

CMHIS: Supporting Organizations and Systems to Improve Care

Presented by

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Agenda











Why CMHIS?

We all want clients to have the best care

Organizational and practice change is hard



Most technical assistance (TA, implementation support) is light touch

Why CMHIS?

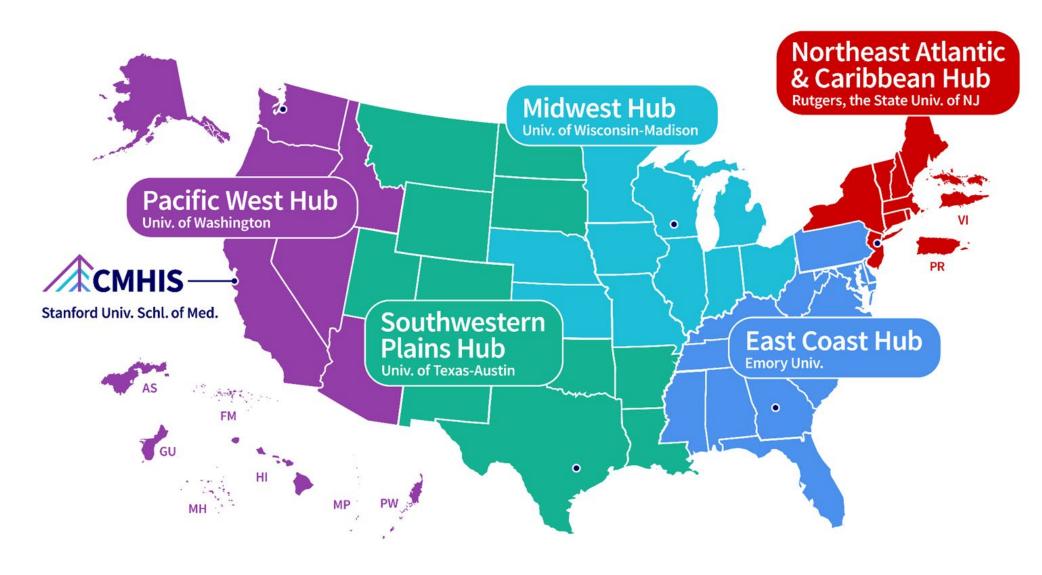
- Bring the 'how' of practice change
 - Grounded in *implementation science*, the study of how to successfully prepare for, implement, and sustain effective practices and programs in routine settings
- Provide targeted and intensive support
- Desire to listen, walk beside, and help navigate roadblocks



CMHIS Goals

- Increase availability of implementation science-based resources on how to prepare for, implement, and sustain effective practices
 - Focus on the 'how' of practice change, not training on specific interventions
- Increase the capability of CMHS recipients and organizations that oversee or directly provide mental health services to prepare for, implement, and sustain effective practices
 - Provide targeted and intensive implementation support

Who We Are: CMHIS and Our Five Bi-Regional Hubs



Who We Serve

- Grantees funded by SAMHSA's Center for Mental Health Services
- Organizations that oversee or directly provide mental health services

System Leaders and Administrators

Implementation/Change Leaders

Policy Makers and Funders

What We Do: Focus on the "How" of Practice Change

The Process of Implementing an Effective Program/Practice

Preparing

Implementing

Sustaining

Engaging the community and assessing their needs

Identifying factors that influence implementation

Deciding what support is needed to implement the new practice: Implementation strategies

Using clinical progress to guide treatment:
Measurement - based care

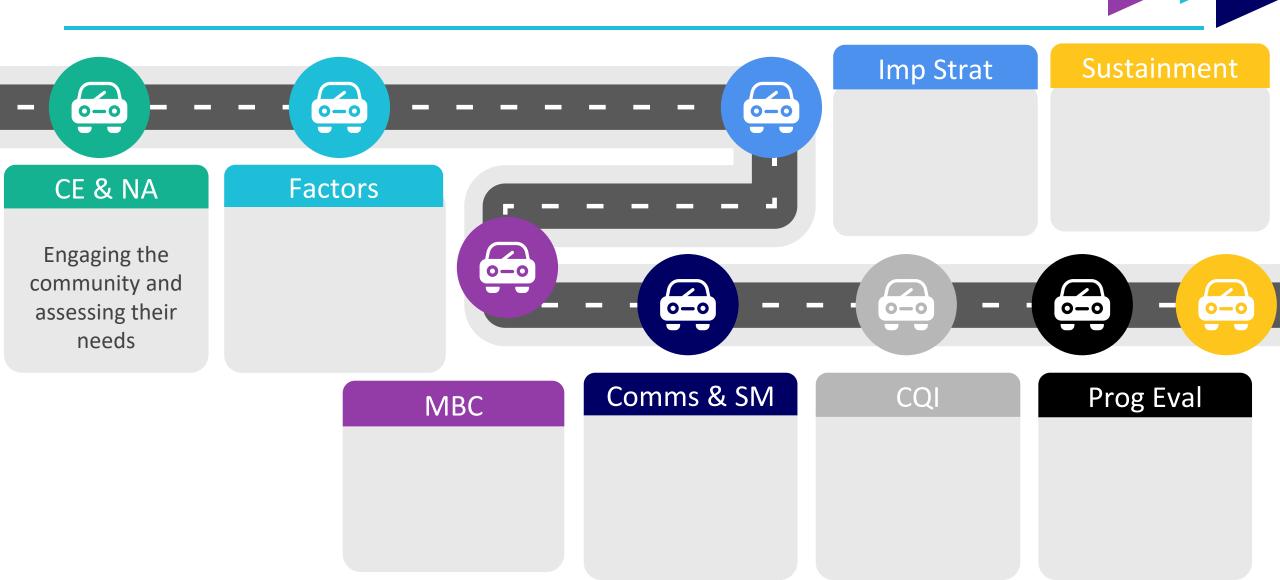
Marketing programs and services:
Communications and Social Marketing

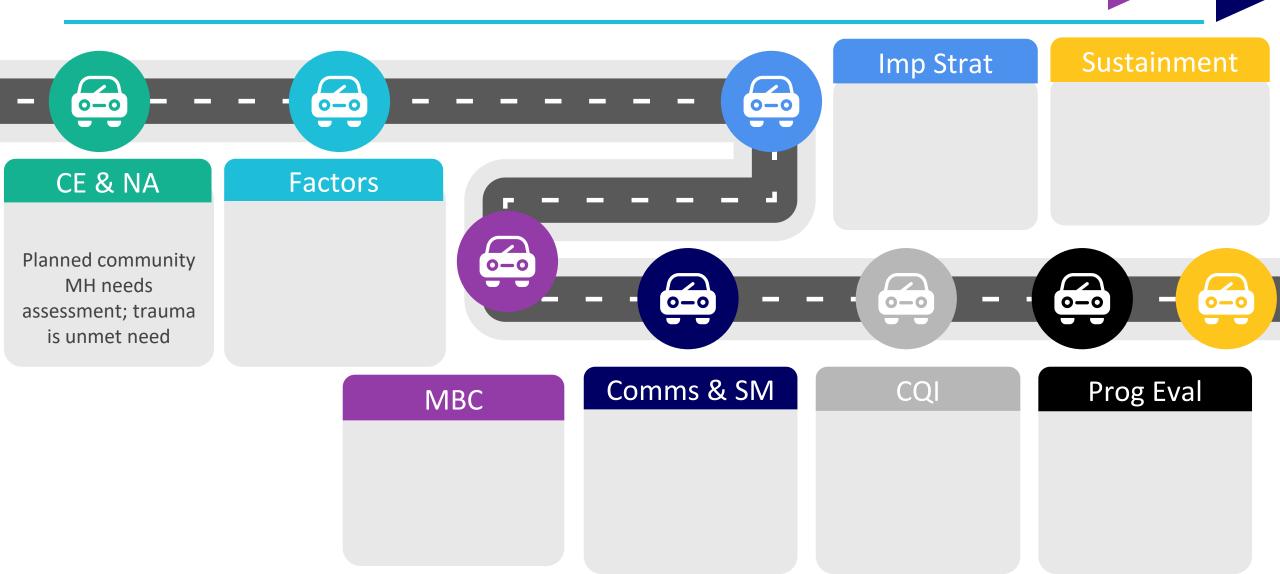
Using data to improve service delivery:
Continuous quality improvement

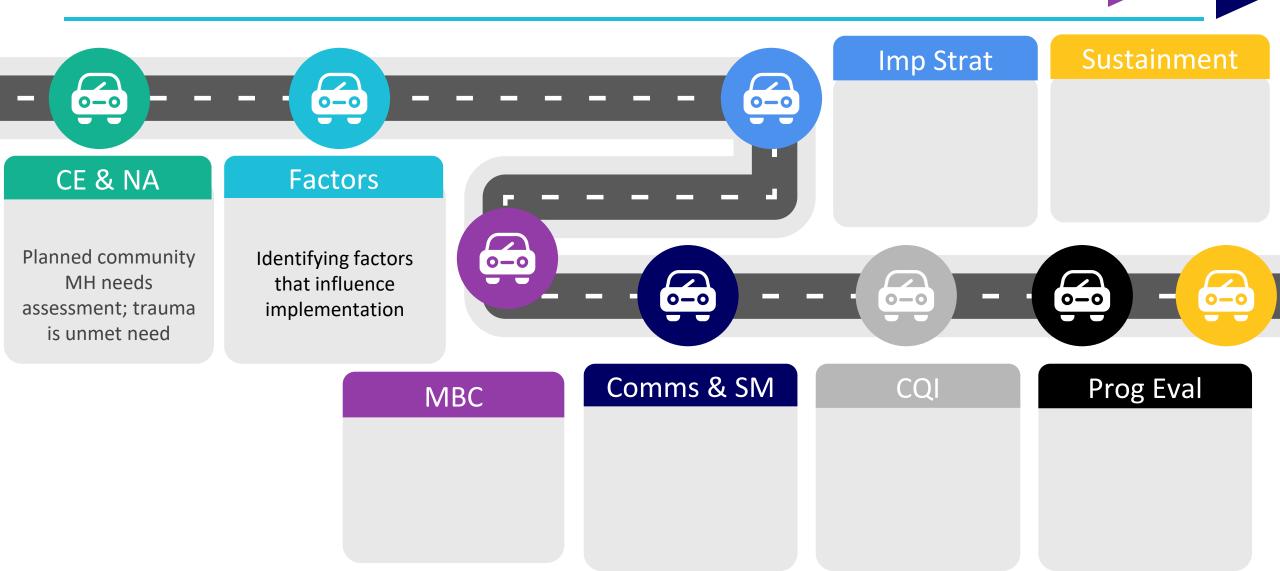
Evaluating program outcomes: Program evaluation

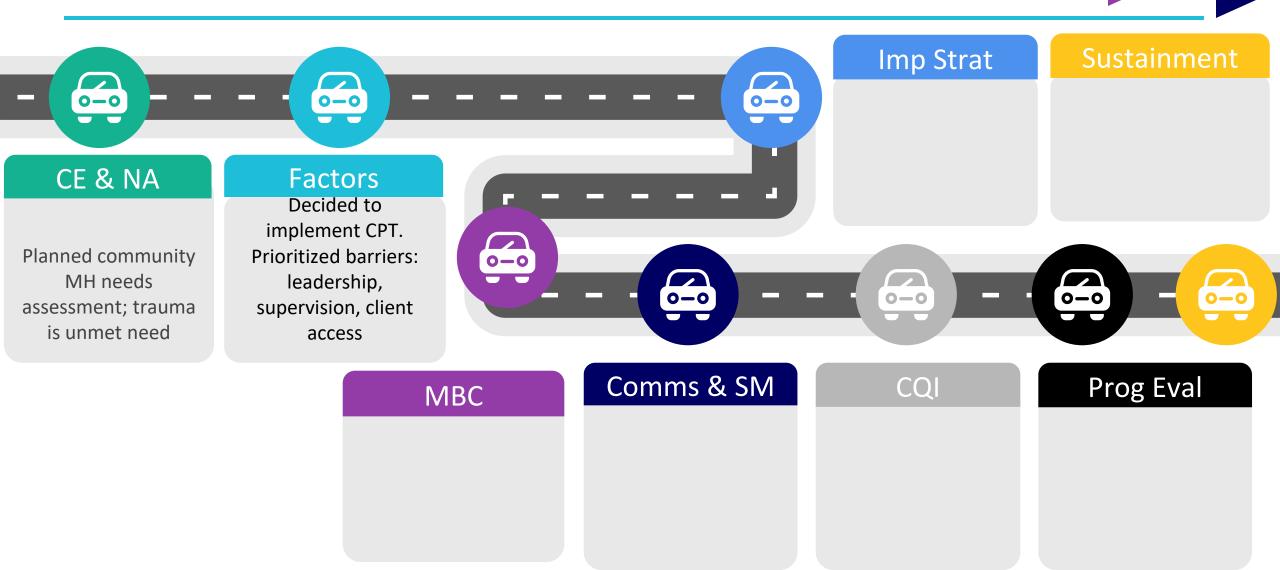
Sustaining service delivery

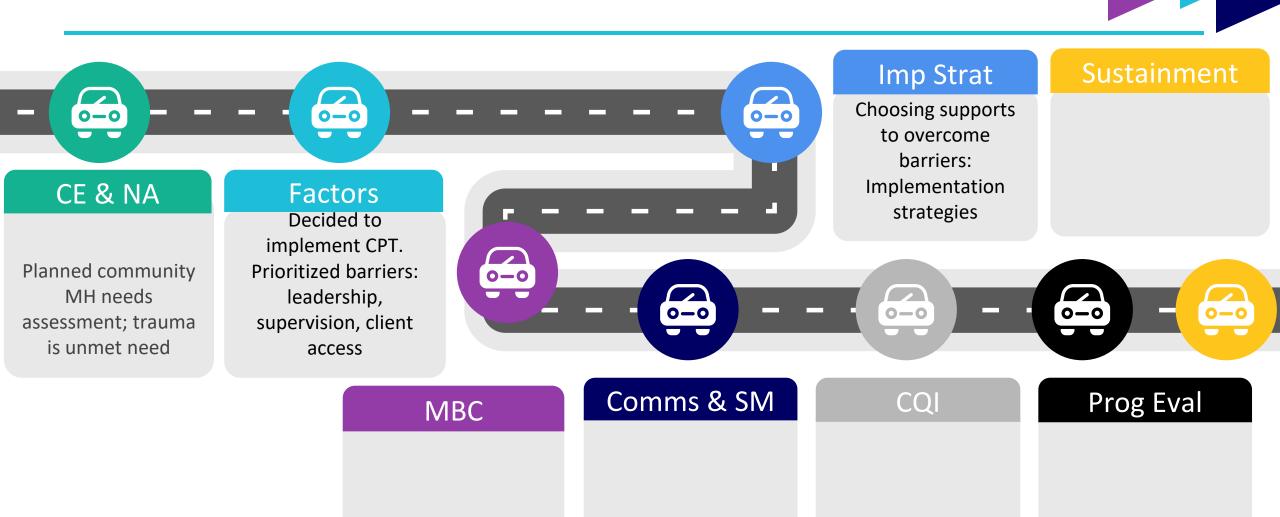
- These are guideposts
- We meet grantees and organizations where they are in the process

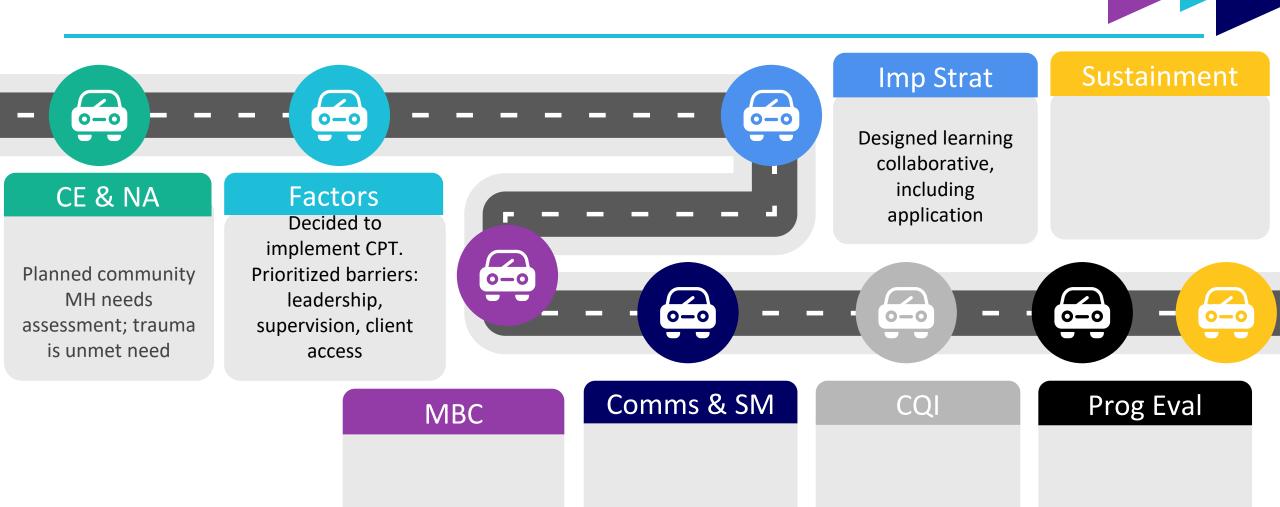












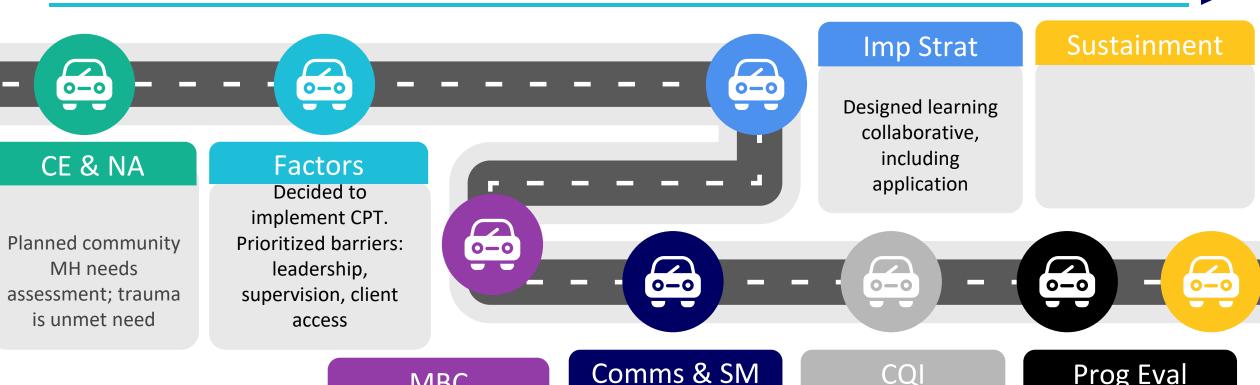


MBC

Using clinical progress to guide treatment: Measurementbased care

Comms & SM

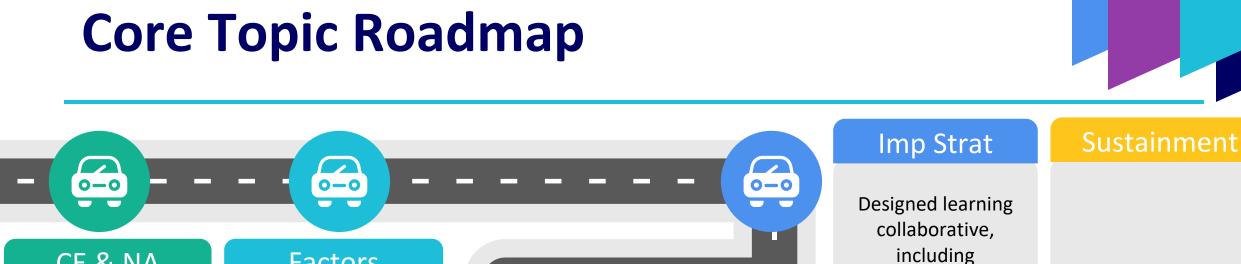
CQI



MBC

Used PROMS repository to identify measures to track CPT progress (ex: PCL-5)

Comms & SM



CE & NA

Planned community MH needs assessment; trauma is unmet need

Factors

Decided to implement CPT. Prioritized barriers: leadership, supervision, client access

0-0

0-0

application





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hesitancy for CPT

CQI





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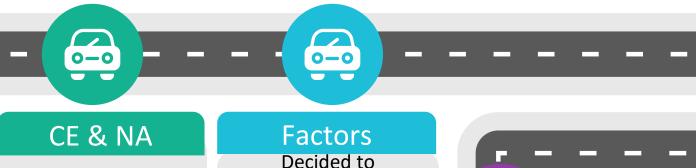
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What We Do: Resources

- Pragmatic, implementation science-based resources
 - Overview infographics
 - Tools and measures
 - Procedures/guidelines

Resource Library

We are excited to announce the launch of our Resource Library. This curated collection features practical, pragmatic, and accessible resources tied to our eight core topics to support the preparation, implementation, and sustainment of effective mental health practices and programs. We will continue to populate the Resource Library over the next few weeks, so please check back for updates.

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All Years			
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Child Mental Health Initiative (CMHI) Needs Assessment Template and Guidelines

Published: 2025

The National Training and Technical Assistance Center for Children, Youth, and Family Mental Health (NTTAC) and the Substance Abuse and Mental Health Services Administration (SAMHSA)...



What Makes a Good Mental Health Needs Assessment?

Published: 2024

Mental health needs assessments (MHNA) are a fundamental foundation for commissioning and delivering services which truly meet the needs of local communities. Only by understanding...



School Mental Health Quality Guide: Needs Assessment and Resource Mapping

Published: 2023

School Mental Health Quality Guide: Needs Assessment & Resource Mapping is part of a collection of resources developed by the National Center for School Mental...

What We Do: Targeted and Intensive Support



Implementing Effective Mental Health Services in Challenging Times: Learning Community

- Who is participating
 - Managers, leaders, & supervisors
 - Implementers
- What they're getting
 - Practical strategies to prepare for, implement, and sustain effective practices
 - Dynamic, experience combining implementation science, expert insights, and peer learning
 - Support to develop a modest project plan to advance implementation

- Components
 - Application process
 - 6 one-hour sessions
 - July-September



Examples of Current Implementation Support

- Northeast Atlantic and Caribbean (HHS Regions 1 & 2): Assessing Your Impact: Applying Program Evaluation to NJ Housing and Employment Technical Assistance Centers
 - Multi-session intensive technical assistance
 - Audience: Integrated Employment Institute and Community Support Services Training and Technical Assistance State-Funded TA Centers
 - Core Topic(s): Evaluating program outcomes (Program Evaluation)
- East Coast Hub (HHS Regions 3 & 4): Strategies to Develop and Enhance the Sustainability of School-Based Mental Health Systems
 - 6-session learning community with didactics and peer sharing
 - Audience: Current and former Project AWARE grantees and school mental health leaders
 - Core Topic(s): Sustaining service delivery

Examples of Possible Implementation Support

- Midwest Hub (HHS Regions 5 & 7): Continuous Quality Improvement Change Leader Academy
 - Multi-session change leader academy
 - Audience: Mental health organization leaders in one state
 - Core Topic(s): Using data to support service delivery (CQI)
- Southwestern Plains Hub (Regions 6 & 8): Building Evaluation into Implementation from the Start
 - 3-session learning series
 - Audience: Program directors, evaluators, and quality improvement officers
 - Core Topic(s): Evaluating program outcomes (Program Evaluation)

Examples of Possible Implementation Support

- Pacific West Hub (HHS Regions 9 & 10): Measurement-Based Care (MBC) Learning Series
 - Overview sessions, followed by organizational consultation
 - Audience: Mental health organizations
 - Core Topic(s): Measurement-Based Care



How We Can Help

• What we do:

- Support in preparing for, implementing, and sustaining effective mental health prevention, treatment, and recovery practices and programs
- Community-based services

• What we don't do:

- Clinical training on specific practices/programs
- Direct aid to obtain a grant, funds to support organization or specific project
- Support to implement a new level of care

How Can We Help You: How It Would Look

Access Our Services

- <u>Request Support</u>: To request support from CMHIS or a bi-regional Hub
- <u>Contact Form</u>: If you have general questions

We Aim to Be Responsive, We May:

- Provide resources
- Set up tailored support
- Suggest an upcoming implementation support activity you/your organization could join





Request for Success Stories

Success Stories in Sustaining MH Service Delivery

- Highlight SAMHSA/CMHS grantees who've had success in sustaining an effective program/practice or project after the grant ended
- Request will be for a 30-minute interview with up to 3 members of the project team
- If you have a referral, send to Heather Gotham, gothamh@stanford.edu

Let's Connect







https://www.cmhisupport.org/



https://www.cmhisupport.org/register



cmhis@cmhisupport.org



https://www.linkedin.com/company/cmhisupport/



Implementation Support in Kentucky

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