

Gender Matters: Building a System of Services and Treatment for Women in California



The first statewide conference on women's mental

health issues was held in December 1998, and was reported on extensively in the February, 1999 issue of the CIMH Newsletter. The conference was a wake up call to the mental health community, concluding that gender matters in the way women experience mental illness. Gender shapes self image and life experiences, and is a factor in how women access and are treated for emotional problems. Yet, until recently, the public sector has largely ignored the special needs of women and failed to develop gender sensitive services.

The conference identified the following major themes in which gender plays a specific role in the needs of women. Men also experience many of these problems, but the experience of this issue is influenced by gender:

Conference Themes

- *Trauma, abuse and domestic violence and the retraumatization many women experience in the mental health system;*
- *Parenting roles and responsibilities, and the inability of women to access services due to clinic hours, fear of losing their children, inability of residential and day services to accommodate the needs of mothers with children;*
- *Financial barriers and the lack of parity with physical health insurance for mental health and substance abuse services;*
- *Dual diagnosis, eating disorders and other complex problems which need to be addressed in a holistic seamless fashion;*
- *Culture, ethnicity, and sexual orientation;*
- *Consumer involvement and a woman's right to participate in and determine her treatment; and*
- *Gender matters in terms of research, education, and training.*

The Conference planning committee is working to address these issues. As a first step, a Conference Findings document is in process, with publication anticipated by November 1999. A Women's Mental Health Policy Council is being developed to carry these themes forward. It is envisioned that the Women's Mental Health Policy Council will meet biannually with task specific workgroups developing and meeting as needed. The first meeting will be in either early December or January in Sacramento. For additional information, contact CIMH.



CalWORKs Project Group

The CalWORKs Project: Overcoming Mental Health, Domestic Violence, and Alcohol and Other Drug Barriers to Employment

The project is now seven months into operation and busy on all fronts. The following is a synopsis of activities to the present.

Six County Case Study

Because welfare reform is so new and complex, and because California chose to give counties some significant flexibility in implementation, the project is conducting a case study approach to gathering information about how different counties are designing and implementing their CalWORKs programs and service delivery systems. The counties participating in the case study are Alameda, Kern, Los Angeles (two Service Planning Areas) Monterey, Shasta and Stanislaus.

By the end of September 1999, Project staff will have completed two rounds of site visits to all six counties. The site visits are for two days, with the exception of Los Angeles, where the visit will be for four days, due to the size of the county. During these site visits, staff meets with and interviews individuals from various levels within organizations—senior management, managers and supervisors, and line staff.

Based on the site visits, staff has produced several documents that have been widely distributed throughout the state and at national conferences. These documents are being revised into a new Bulletin format, called Help Connections. Help Connections will outline issues counties are working on and promising strategies. To get on the mailing list for Help Connections, email us at calworks@cimh.org. You can also email us your questions, and post to the question board on the CIMH Website at www.cimh.org, and project staff will respond with answers.

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Data Collection of Case Study Counties: A meeting was held with representatives from the key agencies in each of the six counties on March 3, 1999. At the meeting, the group developed the following data collection areas:

Social services eligibility and employment services staff involvement, understanding, and comfort with identifying and referring CalWORKs participants with Alcohol and Drug (AOD), Mental Health (MH), and/or Domestic Violence (DV) issues.

Client satisfaction for CalWORKs participants who have received an AOD, MH, and/or DV service AOD, MH, DV service providers' assessments of usefulness of the services they provided to CalWORKs participants and their relationships with the CalWORKs program itself.

Sampling procedures have been developed to fit the needs of each county. Surveying is complete in Shasta County and in process in Los Angeles, Kern and Stanislaus, with Monterey to follow in the fall of 1999.

Research Project

The research project, funded primarily by the National Institute for Justice and supplemented with county funds, is underway. A sample was drawn from each of the two counties, interviewers were hired, and interviewing will be completed by September 15, 1999. The Stanislaus County sample consists of 440 new entrants into CalWORKs while the sample from Kern consists of 440 persons who have been on TANF for at least one year.

The interviews will yield information on the prevalence of AOD, MH, and DV issues and other potential barriers to employment within the population; the accuracy of various AOD, MH, and DV screening instruments; and participants' views of the CalWORKs process. A copy of the interview schedule can be obtained from CIMH.

Technical Assistance

Participation in State CalWORKs Committee Meetings: Project staff meet each month with the Joint CalWORKs Committee chaired jointly by CWDA, CMHDA, and CADPAAC. Project staff are playing key roles in certain Joint Committee task forces including those that are working on the development of statewide data collection methods and the development of protocols for the identification and provision of services to CalWORKs participants with AOD, MH, and DV issues.

Regional Conferences: The CalWORKs Project has joined with and supplemented a series of one-day regional confer-

ences sponsored by the California Department of Drug and Alcohol Programs and organized through a contract with Child and Family Futures, part of the Project collaborative. This has enabled the conferences to expand in scope to include mental health and domestic violence issues, in addition to alcohol and other drug issues. To date, conferences have been held in the Bay Area, Los Angeles and Riverside, with two additional conferences scheduled in Shasta and Fresno in November 1999.

Satellite Broadcast Trainings: The Project's first statewide satellite broadcast training, "Understanding CalWORKs & Employment Services: Delivery of Mental Health Alcohol & Other Drugs and Domestic Violence Services to CalWORKs Recipients", was held on June 16, 1999. The first training had two major themes: CalWORKs is not "business as usual" and collaboration can and must occur within this changing environment. Over 1,000 persons in 32 counties viewed the three-hour program. The MH agency in each county hosted representatives from each of the other agencies in its county to view the broadcast.

Save the Date!

The second satellite broadcast, Successful Practices for CalWORKs Recipients with AOD, MH and/or DV Barriers to Employment", will be held on October 27, 1999. This training will present examples of comprehensive service teams, marketing, engagement and support programs, and use of the domestic violence option.

Website: *The CIMH Website has been upgraded and now contains a CalWORKs Project section. Information on the Website includes: Project Updates, Project Products, Resources, Policy and Funding Information, Hot Tips and a Help Line, where individuals can email questions that are answered online. Materials are posted to the Website on a regular basis by CalWORKs Project staff and links are maintained with other key websites.*

The CIMH website address is www.cimh.org. Partner websites are CFF- www.cfutures.org and FVPPF - www.fvppf.org.

Policy Analysis and Recommendations

Project staff has tracked a number of policy issues related to CalWORKs that are relevant to recipients with AOD, MH, or DV barriers. Depending on the issue, Project staff has either informed constituencies of the implications of the issue, included information on the issue in briefings with policy makers, and/or explored the implications of the issue area in the site visits. Project staff have made presentations and/or engaged in discussions with numerous groups of California policy-makers. Please contact our web site for more information.



**CIMH CHILD and FAMILY
PROJECTS and CATHIE
WRIGHT TECHNICAL
ASSISTANCE CENTER NEWS**

CIMH Healthy Families Project

Many of the Healthy Families Project initial tasks, funded by the David and Lucile Packard Foundation, are approaching completion. Following an in-depth survey of participating health plans, the project is finalizing data and evaluation recommendations to be submitted to MRMIB, including the recommendation that a Health Plan Data Pilot project be developed to create information that will assist all health plans to move toward the collection of valuable information regarding the provision of mental health and alcohol and other drug services to Healthy Families Beneficiaries.

The CIMH project has also developed a detailed proposal to expand the Alcohol and Other Drug benefits package within the Healthy Families program. This report, created with the generous contribution of staff and membership resources from the California Department of Alcohol and Drug Programs, County Alcohol and Drug Program Administrators Association of California, California Association of Alcohol Recovery Resources and the County Alcohol and Drug Program Executives Association is now being presented to key decision makers with solicitations for their support.

The Referral Protocol has been reviewed, received broad support and is now being distributed widely. A Dispute Resolution Policy proposal, and SED Benefit Brochure are in development, as is a project aimed at increasing enrollment efforts in the mental health and alcohol and other drug services fields.

Foster Care Mental Health Screening Tool

The Mental Health Screening Tool, a product of a project sponsored by the Zellerbach Family Fund, is now in its final version after successful pre-tests in six counties. The tool, that will satisfy requirements developing within AB 607, is already being adopted, and/or adapted, within several county child service systems. A training packet for the instrument is in development and will be distributed within the next two months. A second tool, for infants and toddlers is in development, and we hope to be pre-testing it in counties later this year.

Therapeutic Behavioral Services

Therapeutic Behavioral Services training is in full swing following the August 17, 1999 training telecast that kicked off this effort. Video tapes of the telecast are available, and

a written report of this introductory material will be available soon. Those interested should contact the Cathie Wright Center at CIMH.

Regional trainings are in various stages of development, and individual counties are already contacting us to develop on-going training plans.

Children's System of Care

Children's System of Care technical assistance continues to flow to the counties. We most recently completed two trainings in the central region on the topic of the use of interpreters and developed the manual, *Confidentiality – A Manual for the Exchange of Information in a California Integrated Children's Services Program*. The Center has plans to develop technical assistance and trainings with a focus on Juvenile Justice and Child Welfare issues, and encourages counties to contact the center regarding areas of interest for technical assistance.

Children's Summit III

Reports from the 1999 Children's Summit III are ready for distribution, and a core group of event participants have already developed and begun implementation of plans to carry out the eight recommendations developed at the summit. Contact CIMH and the Cathie Wright Center for more information.

Children's Summit III Action Recommendations

- **Create a Statewide Children's Council**
- **Initiate an ongoing collaboration process among state associations**
- **Integrate the work of local planning groups**
- **Develop a Proposition 10 implementation initiative**
- **Develop a multiple point-of-access screening tool**
- **Develop a cross-system approach to outcomes and measurement**
- **Create a linkage between school health, mental health, and health**
- **Develop a statewide human resource strategic plan**

The Cathie Wright Technical Assistance Center is pleased to announce availability of our most recently published manual on confidentiality entitled, *Manual for the Exchange of Information in a California Integrated Children's Services Program* by James Preis, JD, Executive Director of Mental Health Advocacy Services Inc. Copies of the manual may be obtained by contacting CIMH at (916) 556-3480, x 131

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Local Dialogue to Achieve Goals in State Involuntary Mental Health Treatment

The State Department of Mental Health, California Association of Local Mental Health Boards, Mental Health Planning Council, California Mental Health Director's Association, and California Institute for Mental Health has brought together a number of organizations interested in involuntary mental health treatment in California. These organizations are: attempting to identify common interests held by the stakeholders related to the current debate around involuntary treatment; use these common interests as a foundation; develop consensus on a methodology to find areas of agreement; use these agreements to influence public policy outcomes that are acceptable to the stakeholders; and assure that throughout the process, established partnerships are enhanced not disrupted. The organizations are currently planning a series of local dialogues as part of the process for achieving these goals. These local dialogues are intended to allow community members to provide input concerning involuntary mental health treatment in California that may be used to guide potential involuntary treatment legislation.



CIMH Trainings

The Following is a list of Upcoming
CIMH Events

- **Geriatric Field Screening Protocol:** The first training on the GFSP will be held in Redding on Oct. 22, 1999. Attendance is limited to thirty participants. Sharon Lopez from Shasta County and Dana Smith from Mendocino County are the trainers. Additional trainings are being scheduled for Ukiah and southern California. We will be recruiting a second group of trainers for future trainings. Anyone interested in older adult issues who would like to become a trainer please contact Ed Diksa at CIMH.
- **Local Mental Health Board Regional Trainings:** We will again be doing regional trainings for Mental Health Boards and Commissions. The first trainings will be held in the Superior Region: Oct. 29-30 in Susanville and Nov. 12-13 in Eureka. The trainings in the Bay Area, Central Valley, and Southern will be held in early 2000. Negotiations are underway with training sites. The topics to be covered include board roles and duties, understanding budgets, using data in assessment and planning, and relationships with Mental Health Directors and Boards of Supervisors.
- **Individual county Mental Health Board/Commission Training:** Fifteen counties have been chosen to receive individual training. The following are the counties: Modoc and Lassen (Superior Region); Placer, Sacramento, Amador, San Joaquin,

and Merced (Central Valley); Alameda, Marin, Solano, Santa Cruz, and San Francisco (Bay Area); and Kern, San Bernadino, and Los Angeles (Southern). Each board will receive four training sessions; three attached to regular monthly meetings and one day-long retreat. Each training will be tailored to meet the individual needs of the board/commission. CIMH has contracted with Dee Dee Jensen to provide the trainings for Bay Area Counties. Dee Dee has extensive experience training non-profit boards.

- **Cultural Competence and Mental Health Summit:** The seventh annual CCMH Summit will be held at the Oakland Convention Center on Nov. 30 and Dec. 1, 1999. There will be five keynote speakers and over 30 workshops. Brochures, registration forms, and scholarship request forms have been distributed. Registration forms are available on our website at www.cimh.org
- **Rose Jenkins Conference:** The annual Rose Jenkins Conference will be held in Sacramento on Nov. 3-4, 1999. The principal focus is early childhood issues. The Registration form and agenda is available on the Cimh website at www.cimh.org
- **Mental Health Directors Full Association Meeting:** The meeting will be held in San Diego on Feb. 9-11, 2000. The executive policy education topic will be Recovery. Drs. Courtney Harding and William Anthony have committed to provide the principal parts of the training. Dr. Harding will present on recovery research. Dr. Anthony will discuss system development based on a recovery philosophy. Cultural Competency in Recovery will also be addressed.
- **Hope Summit:** The second annual Hope Summit will be held in Sacramento on Feb. 17, 2000. This conference is held in coordination with the Council On Aging and the Senior Legislature. The topics will be legal and ethical issues facing seniors, their caretakers and the systems with which they interact.
- **Human Resources Development:** A two day conference on HRD will be held at the Claremont Hotel in Berkeley on March 13-14, 2000. The California Mental Health Planning Council is the coordinator for this conference. Planning is underway to determine the scope and focus of this event. HRD issues affect programs throughout the state so if anyone has particular interest in this topic or a particular issue that needs to be included call either Ed Diksa at CIMH or the Planning Council (916-654-3585).
- **Adult System of Care Partnership Conference:** The annual three day conference will be held at the Westin Hotel in Santa Clara on April 26-28, 2000. The theme will be Recovery. The planning for this conference is nearly complete. The conference brochure will be distributed by the time of the Full Association meeting in February.

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OFFICE NEWS

CIMH Job Announcement

Training, Policy, & Research Associate – The California Institute for Mental Health is seeking a professional staff person to participate in a variety of institute projects. Masters level in social work, psychology or a social science required. Strong organizational and communication skills required. Experience in state or county mental health/criminal justice/ education/ health/social service systems, and/or policy development and research preferred. Experience/education in consumer empowerment, cultural competency, and bilingual/bicultural a plus. Full time position. Resume, cover letter with salary requirements and writing sample to: Attn: Bill Carter LCSW, Deputy Director, CIMH, 1119 K St., Sacramento, CA 95814 or email to bcarter@cimh.org.



Administrative Services Organization Begins Operations

Beginning November 1, 1999, ValueOptions and CMHDA will be providing services to administer the mental health benefits for out-of-county foster children, ages 0-18 who are Medi-Cal eligible.

Eligibility information is being input to prepare for the transition time of children already in treatment. Authorization, referral and payment requests will be made to ValueOptions on this date.

For more information please contact:

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