Mental Health Services Act
Innovations Plan
Focus Groups Report

Facilitation and Report By:
Children's Mental Health Family & Youth Liaison
July 2009

The *Family & Youth Roundtable* was successful in hosting Six (6) focus groups with a total number of fifty-two (52) participants:

1. A group of twelve graduates of the *Family Youth Employment Training Academy* in the Central Region of the County, zip code: 92110 Facilitators: Maria Mejia and Ryan Messel Identified ''Top Priority'' Programs: 1) INN-02 Peer and Family Engagement Project 2) INN-01Wellness and Self-Regulation for Children and Youth 3) INN-03 Physical Health Integration Project

2. A group of nine men who are members of the *Paternal Opportunities, Programs and Services* (POPS) Council, which is a branch of the *Family & Youth Council* in the Central Region of the County, zip code:92110 Facilitators: Donna Ewing Marto and Adam Gettinger-Brizuela. Identified ''Top Priority'' Programs: 1) INN-01Wellness and Self-Regulation for Children and Youth 2) INN-05Positive Parenting for Men in Recovery

3. A group of eleven men who are members of *California Men's Center* in the Central Region of the County, zip code 92101 Facilitators: Donna Ewing Marto and Celeste Hunter Identified ''Top Priority'' Programs: 1) INN-05Positive Parenting for Men in Recovery 2) INN-02 Peer and Family Engagement Project 3) INN-01Wellness and Self-Regulation for Children and Youth

4. A group of nine parents who are members of the *Birth Parent Association*, which is a branch of the *Family & Youth Council* in the East Region of the County, zip code: 92020 Facilitators: Celeste Hunter and Ryan Messel : 1) INN-02 Peer and Family Engagement Project 2) INN-05 Positive Parenting for Men in Recovery 3) INN-01Wellness and Self-Regulation for Children and Youth

5. A group of six community members who were interested in mental health services in the South Region of the County, zip code: 91910 Facilitators: Celeste Hunter and Ryan Messel. Identified ''Top Priority'' Programs: 1) INN-02 Peer and Family Engagement Project 2) INN-02 Peer and Family Engagement Project 3) INN-05 Positive Parenting for Men in Recovery

6. A group of five community members who were interested in mental health services in the North Central Region of the County, zip code: 92126 Facilitators: Celeste Hunter and Ryan Messel. Identified ''Top Priority'' Programs: 1) INN-04 Mobility Management in North San Diego County 2) INN-03 Physical Health Integration Project 3) INN-05 Positive Parenting for Men in Recovery

We were unsuccessful in hosting a focus group in the North Region of the County; an attempt was made via the *North County Lifeline*'s Parent Group in Vista, California. However their parent group was on hiatus over the summer.

Due to time constraints, focus group participants were asked to prioritize the list of programs which make up the *Mental Health Services Act* (MHSA) Fiscal Year 2009/2010 Innovations Plan and to give feedback on as many programs we could get through in the allotted time.

All fifty-two (52) focus group participants will be emailed a copy of this final report, along with a message thanking them for their participation and providing their input from the ***County of San Diego Children's Mental Health Services Family & Youth Liaison*** on July 20, 2009. All focus group participants will also be emailed a copy of the County's updated *Mental Health Services Act* (MHSA) Innovations updated Plan in August 2009 so that if they choose, they may give additional input during the 30-day public review period.

INN-01 Wellness and Self-Regulation for Children and Youth

1. What do you see as the most important thing you, your family, and the County will learn from this new program?

→"Health"

→"This program will cultivate culture in a person"

→"This would create a balance for the youth, so that they could have this component as a part of their program"

→"This could potentially decrease the overweight problem today's youth face; it would create more rounded physical and emotional health"

→"This program could create more positive things to do"

→"Yoga and gardening will help these youth"

→"Realizing how positive interactions can improve the lives of children with mental health problems"

→"This program could decrease the dropout rate; one cant have all schoolwork all day"

→"This component would be a really neat channeling device for these children who are already challenged; it could redirect their behavior"

→"This program could cushion the separation from these children's families"

→"This could also serve as an independent skills building program as well"

→"This would help with job skills, social skills and will release stress in a positive manner"

→"This would build the mind, body and soul"

→" I know that the kids would be able to let out a lot of frustration, thoughts they shouldn't be thinking, and help them to get their mind on something else and to focus."

→"What works for your kids and what doesn't"

→"There's a variety of different methods that need to be tried, it seems like there are a lot of different programs that would work for children in different age groups, social backgrounds, etc."

→"It would make the children feel like they mean something to other people. My son planted a tree

a few years ago and it did wonders for him; it would make children feel like they've accomplished something"

→ I might be able to help my child, before he gets to the point where I have to call police.

→"When my sons get upset, and their symptoms of bipolar start to set in, they can go out and garden and it will mentally arouse them and raise their mood"

→"I think this would especially increase their social skills; because as children get older, its harder to use social skills and it could lead to depression later in life, if not taught when younger."

→"I think we will learn that there needs to be a reduction in the use of medication"

→"That it will improve their quality of life"

→ " I think this would be an awesome opportunity for coaching; there could be a person that could get the kid involved in the recreational activities, the theatre, and sports. In general I think it would have a great effect. It's cheap and healthy"

→ "Keeping the kids off the streets and busy keeps them from doing other things."

→ "I think on a personal level, because I was on the ground stages of psychological medication and I think any alternative to medication is a huge plus because if you can get the same or better results from a more therapeutic and hands on approach, why not take advantage of it?"

→ "I would like to see this program run in a socially diverse climate. I think its very important to have kids in wealthier parts of town and children in poorer parts of town to see that poor people or rich people have the same problem that I do; If you keep a child in a group with his own social demographic, I don't see it as being as healthy as spreading it across town"

→ I will have skills to help my child and family

→ "It actually mentions gardening and there are a lot of people out there that know about gardening and things and are probably going to want to share this information with children for free and they could even give the food grown to the homeless or something"

→" They'll learn different ways to deal with their problems"

→"I think we will learn that this builds the child's self esteem"

→"They will learn different ways of coping with their illnesses"

2. How do you think this program will change the way the County and others offer services to clients and families?

→" I know martial arts builds the character of the child; it would give them a sense of being insides oneself (the yoga and gardening components). This program could also contribute to one's self awareness"

→"This program could possibly address certain instances that impact negative behavior; it could help change the negative behaviors to positive ones"

→" discipline and responsibility"

→" This program could further push the direction that the programs need to lean towards; right now the county is kind of blind and are feeling their way around trying to see what does and doesn't work. If this program works it could shift from a pilot to a regular program in all schools"

→"This program might help those children who would get in trouble just to get into these types of programs"

→"This will look at individuals in a holistic manner; mind, body, and spirit"

→"I think this will give the County a more therapeutic approach"

→"I think this program will make it so they offer services that will also be for a child's physical health"

→"It will make them provide services in a more beneficial manner"

→"It will make programs look at health, nutrition, physical fitness and social and recreational needs to improve a child's quality of life"

→"I think the County will realize that they need to try a wider variety of ways to work with these

children and youth; one size does NOT fit all"

→"I think that the county will offer more services like this, because it is a healthy way to 'arouse mood levels' not just using medication"

→ I think it will reduce cost in the long run

→"Myself being a special education student, I love it; I wish they had programs like this in-place when I was attending school. This could provide individual therapeutic benefits"

→" I think this will make the county stop put them on medication"

→"It would stop them from using medication as a quick solution"

→" This would give them different treatment options instead of just one treatment"

→"I think that this will help define each family a bit better; so that each family will be looked at, where they are at; instead of everyone expected to get the same results from the same services."

→"They could see that in some kids that they were misdiagnosed, and that they just needed a different option (as far as treatment plans"

→"They would look more at holistic ways to deal with things, rather than medicating them"

→"They could realize that this program may work better for families and that it should be more widely available."

3. From your perspective, what do you see as a successful outcome of this program for you and your family?

→"I think this program could benefit the community because it provides an outlet for children to get involved in something other than gangs"

→"This would give kids a wide variety of things to do; it could reach multiple cultures and give kids the chance to pick and choose what they would like to participate in"

→" I think as a child, I would gain some type of independence from this; these were the things that were neglected as I was a child (social skills, health, and artistic avenues) it was work .church.

school. There was never anything there that got onto a one-on-one level with the child"

→"Enhance needed social skills in children"

→"A method of reducing stress"

→" Children will learn ways to handle anxiety and depression"

→"Kids will have people look at them in a different manner; in a manner that they have not been seen in"

→"This program will help them to feel better about themselves"

→"The children will feel and behave in a more positive manner"

→"They will learn to self monitor their behaviors"

→"The program would promote positive interactions"

→"Kids would learn how to problem solve because they are in more of a group setting"

→"Faster family reunification"

→"By learning how to interact a child could move from residential to day treatment"

→"Improve family relationships, because the kids self esteem will have improved"

→"Better communication and interpersonal skills"

→" This program could teach children and youth social skills and would instill a sense of values in a child"

→" Many districts are closing the pools more and more; its either the price to get into these pools has increased value, or they are just closing them."

→" I think that this program could reduce their recidivism rate and could help them to be more self-sufficient"

→" There are a lot of farmers markets and it is positive because then the children and community members are all involved in cultivating these plants and selling them, etc."

→" Less people in jail later down the road"

→"Less repeated services"

→"It will be much more cost effective"

→"It would reduce homelessness"

→"It would also reduce self-medicating"

→"It could reduce harm to families"

→" It would make a lot more people mentally healthy and happy"

→"This could lead to more reunited families"

→"This could also lead to less removal"

→"In the cases where children are adopted out, this could lead to more positive outcomes in adoption so the children don't continue to suffer"

→"I think it will improve their social skills"

→" I think that fewer children will be placed in residential treatment"

→"I think more children will reunite with their families and leave residential"

→" Kids will learn healthier coping mechanisms to deal with their mental illnesses"

→" Children will be able to have more freedom because they will move down in their level of care as a result of this program"

→"I think this program will open children up to a wider array of things they wouldn't have been able to experience; like the drama activities"

4. What do you see as a successful outcome of this program for the mental health system as a whole?

→" This program would reduce recidivism"

→"This program has the potential to get a few people out of these types of programs"

→"This program would make some of the counselor's caseloads easier to deal with. This would make the individual a bit more receptive to what the program is trying to do"

→"This program would ultimately decrease the amount of money spent by the mental health system because it could affect individuals in a way where they wouldn't have to come back"

→"This program would reduce wasting money within the mental health system"

→" This program would increase the individuals self-esteem"

→"If this program was a 'one stop drop' the individuals could get all of their needs met at one place, and would be positively impacted"

→"The program could be used to increase socialism within the community, but also within the child's family itself."

→"It would save money in general because it is more cost-effective"

→"There would be decreased numbers of kids in a high level of care because as a result of this program kids could have the skills needed to live at home with their family"

→" This program could set an example at the state and national level on the impact this model has on children and their families"

→"There's a stigmatization attached to being in these residential facilities; this could help them to become more rounded, and they wouldn't be going into system after system because they would offer a more comprehensive way to address these"

→"If we are using this as a pilot, if we are talking about this for just children and youth; depending on how well it work for youth, it could work for adults too"

→"Overall it would be less costly for all people seeking services"

→"If this is a pilot, we could look at the success and increase the helpfulness of services in general"

→" As a whole, I think this program will be much more cost effective"

→" I think that this will give the mental health system more options in a child's treatment plan"

→" I think this will lead to less hospitalization if a child is having a breakdown"

→" This program really could transform the mental health system, especially the treatment options offered in residential"

→"I think this will reduce the number of children seeing a therapist, if they learn these relaxation techniques, they can de-escalate on their own"

→" This program would lead to a paradigm shift on the way services are offered; it will go from meds-based to more effective treatment"

5. How would we measure the program to see if it is successful or not?

→"I think this program would be measured by: the youth's involvement with the family and the community"

→" This program would be determined by the outcome; if the program did a follow-up with the children who were discharged. The children could be asked, twice yearly, how they felt about the program through drawing, arts, etc."

→" One way to tell if it was effective would be to see if it helped people get out of the system in general; reduction in system involvement"

→"I really like the idea of a consistent follow up for after the children/youth exit or transition"

→"If there was an expressed interest from other parties (saying I like that idea, I want to get it) "

→"Financially, whether there is more being spent or less being spent, than that could help to see if it was successful"

→"By surveying the child and family before they enter the program, while they are in the program and after they left the program"

→"Interviewing the parents to see if they noticed a difference in their child"

→"Interview the kids to see what impact this program had on them"

→" Upon graduation of the program, within six months they could see who returned back to the (juvenile) system. Because if they're not returning back into the system, then something worked. But if they are graduating and 6 months later they are back in the system, then it would show that this is not working. Then they could go back and do something better to improve the program"

→" Tracking is important. Having data gathered will be how you will see the story."

→"With regards to the tracking, they could see what they are doing after exiting the program. They could see if they are doing labor, or working on their education etc"

→" You could see if they continue their nutritional and physical activity after exiting"

→"The kid's progress"

→"Go and check on the kids before and after receiving the services and measure the progress"

→"See if they are doing better and are happier or if they are doing the same or worse"

→"Survey the participants of the program; the whole family"

→"You could follow them within a timeline; maybe once at the beginning, then once a year later, then once at completion of services"

→"They should have more accurate statistics; by paying attention to families that receive the same service more than once"

→"I would want to be checked on even later on after a while after the completion of services, to make sure that these habits are staying with them long"

→"Through surveying and interviewing the child and his/her family"

→" Information feedback from families"

→"Surveying providers to see how many children were able to step down from residential"

→"By seeing how many children were able to use these activities to alleviate the symptoms of their mental illness"

→"By the collection of data; within a given period of time, see how many children are in the hospital/residential center and then collect the same data (# of children) 6 months later"

→ "I think you would see if this program is successful by seeing how many children have improved sleep patterns"

6. Any other feedback on the proposed programs?

→"I think this program could cover all age groups (except five and under) they could critique and customize it to the target age group. The physical activities could also be customized according to the age group"

→"That there is a transitional piece, upon graduating. It's not just that you are out, and then you are done. Maybe they could offer these graduates a place to go after exiting the program."

→"Personally, I think the best age group would be 7-14 or maybe 6-13. The reason is, because I think it's very important to give these opportunities to children early in their life; after 13 kids are really set in their ways. Before kids are 6 they are dependent on adults. Even though they are dependent on adults at an older age, I feel like they are learning more dependence in taking care of themselves."

→"I know we are working with children; however, I think it's important to take people with a past (whether it be gang involvement, drugs etc) as long as they don't have any crimes against children; this program could let them help those that are in a similar situation or a similar past as they had."

→" I think mixing ages would not be healthy because there are a lot of developmental stages and to group anywhere from 3-5 years apart, I wouldn't think you would be able to service that population. When teaching youth, you should keep in mind that how you would teach a younger aged youth would not work for an older youth."

→" I think it can be healthy to combine age groups; a setting where the younger learn from the older in just observing and analyzing <the older youths> behaviors.

→" I agree (see above statement) because as a youth I can learn from someone who has commited crimes, and also someone who hasn't. I could learn from them as long as they are good people.

→"I am so glad to see the county is trying different approaches that the child is able to continue on his/her own, not ONLY with the help of a clinician"

→" Its about time the county starts to do something differently"

→" I think it is very important to do extensive background screening when mixing age groups"

→"This program would serve the less traumatized youth and work their way up to the more severely traumatized youth"

→" I think that some of the programs could benefit from having the same psychiatric disorders together; but some programs would also benefit from having a mix of these various psychiatric disorders"

→"A strong solid component geared towards building confidence; self esteem"

→"Having someone seriously adhere to the discipline policy put in place; they should have someone constantly coming in to do the checks and balances with that specific component of that program."

→"what are they going to do with the hundred participants?"

→"How come there are only a hundred people served; that's pretty dismal for the entire county of San Diego"

→" A hundred clients is ridiculous; is this a lottery?"

→"What are the ages of the children/youth we are talking about?"

→"They should make this available to younger children; I think my three year old would benefit it"

1. What do you see as the most important thing you, your family, and the County will learn from this new program?

→"It's essential to have these youth partners linked up with the families because they can help them if they are scared, over-anxious or intimidated. Having that support would reduce stress and increase the likelihood of following through with their treatment plan and appointments. "

→" I think this is going to help with compliance. If the youth or family is held accountable by someone, there is probably a greater chance that they are going to follow through (with the treatment). Compliance is a big issue; not only with appointments, but also with psychiatric medication and their other responsibilities"

→" Having somebody who's been there and done that; it won't be as scary"

→"I think the county will learn the value that those who have experienced mental health problems can bring to other peers"

→"Those receiving services will learn that they are not alone"

→"They will learn that there is hope for wellness in order for them to reach their full potential"

→"Through the education and the outreach and supports they will learn more about themselves and their mental illness"

→"If these family members and youth are educated on their mental illness they will know when they feel the symptoms coming on and what to do to deal with those symptoms"

→"They will learn that employment is a huge step in recovery"

→"They will learn the different characteristics of mental health to be able to provide support to each other"

→" It would make those being treated more likely to be honest with the peer specialist. Peer specialists having a common background, would benefit this project."

→" Many of these programs will not hire staff with a criminal and/or drug background, but it is

important for these staff to have a background, so that those being served would again be more honest and would feel as if they relate to them more"

→"A lot of the time there is a stigma attached to a professional; this could serve as a bridge as opposed to a wall"

→" There is the misconception that because you have a background or went to jail, that they are a bad person; we shouldn't judge someone because they have a background."

→"That there are other people out there who have been through the same thing"

→"social networking"

→"a better understanding of all the different services available"

→"They could go out in the community and find the programs"

→"That you could learn from others who have been through similar situations"

→"I think the county will learn that it is always better to have someone who has been there and done that"

→"I think everyone will learn that it works better for family members to have someone offering services that they can relate to and are not intimidating"

→"learning and instilling hope from people suffering from mental illnesses"

→"I think they will learn that it is important to meet people where they are at, where they are comfortable in the community"

→"Family members will learn that their life experience IS valued; that they don't need a degree to make difference"

2. How do you think this program will change the way the County and others offer services to clients and families?

→"This would change the way services are offered because it's creating new positions and would contribute to easier access to receiving services."

→" Having received mental health services in the past, I feel that having these positions of people who have been in similar situations would help to reduce the feeling of being alone."

→"I think that they will learn that using a person's life experiences can be a contribution to another families receptiveness of services"

→"I think that this will change the way services are offered because it will improve them; family members will be more comfortable talking to a peer, rather than a clinician"

→"It gives programs and services a way to learn from each other"

→"This program will change the way services are offered because it promotes respecting family members (the clients)"

→"If more positions are created, it would make it easier for the staff to give more specific attention to each individual case"

→"By having a peer specialist in the emergency room, family members will feel more engaged; I think this program could lead to every emergency room having a peer specialist to greet the families or answer any questions they may have"

→"This would change the way services are offered because this would lead to more peer to peer supports in the workplace"

→" It would make services be on a much more individual level"

→" By creating these extra positions, it would decrease each staff person's caseload"

→"It would decrease stress of the family, the doctors, the social workers etc; stress is more powerful than people accredit it as being."

→"This could soften the edges and benefit all involved"

→" There would be less homeless people, because there are a lot of people who think they are unable to work or go to school because of their diagnosis"

→" That the county will realize that peer supports are necessary to success"

→"People are more likely to listen to people who are more like you, and they are more apt to follow

through with these ideas to improve their lives/mental health diagnoses

→" I think that if enough effort is put into developing the pilot, and careful numbers and statistics are collected that it will reduce cost and the families are more apt to listen"

→"Family partners cannot only bring their experience, but they can also bring about change"

3. From your perspective, what do you see as a successful outcome of this program for you and your family?

→"The families are going to feel a sense of relief that someone is on their side and understands them"

→"It is important knowing that you have access to someone to guide you through receiving services on a 24/7-basis"

→" These children and youth will feel more comfortable and relate more to their peers, rather than their parents."

→"If I feel as if I don't know what I'm doing, and I feel comfortable enough to ask someone else to guide me, it will release the stress of the child; if I am a parent and I feel confident with the decisions that I am making, than it will make an all around difference."

→" The child really does take on the feelings and characteristics of those around him/her; if the child feels a sense of security around them, they will be more open and feel more secure."

→" The family will also be more open to ideas and solutions, coming from a peer."

→"The children's dad would be more up to doing things for their children"

→"This program would make it so those are scared to seek out help

→"less people in more restrictive settings"

→"That relationships are developed because of commonalities"

→"Because I have gone through all of these experiences and have gotten education and the

supports I need, I would be able to help someone else, which would boost my self esteem"

→"My family has learned how to support each other as a result of learning all of this and we could help each other and not have to depend on all of these other people"

→"An outcome is that people will be educating each other and helping fellow community members"

→"This will make the entire community more aware of what a mental illness is and it will educate them on symptoms, treatment, etc; because there will be teams out in the community"

→"Family members could see there is more out there for them if they see someone who was in a similar situation, but has moved on to bigger or better things"

→"Family members do know what positive outcomes"

→"Families will be more likely to access services because they wont be scared because the family partner could help to erase the stigma in accessing services"

→"There are successful folks in the community who could help the others realize success is attainable"

4. What do you see as a successful outcome of this program for the mental health system as a whole?

→"Having peer partners will benefit the entire system because it will keep families together."

→"It would also decrease the chance that the family is afraid to come forward"

→"This program would also decrease staff's caseload(s); they could have the less extreme cases handled by someone who is experienced; whereas the more extreme cases could be addressed by certified professionals."

→"Because these are new mental health clients, there would be a big number of people who would not have to go on to more intensive services, which would save money"

→" clients will be less dependent on the mental health system because they can use each other as community supports"

→"That peers have developed a network of wellness education and supports"

→" You would see more youth involvement in the community, in programs like big brother-big sister programs, them wanting to be a youth support partner etc."

→" I think that overall this program would build better communities."

→"People would trust in these services more often."

→"As far as recidivism goes, this would help to decrease the rate"

→"The community would see that it is more needed"

→"less revisiting of cost, services, see above program"

→"This would especially help people who have co-occurring disorders; its like the saying 'it takes one to know one' "

→" I think that would be much more cost-effective; clinicians charge hundreds per hour"

→"I think that this would signify the importance of peer-to-peer work and utilizing their knowledge to help others"

→"I think that more of us youth will be engaged because they will feel more comfortable talking to another youth"

→"I think that this will bring more community awareness that everyone has mental health and should make sure they are mentally healthy"

→"This will lead to more employment options for those who are mentally ill"

→"It will allow for a new way that the system assesses people"

→"hopefully it will have a domino effect; the more people who get help, would want to help others, and then those would want to help even more people; like the 'pay it forward' concept"

→" I would hope it would change the future; so that in the future that every mental health provider would have a family peer support of youth support"

→"The peer relationship would reduce problems because there would be someone there to help them understand the process of accessing services"

→"more youth and families would be less intimidated to access mental health services"

→"If we had more places like this where people could hear about mental health services from someone similar to them, they would want to help more"

→"The people who take care of mental health patients would be less frustrated because it would decrease the case load and reduce the staff's stress"

→"It would make it easier for professionals to do their jobs"

→"People leaving services would have a better follow-up"

→" It allows the family supports to act more as case managers and to let the clinicians do more of the clinical work and do the counseling piece and let the family be the referral source"

→"As these youth support partners get older, they would realize they like people and would be more interested in psychology, and would help to solve the shortage"

→"The more we come to the programs, we learn more, and we see other people who need services but we weren't trained how to talk to other people who may need to access services"

→"When I came here I didn't like to talk to people because I thought people would judge me; this program would help people to stop judging others on their diagnosis. It would reduce the negative ways people view those who need mental health services"

5. How would we measure the program to see if it is successful or not?

→"Feedback from the family"

→" This could be measured by the success rate"

→" When the family member enters the program, they could do a pre-survey, a midpoint survey and then a post-survey."

→"You could measure this program by surveys and conducting interviews with clients"

→"By seeing how many clients said that they were referred by a peer specialist"

→"By seeing if this program led to less number of visits in the emergency room"

→" They could measure the success by doing a follow-up of progress made, lifestyle changes,

behavior and other visible factors"

→"By looking at the participants and see if they are doing better after the program"

→"the number of services you have used"

→"By surveying the families"

→" To see if there is a decrease in the number of emergency room visits after the program has begun"

→" By surveying the whole community and asking a question like do you know how to get services for a mental illness"

→" Asking would families recommend it to other people"

→"by measuring the amount of times you access services from a Family support person"

6. Any other feedback on the proposed programs?

→"What I see as a possible problem are barriers with professionals; the professionals have set ideas about how things should be done; you would have to educate the clinicians to respect family supports in the work and educate the public about what peer supports do, so that they understand what they are doing"

→" This number of 2000 could multiply on its own; out of that 2000 it will triple affect; it will spread by word of mouth"

→"Peer supports are a true asset to other clients in every venue"

→" This program would diminish isolation and help people to feel more engaged"

→"We can provide peer to peer partners and support and we are able to do it for a longer period of time; we cut down the work of the clinicians; there is always someone who has been through the same things as you had"

→"You can always come back and get more support from another family support partner"

→"Good program culture in matching peers with peers"

INN-03 Physical Health Integration Project

1. What do you see as the most important thing you, your family, and the County will learn from this new program?

→"This will emphasize the importance that both mental and physical health are important. It will also decrease the stigma attached to addressing mental health issues."

→"This could be difficult because there are different objectives between doctors"

→"I think the county will learn that these two programs would have to be in the same building; a similar type of setting was referenced and it was mentioned that referrals were not being made."

→" I think the county would learn that it would be necessary to have one director managing both services."

→"This would be so much easier than going from one doctor to my child psychiatrist; the county will learn this works better for families"

→" I think the county would learn that that by having the integration of mental and physical health that their clients will be doing better overall."

→"They will learn that when they take the time to better fit a family's needs (i.e. respecting their time and not making them go to two places for services) that families will be more likely to follow through on appointments"

→"They would need to incorporate additional supports, including peer support specialists; they should not limit it to just nurses and doctors"

→"This program does not seem feasible; there are many costs related to having both components addressed and other necessities."

2. How do you think this program will change the way the County and others offer services to clients and families?

→"I think this program will only hinder other programs; this program does not seem cost-effective."

→"I think this will impact the way services are delivered negatively; if professionals (e.g. doctors) are paid less, they will not have a desire to continue the work."

→"If the doctors did work on a volunteer-basis, the doctor's level of care provided would not be what it would regularly."

→" I think this will change the way services are offered because it will offer families everything that they need in one location"

→"It will change because it will provide more of a collaboration and a partnership with mental health service providers and the physical health service providers"

→" it will reduce the number of programs working in silos"

→"It will promote a learning environment for physical health and mental health"

→"This program will change the way services are offered because it will link the importance of physical health and mental health when someone is in recovery"

→"This program could lead to all primary care clinic staff receiving training on stigma reduction"

3. From your perspective, what do you see as a successful outcome of this program for you and your family?

→"Nothing at all, the way the program has been described"

→"This program does seem like a very good concept; however, much more funds need to be invested into it."

→" I think that this program will stop families from having to go to two places to get all of the services they or their children need"

→"Families will learn about the relationship between physical and mental health"

→"Clients will have a better understanding of the effects mental health can have on one's physical health"

→"There will be less visits to the primary clinic because of a physical illness, which could really be caused by ones mental illness; like depression or anxiety"

→"This will stop family members from wasting time and gas going to two different places"

4. What do you see as a successful outcome of this program for the mental health system as a whole?

→"If this program did take place, it would decrease the stigma attached to receiving mental health services; it would promote the fact that it's the same as seeking help for a physical condition."

→"This program would be an educational experience for those that are used to receiving one type of service (mental or physical health); it would be beneficial for those clients to receive the other service as well."

→"Less hospitalizations"

→This program would be more cost effective "

→" More families will keep their appointments because they wont have to go to two places"

→"Doing things differently to better meet the mental health needs of clients in a physical health environment"

→"This program would develop a stronger partnership between physical and mental health"

5. How would we measure the program to see if it is successful or not?

→"You could mention this program by looking at the number of cross-referrals between the two components of the program."

→"This program could be measured by surveying the families when they start services and after the services to see if they have improved"

→" To survey family members to see if they find it helpful to have the two services offered at one

site"

→" Surveying the service providers to see how they perceived the attitude of the clients to be; like if the clients seem pleased to have access to both programs at the same location"

→"Survey the staff to see how many families keep their appointments; compare it with data from a primary clinic that doesn't offer mental health services too"

→"If this program were to happen, and the physical health side did refer to the mental health side, how would one keep track of the services rendered."

→"By doing follow-up on both sides of the program (physical and mental health)."

6. Any other feedback on the proposed programs?

→"The numbers do not add up; this would not be a feasible program when taking into account the doctor's salaries and other related costs."

→"There would also be administrative costs, the RN, the peer support specialists and even the cost of supplies (papers and pens etc.)"

→"This program is something that is needed, especially people who have no transportation"

→"This seems like it would save a lot of time for family members"

1. **What do you see as the most important thing you, your family, and the County will learn from this new program?**

→"how to access transportation resources"

→"that peers serve as a support to others in need"

→"The ability to help one another; no man is an island, we need one another"

→"I think that people will learn that they if they have a car and access services, that they could be a help to someone else in their community who also needs services"

→" families will learn how to explore all of the possible transportation options; like the bus or trolley"

2. **How do you think this program will change the way the County and others offer services to clients and families?**

→"Providing an avenue for individuals to participate in their treatment"

→"Looking at the family's needs as a whole"

→"I think this program is a unique concept and could serve as a model to other programs"

→"It could start a trend to start looking at the family's needs for similar mental health programs"

3. **From your perspective, what do you see as a successful outcome of this program for you and your family?**

→" Building relationships with peers while sharing rides"

→"Being on time and not missing appointments"

→"This will reduce the family's stress because they will know that transportation assistance is possible"

→"Lack of transportation and not being able to get to appointments or knowing how you will can

have a very negative impact on your mental health; this program would reduce those feelings for families."

4. What do you see as a successful outcome of this program for the mental health system as a whole?

→"This program could reduce isolation because family members will need to get out and talk with peers in order to get to their appointment"

→"Improving the way that appointments are schedule; they are usually scheduled sporadically, this program would make them see the need for consistency in scheduling appointments:"

→"This would provide those who need services with an incentive to get out into the community more"

→" It will reduce the number of cancelled or missed appointments; this would allow for more people to get served"

→"This will force programs to look at the different life domains of families (like our housing and transportation); not just their mental health"

5. How would we measure the program to see if it is successful or not?

→"Data on the frequency of no shows due to a lack of transportation"

→"Look at the number of cancellations due to no transportation before the program is put into place and then look at the number of cancellations after the program is in place"

6. Any other feedback on the proposed programs?

→"This program sounds great for senior citizens and people who have physical disabilities"

→"This program would also be really good for those living in remote areas"

→"I love how this program supports the need for community members to rely on each other"

1. What do you see as the most important thing you, your family, and the County will learn from this new program?

→"It would raise awareness for the county around men issues"

→"It would help them to realize in the court system that men are taking the steps necessary to change their lives and make positive changes to be there for their kids"

→"It would stop the court from always siding with the women"

→"That the fathers deserve equal rights as the mother; to have an active role in their childs life"

→"My sons father is in prison; I think if he was given a second chance

→"It will point out the need and raise awareness that men have co-occurring disorders and that they need to make more treatment available for these men"

→" These men will learn the effects of drugs and alcohol can lead to violent behavior"

→"Through the education on co occurring disorders, people will learn that they are drinking or using substances because of an underlying mental health disorder"

→"Skills that are needed to make a positive influence in the lives of my family and friends"

→"I will learn more about myself"

→"It could make it so men want to make the changes they need to improve their character"

→"That there is a dire need for this type of program"

→"This program would make men aware that there are services out there that could benefit them"

→"Men could learn that it is important to prevent their children and family from experiencing trauma"

→"How to build and maintain family relationships"

→"How drugs and alcohol can affect someone's mental health"

→"That there are other ways of handling stress other than violence"

→"It could also teach men that they should not self-medicate"

→"It will encourage men to be more willing to help themselves and be involved in their children"

→"It would keep the father as being a healthy male and well-rounded to contribute to the productiveness in a Childs life"

→"That there is a need for a treatment facility for men to be able to stay with their kids"

→"It will raise awareness for the county that there needs to be more places like this"

→ " One of the things that they will learn that they automatically choose the woman just because she is the woman. They should go case by case. Not just because ones a man and ones a woman"

→ "They could learn that fathers can be excellent parents and their enrichment can contribute to that. It can be an inexpensive way to reduce families falling apart"

→ "I would hope that they would see that there might be a need for a similar program for women. There are a lot of women who have substance abuse problems and the ones who suffer are the children. Usually you have a very fit father who wants to be there but the system is geared against him. Just like domestic violence is an equal opportunity crime for men and women, substance abuse is also an equal opportunity crime. Most children are left with the woman and they have substance abuse problems as well."

→ "I think the important point would be clarity of the gender specific; it seems to me that everyone is pushed through the same round hole and it shouldn't be like that it should be more individualized"

→ "The responsibility for sobriety have been pushed off by a lot of things; I would hope that this program will alleviate the consciousness of adults to understand that children are the most important part of our existence. I would hope this brings about awareness on all levels to get an understanding that if we really want our society to be strong that these are the people we need to make sure are taken care of."

→ "Our children are our future and if they take care of their problems than they will take better care of their children who will take better care of their children and it will break the cycle"

→ "It seems to me that the reaction to the idea this program is that its gender specific and that it supports separatism; but in reality, there are already positive parenting programs for women and I don't think there's enough of it. I think there should be more services like this available to both sexes, but the fact that there's virtually nothing available to men tells me that this program is really needed. It's kind of like gender affirmative action, if you will. I think there should be more for everybody, but for me this is a good place to start by showing that fathers need this support. If you look at the allotted money, its only 1/15 of the money available for the whole. If you look at it, a quarter of a million is not a lot for a county our size to try to enrich these families and help these men maintain their recovery and their fatherhood"

→ "Social services is the most expensive thing that money is spent on in San Diego County. There is over 1 billion a year spent on social services and this 250,00 is the only money I'm aware of that specifically targeted men"

→ "They could demonstrate wellness which is really a good thing"

→ "The county will learn that peers (MEN) are best to provide this educational experience not those with a degree."

→ "MEN only, Men need a space/place etc. "

→ "Macho-ism comes out with women around. Posturing"

→ "That men can self empower and take initiatives on behalf of kids and other men. "

→ "There are other opinions besides violence"

→ " Awareness of other opinions"

→ "Create more openness – Sharing life experiences creates safety within the male culture (To Man UP)."

→ "Better engagements"

→ "An opportunity to see a positives after the conflict. – Remove the label."

→ "Experience sharing opens growth"

→"Other alternatives for men, don't have to use violence"

→"Others services for men may be influenced. "

→"Men may change therefore changing the way society looks at them."

→"WE Men can learn from actions, not the courts, etc we will learn to cope in other ways."

→"Change needs to come from us, tattoos and all."

2. How do you think this program will change the way the County and others offer services to clients and families?

→"It would help them to realize that they should have equal rights; before they issue a restraining order, to investigate both halves of the equation"

→"I think that there might be a heightened awareness of the needs of the fathers''

→"It would raise the fact that fathers cant work while getting help; that they need respite services and welfare to work and housing assistance"

→"I think this would redirect the fathers from making negative decisions and help them to realize they can be there and support their kids"

→"It could lead to more education for people in general on co-occurring disorders "

→"It would change the way services are offered because this program would make it so more programs look at individuals needs and how to best meet those needs"

→"it could to more programs looking at the effects of violence and trauma in relations to co-occurring disorders "

→"It could lead to more programs not just looking at one thing in the individuals seeking help's life and help them to look at the person as a whole"

→"I think the male figure needs to be united and be a part of a family and to be able to supply that and be proud of being a father"

→"it could lead other programs to realizing that men need these services"

→" it will help the county to realize that at times substance abuse and a mental health diagnosis can go hand in hand"

→"This program could make it so that men in the future who use drugs or drink will not feel apprehensive to admit that they have a problem"

→"it will make it in the future so that the County will not penalize men for admitting that they need help"

→"It will reduce the stigma that men aren't incapable"

→" a lot of men are scared of the stigma of being a single father"

→"It will change the perspective of the public; a lot of people think that dads are deadbeats and aren't there for them; and if the father had these services that they could be involved"

→ "To me , when I read this, its common sense; when you get the kids involved with the fathers, there obviously will be less of a chance of relapse"

→"The county will learn peer to peer supports work better at engagements and actually making change from within."

→"Fathers will become more involved."

→ "If we could show some metrics that show successes in the community of these men, I would like to see the county using some of their enhancement funds to branch this program to other programs in the community."

→ "hopefully the county will see the payback of recognizing the role of men in society and especially within their own family. Right now I think there's very little of this that's going on. "

3. From your perspective, what do you see as a successful outcome of this program for you and your family?

→"More successful dads"

→"more reunited families; more men and women being allowed to reunite with their families and not being held back by social services"

→"More reunification for fathers when its not possible for the mother"

→"If mom cant be in the child's life, the dad should be looked at next, not other family members"

→"More people will be aware of the effects that drinking or using drugs has on someone's behaviors"

→"There will be more positive family interactions"

→"Quicker reunification of the child and mother with the father"

→"elimination of the father's substance abuse"

→"less violence and resulting trauma to the family because the father will have learned how to deal with his anger in a healthier way"

→"realizing the importance of abstaining from alcohol and drugs"

→"we will have more of a wholesome and healthy family, which includes a stronger relationship between the children and the father"

→"A successful outcome of this program could be that more families are being reunited; the dad coming back into the family"

→"There would be little to no domestic violence in the families of the men who were clients of the program"

→"A shorter period of time that the families are being separated for"

→"Families stay together"

→"I think that fathers would have more confidence to go through the process"

→"It would give fathers more credentials when dealing with CPS to say that they did go through this treatment"

→" You would see the father more involved in the unit and there would be healthier families as a whole"

→ "That the social attitudes of focusing on men in nurturing roles and helping other men that there are positive outcomes all the way around; The statistics will start showing what we can for ourselves and one another"

→"That Domestic Violence is more than just a man's issue, women are perpetrators (against men and Kids)"

→"300 men will get the message that they can change their life and be a positive influence"

→"Men will influence service delivery and community; they could use statements like :Walk away BRO."

→"Influence court outcomes because they will have more choices and make needed changes."

→ "I think critical thinking would be something very important that would come out of this program; I don't see a lot of education programs that are really geared towards critical thinking. That's why we are facing what we are in our society because most people don't know how to ask the question. "

4. What do you see as a successful outcome of this program for the mental health system as a whole?

→" I think it will lead to more support from the father to the mother, and the families themselves, than the family having to go on welfare"

→" Services would be more geared towards the needs of each specific family"

→"The collaboration between mental health and alcohol and drug services."

→"That more families would get services because people would be more engaged and more apt to seek out the services for co-occurring disorders."

→"There would be a reduction in families who face trauma due to the father's co-occurring disorder"

→"A successful outcome would be that fathers are utilizing the referred services"

→"There would be less needed 5150's because these fathers would be getting the help they need before they reach the point that they may be a danger to themselves or their family"

→"There would be more people gaining services because of the mental health referrals being through the program; this way there will be healthier people who will require less severe services"

→"I'm thinking that if we show them dollar signs; if this person becomes a productive member of society and he's paying taxes and staying out of jail; if we quantify the dollar signs, they will realize all that they are getting out of it."

→ "There's a possibility that these men will be able to see a future in who they are"

5. How would we measure the program to see if it is successful or not?

→""If we could track the three hundred, and there was a 75% increase in production (with relativity to their treatment plan) that they would reach their goals and do whatever they need to do to better their families"

→"The program would be measured by personal interviews with individuals in the program"

→" They could also survey those involved with the program to see how the program helped them and their family"

→" They could survey the whole family (including the children) to see if they felt the services impacted their father"

→"This could be measured by seeing how many fathers are reunited with their families as a result of this program"

→"Interview the dads who have been through the program to ask them how the program worked for them"

→"Survey the providers to see how many dads were referred to their program from this positive parenting program"

→"Do a follow up survey a year or more later to see if the fathers are still clean of drugs and/or alcohol or if they have relapsed"

→" If we could look at each individual person and see how much of their treatment plan they have achieved, you could see if it was successful"

→"databases, thresholds, anything that's out there as far as case management"

→ "If you looked at who came back and how many groups you have in the system and who got out of the system"

→ "men living on their own, sober, with their children"

→ "If there are more applicants than positions in this paper to follow those who were not allowed in the program so you could see them as a control group, to see if they have a lot more problems and less successes than the men who are served"

6. Any other feedback on the proposed programs?

→"How come if they offer medical for women to have babies to go to outpatient treatment/parenting classes/substance abuse treatment, how come men aren't offered the same things and medical to our men?"

→"This is something that has been longtime overlooked"

→"I hope the county will see from this program and its result that it really is needed"

→"I think they'd rather the kids go into a foster home than go with the father"

→"This sounds like a great program that is really needed in our community"

→" This program will lead to healthier and happier men and their families"

→"That we need to stop looking at the dollar figures and look at the families"

→"Is there going to be enough knowledge and preparation and critiquing of the program to see what numbers there will be for the positive outcomes"

Master Participant List

Focus Group #	Name:	Zip Code:
1	K.	92117
1	C.	92026
1	G.	92114
1	T.	92104
1	J.	92116
1	M.	91901
1	B.	92583
1	T.	92104
1	B.	92104
1	J.	92114
1	A.	92026
1	C.	92020
2	N.	92103
2	B.	91910
2	G.	92117
2	M.	92186
2	C.	92119
2	S.	92104
2	R.	92179
2	R.	92110
2	J.	92174

3	A.	92102
3	J.	92114
3	T.	92108
3	W.	92101
3	G.	92104
3	H.	92116
3	M.	92104
3	J.	91345
3	D.	92110
3	A.	92106
3	J.	92105
4	S.	92021
4	T.	92071
4	A.	92020
4	P.	92021
4	C.	92109
4	D.	92046
4	J.	91941
4	H.	92020
4	D.	92072
5	C.	91910
5	E.	91913
5	L.	91909
5	J.	91910

5	C.	91909
5	D.	91915
6	M.	92126
6	C.	92131
6	G.	92126
6	A.	92126
6	B.	92126