

Connecticut's Mental Health Transformation State Incentive Grant MHT SIG FAQ's

What is the Mental Health Transformation State Incentive Grant (MHT SIG)?

- An Initiative funded by the federal Substance Abuse and Mental Health Services Administration supporting states in transforming how mental health care is delivered.

What is the purpose of the MHT SIG?

- To improve the mental and physical health and well being of citizens
- Increase productivity of the workforce
- Ensure "a life in the community for everyone"
- The grant allows states to improve their mental health infrastructure (how agencies work together; use technology; support and train the workforce). It is not designed to provide services.

How long will the Mental Health Transformation SIG last?

- 5 years. Federal funding is expected to end September 2010 but transformation efforts resulting from the MHT SIG will hopefully continue for a long time afterwards.

Do other states have MHT SIG's?

- Connecticut is one of nine states: Washington, Maryland, Texas, Hawaii, Ohio, Oklahoma, New Mexico, and Missouri.

What is Connecticut doing to implement its Transformation Grant?

- *Listening* to the voices of Consumers, Youth and Families about needed changes
- *Educating* every person that Mental Health is part of Overall Health
- *Using Data* to evaluate and improve services
- *Expanding and Strengthening* our Workforce

You've mentioned a lot of terms that I don't understand...

What does Consumer/Youth/Family-Driven mean?

- The Substance Abuse & Mental Health Services Administration (SAMHSA) defines consumer-driven as - *consumers have the primary decision-making role regarding the mental health care that is offered and received*. This includes:
 - the policies and procedures governing systems of care;
 - choosing supports, services, and providers; setting goals;
 - designing and implementing programs;

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- monitoring outcomes; and
 - determining the effectiveness of all efforts to promote mental health and wellness.
- **Youth-Driven** means that *youth have a say in the programs that help them and that the needs and preferences of youth drive the policy and financing decisions that affect them.*
 - **Family-Driven** means *families have a primary decision making role in the care of their own children as well as the policies and procedures governing care for all children in their community.*

Culturally Responsive?

- A culturally responsive and recovery-oriented system *sees identifying and building on each person's unique assets to be one of the primary strategies for preventing the onset of mental illness and promoting resilience and sustained recovery.*

Across the Lifespan?

- This means *all* Connecticut citizens regardless of age. Transformation activities will benefit pregnant women, babies, young children, school-aged children, adolescents, young adults, and adults of all ages.

Recovery and Resiliency?

- The National Consensus Statement defines recovery as *"a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential."*
- In Transformation *resiliency involves strengthening those factors that allow a person to overcome adversity and building capacities to cope with stress, trauma and the potentially disabling impact of serious emotional disturbance.*

Who is responsible for making all of these changes?

- Governor M. Jodi Rell has charged 14 key state agencies and the Judicial Branch with transforming Connecticut's mental health care system.
- The system cannot change without input from the people that use the system. Connecticut has created a Consumer/Youth/and Family Advisory Council to be the voice for all mental health service users when decisions are being made.

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- "Transformation" requires momentous shifts in attitudes, beliefs, and values about mental health; therefore *we all have a role* in transforming Connecticut's mental health care system.

How does (will) the Transformation Grant affect *me*?

- Transformation efforts will affect many of Connecticut's citizens- those who use public *and* private mental health services because mental illness does not discriminate based on age, gender, social class, culture, or other life circumstance.
- Regardless of setting, life stage, or severity of illness, the mental health services and supports transformed through MHT SIG will emphasize tapping into and building on each person's own strengths and interests- providing new and different opportunities to pursue and sustain recovery.

Where can I learn more about Connecticut's MHT-SIG?

- Visit Connecticut's Transformation web page by following this link: www.ct.gov/dmhas/transformation
- Call the Transformation Project Staff at (860) 418-6738 or (860) 418-6729.

HOPE
Expect Change.