

Let's Talk Behavioral Health in Adams County

Board of Health Meeting
September 28, 2023



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This Evening's Roadmap

Define Behavioral Health

Key Strategies to Implementation and Alignment

Current State of Behavioral Health

Future State of Behavioral Health



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Define Behavioral Health



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Let's Talk Behavioral Health

Behavioral health includes mental health and behaviors that affect our overall well-being including mental illness, suicidality and substance use.

Mental health is a dynamic state of balance in our emotions and includes how we relate to others, handle stress and make choices.



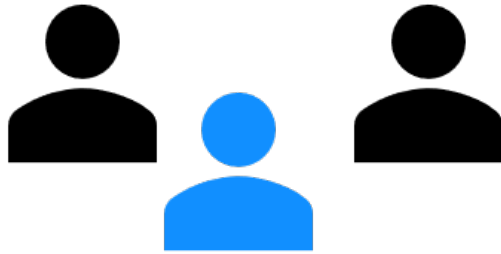
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Mental Health and Access to Services

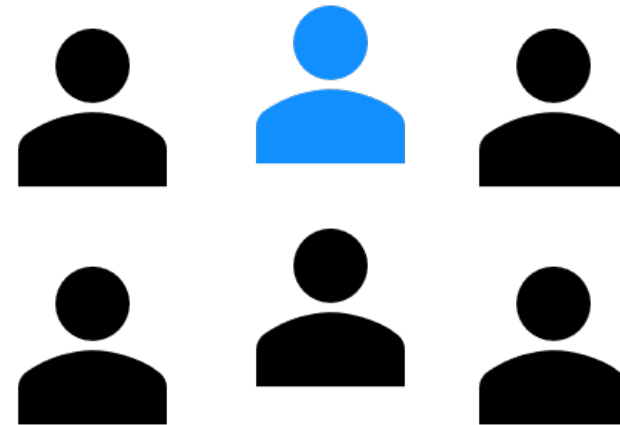
1 in 3

(37%) Adams County residents age 16+ reported a **decline in mental health** due to the COVID-19 pandemic (2021)



1 in 6

(15%) Adams County residents age 16+ reported they **did not get mental health care or counseling** when they needed it (2021)



Reasons reported for not getting care: availability of appointments, cost, appointment times conflict with work, insurance not accepted, concern about unfair treatment, transportation, childcare

Behavioral Health Data Sites

Mental Health in Adams County:

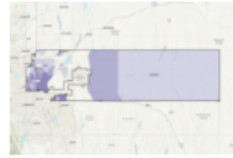
<https://mental-health-adcogov-health.hub.arcgis.com/>

Substance Use in Adams County:

<https://achd-substance-use-adcogov-health.hub.arcgis.com/>

Mental Health Data and Resource Web Maps

Data provides some insights on the health outcomes that need to be addressed to improve mental health and prevent suicide. The web maps below help to identify data and resources surrounding issues involving mental health.



Poor Mental Health and Depression in Adams County
Updated: March 2023



Colorado Mental Health Facilities
Updated: March 2023



Suicide Mortality in Adams County, 2016-2021
Updated: March 2023



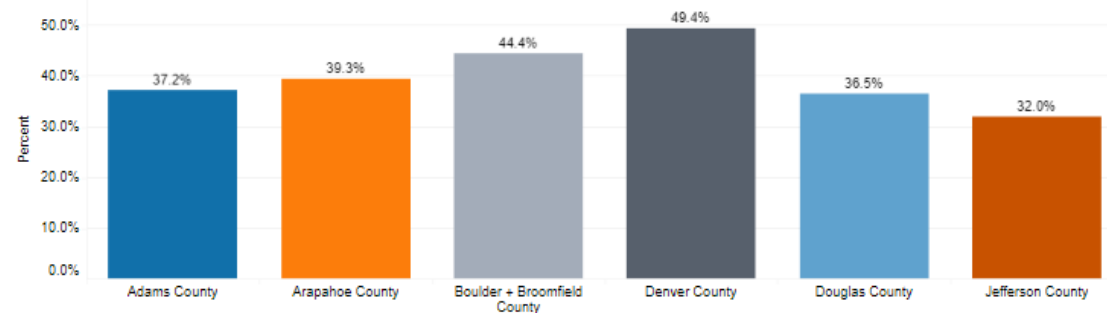
Substance Use Mortality in Adams County, 2016-2021
Updated: March 2023

Mental Health & Access to Care in Adams County

Sources: [Colorado Health Access Survey](#) and [Healthy Kids Colorado Survey](#).

As a result of COVID-19, 37% of Adams County residents reported a decline in mental health.

Experienced a decline in mental health, such as anxiety, depression, or loneliness, as a result of COVID-19 in 2021 (ages 5 and older)



Source: Colorado Health Access Survey, 2021

Behavioral Health Continuum

**Let's Talk
Behavioral
Health**

- **Mental Health Promotion**
- **Suicide Prevention**
- **Substance Use Prevention**



Guiding Principles for Behavioral Health

- ❖ Social and Institutional Equity
- ❖ Research-Based Approaches
- ❖ Community Driven Solutions
 - ❖ People with lived experience
- ❖ Multi-Sector Partnerships

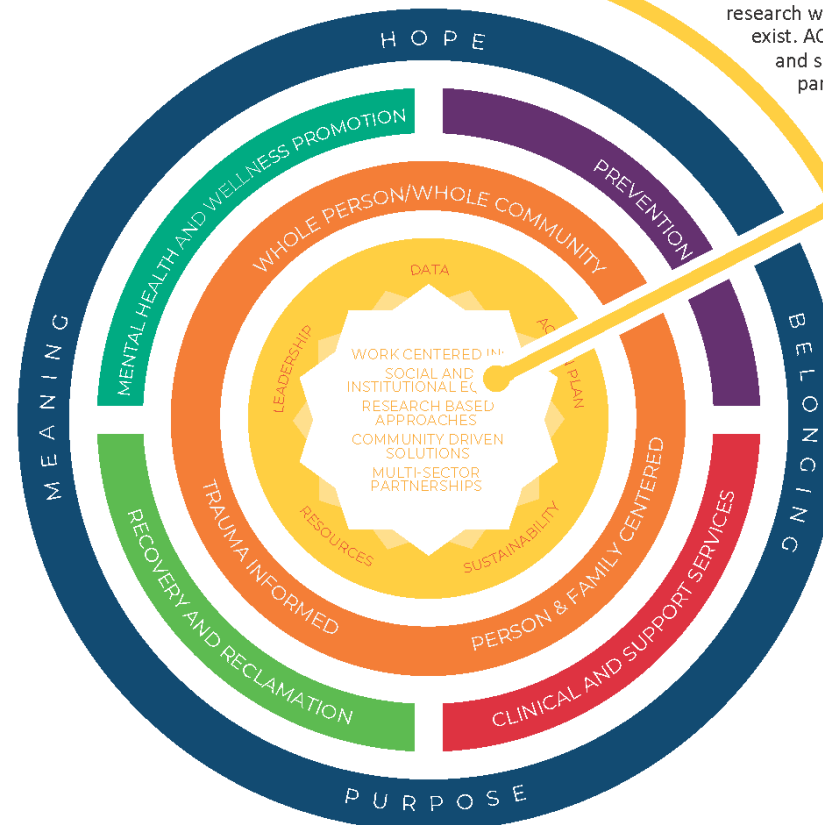
THE NORTH STAR

Social and Institutional Equity - ACHD and partners approach their work in mental health promotion and suicide prevention with an understanding that health disparities are rooted in institutional and social inequities: organizations, social norms, practices and policies that routinely advantage White, heterosexual, cisgender and Christian people. ACHD and partners include in their work approaches that address systemic inequities through interventions at the community and societal levels of the social ecology. They include in their development of strategies a reflection of their identities, power and privilege. They respectfully and meaningfully engage communities to inform strategies for mental health promotion and suicide prevention. They continuously evolve their understanding about social and institutional inequities and the specific role that discrimination plays as a determinant of poor mental health.

Research Based Approaches - ACHD and partners develop strategies that are informed by current research when there is not an evidence base and utilize evidence-based strategies when they exist. ACHD and partners strive to contribute what is known about mental health promotion and suicide prevention strategies through data collection and evaluation. ACHD and partners look to the research and experts to ensure strategies are culturally relevant.

Community Driven Solutions - ACHD and partners recognize the unique strengths and challenges of the communities served in Adams County. They seek to engage partners at the community level in the development of strategies that maximize the strengths and best meet the unique needs of the community.

Multi-Sector Partnerships - ACHD and partners address mental health promotion and suicide prevention along a continuum from the promotion of mental wellness, to the delivery of treatment supports for mental and substance use disorders, to recovery and reclamation of health. They recognize that this requires multi-sector partnership with mutually reinforcing activities, accountability and strong communication.



Key Strategies



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Key Strategies for Behavioral Health Implementation & Alignment

Rooting and Centering Ourselves in
Community Engagement and Health Equity

Collective Impact: Coalitions & Partnerships

- Backbone/Convener/Facilitator
- Participant
- Opportunities for internal and external alignment and collaboration
- People with lived experience

Data, Assessment and Evaluation

- Collection (quantitative and qualitative)
- Analysis
- Interpreting and telling a comprehensive story
- PMQI for projects and collective impact

Health Education and Communication

- Raising awareness and developing communication materials with community and not for community
- Community Initiated Care / Training
- Resources / Access to Care
- Stigma Reduction
- Trusted messengers' model

Prevention, Policy and Systems Change

- Addressing shared risk and protective factors through evidence and data-informed strategies
- *Health in all Policies
 - Organizational
 - Local, State & National



*Health in All Policies (HiAP) is a collaborative approach that integrates and articulates health considerations into policymaking across sectors to improve the health of all communities and people.



Current State



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How Public Health Can Help Support Behavioral Health?

We Heard From Community Partners!

Working Together

- **90% agree or strongly agree** Collective Impact is essential for desired outcomes
- **80% are interested** in joining a steering committee or action team
- **100% want to** stay in communication about these efforts

Data - 71.4%

Role of Convener/Connector - 71.4%

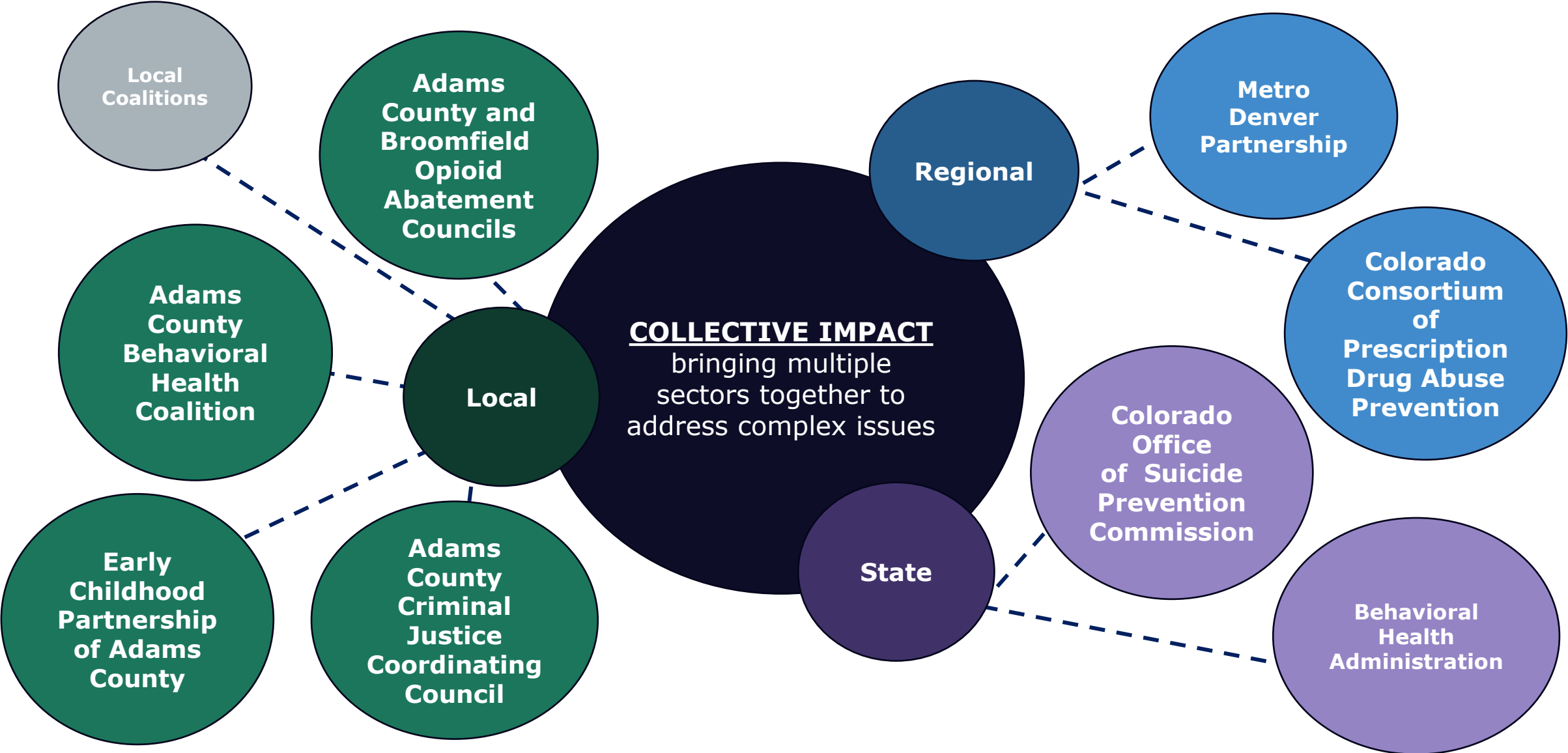
Information about research-based and evidence-based practices - 57.1%

Advocacy – 57.1%

"I think that if we are all on the same page both with common agenda, as well as what we're trying to accomplish, I think as a variety of community organizations, we will be much more successful at getting there."

-Adams County participant

Behavioral Health Collective Impact Ecosystem



Supporting Coalitions and Strengthening Partnerships

American Rescue Plan Act (ARPA)

Adams County Health Department ARPA Funded Projects

"Start Here"

Aug – Dec 2023

*Behavioral Health Services and Supports Assessment and Analysis

- ❖ Identify barriers to services and supports
- ❖ Offer recommendations to improve availability, access and acceptability of the services continuum

Jul 2023 – Dec 2026

*Behavioral Health Primary Prevention

- ❖ Strengthening Families Partnership
- ❖ Stigma Reduction
 - ❖ Campaign dissemination
 - ❖ Ambassador Model
 - ❖ Workplace Policy
- ❖ Training
 - ❖ Mental Health First Aid
 - ❖ Question, Persuade, Refer
 - ❖ Sector and Topic Specific

Aug 2023 – Dec 2026

*Co-Responder Program(s) Response

- ❖ Community of Practice
- ❖ Community Grants distributed and informed by Behavioral Health Services and Supports Assessment

Jan 2024 – Dec 2026

*Behavioral Health Services and Supports Response

- ❖ Community Grants distributed and informed by Behavioral Health Services and Supports Assessment

"End Here"

*These projects will include evaluation and sustainability planning to ensure outcomes are sustained beyond the funding period

Criteria for ARPA Program(s)



*These projects will include evaluation and sustainability planning to ensure outcomes are sustained beyond the funding period

Behavioral Health Assessment (Aug – Dec 2023)

Purpose:

Adams County residents are lacking access to direct services and supports responsive to people disproportionately impacted by behavioral health conditions. The assessment will include a qualitative approach to data collection to ensure ***populations of focus** and their stories are elevated to identify barriers to services and supports and offer recommendations to improve availability, access, and acceptability of the services continuum to people in Adams County.

*Focus on populations in Adams County (i.e., demographic groups, communities, or geographic areas) who are at higher risk for – or experience – behavioral health challenges and/or outcomes.

Populations of Focus

- **Individuals and family members with lived experience with behavioral health disorders, including but not limited to**
 - People with lived experience with behavioral health services and supports
 - People with serious mental illness
 - People with substance use disorder
 - People with complex behavioral health needs (adults and children)
 - People with intellectual and developmental disabilities
 - People with traumatic brain injury
 - People with forensic mental health status

- **Populations with less or less-frequently recognized power** (i.e., those without “legitimate” or “coercive” social power, as discussed by French and Raven, 1959, as used by Dr. Nita Mosby Tyler. See [this document](#) for brief background)

- **Geographically isolated or higher-need communities**
 - Social Vulnerability Index (SVI), CDC
 - Commerce City
 - Federal Heights
 - Aurora (collaboration with Arapahoe County Public Health)
 - Unincorporated Adams County (not covered by a municipality)
 - Rural Adams County

*Focus on populations in Adams County (i.e., demographic groups, communities, or geographic areas) who are at higher risk for – or experience – behavioral health challenges and/or outcomes.

Behavioral Health Assessment cont'd (Aug – Dec 2023)

Progress:

- ✓ Selected Colorado Health Institute / The Steadman Group to conduct assessment
- ✓ Project Timeline: October – December 2023
- ✓ Status Reports will be used to update project stakeholders

Behavioral Health Prevention (July 2023 – Dec 2026)

Purpose: Adams County will increase community capacity to promote protective factors and prevent risk factors, recognize early signs of mental health distress, reduce mental health stigma, and respond compassionately and equitably to mental health needs.

~\$1 million
to ECPAC

~\$150,000
to External Evaluation
Contract

~\$1.2 million
to CBOs for stigma
reduction and training
of community
members

- ❖ **Promote Protective Factors: *Strengthening Families Partnership*** project will promote the five protective factors for parents and caregivers and build out the Adams County Resource and Referral Hub to connect families to support in times of need, as advised by the Family and Caregiver Advisory Council.
- ❖ **Reduce Stigma: *Community-based organizations (Ambassadors)*** will utilize evidence-based messaging (such as Let's Talk Colorado) to shift knowledge and attitudes to reduce stigma associated with mental health and integrate messaging into programming.
- ❖ **Increase Capacity through Training: *Community Initiated Care Model*** empowers non-specialized, trained healthcare workers, and "lay" members of the community to respond to mental health and substance use challenges and take helpful action in the moment.

*These projects will include evaluation and sustainability planning to ensure outcomes are sustained beyond the funding period

Behavioral Health Prevention (cont.)

Progress:

❖ Promote Protective Factors:

- ✓ The Early Childhood Partnership of Adams County (ECPAC) is contracted (start date 7/1/2023) to implement the Strengthening Families Project.
- ✓ An RFP for an external evaluator closed 9/22 and ACHD will start the process of evaluation and selection of the vendor (anticipated contract starting end of October).

❖ Reduce Stigma:

- ✓ Adams County contributed ARPA funding to the [Metro-Denver Partnership for Health Mental Health Ambassador Program](#) to support Adams County CBOs. Expansion of the Ambassadors Program is in planning phase for 2024.
- ✓ ACHD supported ~17 community events with behavioral health messaging and resources (examples: Adams PRIDE)
- ✓ ACHD engaged elected officials and community in Mental Health Promotion and Suicide Prevention activities
 - ✓ *BOCC Suicide Prevention Proclamation*
 - ✓ *Creating Hope Through Action Mental Health Community Event*: In partnership with Anythink Libraries, Community Uplift Partnership and the Adams County District Attorney's Office
 - ✓ Brief mental health promotion and crisis response training was provided during this event

❖ Increase Capacity through Training:

- ✓ ACHD provided the first Mental Health First Aid training for ACHD staff on September 15, 2023, and one for the District Attorney's staff on September 28, 2023. Additional trainings will be offered in October for ACHD and Adams County staff.

*These projects will include evaluation and sustainability planning to ensure outcomes are sustained beyond the funding period

Co-Responder Program(s) Response (Aug 2023 – Dec 2026)

Purpose:

Multiple co-responder models exist, and the number of programs has grown over the past two years, funded through varying sources, yet service gaps remain in Adams County. ACHD will convene a Community of Practice for all Adams County co-responder programs to share best practices, lessons learned and standard evaluation tools to inform sustainability. Co-Responder Response Funds will be issued through Community Grants to fill service gaps, informed by the Behavioral Health Assessment.

Budget: \$1.9 million

Co-Responder Program(s) Response (Aug 2023 – Dec 2026)

Progress:

- ✓ First Co-Responder Community of Practice meeting convened in August
- ✓ The Co-Responder Program will be assessed first in the Behavioral Health Services Assessment, with the report available by November 2023.

Behavioral Health Services and Supports Response (Jan 2024 – Dec 2026)

Purpose:

ARPA Behavioral Health Services Response Funds will be issued through Community Grants which will be directed toward gaps appropriately addressed through the time-limited nature of ARPA funds and in consideration of other available funding sources.

Budget: \$3 million

Future State



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The Road Ahead

2023

- Continue building infrastructure and onboarding staff to BH Program
- Build ARPA Community Grantmaking process(es)
- Establish Internal Behavioral Task Force
- Apply for Prevention Opioid Settlement Grant funds that integrates all levels of Substance Use Prevention
- Exploring technologies/platforms (ex: Behavioral Health 360)

2024

- Behavioral Health Coalition structure and work plan adopted
- Monitor and inform state and regional changes to Behavioral Healthcare System based on local implications
- Ongoing support of Criminal Justice Coordination Council Behavioral Health Workgroup
- Metro Denver Partnership for Health/Adams expansion of MH Ambassadors Program
- Implement Workforce/Employer Behavioral Health Strategy for Adams County and beyond

2025
+

- Implementation, Sustainability and Evaluation of ARPA
- Collective Impact ecosystem evolution

"We will not focus on the destination; we will focus on the journey of collective impact with community."

Thank you!

Comments

Feedback

Questions



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