



# Strengthening Missouri's Mental Health System

April 9, 2015

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## ➤ **Community Mental Health Liaisons**

A total of 31 Liaisons are employed at Community Mental Health Centers (CMHCs) across the state to coordinate services for individuals with complex behavioral health needs. The Liaisons have had nearly 17,500 contacts with law enforcement and court officials, and over 8,500 referrals have been made to link people to behavioral health services.

## ➤ **Mental Health First Aid (MHFA) Training**

Mental Health First Aid training has expanded across the state and has targeted groups that are likely to encounter people in mental health crises – e.g., teachers, law enforcement, clergy, and employers, so they can recognize the early warning signs of mental illness. Since 2008, over 20,000 “Mental Health First Aiders” have been trained in Missouri; over 3,500 of these have been added under the current initiative.

## ➤ **Crisis Intervention Team (CIT) Training**

Crisis Intervention Team (CIT) training for law enforcement officers has been expanded so that more are trained to intervene in mental health crises, help families, and prevent unnecessary incarceration of people with serious mental illness. The Missouri CIT Council continues to work with new communities that are interested in forming Councils and implementing CIT. Over 1,100 law enforcement officers and first responders have been trained.

## ➤ **NAMI Family Programs**

The National Alliance for Mental Illness (NAMI) *Family-to-Family* and *NAMI Basics* programs has been expanded with a special focus on families with youth and young adult children. Over 650 family members of loved ones suffering from serious mental illness have received training and education.

## ➤ **Emergency Room Enhancements**

Projects are located in seven parts of the state—in 61 hospitals and clinics—for people in behavioral health crises. Over 1,900 individuals have received services — 75% with psychiatric disorders, 29% with substance use disorders and 26% with co-occurring psychiatric and substance use disorders. More than 70% of these had one or more ER visits at baseline, 45% had two or more visits.

For individuals with post-engagement data available (N=838), the following outcomes are reported:

- 60% reduction in ER visits and 63% reduction in hospitalizations
- 72% reduction in homelessness
- 29% reduction in unemployment
- 112% increase in treatment program enrollment
- 66% fewer arrests

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