

PeerLINKS

Funded by MHSA Innovations Funds



San Diego



Why is PeerLINKS needed?

- In FY2015-16, **5,956** persons were **hospitalized** at least once.¹
- **30.5%** had at least **two admissions** during that fiscal year.¹
- **1,887** individuals were admitted to a **crisis residential home**.¹
- Many of these individuals “do **not** become **effectively connected** with relevant, follow up services and have **limited social supports**.”²

Peer Support

- Individuals with **lived experience** who support others living with mental illness (including struggles with sobriety).
- Able to **model recovery** and provide **hope**.
- Have **personally experienced** challenges and successes navigating the **mental health system**.

PeerLINKS

Provide **peer support** with the goal of **connecting** participants to **services** and **resources**, as well as increasing and strengthening their **support** network.





PeerLINKS

Who Do We Serve?

- Adults living with a Serious Mental Illness
- Multiple acute care visits in previous year
- Not effectively connected to resources / services or lack a strong support network
- Receiving Medi-Cal or Medi-Cal eligible
- Referred by one of our sites:
 - Scripps Mercy's inpatient unit and emergency department
 - UC San Diego's inpatient unit
 - Vista Balboa Crisis Center
 - New Vistas Crisis Center

Enhanced Peer Support Services

1

Linking to
Services,
Resources and
Applying for
Benefits

2

Healthcare
Navigation

3

Advocacy

4

Building,
Expanding and
Strengthening
Support Network

5

Provide Tools
and Knowledge



RECOVERY IS POSSIBLE

for everyone!

PERSON CENTERED

Work with our participants' goals and preferences.

EMPOWER

Do *with* our participants rather than for them.

LIVED EXPERIENCE

Understand participants' experiences, model recovery and provide hope.

PeerLINKS Participant's Story

PeerLINKS

Preliminary Results

July 2016 - June 2018

Enrolled
461
participants

Connected
with **2142**
services and
resources

349
Connections
to
Mental Health
Services

126
Connections
to
Substance Use
Services

Evidence of
REDUCED
READMISSION
to
HOSPITALS

***30-day recurrence rate:**
pre PeerLINKS: 25.6%
post PeerLINKS: 17.9%

*Includes 117 participants enrolled in PeerLINKS during calendar year 2017 with an index event (i.e., hospitalization) identified in Cerner BHS.

Improved Level of Recovery MORS

Milestones of Recovery Scale		Baseline		Follow-up	
1	Extreme risk	41.3%		3.3%	
2	High risk/not engaged	19.3%	87.3%	2.0%	16.0%
3	High risk/engaged	26.7%		10.7%	
4	Poorly coping/not engaged	2.7%	2.7%	6.7%	6.7%
5	Poorly coping/engaged	8.7%		47.3%	
6	Coping/rehabilitating	1.3%	10.0%	24.0%	77.3%
7	Early recovery	0.0%		4.0%	
8	Advanced recovery	0.0%		2.0%	

*Preliminary FY2017-18 results: pre-post assessment of 150 participants

Statistically Significant Improvements

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graph TD; A((Statistically Significant Improvements)) --- B((Global Health)); A --- C((Memory / Cognition)); A --- D((Anxiety)); A --- E((Substance Use)); A --- F((Anger)); A --- G((Depression)); A --- H((Resilience)); A --- I((Suicidality));
```

Global
Health

Memory /
Cognition

Anxiety

Suicidality

Substance
Use

Anger

Depression

Resilience

PeerLINKS

Additional Improvements

HOUSING*

More independent:
43.8%
Unchanged:
40.1%
Less independent:
16.1%

UNEMPLOYED**

Baseline:
87.0%
Most recent:
64.5%

EXPERIENCING HOMELESSNESS*

Baseline:
27.0%
Most recent:
16.8%

Improved Active
**SUPPORT
NETWORK**

COMPETITIVELY EMPLOYED**

Baseline:
5.8%
Most recent:
18.1%

* Preliminary FY2017-18 results: pre-post assessment of 137 participants

**Preliminary FY2017-18 results: pre-post assessment of 138 participants

Works Cited:

1. UC San Diego's Health Services Research Center. *Adult and Older Adult Behavioral Health Services Systemwide Annual Report Fiscal Year 2015-2016*. Retrieved from:
https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/TRL/TRL%20Section%206/AOABHS%20Annual%20Report%20FY%202015-16_FINAL.pdf
2. County of San Diego, Health and Human Services Agency (January 12, 2016). *Request for Proposals (RFP) No. 7241. County of San Diego, Health and Human Services Agency Peer Assisted Transitions*. Issued 1-12-16. Available at: <https://buynet.sd.county.ca.gov>

PeerLINKS

Lead Agency: NAMI San Diego
Sub-Contractor: RI International
Evaluation Team: UC San Diego

Contact:
Luz L. Pinto
luzpinto@namisd.org



San Diego

