

Care, Community, Action: A Mental Health Plan for New York City

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Care, Community, Action

Care, Community, Action: A Mental Health Plan for New York City

March 2023

- NYC's new, comprehensive plan for mental health
- Taking an innovative public health approach to mental health, focusing on New Yorkers with urgent needs:
 - Children, youth, and families
 - People with serious mental illness (SMI)
 - People at risk of drug overdose

The Youth Mental Health Plan outlines a vision for supporting the mental health of all NYC Youth.

Goal 1

Provide youth with mental health care that is timely, culturally responsive, accessible, and affordable.

Goal 3

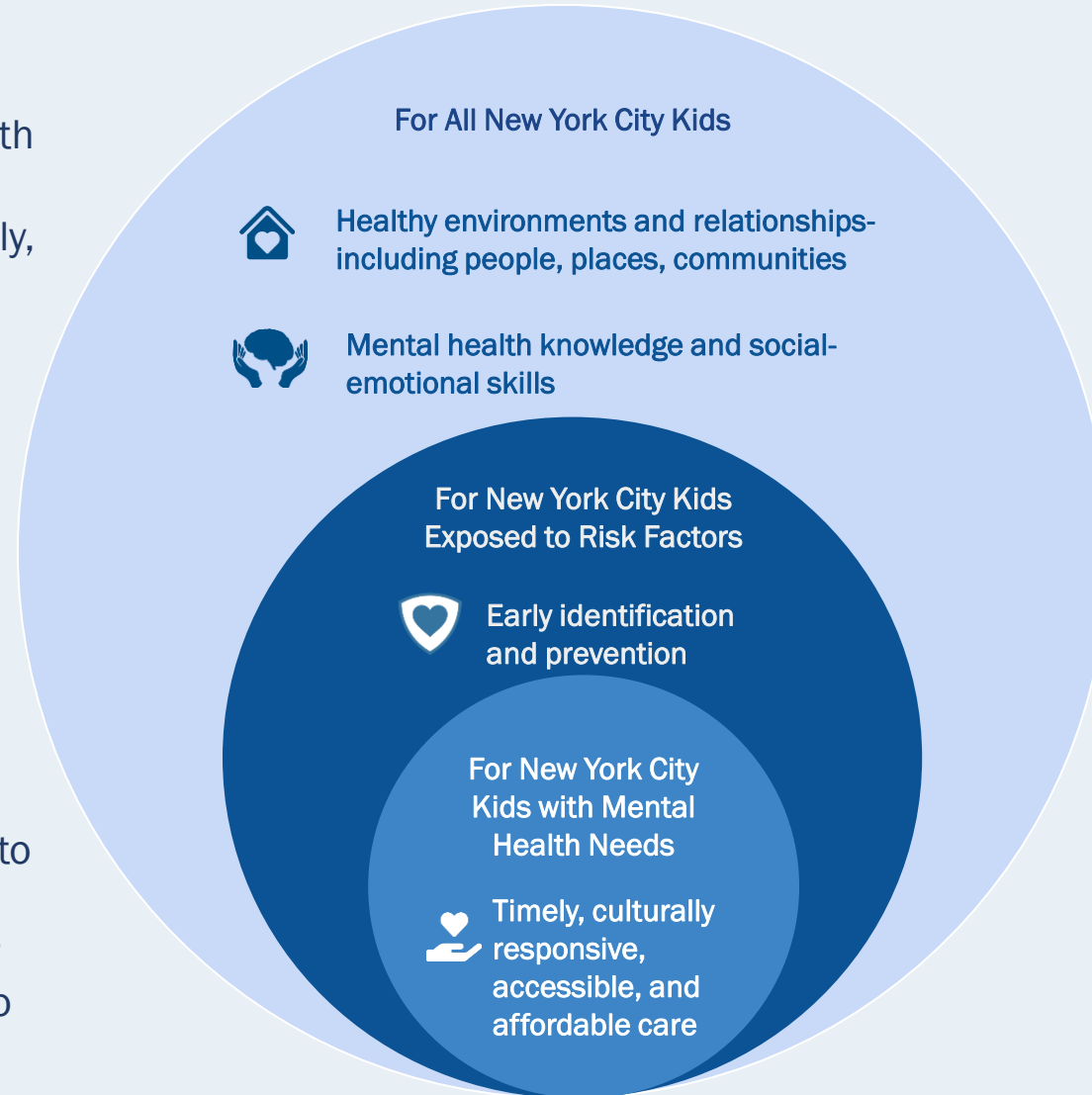
Increase awareness and understanding of youth mental health and how to care for it.

Goal 2

Improve access to preventive interventions for youth exposed to risk factors.

Goal 4

Create environments that equitably support good mental health for youth.



Key Programs: Youth Mental Health

Goal 1. Provide youth with mental health care that is timely, culturally responsive, accessible, and affordable.

- **Teenspace**

- Free mental health support program for all NYC teens, launched Nov 2023

- **BIPOC Youth Suicide Prevention initiative**

- Innovative suicide prevention pilots serving youth and young adults of color

Goal 2. Improve access to preventive interventions for youth exposed to risk factors.

- **Maternal Mental Health Initiative**

- Additional mental health services and trainings for providers via Early Childhood Mental Health clinics

- **Building Resilience in Youth**

- Builds mental health capacity of CBOs in support of youth



Key Programs: Youth Mental Health

Goal 3. Increase awareness and understanding of youth mental health and how to care for it.

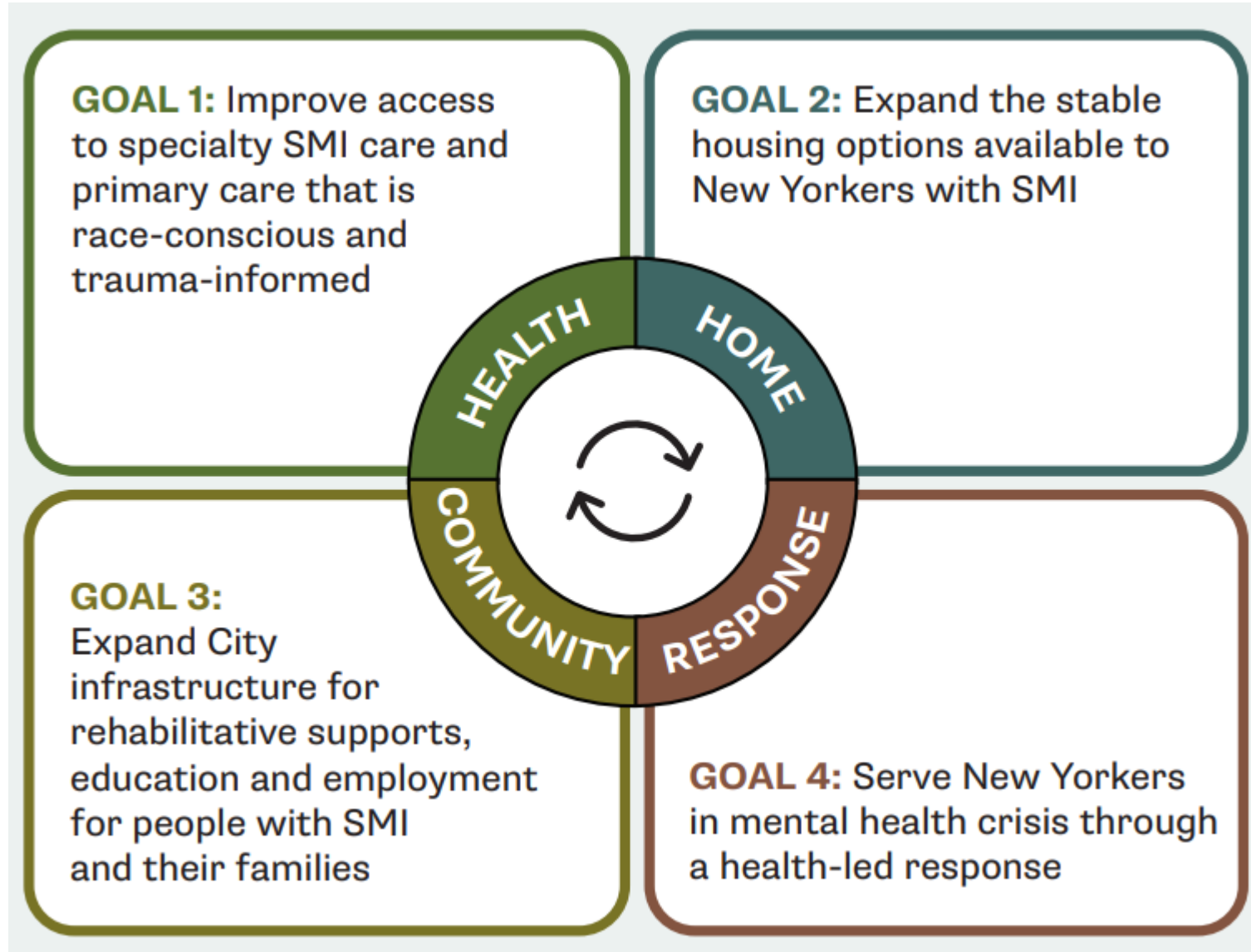
- **Citywide Youth Mental Health Survey**
 - New, comprehensive survey for youth and parents to enhance our understanding of NYC youth mental health needs

Goal 4. Create environments that equitably support good mental health for youth.

- **NYC Framework for Action.** Three-part strategy to address impacts of social media on youth mental health by:
 - Holding social media companies accountable for making their platforms safer for young people.
 - Educating young people and their caregivers, teachers and doctors on healthy social media use.
 - Researching the impacts of social media on NYC youth.



Serious Mental Illness



Key Programs: Health and Home

Health:

- **Single Point of Access** helps providers connect people with SMI to mental health services that can accommodate them.
- **Assisted Outpatient Treatment (AOT):** Court-ordered outpatient care (Mental Hygiene Law 9.60 aka Kendra's law)
- **Intensive Mobile Treatment (IMT):** Our most intensive and most flexible and creative model of mobile treatment and support

Home:

- **Supportive Housing:** A combination of affordable housing and support services for individuals and families
 - Permanent *and* independent housing, single-site (aka Congregate) and scattered-site

Key Programs: Response

Response

- **Mobile Crisis Teams:** 24 teams operated by hospitals and community-based providers (19 teams serving adults; five teams serving children)
 - Referrals from 988 or from hospital system
 - Respond in 2 to 3 hours citywide, seven days per week, 8 a.m. to 8 p.m., to fixed addresses, including shelters
 - Provide in-person de-escalation, assessment and linkage to ongoing care as needed
 - 12 MCT teams now have at least one peer
- **988:** Fully transitioned to the federal 988 number to make it as simple as possible for people in crisis to reach immediate support and connection to local services.



Key Programs: Community

Clubhouses are evidence-based, one-stop programs offering an array of services.

Socialization

Supported
employment

Education support

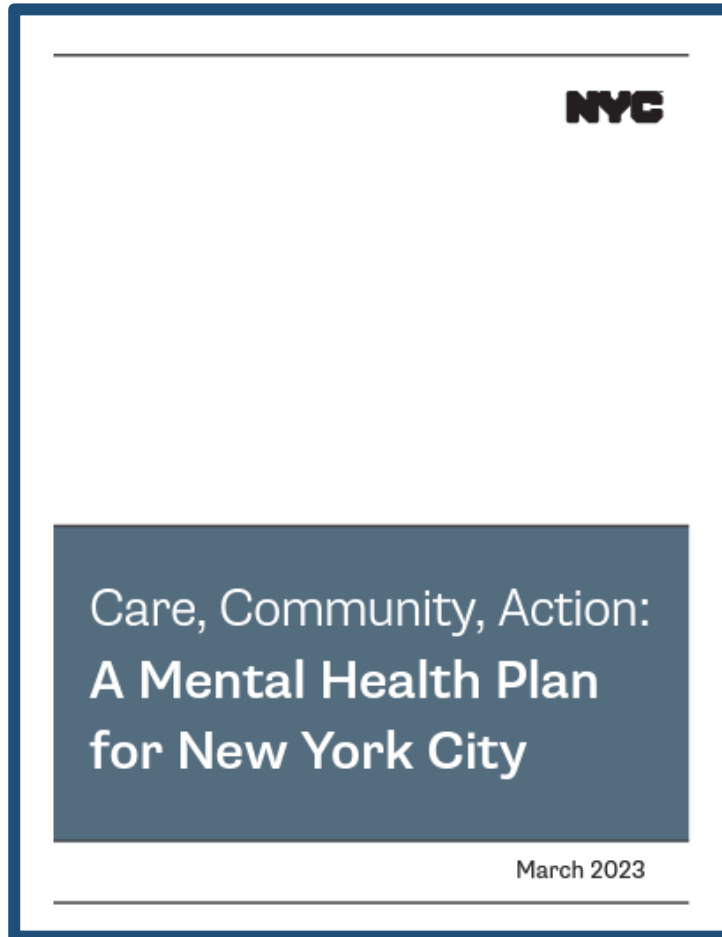
Skill building

Case management
services

Low or no-cost
snacks and meals

- The NYC Health Department has invested in the clubhouse program for nearly 30 years.
- Currently it serves 5,000 members at 16 locations; a new RFP in FY24 would reprocure all Clubhouse programs and expand membership by 3,750 members.

NYC's Plan to Reduce Overdose Deaths and Improve Lives



- **Goal 1** Reduce the risk of death for people who use drugs, with a focus on neighborhoods with the highest overdose death rates
- **Goal 2** Make sure people who use drugs have access to high-quality harm reduction, treatment and recovery services
- **Goal 3** Improve quality of life through investments in housing, employment and health care in communities
- **Goal 4** Support children, families and communities affected by the overdose crisis
- **Goal 5** Reduce the number of people who develop problem substance use

Key Programs: Overdose

Goal 1. Reduce the risk of death for people who use drugs, with a focus on neighborhoods with the highest overdose death rates

- **Naloxone Distribution**
 - NYC Health Department partners with CBOs to make naloxone free and widely available citywide to reverse the effects of opioid overdoses
- **Relay**
 - Provides on-call, hospital-based support to people who have experienced a nonfatal opioid overdose
- **Drug checking services**
 - Community-based fentanyl test strip distribution
 - Drug-checking services at four SSPs citywide



Prevention



Treatment



Recovery



**Harm
Reduction**

Key Programs: Overdose

Goal 2. Make sure people who use drugs have access to high-quality harm reduction, treatment and recovery services

- **Syringe Service Programs**

- Expanding locations, hours of operation, abilities to provide basic needs, abilities to provide on-site primary care and mental health services

- **Overdose Prevention Centers**

- Supervised spaces where people can safely use drugs and access treatment, health, mental health, substance use disorder, and social services

- **Buprenorphine Treatment**

- Life-saving treatment for OUD patients. Working to expand access, ensure continuity, and provide training assistance for MOUD prescribers

Key Programs: Overdose

Goal 3. Improve quality of life through investments in housing, employment and health care in communities

- **Vocational Support for People Chronically Excluded from the Workforce**
 - Supporting inclusion of occupational therapy in SUD treatment programs

Goal 4. Support children, families and communities affected by the overdose crisis

- **Neighborhood Health Action Centers**
 - Community-informed programs located in neighborhoods with high rates of overdose death and drug-related hospitalizations

Goal 5. Reduce the number of people who develop problem substance use

- **Community Coalitions**
 - Works to change norms, practices, and/or physical environment
 - Works to reduce risk factors and increase protective factors for LGBTQ+ youth substance use

