

The Mental Health Services Act (MHSA)

Public Community Mental Health Services Helping Californians

WITH THE MHSA WE HAVE MADE SIGNIFICANT PROGRESS, BUT THAT PROGRESS COULD BE AT RISK:

On November 4, 2004, Californians took an unprecedented step: they recognized the dire need to address decades of inadequate state funding for mental health services and voted to pass Proposition 63 – the Mental Health Services Act (MHSA). Since then, the initiative has generated new revenues to expand public community mental health services, and to reach the estimated 60% of Californians living with a disabling mental illness who were not receiving services under the chronically underfunded, then-existing system.

Unlike other social services, public mental health services are not funded as entitlement programs, and they must operate on the thinnest of financial margins. Counties are struggling to survive major cutbacks in services due to reduced sales tax and vehicle license fees, reduced state Medi-Cal payments and the elimination of state-funded programs such as the Homeless Mentally Ill (AB 2034) and Children's System of Care programs. Without the MHSA, public community mental health systems would be nearing collapse.

Despite these factors, the MHSA is generating results. By making investments that expand effective programs and that provide the right kind of services at the right time directed by the individuals and families who need them, the MHSA is saving lives and taxpayer money. To date, over 210,000 California have accessed community mental health services either fully or partially funded by the MHSA. The fiscal wisdom of treating people living with mental health in our own communities – rather than homeless shelters, hospitals or the criminal justice system – is resulting in the diversion of thousands of people from costly institutions.

We want to tell our story of how the MHSA has made critical investments in our public community mental health system. Our ability to continue to make these investments with MHSA funds is essential to surviving the difficult economic times ahead without sacrificing all of the progress made. Just see for yourself, since the Act passed through today...

The MHSA Provides Mental Health Services To People In Need:

- More than 450 consumers are currently enrolled in Full Service Partnerships (FSPs) funded by the Mental Health Services Act (MHSA) which was approved by voters in November 2004. Without services, many of these persons with mental health needs could be forced back onto our city's streets, hospitals and jails.
- The adult and transition-aged youth FSPs provide a wide range of services including, monthly psychiatric appointments, three or more contacts per week with FSP staff, help with housing, and 24/7 crisis intervention services.
- The FSPs are also all participating in the new Fresno County Behavioral Health Court (BHC). This innovative program is a collaboration with the Department of Behavioral Health, Fresno County Superior Court, Fresno County Probation Department, The Public Defender's Office, and the District Attorney's Office. MHSA funds the mental health treatment of the consumers that are participating in BHC. This court gives the consumers the chance to receive needed mental health treatment while they are on probation rather than having them remain incarcerated.
- Recently, the Fresno County Board of Supervisors approved the expansion of FSP programs and 399 more slots will be funded. This will allow more of our most unserved and underserved consumers to receive the mental health services that they need.
- In addition to the Full Service Partnerships, thousands of consumers have received other services through MHSA. (320 have received services from the Functional Family Therapy Program, 417 have received services from Team Decision Making, 288 have received services from the School-Based Metro Program, 220 have received services from the School-Based Rural Program, 4100+ have received linkage, outreach and engagement services from Kings View Outreach and Engagement, 300+ have received services from Turning Point Rural Mental Health, 40+ have received services from Fresno Center for New Americans, 1770 have received services from Medication Services, 850+ have received services from Blue Sky Wellness Center)

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- The SMART FSP program focuses on mental health and non-mental health services including intensive case management, crisis intervention, and in home therapeutic services. Parent Child Interaction Therapy, Incredible Years, and Positive Parenting Program are all evidence-based programs provided to children ages 0-5 and their families. Over 174 clients and families have been served through this program leading to much greater family coping skills, interaction with parents and their children, deescalating of potential crisis incidences and helping meet the needs of families in stress and in traumatic situations.
- FFT program is an evidence based program focused around 11-17 youth involved or at risk of involvement in the Juvenile justice system. This program has seen over 320 clients and families and has led to significant strengthening of the family structure thereby reducing the likelihood of further involvement in the Juvenile Justice System. FFT has provided in-home and community-based services to families in Clovis, Coalinga, Del Rey, Firebaugh, Fowler, Fresno, Huron, Kerman, Orange Cove, Parlier, Reedley and Sanger. Approximately 50% of the services have been provided in the rural areas of Fresno County. FFT provides services in English, Spanish, Hmong and Japanese. Approximately 35% of referrals are Spanish speaking consumers which represent an underserved community that is covered by MHSA funds.
- The School Based program has served over 288 clients in metro settings and 220 clients in rural settings. The school based team has seen success by seeing a decrease in absenteeism and an increase in GPA for an increasing number of consumers. The program has also been able to provide crisis services to over 54 consumers who could have ended up placed on 5150, hospitalized or incarcerated if the school based services were not available. Of these 54 only 7 consumers actually needed 5150 intervention services thus saving the county and hospitals money by keeping 47 consumers out of hospitals and/or jail.
- Over 4,100 clients and families have received linkage, outreach and engagement services from Kings View Outreach and Engagement program. Kings View has been successful in developing 80+ partnerships with local organizations and able to conduct 700+ educational seminars for consumers in native languages such as Spanish, Hmong and Cambodian.
- The Team Decision Making Program (TDM) adds mental health expertise/staffing to TDM meetings focused on placement decisions of clients in the child welfare/CPS system. Over 417 clients and families have been assisted in this program. The goal is to provide services to children with mental health needs that are identified at a TDM. The focus is to stabilize the home/placement to prevent removal of the children or change placement. Consumers come from unserved/underserved populations.
- The Kings View Housing and Recovery Program is at full capacity of 127 adults enrolled in its FSP. The program provides a wide range of services including medication support, case management, appropriate level of housing and drug and alcohol abuse counseling for consumers with co-occurring mental health/substance abuse issues.
- The Turning Point ICSST (Intensive Community Services and Support Team) is at full capacity of 90 individuals enrolled in its FSP program. ICSST concentrates on serving consumers that have had four or more psychiatric hospitalizations in the past year. Through their interventions, they are able to help reduce the number of times that these consumers need emergency hospitalization and have been instrumental in the provision of services to consumers, thus not requiring LPS Conservatorships and placement in a higher level of care.
- The Turning Point Rural Mental Health Program provides services to clients in rural areas of Fresno County. Clinics are located in Reedley, Sanger, and Pinedale. The MHSA contract with Fresno County provides services at three levels of client need: FSP, Intensive Case Management, and Outpatient Services.
- The Genesis TAY program is at full capacity of 99 individual between the ages of 16 and 25. Services are designed to assist TAY's when they are first beginning to have serious problems with mental health issues. The effects of early and appropriate interventions for mental health issues have been shown to have much better long-term outcomes.

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- The Fresno Center for New Americans (FCNA) is providing culturally and linguistically appropriate services in the South East Asian Cultural Services program. In addition to providing outpatient mental health services, they are helping to train mental health providers in a community based, wellness and recovery program that addresses specific language barriers. Currently, over 50 consumers have received services at FCNA.
- The Older Adult Expansion Team has served over 570 individuals in the past year. Services are provided to adults aged 55 and older with assessment, treatment, and case management. They also partner with Adult Protective Services and provide 24/7 response in the community.
- Enhanced Peer Support funds full-time equivalent Peer Support Specialist positions, positions provide linkage, communication, transportation, and support to clients that are currently in our mental health system. This kind of peer-to-peer support is effective at reducing stigma and increasing consumer participation in services.

The MHSA Reduces Costs To Taxpayers:

- Individuals with mental illness who go untreated are most frequently hospitalized or incarcerated at a far higher cost than serving the same individuals in community mental health programs. On any given day, there are approximately 450 individuals with mental health problems in Fresno County jail. The cost of incarceration is approximately \$50,000 per person annually, but “whatever it takes” community-based mental health treatment costs as little as \$16,000 per year. If all of these individuals were able to be served by MHSA programs it would save over 15 million dollars per year.
- In addition to these individuals in the adult system, there are over 200 youth with mental health problems incarcerated each month at the Fresno County Juvenile Justice Campus. The potential savings for these individuals comes to almost 7 millions dollars per year.

The MHSA Supports Our Diminishing Safety Net:

- Even with the current level of MHSA funding Fresno County is unable to provide services to everyone in need of help. MHSA funded prevention efforts are important in preventing crises and, in the current economic environment the need for such services is rising.
- Additionally, the Functional Family Therapy Program for youth aged 11-17 is targeted for youth involved or at risk of involvement in the Juvenile Justice System. This program has seen over 320 clients and families and has led to significant strengthening of the family structure thereby reducing the likelihood of further involvement in the Juvenile Justice System. This kind of early intervention with youth will save uncalculated amounts of taxpayer funds over the years.

The MHSA Is Getting Results:

- MHSA FSP programs have successfully redirected people with mental illness away from “last resort” options like our jails and city streets. For example, homeless individuals in Fresno County decreased 88% in homelessness, 72 % in incarceration, and 79% in emergency room visits for persons receiving services from MHSA funded Full Service Partnerships. Cutting MHSA funding threatens that progress.
- The Full Service Partnerships in Fresno County have helped more than 80 people apply for Social Security Disability. This will allow these individuals to receive federally funded health insurance and benefits.

Number Admitted	Unique/Unduplicated Consumers Admitted in 2008	373
Ethnicity	African-American	43
	Asian-Cambodian	2
	Asian-Hmong	2
	Asian-Lahu	0
	Asian-Laotian	0
	Asian-Mien	0
	Asian (Other)	3
	Caucasian	146
	Hispanic	134
	Native-American	1
	Not Specified/Other	42
Ages	16-19	52
	20-29	94
	30-39	51
	40-49	87
	50-59	48
	60+	5
Primary Language	English	315
	Hmong	3
	Khmer	0
	Laotian	0
	Spanish	13
	Other/Not Reported	6
Diagnoses	Schizophrenia Spectrum	114
	Schizoaffective	47
	Bipolar Spectrum	116
	Severe Depression with Psychotic Features	31
	Psychotic Disorder NOS	39
	Drug/Alcohol Abuse Related Disorders	110
	Other/Not Reported	8

Number Admitted	Unique/Unduplicated Consumers Admitted in 2008	373		
Homelessness	How many consumers were homeless at least once in the 365 days prior to being admitted to your program?	75		
	How many consumers were homeless at least once in the 30 days prior to being admitted to your program?	47	How many consumers have had instances of homelessness since they've been in your program?	9
Incarcerations	How many consumers were incarcerated at least once in the 365 days prior to admitted to your program?	38		
	How many consumers were incarcerated at least once in the 30 days prior to being admitted to your program?	28	How many consumers have been incarcerated since they've entered your program?	13
Mental Health Crises	How many consumers had a stay at CIS/PHF/CBHC in the 365 days prior to being admitted to your program?	181		
	How many consumers had a stay at CIS/PHF/CBHC in the 30 days prior to being admitted to your program?	149	How many consumers have been in CIS/PHF/CHBC since they've entered your program?	111
Emergency Room Visits	How many consumers had at least one emergency room visit in the 365 days prior to being admitted to your program?	126		
	How many consumers had at least one emergency room visit in the 30 days prior to being admitted to your program?	56	How many consumers had an emergency room visit since being admitted to your program?	27
Conservees	How many consumers were on conservatorship in the 365 days prior to being admitted to your program?	34	How many consumers have gone on conservatorship after being admitted to your program?	9

Kings View Housing and Recovery did not have data for these questions.

Number Admitted	Unique/Unduplicated Consumers Admitted in 2008	373		
Psychiatric Access	How many consumers had monthly psychiatric appointments in the 12 months prior to being in your program?	104 ^J	How many consumers had monthly psychiatric appointments since they've been admitted to your program?	193
SSDI	How many consumers were on SSDI before being admitted to your program?	102 ^J		
	How many consumers have you helped apply for SSDI?	78 ^J		
Primary Care	How many consumers had a primary care physician before entering your program?	123	How many consumers have a primary care physician now?	196
Behavioral Health Court	*How many consumers do you have that are enrolled in Behavioral Health Court?	5	*On a separate sheet, please provide a one paragraph report regarding each BHC consumer's progress in treatment. (No PHI).	
Discharges	**How many consumers have been discharged from your program?	60	**On a separate sheet, please provide a brief report regarding each consumer that has been discharged from your program. (No PHI).	
Access to Services	***How many consumers have been denied entry into your program after a county-approved referral was sent to you?	10	***On a separate sheet, please provide a brief report of why each consumer was denied acceptance to your program. (No PHI).	

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