



NATIONAL
ACADEMIES

Sciences
Engineering
Medicine

Improving Access to High- Quality Mental Health Care for Veterans

SESSION THREE

*Growing Need, Limited Staff –
Innovative Person-Centered and Caregiver
Strategies to Improve and Sustain Access to
Mental Health Care Services*



Improving and Sustaining Mental Health Access for Individuals Who are Unhoused



Enrico Castillo, MD MSHPM
Associate Vice Chair for Justice, Equity
Diversity, and Inclusion
Center for Social Medicine
UCLA Department of Psychiatry

Disclosures

Financial Relationships

- Employed by UCLA
- Travel funds from the American Psychiatric Association
- Member of the Sozosei Foundation Research Advisory Committee on Decriminalizing Mental Illness
- Research funded by UCLA CTSI (UL1TR000124), NIMH (K23MH125201)

Non-financial Relationships

- Editorial boards of Academic Psychiatry and Community Mental Health Journal, column editor Psychiatric Services
- Reviewer for several academic journals

No other relevant financial or non-financial disclosures

Sustaining
Access

Improve care coordination: HUD-VASH,
mental health, housing, local community

Sustaining
Access

Grow community partnerships to increase
housing availability for veterans

Sustaining
Access

Improve care coordination: HUD-VASH,
mental health, housing, local community

Sustaining
Access

Grow community partnerships to increase
housing availability for veterans

Crisis and
Engagement
Access

Critically examine homeless outreach to
avoid potential harms and foster trust



Homelessness Is a Structural Problem with Structural Solutions

Mental illness makes someone more structurally vulnerable, but illness itself does not *cause* homelessness



Social isolation



Housing discrimination



Employment discrimination



Income inequality



Barriers to public benefits



Criminalization



Homelessness Is a Structural Problem with Structural Solutions



© Enrico Castillo



Outreach without housing can harm rather than help



How a commune-like encampment in Echo Park became a flashpoint in L.A.'s homelessness crisis

© Enrico Castillo

Los Angeles Times



Los Angeles Daily News

After a 'rough three days,' last two residents of homeless encampment at Echo Park are arrested

Los Angeles Times

It's the endgame for the Echo Park homeless encampment

UCLA



© Enrico Castillo

One-year Later

UCLA

Promise

- Echo Park Lake displacement would be a model for housing and services, that **“all 193 displaced residents will be placed in stable, permanent housing within a year.”** (Deputy Mayor for City Homelessness Initiatives, Jose Ramirez, April 7, 2021)

**(DIS)PLACEMENT:
THE FIGHT FOR HOUSING AND
COMMUNITY AFTER ECHO PARK LAKE**



UCLA LUSKIN INSTITUTE ON
INEQUALITY AND DEMOCRACY
ORGANIZED 2016

© Enrico Castillo

One-year Later

UCLA

Promise

- Echo Park Lake displacement would be a model for housing and services, that **“all 193 displaced residents will be placed in stable, permanent housing within a year.”** (Deputy Mayor for City Homelessness Initiatives, Jose Ramirez, April 7, 2021)

Reality

- Of “183 people who were on the official Echo Park Lake placements list, **only 17 have been placed in what we classify to be housing.**”

**(DIS)PLACEMENT:
THE FIGHT FOR HOUSING AND
COMMUNITY AFTER ECHO PARK LAKE**



UCLA LUSKIN INSTITUTE ON
INEQUALITY AND DEMOCRACY
ORGANIZED 2016

© Enrico Castillo



Outreach without housing can harm rather than help

HOW LOS ANGELES CREATED THE PLAYBOOK FOR A NATIONWIDE WAR ON THE UNHOUSED

THE APPEAL

As politicians look to build public support for homeless encampment sweeps, they're using tactics popularized in LA—the site of one of the nation's most intense battles over the unhoused.

**(DIS)PLACEMENT:
THE FIGHT FOR HOUSING AND
COMMUNITY AFTER ECHO PARK LAKE**

Unhoused and unequal: a California crisis

One year after LA evicted the unhoused from a park, few are in stable housing

The Guardian



UCLA LUSKIN INSTITUTE ON
INEQUALITY AND DEMOCRACY
ORGANIZED 2016

© Enrico Castillo

UCLA



Photo Credit: Wally Skaliy

Los Angeles Times

© Enrico Castillo

Hazards to avoid in homeless outreach

Criminalization

Displacement

Misinformation and Stigma



Outreach as part of a housing and healthcare continuum

UCLA

Build trust

Facilitate housing and referrals

Reclaim mental health crises



Open Doors to Future Possibilities, Santa Clara County, California

© Enrico Castillo

Strong cross-department, all-of-government, cross-sector, community-wide communication and coordination are key...People experiencing homelessness need to be at the table...As outreach teams engage, they need streamlined access to shelter, housing, and health care, including mental health and substance use treatment.

We also know that removing encampments without providing access to low-barrier shelter and a range of housing options does not work...Forcing people to move into a shelter or moving them from place to place without a clear pathway to housing only dissolves trust and leads to personal setbacks.



Outreach services for unhoused populations

should be cautious about:

1. Complicity in the criminalization of homelessness
2. Displacement without clear paths to housing and services
3. Perpetuation of misinformation and stigma

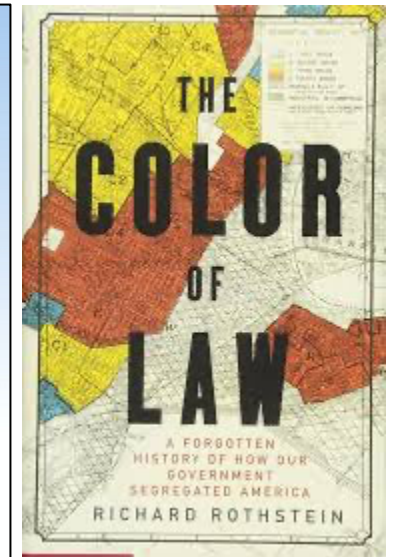
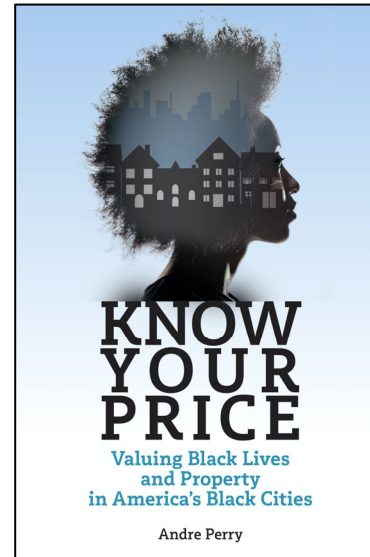
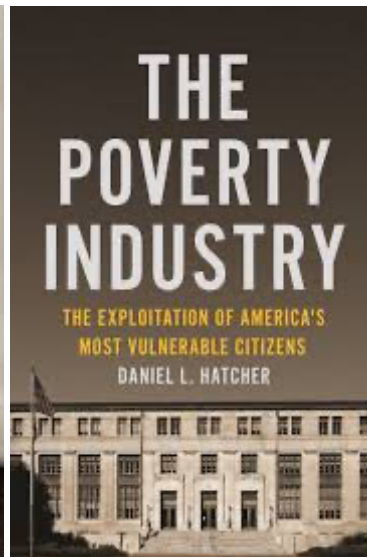
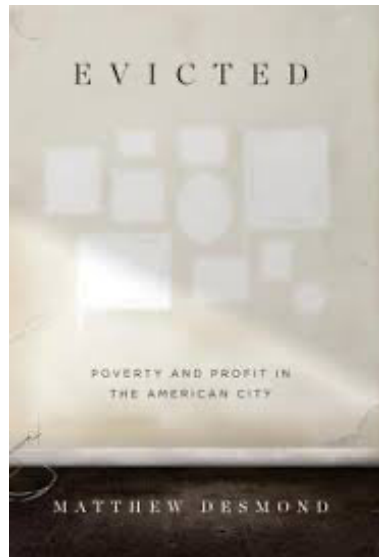
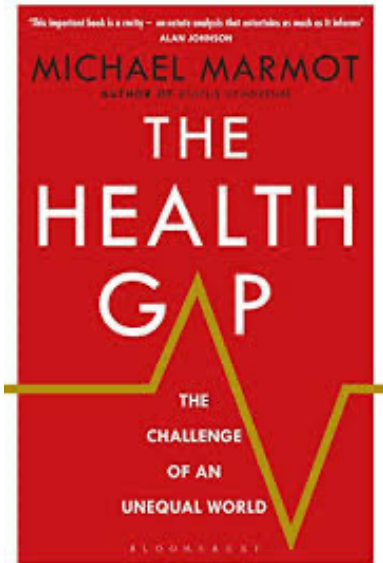
Should build into their work:

1. Permanent housing as the ultimate metric for success
2. Public education, especially for policymakers
3. Advocacy, partnerships, and empowerment



THANK YOU

Enrico Castillo
egcastillo@mednet.ucla.edu



Grow community partnerships to increase housing availability for veterans

- Identify land that is unused or underused
- Re-examine commercial and other leases of VA property
- Partner with local landlords, veteran and community-based organizations



UCLA



© Enrico Castillo





Homelessness Is a Structural Problem with Structural Solutions

Housing Supply and Affordability

- Promoting housing construction
- Housing subsidies
- Mixed-income housing policies
- Eliminating single family zoning

Homelessness Prevention

- Renter protections
- Rental assistance
- Identification of households at-risk for homelessness
- Addressing Section 8 discrimination
- Universal basic income



Housing and Housing Retention for People Who Are Unhoused

- Decriminalization
- Housing First = permanent housing + intensive services
- Low-demand housing and housing choice
- Non-law enforcement-based outreach services

Prevalence of SMI and SUDs

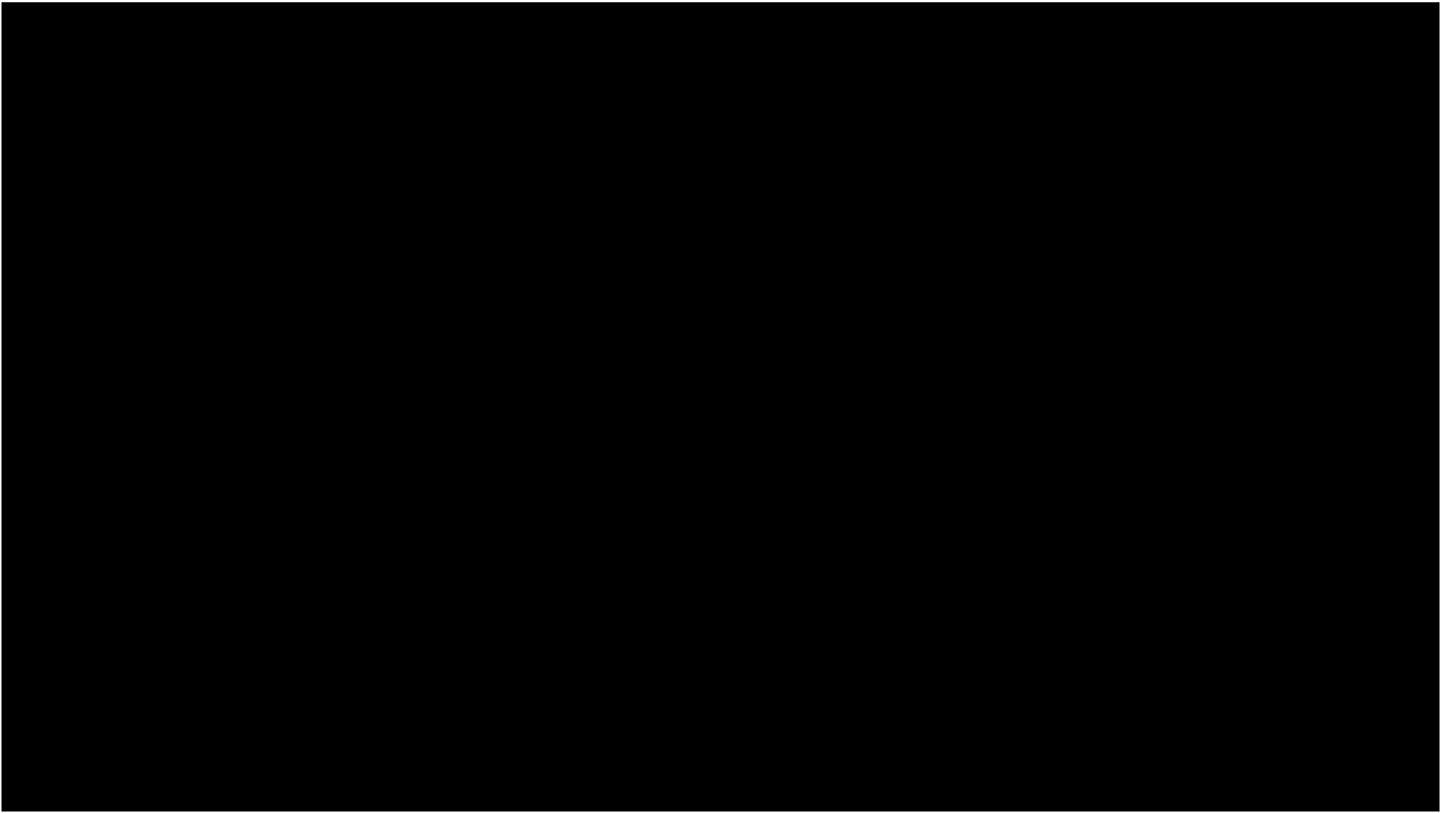
Sheltered Single Adults, 2010:

- 26.2% had a serious mental illness
- 34.7% had a chronic substance use disorder
- 46% had SMI and/or chronic substance use disorder

Permanent Supportive Housing, 2010:

- Disability due to SMI: 43%
- Disability due to SMI and/or substance abuse problem: 53.4%
- Disability due to general medical condition: 13.2%

HUD. The 2010 Annual Homeless Assessment Report to Congress.



Community Engagement

Men Know Your Numbers



B n i 01#9 na }tu#:i vva tv'n

SPECIAL GUEST PANELIST

RAPPER FREEWAY

Kidney Transplant Recipient



Men Know Your Numbers

REGISTRATION NOW OPEN

<https://enontab.org/online-registration>

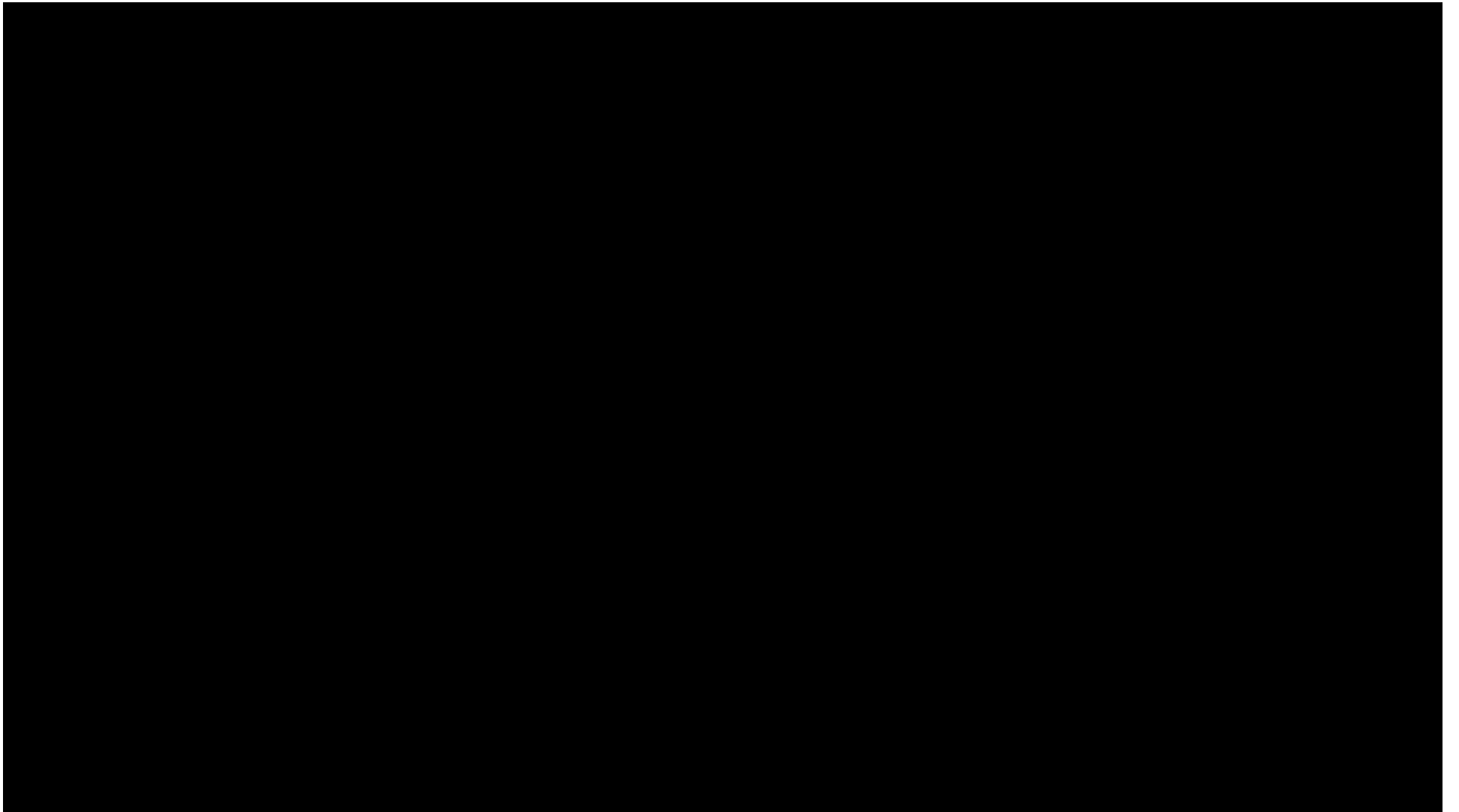
SATURDAY, APRIL 22ND, 2023

- Blood Cholesterol
- Blood Pressure
- Blood Sugar
- BMI
- Cancer Screening(s)
- PSA Screening
- Mental Health Screening
- Free Haircuts
- Clothing Giveaway

Free health screenings
FOR MEN ONLY

Enon Tabernacle Baptist
Church (East)
2800 W. Cheltenham Ave.,
Phila., PA 19150

For more information contact Reverend Leroy Miles, Associate Pastor of Sanctification at lmiles@enontab.org



WICHE



Western Interstate Commission
For Higher Education

Behavioral Health Workforce Strategies that Work

National Academies of Science, Engineering, and Medicine

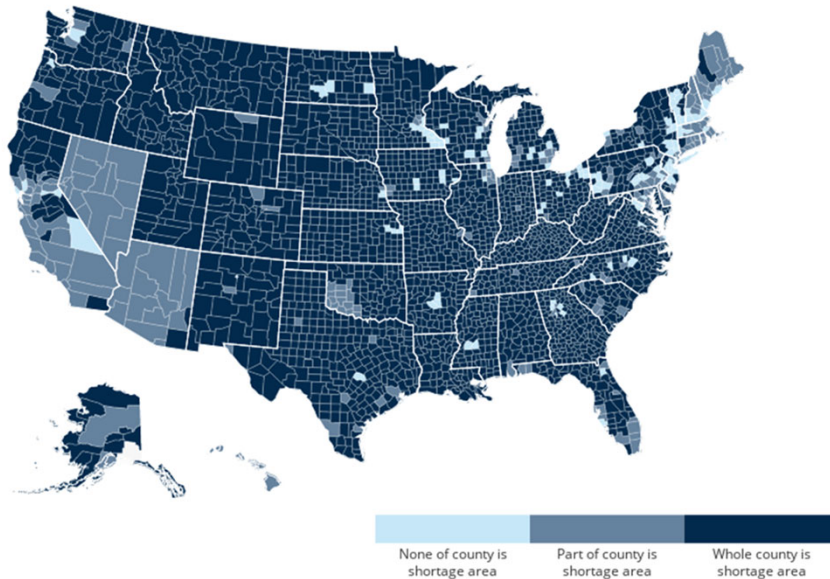
Behavioral Health in Rural Communities

April 20, 2023

ALASKA • ARIZONA • CALIFORNIA • COLORADO • HAWAI'I • IDAHO • MONTANA • NEVADA • NEW MEXICO • NORTH DAKOTA
OREGON • SOUTH DAKOTA • UTAH • WASHINGTON • WYOMING • U.S. PACIFIC TERRITORIES & FREELY ASSOCIATED STATES

Workforce Shortages are the challenge

Health Professional Shortage Areas: Mental Health, by County, 2022



Source: data.HRSA.gov, July 2022.

- Dark Blue = HPSA-MH
- Most of U.S. has long standing shortages
- Over 1,000 Counties have no MH or SUD Professional

For Consideration

- Where we need workers rarely coincides with where we educate and train learners
- Typical recruitment strategies for professionals focus at the end of the pipeline, or post-graduation, and seek to entice relocation.
- Too often higher education views rural/remote learners as “place bound” and not as “place committed”
- We need to seek ways to engage place committed learners, extend education and training opportunities to them, and develop local workforce where we need them
- Neary two-thirds (58.2%) of the U.S. workforce has some college, but no degree or certificate...do you know your workforce percent?
 - Now some examples...

Creating Education Partnerships

Northern Marianas College + University of Alaska-Fairbanks

- Partnership between a community college and a university to offer a 2 + 2 Bachelor of Social Work Degree
- First 2 years delivered via in-person learning at NMC, upper-division to BSW delivered via technology enabled learning from UAF
- Enables place-committed students to remain in their home communities to earn BSW, in a curriculum specifically focused on rural/remote and indigenous social work.

Building Capacity with a Place Committed Workforce

Alaska Behavioral Health Aide Program – Behavioral Health Aide certification is a multi-level provider model which includes BHA Trainee (non-certified), BHA levels I, II, and III, and BH Practitioner (BHP). To become a certified BHA or BHP, individuals must:

- Complete Community Health Aide Program Certification Board-specified training, practicum and work experience
- Meet the requirements of the **Knowledge and Skills Checklist** to demonstrate sufficient training and experience to provide service within a specified scope of practice
- Provide a broad range of services under the supervision of a Masters level clinician
- Maintain their certification by completing continuing education credits

» <https://www.anthc.org/behavioral-health-aide-program/>

Growing our Own – Another example...

Minnesota has developed a Mental Health Behavioral Aide (MHBA), which is a paraprofessional in their Children's Therapeutic Services and Supports (CTSS) Agency.

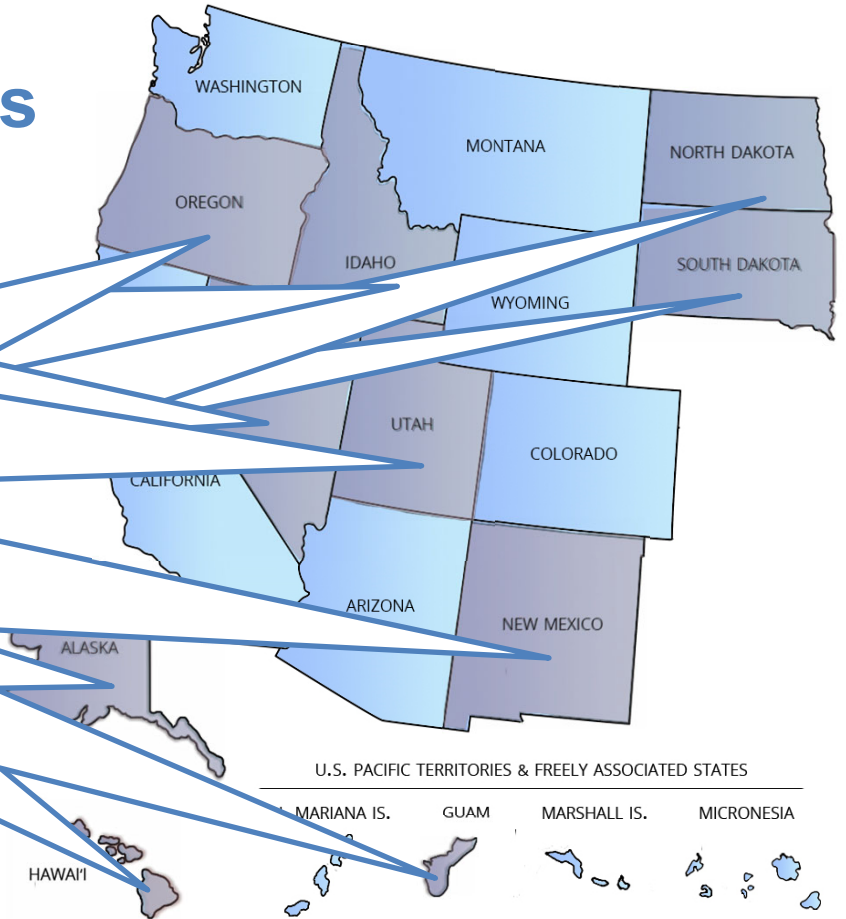
MHBA, Level I and II, must complete 30 hours of pre-service training. This must include:

- 15 hours of face-to-face training in mental health services delivery
- 8 hours of parent teaming training
- The remaining 7 hours may include one-to-one time with a mental health professional or practitioner.

(<https://www.revisor.mn.gov/rules/9535.4068/>)

WICHE Affiliated Internships

Oregon State Hospital Psychology Internship Program (OSH-PIP)
246 Psychologists have graduated from these programs, and we look forward to many more in the future . . .



Other Areas of Crisis-centered Training

- Three Key concepts:
 - Identifying rural & frontier needs in your communities. Acknowledging that with each additional variable may come a need for specialization.
 - Building workforce to meet the needs = Thinking creatively about workforce availability (e.g., paraprofessionals, peer-to-peer, focus on mentoring youth who show promise, technology).
 - Prioritization at the State and Local level: Funding, resources, outreach, developing champions.

Thank you...

For Additional Information

Todd Helvig, PhD

Director of Education and Training

Western Interstate Commission for Higher Education

www.wiche.edu/mentalhealth



NATIONAL
ACADEMIES

Sciences
Engineering
Medicine

Improving Access to High- Quality Mental Health Care for Veterans

SESSION THREE

*Growing Need, Limited Staff –
Innovative Person-Centered and Caregiver
Strategies to Improve and Sustain Access to
Mental Health Care Services*