



State of Maryland Executive Department

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To: Local Management Board Chairs and Points of Contact

From: Kim Malat, Deputy Director

Date: January 11, 2016

Re: Question and Answer Recap #8

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1. How is GOC defining prevention?

Prevention is defined as interventions intended to prevent or reduce the chances of engaging in risky behaviors that are delivered prior to the onset of formal treatment or system-involvement. This definition is based on the Mental Health Intervention Spectrum from the Institute of Medicine which addresses the full range of prevention strategies¹. The model describes a continuum with: Promotion (services that promote general well-being); Prevention (services delivered to targeted groups at risk prior to the onset of formal interventions); Treatment (services for people diagnosed with a disorder); and, Maintenance (services that support individuals' compliance with long-term treatment and aftercare).

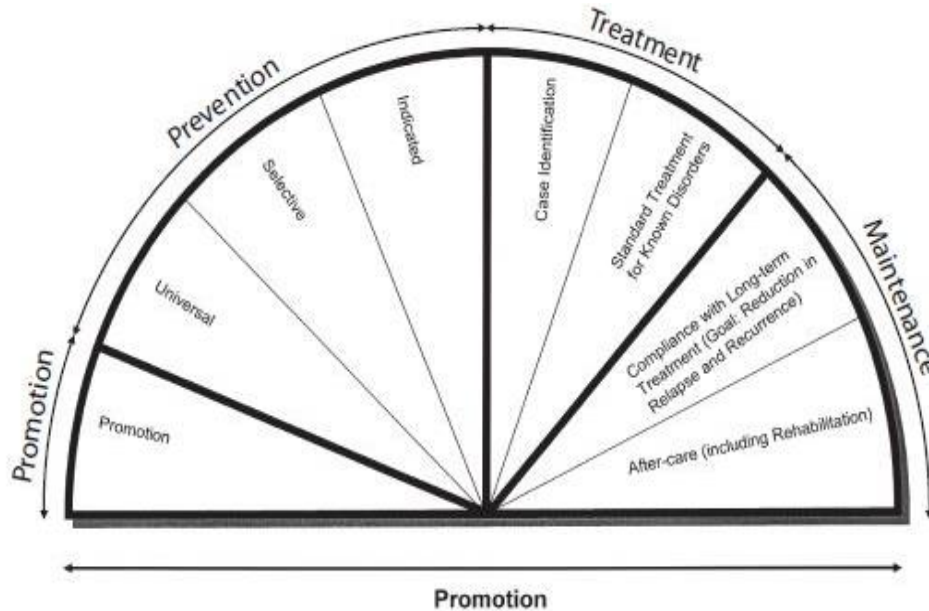
Preventive interventions are grouped in three broad categories:

- Universal interventions are broad and target the general public or an entire population.
- Selective interventions target an individual or sub-group who exhibit significantly higher than average risk² prior to response or treatment.
- Indicated interventions target high-risk individuals who may have come in contact with the system, but are not yet system-involved, and focus on the immediate risk and protective factors present in the individual's environment.

¹ Institute of Medicine. (1994). *Reducing Risks for Mental Disorders: Frontiers for Preventive Intervention Research*. Washington, D.C.: National Academies Press. National Research Council and Institute of Medicine. (2009). *Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities*. Washington, D.C.: National Academies Press.

² Risk has been defined as a characteristic at the biological, psychological, family, community, or cultural level that precedes and is associated with a higher likelihood of problem outcomes.

The model recognizes that preventive interventions are most effective when they are appropriately matched to their target population's level of risk - that is, when interventions focus upon reducing the risk factors and strengthening the protective factors that are most closely related to the problem being addressed.



2. **If Local Management Boards request a 10% (example only) administration budget increase in FY17, can they request additional increases, up to the allowed 30%, in FY18/19?**

Yes, Local Management Boards can decide how much they want to use for administrative budgets, up to 30% of their base funding. This is a local decision, and the Boards can decide both how much and in what fiscal years they want to change their administrative percentage. As part of their proposals, Boards should be prepared to present their budget for administrative funding with a breakdown for each line item.