



INFANT-EARLY CHILDHOOD MENTAL HEALTH PROGRAM

On June 16, 2015, the Plumas County Board of Supervisors approved a 2.5 year contract in the amount of \$280,000 so that First 5 Plumas could implement the following county-wide Infant-Early Childhood Mental Health Program for children ages 0-5 and their families/caregivers. The program will work with community-based organizations and government agencies so that the services are county-wide, coordinated, accessible, and sustained over the long-term utilizing Mental Health Services Act (MHSA) funding. The Program will work collaboratively with the Plumas County Public Health Agency to leverage additional funding through Medi-Cal Administrative Activities (MAA) and Targeted Case Management (TCM) when appropriate.

Infant-Early Childhood Mental Health Program Description Summary

The Mission of First 5 Plumas is to provide a comprehensive system of early childhood development services, on a countywide basis, to all children prenatal to age five. Through this program, children, families, and service providers will have access to mental health consultation and treatment in order to reduce the number of children removed from child care and school settings and to improve family functioning.

For those young children impacted by family trauma and other adverse childhood experiences, First 5 Plumas will contract with a Behavioral Health Consultant to provide consultations and education for parents, child care providers, early childhood educators, and service providers. The Behavioral Health Consultant will work with children (ages 0-5), their parents/caregivers, early education and service providers by offering on-site and phone support, strategies, tools and linkages to the support and resources that families need.

The implementation of the First 5 Plumas Home Visiting Initiative has been successful in engaging and enrolling families at high risk for depression, stress-related issues, domestic violence, child abuse and neglect, and substance abuse disorders. Home visitors lack the knowledge and skills to identify specific mental health problems and how to address these issues. In response, First 5 Plumas home visiting services will expand service capacity by integrating a mental health provider in ongoing operations. The Behavioral Health Consultant will not only provide direct services, but will provide technical assistance to the home visiting providers.

The Behavioral Health Consultant will interface with the Plumas County Mental Health Department staff, Social Services Child Protective Services, Plumas County Public Health Agency, the Plumas County Drug and Alcohol Department, the Child Abuse Treatment program at Plumas Rural Services, and other CBO's and service providers by working in partnership with shared planning to provide and coordinate services and provide resources and referrals as necessary. It is the intension of First 5 Plumas to augment the core clinical services of the County by providing direct services to the 0-5 population, outreach, engagement, support, liaison and linkage between the community and Plumas County Behavioral Health Services.

The Program will utilize a collaborative practice model that requires interagency collaboration at the case and systems levels. The Program will work to develop an effective referral and engagement process across multiple providers with the goal of providing the earliest intervention possible with environmentally at-risk children and their families.

Target Population

The target population for the program are those in Plumas County who are at risk or may be experiencing early signs of mental illness and/or serious social/emotional disturbances with an emphasis on the following special population groups: 1) children age 0-5, 2) families and caregivers of children age 0-5, 3) Hispanic community, 4) Native American community, 5) children with special needs and/or disabilities, and 6) young children in the foster care system.

Mental Health Needs Identified in the Strategic Plan FY 2011-2016

The First 5 Plumas Strategic Plan FY 2011-2016 resulted from a seven-month planning process. Outcomes were developed, strategies were identified to meet the outcomes, and potential indicators of success were identified. Services for children with special needs, including mental health, was identified as an area where more work is needed.

The First 5 Strategic Plan includes Outcome No 4: Improved screening and intervention for developmental delays, disabilities, and other special needs.

The identified Strategy under Outcome No. 4 in the Strategic Plan that supports behavioral health is: Support behavioral management assessments, interventions, and other techniques.

Under Result 3 Improved Health, Outcome No. 5: Improved parental knowledge, understanding, and engagement in their children's physical and mental health.

The identified Strategies under Outcome No. 5: 1) Provide follow-up support to behavioral workshops, and 2) Support behavioral management assessments, interventions, and other techniques.

Under Result 4 Improved Systems of Care: Implementing integrated, comprehensive, inclusive, and culturally and linguistically appropriate services to achieve improvements in one or more of the other areas. Outcome No. 7: Improved partnerships that support First 5 outcomes. Indicator identified is: Evidence of accomplishment in collaboration, shared planning, training, and outreach.

First 5 Plumas' Identified Mental Health/Behavioral Issues

Through on-going discussions with First 5 Plumas grantees, child care providers, parents, kindergarten teachers, behavioral health providers and early childhood educators, the following mental health issues have been identified:

- Issues:
1. New mothers who are not properly bonded with their infants
 2. Post-partum depression
 3. Parental substance abuse and mental health issues
 4. Children ages 3-5 who are not meeting their social and emotional milestones and they can and do become violent, especially in group care settings such as day care and preschool
 5. County mental health services for children ages 0-5 are insufficient to meet the needs of the local population as identified in the September 2, 2014 report by the Kemper Consulting Group.
 6. Pregnant and new mothers who have been sexually abused, and/or are experiencing domestic violence
 7. Barriers to therapy: parents distrust of the "system" and have a fear of CPS involvement
 8. Family and/or relationship counseling is needed

Early Intervention and Prevention Strategies

First 5 Plumas Mental Health Plan will utilize the following prevention strategies: 1) Enhance home visiting services to include mental health consultation and treatment, 2) Family education and support, 3) Early childhood screening, assessment and referral, 4) Mental health consultation and treatment for adult family members, 5) Early childhood developmental mental health specialty services (Infant Mental Health), 6) Integration of behavioral health into primary care utilizing public health nurse home visitors and local physician and hospital partnerships.

Linkages to the MHSA Community Services and Supports (CSS) and the Prevention and Early Intervention MHSA Program Components FY 2014-2017

CSS

Through the First 5 outreach and engagement activities, the Home Visiting Program is currently serving hard-to-reach and under-served populations, such as very young children ages 0-5, Hispanic, and Native American populations.

After fifteen plus years of utilizing a home visiting strategy through local provider and agency contracts, program evaluations have shown that the home visiting modality is successful in the engagement of families with young children living in Plumas County.

In November 2014, the Commission approved a \$27,000 mental health consultant contract with Plumas Rural Services. The contract is a pilot project to gauge if families would respond favorably to having mental health services offered in their home. The current First 5 mental health services has a 100% engagement rate, which indicates that families are more comfortable with the mental health clinician coming to them in a familiar and comfortable environment (MHSA CSS Program Component pg. 5).

First 5 Plumas is already integrating mental health services with health care services utilizing the home visit to promote health and wellness for all clients (Plumas MHSA FY 14-17 Plan, pg. 5). Through a contract with the Public Health Agency, public health nurses are used for a variety of health related activities in the home. All First 5 grantees utilize an integrated practice model and have all of the necessary Memorandums of Understanding and consents in place so that all provider communication on behalf of children and families are HIPPA compliant.

Prevention and Early Intervention Component (PEI)

Community/Provider Mental Health/Behavioral Training

The First 5 contracted Behavioral Consultant is currently providing community and provider training, limited consultations with preschool and Head Start staff regarding the management of difficult classroom behaviors in 3-5 year old children. Training for classroom teachers was provided by the Behavioral Consultant to Quincy Elementary School classroom teachers in January 2015.

With funding from the P.C. Mental Health Department, First 5 would be able to focus on children exhibiting difficult or violent behaviors in preschool and transitional-kindergarten settings. Data has shown that more children are expelled from preschool due to a multitude of challenging behaviors than the Plumas County K-12 schools.

The current First 5 Prevention and Early Intervention Mental Health services have extended services throughout Plumas County, across the 0-5 underserved age group, including their parents, foster children and foster parents are also served in collaboration with the Plumas County Social Services Child Protective Services (CPS). Through the case-management services, families and children are linked to the appropriate level of services that meet their needs and positive outcomes are achieved.

From January 2015 through May 15, 2015, twenty (20) adults and ten (10) children ages 0-5 have received mental health and early childhood development services funded by First 5 Plumas. The current First 5 mental health contract will end as of June 30, 2015. While infant-child and family mental health access and services have been identified in the Commission's Strategic Plan, First 5 is unable to fund mental health services over the long-term due to funding constraints.

Program Evaluation-Outcome Results

First 5 Plumas contracts with an Evaluation Consultant to produce qualitative and quantitative data collection and analysis and reports. All of First 5 contracted services are required to participate in the Commission's evaluation activities. All of the Commission's evaluation reports can be accessed at www.first5plumas.com

Mental Health Services Contract Scope of Work

On an annual basis the program will:

1. Participate on the multi-agency Children's Infant Mental Health Collaborative that will meet at least on a quarterly basis or more often if emergent program issues arise. The mission of the collaborative will be to develop and implement a county-wide Infant Mental Health Program that will serve children ages 0-5 and their families/caretakers over the long-term. The Collaborative will be facilitated by the Commission's Executive Director.
2. First 5 and community partners' outreach and engagement activities are intended to increase the public's knowledge of and access to services. A plan for outreach and engagement will be developed by the Commission's Executive Director.
3. First 5 Plumas will manage and monitor the Behavioral Consultant's and ECD contract, including the Scope of Work and all Budget expenditures
4. The Infant MH Program will serve at least one hundred (100) underserved, unduplicated and/or at-risk children ages 0-5 and their families/caregivers annually through direct services and consultations.
5. The program consultants will provide daily telephone support to other service providers regarding concerns and referral to consultation services.
6. The program consultants will provide four (4) workshops/presentations annually where behavioral health and wellness will be emphasized.
7. The licensed therapist will work in collaboration and jointly serve families with the contracted Early Childhood Development Specialist (ECD)
8. The program will make referrals to Plumas County Mental Health Department as appropriate and provide follow-up on all referrals
9. The program will provide training and guidance for program staff, agencies, and schools to help meet the needs of children with specific behavioral issues.

10. The licensed therapist will develop and implement a county-wide system of Behavioral Health Screening and Assessment
11. Grantees and the Commission will track and measure services and progress of the Infant Mental Health Program with the First 5 Plumas contracted evaluator.
12. Consultants and staff will participate in local meetings, forums, and events to foster collaboration and community outreach.
13. Consultant will have the education, licenses, and specialized training to work with infants and young children ages 0-5.
14. All services will be provided collaboratively as evidenced by joint case management activities, shared planning and multi-agency staff meetings.
15. Services will be culturally and linguistically appropriate. The program consultants and First 5 staff will obtain the services of an interpreter and all program materials will be translated appropriately.

PROGRAM BUDGET 6-15-15 through 6-30-17

Phase 1 Funding 6/15/15 - 12/31/15

Personnel-Licensed Behavioral Specialist	\$50,075
Personnel-Licensed Childhood Development Specialist	\$10,000
Evaluation Contractor	\$5,500
Audit	\$625
Administrative Costs (Plumas Co. MOU @ 8%)	\$5,300
Subtotal (6.5 mos.)	\$71,500

Phase II Funding 1/1/16-6/30/17

Personnel-Licensed Behavioral Specialist	\$150,225
Personnel-Licensed Childhood Development Specialist	\$30,000
Evaluation Contractor	\$16,500
Audit	\$18,765
Administrative Costs (Plumas Co. MOU @ 8%)	\$15,900
Subtotal (18 mos.)	\$214,500

TOTAL FUNDING (24.5 MOS.)	\$286,000
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BUDGET NARRATIVE

1. The contracted services management, audit and evaluation oversight, collaboration and systems development activities will be provided as in-kind support by the First 5 Plumas Executive Director. All funds from the Plumas County Mental Health Department will be deposited in a separate First 5 account in the Plumas County First 5 Trust Fund. Funds will be included in the Commission's Annual Independent Audit Report.
2. The direct service provided by the licensed Behavioral Consultant also includes office space, office supplies, communications, training, travel both local and out-of-county, educational supplies, outreach and engagement activities and translation services.
3. The direct client service provided by the Early Childhood Development Specialist (ECD) will also include training, travel both local and out-of-county, educational supplies, outreach and engagement activities and translation services. The Commission will also fund the ECD specialist in the amount of \$50,000 over the two-year period (2016-18) for full-time direct client services, grantee and other agency consultations and child and family assessments.
4. The Infant Mental Health program will be evaluated by the Commission's contracted evaluator on a quarterly basis. This year's pilot Infant Mental Health program activities have already been integrated into the Commission's funded program evaluation activities. The evaluation of child and family and school readiness outcome results will guide program planning, implementation and services.
5. The Commission has a MOU in place with the County of Plumas for fiscal and administrative support. First 5 receives services from the County Auditor, County Counsel, Human Resources, fiscal staff time, office space, etc. The cost of these services is 8% of the Commission's annual expended budget. The MOU is managed by the Plumas County Public Health Agency and is on file at the Auditor's Office.
6. The First 5 Plumas County Children and Families Commission is a nine-member public entity that is charged with the management and disbursement of Plumas County's Proposition 10 tobacco tax revenues. All service contracts and budgets must be approved by the Commission during an open meeting with a publically posted agenda in accordance with the Brown Act. The last Commission meeting scheduled for this fiscal year, 2014-2015 is scheduled for June 24, 2015 from 9-11 am in the Social Services Large Conference Room in the Health and Human Services Building at 270 Hospital Road, Quincy, CA

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