



INNOVATION PLAN APPROVAL SUMMARY

Calaveras County Innovation

Name of Innovative Programs:

Integrated Dual-Diagnosis Project

Total Requested for Innovation: \$1,036,625

Duration of Innovative Programs: Five Years

Staff Recommends: APPROVAL

Review History

County Submitted Innovation Plan: August 27, 2014

Mental Health Services Oversight and Accountability Commission (MHSOAC) vote on Innovation Plan: September 30, 2014

Innovation Plan Summary

Calaveras County is seeking MHSOAC approval for the following Innovative Program:

Integrated Dual-Diagnosis Project

Calaveras County recently completed their Fiscal Year (FY) 2014-15 through 2016-17 Three-Year Plan and in their Community Program Planning Process identified 1) dual-diagnosis consumer-driven, wellness and recovery support strategies, as well as 2) integrated dual-diagnosis services as priority areas. The primary purpose of this Innovation program is to increase access to services for underserved populations by introducing and testing a new consumer-driven recovery and wellness approach for this rural community.

Calaveras County stakeholders wish to learn whether developing and integrating an innovative peer-support approach with an Integrated Dual-Diagnosis Treatment Team (IDDT) can be an effective model for consumers in rural communities with co-occurring serious mental illness and substance abuse disorders. The project will attempt to find out how dual-diagnosis consumers can move from active drug and alcohol use to recovery/remission and to remain in the recovery trajectory, using both innovative rural facilitated support groups combined with creating and implementing a system of integrated dual-diagnosis supports and services.

This five-year Innovative Program will develop and support six Dual Recovery Anonymous (DRA) weekly support groups that provide peer support to dual-diagnosis consumers in the isolated communities of Calaveras County. DRA is an independent, nonprofessional, peer-run, 12-step support group format for consumers with co-occurring mental and substance use disorders. The six DRA group facilitators will be provided with an extensive 50 hour training which will include learning the principles of the DRA manual; basic assessment abilities; listening and communication skill building; development of a Wellness Recovery Action Plan (WRAP); an eight hour Mental Health First Aid training; support on how to assist consumers in the identification and access to services/resources for which clients qualify; and how to monitor for unusual behavioral changes. The facilitators will also have the option to obtain certification in substance abuse issues through the California Association of Alcoholism and Drug Abuse Counselors and will meet twice a month with a Behavioral Health Services Integrated Dual Diagnosis Case Manager for ongoing peer support and professional consultation as needed.

The integration of mental health and substance abuse services through the development and implementation of integrated treatment is a key component of this project. A newly formed IDDT will provide assessment, treatment, case management services, and peer-support for consumers with co-occurring serious mental illness and substance abuse/dependence disorders. This multidisciplinary team will consist of a mental health clinician, the lead case manager, a substance abuse counselor, and peer specialist staff. The team will target both mentally ill consumers that have been assessed through mental health services with a secondary diagnosis of substance use disorder, as well a non-violent mentally ill offenders involved in the legal system with substance abuse disorders who frequently cycle through the corrective system. The IDDT will provide intensive outreach and case management to facilitate successful outcomes.

Evaluation:

The Innovation Program will assess the effectiveness of an integrated treatment and facilitated peer support approach in building a strong framework for integrated dual-diagnosis treatment services that result in:

- An increase in the number of consumers who actively participate in the self-help DRA groups in the six isolated areas of Calaveras County;
- A peer-support training and support program that results in successful engagement, learning, and satisfaction for the peer DRA facilitators;
- A reduction in relapse of substance abuse and mental health disorders;
- A reduction in arrests, incarcerations and hospitalizations;
- An increase in medication adherence;
- Progress in clients' attainment of WRAP and treatment plan goals;
- An overall decrease in symptoms; and,
- Improvement in the participant's self-perceived quality of life.