

# Mental Health Trends, Issues, and Policy Discussion

Alachua County Community Support Services

Alachua County Court Services

May 5, 2020

# Prior Board Motions

- On 5/14/19, the BoCC directed staff, “that at an upcoming Policy Meeting during the Summer that we take that old list of mental health, homelessness, CAPP and any other community type support that’s being asked by the community, departments and anything else we can think of and have a cumulative policy discussion.”

# Prior Board Motions

- During Policy discussion at the 9/17/19 Special Meeting, staff were directed to bring back the above request for CAPP and mental health at a Special Meeting in Spring 2020.

# Program Adjustments in Times of Pandemic

- Orientating to a New Normal (Anticipating Peoples Needs)
- Potential Increases in Substance Abuse – (Trauma Related)
- Potential Increased Need for Crisis Counseling and Support Services – (People in Distress)
- Potential Increases in Domestic Violence and Child Abuse (People Isolated)

# Program Adjustments in Times of Pandemic

## Adjusting Service Delivery Methods

- Tele-Health Services (Zoom Health HIPAA Compliant)
- Staff/Volunteers Working Remotely
- In Person Response – Requires Use of PPE
- Metamorphosis Tele-Health Expanded Aftercare Services
  - Increased Peer Support from Meta clients

# National Alliance on Mental Illness (NAMI)

- LGBTQ – Twice as Likely to have a Mental Health Problem
- Youth – 11% Report having a Mood Disorder
- Adults – 18% Report Experience Having an Anxiety Disorder
- Adults – 1 in 5 Report Experiencing Mental Illness

# Centers for Disease Control

- Nearly 1 in 5 Children are Diagnosed with a Mental Disorder
- Only 20% Receive Care from a Specialty Provider
- Barriers –
  - Reluctant to Seek Care
  - Cost
  - Not Enough Providers
  - Waiting Lists
  - Lack Insurance

# Centers for Disease Control

- 90% of Children Receive Care from a Primary Care Physician
- 2/3<sup>rds</sup> of Primary Care Providers Lack Training to Diagnose
- How to Improve Access to Behavioral Care
  - Phone Consultations
  - Practicing Together
  - Improving Referrals and Communication



# Leading Causes of Death in the United States

According to the Centers for Disease Control Suicide is the:

- 2<sup>nd</sup> Leading Cause of Death for Those Aged 10-34 years old
- 4<sup>th</sup> Leading Cause of Death for Those Aged 35–54 years old
- 8<sup>th</sup> Leading Cause of Death for Those Aged 55–64 years old
- 10<sup>th</sup> Leading Cause of Death for All Ages

# Stigma

- Stigma is a mark of disgrace that sets a person apart from others.
- When a person is labelled by their illness they are no longer seen as an individual but as part of a stereotyped group.
- Negative attitudes and beliefs toward this group create prejudice which leads to negative actions and discrimination.

# Stigma

- Discrimination can worsen someone's mental health problems, and delay or impede their getting help and treatment.
- Stigma exacerbates social isolation, unemployment and poverty.
- Ultimately, stigma can trap someone in a cycle of illness.

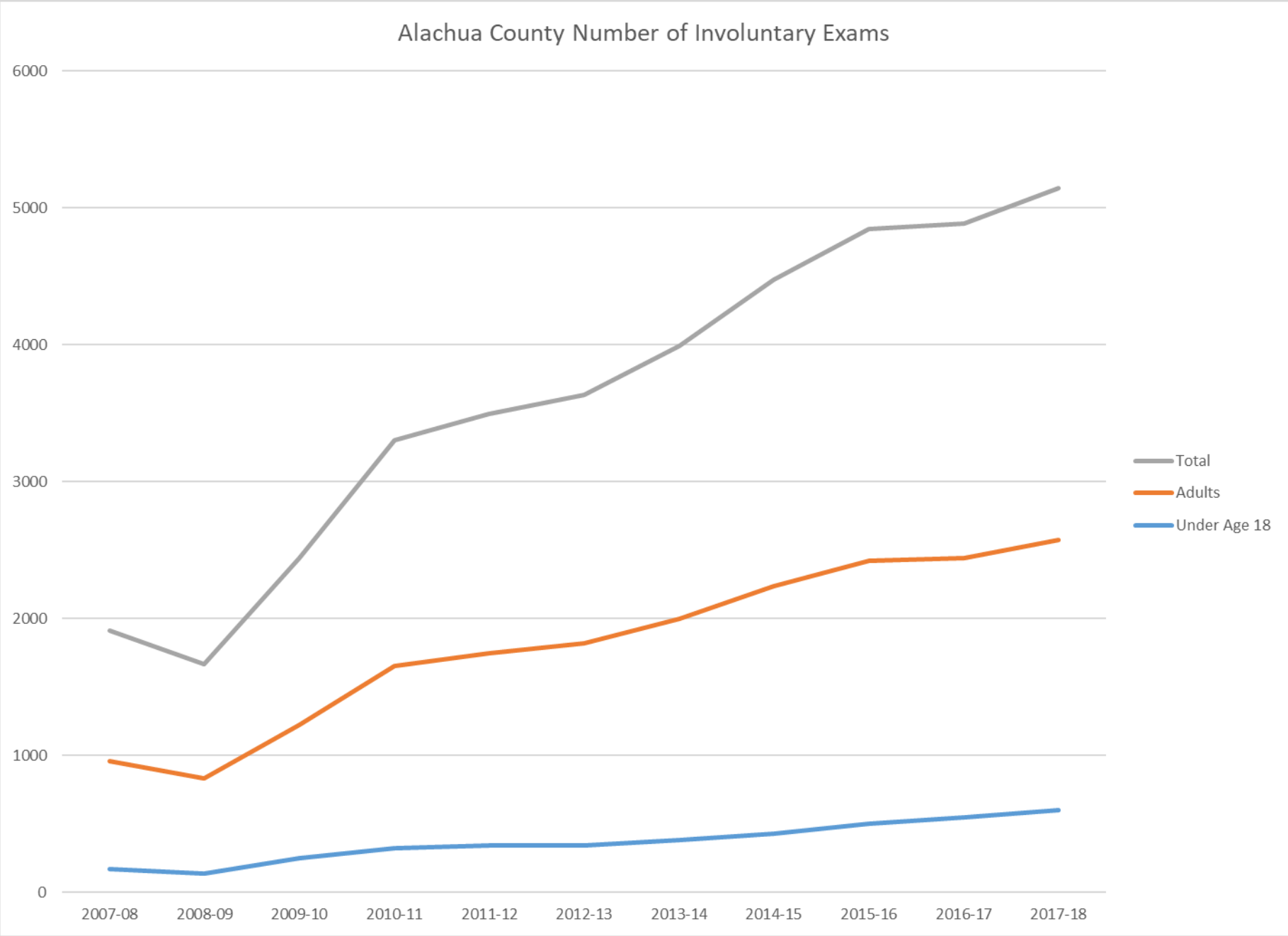
# Mental Health Trends

## Alachua County Youth Are Not Doing Well!

- Increased number of involuntary hospitalizations is concerning.
- Youth suicides are at an all time high.

# Department of Health – Alachua Community Health Assessment (2019)

- 22% of Alachua Adults and 6% of Alachua Children, report they need but don't receive treatment (Stigma leads to under-reporting).
- Cost, long waits, no counselor available, not covered by insurance are primary reasons for not receiving care



# Alachua County Youth Baker Acts 10 Year Trend

Fiscal Year	Under Age 18	% Change
2007-08	167	Base Year
2008-09	137	-18%
2009-10	247	80%
2010-11	320	30%
2011-12	343	7%
2012-13	343	0%
2013-14	385	12%
2014-15	431	12%
2015-16	500	16%
2016-17	545	9%
2017-18	598	10%
<b>2007 - 2018</b>		<b><u>358%</u></b>

# Involuntary Examinations of Children

Geographic Area	Fiscal Year 2013-14	Fiscal Year 2017-18	Percentage Change
State of Florida	30,355	36,078	19%
Alachua County	385	598	55%

\* Most recent five year period of time



# Mental Health Court Works!

Since 2014, 73 clients Graduated from Mental Health Court, of these 73, 36 were prior to 2017

- Of these 36, 6 graduated the program in 2014 and none recidivated within 3 years post graduation.
- Of these 36, 16 graduated the program in 2015 and 4 recidivated within 3 years post graduation (25%).
- Of these 36, 14 graduated the program in 2016 and 2 recidivated within 3 years post graduation. (14%)

# Drug Court

- Between 65% and 70% of Drug Court Clients, have Co-occurring disorders diagnoses.
- Drug Court Clients with significant Co-occurring disorders are referred for Mental Health treatment and assistance at Meridian or Metamorphosis.

# Veterans Court

- 100% of the current Veterans Court Clients have Mental Health diagnoses.
- 96% of the current Veterans Court Clients are receiving Mental Health treatment by the VA.
- 4% Receiving Services from Community Providers

# Opportunities

1. Greater Coordination / Umbrella
2. No Wrong Door / Central Receiving Facility
3. Peer Specialists – Legislative Change
4. Respond to Increased Need for Children's Mental Health Services
5. Mental Health System Mapping

# Greater Coordination / Umbrella

- Behavioral Health & Criminal Justice Systems are available though fragmented and not optimally coordinated.
- Alachua County Justice & Mental Health Collaboration Program (BJA), a two-year process evaluation and data collection initiative to reduce the prevalence of MI in the Jail.
- Upcoming BJA grant opportunity allows for implementation and, if funded, may support a pilot program to enhance coordination of services, care across systems.

# Greater Coordination / Umbrella

- Behavioral Health System Mapping is now being done in other counties.
- Existing grant may provide sufficient funds to support a County-based project to help identify broader system needs through a collaborative process.

# National Guidelines (SAMHSA)

## Behavioral Health Crisis Care – Core Services

### **#1: Regional Call Center Meeting NSPL Standards**

(Alachua Crisis Center: Accredited, 50 year history,  
NSPL Network Member)

### **# 2: Crisis Mobile Response Team**

(CARE Teams, MRT, Co-Responder, CIT)

### **# 3: Crisis Receiving and Stabilization (Home Like)**

(Reliant on Inpatient Hospitalization)

# A Place To Go

## (Crisis Receiving and Stabilization Services)

### aka “No Wrong Door”

- Accept all walk-ins, ambulance, fire, and police drop offs
- Say “Yes” to all crisis referrals, clinical conditions, and acuity levels
- Physical space and use of recliners in lieu of beds (flex space)
- Coordinate connection to ongoing care



# A Place To Go

## (Crisis Receiving and Stabilization Services)

### aka “No Wrong Door”

- If medical condition or detox required, makes arrangements
- Law enforcement, family members, mobile response team, other referral sources not required to triage (figure it out) first
- 24/7/365 Multidisciplinary staffing
- Screen for suicide and violence

A Peer Specialist is defined as an individual who:

- self-identifies as a person who has direct personal experience living in recovery from mental health and/or substance use conditions,
- has a desire to use their experiences to help others with their recovery,
- is willing to publicly identify as a person living in recovery for the purpose of educating, role modeling, and providing hope to others about the reality of recovery, and
- has had the proper training and experience to work in a provider role.

# Common Barrier to Becoming a Peer Specialist

## **Exemption From Disqualification**

### **(Failing a Level 2 Criminal Background Check)**

To be eligible to request an exemption from disqualification:

- at least 3 years since you completed or been lawfully released from confinement, supervision or nonmonetary condition imposed by the court for **all disqualifying felonies**;
- you completed or been lawfully released from confinement, supervision or nonmonetary condition imposed by the court for **all disqualifying misdemeanors**

# Common Barrier to Becoming a Peer Specialist

- You have **paid all court-ordered financial assessments in full. This includes** any fee, fine, fund, lien, civil judgment, application, cost of prosecution, cost of supervision, trust or restitution as part of the judgment and sentence for any disqualifying felony or misdemeanor;
- **Anyone designated as a sexual predator, sexual offender or career offender is not eligible for an Exemption from Disqualification**

# Applying for an Exemption

- Your exemption request will not be considered until all documentation is received.
- Clerk of the Court Certified Records
- Official Arrest Report or Charging Affidavit
- Completion of Sanctions
- Proof of your Rehabilitation
- Letters of Recommendation
- A copy of the Affidavit of Good Moral Character or Child Care Attestation of Good Moral Character

# Respond to Increased Need for Children's Mental Health Services



## ***Alachua County Board of County Commissioners***

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Mike Byerly  
Ken Cornell  
Marihelen Wheeler

**Administration**  
Michele L. Lieberman  
*County Manager*

July 1, 2019

The Alachua County Board of County Commissioners seeks to have a joint meeting with the CTAC once all of its members are appointed to generally discuss:

- Identified needs and gaps in children's programming
- CTAC planned programs and services
- BoCC and CTAC funding plans and priorities

# Policy Discussion

1. Greater Coordination / Umbrella
2. No Wrong Door / Central Receiving Facility
3. Peer Specialists – Legislative Change
4. Respond to Increased Need for Children's Mental Health Services
5. Others