

# Together for Mental Health

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NAMI Forum  
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# Welcome to Together for Mental Health

A Missoula County Behavioral Health Update for NAMI Missoula



# Together for Mental Health

ABOUT  
— *ml*



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Missoula County Mental Health  
Coordinator  
CIT Program Advocacy Coordinator

# Together for Mental Health

## Missoula County Behavioral Health Update

Arrive at a shared understanding of:

- Social Determinants of Health
- Social Ecological Model
- Continuum of Care
- Equity and Justice

broadly,

and a shared understanding of:

- Missoula's Continuum of Behavioral Healthcare, specifically, including systems improvement efforts.





# Together for Mental Health

let's get rooted



# Together for Mental Health

to heal  
you have to  
get to the root  
of the wound  
and kiss it all the way up

rupi kaur



# Together for Mental Health

we do not rise to the level of our goals,  
we fall to the level of our systems

james clear



# Social Determinants of Health





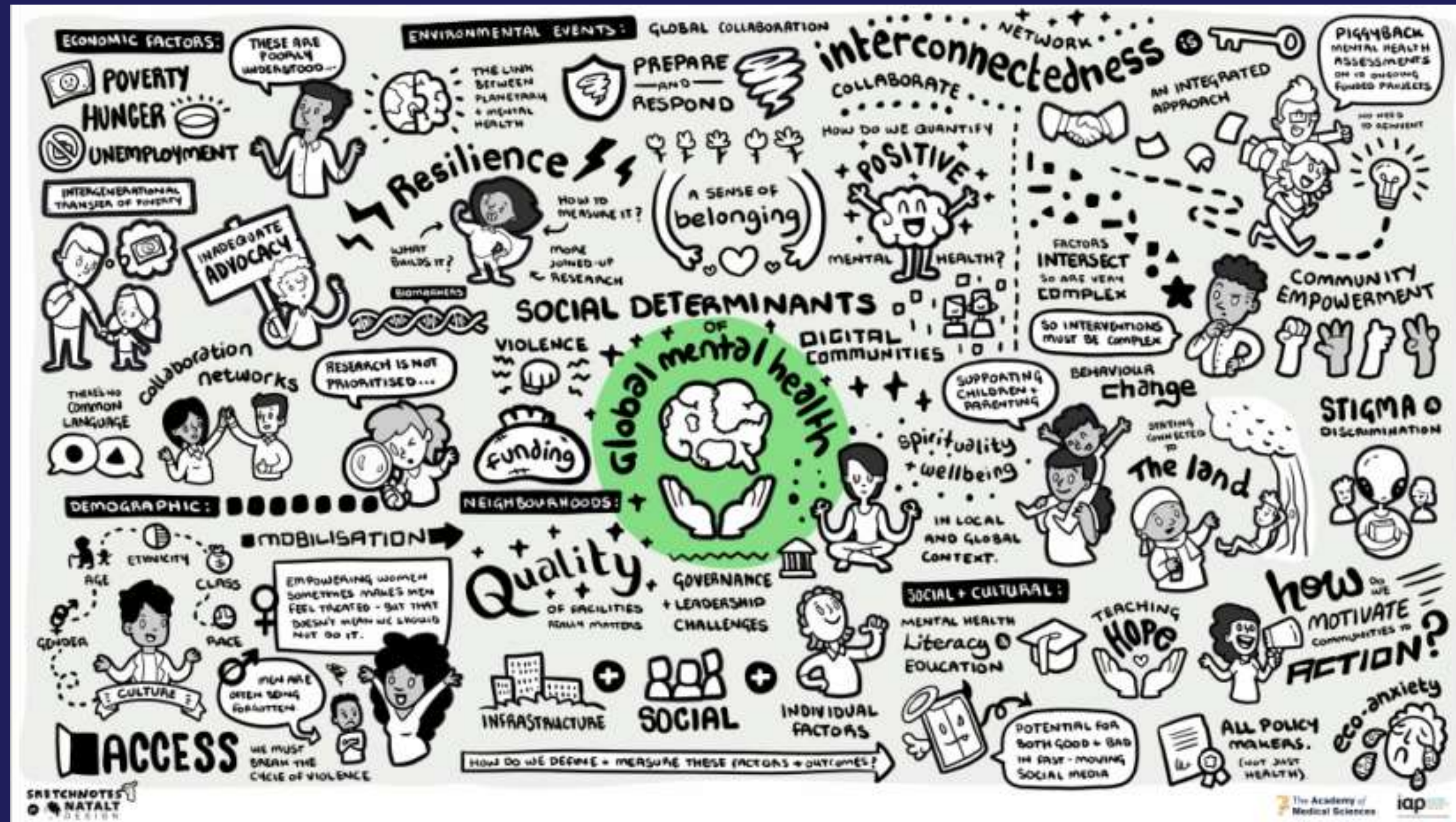
# Social Determinants of Health

The conditions in which people are born, live, work, play, pray, and gray.





# Social Determinants of Mental Health

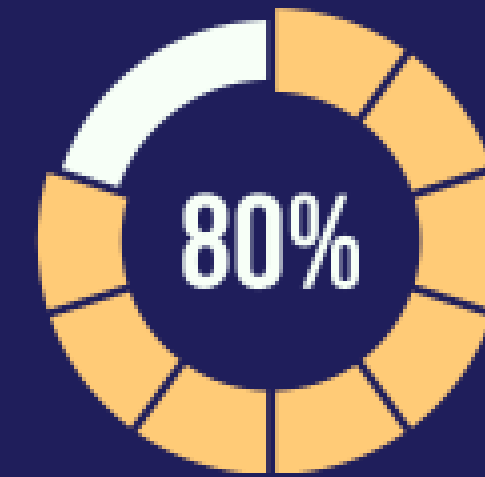
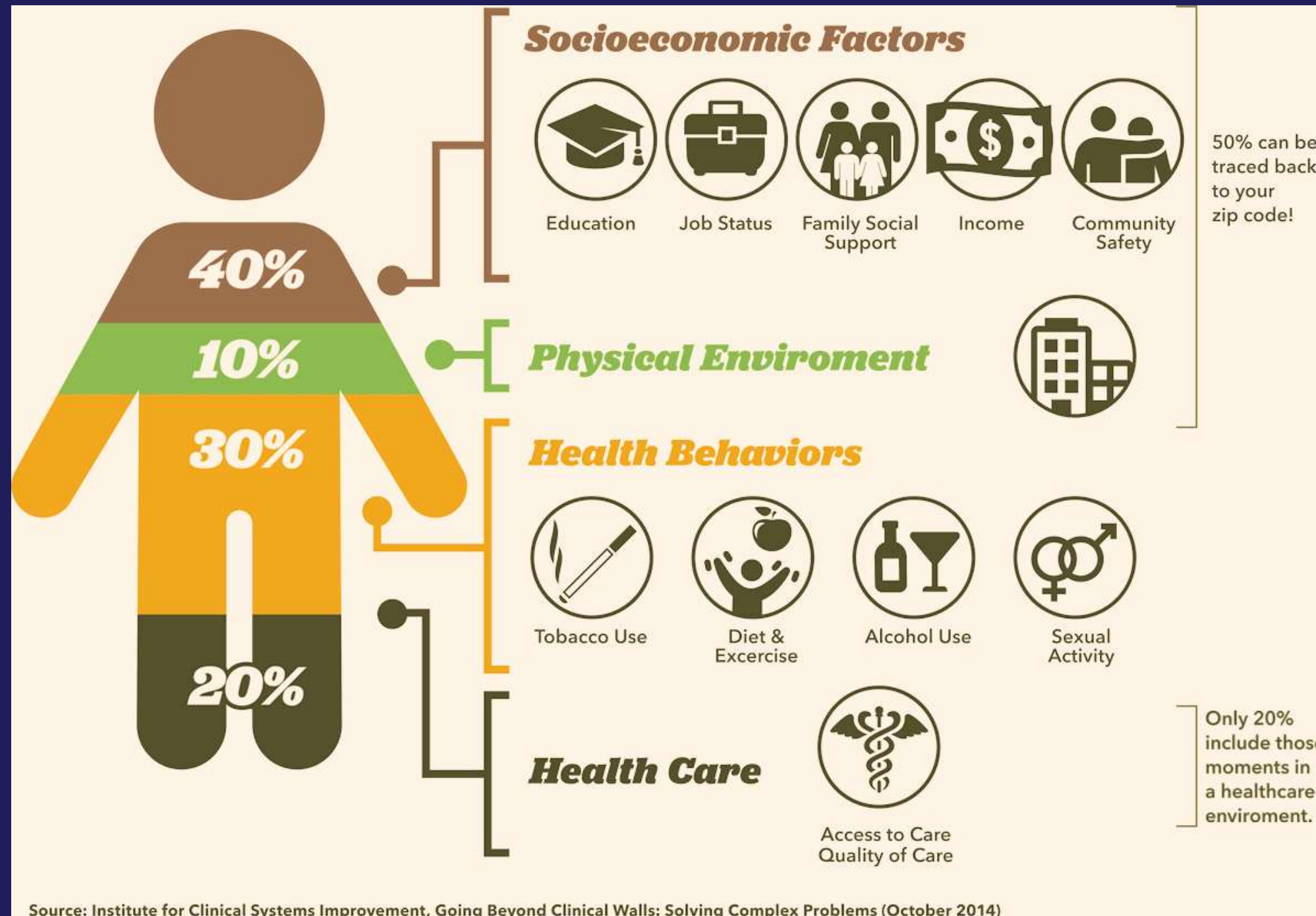


**The Social Determinants of Health directly correlate to health outcomes and quality of life.**

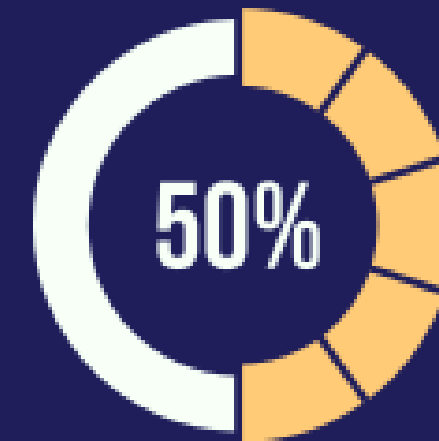




# Social Determinants of Health



80% of your health is determined by what happens outside of healthcare



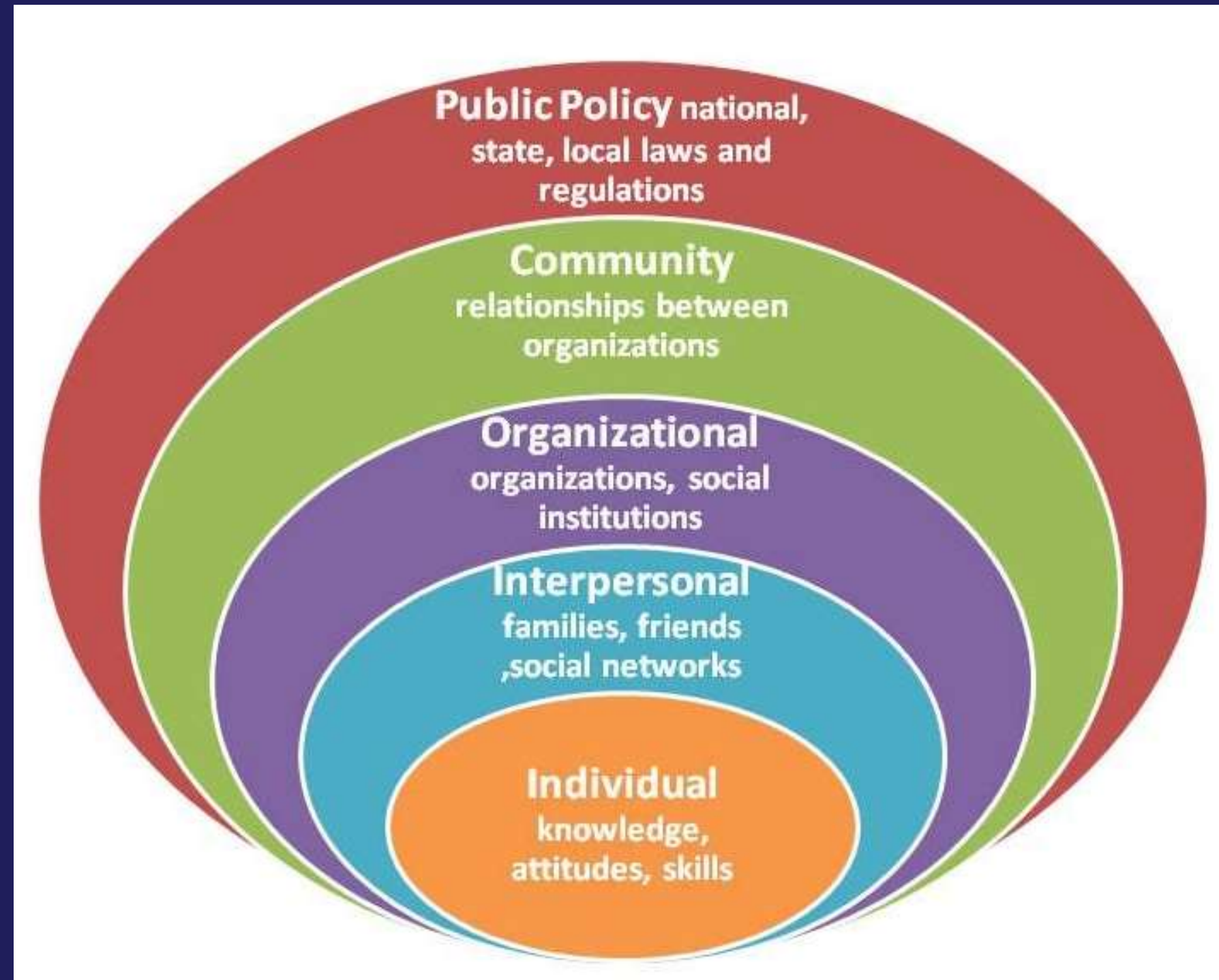
50% of your health is determined by your zipcode



**The SDOH are not arbitrarily distributed.**

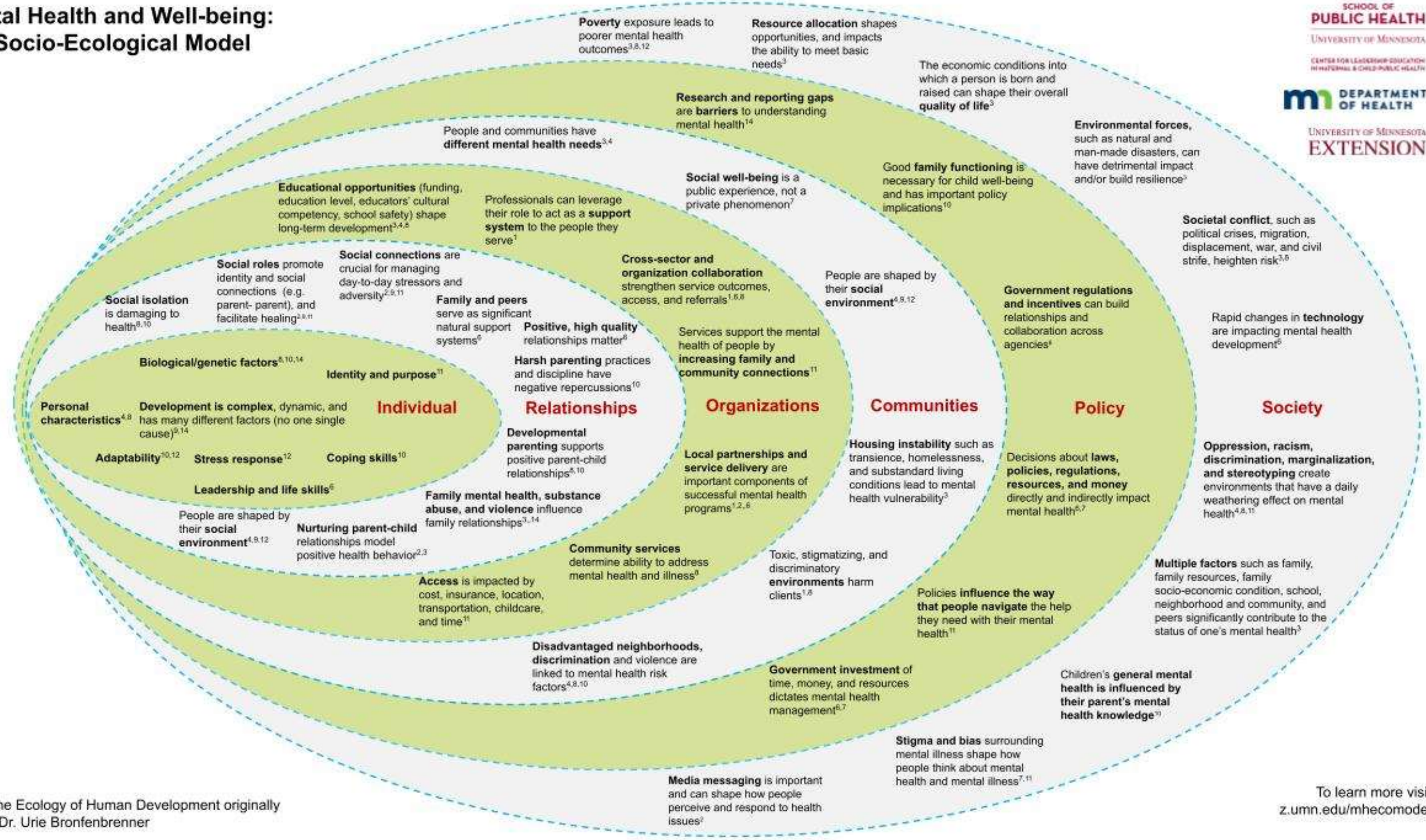


# Social Ecological Model





# Mental Health and Well-being: A Socio-Ecological Model



Based on the Ecology of Human Development originally created by Dr. Urie Bronfenbrenner

To learn more visit [z.umn.edu/mhecomodel](https://z.umn.edu/mhecomodel)

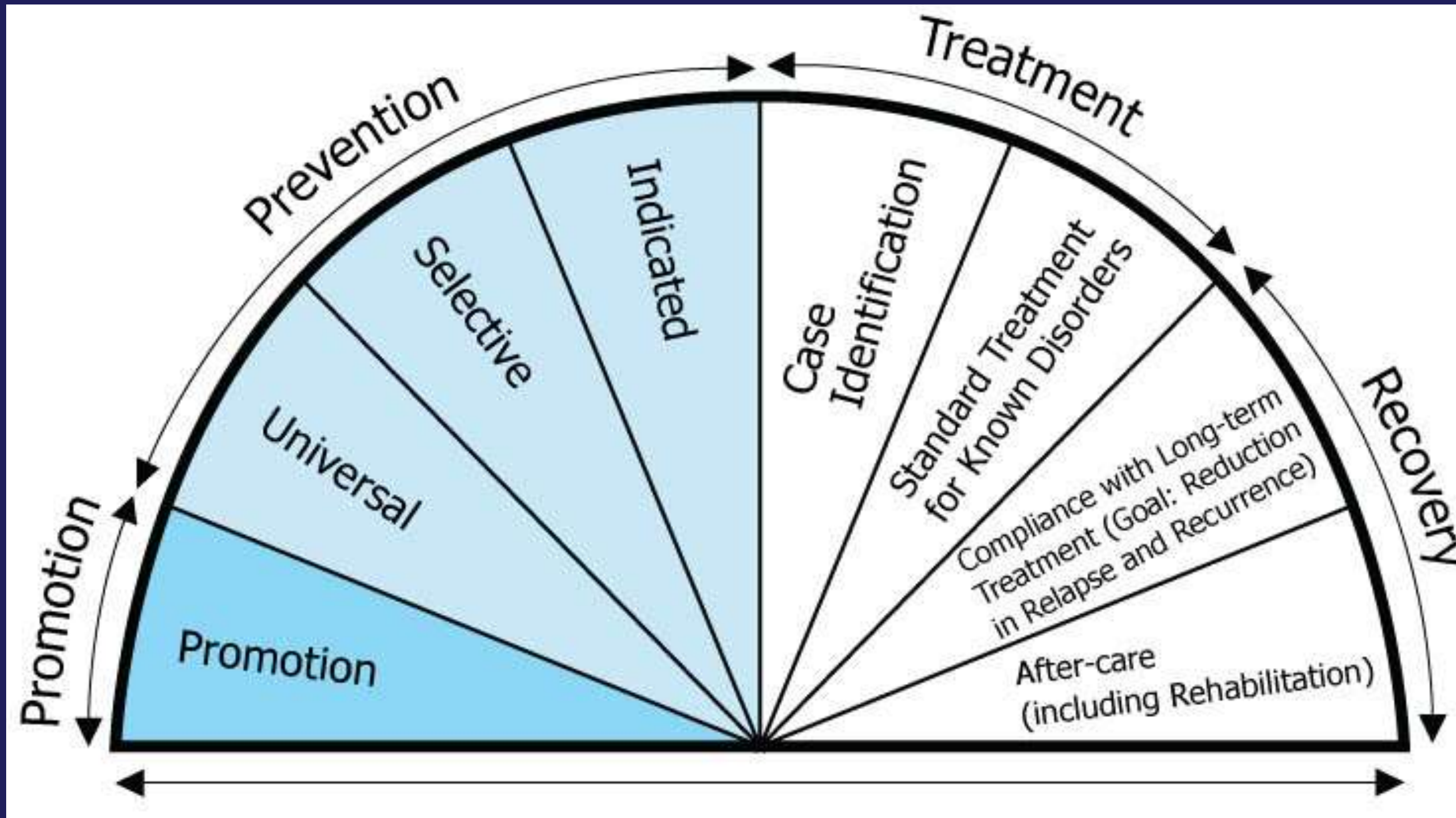


# Continuum of Care





# Continuum of Care



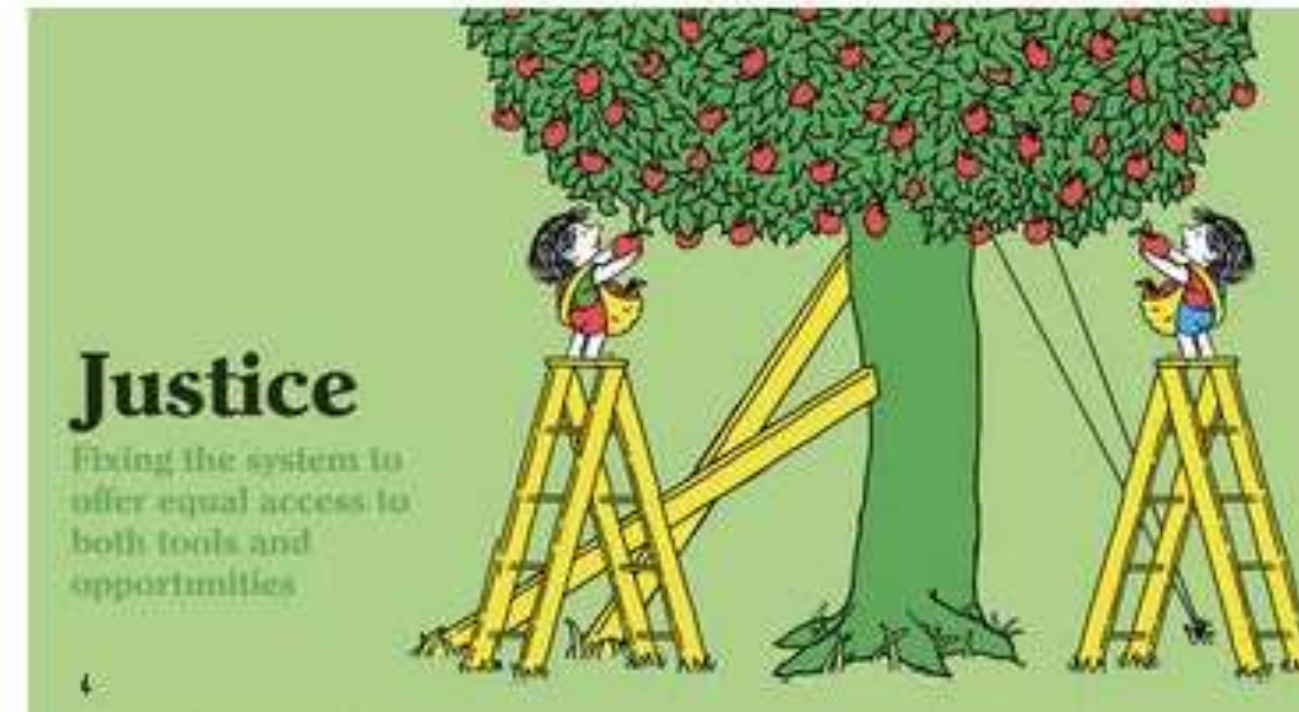
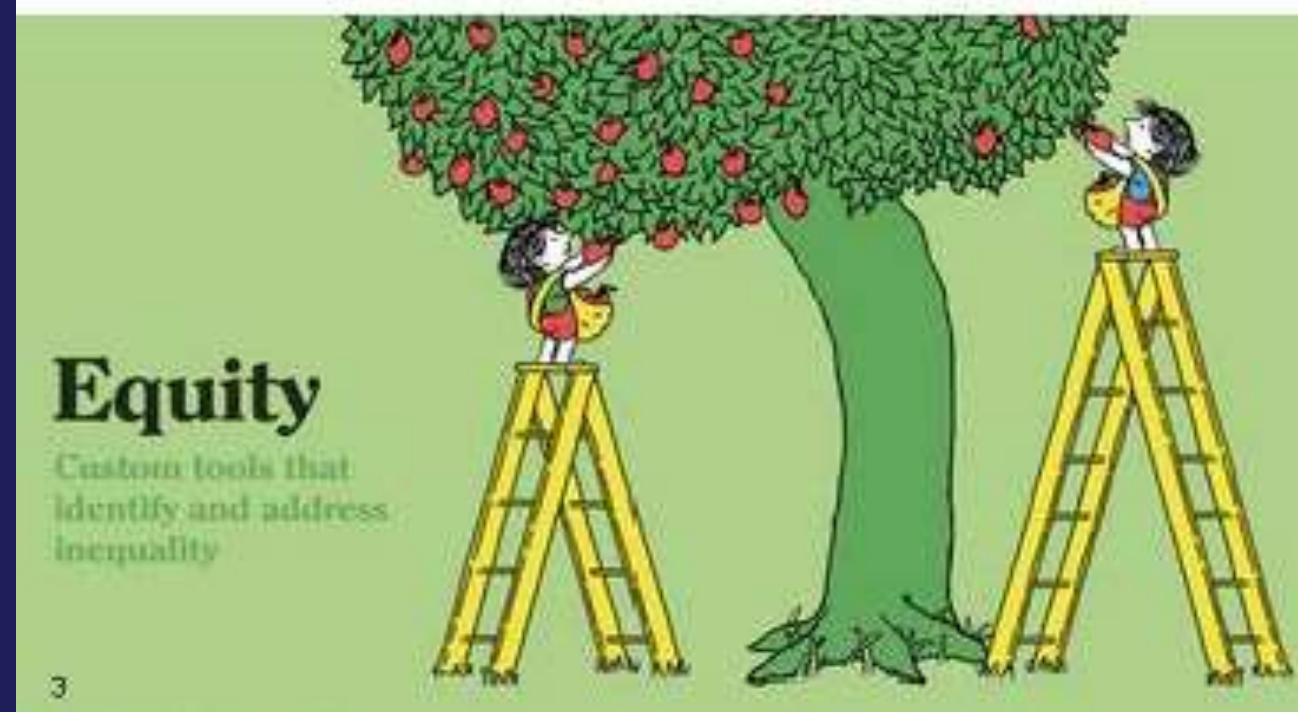
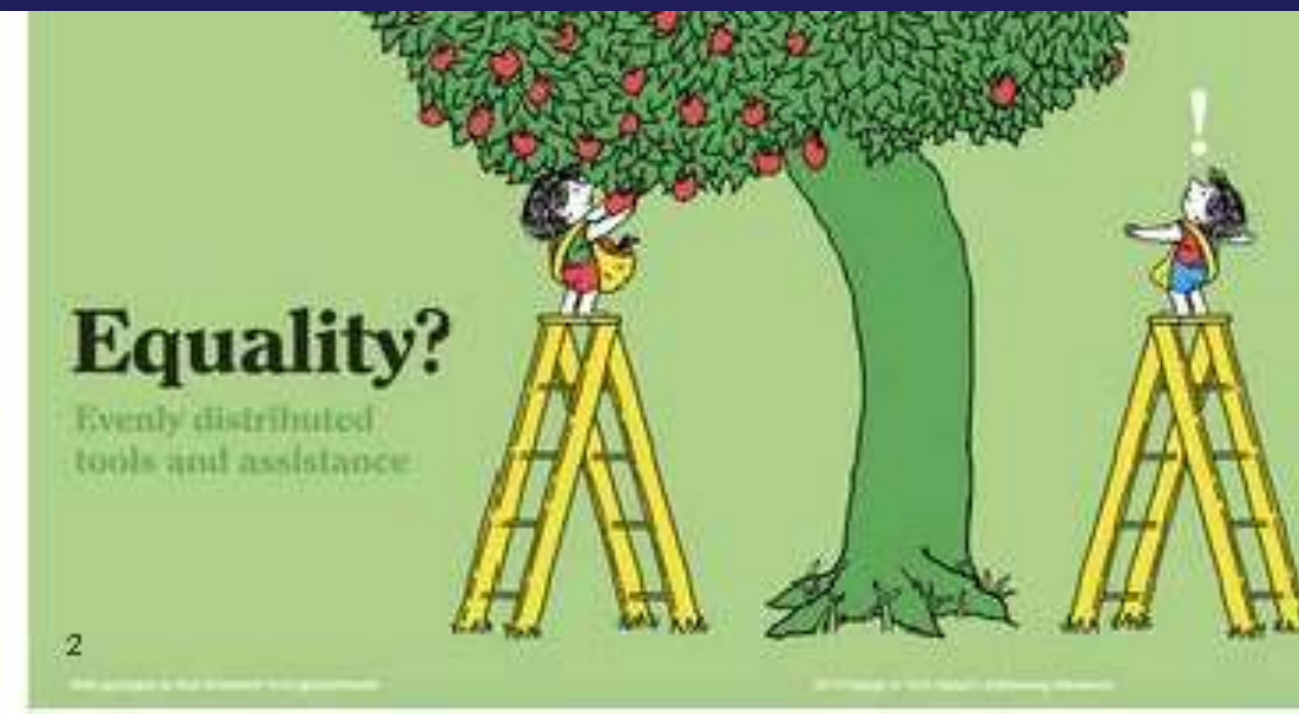
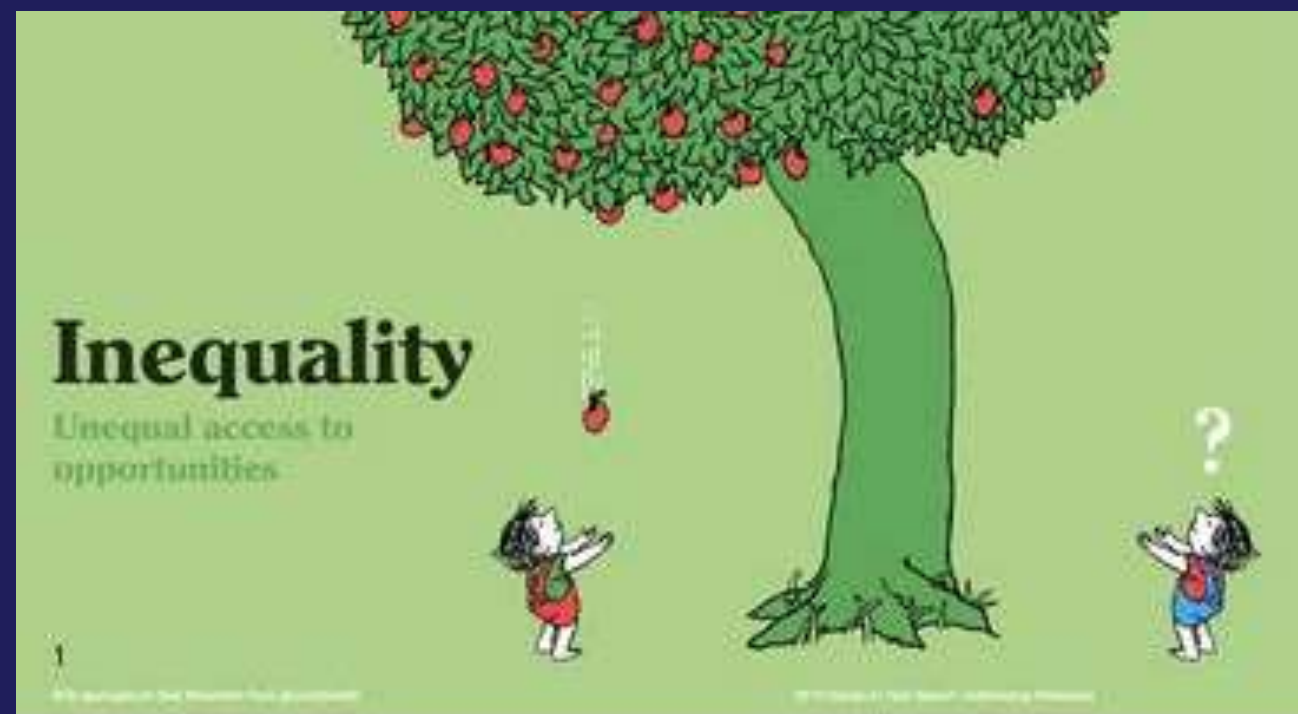
# Equity and Justice





# Systems Thinking

Equity requires action. Justice requires dismantling the system.



# Missoula County Behavioral Health System



**The appropriate service at the appropriate time in the appropriate manner.**

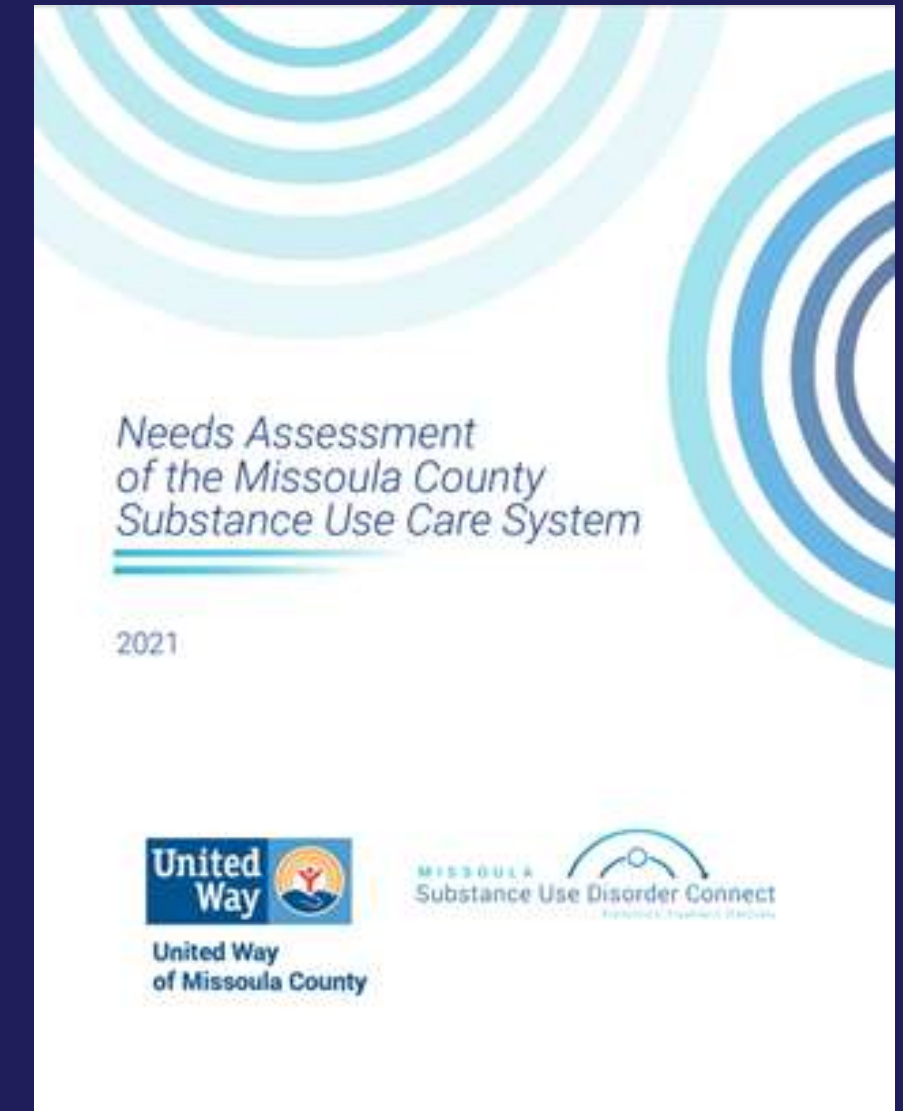
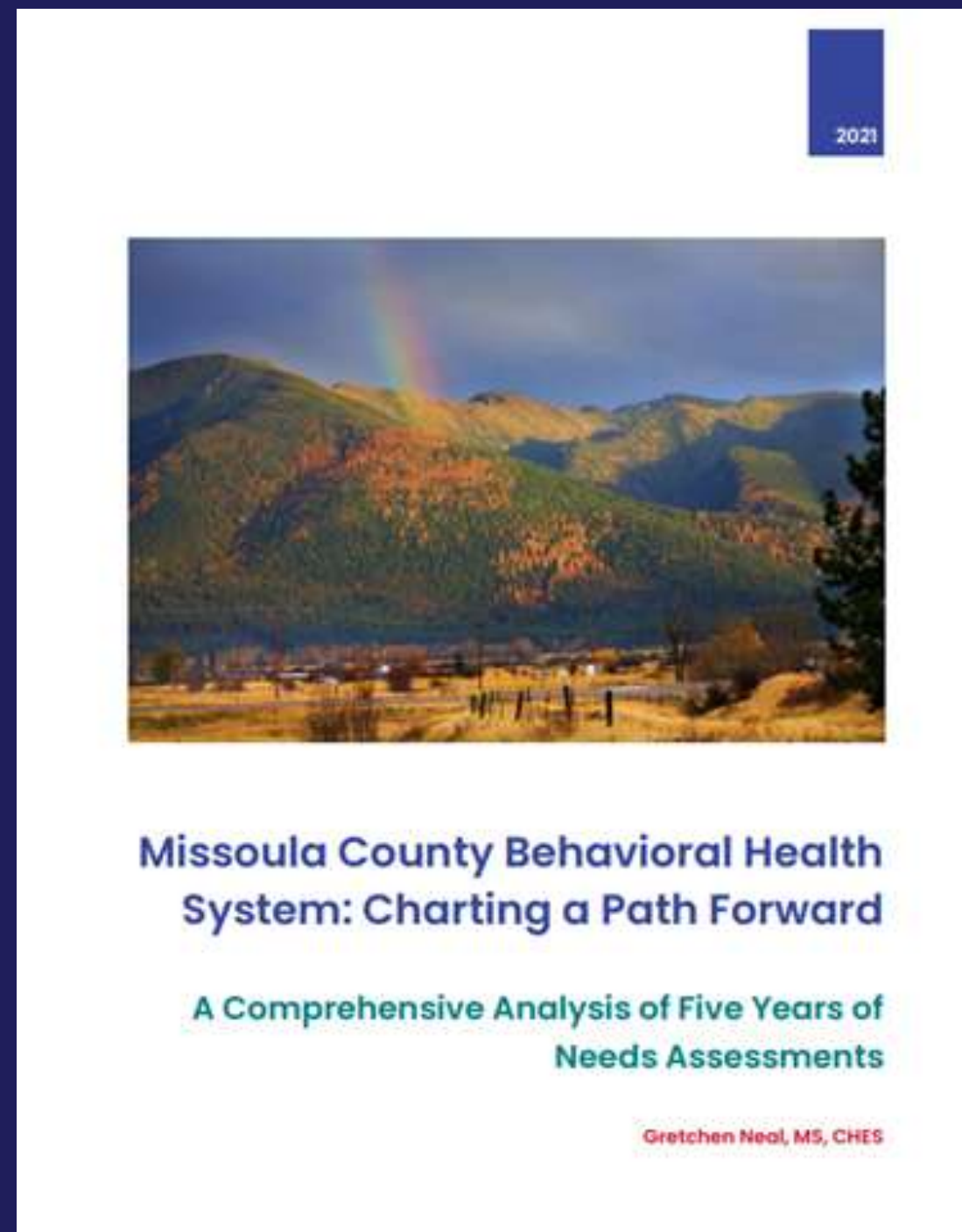
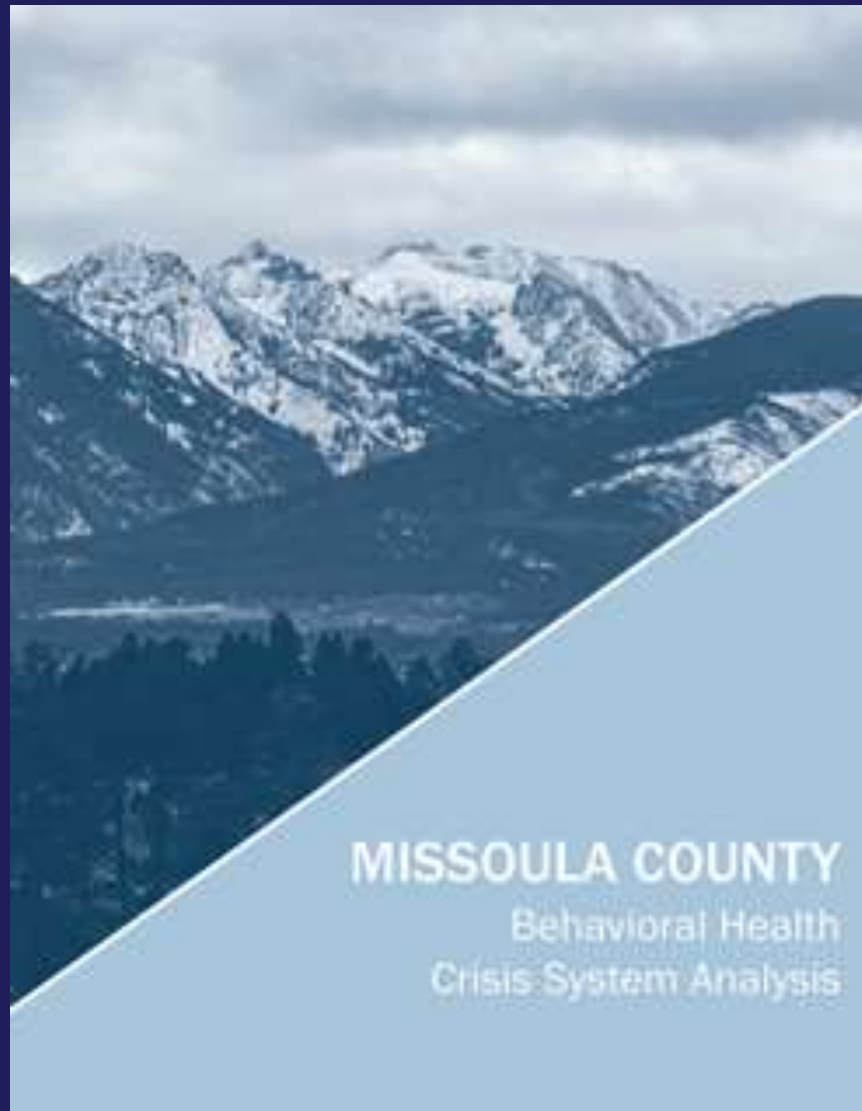


# Missoula County Behavioral Health System

- Research and Recommendations
- Continuum of Care
- Coordination
- Crisis Intervention
- New Initiatives



# Missoula County Behavioral Health System Research



# Missoula County Behavioral Health System

## Findings

- Need more **targeted upstream prevention** efforts
- The most significant system gaps are in **stabilization and treatment**
- **Alcohol misuse, depression, and anxiety** show up most often in EMS and hospital primary impressions
  - Alcohol accounts for nearly 94% of all primary EMS impressions
  - Alcohol is the most common primary substance identified in substance-related hospital visits, accounting for 77% of primary impressions.
- **EMS call volume for BH/MH is increasing**

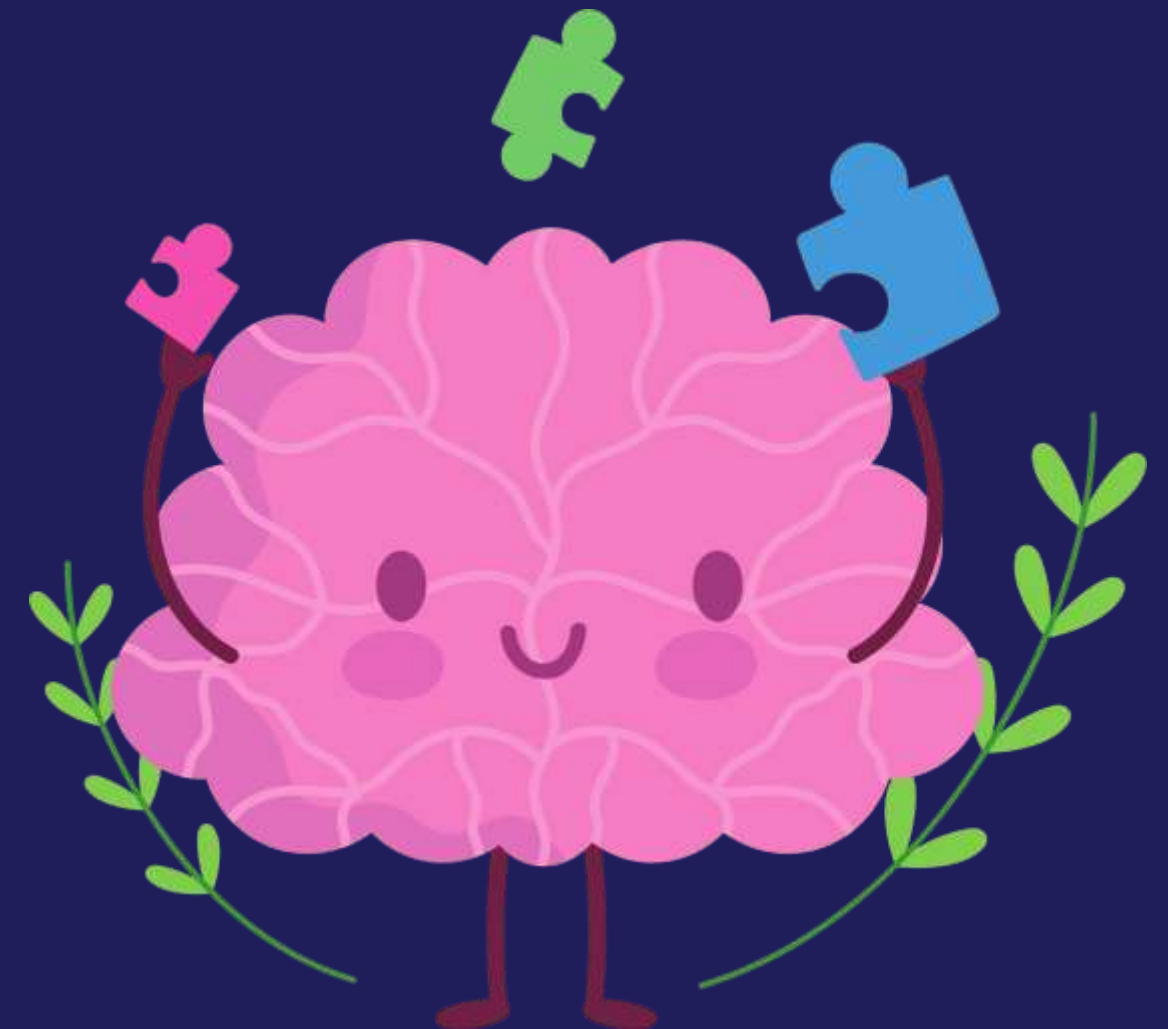




# Missoula County Behavioral Health System

## Recommendations

- Increase availability of **evidence-based Substance Use Disorder (SUD) treatment programs**
- Implement and/or expand **crisis stabilization, transition, treatment, and recovery services**
- Integrate and coordinate **data across systems**
- **Enhance patient experience** across the care continuum system
- Elevate **personal experiences** as data



# Missoula County System Improvements

## Recommended Approach

### Community Health

Explicitly focused on the intersection of a specific community's self-identified

- Needs
- Understanding of health
- Health priorities

and,

- The best methods for learning about a community's needs, health, and priorities

and,

- The best scientific evidence or promising practice for addressing those needs and priorities



# Missoula County System Improvements

## Recommended Approach

### Community Health

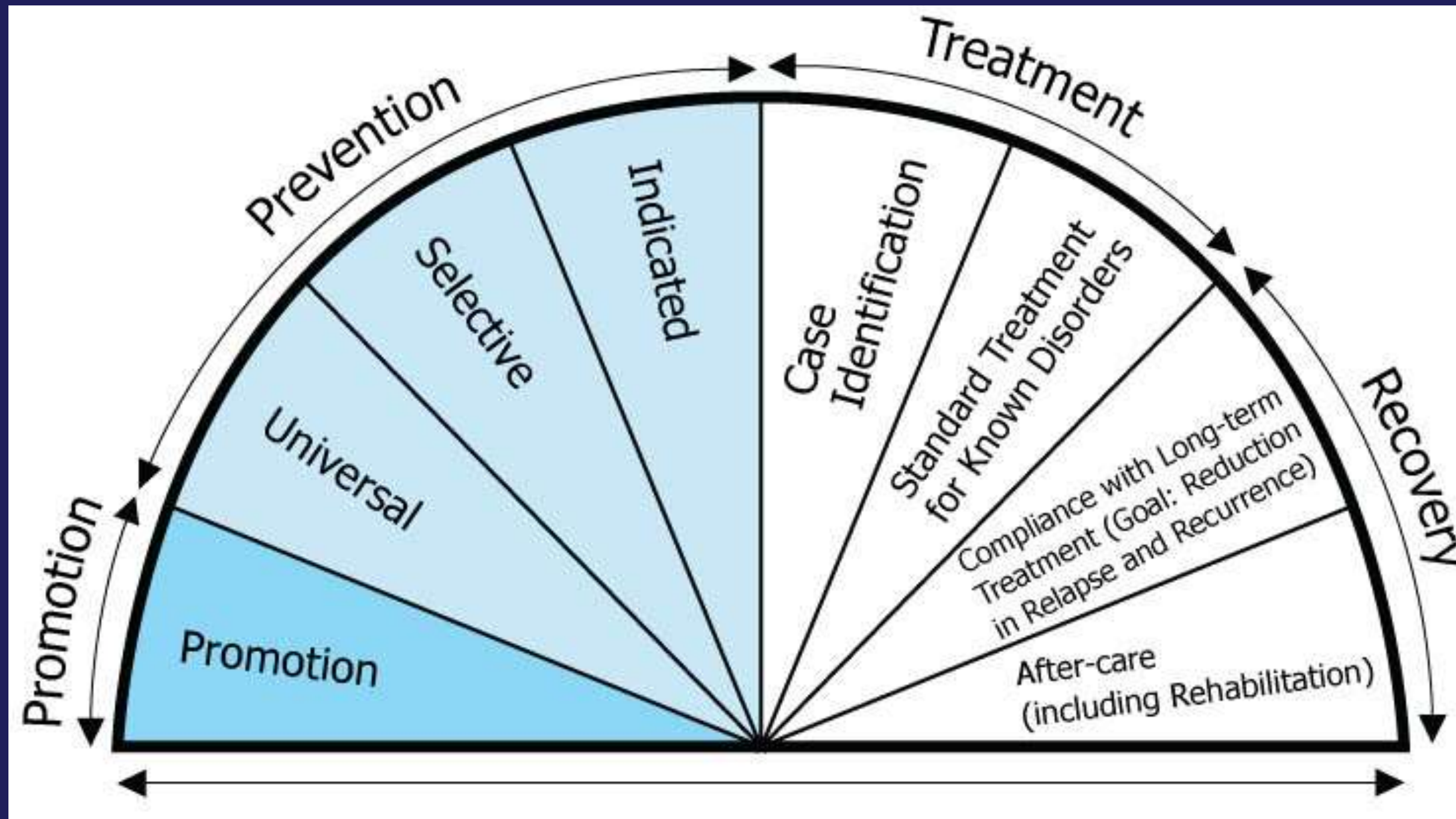
- People are experts in their own lives.
- Health is culturally defined.
- We have tools, skills, and resources to help empower communities in attaining their version of their best Health.





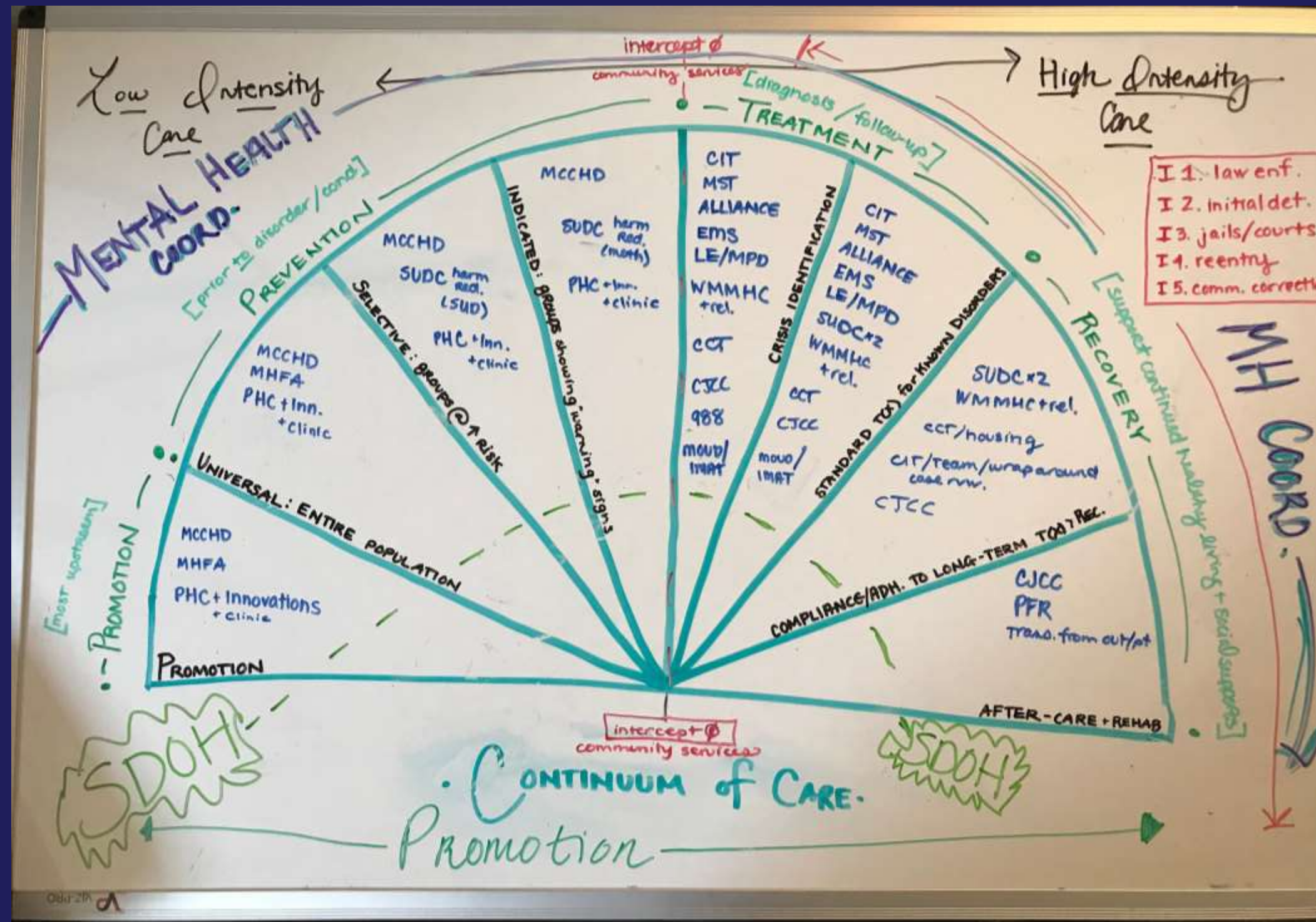
# Missoula County Behavioral Health System

## Continuum of Care



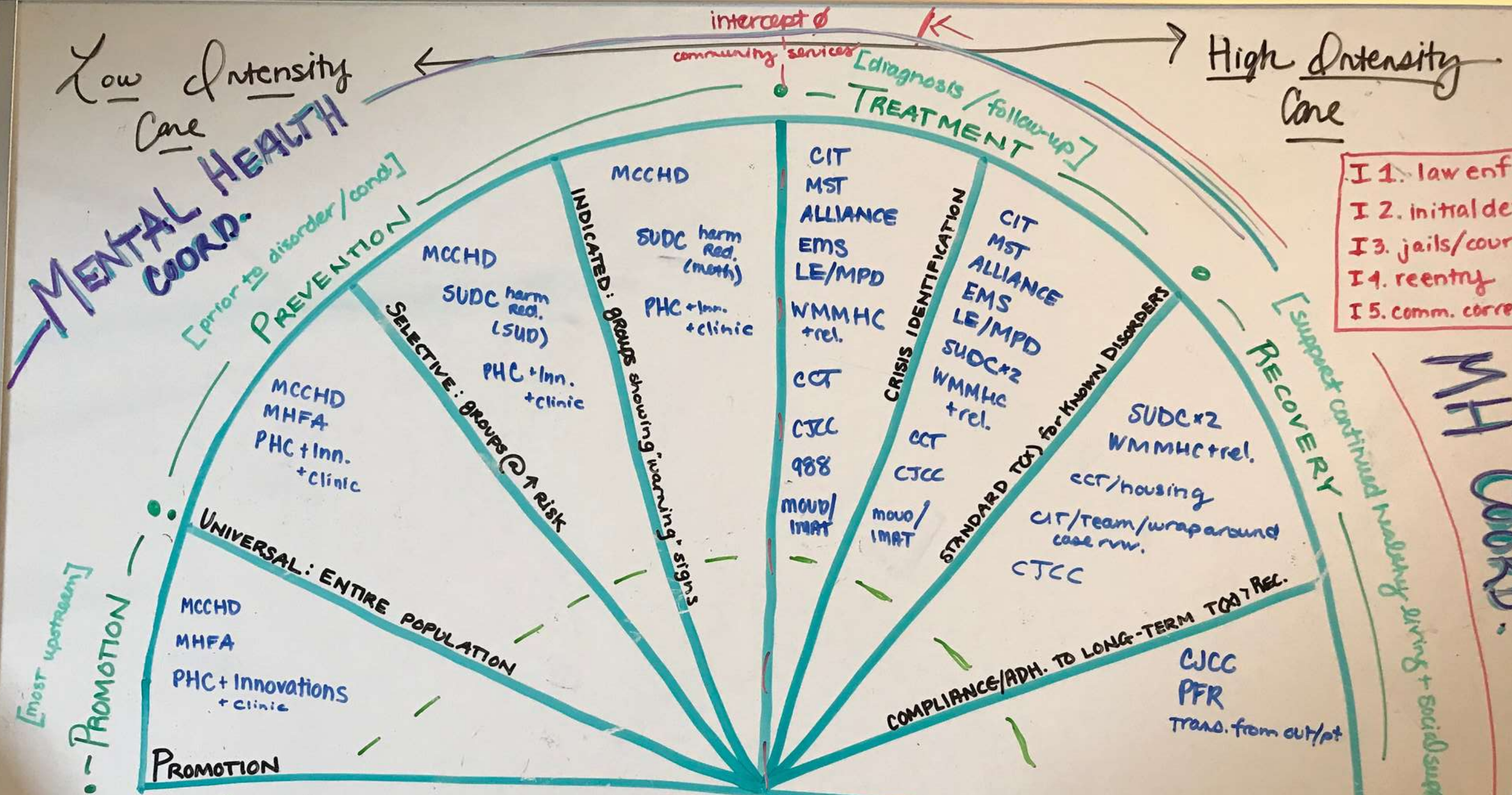


# Missoula County Behavioral Health System Coordination Across the Care Continuum



Doodle by Mary Parrish, DRAFT, not for distribution.





- I 1. law enf.
- I 2. initial det.
- I 3. jails/courts
- I 4. reentry
- I 5. comm. correction

**MH COORD.**

**SDOH**

**SDOH**

**CONTINUUM of CARE.**

Promotion

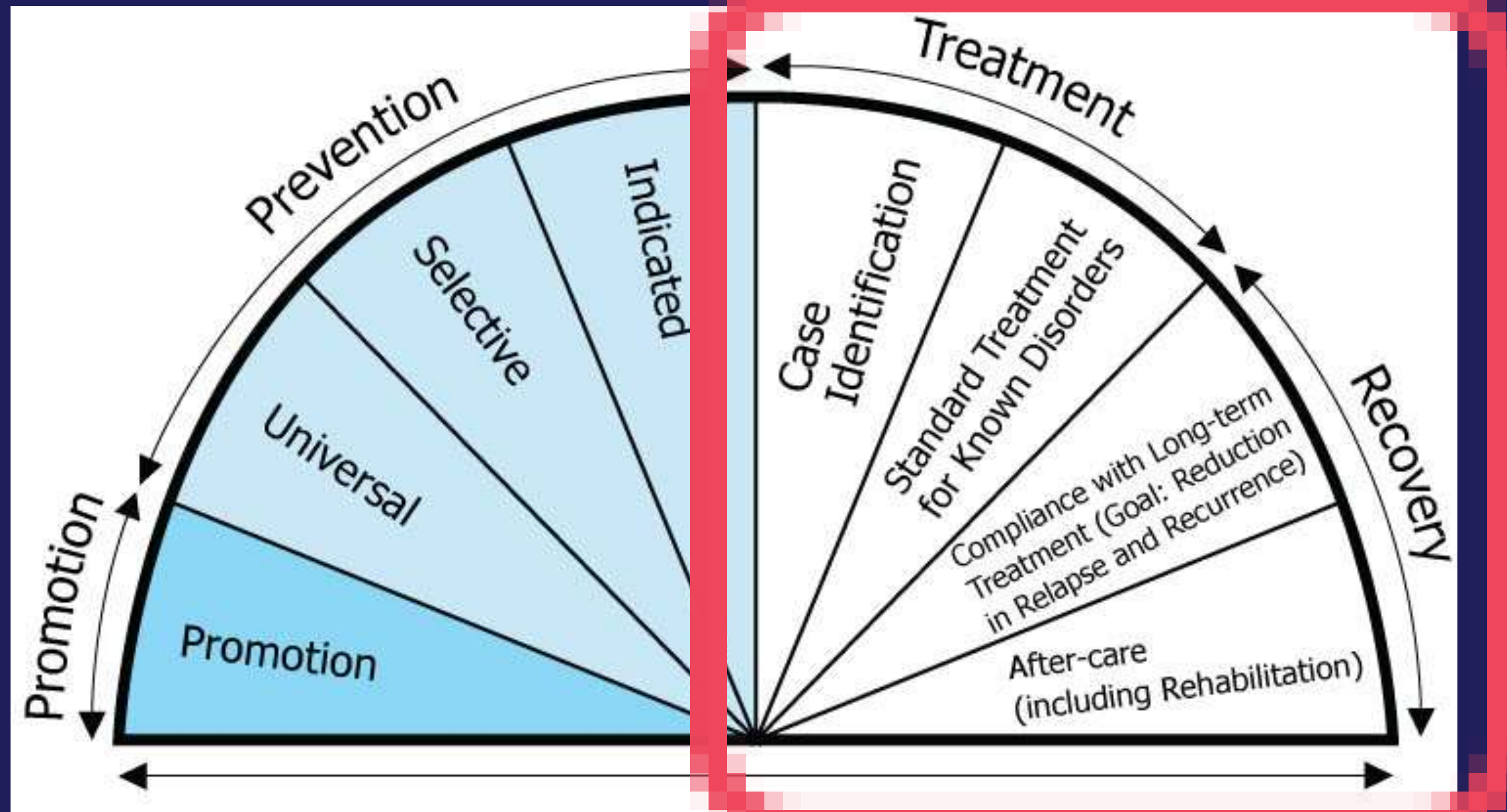


# Community Health is a Team Sport



# Missoula County Behavioral Health System

## Coordination Across the Care Continuum



# Crisis Intervention

## SAMHSA Recommended Approach

- Appropriate response, service, and/or resource at appropriate time in a culturally congruent manner, a/k/a "right-sizing"
- Reduce opportunities for further traumatization or discrimination of patient during a behavioral health crisis
- Enhance public safety and reduce community costs by implementing "right-sized" response options
- Hospital, Jail, Law Enforcement considerations





# Missoula County Behavioral Health System

## Current Crisis Intervention Efforts

- Strategic Alliance for Improved Behavioral Health
- Strategic Alliance Peer Committee
- Mobile Support Team
- Crisis Intervention Team
- Community Care Team
- Substance Use Disorder Connect
- 988



# Crisis Intervention

## Strategic Alliance for Improved Behavioral Health

- High-level cross-sector collaboration and coordination
- Appropriate service and response commensurate to level and type of crisis
- Shared data platform for continuity of patient care
- Crisis Receiving Center expected 2023



# Crisis Intervention

## Strategic Alliance Peer Committee

- Provides expert experience and knowledge to the Strategic Alliance
- Community-based participatory process group
- Financial honorariums for qualifying peers





# New Initiatives

## Mobile Support Team

- Partnership between City of Missoula Fire and Partnership Health Center, established September 2020
- Provides mobile consultation, screening, and brief intervention for folx experiencing a BH crisis in Missoula County
- Ongoing coordination with EMS and Law Enforcement
- Right care, right setting, right time
- Hospital and jail diversion with stabilization in the field



# Community Health is a Team Sport

## Strategic Alliance for Improved Behavioral Health

- Terry Kendrick, Alliance Facilitator
- kendrickt@phc.missoula.mt.us

## Strategic Alliance Peer Committee

- Mary Parrish, Peer Committee Facilitator
- parrishm@phc.missoula.mt.us

## Mobile Support Team

- John Petroff, MST Operations Manager
- PetroffJ@ci.missoula.mt.us

## Crisis Intervention Team

- Theresa Williams, CIT Program Manager
- WilliamsT@ci.missoula.mt.us

## Community Care Team

- Chaz Rourke, CCT Outreach Administrator
- rourkec@phc.missoula.mt.us

## Substance Use Disorder Connect

- Shannan Sproull, SUDC Project Director
- shannan@missoulaunitedway.org

## 988, Western Montana Mental Health Center

- Cory DeStein, Director of Client Access
- cdestein@wmmhc.org





**Thank You**