

Exhibit A

Senior Peer Counseling MHSA Year-End Progress Report (Fiscal Year)

Program/Services Implementation – Prevention and Early Intervention (PEI)

Please provide the following information for this reporting period:

- 1) Briefly report on how implementation of the Senior Peer Counseling project is progressing (e.g., whether implementation activities are proceeding on target and as described in the County's MHSA Plan), and any major accomplishments and challenges.
- 2) Briefly report on how the Senior Peer Counseling project has improved the overall mental health of the older adult population by addressing the primary negative outcomes that are the focus of the Senior Peer Counseling project (suicide and prolonged suffering). Please include other impacts, if any, resulting from the Senior Peer Counseling project on the other five negative outcomes addressed by PEI activities: (1) homelessness; (2) unemployment; (3) incarceration; (4) school failure or dropout; and (5) removal of children from their homes.
- 3) Provide a brief narrative description of progress in providing services through the Senior Peer Counseling project to unserved and underserved populations.
- 4) Provide a brief narrative description of how the Senior Peer Counseling services are provided in a culturally and linguistically competent manner, including activities to reduce racial/ethnic disparities.
- 5) Provide a brief description of activities performed related to local and county-wide collaboration, outreach, access/linkages to medically necessary care, stigma reduction and discrimination reduction.
- 6) Provide the outcomes measures of the services provided. Outcome measures for the Senior Peer Counseling project are:
 - Measurement 1: Contractor will have peer counselors complete a pre- and post-rating form with the client to measure TLCs, primarily pro-health and pro-mental health activities and habits which have been shown to lead to positive physical, emotional and cognitive improvements in people of all ages. The categories to be measured are:
 1. Exercise
 2. Nutrition / diet
 3. Nature
 4. Relationships
 5. Recreation / enjoyable activities
 6. Relaxation / stress management
 7. Religious / spiritual involvement
 8. Contribution / service / volunteering
 9. Amount of sleep

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- Measurement 2: Outcome Rating Scale (ORS) measurement tool, which measures the following four psychological categories:
 - Individually (personal well-being)
 - Interpersonally (family, close relationships)
 - Socially (work, school, friendships)
 - Overall (general sense of well-being)
 - Measurement 3: At the end of each session and at the termination of services, SPC peer counselor volunteers will record the clients' self-reported improvement in the presenting problem selected by each client at the start of peer counseling.
 - Measurement 4: The reduction of prolonged suffering that may result from untreated mental illness by measuring a reduction in risk factors, indicators, and/or increased protective factors that may lead to improved mental, emotional, and relational functioning.
- 7) Provide total project expenditures and the type and dollar amount of leveraged resources and/or in-kind contributions.
- 8) Provide any additional relevant information.