



MENTAL HEALTH SERVICES ACT Innovation Plan PUBLIC POSTING and



30-Day Public Comment Period 04/23/2020 -05/24/2020

This Innovation program, **Tech for Trauma**, explores the uses of Virtual Reality to treat Post Traumatic Stress Disorder (PTSD), anxiety and depression. The focus of this project will be looking into developing a new modality of treatment for PTSD and its co-occurring diagnoses, anxiety and depression. By bringing a new modality of treatment into Mendocino County, our project hopes to expand the available treatments, learn how to best pair Virtual Reality treatments with traditional modalities, and help our Transitional Age Youth at the same time. This project focuses on the TAY population because there is a higher than average diagnosis of PTSD within that population in Mendocino County. We hope that by offering more modalities, we will be able to reduce stress and suffering from PTSD.

The project will test:

- Does Virtual Reality treatment reduce the symptoms of PTSD, anxiety, and depression in TAY in Mendocino County?
- Are TAY more likely to seek treatment with dual modality treatment (Virtual Reality and therapeutic services)?
- Do TAY engage in the Virtual Reality treatment to completion more of than without Virtual Reality, specifically is the dropout rate lower?

A full copy of the **Draft Plan for the Tech for Trauma Innovation project** can be found at:

<https://www.mendocinocounty.org/home/showdocument?id=34961>

The 30 day public posting period is an opportunity for you to provide comments on this Plan. The MHSA team receives comments throughout this period by email, mail and phone, and verbally during a public hearing, and provides formal written responses in an attachment to the Final version of the Innovation Plan.

A Public Hearing will be arranged and announced separately. If an in-person meeting is not feasible within restrictions related to the COVID-19 virus, we expect to provide a meeting using web-based communication.

If you have comments on the Tech for Trauma Plan or questions on the process please contact:

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You may also mail comments to: Behavioral Health and Recovery Services, 1120 S. Dora St., Ukiah, CA 95482,
Attn: Colleen Gorman