Innovation to Build Community Capacity to Address and Prevent Trauma

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Description of the program

The ecosystem for community change and building community capacity

- 10 geographically-defined communities with a lead agency and community partners
The Role of the Lead Agency

- Build shared community values
  - Utilize the wisdom of every individual in your community
  - Give them a voice
  - Create the collective will for change

- Develop shared local leadership
  - Empower community members
  - Speak with one voice

- Leverage community assets
  - Asset-Based Community Capacity Building

- Empower and educate community members

- Create a culture of awareness, action and health
  - Understand and address implicit bias as it relates to trauma and mental illness

- Function as a change agent with the social capital necessary for change
Why the program was developed?

- The primary purpose: To promote interagency or community collaboration related to mental health services, with those at risk of or experiencing symptoms of mental illness, specifically trauma.

- To promote community approaches to the prevention and early detection of trauma, grounded in:
  - Social Determinants of Health
  - Adverse Childhood Experiences
  - Adverse Community Environments
Methods to Address and Prevent Trauma

Strategies across the lifespan

- Trauma screenings for 0-5 population and families
- Trauma-Informed Psycho-education and Support for School Communities
- Engaging socially disconnected Transition Age Youth
- Coordinated community employment strategies for formerly homeless adults
- Community approaches to reducing justice involvement
- Community-based support networks for older adults
- Culturally competent non-traditional self-help activities for families with multiple generations experiencing trauma
5 Key Components of the Innovation

1. Assumes reciprocal inter-connectedness between the community’s health and wellbeing and that of individual community members
2. It draws upon research on the social determinants of health
3. It deploys a set of upstream strategies to address the social determinants or root causes of mental illness
4. Partnerships to engage community & service systems
5. Collective ownership & coordinated action
The Elements of Trauma: Applying Adverse Community Environments to Adverse Childhood Experiences

The Role of Social Determinants of Health Applied to Trauma

▪ ACEs:
  ▪ Maternal depression
  ▪ Emotional and sexual abuse
  ▪ Substance abuse
  ▪ Physical and emotional neglect
  ▪ Divorce
  ▪ Mental illness
  ▪ Incarceration
  ▪ Domestic violence
  ▪ Homelessness

▪ Adverse Community Environments:
  ▪ Discrimination
  ▪ Poverty
  ▪ Community Disruption
  ▪ Lack of opportunity, economic mobility and social capital
  ▪ Poor housing quality and affordability
  ▪ Violence
The Impact to Communities: Addressing ACES

Addressing trauma improves quality of life and saves lives

Self-Healing Community Model outcomes Cowlitz County, WA

- Over 10 to 15 years:
  - 62% reduction in teen mother births
  - 43% reduction in infant mortality
  - 98% reduction in youth suicides and suicide attempts
  - 53% reduction in youth arrests for violent crime
  - 47% reduction in high school drop out rates

Addressing trauma improves quality of life and saves lives.
Outcomes: Measuring Impact

Effectiveness of community capacity building and partnership development

Outcomes across strategies

Strategy-Specific Outcomes

- Collaboration and partnership development:
  - Wilder Collaboration Factors Inventory
  - Social Network Survey

- Outcomes Across Strategies
  - Coping Skills
    - COPE Inventory
  - Social Connectedness
    - Inclusion of Community in Self Scale
  - Resilience/Protective Factors
    - Conner-Davidson Resilience Scale

- Strategy-Specific Outcomes
  - Trauma Exposure – Adverse Childhood Experiences
    - Life Events Checklist
  - Stress and symptomatology
    - Ages and Stages Questionnaire
    - UCLA PTSD-RI
    - Parental Stress Scale
How is Collaboration Measured for INN 2?

Wilder Collaboration Factors Inventory

- The Wilder is a research-based tool, selected by the evaluation to document the transformation of INN 2 partnerships.
  - Partners should complete the Inventory at least every six months
- Inventory measures twenty-two factors, grouped into six categories, that influence the success of collaboration.

Social Network Survey

- Social network analysis is a method to explore the structure of partnerships and visualize how individuals interact with each other.
Elements for Successful Collaboration

- Environmental Characteristics
- Membership Characteristics
- Process & Structure
- Communication
- Purpose
- Resources
Membership Categories
• Members see collaboration as in their best interest

Process & Structure
• Partners clearly understand their roles, and responsibilities

Communication
• Open and frequent communication
• Established informal relationships

Purpose
• Concrete, attainable goals
• Partners have a shared vision

Resources
• Skilled leadership and engaged stakeholders
Who Participated in the Baseline Wilder Assessment?

- Surveys were launched in iHOMS in February 2019, and collected through March 25, 2019.

- **163** partners registered in iHOMS during this period.

  - **92** individuals completed a baseline Wilder Inventory.

  - Partnership members at **29** community organizations participated.

  - Individuals with a wide range of roles within each organization completed the survey.
Baseline Wilder Scores by Category

- Scores of 4.0 - 5.0: Strengths to leverage
- Scores of 3.0 - 3.9: Opportunity for growth & deserves discussion
- Scores of 2.9 or lower: Concern that should be addressed

UCSD Slide
What did we Learn about Collaboration at Baseline?

INN 2 partners feel that there is a favorable political and social climate for change within their partnerships.

INN 2 partners feel favorably about members of their partnership. Individuals view collaboration as in their self-interest and feel mutual respect for others.

The majority of INN 2 partners feel that members are committed and believe they have a stake in the success of the partnership.
What did we Learn about Collaboration at Baseline?

On average, most INN 2 partners agree or strongly agree that communication and informal relationships are a strength.

The majority of individuals feel that their INN 2 partnership has a unique purpose and shares a vision for capacity building.

INN 2 partners perceive leadership as a strength at baseline. Fewer partners agree that they have engaged stakeholder.
The Role of Learning

- Quarterly learning sessions co-lead by DMH, UC San Diego and Harder and Company
- Informed by outcome data
- Informed by shared learning
- True INN requires:
  - County and Provider willingness to learn, flex and change
  - Utilizing data and experience to manage
  - Moving out of one’s comfort zone

Innovation as a learning lab to inform the future
For More Information

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