



INNOVATION PLAN APPROVAL SUMMARY

Amador County Innovation

Name of Innovative Program: Plymouth Wellness Day

Total Requested for Innovation: \$135,000

Duration of Innovative Program: Three Years

Staff Recommends: APPROVAL

Review History

County Submitted Innovation Plan: August 1, 2013 and received technical assistance on modifications. The revised Innovation Plan was submitted on September 6, 2013. MHSOAC Vote regarding Plan Approval: September 26, 2013

Innovation Plan Summary

Amador County is seeking the Commission's approval for their Innovative Program, Plymouth Wellness Day. The two purposes of this Innovation project are to 1) increase access to prevention and early intervention services for isolated underserved persons who are at risk of or have early onset of a mental illness, and 2) increase access to treatment offered within Behavioral Health Services for individuals with mental illness through community-based screening and referrals.

Amador County Behavioral Health Services (ACBHS) is proposing to fund a currently nonexistent bus route from the isolated River Pines area to the more populous Plymouth area one day per week. River Pines has no major grocery store, post office, doctor, or public services.

On the day the bus service operates, multiple agencies, including First 5, Head Start, the local Community Action Agency, Women, Infants and Children (WIC) and others, will collaborate to relocate key mental health prevention and early intervention services, such as screening for mental illness, suicide prevention and Mental Health First Aid training, parenting classes, promotoras-led services, and therapeutic support groups, to Plymouth in order to provide easier access for individuals with risk factors for mental illness, and their families, who have been historically underserved. The program will also include referrals to behavioral health services for individuals identified as having a mental illness.

This Innovative Project appears to be the first collaboration of this kind with a public mental health department and a public transit authority. This project has the capacity to be replicated in Amador and other rural areas. If this project is successful, Amador Transit will fund the bus route and Amador County Behavioral Healthcare Services can replicate the program in another isolated area within the county. Either way, the innovative concept of “Plymouth Wellness Day” can continue without added cost.

Evaluation

Amador County Behavioral Health Services will design surveys, collect data quarterly, and analyze data in order to assess whether and how the program improves access to behavioral health services for individuals who may be at risk of mental illness. Additionally, the evaluation will use the Warwick Edinburgh Mental Wellbeing Scale to determine the outcomes for participants of specific services. Information regarding transit utilization and participant satisfaction with services will also be queried via survey.

Learning Objectives

By the end of this project, ACBHS will learn:

1. If the provision of public transportation is utilized by individuals from isolated underserved groups.
2. If the combination of transportation and offering mental health prevention and early intervention services in the community (Plymouth), as distinct from the current approach to delivering public behavioral health services, increases access and engagement in mental health promotion and early intervention.
3. If the Innovative Project increases referrals to and engagement in behavioral health treatment provided by the department.
4. Which community-based services provided in Plymouth are most successful in engaging and linking individuals with mild, moderate, and serious mental health issues.
5. Which individuals (Medi-Cal, insured, under-insured, uninsured) utilize which services most frequently to determine how best to sustain this project if successful.