

# THRIVENYC: A MENTAL HEALTH ROADMAP FOR ALL



On November 23, 2015, the City with the First Lady of New York City Chirlane McCray launched *ThriveNYC*, a decisive turning point in the way the City approaches mental health and substance misuse. *ThriveNYC* is an action plan to begin changing the way people think about mental health, and the way City government and its many partners deliver services. It includes 54 initiatives whose implementation is overseen by the Deputy Mayor for Strategic Policy Initiatives in partnership with the Mayor’s Office of Operations and the Department of Health and Mental Hygiene (DOHMH).

With *ThriveNYC*, the administration is directly addressing an ongoing public health crisis. At least one in five adult New Yorkers is likely to experience a mental health disorder in any given year. And it’s not only adults who are suffering—50 percent of all lifetime cases of mental illness begin by age 14. *ThriveNYC* puts New York City at the forefront of the movement to develop a comprehensive solution to a pervasive problem.

ThriveNYC’s initiatives are organized by six guiding principles:

- **Change the Culture:** Make mental health everybody’s business. It’s time for New Yorkers to have an open conversation about mental health.
- **Act Early:** Give New Yorkers more tools to weather challenges and invest in prevention and early intervention.
- **Close Treatment Gaps:** Provide New Yorkers in every neighborhood – including those residents at greatest risk – with equal access to care that works for them and their communities, when and where they need it.
- **Partner with Communities:** Embrace the wisdom and strengths of local communities by collaborating with them to create effective and culturally competent solutions.
- **Use Data Better:** Work with all stakeholders to address gaps, improve programs, and create a truly equitable and responsive mental health system by collecting, sharing, and using information and data better.
- **Strengthen Government’s Ability to Lead:** Affirm City government’s responsibility to coordinate an unprecedented effort to support the mental health of all New Yorkers.

## CHANGE THE CULTURE

Changing the culture around mental health is a top priority of *ThriveNYC*. Stigma not only intensifies the suffering of mental illness—it also prevents people from seeking the treatment or other supports that can transform their lives. The administration is working to replace a culture of shame and punishment with a culture of support.

Highlights of ThriveNYC’s Fiscal 2016 accomplishments under *Change the Culture* are:

- The City began the expansion of Mental Health First Aid training and trained 3,235 New Yorkers, exceeding Fiscal 2016 targets.
- The “Today I Thrive” public awareness campaign launched in April; the subway ads alone are estimated to have reached 2 million people.

### PARTNER AGENCIES & OFFICES

- ACS
- CUNY
- DOC
- DOE
- DOHMH
- DFTA
- DHS
- DYCD
- NYC H + H
- HPD
- HRA
- NYPD

Center for  
Economic  
Opportunity

Department  
of Veterans’  
Services

Mayor’s  
Community  
Affairs Unit

Mayor’s Office  
of Criminal  
Justice

Mayor’s Office  
of Operations

Mayor’s Office  
to Combat  
Domestic  
Violence

NYC Children’s  
Cabinet

NYC Digital

- In keeping with the [Mayor’s Task Force on Behavioral Health in the Criminal Justice System Action Plan](#), NYPD met its target of training 350 police officers in Crisis Intervention Training (CIT) by Fall 2015. Building on this success CIT has been incorporated into NYPD Training Academy for both in-service officers and new recruits and 3,947 NYPD officers have been trained in Fiscal 2016, with a goal of 5,500 by the end of Fiscal 2018.

## ACT EARLY

Acting early is about helping New Yorkers develop their emotional fitness. As more New Yorkers learn positive coping skills, fewer will develop mental illness, and those who do will recover more quickly and completely.

The City is investing in prevention and early intervention for all New Yorkers, with a special focus on its youngest residents. Highlights of ThriveNYC’s Fiscal 2016 accomplishments under *Act Early* are:

- For the approximately 900 school campuses that do not currently have a Mental Health Clinic or other mental health resources, the City is connecting them to Masters-level School Mental Health Consultants. The School Mental Health Consultants will work with every school citywide to ensure that staff and administrators have an outlet to connect students with the highest immediate needs to care. In Fiscal 2016, 30 consultants were hired, serving 206 schools.
- 47 School Mental Health Clinics opened in Community Schools, with plans to open an additional seven in the next school year. The City assessed the mental health needs of all 130 Community Schools—94 of which are also Renewal Schools—to ensure that every one offers mental health services.
- The Creating Awareness about Relationship Equality (CARE) initiative teaches healthy relationship skills to teens in foster care so they will be better prepared to prevent, recognize and respond to dating violence. In Fiscal 2016, 411 young people and 526 foster care parents and staff attended CARE workshops.

## CLOSE TREATMENT GAPS

The administration is expanding access to care and working to close gaps in quality, cultural competence and language diversity. It is also targeting resources to those New Yorkers who need help most. Highlights of ThriveNYC’s Fiscal 2016 accomplishments under *Close Treatment Gaps* are:

- In Fiscal 2016, 29 hospitals—representing 78 percent of all births in New York City—have committed to screening all mothers in their care for maternal depression.
- The Department of Youth and Community Development has administered more than 3,000 mental health interventions to young people in their Runaway and Homeless Youth system. These interventions include psychological evaluations, service referrals, and individual and group therapy.
- The City has expanded distribution of naloxone to communities with the highest opioid-involved overdose deaths. In Fiscal 2016, 10,110 naloxone kits were distributed, exceeding the target of 7,000.

## PARTNER WITH COMMUNITIES

A key element of *ThriveNYC* is building strong communities and helping people develop social ties and participate in activities that promote mental health, social trust and resilience. This means connecting neighborhood residents, non-profit organizations, social centers and local leaders with government agencies and health and mental health professionals. Highlights of ThriveNYC’s Fiscal 2016 accomplishments under *Partner with Communities* are:

- Through the NYC Mental Health Corps, clinicians and physicians are being deployed to substance use disorder programs, mental health clinics and primary care practices in high-need communities throughout the City. 128 Corps members have been hired.
- In May 2016, the City organized the Weekend of Faith for Mental Health, with participation from 1,000 houses of worship representing 250,000 New Yorkers to spread the word about the importance of talking openly about mental health and seeking treatment.

- The Connections to Care (C2C) initiative brings mental health resources to community-based organizations that already provide services to New Yorkers. In Fiscal 2016, 99 staff members were trained and mentored on addressing mental health needs of low-income New Yorkers.

## USE DATA BETTER

The City is investing in getting better data—via both traditional surveillance methods and innovative tools such as crowdsourcing— to measure progress and determine where to focus future efforts. The City is also helping other stakeholders use data better and adopt proven methods. Highlights of ThriveNYC’s Fiscal 2016 accomplishments under *Use Data Better* are:

- The City established a Mental Health Innovation Lab to help drive the use of evidence-based best practices, test new strategies and interventions and ensure that data is put to work on behalf of efforts to create real change for New Yorkers. The lab is currently supporting the roll-out of C2C and the Early Years Collaborative.
- The Department of Health and Mental Hygiene and the Department of Education collaborated on a comprehensive survey of the availability of school mental health programs and resources. More than two-thirds of all schools participated in the voluntary survey, which will be used to help schools meet the mental and behavioral health needs of their students.

## STRENGTHEN GOVERNMENT’S ABILITY TO LEAD

In order to create long-term systems change, ThriveNYC is bringing the administration, City Council, City agencies, community partners, and other branches of government together to advance the goals of ThriveNYC. Mayor Bill de Blasio established the NYC Mental Health Council in March 2016, bringing together 20 City agencies to work on advancing mental wellness and managing ThriveNYC initiatives. The council meets quarterly and serves as a vehicle for harnessing resources from multiple agencies to achieve common goals.

## LOOKING AHEAD

In ThriveNYC’s first eight months, the City has laid the groundwork for a number of major initiatives that will build on initial progress and bring the promise of ThriveNYC to many more New Yorkers.

- Social-Emotional Learning (SEL) teaches students how to build healthy relationships, handle conflict and make good choices. The City is expanding SEL supports in early childhood education and care settings. Beginning in Fall 2016, the Department of Education and Administration for Children’s Services will train and support 9,000 teachers, assistants and school leaders across all Pre-K for All and EarlyLearn sites on how to use SEL skills in the classroom and how to engage families as teaching partners.
- Finding the right mental health services can be a complicated and time consuming effort. In response, the administration is transforming LifeNet, and developing an improved, expanded and centralized resource for New Yorkers searching for mental health support. The new program will be available via phone, text and chat, 24 hours a day, 365 days a year. New services are on track to go live in Fall 2016.
- Older New Yorkers, especially those who are socially isolated, are at an increased risk for depression and suicide. The Department for the Aging will place a licensed clinical social worker (or a professional with similar skills) in up to 25 of the largest senior centers. This program will begin to roll out during Summer 2016 and is expected to reach approximately 3,750 people annually.

SELECTED PERFORMANCE INDICATORS	Actual	Target	
	FY16	FY16	FY17
<b>Change the Culture</b>			
Individuals trained in Mental Health First Aid (DOHMH)	3,235	2,520	24,540
<b>Act Early</b>			
Staff (teachers, assistants, and school leaders) trained in Social-Emotional Learning (DOE/ACS/DOHMH)	NA	NA	2,400
School Mental Health Consultants hired (DOE)	30	30	70
Eligible families residing in DHS shelters who have been successfully visited by the Newborn Home Visiting Program (DOHMH)	448	365	840
<b>Close Treatment Gaps</b>			
Naloxone kits distributed from DOHMH to Opioid Overdose Prevention Programs (DOHMH)	10,110	7,000	14,000
LifeNet: Answer rate for all inbound calls, texts and chats within 30 seconds or less (DOHMH)	NA	NA	90%
Mental health interventions provided to runaway and homeless youth (DYCD)	3,030	2,148	2,954
<b>Partner with Communities</b>			
Mental Health Service Corps members hired (DOHMH)	128	130	130
Staff trained through Connections to Care (cumulative) (DOHMH, CEO)	99	NA	600

## NOTEWORTHY CHANGES, ADDITIONS OR DELETIONS

None.

## ADDITIONAL RESOURCES

For additional information on items referenced in the narrative, go to:

- ThriveNYC: A Roadmap to Mental Health for All:  
<https://thrivenyc.cityofnewyork.us/wp-content/uploads/2016/03/ThriveNYC.pdf>
- ThriveNYC 150-Day Update Report:  
[https://thrivenyc.cityofnewyork.us/wp-content/uploads/2016/06/Thrive150\\_report\\_fnl\\_singlepages.pdf](https://thrivenyc.cityofnewyork.us/wp-content/uploads/2016/06/Thrive150_report_fnl_singlepages.pdf)