First Hope
Implementing and sustaining a CHR program
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Established in 2012 as a CHR Program

- Started with state funding through the Mental Health Services Act (MHSA)
- Transition over 7 years from a “start-up” to an established, mature program
- Full expansion to FEP in June 2019
First Hope is a county-based program in a SF Bay Area county with a population of 1.1 million

- Certified as a PIER (Portland Identification and Early Referral) program in 2015
- SIPS and MFG certification for all clinicians
First Hope Team

- Clinicians
- Child & Adult Psychiatrists
- Education and Employment Specialists
- Occupational Therapists
- Family Partner and Peer Specialist
- RN
- Substance Counselor
- Administrative Support
- Program Manager and Supervisor
Functional Outcomes

Attending School but Failing

- Baseline: 31%
- 6 month: 13%
- 12 month: 10%
- 18 month: 7%
Functional Outcomes
Attending School and Stable

Baseline: 37%
6 month: 69%
12 month: 82%
18 month: 86%
First Hope Team

- Clinicians
- Child & Adult Psychiatrists
- Education and Employment Specialists
- Occupational Therapists
- Family Partner and Peer Specialist
- RN
- Substance Counselor
- Administrative Support
- Program Manager and Supervisor
First Hope Services

- Assessment
- Individual, Family, and Group Therapy
  - **Multi-Family Groups** (English and Spanish) 80% participation
    - Structured, problem-solving
- Case Management
- Supported Education and Employment
- Occupational Therapy
- Peer Support
- Substance Counseling
- Psychiatric Services
- Health and Wellness
COMMUNITY OUTREACH:

It’s not enough to have a great program.

Takes a community and a change in attitude!
Who Are the Best Early Identifiers?

- Teachers and school counselors
- Clergy and primary care physicians
  - Families often turn to them rather than to mental health professionals
- Mental health professionals who are knowledgeable about the effectiveness of early intervention in psychosis
Initial funding from CA Prop 63, passed in 2004. 20% of Mental Health Services Act (MHSA) funds must be spent on Prevention & Early Intervention (PEI) programs.

- SAMHSA MHBG 10% set-aside for FEP
- Medi-Cal (Medicaid) billing
- Private insurance billing
Other Lessons Learned from First Hope’s First 7 Years

- Minimizing staff turnover
  - Continuing opportunities for growth
  - Ongoing supervision
  - Building sense of ownership
  - Supporting work-life balance

- Building community partnerships and coalitions
  - Steering committee
  - Maintaining key relationships