



## **INNOVATION PLAN APPROVAL SUMMARY Amador County**

**Total Requested for Innovation: \$350,628**

**Staff Recommend: APPROVAL**

### **Review History:**

County Submitted Innovation Work Plan: December 16, 2010

MHSOAC Vote regarding Plan Approval: January 27, 2011

### **County Demographic Profile:**

Population: 37,876

- Latino: 11.0%
- APA: 1.6%
- Native American: 1.9%
- African American: 4.0%
- Caucasian: 90.3%

Age

- 16.8% under age 18
- 19.5% age 65 or older

### **Work Plan Name: Community–Driven Delivery of Self-Management Practices**

**Duration:** Four years

**Budget Request:** \$350,628

### **Key Features of Innovation Program**

- A collaborative effort between the community and the county behavioral health system to increase access to those suffering from post-traumatic stress disorder and other psychological distress by adapting their approach to service delivery
- Utilizes volunteer wellness trainers who will be trained in specific mental health-related practices to provide self-management services directly to consumers throughout the county in existing community-based settings

### **Expected Contribution to Learning and Development of New/Improved Mental Health Approaches**

Amador County expects to learn whether and how:

- The model is able to engage and retain a diverse group of volunteer wellness trainers
- The model is able to train the wellness trainers in the selected self-management practice(s)

- The wellness trainers are able to deliver services according to common practice
- The model is able to increase access to underserved and previously disenfranchised consumers
- The model will have a positive impact on consumer outcomes

**Similar to other MHS Innovation Programs:** None

**Example Reviewer Comments**

- Comprehensive planning for multiple components provides a good integrated approach
- Stakeholder participation included a good representation of various populations
- Information was requested on the kinds of supports the county plans to offer to the volunteers given the very significant responsibilities expected of them. The county responded that ongoing training will be provided as well as individual wellness trainer consultation, a wellness trainer support group, and assisting wellness trainers in making appropriate behavioral health service referrals for program participants requiring more intensive intervention.
- Information was requested on how the county will determine and measure what elements of the model are successful. The county responded that data will be gathered and analyzed regarding participation in training and steering committees. Questionnaires, interviews and/or focus group discussions will also be utilized as well as standardized self-assessment tools.