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## Park County Mental Health Research & Development

### Project Overview

Outcome: To empower Park County's wellness assets to create stronger, sustainable solutions for addressing healthcare disparities across our rural communities.

AND for Park County's private mental healthcare providers to maintain their autonomy while expanding their capacity to serve more clients, more effectively, across Park County's communities.

The proposed Research & Development project will explore innovative operating models to reach the outcome listed above.

For this project to be funded collaborators (Susan Walton & Knudsen Consulting) will secure funding from Local, State, and Foundation grants. All funding for this project will support the work of Knudsen Consulting, Ms. Walton's efforts are offered in-kind.

The initial phase in this process is to gather letters of support from Park County's mental healthcare service providers and advocates and to secure a fiscal sponsor to house the funding.

The proposed budget for this project is \$48,953.74. Once \$20,000 has been secured Knudsen Consulting will begin contracted work. Ten percent of all funding received is allocated for the project's fiscal sponsor. (See Attachment: Proposed Budget)

#### Possible Funding Streams

- Park County Government
- Park Family Connections
- Financial Support from Project Supporters
- Colorado Health Foundation
- The Summit Foundation
- State Funding Strategies with Mental Health Priorities

Knudsen Consulting is proposing a 12 month research phase with the outcome of three viable, service models. Knudsen Consulting will report on this project at monthly Park County Mental Health Alliance meetings. Project partners and supporters are encouraged to attend these monthly meetings for project updates and input. After conducting broad research on rural mental health service delivery models, project supporters and mental health providers will be engaged for feedback. This process will include in person and phone meetings as well as digital surveys. Data from this feedback loop will be used to narrow opportunities. From this narrowed lens Knudsen Consulting will work to refine two to three possible models of service for Park County. An on going feedback loop (process mentioned above) with frequent check points will be necessary through the refining process. Knudsen Consulting will advocate for the creation of a Refinement Committee to support the final phase of the research/proposal process.  
(See Attachment: Timeline)

Park County Mental Health  
Research & Development

Project Timeline

**PHASE I:**

**April - June 2019**

Priorities:

Secure funding.

Action:

Ask for investment from Park County Board of County Commissioners (\$10k) and Park Family Connections (\$10k).

Utilizing Knudsen Consulting's access to the Colorado Common Grants Guide to identify and apply to funders who focus on innovating operating models, health outcomes for rural communities, and/or mental health priorities.

Outcomes:

Secure a minimum of \$20k to launch contracted services.

**PHASE II:**

**June - October 2019**

Priorities:

Through a variety of research methods Knudsen Consulting will compile data on a range of Mental Health service models.

Action:

Secure data surrounding Park County Mental Health service: SWOT Assessment\*

Research Colorado's Mental Health Centers

Explore Mental Health models serving rural communities across the United States and similar remote, geographically similar regions.

Outcomes:

SWOT Assessment

Broad research on rural mental health service delivery models

*\*Strengths, Weaknesses, Opportunities, Threats: Much of this data already exists. Knudsen Consulting will be compiling this data to conduct a SWOT Assessment. This assessment will act as a baseline for Park County's Mental Health landscape and will guide research.*

### **PHASE III:**

#### **October - December 2019**

##### Priorities:

Through compiling data and implementing feedback tools Knudsen Consulting will narrow the scope of work to five possible models for implementation.

##### Action:

Create and implement Feedback Tools:

- digital and phone surveys
- in person and phone meetings with stakeholders

Launch Research (see below)

##### Outcomes:

Creation of the Refinement Committee (see project overview)

Five possible models for implementation

### **FINAL PHASE:**

#### **January - March 2020**

##### Priorities:

Refine scope of work and present three viable mental health service models that could be implemented for the purpose of empowering Park County's wellness assets to ensure stronger, more sustainable solutions for addressing healthcare disparities across the County while maintaining the autonomy of Park County's private mental healthcare providers and expanding their capacity to serve more clients, more effectively, across Park County's communities.

##### Action:

Meet bi-weekly (?) with the Refinement Committee to narrow scope.

##### Outcome:

Three viable mental health service models

In addition to the above landmarks, Knudsen Consulting will be reporting out on this project and requesting feedback/in put at the monthly Park County Mental Health Alliance meetings.

For reporting updates Knudsen Consulting uses the following simple template:

- 1) **What is going well?**
- 2) **What has been accomplished and what are current priorities?**
- 3) **What has been unexpected or surprising?**
- 4) **Are we on track or do we need to re-forecast? (+/-)**  
If (-) list three actions that will be taken to course correct.
- 5) **Open Q&A for client/s and consultant/s**

## **Launching Research (Phase II):**

Meeting with Nancy Van De Mark and Moe Keller of Mental Health Colorado-- their vast experience with mental health centers in Colorado, and various urban/rural service delivery models and legislative and also grassroots efforts to address mental health needs across the state. They also have access to Mental Health America resources and ready research.

Meeting with Dr. Charlie Smith, MD, from SAMHSA, Region 8 office in Denver -- concerning integration of BH with Health, innovations he has seen in the five state region he covers, various models of health delivery in rural settings.

Meeting with the Center for Excellence in Behavioral Health at the University of Colorado, Anschutz campus -- these are Dr. Smith's former students.

Meeting with Camille Harding, Director of the Office of Community Behavioral Health, from the Office of Behavioral Health -- Ms. Harding oversees all the Mental Health Centers for Colorado; has a keen sense of what is and is not working, and is a wealth of information about what innovation should be explored and how it could be funded.

Park County Mental Health  
Innovative Operating  
Research & Development

Project Budget

**Phase I:** April - June 2019

(estimated cost: \$8,732.12)

**Travel**

- Milage is round trip from Alma charged at the Federal rate of \$0.58 per mile  
Estimated Travel Mileage: 364 miles @ \$1.58 = \$211.12
- Per Diem is based on rates set by U.S. Federal Services Administration at the rate of \$76 per day and \$181 for lodging.  
Estimated Per Diem:  
(4 days @ \$76) + (2 nights lodging @ \$181) = \$666

**Time**

- Travel time is charged at the rate of \$25/hr  
Estimated Travel Time:  
364 miles = 7 hours of travel @ \$25/hr = \$175
- Grant Research is charged at the rate of \$40/hr  
Estimated Grant Research Time: 12 hours @ \$40/hr = \$480
- Executive Time is charged at the rate of \$60/hr. Executive Time includes but is not limited to data collection/analysis, preparing for presentations/reports, presenting/reporting, meetings, grant writing/reporting.  
Estimated Executive Time: 120 hours @ \$60/hr = \$7,200

**Phase II:** June - October 2019

(estimated cost: \$15,494.16)

**Travel**

- Estimated Travel Mileage: 1102 miles @ \$0.58 = \$639.16
- Estimated Per Diem: (6 days @ \$76) + (4 nights lodging @ \$181) = \$1,180

**Time**

- Estimated Travel Time: 1102 miles = 19 hours of travel @ \$25/hr = \$475
- Estimated Executive Time: 220 hours @ \$60/hr = \$13,200

**Phase III:** October - December 2019

(estimated cost: \$10,138.56)

**Travel**

- Estimated Travel Mileage: 182 miles @ \$0.58 = \$105.56
- Estimated Per Diem: (2 days @ \$76) + (1 nights lodging @ \$181) = \$333

**Time**

- Estimated Travel Time: 182 miles = 4 hours of travel @ \$25/hr = \$100

- Estimated Executive Time: 160 hours @ \$60/hr = \$9,600

**Final Phase:** January - March 2020

(estimated cost: \$10,138.56)

**Travel**

- Estimated Travel Mileage: 182 miles @ \$0.58 = \$105.56
- Estimated Per Diem: (2 days @ \$76) + (1 nights lodging @ \$181) = \$333

**Time**

- Estimated Travel Time: 182 miles = 4 hours of travel @ \$25/hr = \$100
- Estimated Executive Time: 160 hours @ \$60/hr = \$12,800

Knudsen Consulting Project Cost: \$44,503.40

Fiscal Sponsor (10%): \$4,450.34

**Total Project Cost: \$48,953.74**

The initial phase in this process is to gather letters of support from Park County's mental healthcare service providers and advocates and to secure a fiscal sponsor to house the funding. Project support for this phase is being provided in-kind by Knudsen Consulting (estimated cost: \$5,000).

Unspent Travel Mileage, Per Diem and Travel Time expenses can be reallocated for Project Costs including, but not limited to, printing supplies and securing resources as needed.

The proposed budget for this project is \$45,000 - \$50,000. Once \$20,000 has been secured Knudsen Consulting will begin contracted work, starting with backpay for the Phase I. Ten percent of all funding received is allocated for the project's fiscal sponsor.

**Tentative Funding Streams Include**

- Park County Government
- Park Family Connections
- Financial Support from Project Supporters
- Colorado Health Foundation
- The Summit Foundation
- State Funding Strategies with Mental Health Priorities