

# Innovation to Build Community Capacity to Address and Prevent Trauma



LOS ANGELES COUNTY  
**DEPARTMENT OF  
MENTAL HEALTH**  
hope. recovery. wellbeing.

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MHSA BOOT CAMP 2019



# 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

❖ Asset-based community development and empowerment

❖ Leadership Development

❖ Early identification and prevention of trauma

- 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

# 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

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- 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 interaction with each other.

# Elements for Successful Collaboration

- Environmental Characteristics
- Membership Characteristics
- Process & Structure
- Communication
- Purpose
- Resources





## Environmental

- Group seen as a legitimate leader in the community



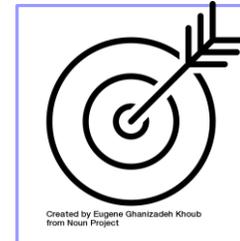
## Communication

- Open and frequent communication
- Established informal relationships



## Membership Categories

- Members see collaboration as in their best interest



## Purpose

- Concrete, attainable goals
- Partners have a shared vision



## Process & Structure

- Partners clearly understand their roles, and responsibilities



## Resources

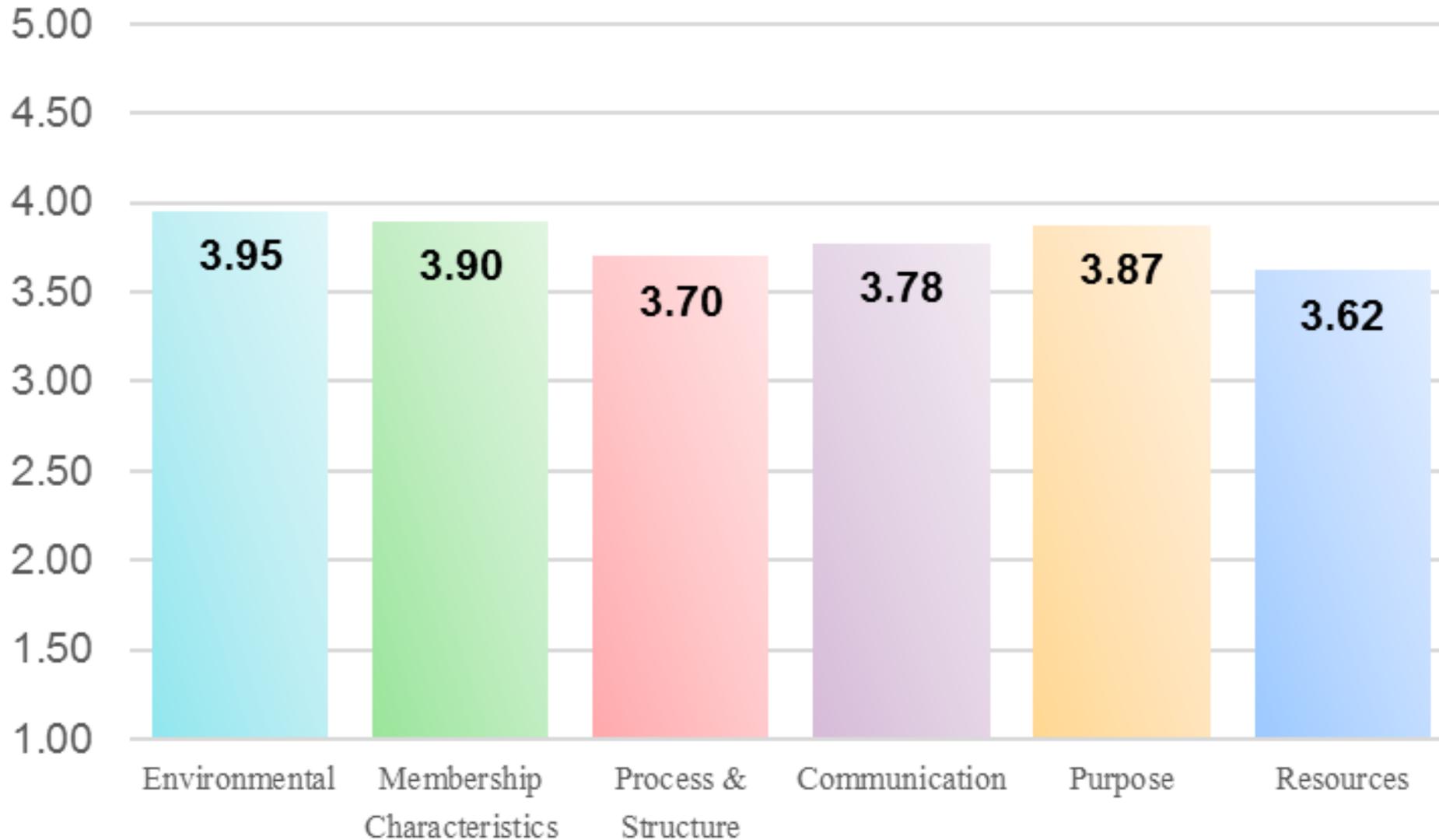
- Skilled leadership and engaged stakeholders

# 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.

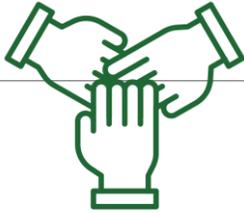
# Baseline Wilder Scores by Category



- 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?



\* by Andreas Vögele  
Project

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



\* by Alex Muravev  
Project

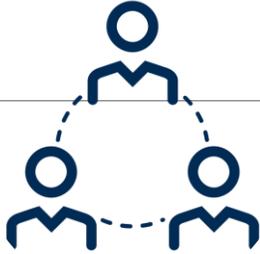
INN 2 partners feel favorably about members of their partnership. Individuals view collaboration as in their self-interest and feel mutual respect for others.



\* by b a r z i n  
Project

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?



\* by Delwar Hossain  
Project

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



\* by Eugene Ghanizadeh Khoub  
Project

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



\* by BomSymbols  
Project

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

# The Role of Learning

Innovation as a learning lab to inform the future

- ❑ 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

For More  
Information

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