

## **Essential Elements**

**So what we have learned after 15 years is that much of this is fixable at the county level (80% community solution) There are 14 Essential Elements needed for an effective community system of care**

- 1) Proper Diagnosis and Treatment
- 2) Move upstream – ID kids and young adults earlier w/SMI Typical or Troubled?
- 3) Intensive Case Mngt. Services
- 4) New approaches towards individuals w SMI – Open Dialouge
- 5) Trauma Related Services 92% of woman sexually assaulted 75% men
- 6) Meaningful Day Activities – like a CLUBHOUSE – Dr. Kandel – it actually has a physiological benefit that helps people recover. Every community mental health system should work to develop or link with a Clubhouse in their community. It should be standard practice and covered by Medicaid.
- 7) Treat long –term institutionalization (Snitch & Stitch Disorder) with program like (SPECTRUM)
- 8) Supportive Housing
- 9) Supportive Employment
- 10) Peer Specialists
- 11) SOAR (SSI/SSDI Outreach Access and Recovery)
- 12) Address the Clinical and Criminogenic factors with cognitive behavioral programs
- 13) Coordinated Criminal Justice Response – Pre/Post Arrest Diversion/Mental Health Courts & CIT
- 14) Use advanced technology to eliminate the fragmentation of the community mental health system, to better manage individuals with Serious Mental Illnesses, to develop evidence based treatment protocols for effective outcomes and use predictive analytics to create a preventive system of care – Otsuka project