

Healing on Wheels: Bringing Support Near You

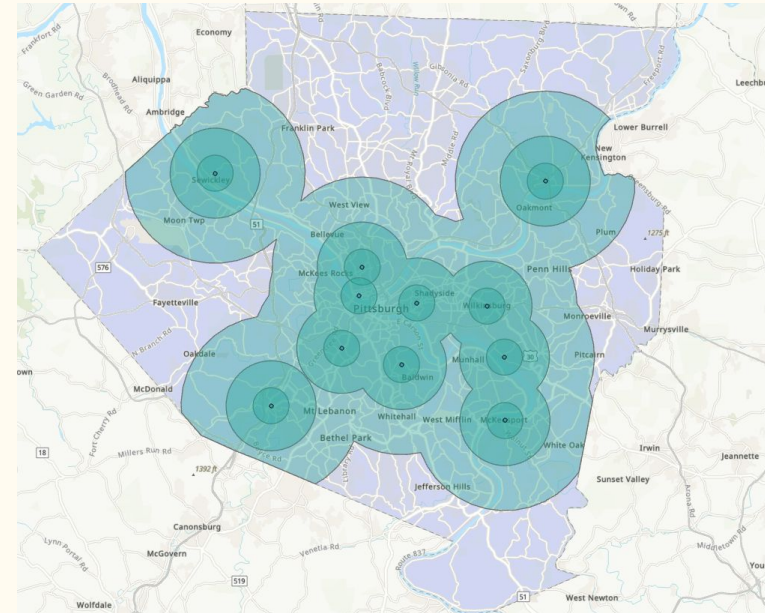
Roberto Clemente Team



DHS Local Government Case Competition

Specific Problem

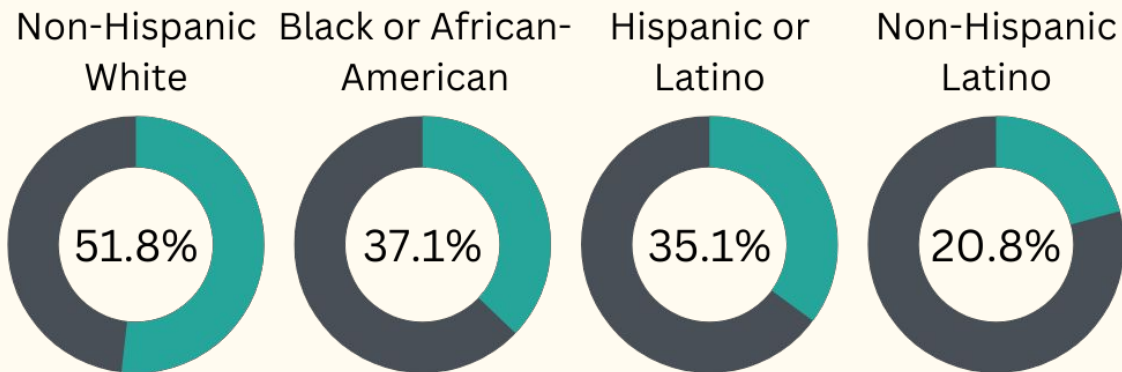
- Mental health issues on the rise
- Long waitlist to even receive services
 - Outpatient services
 - IBHS
 - Psychological/psychiatric evaluations
- Services inaccessible to low income families
 - Transportation
 - Money
- Exacerbated health symptoms from covid
 - Physical ailments
 - Mental Health



Service Coordination Units in Allegheny County
Circles show a 1, 2.5, and 5 mile radius around each location

Targeted Population

- Low income families
- Impoverished and rural communities
- Children and teens ages 0-18
 - NAMI: 16.5% of 6-17 y/os in 2016 experienced a mental health disorder
 - Treatment rates vary widely by race



COVID-19 and Adolescent Mental Health

31% Increase in mental health-related emergency visits in 2020

3 Million adolescents reported serious thoughts of suicide

1 in 5 reported that the pandemic had a significant negative impact on their mental health



source: NAMI at nami.org/mhstats

Our Solution

- Mobile Mental Health Clinic
 - Changes location - different impoverished area each day
 - Park in an easy area to access such as a school or recreational center
 - Find the location through website or an app
- Plan to expand and have a truck specifically for each impoverished area
- Several private and sound proof cubicles/offices to meet with multiple people at a time



Possible Staffing each shift

Multiple culturally competent therapists - preferably at least bilingual therapist

One psychologist

Several case managers

Separate in home unit

Driver for the truck



Services Provided



- A way for people to easily access support
 - Psychoeducation on mental health
 - Information on available resources in the area -pamphlets
 - On the spot case management - setting up services, setting up Medical Assistance
 - Psychological evaluations
 - 30 minute therapy sessions
- A short term service until a long term service is found
 - After eval and assessments, a case manager can provide a referral
 - Helping with transportation to insure client continues to go to the services set up
- In Home component
 - Can call to schedule in home if there are limitations to leaving the house
 - Physical ailments
 - Severe Mental Health

Combating the Stigma

Attend school districts in Allegheny county, starting with more impoverished areas

Meet once a school year in the fall

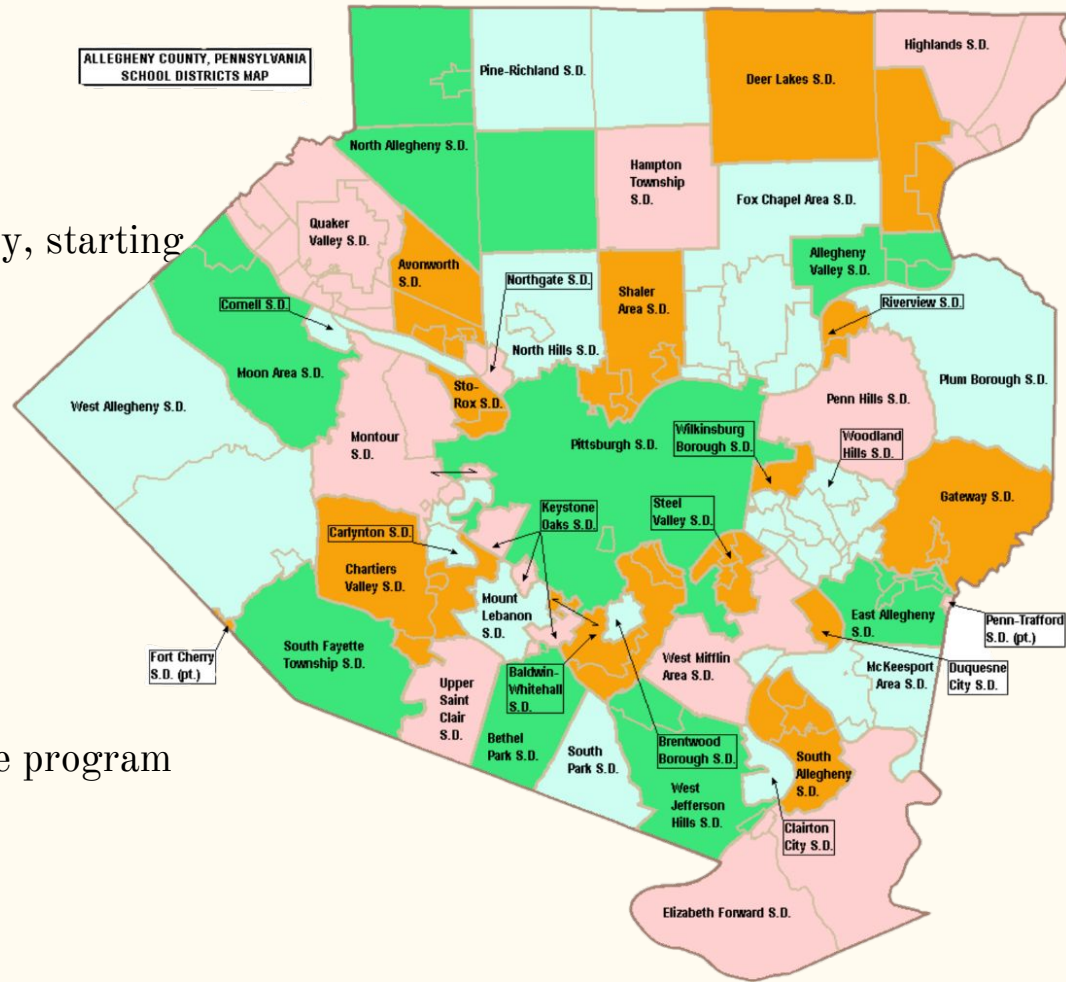
Possibly again before school lets out

For the summer

Talk about mental health to students

Bring truck to schools

Sending a letter home to parents about the program



Partnerships

DHS

Primary partner: finances, administrative oversight, data analysis & reporting

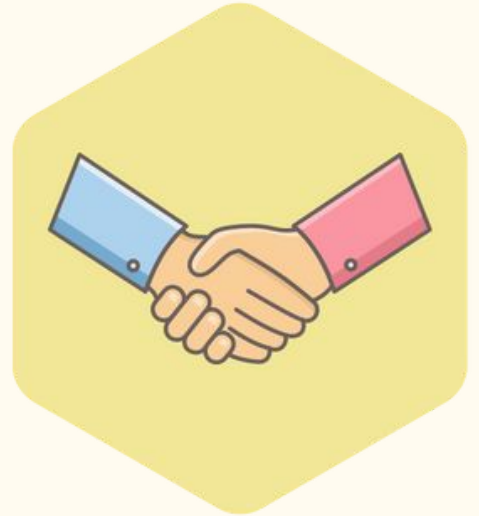
Public Schools

Promotion, awareness, psychoeducation programs

Scheduled events

DOMI: Pittsburgh Department of Mobility and Infrastructure

Permitting, implementation, logistics



Possible Barriers and Unintended Outcomes

Personal info security & confidentiality

Clients younger than 14 would need parental consent, which may be difficult if parents are against therapy or if there is a safety issue

High demand, growing too quickly

- Too surface level
- Not able to meet demand
- Burnout for staff



Other Potential Benefits and Impacts

Data collection: identify areas of higher need, trends in reporting

Awareness, destigmatization

Increase in mental health for teens and children in impoverished areas

Gaining awareness to mental health and other potential resources

Easy to scale & adapt to changing needs



Measuring Success

- Number of referrals made
 - Number of follow-up appointments made/kept
- Number of patients seen (by area)
- Initial self evaluation
- 1 and 3 month follow-up
- Trends over time in successful referrals
- Improvement in self-evaluations



Potential Future Growth

Weekend availability

Expanding to the adult population

Adding more trucks to reach more impoverished areas

Physical locations in areas of high need, use these as remote offices

Transition into a long term term treatment instead of a stepping stone



Consequences if not implemented

Continuing decline in mental health, especially in impoverished areas

Increase in hospitalization rates

Increase in suicidality

Kids stuck on waitlist without needed treatment

Continuing decline in academic performance

Increase in truancy

Increase in drop out rate or need to repeat a grade



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