

DRAFT MHSA INNOVATION (INN) PROJECT PLANS

INN Project 6: **allcove™**

INN Project 7:

Community-Defined Mental Wellness Practices for the African American/Black/African Descent Unhoused

MHSA Steering Committee

August 17, 2023

Review of MHSA Innovation (INN) Component Requirements

Must contribute to learning

One of the following:

1. Introduce a new practice or approach to mental health system
2. Make a change to an existing practice in the field of mental health
3. Introduce a new application of a successful non-mental health promising community-driven practice/approach to the mental health system

Review of MHSA Innovation (INN) Component Requirements (cont'd)

Must select a “primary purpose”

One of the following:

1. Increase access to mental health services to underserved populations
2. Increase the quality of mental health services
3. Promote interagency and community collaboration

INN Project 6: allcove

where every youth belongs, chooses the support they
need and thrives

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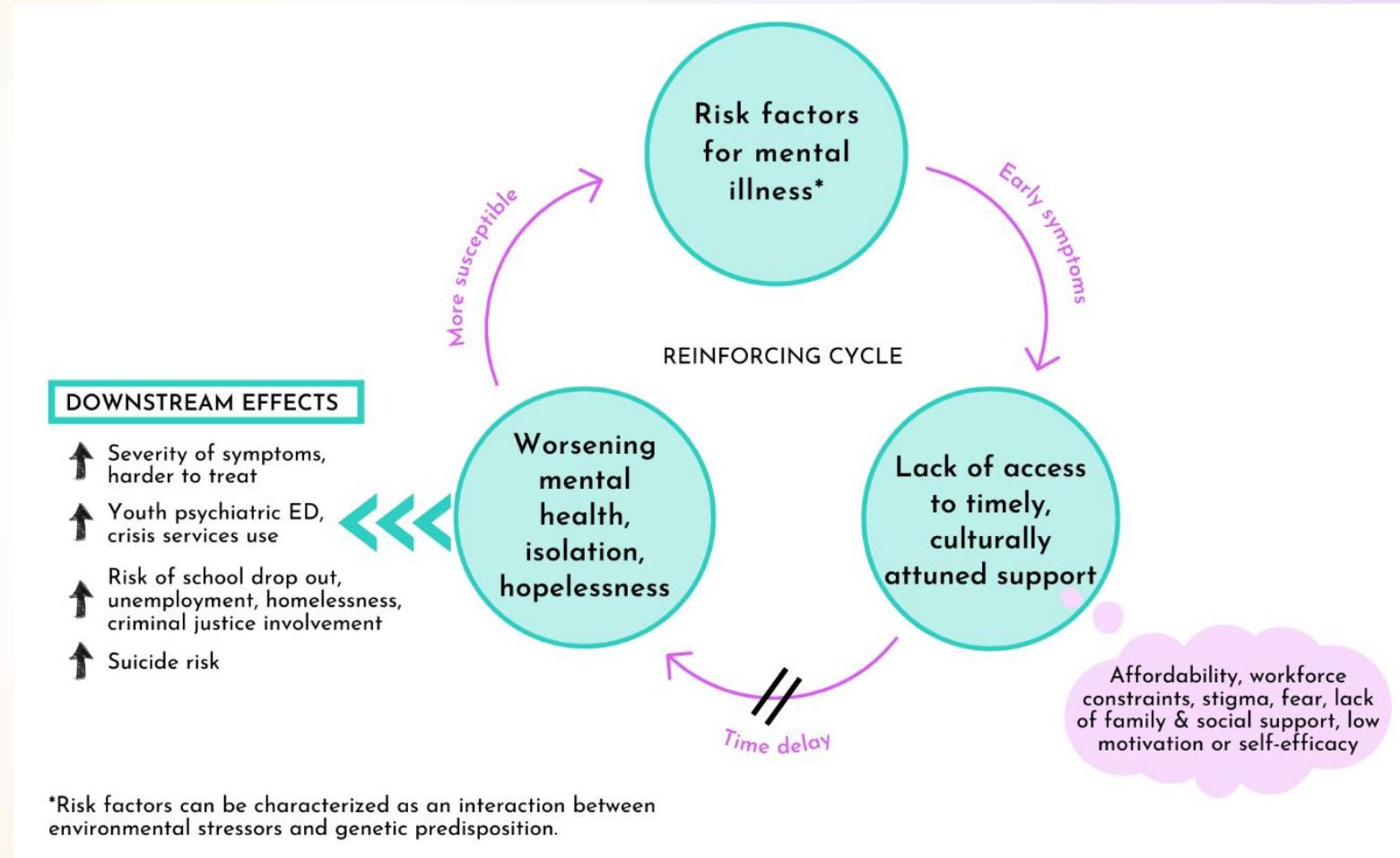
INN 6: allcove Sacramento

General Requirement: Introduces a new practice or approach to the overall mental health system, including, but not limited to, prevention and early intervention

Primary Purpose: Increases access to mental health services to underserved groups.

INN 6: Primary Problem

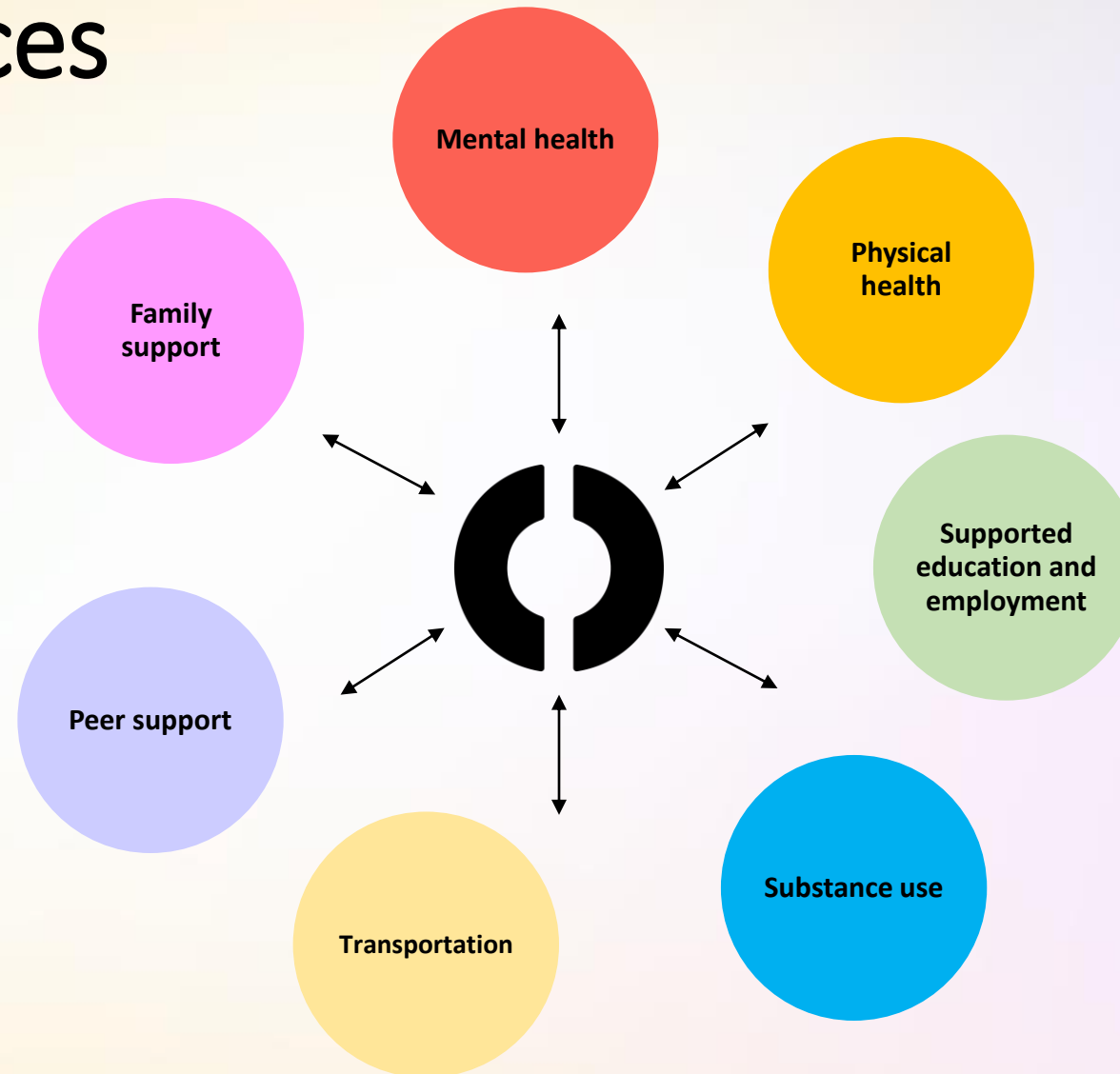
- Increasing need: A mental health crisis facing American youth
- Fragmented services and barriers to access
- A new model to meet the moment: allcove
- A new model to meet the moment in Sacramento County



INN 6: allcove Sacramento

- Integrated youth mental health center for young people ages 12 to 25.
- Accessible – Location, short appointment wait time, and transportation.
- Free to low cost –
Serve everyone, regardless of insurance status.
- **Capacity:** Be able to provide integrated health services to 400 young people per year
- **Specific population focus:** vulnerable youth populations such as those who identify as historically marginalized, unserved/underserved, and socioeconomically disadvantaged

Core services



INN 6: Community Planning Summary

Below are highlights from the Q&A:

- Transportation for youth is number one on the list of items that need to be addressed.
- Increased education and awareness around youth mental health first aid is necessary.
- Stigmatization and fear of law enforcement involvement deters a lot of youth from seeking services.
- Access to services without parental involvement or guardian oversight will help engage youth.
- Outreach to schools related to psychoeducation is needed.
- Hiring peers that resemble the population of focus would be beneficial.
- Culturally relevant resources, responsiveness, and a safe space that is convenient and comfortable for youth should be a priority.
- One-stop shop where youth can receive a full spectrum of services.
- Transparency and confidentiality are extremely important to youth.
- Being involved in their own mental health journey will help youth feel empowered to access services.
- People of all ages tend to be more successful if their voice is being heard.
- Program staff should receive adequate training.

INN 6: Learning Objectives

1. Learning how allcove engages with young people and supports them in connecting to services when they want them, before a crisis, leading to better outcomes for youth and cost savings for communities, relates to these key allcove approaches:
 - Providing youth-centered care
 - Providing prevention, screening and early intervention services
 - Providing rapid, easy and affordable access to services
 - Providing holistic and integrated care

2. Learning what the benefits are for youth and their families in accessing services from a network of centers working together to test a new model within a multi-county and state initiative relates to these components of the model.

INN 6: Funding

- Span: 5 Years
- Total budget: \$2,000,000 per year; \$10,000,000

MHSA Innovation Project #7:

Community-Defined Mental Wellness Practices for the African American/Black/African Descent (AA/B/AD) Unhoused

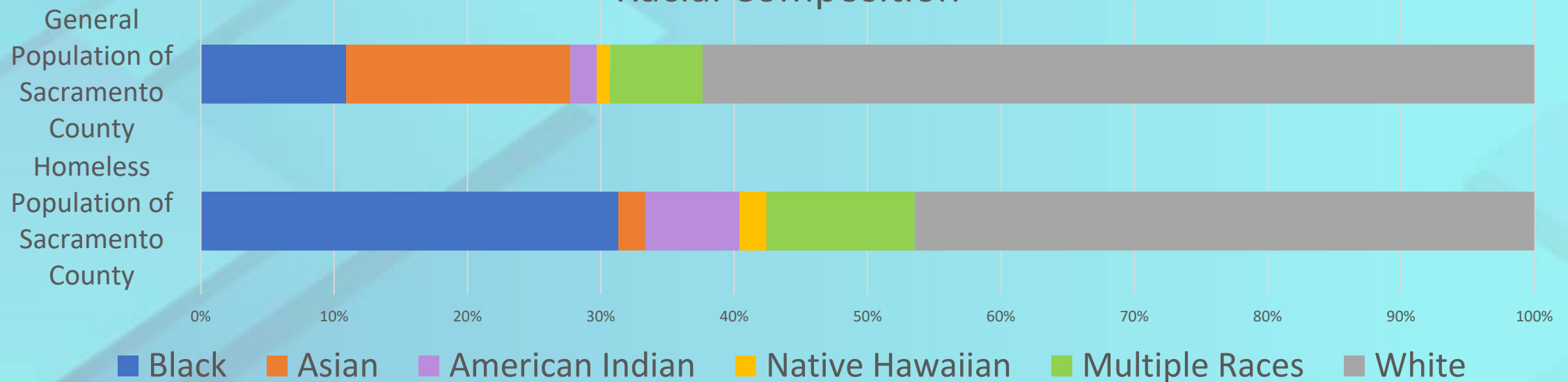
INN 7 - Community-Defined Mental Wellness Practices for the AA/B/AD Unhoused

- **General Requirement** - Introduce a new application of a successful non-mental health promising community-driven practice/approach to the mental health system
 - Task the community with developing methods, strategies, and approach
 - Involve sites that have not historically provided MH Services
- **Primary Purpose** - Increase access to mental health services to underserved populations
 - Focus on developing the peer workforce.

INN 7 – Primary Problem

In Sacramento County, African Americans are 2-3 times more likely to become homeless

2022 Point In Time Homeless Count - Sacramento County
Racial Composition



INN 7 – Learning Objectives

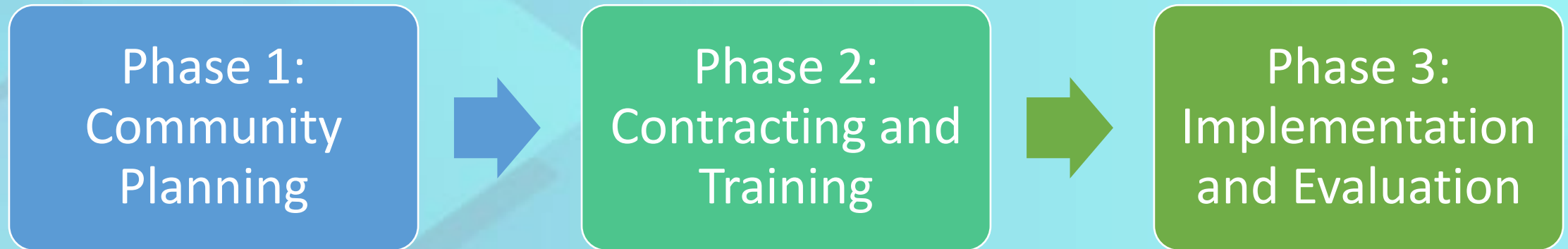
1. Will the community defined strategies, methods, and practices bring about mental wellness for the focus population?

2. If trusted community-based organizations provide mental health services, peer support, and navigation services as defined by the focus population, will this lead to better access to and engagement in mental health services?

3. Will peer support and navigation services delivered by peer specialists, as defined by the focus population, decrease number of days individuals are homeless?

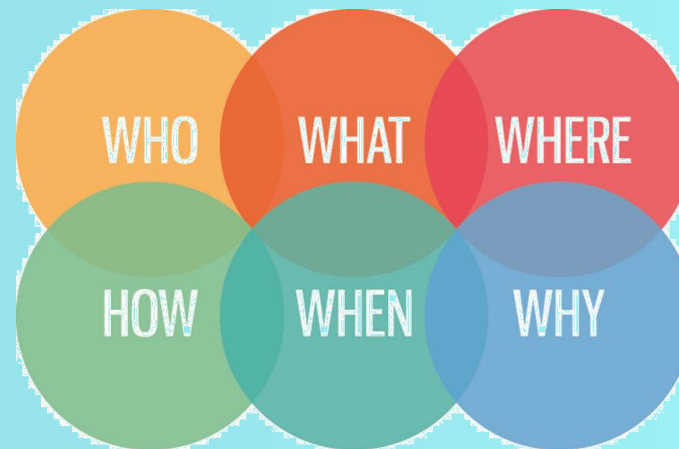
4. Will maintaining a positive partnership with trusted community-based organizations create learning opportunities and improve trust, knowledge of and access to mental health services for the focus population?

INN 7 – Proposed Project



INN 7 – Proposed Project – Phase 1 of 3

- Focus population defines:
 - Mental Health and wellness
 - Effective strategies/practices that engage them into mental health services that lead to mental wellness
 - Trusted community sites



INN 7 – Proposed Project – Phase 2 of 3

- Contracting
 - Trusted community-based organizations, as defined by the community in Phase 1, will be selected
- Training
 - Hiring staff
 - Training staff



INN 7 – Proposed Project – Phase 3 of 3

- Implementation
- Evaluation
 - Ongoing with the Community

INN 7 - Budget and Timeframe

- Span: 5 years
- Total Budget: \$3,000,000 per year, \$15,000,000

INN 6 - allcove

INN 7 - Community-Defined Mental Wellness Practices for the African American/Black/African Descent (AA/B/AD) Unhoused

- Discussion
- Collective comment

