Healthy Together
Annual Progress Presentation

Task Force Virtual Meeting
July 13, 2020
9:00-10:30am
Priority 1: Behavioral Health

Focus: Education and Awareness

Goal
Increase awareness of behavioral health and suicide, and normalize the conversation around these topics.
Lewis and Clark Suicide Prevention Coalition (LCSPC) is tasked with implementing stigma-reduction, evidence-based mental wellness promotion and substance use prevention activities.

Efforts include:

• Man Therapy continuation into Year 2
• Military Strong Challenge, Year 2
• Ongoing community and workforce development training
• Lethal means reduction
• Community activities
• Monthly coalition meetings
The Suicide Prevention program & LCSPC oversee the delivery of a variety of evidence-based models funded by MHAT grant:

- Question, Persuade, Refer (QPR)
- Youth Mental Health First Aid (YMHFA)
- Mental Health First Aid (MHFA)
- Applied Suicide Intervention Skills Training (ASIST)
- Adverse Childhood Experiences – Elevate MT
- Crisis Intervention Team training (CIT) – CIT MT
- Military Strong – PsychArmor Institute
Successes

Steady training (before Covid-19)

• Consistent interest from partner agencies - medical & behavioral health providers, faith-based, nonprofit and first responders.

• Partnership with Awareness Network to incentivize training

Man Therapy

➢ 3,679 users from Sept. 1, 2018 – July 8, 2020

➢ 1,167 for 2019 – 2020

Military Strong

➢ 36 organization & more than 1,000 people trained

➢ 6 organizations actively in progress
Successes

2,809 people trained in entire project
Oct. 1, 2018 – July 10, 2020

~ 60 in-person training activities offered

Nearly 30 trainers split between the models

Most popular is QPR (shortest), often leads to people taking more in-depth training
Successes

I feel more prepared for if I am ever in a situation where someone seems like they may be suicidal.

(This is) something that needs to be taught to everyone so that the stigma surrounding mental health is lifted.

Great training – QPR is easy to remember too for anyone to use.

Awesome course! Confidence building and reassuring.
Challenges & Barriers

Man Therapy
• Significantly less funding than first program year
• Partnership with Team RWB via the Helena Family YMCA lost momentum with COVID-19 and leadership change

Mental Health Awareness Training grant
• Difficult to get general public to participate
• COVID-19 reduced scheduled training & most models aren’t virtual
• Complications with training community organizations during COVID

AmeriCorps VISTA Member
• Unable to onboard for summer start date
Year 2 Plans

Create a 5-year comprehensive plan with LCSPC
- To include overall communication plan & strategies on substance use, lethal means, SMVF and awareness
- Data driven + strategies from CDC Toolkit on S.P.
- Prepares LCSPC to submit grant proposals

• Recruit substance use disorder experts & partners
• VISTA reapplication in January
• Continue work on Military Strong
• Continue to expand virtual training in the area
Priority 1: Behavioral Health

Focus: Screening and Access to Care

Goal: Provide access to behavioral health screening and adequate, effective, and integrated mental health and substance-abuse treatment for every resident of Lewis and Clark County.
Objective: Foster community-level leadership and partnerships to develop and implement a universal behavioral health screening and referral protocol for the county.

- Identify an evidence-based screening tool for universal screenings
- Create a screening protocol and toolkit to distribute/train primary care providers, pediatricians, specialty care providers, and human service organizations
  - Toolkit would include screening tool, reference materials for completing screening tool and for making a referral in CONNECT, list of providers who accept new referrals
- Identify behavioral health providers who have capacity for referrals
- Train and add all of those behavioral health providers to CONNECT referral system
- Train and implement screening tools and referral process in primary care and pediatric clinics to start; then, to human service organizations.
Progress to date:

Local Advisory Council designated a workgroup to work on this screening and referral process.

Workgroup had an initial meeting and discussed key players, physician champions, next steps.

Small focus group of physicians met to get a demonstration of the CONNECT referral system.

Feedback received about the referral process from a provider perspective.
**Successes:**

The workgroup consists of physicians and leaders from the medical and behavioral health community to brainstorm ideas on universal screening for behavioral health disorders. Demonstration of CONNECT referral system and feedback from providers was really helpful to create next steps in the process.
Barriers:

Getting everyone to the table. It is hard to get medical providers to the table with their busy patient schedules. Data entry into the referral system to make the referral is probably not doable within a clinic setting unless there is a dedicated person to enter the referral into CONNECT. Provider and nurses do not have time. Not all behavioral health providers are in the referral system.
Next Steps:

Convene workgroup to decide on a screening tool
Approach behavioral health providers to get them added to the CONNECT system
Approach primary care and pediatric clinics to train on the toolkit and implement screenings
Monitor for success
Implement in human services organizations
Priority 2: Early Childhood

Focus: ACEs and Trauma-Informed Practices

Goal
Create a safe and compassionate community where we strengthen relationships, share our stories, and support each other.
Background and Introduction

- Elevate Montana Helena Affiliate was formed in 2015 in response to a need to educate our community about the long term affects of adverse childhood experiences. At that time it was a collaborative of many agencies: Shodair, Challenge Helena, ChildWise Institute, Early Childhood Coalition, Healthy Mothers Healthy Babies, Intermountain, Juvenile Probation, Lewis & Clark Public Health, Montana Board of Crime Control, Pacific Source, RMDC Head Start, St. Paul UMC, United Way of Lewis & Clark Area, Youth Connections, Youth Dynamics, Dan Fox Family Care Program/Youth Homes

- Healthy Together task force identified Reducing Adverse Childhood Experiences (ACEs) under the Early Childhood Priority Area and invited EMHA to join the conversation in March of 2019. Workgroup included EMHA, HMHB, Carroll College, Shodair, St. Peter’s Health, Lewis & Clark Public Health, and ChildWise/Elevate Montana.
Successes Over the Past Year

- Workgroup was formed: EMHA, United Way, Zero to Five, ChildWise, RMDC, and St. Peter’s Health. Community coalition gathering was held Feb. 13 and UWLCA directory of coalitions updated. Community’s work celebrated. 21 coalitions were represented with 80 attendees and connections to over 40 agencies and organizations. Information collected from coalitions and while many use ACE resources, none listed community initiatives related to ACEs and trauma-informed practices.

- Increased collaboration through interagency attendance; members attending ECC, 0 to 5 Initiative and Lewis and Clark County Behavioral Health Local Advisory Council

- Established partnership with Mental and Social Wellbeing Workgroup, Healthy Communities Coalition of Lewis and Clark County to begin designing survey.

- Zero to 5, ChildWise and EMHA have partnered to develop “ACEs for Profit,” a 6 Session training for businesses. Ascent Bank will be the first to roll this out. A list of businesses is being developed. Once data from the proposed survey has been collected, we can move forward with an official strategic plan.
Challenges or Barriers Encountered Over The Past Year

• In this section we were asked to discuss challenges and barriers. I don’t believe there are many other than individual's mindsets (including my own) and even those can be overcome.

• Staying on track can be a challenge as there is so much to accomplish and so many to reach.

• As Chair of EMHA, remembering I’m not in this alone can be a challenge!

• The Pandemic has created some slowdown but thank goodness for technology in keeping us all connected!

• It is likely that the survey may not be completed by the end of this year.
Action Steps for Year Two

Obj. 1.1 Expand the work of the Elevate Montana Helena Affiliate to drive collective action related to addressing Adverse Childhood Experiences (ACEs) in the county.

- 1.1.1 Continue increasing collaboration and engagement
- IF 1.1.5 Create and deliver surveys &
  1.1.6 Compile survey data to establish baseline of knowledge and need. *Are not completed*
- 1.1.7 Develop strategic plan for implementation of ACE awareness and trauma-informed trainings.

Obj. 1.2 Implement education and advocacy strategies to increase awareness of ACEs and use of trauma-informed practices throughout our county.

- 1.2.1 Implement ACEs trainings with large employers.
Priority 2: Early Childhood

Focus: Early Child Care and Education

Goal
Increase access to and knowledge of high-quality child care and early education options for all families in the county.
Early Childhood
Goal 2: Increase access to and knowledge of high-quality childcare and early education options for all families in the county.

- Early Childhood Coalition & Zero to Five have formed an effective and mutually beneficial partnership
- Zt5 Local Collaboration Coordinator (LCC) serves as the leader of the Early Care & Education Task Force and on the ECC Leadership Team
- Both ECC & Zt5 have upgraded websites and regularly share information via email and social media
- ECC & Zt5 have partnered to respond to Covid19
Helena Early Childhood Coalition & Zero to Five of Lewis & Clark Area
Examples of Cooperation

• Kindergarten Info. flyers & yard signs for Helena Elementary Schools
• Kinder-Camps funded for August of 2020 for incoming Kindergartners
• Parent Survey Information collected and shared
• Additional childcare providers included in the Zt5 collaborative team
• Covid19 assistance provided via ECC & Zt5 partnership
• ACES and Resiliency trainings were held, and business model formed
• Built resources for employers to engage in Family Forward practices
• Virtual viewings of “No SMALL Matter” Documentary
Early Childhood
Goal 2: Increase access to and knowledge of high-quality childcare and early education options for all families in the county.

Challenges
• Aligning Montana Early Learning Standards and Kindergarten Readiness Guidelines for clear communication between school district and area childcare providers
• Covid19 proved to be a barrier for several deliverable events: Week of the Young Child, Public School Kindergarten Round-ups, Public viewings of No SMALL Matter Documentary.
• Challenge to build a cohesive Parent & Family network during Covid19 situation.
Early Childhood
Goal 2: Increase access to and knowledge of high-quality childcare and early education options for all families in the county.

Future Plans
• ECC & Zt5 have jointly hired a Vista Volunteer to provide administrative support to carry out existing task force work plans
• Team of ECC, Zt5, AWARE, HMHB co-sponsoring local messages for Lewis & Clark Area using the Bright by Text Parent texting resource
• “ACES for Profit” and Family Forward business toolkit to be promoted and shared across the region
• Zt5 & ECC continue to partner on projects and events that will create sustainable, systemic change for children & families in L&C County
Priority 3: Access and Referrals

Focus: Improving Access and Referrals to Services

Goal
Create a seamless system for referrals to all health and human-service programs in the county that support an intentional and strategic culture of collaboration.
Background and introduction

• System access and referral category largely about increasing use of CONNECT Referral System
  • Providers can send referrals on behalf of clients
  • Closed loop of communication for providers
  • Takes burden off clients of reaching out
• CHIP Goals: engaging both current agencies and new agencies
For clients

The trusted provider becomes a one-stop shop for resources

Contacted by the agency who receives the referral

Basic level of care coordination
For providers

- Receive new referrals
- Refer directly to other providers
- Search by location, service type, and insurance
- Helena and statewide resources
- Find providers with openings
- Follow client’s engagement
- Overall referral data
Successes

• September 2019: system upgrade
  • Statewide
  • Filter to search for agencies
  • Text ROI – great for virtual visits

• Onboarded new agencies
  • 68 new agencies/programs since April 2019
  • Including: St. Peter’s programs, Child and Family Services, PureView, Public Health, private practice behavioral health and speech, OT, PT providers, nonprofits and social services

• Coordinator learning job
Challenges and Barriers

• Establishing a Lead Team
  • Lead Team listed in CHIP disbanded
  • Locating the best fit
• COVID-19
  • Meetings and outreach delayed
Year Two steps

• Continue establishing a Lead Team
• Continued partnership with 211
• Focus on adding behavioral health providers (with help from champion groups/agencies)