

# Engaging People with Mental Illnesses in Your Planning Efforts

April 2018



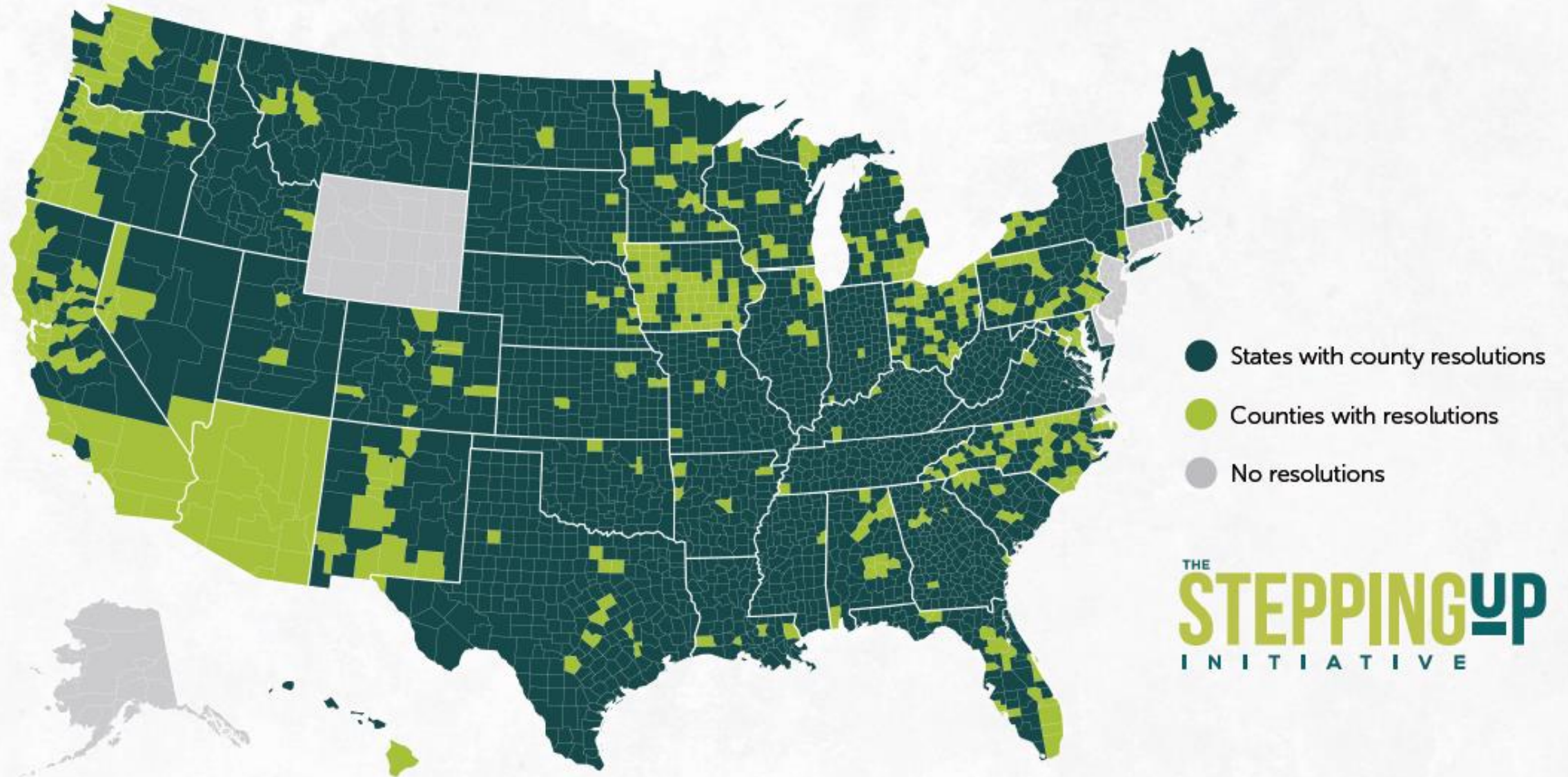
**Justice Center**  
THE COUNCIL OF STATE GOVERNMENTS

AMERICAN  
PSYCHIATRIC  
ASSOCIATION  
**FOUNDATION**



**#StepUp4MentalHealth**  
**[www.StepUpTogether.org](http://www.StepUpTogether.org)**

# We are Stepping Up!



# Resources Toolkit



Monthly webinars and networking calls



Educational workshops at NACo and partner conferences



Quarterly calls of smaller networking groups of rural, mid-size and large/urban counties that have passed Stepping Up resolutions



A project coordinator handbook



Guidance on measuring the number of people with mental illnesses in jail



Written and online tools that are companions to the *Six Questions* report that present the latest research and case studies for county officials

# Upcoming Stepping Up Activities



**Webinar: Four Key Measures #1:  
Reducing the Number of People with  
Mental Illnesses Booked into Jails**  
**June 7, 2pm ET**



**Stepping Up Day of Action**  
**May 16**



# Stepping Up Day of Action



***You're Invited!***  
***Stepping Up Day of Action***  
***May 16, 2018***



**WHERE:**  
YOUR Community

**WHO:**  
Stepping Up Champions in YOUR County

**FIND OUT MORE:**  
[www.StepUpTogether.org/Events](http://www.StepUpTogether.org/Events)

THE  
**STEPPINGUP**  
INITIATIVE

# Today's Webinar



Laura Usher  
Senior Manager  
Criminal Justice & Advocacy  
National Alliance on Mental Illness



Kimberly Brothers  
Vice President of Adult Services  
Centerstone Kentucky  
Louisville Jefferson County Metro, Ky.

Melissa Baldwin  
Director of Criminal Justice Reform  
Mental Health Association Oklahoma



Kimberly Cummings  
Peer Advocate and Director of  
Information Technology  
Mental Health Association Oklahoma



# Speaker: Laura Usher



Laura Usher  
Senior Manager  
Criminal Justice & Advocacy  
National Alliance on Mental Illness



# **Including Peers and Families in Your Stepping Up Initiative**

**Laura Usher**  
**Senior Manager, Criminal  
Justice and Advocacy, NAMI**

**Stepping Up Webinar**

**April 26, 2018**





## Ten Ways to Engage People Affected by Mental Illness in Your Community

**INDIVIDUALS LIVING WITH MENTAL ILLNESSES** and their family members should play a key role on your county planning teams and in your collaborative efforts to reduce the number of people with mental illnesses in jails. They can be strong allies in building goodwill with the broader community, getting positive media attention for your efforts, and advising on strategies that work for advancing mental health recovery. They also can assist in training criminal justice professionals, providing peer support to individuals and families in crisis, and identifying the impact your Stepping Up work is having.

Although each county or community has its distinct needs and challenges, county leaders and partners can broadly engage individuals or family members in this initiative by taking the following steps:

1. **Identify local mental health organizations** that provide some combination of support, education, and advocacy for people affected by mental illness (e.g., local chapters of the National Alliance on Mental Illness or NAMI) and co-occurring substance use disorders.<sup>1</sup> Cataloging these organizations can help you direct individuals to self-help groups that can provide an important adjunct to treatment. Join the mailing lists of local mental health and substance use recovery organizations and attend a

# Including Peers, Families and Advocates: 10 Steps

1. Identify mental health advocacy organizations.
2. Share information about your initiative and engage advocacy partners in getting media attention.
3. Invite peers and family members to your Stepping Up county team.
4. Build on existing programs already spearheaded by local advocacy groups, like CIT.

# Including Peers, Families and Advocates: 10 Steps

5. Learn about education and training opportunities offered by advocacy organizations.
6. Designate a county staff member to be the liaison to peers and families.
7. Engage peers and families directly in treatment planning.
8. Involve peer specialists to support people in crisis and to help navigate the system.

# Including Peers, Families and Advocates: 10 Steps

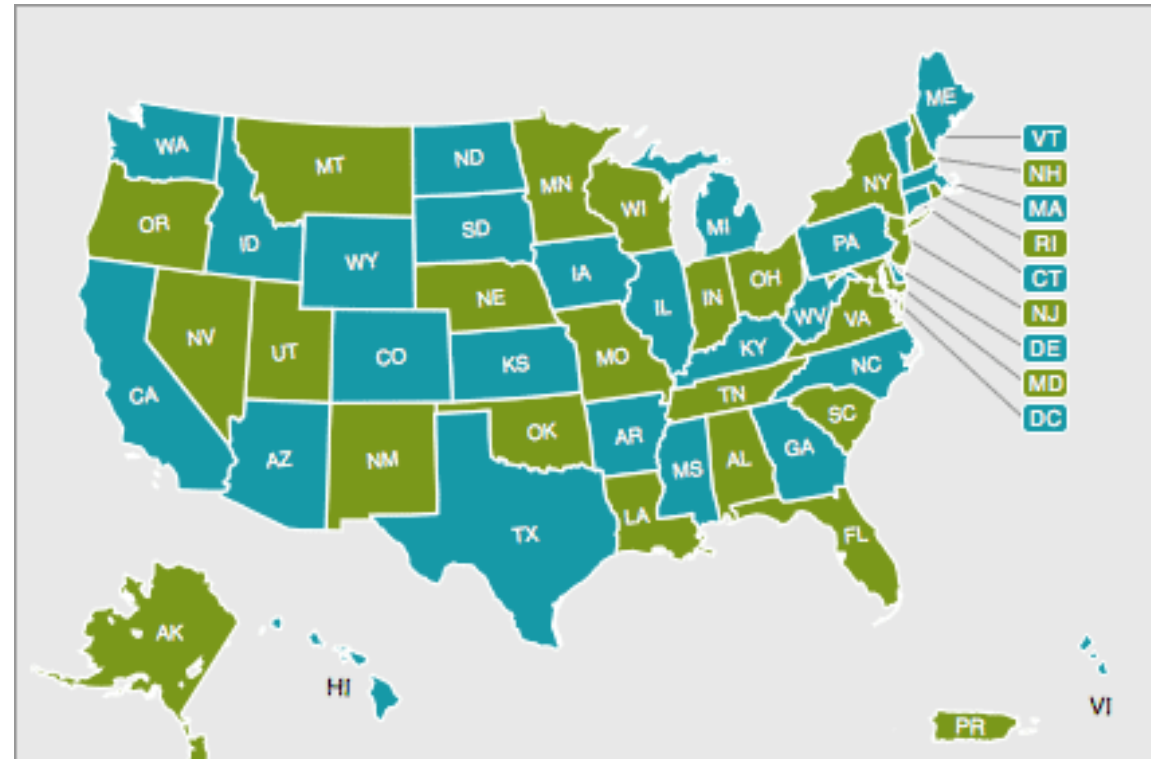
9. Work with advocates, peers and families to understand how the mental health parity law is being implemented in your community.
10. Work with advocates to honor mental health and criminal justice professionals who are making a difference.



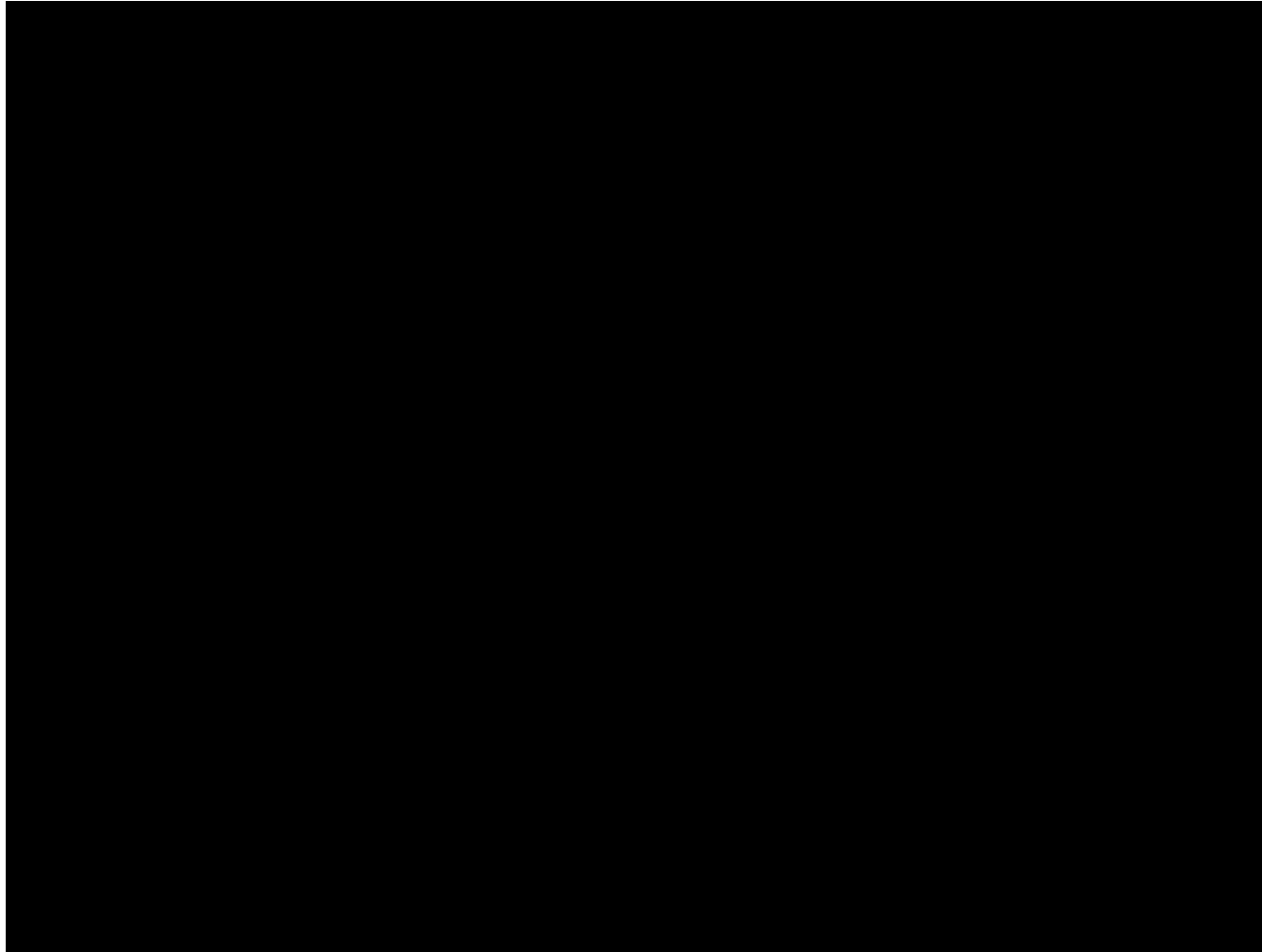
# Find Your Local NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Visit [www.nami.org/local](http://www.nami.org/local) to connect.



# Resources on Crisis Intervention Teams



[www.nami.org/cit](http://www.nami.org/cit)

# Education and Training

- Public awareness presentations
- Mental health training for criminal justice professionals
- Education and support programs for people living with mental illness and family members

Learn more at [www.nami.org/education](http://www.nami.org/education)

# Mental Health Parity Law





# Advocating for Mental Health Services



# Thank you!

Contact Laura Usher at  
[lusher@nami.org](mailto:lusher@nami.org)

For more information, visit [www.nami.org](http://www.nami.org)



# Speakers: Melissa Baldwin and Kimberly Cummings



Melissa Baldwin  
Director of Criminal Justice Reform  
Mental Health Association Oklahoma



Kimberly Cummings  
Peer Advocate and Director of  
Information Technology  
Mental Health Association Oklahoma





# Advocates & Peers in Planning Efforts

*Nothing About Us Without Us!*



# Mental Health Association Oklahoma

## Mission & Vision

- **Mission** - Dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research, service and housing.
- **Vision** - Envisions a just, humane and healthy society in which all people are accorded respect, dignity and the opportunity to achieve their full potential, free from stigma and prejudice.

## Roots



*"Cast from shackles which bound them,  
this bell shall ring out hope for the  
mentally ill and victory over mental  
illness."*

– Inscription on the Mental Health Bell

# Employee Culture: Rooted in Peers

200 Employees:

History of: Mental Illness 55% Addiction 36%



20% Yes

"Have you ever been convicted of a felony?"



28% Yes

"Have you ever been homeless?"



12% Yes

"Do you currently reside in Association housing?"



40% Yes

"Have you ever experienced more than one of the following at the same time: mental illness, felony conviction, major physical illness, addiction, homelessness?"

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preventing mental disorders promoting wellness

# Mental Health Association Oklahoma

## Programs

- Housing First
  - 25 apartments / 1,500 units
- Peer-Run Drop-In Center
- Mental Health Education & Advocacy
  - Zarrow Symposium: Innovations in Mental Health October 4<sup>th</sup> - 5<sup>th</sup>
    - <http://zarrowsymposium.org/>
- Homeless Outreach
- Employment First
- Pro bono counseling & service navigation
- Criminal Justice Reform

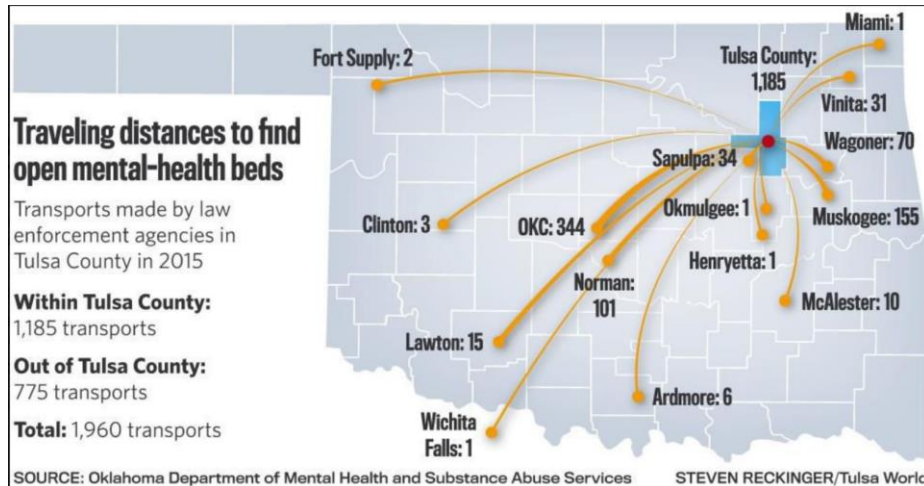


# Community Context: Tulsa, Oklahoma

## Chronically Homeless in Tulsa

76% have MI

44% have SUD



## OK isn't Okay

- 46<sup>th</sup> in mental health care spending
- Ranks consistently in top states for the highest prevalence
- Per capita spending \$53 vs national average \$120
- Only 1 in 3 have access to treatment
- Tulsans with mental illness die 27 years earlier

- Tulsa County's incarceration rate increased more than 150% in last 25 years
- OK prison population estimated to grow by 25% and cost the state nearly \$2 billion
- OK ranks #2 for overall incarceration and #1 for female



# Advocate's Role



- Relationships & Collaboration
  - Cross-system interaction and relationship building
- Pressure and Glue
  - Moving from talk to action
- Context and Process
  - Tap dancing, judo, and karate
- Two Pronged Approach
  - Progress is real but slow

# Advocate's Role

- Build Consensus
  - Nonpartisan
  - Common objective: better costs and lower outcomes
- Values and Culture
  - Person-first
  - Recovery is possible
  - Stronger together



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# Community Accomplishments

*The relationships formed, silos broken, and intense collaboration is having ripple effects throughout the community and multiple endeavors*

## ***Diversion & Warm Hand-Off***



## **Highlights**

- Municipal Court
  - Peer advocacy
- CIT Training
- CARES / CRT
  - Client satisfaction
- Sobering Center
- First Responder Screen in Field
- Brief Jail Mental Health Screen

## **Related Research & Planning**

- Vera Institute for Justice
  - <https://tulsacounty.org/documents/vera2017.pdf>
- Sequential Intercept Mapping
  - <https://tulsacounty.org/TulsaCounty/dynamic.aspx?id=15795>
- Tulsa Mental Health Plan
  - [www.tulsamentalhealth.org](http://www.tulsamentalhealth.org)



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# Peers and Advocates in Planning Efforts: Let's Get Real





# Thank You!

Melissa Baldwin

Director of Criminal Justice Reform

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Kimberly Cummings

Peer Advocate and Director of Information Technology

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## Speaker: Kimberly Brothers



Kimberly Brothers  
Vice President of Adult Services  
Centerstone Kentucky  
Louisville Jefferson County Metro, Ky.





- Louisville, Kentucky largest city in the Commonwealth of Kentucky
- 397 square miles
- Population of 765,352
- Merged city/county government

# Dual Diagnosis Cross-Functional Team (DDCFT)

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DDCFT convened to focus on identifying innovative and systemic solutions for coordinating care for individuals with co-occurring mental health and substance use disorders.

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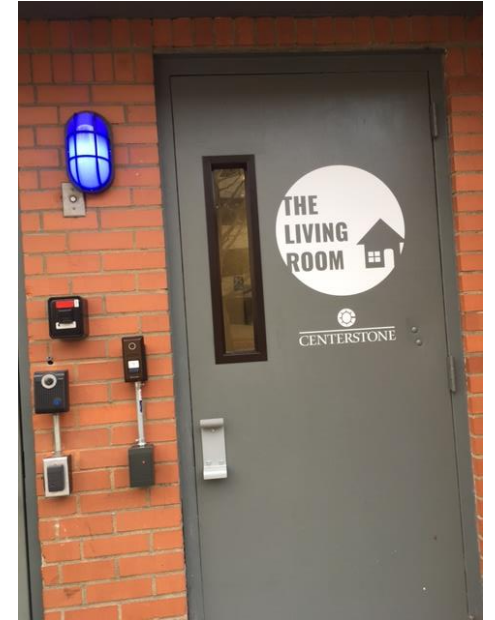
First Metro cross-functional team to involve local government representatives along with participants from community-based medical, mental health and substance abuse treatment agencies.

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Charged with developing a range of options and alternate resources to be used by community first responders on an immediate basis to divert individuals away from the jail and/or emergency room.

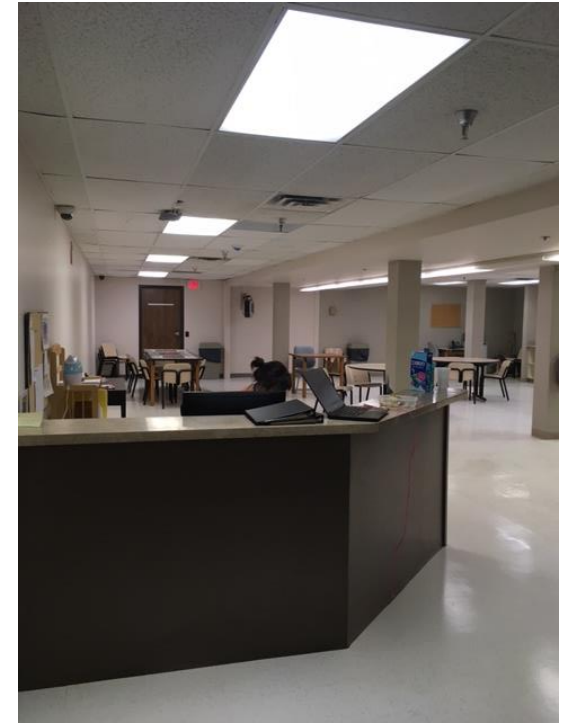
# The Living Room

- Consumer operated
- Pre-arrest diversion
- 24/7/365
- 4 minute police drop off time
- Louisville Metro and KY Dept. of Behavioral Health funded
- Collaboration with Centerstone of Ky., Police, Health Department, & Detention Center
- Steering Committee
- Up to 23 hour stay



# The Living Room

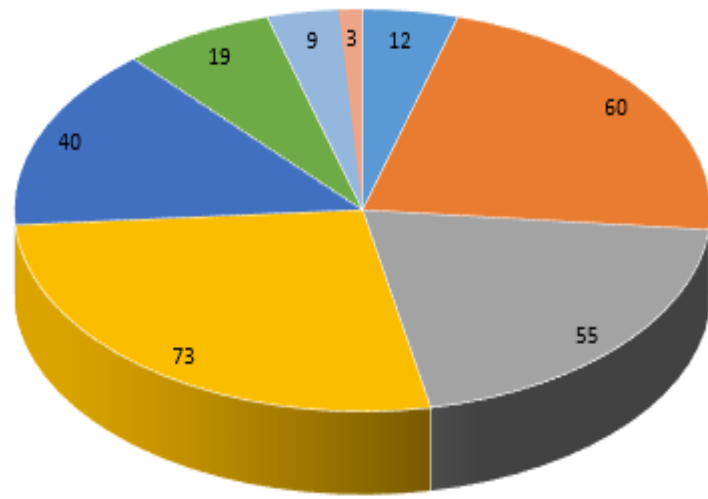
- Roll Call attendance
- Officer “sort”
- Peer Workforce Development & Sustainability
- Co-located “House of Recovery” services
- Capacity
- Expanded utility - urgent services
- Technical assistance



# The Living Room – Initial Demonstration Data

Guest pick up circumstance

Chart Area



■ ETH ■ Loitering ■ MH ■ null ■ Other ■ Public Intox ■ SUD ■ Trespassing

Volume by month

17-Dec	20	7%
18-Jan	70	26%
18-Feb	64	24%
18-Mar	117	43%

Deferment	Hospital	Jail
December	14	6
January	34	34
February	18	46
march	34	76

## Disposition

Centerstone ASET	2%
Centerstone CARC/JDAC	2%
Centerstone Crisis	1%
Centerstone homeless	5%
Centerstone Outpt	3%
Crisis Diverted	59%
Declined Services	4%
EMS	2%
Mental Health Evaluation	1%
Null	11%
Other	9%
Pysch Needs Hospital	1%

# Questions

# Questions?



## Polling Questions

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# Upcoming Stepping Up Activities



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# Contact Stepping Up

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