Mental Health Services
Oversight & Accountability Commission

INNOVATIVE PROJECT APPROVAL SUMMARY
Contra Costa County

Name of Innovative Project: Partners in Aging

Total Requested for Project: $ 1,000,000

Duration of Innovative Projects: Four Years

Staff Recommends: APPROVAL

Review History

County Submitted Innovation (INN) Plan: July 24, 2015

Mental Health Services Oversight and Accountability Commission (MHSOAC or Commission) vote on INN Project: August 27, 2015

Innovative Project Summary

Contra Costa County is seeking MHSOAC approval for the following INN Project: Partners in Aging. The primary purpose is to increase the quality of services, including better outcomes. This four-year INN Project is the result of Contra Costa County stakeholders identifying a need to provide more effective treatment for individuals who are frail, homebound, and suffer from multiple physical and mental impairments, especially those with a co-occurring substance-use disorders.

The project will combine two evidence-based practices: Screening Brief Intervention Referral to Treatment (SBIRT) and Improving Mood Providing Access to Collaborative Treatment (IMPACT) project. A key goal is to improve the IMPACT teams' ability to treat older adults with depression by adding additional SBIRT capacity to identify and address alcohol misuse. Integrating attention to substance abuse disorders can greatly enhance recovery from depression. A psychiatrist will provide consultation to the IMPACT teams and will supervise clinical interns who will conduct screenings and provide brief substance abuse treatment, in addition to usual IMPACT services (short-term problem-solving therapy, medication support, care coordination). Clients who require more intensive alcohol treatment services will be referred to appropriate specialty services and the clinical interns will consult with Alcohol and Other Drugs Services staff as needed.

The project also will expand IMPACT's multi-disciplinary treatment team by adding a home-based peer component. This project will train peer support workers to engage older adults aged 55 years and older who have been identified by Psychiatric

Emergency Services (PES) as in need of additional care in order to avoid repeated crises. Peer support workers will link older adults being discharged from PES to appropriate services and will also provide in-home peer support services including efforts to increase clients' skills in the activities of daily living and to engage appropriate resources and social networks.

Evaluation

The County will assess whether the project results in increased engagement of older adults in IMPACT, as well as the extent of clients' engagement specifically with SBIRT and the peer support components. Through the evaluation, Contra Costa County also hopes to learn if the project will:

- Increase in the number of older adults linked from PES to outpatient services
- Decrease the number of older adults being readmitted to PES within 60 days of discharge
- Increase in the number of older adults with depression and alcohol misuse who receive treatment for substance abuse
- Improve depression outcomes
- Decrease social isolation
- Increase health, wellness, recovery, self-management, and life skills
- Increase the number of linkages made between consumers and community resources.

The INN Project will utilize measures such as the 60-day recidivism rate of older adults being readmitted to PES, depression scores, and isolation and quality of life indicators in order to develop pre- and post- intervention measures. Contra Costa Mental Health will establish a baseline for all measures during the first three months of implementation and will collect data on a monthly, quarterly, twice annual or annual basis, deepening on the specific measure. The project will compare outcomes from this INN Project to current outcomes from IMPACT.