

Washoe County
Children's Mental Health
Consortium

SUMMARY OF ' ANNUAL PLAN ' 2019 '



Compiled with input from the members and participants of the Washoe County Children's Mental Health Consortium.

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Introduction '

This 2019 Report marks the culmination of the Washoe County Children's Mental Health Consortium's 10 Year Plan: A Call to Action, which was created a decade ago. Over the past 10 years, the Consortium has championed various activities throughout the County in partnerships with our Public Agencies, and key, valuable, community agencies including Quest Counseling, Pacific Behavioral Health, UNR Pediatric Department, Nevada PEP, NAMI of Nevada, Renown Hospital, Renown Children's Hospital, Willow Springs Treatment Center, the Eddy House, and the Children's Cabinet.

The Consortium has been committed to assuring that: '

Families will be partners in every aspect of our system of care. '

Our locally managed system of care will be upheld by our strong collaborative base. '

We will embrace a family-centered culture of care that is seamless and easy to access. '

We will facilitate the development, growth, and best use of our local resources. '

As we mark the end of the Call to Action and plan for our next 10 Years of goals, objectives, and activities, the Consortium will carry forward key principles and values long established by our System of Care. In addition, the Consortium continues to advocate for and support the continuation of data presentations from local partners, the identification of updated priorities, the development of strategies connected to the identified priorities and the engagement of key partners critical to the success of those strategies in order to better meet the mental health needs of children, youth, and families in Washoe County.

SUMMARY OF ACTIVITIES

For the calendar year of 2019, the Washoe County Children’s Mental Health Consortium continued developing a new website to promote communications and access to information for youth, families, caregivers and providers. Additionally, the Consortium started a new “Access to Care Placement Prevention” fund to provide small scholarships of financial support to youth and families to reduce barriers associated with accessing care. The consortium also supported the development and delivery of an ethics training for clinicians on person-centered care, which reflects the values and principles of our System of Care. Other accomplishments include an update to the Access to Care Guide, and the development of an ongoing online survey tool to collect the voice and experiences of youth and families who are impacted by mental health needs.

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SUMMARY OF RECOMMENDATIONS '

For 2020 and beyond, the Consortium intends to finalize and begin implementation of our new long-term strategic plan. The plan, anchored by relevant and informative data, will draw upon successes and lessons learned from the past decade, as well as the emerging and ongoing needs of youth and families in our community. The Consortium remains committed to the sustainability of System of Care activities including sustaining practices that were developed during the Washoe County Pilot for specialized foster care and the expansion of high fidelity wraparound services and other tiered care coordination services.

As we move into the next decade, we seek the support of DCFS and DHHS in developing an enhanced data collection and sharing system. We believe a formal process for ongoing collection and reporting of state and county-level data across each of the Department’s Divisions related to (1) children’s mental health service utilization, (2) an analysis of utilization vs. need, and (3) an assessment of current state-funded program capacity to provide services that meet the need will greatly improve the Consortium’s ability to advocate for the well-being of youth and families in Washoe County.

The following recommendations reflect solutions to address the ongoing gaps, barriers, and needs youth and families face as they seek appropriate, high-quality mental health services and supports. The Consortium respectfully recommends the following priority services, programs, and activities to be implemented in Washoe County:

Recommendation 1. The Washoe County Children’s Mental Health Consortium is supportive of the “No Wrong Door” Approach for providing families and their advocates a streamlined access point for services.

Request	Estimated Cost
Dedicate a “Family Engagement Specialist” Position within DCFS under the MCRT to provide families and community partners guidance on accessing mental health resources.	\$65,000 for 1.0 FTE
Dedicate a Position within DHHS of a “Navigator” who can guide youth into the adult mental health system to maintain continuous mental healthcare from adolescence to adulthood.	\$65,000 for 1.0 FTE

SUMMARY OF RECOMMENDATIONS ' 1

Recommendation 2. Strengthen the State’s direct service delivery in key programs, offices, and positions and support Workforce Development.

Request	Estimated Cost
<p>Washoe County experiences a lack of appropriate short-term psychiatric stabilization beds for youth and coordinated step down services prior to discharge. Youth are currently stabilizing in shelters, detention, and/or foster homes. Youth stays in acute care settings rarely exceed one week. The Consortium requests 16 “beds” and services be created or added to existing agencies in the Washoe County region to provide:</p> <ul style="list-style-type: none"> •) A secure safe place for short-term crisis stabilization (youth is at risk of serious harm to family, community, use of dangerous drugs, high risk behaviors, self-harming behaviors). •) Service coordination to develop intensive community-based care plans to support youth returning to their families or to support referral to long term residential treatment. 	<p>\$400,000 to \$700,000</p> <p>(Costs offset by in-kind, third party payers, and Medicaid reimbursements)</p>
<p>The Consortium continues to advocate for the ongoing sustainability of the System of Care service delivery, which centers on the provision of Wraparound Services. We understand that turnover is high for Wraparound staff. Therefore, The Consortium requests DCFS conduct a Retention Study for WIN staff to develop strategies to address turnover and assure equitable compensation standards.</p>	<p>To be determined</p>
<p>Suicide continues to be a leading cause of death for youth in our) community. The Consortium supports the Office for Suicide Prevention ' request to fund a position dedicated to supporting youth and assisting families to keep their youth safe during and after treatment for suicide) ideation or attempts.)</p>	<p>\$65,000 for 1.0 FTE</p>
<p>Since the creation of Safe Voice in 2018, the number of Washoe County youth and families calling for assistance has steadily increased. The Consortium recognizes the need for maintaining and supporting staff in their coverage of the Hotline. The Consortium requests this support be reflected in a review and expansion of funding allocation for Department of Education and Department of Public Safety’s SafeVoice reporting system in response to high demand (i.e. provide pay for on-call staff).</p>	<p>To be determined</p>

SUMMARY OF RECOMMENDATIONS ')

Recommendation 3. Continue to support and fund public/private partnerships in order to increase access to care for youth and families.

Request	Estimated Cost
<p>Families in Washoe County continue to struggle from a lack of safe and affordable Respite care for children with SED, autism, physical) disability, and high-risk behavior. The Consortium requests the development of a taskforce to assess the specific needs and establish funding support for Respite Services for non-foster care ' youth and families.)</p>	To be determined)
<p>In 2015, Washoe County School District mandated screening of all 7th graders for suicide risk. The Children’s Cabinet coordinates and) implements the Signs of Suicide screening. The Consortium) applauds the District’s decision to include the parental consent in) the online registration packets for 7th graders. As the number of) youth screened increases, funding must keep pace. The Consortium) requests sufficient funding to assure that every 7th grader is able to ' participate in the SOS Screening.</p>	\$390,000)
<p>The Mobile Crisis Response Team is currently available [insert hours] for youth and families in Washoe County. The Consortium requests) the development of a taskforce to investigate partnerships and ' funding options with community agencies in order to expand ' Washoe County access to MCRT to 24 Hours a Day/7 Days a Week.)</p>	To be determined)

In addition to the funding recommendations above, the Consortium is respectfully requesting that the allocation for administrative expenses for the Consortium remain at \$15,000 per year and that existing administrative support and interns from DCFS continue.

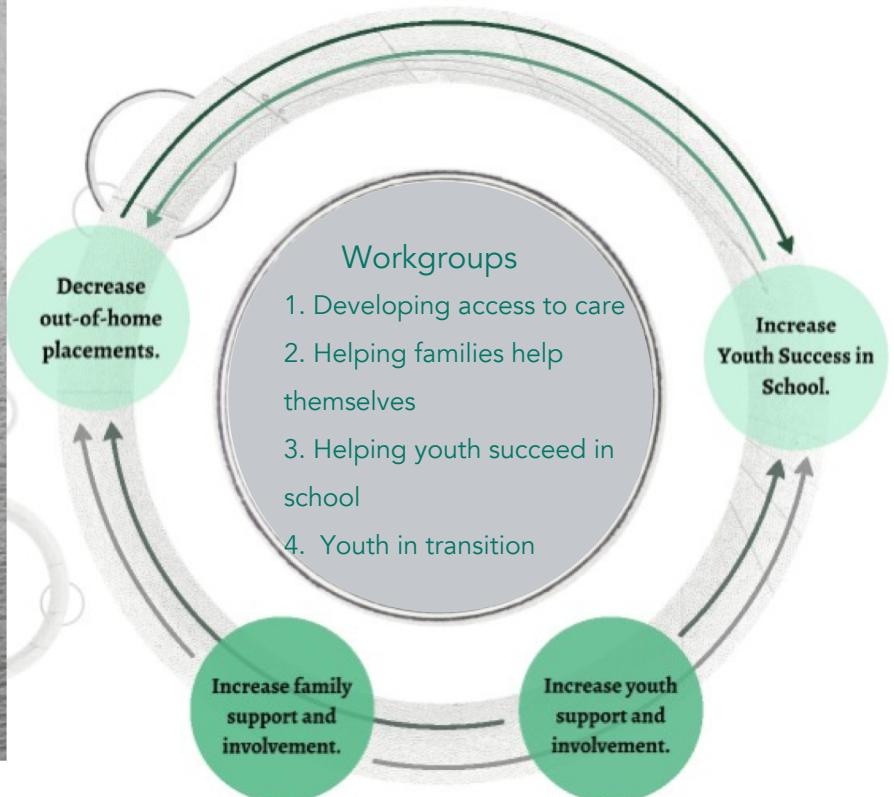


Background

Nevada Revised Statute ([NRS 433B.333-339](#)) established Mental Health Consortia in each of three Mental Health Service/Child Welfare/Juvenile Justice jurisdictions in Nevada. The functions of the Consortia are to assess the need for mental and behavioral health services for children up to 18 years of age, assess how well the current system is meeting the need in the community, and develop an annual plan on how the need can be better met.

The Washoe County Children’s Mental Health Consortium, henceforth referred to as “Consortium,” was formed in 2002 to fulfill the legislative requirements of NRS 433B in order to strengthen local partnerships and work toward creating an integrated system of behavioral health care for children and families of Washoe County based on System of Care values and principles.

In the Consortium’s initial plan, “ ‘2020 Vision’ A Call to Action, Ten Year Plan for Children’s Mental Health: January 2010 – December 2020,” four workgroups were formed to address four corresponding areas of priority.



STATUS OF GOALS & STRATEGIES

The Consortium members concluded workgroup activities in the first half of 2019 and transitioned to larger planning meetings related to our next 10 Year Plan. The Consortium is in the process of identifying organizational structure changes necessary to support ongoing implementation of our next strategic plan, which includes the filling of the office of Secretary, the creation of the office of Treasurer, and the development of temporary workgroups.

The below list summarizes the strategies accomplished (denoted by a check mark) and those carried forward into our next strategic plan (denoted by a dot):

1. Developing access to care

- ✓ Provide leadership in organizing a System of Care that is unique to the needs of Washoe County.
- ✓ Provide leadership in the development of a responsive intervention system that includes assessment and wraparound services (i.e. a local System of Care).
- ✓ Support ongoing capacity development for the continuation of the above goals.

2. Encouraging families to advocate for themselves

- Develop a culturally and trauma-informed, community-based feedback system that collects input from the families regarding their needs and experiences and effectively shares the family experience with agencies.
- ✓ Create opportunities for families to receive training, information and support in advocating for themselves while also participating in system-change efforts.
- Sustain the established collaboration and feedback system with agencies.

3. Helping youth succeed in school

- ✓ Increase youth involvement in suicide prevention planning within schools.
- ✓ Increase youth, family and community awareness and participation of youth suicide prevention events and training.
- ✓ Strengthen and increase knowledge of school to community partnerships to facilitate access to mental health services.
- Increase youth independent access to mental and behavioral health services when parental consent cannot be attained (i.e. youth consent policy).

4. Youth in transition

- ✓ Develop a culturally-informed, community-based feedback system that collects input from the youth regarding their needs and experiences and effectively shares this information with Partner Agencies.
- Establish community provider commitments to collaborate and implement culturally-informed strategies that incorporate youth input into their service array for Youth In Transition.
- Sustain the established collaboration and feedback system with Partner Agencies.

Goal 1 ' DEVELOPING ACCESS TO CARE '

Workgroup 1 concluded their activities early in the year and the Consortium at large now provides “leadership in organizing our System of Care that is unique to the needs of Washoe County.” The Consortium continued conversations with representatives from the Division of Child and Family Services (DCFS) to discuss priorities and needs for Washoe County within the context of the Nevada System of Care (SOC).

- Representatives from DCFS, Nevada SOC have been actively participating in the Consortium meetings.
- Steps are underway to assure the “Access to Care Guide” with information on the Medicaid managed care plans is available on our website.

The Consortium remains committed to “providing leadership in the development of a responsive system that includes assessment and wraparound services.”

AB 378

Consortium members are participating in a task force related to the implementation of AB 378. The members report back to the consortium and discuss implications for Washoe County families. The Consortium responds with recommendations on other individuals and stakeholders that should be involved (i.e. parent representatives). The Consortium continues to monitor the implementation of this bill and discusses its implications.

Ethics training offered in May of 2019 for clinicians on person-centered care, which reflects the values and principles of our System of Care.

The Consortium provided financial support 6 mental health professionals to attend, including 4 licensed interns and 1 MSW student.





Goal 2 ' HELPING FAMILIES HELP ' THEMSELVES '

Family Voice '

- Families continue to report a need for respite services.
- Families report the need for after school care offered by qualified providers for children with behavioral health needs of all school aged children (Pre-K – 12th Grade).
- Families describe their experiences in regards to behavioral and mental health concerns in the educational setting and the ongoing need for specific training for all educational personnel in recognizing mental health needs, identifying supports available; and appropriate referral follow-up training.
- The workgroup recognized the need for families and family serving systems to better understand the social and emotional/early childhood mental health needs of children ages 0-6.

- The Consortium established the "Access to Care Placement Prevention Fund." The fund provides small financial scholarships to support youth and families access behavioral health care services by reducing financial barriers associated with accessing those services. Early utilization of the fund has revealed that families need assistance in completing the form on the website. Strategies to increase accessibility will be explored by the Consortium.
- The Consortium created a temporary subcommittee to develop a survey tool that will be located on the website to collect the "voice" and stories of youth and families experiencing behavioral health needs.

Access to Care Placement Prevention Fund

To date 11 families have accessed the fund.

The fund supported access to care by reducing childcare and transportation barriers that families face when trying to access behavioral health care and other supportive services.

Goal 3 ' HELPING YOUTH SUCCEED IN SCHOOL '

The continued active involvement of Nevada's Office of Suicide Prevention, Washoe County Health Department, Renown Health, Washoe County School District, and The Children's Cabinet has provided ongoing suicide prevention for youth in schools.

- SOS Screening, facilitated by Children's Cabinet in partnership with WCHD, Renown Health, and WCSD occurred at 28 schools during the 18/19 School Year (19/20 data is still being collected).
- The Consortium applauds the District's decision to include the 7th Grade SOS Screening Parent Consent Form in the online registration packet. The Children's Cabinet anticipates a fourfold increase in participating students during the 20/21 School Year.

Signs of Suicide Screening 2018-2019 School Year:

1407 students were screened using the SOS at **28** schools.

429 students (30%) scored positive and received further engagement, support, and referral during the screening.

SafeVoice

SafeVoice, a suicide, bullying, and violent event reporting system has been implemented in the school district and has seen a significant increase in usage this School Year.

The Consortium has identified a need to collaborate with the Department of Education in order to further examine the SafeVoice reporting system data collected to date to identify local trends and to address resource needs to support the high demand.

The Consortium continues to strengthen its partnership with WCSD to incorporate schools into the service array for our System of Care including suicide prevention and other health promotion activities.

The Office of Suicide Prevention supports evidence-based prevention practices throughout the community and within the school district. The Consortium support the office in their Washoe County efforts.

Goal 4 | YOUTH IN TRANSITION

The Consortium distributed 351 bus passes to 6 Community Agencies providing behavioral health services to children and families. The agencies used the bus passes to help families reduce barriers to accessing care.

“Thank you ... so much for offering the bus passes to Quest, and we would be very grateful to accept them. Our clients will most appreciate and benefit from this help in accessing services.”



Washoe County
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Care Placement Prevention Fund



WCCMHC Access to Care Placement Prevention Fund

The Consortium wishes to provide small scholarships of financial support to youth and families in order to allow them to access necessary behavioral health services. These scholarships are designed to meet basic needs on a one time basis in order to reduce barriers associated with accessing behavioral health care. These scholarships are not available to meet urgent or emergency needs. Scholarship decisions are made on a monthly basis and recipients will be notified by email of awards.

The Consortium continued efforts to develop outreach, education, and resource materials for youth, families, and community partners through the continued development of the website, the creation and printing of business cards promoting the website, and the printing of a brochure highlighting the mission of the Consortium.

<http://wccmhc.com>



Meetings & Contact

The Washoe County Children's Mental Health Consortium meets regularly and is open to the public. We encourage active participation from youth, families and caregivers, providers and other concerned community members.

Meeting announcements for 2019 can be found on the Division of Child and Family Services website:

http://dcfs.nv.gov/Meetings/2019/2019_Meetings/

Additional information and resources can be found on the Consortium website:

<http://wccmhc.com>

For more information about Consortium meetings and activities, contact us at:

wccmhconsortium@gmail.com