

Focus Area	Rationale	Recommended Strategy	Estimated Cost	Length of time needed to implement
<p>Expanded School-based Mental Health Services</p> <ul style="list-style-type: none"> Additional school-based mental health and substance use professionals to provide wellness and prevention activities, short-term treatment and referral as needed 	<ul style="list-style-type: none"> Utilization of school-based health services for mental health has increased by 98% over the last three years in Summit (1612 to 3199) Providing counseling through school-based health centers is recommended as a key strategy by Mental Health Colorado and the Colo Dept of Public Health Identified in Health Assessment Strategic Plan – More services for families 	<p>Add Mental Health Counselors in Schools: Add four mental health/substance use professional counselors to schools. With this addition, every public school will have a full-time mental specialist to support children, families and teachers</p>	<p>\$303,500*</p> <p>*Cost per staff = \$72,875 x 4 staff Clinical supervision = \$12,000</p>	<p>Six to twelve months to fully implement primarily due to recruitment of providers</p>
<p>Enhanced Substance Use Disorder (SUD) Services</p> <ul style="list-style-type: none"> Expanded availability of outpatient intensive treatment programs to address serious mental health and substance use disorders. Separate programs for adults and youth. Implement same day access model 	<ul style="list-style-type: none"> There are no in or out patient treatment programs for children or adults in Summit County Summit County has the highest rate of binge drinking in the state Professionals surveyed indicated alcohol abuse and depression as top issue among their clients (Corona) Approximately 2563 residents screen positive for substance use disorders. 1282 need treatment. 162 residents needing treatment are uninsured. 	<p>Develop effective and affordable, intensive outpatient treatment programs for youth and adults; Programs need to be locally based, affordable and assessable to all residents.</p>	<p>\$324,000*</p> <p>*162 uninsured residents x \$2000 per IOP treatment.</p>	<p>Six to 12 months to fully implement</p>
<p>Comprehensive Suicide Prevention Efforts</p> <ul style="list-style-type: none"> Implementation of evidence-based training and interventions designed to reduce suicide risk 	<ul style="list-style-type: none"> The suicide rate in Summit County is three times the national average 27% of residents reported that they themselves have symptoms of depression and/or anxiety (Corona) 40% of residents reported they did not know where to go to find support or care for mental health (Corona) 	<p>Implement effective series of suicide prevention programs to support existing continuum of services in community and school. Programs include;</p> <ul style="list-style-type: none"> Universal screening and social emotional learning initiative using BASC-BESS screening tool Sources of Strength: School team at every school Signs of Suicide: 1-year license that includes parent engagement and parent portal access Suicide Prevention Resource Center (SPRC) and Out for Equity Program: Program designed to support LGBTQ+ 	<p>\$200,000*</p> <p>*Screening in schools - \$5,000 per school Training, trainer, curriculum costs - - \$5,000 per school Community suicide trainings - \$24,000 1- FTE therapist-suicide expert - \$72,000 .5 FTE community/school suicide program coordination - \$34,000</p>	<p>Six to 12 months to fully implement</p>

<p>students, who have much higher rates of suicide attempts than their non-LGBTQ+ peers.</p> <ul style="list-style-type: none"> • Second Step 1st – 8th grade: Currently being implemented in Summit County schools, but not fully implemented in all elementary schools or the middle school. • Mental Health First Aid (Adult and Youth) • 1 FTE Trained Therapist in Cognitive Therapy for Suicide Prevention • .5 FTE Suicide Prevention Coordinator 	<p>students, who have much higher rates of suicide attempts than their non-LGBTQ+ peers.</p> <ul style="list-style-type: none"> • Second Step 1st – 8th grade: Currently being implemented in Summit County schools, but not fully implemented in all elementary schools or the middle school. • Mental Health First Aid (Adult and Youth) • 1 FTE Trained Therapist in Cognitive Therapy for Suicide Prevention • .5 FTE Suicide Prevention Coordinator 	<p>students, who have much higher rates of suicide attempts than their non-LGBTQ+ peers.</p> <ul style="list-style-type: none"> • Second Step 1st – 8th grade: Currently being implemented in Summit County schools, but not fully implemented in all elementary schools or the middle school. • Mental Health First Aid (Adult and Youth) • 1 FTE Trained Therapist in Cognitive Therapy for Suicide Prevention • .5 FTE Suicide Prevention Coordinator 	<p>students, who have much higher rates of suicide attempts than their non-LGBTQ+ peers.</p> <ul style="list-style-type: none"> • Second Step 1st – 8th grade: Currently being implemented in Summit County schools, but not fully implemented in all elementary schools or the middle school. • Mental Health First Aid (Adult and Youth) • 1 FTE Trained Therapist in Cognitive Therapy for Suicide Prevention • .5 FTE Suicide Prevention Coordinator
<p>Build Public Safety Community Response Team</p> <p>Mental health/substance use disorder professional available 10 hours per day, 7 days per week to accompany law enforcement and emergency medical technicians or paramedics on calls and provide follow-up services</p>	<ul style="list-style-type: none"> • Law enforcement and other first responders need additional support at the scene to triage individuals in crisis • In many cases, an on-duty officer has to stay with the mentally ill resident for several hours while it is determined what is the best course of action • The emergency room is often used as a holding area while other options are explored 	<p>Develop and implement public safety response team – Establish community based crisis response team made up of mental health workers and trained law enforcement officers. Team responds quickly to any call that comes in with resident experiencing mental health crisis</p> <p>(Further community input needed on design and expenses)</p>	<p>\$300,000</p> <p>3 to 6 months</p>
<p>Expanded Community Outreach, Education and Support</p> <ul style="list-style-type: none"> • Peer to Peer Support Model • Mental health and substance use trainings and community outreach events • Community social-emotional/wellness programs • Other community support efforts as determined by advisory board 	<ul style="list-style-type: none"> • Peer to peer support has been shown through research to be one of the more effective interventions for individuals with a mental health diagnosis. • Currently, there are no comprehensive peer to peer support programs in Summit • 35% of residents surveyed reported that they found it difficult to find appropriate mental health resources (Corona) • 90% of attendees at Education and Connecting Events said they learned about how to access local resources 	<p>Implement and Peer to Peer Support Program – Through RFP process, recruit agency to delivery comprehensive peer support program to include no less than two FTE to deliver and coordinate peer services</p> <p>Implement social and emotional trainings and support programs for parents and families (outside of school). Working with non profit partners, deliver trainings, curriculum and general outreach to build skills in children, parents and family members</p> <p>Organize and deliver community based events - to connect residents to mental health resources and reduce isolation</p>	<p>\$267,000*</p> <ul style="list-style-type: none"> *Peer Counselor x \$55,000 x 2 Clinical supervision - \$12,000 Operating Costs \$6,000 1 FTE Trainer x \$55,000 Curriculum and materials - \$12,000 <p>Six to twelve months</p> <p>*\$3,000 per month for 3-5 events per month = \$36,000</p>

<p>Create Support Services for SPMI and Reintegration Support</p> <ul style="list-style-type: none"> Mental Health/Substance use Navigators Community recovery and reintegration services post hospitalization Expanded supports for individuals with persistent mental illness Connect individuals with state access ombuds office as needed 	<ul style="list-style-type: none"> Residents report many frustrations with locating mental health resources and how to navigate system. 40% of residents with an issue did not even attempt to find care (Corona) There are no organized reintegration or services available for residents coming back into the community after an extended mental health program There are limited support services for residents with persistent, mental illness 	<p>Expand use of mental health navigators – Hire 2 additional mental health navigators to be employed by partner agencies</p> <p>Develop a comprehensive reintegration program with community partner through RFP – Program to include medication and case management, life skills, support groups, education and training, mentoring</p> <p>Develop Support Program for Individuals with Persistent Mental Illness- Program to include medication and case management, life skills, support groups, education and training, mentoring</p>	<p>\$324,000*</p> <p>*2 FTE navigators x \$66,000 \$12,000 for clinical supervision \$200,000 Contract for services to be RFPed</p>	<p>Six to twelve months</p>
<p>Professional Development Capacity Building</p> <ul style="list-style-type: none"> Provide training opportunities for therapist to improve skill levels Offer supervision opportunities for interns and recent grads Offer incentives to therapists to increase capacity 	<ul style="list-style-type: none"> Mental Health agencies report challenges with hiring and retaining qualified mental health therapists Almost every experienced private therapist is full. Waitlists very between a few days to a few months There is very limited specialty care Wait times at the Community Mental Health Center vary from a few days to over a month for specialty care 	<p>Implement a professional development plan to increase the number and type of mental health appointments available in Summit County.</p> <p>Strategies include:</p> <ul style="list-style-type: none"> -training programs and opportunities -Increase supervision opportunities for interns and recent grads -Incentive program to for existing therapist to add additional sessions 	<p>\$100,000</p>	<p>Six to twelve months</p>
<p>Administration and Program Coordination</p>	<p>Total</p>	<p>Allocate no greater than 10% of funds for administration, evaluation, coordination and operating expenses</p> <p>5% programmatic costs including supplies, office space, training, materials, travel expenses and other administrative costs.</p> <p>5% oversight cost, including accounting, audit, supervision, program evaluation and data collection, see Uniform Administrative Requirements, Cost Principles, and Audit Requirements for Federal Awards</p>	<p>\$200,000</p>	<p>\$2,018,500</p>

