

• *Strategic Plan Highlights* •

DMH Hosts First Youth and Young Adult Certified Peer Support Specialist Training

FY 19 Fourth Quarter

Goal 1, Objective 1.6—Utilize peers and family members to provide varying supports to assist individuals in regaining control of their lives and their own recovery

DMH hosted several Certified Peer Support Specialist (CPSS) trainings in FY19, including the first training with the Youth and Young Adult modules developed in conjunction with NAMI Mississippi.

The first training with the Youth and Young Adult modules took place June 18-21, with 13 young people participating. A Youth/Young Adult Peer Support Specialist is a person between the ages of 18-26 with lived experience with a behavioral health or substance use diagnosis.

As Youth/Young Adult Peer Support Specialists, their core tasks include preparing and supporting other young people to fully participate in their own services and supports, linking them with other community resources and activities, and assisting young people during transitional periods, such as changing schools, moving, or starting a new job.

CPSSs are people who use their lived experiences with mental illness or addiction to listen and give hope and guidance toward others who are beginning their journeys of recovery. Someone becomes a CPSS when he or she has completed the training recognized by DMH and obtained employment with a DMH Certified Provider.

The Youth and Young Adult training is a 2.5-day block in the CPSS training that consists of several youth-specific modules developed in conjunction with NAMI. Of the 13 participants in the first training class this June, 10 were already certified in the adult module and came back to receive the additional designation and are certified as both Adult and Youth/Young Adult CPSSs. The other three were new and completed the entire four-day training to become certified as Youth/Young Adult CPSSs.

“This training through the Department of Mental Health has really opened my eyes more about how to help youth in more ways than I was helped,” said D’Kerio McGhee. “They have brought peer support to another level. I am glad to be a part of it.”

Sandra Parks, Director of the DMH Division of Children and Youth, said DMH appreciates NAMI and the System of Care programs across the state in leading and facilitating this initiative.

“This service will provide supports and resources young adults need in their transition to adulthood by collaborating with both child and adult serving agencies,” she said. “We are fortunate to have leaders across agencies in our state that support these efforts in improving the well-being of transition-aged youth.”



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DMH State Hospital Admissions Decrease by 10.6% in FY19

FY 19 Fourth Quarter

Goal 1, Objective 4 — Strengthen the state's crisis response system to maximize availability and accessibility of services

Funding DMH shifted from its institutional budgets to the Service Budget for mental health community services during FY19 has resulted in additional crisis stabilization beds around the state, an additional PACT Team, and additional staff at Community Mental Health Centers (CMHC) to help people access services.

DMH shifted the funding in order to increase access to community-based care throughout the state. The agency set a goal to reduce admissions to its four state hospitals by 10 % as a result of increased access to community services. In FY19, admissions to the hospitals dropped by 10.6% compared to the previous year.

DMH awarded Community Enhancement Grants to the CMHCs, who decided ways to best utilize the funds in order to serve their communities. Examples of these expanded services include:

Region 3 Lifecore Health Group

Region 3 opened a four-bed Crisis Stabilization Unit in October 2018 and hopes to expand it to eight beds this summer.

Region 4 Mental Health Services

Region 4 added a second PACT team in October 2018. From the time the team started providing services through May 2019, more than 30 addi-

tional people began receiving PACT services. PACT teams provide intensive services to people in their homes and communities.

Region 6 Life Help Mental Health Services

Region 6 added additional court liaisons to work with local Chancery Courts, law enforcement, and others to help reduce admissions to inpatient programs. The liaisons are also facilitating telehealth evaluations and educating families about intensive services options offered by Life Help.

Region 7 Community Counseling Services

Region 7 opened an eight-bed Crisis Stabilization Unit in early 2019, serving more than 40 people in the first three months.

Region 9 Hinds Behavioral Health Services

Region 9 opened a 12-bed Crisis Stabilization in April 2019.

Region 15 Warren-Yazoo Mental Health Services

Region 15 hired additional staff in both counties in its service area. The community enhancement funding also supported the services of a nurse practitioner and a psychiatrist in its service area.

