

ACCESSIBLE DEPRESSION AND ANXIETY PERIPARTUM TREATMENT (ADAPT) PROGRAM

HOW IT CAME TO BE

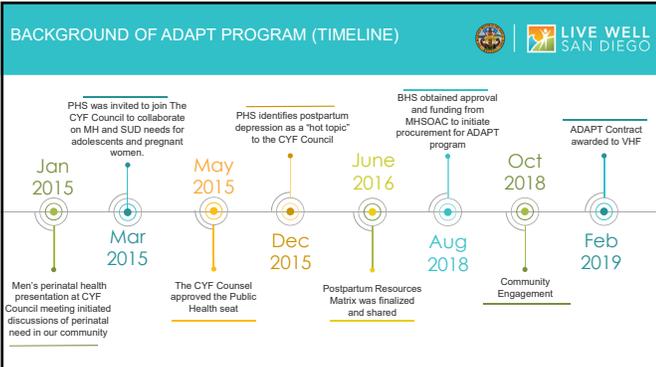
*Early Childhood Mental Health Conference
County of San Diego, BHS-CYF*

 LIVE WELL SAN DIEGO

OUTLINE

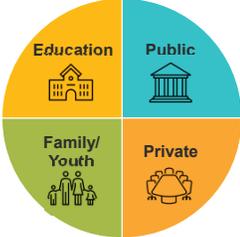
- Brief explanation of CYFBHSOCC/The CYF Council
- Mental Health Services Act
 - MHSAs Innovations Projects
- History of ADAPT
 - Partnership with Public Health Services
 - Program purpose and outcome objectives

BACKGROUND OF ADAPT PROGRAM (TIMELINE)



The timeline shows key milestones: Jan 2015 (Men's perinatal health presentation), Mar 2015 (PHS invited to collaborate), May 2015 (PHS identifies postpartum depression), Dec 2015 (CYF Council approves Public Health seal), June 2016 (Postpartum Resources Matrix finalized), Aug 2018 (BHS obtains approval and funding), Oct 2018 (ADAPT Contract awarded), and Feb 2019 (Community Engagement).

THE CYF COUNCIL  



- The Council serves in an advisory capacity to the BHS Director, Dr. Luke Bergmann.
- The Council is charged by the BHS Director to provide:
 - Community oversight for the integrity of all services and advancement of all aspects of the system of care
 - Advice and feedback related to the progress and future expansion of the Children, Youth, and Families BHS system of care
 - Information and recommendations to the BHS Director
- Limited to 24 voting members, the Council represents 4 sectors; members are appointed by the BH Director

Mental Health Services Act (MHSA)  

- Prop 63 passed by California voters in 2004
- Funded by a 1% income tax on personal income in excess of \$1 million per year
- Designed to expand and transform California's behavioral health system to better serve individuals with, and at risk of serious mental health issues, and their families
- Continuum of prevention, early intervention, and service needs and the necessary infrastructure, technology, and training elements that effectively support the public behavioral health system

MHSA Innovation Projects  

- Defined as novel, creative and/or ingenious mental health practices/approaches.
- Expected to contribute to learning rather than a primary focus on providing a service.
- Opportunity to develop and test new, unproven mental health models with the potential to become tomorrow's best practices.
- Developed within communities through a process that is inclusive and representative, especially of unserved and underserved individuals.
- Address issues faced by varying groups of all ages
- Mental Health Services Oversight and Accountability Commission (MHSOAC) reviews and approves proposals
 - <https://www.mhsoac.ca.gov/>

MHSA Innovation Projects  

- The primary purpose of Innovation Projects is to achieve one of the following:
 - Increase access to underserved groups, which may include providing access through the provision of permanent supportive housing.
 - Increase the quality of services, including measurable outcomes.
 - Promote interagency and community collaboration.
 - Increase access to services, which may include providing access through the provision of permanent supportive housing.

California Code, Welfare and Institutions Code - WIC § 5650

ADAPT  

- The ADAPT Project seeks to test if utilizing a partnership between mental health service providers and public health nurses to provide timely, whole-person mental health treatment to parents who screen positive for postpartum depression and/or postpartum anxiety will increase access to care and improve behavioral health outcomes.

ADAPT  

- Approved for 4.5 years:
 - 1/1/19 to 6/30/23 - pilot program operation
 - 7/1/23 to 12/31/23 - evaluation
- Provide MH services to PHS clients who have, or are at-risk of, perinatal mood and anxiety disorders
 - Nurse Family Partnership (NFP)
 - Maternal Child Health Home-Visiting (MCH)
- Provide therapeutic treatment, peer support, and linkage to community resources and supports for the family
- Evidence-informed, includes care-coordination and case consultation
- Services in community settings, primarily in-home visiting to reduce barriers and increase access to services

ADAPT  

- Program evaluation and learning goals:
 1. Is collaboration with NFP and MCH programs effective in engaging parents for treatment of perinatal mood and anxiety disorders?
 2. What is the most effective way for NFP and MCH programs to effectively connect parents to services related to peripartum depression and anxiety?
 3. Does colocation of mental health clinicians provide effective, short-term treatment services that meet the needs of parents?
 4. What are the barriers to parents' willingness to access treatment?
 5. Are fathers and partners willing to participate in engagement efforts and what are the characteristics of paternal symptomatology?
 6. How effective are culturally competent referrals and the outcomes of engagement, and what is the efficacy of culturally appropriate referrals?
 7. What percentage of clients are linked to community resources and what are the system gaps?
- Link to ADAPT Innovation Project Outline – INN 18 (Cycle 4): https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/documents/NOC/MHSA/INN_2018.pdf

RESOURCES  

UCSD RESEARCH

- UCSD Completes an Annual MHSA Innovation Evaluation Report for the County of San Diego. ADAPT's 1st year report is being finalized and will be located on the TRL when released – [Link](#)

PUBLIC HEALTH SERVICES

- [Maternal Child Health and Nurse Family Partnership programs](#)

OTHER HHSA PERINATAL RESOURCES

- [Perinatal Care Network](#)

RESOURCES  

CYF Council General Meeting Schedule:

- When: Second Monday of each month.
- Time: 9:00 to 10:30 a.m.
- Where: During Scottish Rite Masonic Center - 1895 Camino del Rio South, San Diego CA 92108 (shell room) **During COVID-19 Pandemic are held virtually**
- To be added to email distribution list, contact Darwin Espejo at Darwin.Espejo@sdcounty.ca.gov or call 619-584-3024
- Additional council information including all approved meeting minutes are posted in the BHS website: [Link](#)

QUESTIONS



BHS CYF Contact Monitor:
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