

DEPARTMENT OF MENTAL HEALTH

STRATEGIC PLAN HIGHLIGHTS

Evidence-Based Practices a Priority for DMH

Objective 3.3 Utilize evidence-based or best practices among DMH Programs and DMH Certified Providers for core services

Increasing and tracking the use of evidence-based and best practices is a priority for the Mississippi Department of Mental Health (DMH). During the first half of FY17, DMH conducted a survey of its 12 Programs to determine evidence-based practices and best practices being utilized and if they are being monitored to fidelity. DMH is working to compile a list of these practices which will be available at the end of FY17. Some of the practices being used at DMH's six behavioral health programs include:

- **Illness Self-Management and Recovery:** The Illness Management and Recovery (IMR) Program helps people set meaningful goals for themselves, acquire information and skills to develop more mastery over their psychiatric illness and make progress towards their own personal recovery.
- **Family Psychoeducation (FPE):** Family Psychoeducation (FPE) is an approach for partnering with consumers and families to treat serious mental illnesses. The goal is that practitioners, consumers and families work together to support recovery.
- **Trauma-Focused Cognitive Behavior Therapy:** Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) helps children and adolescents recover after trauma. Children and parents learn new skills to help process thoughts and feelings related to traumatic life events; manage and resolve distressing thoughts, feelings and behaviors related to traumatic life events; and enhance safety, growth, parenting skills and family communication.
- **Wellness Recovery Action Plan (WRAP):** Wellness Recovery Action Plan (WRAP) is a manualized group intervention for adults with mental illness. WRAP guides participants through the process of identifying and understanding their personal wellness resources ("wellness tools") and then helps them develop an individualized plan to use these resources on a daily basis to manage their mental illness.
- **Teen Intervene:** Teen Intervene is a early intervention program for 12-19-year-olds who display the early stages of alcohol or drug involvement. Integrating stages of change theory, motivational enhancement, and cognitive-behavioral therapy, the intervention aims to help teens reduce and ultimately eliminate their substance use.

In addition, DMH has added a component for site visit monitoring to collect information on the number of evidence-based practices and best practices being utilized by DMH Certified Providers.

Over the last five years, DMH has provided funding and/or support to community providers to offer specific evidence-based practices. These programs would not be possible without the funding provided by the Mississippi Legislature and/or federal grants. Community Mental Health Centers have expanded service provision to support these programs in order to help people receive services and remain in their communities as they embrace their recovery.

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- **Programs of Assertive Community Treatment**

Teams (PACT): Mississippi has eight PACT Teams operated by the following Community Mental Health Centers: Warren-Yazoo Behavioral Health, Life Help, Pine Belt Mental Health (operates two PACT - one on the Gulf Coast), Hinds Behavioral Health, Weems Community Mental Health Center, Life Core Health Group, and Timber Hills Mental Health Services. PACT is a person-centered, recovery-oriented, mental health service delivery model for facilitating community living, psychological rehabilitation and recovery for persons who have the most severe and persistent mental illnesses and have not benefited from traditional outpatient services. In FY 16, there were 85 new admissions to PACT Teams in addition to the 164 already being served.

- **Wraparound Facilitation for Children:** In partnership with the Division of Medicaid, DMH has provided introductory training to approximately 500 mental health professionals over the past three years. In FY16, 2,960 children and youth were provided wraparound facilitation. In FY13, University of Southern Mississippi, School of Social Work was funded to develop an Institute for Wraparound Facilitation and Development. In FY16, 462 wraparound facilitators were trained.

- **Certified Peer Support Specialists (CPSS):** A CPSS is an individual or family member of an individual who has self-identified as having received or is presently receiving behavioral health services. A CPSS has successfully completed formal training recognized by DMH and is employed by a DMH Certified Provider. These individuals use their lived experiences in combination with skills training to support peers and/ or family members with similar

experiences. Mississippi began the CPSS program in 2012 and currently has more than 150 active CPSSs.

- **Permanent Supportive Housing:** In 2015, the Mississippi Home Corporation partnered with DMH to develop an integrated permanent supported housing project. This project ensures people with a serious mental illness who are housed as a result of permanent supportive housing have the opportunity to live in the most integrated settings in the community of their choice by providing an adequate array of community supports/services. This program began implementation in March 2016 and provided housing vouchers to 48 people in FY16.

- **Supported Employment for Individuals with Mental Illness:** In January 2015, DMH provided funding to develop four pilot sites to offer Supported Employment to 75 individuals with mental illness. The sites are in Regions 2, 7, 10 and 12. Supported Employment begins with the idea that every person with a serious mental illness is capable of working competitively in the community. In FY16, the Supported Employment Program assisted 108 individuals by helping them to become employed in the openly competitive job market.

- **Navigate:** This program is being piloted through a Coordinated Specialty Care team to assist individuals, 15-30 years of age, who have experienced their first episode of psychosis. This recovery-oriented approach bridges existing resources and eliminates gaps between child, adolescent, and adult mental health programs. In FY16, Life Help piloted the NAVIGATE program through the PACT Team. Gulf Coast Mental Health Center has also received a grant to begin implementation of the NAVIGATE program.