

Utah



FY2017 TTI PROJECT:

Strengthening Statewide Family Supports and Initiating Family Peer Support for Children and Youth with Co-Occurring Intellectual/Developmental Disabilities (I/DD) and Serious Emotional Disturbances (SED)

KEY OUTCOMES:

- The Utah Division of Substance Abuse and Mental Health (DSAMH) began and continued partner meetings with Allies with Families, the Utah Parent Center, the Division of Services for People with Disabilities (DSPD), the Family Resource Facilitators (FRF), and Utah's System of Care (SOC). From these partner meetings, the programming has been put together, with the focus on the peer support and family resource facilitation.
- There have been two FRFs hired at the present time by Allies with Families and the Utah Parent Center. FRFs work with families and youth regarding 4 main roles: advocacy, resource management, information and support gatherer, and wraparound facilitator. One of the FRFs works out of the northern part of the state, serving mainly Summit, Salt Lake, and Tooele Counties, although she is able to work with families in outlying counties in Northern Utah. The second FRF is hired to serve the rural communities in Southwestern Utah. Both of the FRFs maintain a full caseload of 10 individuals. The FRFs work with a range of individuals who fit the criteria described above.
- The final area of the programming is designing a family curriculum for those who are attempting to access services. The curriculum will be aimed at families and individuals who are having trouble accessing services, specifically services aimed at the co-occurring MH/IDD issues. Allies with Families and the Utah Parent Center have begun to work on family based curriculum and will continue to work on the curriculum throughout the course of the finalized contract which ends in June of 2018.
- With plans to continue to serve individuals via the FRFs throughout the next year, DSAMH anticipates a total of 50 individuals to be served who are currently experiencing MH/IDD symptoms and concerns. With those who are being served, it is also anticipated that these individuals will either be diverted from DSPD waiver services, or they will be able access more collaborative services through both the DSPD and LMHA systems. Allies with Families and the Utah Parent Center will continue to work with the FRFs and develop the family curriculum to help fill a gap in services in the State of Utah.

- Utah Department of Human Services (DHS) is working on a system wide contract for FRFs and family peer support that will be utilized by all of the agencies throughout the department. This contract will allow for any division to access FRF services and support the work they are providing in any setting they would desire. It is anticipated that this contract will be completed within the next six to eight months.

Ongoing Project Activities After Grant Period:

- In December 2017, an FRF left the position leaving one FRF however the state is exploring other ways to support it, including improving the relationship with a mental health center in rural area. This was well received and an area step forward for that community.
- With this project, there has been more of a community focus and strengths-based approach with not as much focus on who owns the client. Avenues of communication have been built with more interaction in the department with these children and more on the radar and see where the needs are, and overall the large gap has been covered and acknowledged.
- DSAMH has been working on some policy and system change with great benefit looking at different models in the state and nationally regarding treatment. Utah sent state staff to the NADD conference where they haven't gone before due to the need for more system and policy level change as part of this. People are at a disadvantage with dual diagnosis because the system is split with MH and DD and Utah is continuing to work to improve the system.
- Regular meetings are still occurring on the grant project, and now policy meetings as well, looking at a possible Medicaid model in the state with an exemption to be able to bill Medicaid for medical issues as well as mental health. This includes continuing to have family involvement groups and getting private providers involved as well, and partner meetings happen at least once a month and sometimes twice.

Benefit of the 2017 TTI Project:

- In summary, the TTI project has provided Utah with the unique opportunity to explore methods to better support and serve families, youth, and young adults who are experiencing issues with mental health and intellectual/developmental disabilities. The direct services happening with families, youth, and young adults is providing key support to help these individuals navigate a complicated system. The family curriculum will provide information that will further help families and individuals know their needs and how to push through the system, before, during, and after receiving other services.
- The other benefit has been the ongoing discussions and identifications of needs at all levels in Utah. These discussions have created the opportunity to work collaboratively among multiple agencies within Utah, and with national experts to solve these gaps in services. Without the TTI project, these conversations would not have had the current impact and received the same amount of support from the many partners involved.

For more information, contact:

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