

Resource C: Mental Health Strategies, Programs, Outcomes and Measures

Mental Health Strategies - Which key strategy will you take to address or alleviate emotional or behavioral challenges, alleviate their suffering and/or enhance their recovery?

Outreach and Public Awareness Campaign	Gatekeeper Education and Training	Screening and Referral	Counseling and Support
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Program Examples — Which program (or program elements) best describes your project?

Outreach and Public Awareness Campaign	Gatekeeper Education and Training	Screening and Referral	Counseling and Support
<ul style="list-style-type: none"> • Social marketing/ multimedia campaigns • Development and dissemination of informational resources • Website • Health fairs • Speakers' bureau 	<ul style="list-style-type: none"> • Training gatekeepers (e.g., first responders, educators, healthcare professionals, warm line and hotline staff) to identify, intervene and/ or refer at-risk individual for further assessments and treatment • Training speakers who make presentations to community audiences 	<ul style="list-style-type: none"> • Mobile screening programs/ health fair screenings • Promotoras and peer advocate programs • Integrated primary care/ mental health/ AOD screening programs • SBIRT – screening, brief intervention, and referral to AOD treatment 	<ul style="list-style-type: none"> • Community Wellness Centers/ Family Resource Centers • Parenting programs/ home visiting programs/ family preservation programs • Crisis hotlines/ warm lines • School based bullying and violence prevention programs • Positive youth development programs • Peer-to-peer support/ senior advocates and socialization programs

Short Term Outcomes -How will your target population be different as result of your program? What key outcomes do you expect from your project?

Outreach and Public Awareness Campaign	Gatekeeper Education and Training	Screening and Referral	Counseling and Support
<ul style="list-style-type: none"> • Increased knowledge and more supportive attitudes about mental illness and mental health recovery • Increased help seeking among persons with mental health issues 	<ul style="list-style-type: none"> • Increased knowledge and more supportive attitudes about mental illness and mental health recovery • Increased identification and referrals of at-risk individuals 	<ul style="list-style-type: none"> • Increased provider knowledge and skills • Increased early detection/ identification and linkages to services • Increased help-seeking and utilization of services • Reduced symptoms/ improved recovery 	<ul style="list-style-type: none"> • Decreased risk behaviors and distress • Increased protective factors, coping skills, resilience, social support • Improved functioning (at home, work, school) • Enhanced campus climate; reduced campus violence/ bullying • Decreased school expulsions, dropouts; disciplinary referrals • Reduced out-of-home placements/ enhanced parenting skills • Increased help-seeking/ referrals to appropriate services

Outcome Measures –How will you know? Identify a validated or widely recognized tool that best fits your intended mental health outcome.

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<ul style="list-style-type: none"> • Sample surveys: CalMHSA SDR Knowledge and Attitudes Survey (for statewide SDR initiatives) • Lubben Social Networks Scale (LSNS-6) • Google Analytics/ website traffic metrics 	<ul style="list-style-type: none"> • Sample surveys: Cal MHSA Training Surveys (for statewide SMH, SDR, and SP Initiatives) 	<ul style="list-style-type: none"> • Screening and referral tools (examples): Screening Referral form, External Services form, Child Health Screening form • Screening measures (for specific issues): <ul style="list-style-type: none"> ○ AOD: Alcohol Use Disorders Identification Test (AUDIT), Drug Abuse Screen Test (DAST- 10) ○ General health and well-being: Columbia Impairment Scale (CIS), Duke Health Profile ○ Psychological distress/ depression: Kessler 6, Patient Health Questionnaire (PHQ-9), Geriatric Depression Scale (GDS) ○ Trauma: Primary Care PTSD Screen (PC-PTSD) 	<ul style="list-style-type: none"> • Protective factors (coping, resilience, social support): Devereaux Adult Resilience Scale, Devereaux Student Strengths Assessment (DESSA-mini), Family Quality of Life Survey, Lubben Social Network Scale (LSNS), Mental Health Continuum-Short Form (MHC-SF) • Psychological distress: Kessler 6/10 • Comprehensive assessment (i.e., functioning, strengths, needs, risks): Adult Needs and Strengths (ANS), Child and Adolescent Needs and Strengths (CANS) • Other specific risk: <ul style="list-style-type: none"> ○ Behavior (youth): Strengths and Difficulties Questionnaire (SDQ), Massachusetts Youth Screening Instrument (MAYSI) ○ Suicide risk: Columbia Suicide Severity Rating Scale (C- SSRS), Suicide Behaviors Questionnaire

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