Health Fiscal and Reporting Requirements: *A Guide for Information System Vendors*

June 24 - 25, 2003

Lake Natoma Inn
702 Gold Lake Drive
Folsom, California

For the first time, officials from four California state departments will convene with information system company representatives to convey the information necessary to configure software for meeting California's behavioral health fiscal and reporting requirements.

For more information contact
Theresa Ferrini at tferrini@cimh.org

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**California Behavioral Systems
(CBS) Coalition Project**

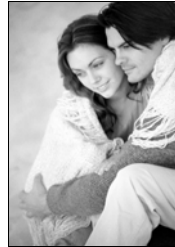
The **CBS Coalition Project** currently includes 23 counties working together to select a new information system. The coalition members share a common need to conduct an evaluation of information systems that are currently available. Many counties are faced with aging systems, which do not meet current standards for administrative, managed care, billing and reporting needs. Coalition members also want to evaluate how their next information system can play a greater role in the delivery of clinical care. For many counties, this will mean expanding their use of electronic clinical records.

The member counties range from small to very large. While each county has particular requirements, the CBS Coalition focuses on the many needs that counties have in common. The current CBS Coalition Project will use a request for information (RFI) and a request for proposal (RFP) process to develop a small list of qualified vendors. Member counties are pooling their staff experts to work on several subgroups in the areas of administration, clinical, managed care, billing, internal and external reporting, technology, and corporate capacity.

The CBS Coalition project is making extensive use of web conferencing technology to facilitate their meetings. Web meetings are being used to help members work on the development of the RFP. Vendors who score the best and become finalists will be giving demonstrations over the Internet. We expect a large audience to view the various product offerings and score these demonstrations. In addition, customer satisfaction surveys, follow-up interviews, and meetings with vendor finalists will help the Coalition make a careful evaluation of vendor capabilities.

At the conclusion of the evaluation project, each Coalition member will have all the results of the evaluation compiled for each vendor finalist. It is expected that individual counties and groups of counties will select from the vendor finalists for "best and final" contract discussions.

Counties who have not yet joined the CBS Coalition are welcome to become members. All participating counties are sharing the project costs. Costs have been distributed based on county population size. To learn more about the project, contact Project Consultant, Michael Gorodezky (Gorodezky@earthlink.net), or Barbara Field (bfield@cimh.org).



*Update:
Cultural Competence Project:
A Seven County Case Study
of Cultural Competence*

CIMH's Center for Multicultural Development's Cultural Competence Project: A Seven County Case Study of Cultural Competence in California's county mental health systems is supported by a grant from The California Endowment. A major outcome of the project will be to develop a statewide training and technical assistance plan to support the county mental health departments' efforts to provide more effective services to their culturally and ethnically diverse communities. The project will increase our understanding of the development and operationalization of culturally competent systems in county mental health, identify training and technical assistance needs, and research and disseminate information on promising and innovative practices currently implemented in the sample counties.

The seven county mental and behavioral health departments selected through a very competitive process are Los Angeles County, Alameda County, Stanislaus County, Santa Clara County, Butte County, Kern County, and Tri-Cities. The project will work with these county Mental Health Departments to:

- Inventory local demographic, social, and mental health environmental factors, and identify local and statewide resources for cultural competence;
- Conduct research on the cultural competence planning, implementation, and sustenance efforts of seven case study counties;
- Develop a training plan for the enhancement of cultural competence in counties and a related plan for providing technical assistance to assist their ongoing development.

The project will begin county site visits in June. An initial report draft will be distributed for stake holder review in October, and findings will be presented at the Annual Cultural Competence Mental Health Summit in San Jose, California this November.

For more information on the CMD and current projects, please visit the CIMH website at www.cimh.org, and click on Center for Multicultural Development.



California Institute for Mental Health
2030 J Street
Sacramento, CA 95814

SAVE THE DATE!

Cultural Competence

Summit XI

*Moving Forward Together
Partnering to Promote
Healthy Communities*

November 19 - 21, 2003

The Fairmount Hotel
170 South Market
San Jose, California

*Registration Fee: \$200 before November 1, 2003
\$250 after November 1, 2003*

For more information, log onto www.cimh.org

How to Contact Us



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