

EXHIBIT A

**INNOVATION WORK PLAN
COUNTY CERTIFICATION**

County Name: Tehama

County Mental Health Director	Project Lead
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I hereby certify that I am the official responsible for the administration of public community mental health services in and for said County and that the County has complied with all pertinent regulations, laws and statutes for this Innovation Work Plan. Mental Health Services Act funds are and will be used in compliance with Welfare and Institutions Code Section 5891 and Title 9, California Code of Regulations (CCR), Section 3410, Non-Supplant.

This Work Plan has been developed with the participation of stakeholders, in accordance with Title 9, CCR Sections 3300, 3310(d) and 3315(a). The draft Work Plan was circulated for 30 days to stakeholders for review and comment and a public hearing was held by the local mental health board or commission. All input has been considered with adjustments made, as appropriate. Any Work Plan requiring participation from individuals has been designed for voluntary participation therefore all participation by individuals in the proposed Work Plan is voluntary, pursuant to Title 9, CCR, Section 3400 (b)(2).

All documents in the attached Work Plan are true and correct.

Signature (Local Mental Health Director/Designee)

Date

Title

EXHIBIT A

EXHIBIT B

INNOVATION WORK PLAN

Description of Community Program Planning and Local Review Processes

County Name: Tehama
Work Plan Name: Drumming for Health

Instructions: Utilizing the following format please provide a brief description of the Community Program Planning and Local Review Processes that were conducted as part of this Annual Update.

1. Briefly describe the Community Program Planning Process for development of the Innovation Work Plan. It shall include the methods for obtaining stakeholder input. (suggested length – one-half page)

The MHSA Steering Committee meets monthly to provide input to all MHSA components, including the Innovation component. The MHSA Steering Committee is made up of Mental Health Staff, Mental Health consumers, Mental Health family members, public health staff, drug and alcohol staff, organizational providers, law enforcement, board and care providers, representatives from the faith community, and the Mental Health Advisory Board.

The MHSA Steering Committee also held focus groups with consumers, family members, and community members regarding the Innovation component. These focus groups included providing demonstrations of possible drumming activities for the participants. These focus groups were held at the Youth Empowerment Services (YES) Center, a Drop-In Center for Transition Age Youth, but included representatives across all the age groups. Drumming from several cultures were demonstrated, and the participants were actively involved. The MHSA Steering Committee explored a variety of possibilities for Innovation funds, but determined that the choice was to explore Drumming for Health. It was believed that this project could cross some cultural barriers and increase outreach and engagement to underserved populations in a new and creative manner.

2. Identify the stakeholder entities involved in the Community Program Planning Process.

Consumers, family members, representatives from Mental Health, Public Health, Drug and Alcohol, Mental Health Advisory Board, First 5 Commission, law enforcement, board and care providers, outside providers, non-profit organizations, and faith based organizations.

3. List the dates of the 30-day stakeholder review and public hearing. Attach substantive comments received during the stakeholder review and public hearing and responses to those comments. Indicate if none received.

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Innovation Work Plan Narrative

Date: 1/18/2011

County: Tehama

Work Plan #: 1

Work Plan Name: Drumming for Health

Purpose of Proposed Innovation Project (check all that apply)

- INCREASE ACCESS TO UNDERSERVED GROUPS
- INCREASE THE QUALITY OF SERVICES, INCLUDING BETTER OUTCOMES
- PROMOTE INTERAGENCY COLLABORATION
- INCREASE ACCESS TO SERVICES

Briefly explain the reason for selecting the above purpose(s).

In Tehama County, we have continued to attempt to successfully increase access to underserved groups. The issue of stigma continues to be a major barrier to being successful in this area. It was believed that implementing the Drumming for Health program would be a creative and non traditional method of increasing access and decreasing stigma. The proposal includes focusing on providing community drumming events where educational information can be provided about a variety of topics, including mental health. In addition, there would be smaller therapeutic drumming groups for individuals as part of treatment.

It was also believed that providing this different innovative treatment technique may also improve outcomes. There is research about numerous positive effects of drumming on mental and physical health. Biofeedback research has shown that the drumbeat alters brainwave patterns, increasing Alpha (a light meditative brainwave), and dramatically reduces stress. Since 98% of all disease is now known to be linked to stress, drumming could have a very positive effect on wellness. The drum's power as a tool for wellness has long been acknowledged among indigenous populations, and has recently been explored by a variety of practitioners and researchers. It has been found that drumming induces deep relaxation, lowers blood pressure and reduces stress. Drumming has also been shown to help control chronic pain by serving as a distraction and promoting the production of endorphins and endogenous opiates, the body's own morphine-like painkillers. Recent research has also shown that drumming circles boost the immune system and increases cancer-killing cells. According to Arthur Hull: the language of the drum is universal, speaking to all people, worldwide, equally; and the act of drumming is a universally healing experience — it releases body tension, emotional stress, and mental fatigue. It has been found that sound therapies can create new neural pathways in the brain at ANY age, bypassing damaged pathways. There are currently groups of diverse people around the world drumming in communities that believe they are overcoming barriers of age, race, language; eliminating stress, addiction, trauma and diseases formerly believed to be incurable. Drumming can release anger, create joy,

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and alter brain rhythms. Wellness drumming has become widely recognized over the last 10 years.

Instituting this new program would provide another avenue for individuals to access mental health services. The proposal includes providing drumming events in outlying areas and with specific cultural groups. Participants would be actively involved in the process. Drumming for Health incorporates culturally competent approaches to recovery, wellness and resiliency. It also provides the opportunity for individuals that are undocumented or ineligible for mental health services to participate.

The second component of this innovative program would be the inclusion of drumming circles as an adjunct to ongoing therapy for existing clients, with the goal of improving outcomes for those individuals involved. Some of these improved outcomes would be increased engagement, increased socialization, decreased stress, improved brainwave activity, etc.

Innovation Work Plan Narrative

Project Description

Describe the Innovation, the issue it addresses and the expected outcome, i.e. how the Innovation project may create positive change. Include a statement of how the Innovation project supports and is consistent with the General Standards identified in the MHSA and Title 9, CCR, section 3320. (suggested length - one page)

The Innovation work plan of Drumming for Health would involve several components. This would include community wide drumming events, highlighting different cultures that use drumming as part of their cultural traditions. These events would be at different communities, including the outlying areas. In addition to the drumming activities, there would also be food that represents the highlighted culture as well. These events would be free to the public. Also included would be educational materials about wellness, recovery, cultural traditions, referral resources, etc. During these events, information would also be provided about the benefits of drumming, and other music venues for overall health. providing the opportunity for the community to participate in culturally enriching activities. There would be the opportunity for drumming events in different areas of the county, focusing on a variety of cultures that utilize drumming as part of their traditions. The events would include additional information about the highlighted culture, foods from the specific culture, and wellness information. Events will be open to the public and will be provided free of charge, in a variety of settings, and at different times to maximize the opportunity for all community members to participate. The therapeutic drumming circles will also be open to all existing consumers and family members.

The second component would be Drumming Circles as part of ongoing therapy, which would be offered at both of the drop in centers (the Youth Empowerment Services (YES) Center and the adult Vista Way Recovery Center). Therapists, Rehabilitation Specialists, and peer support consumers would be offered training in drumming circles, and then would be able to incorporate this service into existing treatment venues, such as group therapy, rehabilitation groups, and peer support groups. It is hypothesized that the utilization of this alternative approach to wellness will positively impact individual outcomes for the individuals served, and also facilitate engagement with individuals that may not be comfortable with the more traditional therapeutic approaches.

The goal of the MHSA Innovation component is to promote recovery and resilience, reduce disparities in mental health services and lead to learning that advances mental health per the MHSA guiding principles. It is believed that Drumming for Health accomplishes these goals. Drumming for Health allows the mental health community to try something new, and take some risks, by outreaching to the community in a non traditional manner. It also provides a new venue to communicate about mental illness and mental health, reflects multiple voices and perspectives, especially different cultural perspectives. It provides the opportunity to engage and support people who are not currently being served, or who are underserved, in accessible, welcoming settings. This program can support individuals and families/caregivers across all life stages and all

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age groups, and allows for increased access to un-served, underserved and inappropriately served communities and individuals, and has the potential to create significant positive change in communities.

Drumming for health is an innovative method of providing culturally appropriate outreach and supports inclusion of diverse stakeholders, including current service users, their families and caregivers, people un-served, underserved and inappropriately served by the mental health system, service providers or other representatives of un-served communities, and underserved cultural groups such as the Native American community.

Drumming for Health provides the opportunity for mental health to expand outreach in the community in a new and innovative way. This will substantially alter the involvement of Mental Health within the community. In addition, Drumming for Health drum circles within the therapeutic environment will provide new and innovative ways to engage consumers and affect positive change.

Drumming for Health is an innovative program that embraces and enhances cultural competency and the capacity to reduce disparities in mental health services and outcomes. Drumming for Health incorporates culturally competent approaches to recovery, wellness and resiliency. It also provides the opportunity for individuals that are undocumented or ineligible for mental health services to participate.

It is also believed that Drumming for Health is a culturally appropriate approach to reducing stigma and discrimination against people affected by mental illness. This innovative program will also assist in the expansion of collaboration with healers and practitioners not previously defined as mental health, as well as a wide variety of groups within the community.

Drumming for health complies with the general requirements for Innovation projects. It is voluntary in nature. It focuses on learning and change by introducing new mental health practices/approaches that have not been done before, and makes a change to an existing mental health practice/approach. The Drumming for Health project includes a full spectrum of integrated services from prevention and early intervention strategies combined with treatment-oriented services.

Innovation Work Plan Narrative

Contribution to Learning

Describe how the Innovation project is expected to contribute to learning, including whether it introduces new mental health practices/approaches, changes existing ones, or introduces new applications or practices/approaches that have been successful in non-mental health contexts. (suggested length - one page)

It is believed that Drumming for Health has strong potential for promoting recovery and increased resilience and health. There is growing research that documents the effectiveness of drumming for a wide variety of improved wellness. It is a method that embraces the cultural perspective, utilizing culturally rich drumming activities. With PEI implementation, workgroups were implemented as the primary method for assuring that the PEI components were being implemented and delivered in the most effective manner, was true to the fidelity of the programs, and lessons learned were maximized. These workgroups include leadership by consumers and family members, which helps to assure that the programs will be supported and sustained. This same methodology will be utilized with the Innovation component.

Drumming for Health events will provide the opportunity for people to come together to address their common problems or concerns. Increased collaboration and the impact of this change will be documented as part of the evaluation process. Drumming for Health fosters collaborative leadership, especially among service users and their families and caregivers. Drumming for Health links well with the PEI components Nurturing Parent and TeenScreen, as both are outreach activities within the community focusing on improving wellness. The PEI workgroups are currently working with the Community Collaborative Partnership group in South County, which includes the Family Resource Center, and several apartment complexes that are interested in building healthier communities. In addition, it also links with the outreach component of the Community Services and Supports workplan. The Drumming for Health workgroup, which will include representatives from a variety of cultures, will assist with selection of desired outcomes and goals, selection of methods of data collection, design or selection of evaluation instruments, conducting surveys or focus groups, interpretation of data, communication of evaluation results that will hopefully lead to further transformation of the mental health system, including the reduction of stigma and discrimination against people facing mental health challenges. Outcomes will be communicated in a variety of local settings, including the MHSA Steering Committee, PEI Workgroups, Mental Health Advisory Board, Interagency Coordinating Council, Cultural Competency Committee, Tribal organizations, NAMI, Community Collaborative Partnership. Latino Outreach, Client Council, etc. Lessons learned will also be made available to surrounding mental health systems.

Innovation Work Plan Narrative

Timeline

Outline the timeframe within which the Innovation project will operate, including communicating results and lessons learned. Explain how the proposed timeframe will allow sufficient time for learning and will provide the opportunity to assess the feasibility of replication. (suggested length - one page)

Implementation/Completion Dates: 05/01/2011-06/30/2013
MM/YY – MM/YY

Upon receiving approval for the Drumming for Health innovation project, the time line will be as follows:

- 1) Training for Mental Health staff by drumming circle experts - May and June 2011.
- 2) Purchase of drumming equipment - May and June 2011.
- 3) Development of Drumming for Health Workgroup - May 2011.
- 4) Planning for cultural community drumming events, including involvement of a variety of cultural groups - May-July 2011
- 5) First Drumming circle - July 2011
- 6) First Drumming event - August 2011
- 7) Ongoing drumming circles - July 2011 through June 2013
- 8) Ongoing drumming events, at least every other month - September 2011 through June 2012
- 9) Evaluation process - August 2011 through June 2012
- 10) Development of new drumming event schedule based on results of the evaluation process, and reports to various interested community groups - July 2012
- 11) Ongoing drumming events as developed by the workgroup - August 2012 through June 2013
- 12) Final evaluation process and report on outcomes - April-June 2013.

Innovation Work Plan Narrative

Project Measurement

Describe how the project will be reviewed and assessed and how the County will include the perspectives of stakeholders in the review and assessment.

Drumming for Health provides a fair, inclusive, respectful, and effective process for community involvement and input, as we will seek ongoing input from un-served, underserved and inappropriately served individuals and service recipients of diverse race, language, ethnicity, tribe, age, mobility, sexual preference, etc. We will seek feedback at each event and will also utilize our existing workgroup process for ongoing development of the program. The workgroup process involves the development of a specific workgroup made up of consumers, family members, staff, and any interested community members, including representation from a variety of cultures.

The Drumming for Health workgroup will include ongoing involvement of diverse users of services and family members. This involvement will include but not be limited to significant roles in implementation, planning, staffing, event participation, and evaluation. Drumming for Health also prioritizes service providers and recipients not currently part of the mental health delivery system in planning, designing, delivering and benefiting from the program through the workgroup process. It also increases capacity for un-served, underserved and inappropriately served individuals and communities to be part of the planning process, and the delivery of the cultural events with Drumming for Health. The PEI workgroups are currently working with the Community Collaborative Partnership group in South County, which includes the Family Resource Center, and several apartment complexes that are interested in building healthier communities. In addition, it also links with the outreach component of the Community Services and Supports workplan. Evaluation of Drumming for Health will include evaluations at each event by all participants, utilizing the ORID process, and soliciting feedback about proposed alterations to maximize positive effect. With the therapeutic drumming circles, tracking outcomes will utilize the Transformational Care Planning (TCP) evaluation process re measuring progress towards goals and outcomes. In addition, access to traditional mental health services by underserved or unserved groups will be tracked to see if the Drumming for Health cultural community events have helped to facilitate increased access by these groups. This data will be compared with baseline data.

The ORID process of evaluation is part of the Healthy Native Communities Fellowship leadership training that 3 staff participated in for one year. It is a culturally sensitive approach to learning and evaluation that incorporates relevant community values. This method also facilitates utilizing lessons learned and facilitating changes based on feedback received. Western scientific research is paving the way for new applications of rhythm and participation in "drum circles," in such areas as improving health and wellness, enhancing family, social, and workplace communications and integration, and boosting one's attentiveness to non-verbal cues critical in team tasks and sports. It is hoped that this Innovation project will enhance this learning process.

Innovation Work Plan Narrative

Leveraging Resources (if applicable)

Provide a list of resources expected to be leveraged, if applicable.

One of the strengths of this Innovation project is that, once the drums are purchased, ongoing costs would be minimal, as the Drumming for Health events could be continued utilizing peer groups with minimal mental health staff involvement. The Drumming Circles would be incorporated into treatment and therefore there would be no additional costs for this part of the project.

EXHIBIT D

Innovation Work Plan Description (For Posting on DMH Website)

County Name

Tehama

Annual Number of Clients to Be Served (If Applicable)

300 Total

Work Plan Name

Drumming for Health

Population to Be Served (if applicable):

Underserved groups, including Native Americans, other ethnic groups, and individuals that do not seek mental health services due to perceived stigma as well as individuals in remote areas of the county.

Project Description (suggested length - one-half page): Provide a concise overall description of the proposed Innovation.

Drumming for Health will consist of two components- free cultural events throughout the community, and drumming circles as part of ongoing treatment. The first component will provide free events at convenient times in a variety of settings throughout the community to maximize access. These events will each feature a specific culture that utilizes drumming as part of their cultural traditions. The event will provide drumming demonstrations, where the community participants are able to actively participate. The event will also provide food specific to the featured culture, information about wellness and recovery, and other health related information. Staff will be available to provide information to participants as needed regarding mental health issues and MHSa principles. Referrals will be available, as well as outreach and engagement activities. These events will feature individuals trained in drumming as facilitators. The second component will include drumming circles as part of ongoing treatment. The first step to the implementation of this component will be training of staff regarding drumming principles and techniques, as well as how this activity can improve overall wellness and health.

EXHIBIT E

Mental Health Services Act Innovation Funding Request

County: Tehama

Date: 2/7/2011

Innovation Work Plans		FY 09/10 Required MHSA Funding	Estimated Funds by Age Group (if applicable)			
No.	Name		Children, Youth,	Transition Age Youth	Adult	Older Adult
1	Drumming for Health	289000	72250	72250	72250	72250
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26	Subtotal: Work Plans	\$289,000	\$72,250	\$72,250	\$72,250	\$72,250
27	Plus County Administration					
28	Plus Optional 10% Operating Reserve					
29	Total MHSA Funds Required for Innovation	\$289,000				

EXHIBIT F

Innovation Projected Revenues and Expenditures

County: Tehama

Fiscal Year: 2010/11

Work Plan #: 1

Work Plan Name: Drumming for Hea

New Work Plan

Expansion

Months of Operation: 05/11-06/13
MM/YY - MM/YY

	County Mental Health Department	Other Governmental Agencies	Community Mental Health Contract Providers	Total
A. Expenditures				
1. Personnel Expenditures	145,960			\$145,960
2. Operating Expenditures	100,040		12,000	\$112,040
3. Non-recurring expenditures	20,000			\$20,000
4. Training Consultant Contracts	0		10,000	\$10,000
5. Work Plan Management	3,000			\$3,000
6. Total Proposed Work Plan Expenditures	\$269,000	\$0	\$22,000	\$291,000
B. Revenues				
1. Existing Revenues				\$0
2. Additional Revenues				
a. CSS Outreach Workplan	2000			\$2,000
b. (insert source of revenue)	0			\$0
c. (insert source of revenue)	0			\$0
3. Total New Revenue	\$2,000	\$0	\$0	\$2,000
4. Total Revenues	\$2,000	\$0	\$0	\$2,000
C. Total Funding Requirements	\$267,000	\$0	\$22,000	\$289,000

Prepared by: Ann M. Houghtby

Date: 2/7/2011

Telephone Number: 530-527-8491, ext 3026