MHSA INN ~ Stakeholder Idea Submission

Online Research Tips: June 8, 2022

SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES

Agenda

- Submission Process & Important Dates
- Tips for Online Research
- Support Available
- Questions & Answers

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Submission Process & Important Dates

KEY DATES	
SUBMISSION SUPPORT SESSIONS	Friday, June 24 11:00am-1:00pm Wednesday, June 29 8:00-10:00am Tuesday, July 12 4:00-6:00pm
SUBMISSION DEADLINE	Friday, July 15 11:59pm

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INN Estimated Timeline

- July 15, 2022: Deadline for idea submissions
- August 2022: INN Workgroup selects ideas to move forward
- December 2022: BHRS submits selected projects to the state for approval
- January-June 2023: BHRS secures service providers
  - Request for proposal (RFP) process for projects that will be contracted out to partner agencies
- July 2023: Approved projects start delivering services
  - If projects are shown to be effective at the end of the cycle, some may get funding from another MHSA component; some may have other funding sources, or a mix of MHSA and other funding sources

Submission Requirements

See the submission packet - available in English, Spanish, and Chinese

- BHRS is seeking INN project ideas that align with the **MHSA core values** and **at least one strategic initiative** from the San Mateo County MHSA Three-Year Plan
- Those interested in submitting an idea will complete a **submission form** and email or mail it to BHRS
- There are **scoring criteria** that BHRS and the MHSA INN Workgroup will use to score the submissions

INN Project Requirements

INN projects must **either**:

1. Make a change to an existing behavioral health practice to improve the quality of the services or reach a different population

   or

1. Introduce a new approach in the behavioral health field

Possible INN Project Types

INN projects can address **any aspect of providing behavioral health care services, including**:

- Prevention
- Early intervention
- Treatment
- Recovery programs and services

INN projects can also address **processes and systems**:

- Administrative processes
- Community development
- System development
- Training and professional development
- Improving data systems
- Ways of delivering care

Tips for Online Research

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What Do We Mean by Research?

- Research is *"systematic investigation…in order to establish facts and reach new conclusions."* (Oxford Languages)

- Research sources can include:
  - Academic research
    - Often in the form of "peer-reviewed" journal articles
  - Government sources
    - Such as US Census data or Centers for Disease Control (CDC) data
  - Program-level information and evaluations
    - May be from government, nonprofits, or consultants

What Research Is Required for Your Submission?

- Everyone submitting an idea will need to find sources that show research on:
  - The **need** for the project
  - The potential **effectiveness** of the idea
    - Based on a similar idea in another setting or with another population
  - Description of your research
    - Showing that your exact idea has NOT been done or evaluated

Submission Form Items That Require Research

Submission pre-check

Before you start the submission form, please confirm the following.

- ☐ I live, work, play, or go to school in San Mateo County
- ☐ I have read the INN requirements and I believe my project meets the requirements
- ☐ I have found information (such as through an online search) that supports my project as something that would have positive impacts
- ☐ I have not seen research articles showing that my exact idea has already been done and has been effective in a behavioral health setting

3. **Why is this project needed in San Mateo County? What gaps will it fill?** If available, please provide research or statistics about the need for this project.

5a. Please describe what research you did (such as online searches) to determine whether your idea has been tried in a behavioral health setting?
(1-2 sentences)

5b. If you are proposing a change to an existing practice, describe how the project will be different from existing practices. If you found online research, share links to articles about how the existing practice has been used in other settings or with other populations.
(1-2 paragraphs)

5c. If you are proposing a new practice or approach, describe why you believe this project would be effective in a behavioral health setting. If you found online research, share links to articles about how similar approaches have been used in non-behavioral health settings.
(1-2 paragraphs)

Google Search Tips

- **Make a list of keywords to use in your search**
  - Make a list of different words and synonyms that apply to your topic (e.g., mental health, Pacific Islander youth, wellbeing, emotional health, social enterprise, peers)
- **Put your keywords in quotation marks**
  - Addressing “mental health” in “Pacific Islander youth”
- **Use operators such as:**
  - AND
    - “mental health” AND “family”
  - OR
    - “teens” OR “adolescents”
  - use the minus sign (-) to filter out unwanted words in your search
    - “substance use” -alcohol
  - site:
    - restricts search to a particular site

Google Search Tips

Helpful Tips Here!

https://www.commonsense.org/education/articles/5-must-have-google-search-tips-for-students

Google Search Tips

- **Document your searches and sources**
  - Keep a list of websites/articles you've visited
    - You can use the "bookmark" feature in your web browser
  - Make a list of your final sources: website address (URL), title, author, and date
  - Clearly document which source is attached to which information
    - Use a document to keep track of the key points of your research and which source it came from. That will make it easier when it comes time to include links to research in your submission form.

How to Use Google Scholar

- **Go to: https://scholar.google.com**
- Google Scholar is a searchable database of academic research literature
- Google Scholar is free to use, but some articles you find might require a login or payment to access the full information
  - You can usually still view a short description or abstract

How to Use Google Scholar

- You can narrow your search by date
- There are advanced search options that help make your search more specific

Helpful Tips Here!

https://www.businessinsider.com/google-scholar

Tips for Identifying Good Sources

- **Affiliation**
  - Is the site/author affiliated with a reputable institution or organization?
    - Academic institutions (.edu), government sources (.gov), or nonprofit sites (.org) are usually best
    - Site that end in .com should be used with caution – they are for-profit
- **Reliability**
  - Does the author cite their sources and have a reference list?
  - Is the information factual, not opinion-based?
  - Is the language free of emotion and bias?
  - Is the site free of major spelling or grammar errors?

Source: https://advice.writing.utoronto.ca/researching/research-using-internet/

Common Challenges

Challenge	Possible Solution
You can't find any information on your idea	• Try more keywords that apply to your idea • Try searching for a similar idea
You can't get access to an academic journal article	• Usually reading the abstract will give you sufficient information about whether the idea was found to be effective
The research did not clearly show that the idea was successful	• If results were inconclusive but some research showed positive results, the idea is probably worth testing out in an INN project

Support Available

Technical assistance sessions and support

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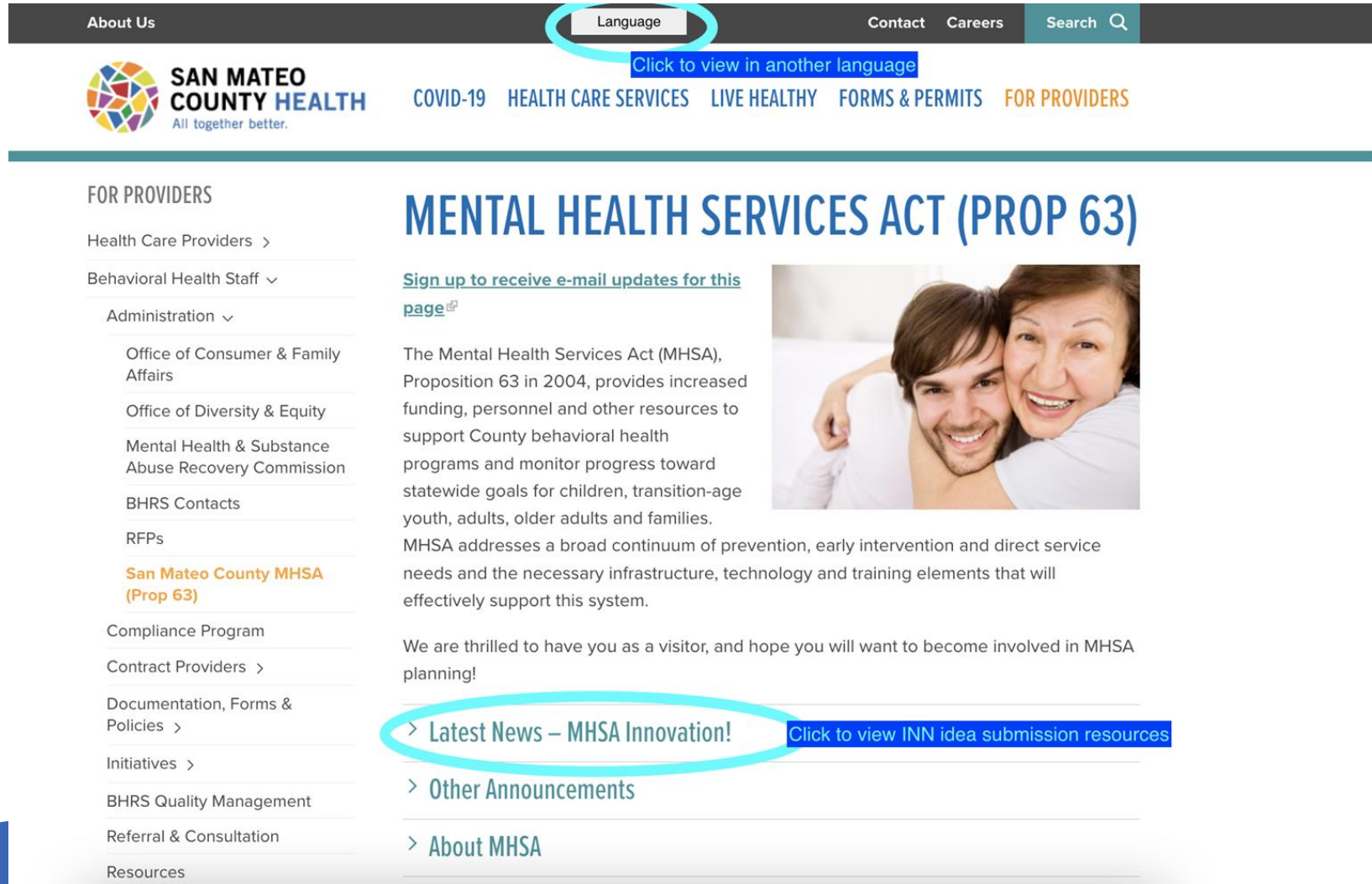
For More Information

For more information, to register for support sessions, or request interpretation:

Visit the MHSA Website: www.smchealth.org/mhsa

Call the MHSA voicemail: 650-241-8008

Email: MHSA@smcgov.org



Questions?

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