

NAMI California-A Part of the Solution

California Association of Public Hospitals and Health Systems

Safety Net Institute Conference

December 8, 2016

Our Mission

NAMI California is a grass roots organization of families and individuals whose lives have been affected by serious mental illness. We advocate for lives of quality and respect, without discrimination and stigma, for all our constituents. We provide leadership in advocacy, legislation, policy development, education and support throughout California.

WHO WE ARE...



- ▶ We have 62 Local Affiliates
- ▶ We represent over 19,000 Families and Individuals living with Mental Illness



WHY WE FIGHT...

- ▶ Ending Stigma & Discrimination
- ▶ We Believe Recovery is Possible
 - ▶ Intervention to assist with wellness and recovery
- ▶ Stop the Revolving Door
- ▶ Integration of Physical Health & Mental Health

Stigma

If physical diseases were treated like mental illness...



There is
HOPE

RECOVERY
is possible

Four Dimensions of Recovery

Four major dimensions support a life in recovery:



HOW DO WE DO WHAT WE DO?

NAMI California Programs

FAMILY	PEER	PROVIDER	EDUCATION	STIGMA REDUCTION
Family-to-Family	Peer-to-Peer	Provider Education	NAMI on Campus	In Our Own Voice
Family Support Groups	Peer Support Groups	Friends in the Lobby	NAMI on Campus-High School	Ending the Silence
Basics	Mentors on Discharge	Provider Training	Parent and Teachers as Allies	Mental Health 101

WHY NAMI?

Importance of Peer Support

- ▶ Emphasizes Recovery
- ▶ Reduces Preventable Acute Hospitalization and Readmission
- ▶ Enhance social networks
- ▶ Engages patients; makes treatment more relevant through collaboration
- ▶ Activates patients; teaches coping & street smarts
- ▶ provide hope through role modeling
- ▶ Supplement existing treatment
- ▶ Increase access
- ▶ Provide system navigation to increase access

Best Practices...

Mentors on Discharge

- ▶ Patients are introduced to a trained Peer Mentor prior to discharge from the hospital. The intent of the program is to reduce re-hospitalizations
- ▶ **This program can be a strong Bridge from Hospital to Community**
- ▶ **RESULTS:**
 - ▶ Reduction in Hospitalization
 - ▶ High Return on Investment for Providers
 - ▶ Help Participants to be more cooperative with treatment plan
 - ▶ Helped Participant feel more hopeful about recovery

Best Practices

NAMI in the Lobby

- ▶ NAMI in the Lobby is a free information and support program where friendly NAMI volunteers are placed in the lobby of behavioral health units in hospitals in order to offer information and support to the family members and friends visiting a loved one receiving treatment.
- ▶ RESULTS
 - ▶ Connected over 4,000 patients families to services and supports
 - ▶ Offers program in English, Spanish, Vietnamese, Tagalog, and Arabic.
 - ▶ 91% satisfaction rating with program

Federal Policy Landscape

- ▶ Advancing MH reform legislation (S 2680 & HR 2646) – What might be part of a House-Senate agreement
 - ▶ Extends the Garrett Lee Smith Memorial Act suicide prevention services to all ages
 - ▶ Integration of Care—Supports training of primary care professions to provide mental health services and provides grants to integrate health and mental health care
 - ▶ Crisis Response—Authorizes grants for databases of crisis stabilization and psychiatric inpatient beds
 - ▶ Early Intervention—Codify the current FEP set aside for the MH Block Grant
 - ▶ National Mental Health Policy Laboratory
 - ▶ Interdepartmental Coordinating Committee on SMI
 - ▶ Identification of Model Training programs
 - ▶ Strengthen leadership at SAMHSA, new Chief Medical Officer

California Policy Landscape

	No Place Like Home	Crisis Response	Peer Support Specialist
Opportunities	Supportive Housing; Connection to community; part of discharge planning	Build a unique mental health safety net outside of criminal justice or ER	Personal experience in recovery and wellness, peer navigators, peer wellness
Challenges	County funded programs, long time to implement, not all will be served	Funding, capacity, implementation	Reimbursements from State and Federal, some union push back

WHAT NOW?

Opportunities

- ▶ Connect to Community
 - ▶ Contact NAMI California to connect to local NAMI
- ▶ Looking outside our own walls
 - ▶ Building a safety net of community resources



WHAT NOW?

Opportunities

- ▶ Reduce Hospitalization
 - ▶ Peer Providers programs
 - ▶ Peer-to-Peer
 - ▶ Peer Support Groups
 - ▶ Provider Training
 - ▶ Prevention and Early Intervention



WHAT NOW?

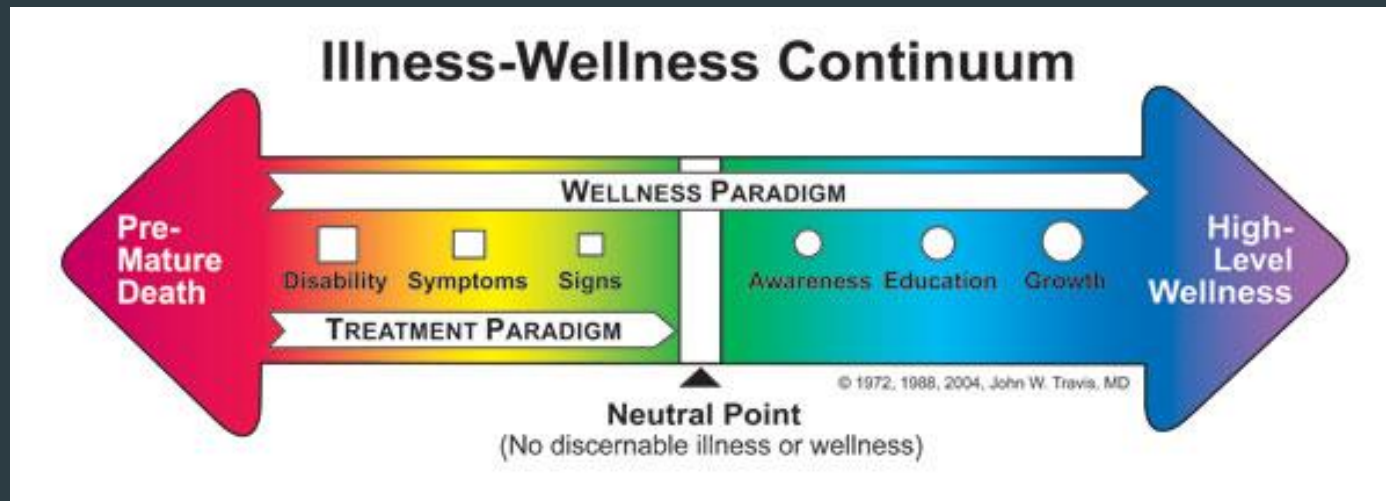
Opportunities

- ▶ Reduce Utilization
 - ▶ Crisis Intervention Training
 - ▶ Connecting to community
 - ▶ Statewide database of community services and supports
 - ▶ Discharge planning (including a team of supports: primary care doc, psychiatrist, family member, etc)
 - ▶ Provider Training
 - ▶ Stigma reduction



WHAT NOW? Opportunities

- ▶ Prevention and Early Intervention
 - ▶ Stigma Reduction Programs
 - ▶ Connecting with community supports early (at first ER visit/hospitalization)



WHAT NOW? Opportunities

- ▶ Family Support
 - ▶ Family-to-Family
 - ▶ Family Support Groups
 - ▶ Discharge Planning



Questions?



Contact

Jessica Cruz, MPA/HS

Executive Director

NAMI California

Jessica@namica.org

www.namica.org

916-567-0163