



FY19 Expense Discretionary Request
Mental Health Services Initiatives

Black, Latino and Asian Caucus

Council Member I. Daneek Miller
Council member Ydanis Rodriguez

Testimony of
Christy Parque, President and CEO
The Coalition for Behavioral Health
March 28, 2018

My name is Christy Parque, and I am President and CEO of The Coalition for Behavioral Health (The Coalition). I am here to represent our member agencies that provide behavioral health services in the communities where New Yorkers live and work. We are grateful to the Black, Latino and Asian Caucus and to Councilmembers I. Daneek Miller and Ydanis Rodriguez for this opportunity to provide information on our agency's request for FY19 discretionary funds as well as the request by more than 90 organizations that have received funding under the seven general areas that have been included in the Mental Health Services Initiatives package for almost 15 years. We intend on informing the Black, Latino and Asian Caucus how the New York City Council can continue as they have so graciously done in past years to support the efforts of providers on the front lines.

The Coalition is the umbrella advocacy and training organization of New York's behavioral health community, representing over 140 non-profit community-based agencies that serve more than 450,000 consumers. Our members serve the entire continuum of behavioral health care in every neighborhood of New York City. Coalition members provide access to the range of outpatient mental health and substance use services, supportive housing, crisis intervention, peer support services, employment readiness, Personalized Recovery Oriented Services (PROS), Club Houses, education and nutritional services, as well as many other supports that promote recovery. The Coalition also trains on average 3,500 human services providers annually on cutting edge and proven clinical and best business practices through generous support from the New York City Council, New York City Department of Health and Mental Hygiene (DOHMH),

New York State Office of Mental Health OMH), and in conjunction with foundations and leaders from the behavioral health sector.

The Coalition, founded in 1972, has struggled to provide comprehensive high quality mental health and substance use services to affected individuals and their families for almost 50 years. Our members comprise a comprehensive network of safety-net providers throughout the neighborhoods they serve, caring for the most vulnerable among us in their communities, where they live and work.

The Coalition's budget priorities reflect this reality. We strongly support measures that preserve and strengthen community-based mental health and substance use programs through the reinvestment of resources in community-based services, the preservation of a sustainable workforce and the promotion of policies that prioritize consumers, through valued partnerships like our partnership with the NYC Council.

NYC COUNCIL DISCRETIONARY FUNDED MENTAL HEALTH INITIATIVES

The Coalition is grateful for the longstanding support of the NY City Council through a package of initiatives that create and perpetuate a much needed system of services aimed to alleviate the behavioral health care gaps experienced by vulnerable people. Several of the original initiatives were base-lined during the previous administration, underlining the enduring need and importance of the initiatives to meet these needs. It is essential that the surviving initiatives continue as they serve very specific objectives for core populations as well as emerging needs.

These initiatives were serving New Yorkers long before Thrive NYC and Healing NYC, the current and valued initiatives by the administration. Thrive NYC and Healing NYC are complementary with the Mental Health Services Initiatives, and given the rising tides addiction and mental illness which threaten individuals and communities, it would be a mistake to cut, rather than add to the City's arsenal of measures aimed at reducing suffering. We welcome any and all resources to fight the rising tide of addiction and prevalence of mental illness with an outsized presence in our communities of color.

REQUESTS FOR THE COALITION FOR BEHAVIORAL HEALTH:

The Coalition gratefully acknowledges the discretionary funding it receives through the City Council's Mental Health Services Initiatives. We are proud to be included in the Initiatives, and for more than a decade, have been able to make a unique contribution leveraging our role as a convener of agencies as opposed to an individual provider agency. Through our trainings, The

Coalition has been able to help clinicians and administrators keep pace with change in the delivery and financing of behavioral health care, which are designed to keep providers current with innovative and best practices.

MENTAL HEALTH SERVICES FOR VULNERABLE POPULATION INITIATIVE

One of the most important services that The Coalition provides is the Professional Learning Center funded through the Mental Health Services for Vulnerable Population Initiative. **It is through the City Council’s support that The Coalition has been able to provide critical education, technical assistance and training –unique learning opportunities – for staff and leadership of publicly funded behavioral health agencies.**

The Coalition for Behavioral Health’s Professional Learning Center (PLC) educates behavioral health providers on cutting edge clinical and business practices to advance service delivery, improve health outcomes, and increase the fiscal viability of community-based organizations. **Most of the trainings offer Continuing Education credits for Social Workers and other licensed professionals.** Each year, we train nearly 600 health care providers in 20 different subject areas and expect to maintain this trend going forward. Our comprehensive training package is targeted to multiple levels of the behavioral health workforce, from practitioners to executives, to facilitate a top down and bottom up approach to system transformation.

Coalition FY19 Ask: \$100,000.
Application Reference: 61373

| DATE | TRAINING |
|---------------|---|
| 2016-12-09 | The DSM-5: Fundamentals of The Manual and an Introduction to Diagnostics |
| 2016-12-12 | Billing in a Medicaid Managed Care Environment: For Mental Health Providers |
| 2016-12-13 | Billing in a Medicaid Managed Care Environment: For Substance Use Providers |
| 2017-01-05 | The Need for Addressing Tobacco in Behavioral Health |
| 2017-02-17 | Identification and Treatment of Co-occurring Mental Health and Substance Use Disorders in Integrated Care |
| 2017-03-03+10 | Introduction to the Skills and Strategies in Motivational Interviewing |
| 2017-03-17 | Advanced Workshop in Motivational Interviewing for Supervisors |
| 2017-03-28 | HIPAA Privacy Rule Compliance - Understanding New Rules and Responsibilities of Privacy Officers |
| 2017-03-29 | HIPAA, Texting, and Mobile Devices - Managing Security in a Smart Phone World |
| 2017-04-20 | The Promise and Peril of Value-Based Payments for Behavioral Health Providers |
| 2017-04-24 | HIPAA and Consumers' Access of Records - New Rules, New Guidance from HHS |
| 2017-05-04 | Building Data Driven Organizations: Quality Management in the New Managed Care Environment |
| 2017-05-05+12 | Coping with Chaos: Treating Multiple Severe Disorders with DBT |
| 2017-05-19 | The DSM-5: Fundamentals of the Manual and an Introduction to Diagnosis |

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| 2017-06-22 | Talking Suicide: How to Listen and Communicate More Effectively with Those in Distress |
| 2017-06-27 | From the Manual to Clinical Practice: Successful Diagnosing with the DSM-5 |
| 2017-06-28 | Mental Health Parity |
| 2017-06-28 | Hybrid Entity Status under HIPAA — What It Means to Behavioral Health Agencies |
| 2017-06-30 | New HIPAA Audit and Enforcement Activities: Being Prepared to Show Your Compliance |

COURT-INVOLVED YOUTH MENTAL HEALTH INITIATIVE

This funding supports programs that assess juveniles in the arrest process for mental health concerns and provide family counseling and respite services. The initiative also supports efforts to connect court-involved youth to other CBO’s familiar with the Courts, and other City and State agencies. It is indisputable that our jails serve as ad hoc mental health shelters and that early intervention can prevent young people from the life-long stigma and deleterious effects of incarceration. A 2014 report in the Harvard Political Review (November 11, 2014) stated that “according to some reports, 95 percent of the youth in New York City jails are black or Latino.”

The Coalition is particularly proud to be part of this initiative. The Coalition has leveraged its grant to reach a large population of agencies who provide direct services to court involved youth and families. The Coalition provides technical assistance and training to the 15 agencies designated to receive funds under the CIY Initiative. The Coalition has trained nearly 560 individuals on 23 difference subject areas in fiscal 2017 and plans to continue to deliver services to the CIY agency cohort. We are also expanding the services to providers who display an interest in working with justice-involved youth.

We believe that our assistance to designated agencies, in providing better access to mental health care for young people and their families, will result in a better quality of life for those served and reduce recidivism.

Coalition FY19 Ask: \$145,000.
Application Reference: 61551

| DATE | TRAINING |
|------------------|---|
| 2017-02-27 | Providing Culturally Competent Services to Justice-Involved Youth |
| 2017-02-28 | Family Engagement in the Context of Court-Involved Youth |
| 2017-03-06 | Introduction to Trauma Informed Care |
| 2017-04-03 | Key Elements of Trauma Treatment |
| 2017-04-04 | Enhancing Resiliency in Youth from Troubled Families: Lessons Learned from the Research on Children of Alcoholics |
| 2017-04-06 | Social Workers and Subpoenas - Understanding the Legal Issues Involved with Client Communications |
| 2017-04-10 | Documentation in the Forensic Environment |
| 2017-04-11 | Everyday Mindfulness & Self-Compassion for Caregivers of Court-Involved Youth |
| 2017-04-12+19 | Overview of Motivational Interviewing |
| 2017-04-28 | Using Cognitive Behavioral Therapy for Recidivism with Court-Involved Youth |
| 2017-04-21+26 | Overview of Motivational Interviewing (Riverdale) |
| 2017-05-01 | The Trauma Informed Supervisor - Tips for Enhancing Your Practice |
| 2017-05-24+30 | Overview of Motivational Interviewing |
| 2017-05-25 | Understanding the Criminal & Juvenile Justice System |
| 2017-05-26 | Alternatives to Detention |
| 2017-05-31 | Motivational Interviewing for Supervisors |
| 2017-06-05+06+07 | Clinical Supervision Foundations I and II |
| 2017-06-09 | Impact of Abuse and Violence on Justice Involved Youth |
| 2017-06-16 | Cultural Competency |
| 2017-06-23 | From Crisis to Calm: Verbal De-escalation Skills to Support Resiliency |
| 2017-06-26 | Boundary Issues in Youth Peer Counseling Within the Juvenile Justice System |
| 2017-06-29 | Anti-Racist Training for Behavioral Health Providers |
| 2017-06-30 | Beyond Burnout: Self Care as a Critical Component When Working with Traumatized Youth and Families |

REQUEST FOR NYC COUNCIL DISCRETIONARY TO FULLY FUND THE SEVEN MENTAL HEALTH SERVICES INITIATIVES

As mentioned, the Mental Health Services Initiatives have long served the mental health and substance use needs of New York communities. They are the trusted go-to point of care for individuals and families in need. Unfortunately, less than 40% of individuals with major depressive disorders report receiving care (Understanding New York City's Mental Health Challenge, 11.12.2015). New York City is far from ensuring access to behavioral health services for everyone needing behavioral health treatment.

The health profession is increasingly understanding the relationship between good health and the Social Determinants of Health (SDoH). Broadly defined as the "conditions in the social, physical and economic environment in which people are born, live, work and age" (Healthy People 2020, July 11, 2010) they are "the complex, integrated and overlapping structures and economic system that are responsible for most health inequities" (Commission on Social Determinants of Health, World Health Organization, 2008). Examples include access to education and employment opportunities, housing, safety from exposure to crime and violence, and positive (or negative) social norms and attitudes.

The intersection of behavioral health problems with poverty, race and ethnicity is indisputable. In NYC, serious mental illness is more than twice as common for adults who live below 200% of the federal poverty level (FPL) compared to those who are not poor. 90% of children between ages of two and five who have been diagnosed with one of five common mental health disorders live in poverty (Understanding New York City's Mental Health Challenge, 11.12.2015).

The Mental Health Services Initiatives were conceived to address these shortcomings. Each initiative targets a specific highly vulnerable segment of the population, span life cycles and ages, or other identifying or defining characteristics. Over the decade the City Council has funded the initiatives, New Yorkers have come to rely on these trusted resources, culturally competent and linguistically appropriate, and an integral part of the scarce resources available in their communities. A sampling of the awardees established that across the initiatives, at least 80% and more likely 90 plus percent of the clients who profited from the program were people of color.

In FY2018, 90 agencies were awarded 108 grants. Leaving any program unfunded would disrupt the reliable support system for fragile individuals without but seeking security and wellbeing. Five organizations, including The Coalition, Citizens Committee for Children, United Neighborhood Houses, UJA Federation of New York, and the Mental Health Association -New York City, have endorsed this comprehensive, inclusive agenda.

The NYC Council Mental Health Services Initiatives received \$13,291,776. in FY 2018. The Coalition, along with our members and co-endorsers, request reinvestment and a funding increase to \$16,500,000. We believe that would fund agencies who have requested increases through their applications and agencies whose programs merit enhanced funding.

The following is a list of and description of the people who rely on the community services of the MH Initiatives and our funding requests for fiscal 2019.

- Mental Health Services for Vulnerable Populations
- Court Involved Youth Mental Health Initiative
- Medicaid Redesign Transition
- Geriatric Mental Health
- Children Under Five
- Developmental, Psychological and Behavioral Health Services
- Autism Awareness

MENTAL HEALTH SERVICES FOR VULNERABLE POPULATIONS: We recommend an increase to \$2,000,000 from \$1,218,000 in fiscal 2018

CBOs and Advocacy Networks provide mental health programs, services, and referrals to the most difficult to serve, and clinical and practice management trainings to their providers.

COURT INVOLVED YOUTH MENTAL HEALTH INITIATIVE: We recommend an increase to \$2,500,000 from \$2,050,000 in fiscal 2018

The initiative's goal is to keep youth out of the criminal justice system, help them to better understand their motivators and effectively turn their lives around before the negative life altering impact of incarceration. The initiative supports the Cross-over Youth Practice Model, a cross sector model developed for youth who are involved with both the courts and with other city agencies such as foster care.

MEDICAID REDESIGN: We recommend an increase to \$1,000,000 from \$500,000 in fiscal 2018.

The transformation of New York's Medicaid program was designed to improve the delivery and funding of health services to the Medicaid population resulting in higher quality care, healthy populations and less costly care consistent with The Affordable Care Act. Among the changes to achieve the Triple Aim is the integration of behavioral and physical health care, and value based payment. This fund supports community-based organizations to enact changes to meet the laudable goals of Medicaid Redesign.

GERIATRIC MENTAL HEALTH: We recommend an increase to \$2,500,000 from \$1,905,540 in fiscal 2018

A disproportionate number of seniors and elderly people suffer from depression, anxiety, and other mental illnesses. Further, many seniors find themselves increasingly isolated because of

physical degeneration and the difficulties getting around the City. This initiative offers a wide range of services, including outreach, education, depression and substance use screening, assessment, individual and group counseling, referral to treatment and support for family caregivers in “non-clinical settings,” such as senior centers, drop-in centers, religious institutions, social clubs, homeless prevention programs, and individual homes.

CHILDREN UNDER FIVE: We recommend and increase to \$2,000,000 from \$1,002,000 in fiscal 2018

Left untreated, children’s mental health issues are likely to worsen with serious ramifications on future development. This initiative funds community-based outpatient mental health clinics throughout the City to provide mental health treatment to children aged five years and younger who may lack the verbalization skills to speak about their experiences. Mental health treatment activities include screening and clinical evaluation; individual, small group, and child-parent psychotherapy; consultation with pediatricians, preschool teachers, and child welfare workers; and trauma-informed interventions including cutting edge treatment modalities, such as dance, art and movement therapy.

DEVELOPMENTAL, PSYCHOLOGICAL AND BEHAVIORAL HEALTH SERVICES: We recommend and increase to \$2,500,000 from 2179390 in fiscal 2018

This initiative supports a range of programs and services targeted to individuals with chemical dependencies, developmental disabilities and serious mental illnesses as well as their families and caregivers. Funding is used for medically supervised outpatient services, transition management programs, Article 16 clinics, psychological clubs, and recreation programs.

AUTISM AWARENESS: We recommend an increase to \$4,000,000 from \$3,236,846 in fiscal 2018

Autism Awareness supports after school programing for children with Autism Spectrum Disorder, including social skill development, weekend programing, and supportive services for families and caregivers. These programs fill crucial gaps, including services for people who have aged out of State funded programs.

CONCLUSION:

To the credit of the Mayor and First Lady, the administration has significantly added to the resources available for individuals and families experiencing mental illness or addiction, or both. But with the dramatic rise in opioid addiction and deaths, and the escalating stressors in our workplaces, schools and homes, we cannot afford to pull the rug out from under anyone already in care. We know prevention and early intervention work. We need to ensure those resources are available to keep people from needing care.

The Coalition and its member agencies, and our co-endorsers stand ready to continue partnering with the NYC Council, and we again thank you for this opportunity.

Christy Parque
President and CEO
The Coalition for Behavioral Health

SUPPORT COMMUNITY BEHAVIORAL HEALTH SERVICES

THE BEHAVIORAL HEALTH COMMUNITY IS GRATEFUL TO THE CITY COUNCIL FOR THEIR COMMITMENT TO SUPPORTING THE BEHAVIORAL HEALTH NEEDS OF THE MOST VULNERABLE AND MARGINALIZED POPULATIONS. THE NEEDS CONTINUE TO GROW

WE URGE THE CITY COUNCIL TO REAPPROPRIATE AND INCREASE THE FUNDS AVAILABLE IN FY 2019 TO \$16,500,000

MENTAL HEALTH SERVICES FOR VULNERABLE POPULATIONS: CBOs and Advocacy Networks provide mental health programs, services, and referrals to the most difficult to serve and clinical and practice management trainings to their providers.

- Bailey House, Inc.
- Brooklyn Community Services
- Center for Urban and Community Services
- The Child Center of New York
- The Children's Aid Society
- The Coalition for Behavioral Health, Inc.
- Greenwich House
- New Alternatives for Children
- Riverdale Mental Health Association
- Samaritans of New York

COURT-INVOLVED YOUTH MENTAL HEALTH INITIATIVE: Assesses risk for mental health concerns and connects court-involved youth with CBOs familiar with City and State Agencies.

- Acacia Network / Puerto Rican Organization to Motivate Enlighten & Serve Addicts, Inc.
- Astor Services for Children & Families
- Catholic Charities Neighborhood Services
- Center for Alternative Sentencing & Employ. Services (CASES)
- The Child Center of New York
- The Children's Aid Society
- The Coalition for Behavioral Health, Inc.
- The Fortune Society
- Good Shepard Services
- Jewish Child Care Association
- New Alternatives for Children
- Northside Center for Child Development
- The Osborne Association
- Safe Horizon
- SCO Family Services
- Staten Island Mental Health Society, Inc.

GERIATRIC MENTAL HEALTH: Provides mental health services to seniors in non-clinical settings.

- The Bridge
- BronxWorks
- Bronx Jewish Community Council, Inc.
- Catholic Charities Neighborhood Services
- Chinese-American Planning Council, Inc.
- East Side House, Inc.
- Grand Street Settlement, Inc.
- Hudson Guild

- Chinese-American Planning Council, Inc.
- East Side House, Inc.
- Grand Street Settlement, Inc.
- Hudson Guild
- Lenox Hill Neighborhood House
- Project Hospitality
- Riverdale Mental Health Association
- Samuel Field YM & YWHA
- SBH Community Service Network (Sephardic Bikur Cholim)
- Services and Advocacy for GLBT Elders (SAGE)
- **Service Program for Older People (SPOP)**
- Spanish Speaking Elderly Council – RAICES
- Sunnyside Community Service, Inc.
- Visiting Nurse Services of New York Home Care

MEDICAID REDESIGN TRANSITION: Assists CBOs to transition to the managed care model.

- Amida Care
- Astor Services for Children & Families
- Catholic Charities Neighborhood Services
- Jewish Board of Family and Children’s Services
- New Alternatives for Children
- Riverdale Mental Health Association
- SCO Family of Services
- University Settlement Society of New York

DEVELOPMENTAL, PSYCHOLOGICAL AND BEHAVIORAL HEALTH: Targets people with chemical dependencies, developmental disabilities and/or serious mental illness.

- Catholic Charities Neighborhood Services
- The Child Center of New York
- Greenwich House, Inc.
- Hamilton-Madison House
- Institute for Community Living
- Jewish Board of Family and Children’s Services
- Montefiore Medical Center
- OHEL Children’s Home and Family Services
- Staten Island Mental Health Society

CHILDREN UNDER FIVE: Helps children who have experienced violence directly or indirectly.

- Safe Horizon
- Safe Space/ Sheltering Arms
- Montefiore Medical Center
- University Settlement Society of NY

AUTISM AWARENESS: Supports autistic children and their families during non-school hours.

- Marlene Meyerson Jewish Community Center in Manhattan
- Mosholu-Montefiore Community Center
- OHEL Children’s Home and Family Services
- Ramapo for Children
- Samuel Field YM & YWHA
- Shorefront YM-YWHA of Brighton-Manhattan Beach
- YM & YWHA of Washington Heights & Inwood

| All Initiatives | | FY 19 Request |
|-----------------|---|---------------------|
| DOHMH | Mental Health Services for Vulnerable Populations | \$2,000,000 |
| DOHMH | Court-Involved Youth Mental Health Initiative | \$2,500,000 |
| DOHMH | Children Under Five | \$2,000,000 |
| DOHMH | Geriatric Mental Health | \$2,500,000 |
| DOHMH | Medicaid Redesign Transition | \$1,000,000 |
| DOHMH | Developmental, Psychological & Behavioral Health Services | \$2,500,000 |
| DOHMH | Autism Awareness | \$4,000,000 |
| TOTAL | | \$16,500,000 |

For more information, please contact Christy Parque cparque@coalitionny.org or Doug Berman dberman@coalitionny.org at The Coalition