



County of San Diego

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March 30, 2016

TO: Behavioral Health Advisory Board

FROM: Alfredo Aguirre, LCSW, Director
Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – APRIL 2016

1. ACTION ITEM(S): NONE

2. *LIVE WELL SAN DIEGO* UPDATES / SPECIAL EVENTS

2.1 Prescription Drug Abuse Task Force Proclamation

Supervisor Dave Roberts presented a proclamation to the San Diego County Prescription Drug Abuse Task Force at the Board of Supervisors meeting on March 15 acknowledging their collective work and leadership to reduce prescription drug abuse and misuse. Accomplishments include annual community take back days, permanent medication drop-boxes in all County Sheriff stations and at the County Administration Center and the development of the Safe Pain Medication Patient handout which has been adopted statewide.

2.2 Parishioners Learn About BHS

On February 29, BHS staff gave a presentation at St. Gregory the Great Catholic Church in Scripps Ranch. The focus was on BHS services throughout the County as well as those specific to the North Central Region. The presentation was sponsored by the newly established Mental Health Ministry at St. Gregory's who are planning more presentations to educate as well as provide assistance and support to parishioners.

2.3 Upcoming Events - Save the Date

- Saturday, April 30: NAMI 5K Walk/HHSA Wellness Expo at Liberty Station NTC Park
- Friday, June 10: Behavioral Health Recognition Dinner at Marriott Mission Valley
- Saturday, June 11: Survivors of Suicide Loss Day – events include a 5K walk, speaker and panel presentation at Legacy Church Tierrasanta

3. UPDATE FROM THE ADULT AND OLDER ADULT (AOA) SYSTEM OF CARE

3.1 Exodus Recovery Center: An AB 109 Success Story

The Exodus Recovery Center, a BHS contractor, provides services through the AB 109 Program with the goal of assisting adults in need of psychiatric services while on probation through the Post Release Offender Program. The following is a success story about a young woman, Amy (name changed), in her early 30s who came to Exodus in 2013 after being released from prison.

Since 2013, Amy has received case management, individual therapy, ongoing psychiatric evaluation, medication management assistance, as well as, ancillary supportive services including rental assistance, food and clothing. Thanks to the support of the program, she has maintained her sobriety and has achieved her employment, housing and personal goals. Today, Amy is fully self-supporting and pays rent and utilities, while also maintaining her insurance and truck payment. She has developed hobbies such as paddle boarding, yoga and is an avid health enthusiast.

Amy is scheduled to be successfully terminated from Probation supervision in Spring 2016.

Recently, Amy recalled her memory of first coming to Exodus describing herself as "hard" and "a mess". Amy stated the support of Exodus staff has made the difference in her success, "I was treated with kindness and warmth; like a person, not like a criminal." She says she views herself as a "normal" person now, has re-established a relationship with family and is confident she will maintain her success in the community.

3.2 Mental Health Systems, Inc. IHOT North: A Success Story

The IHOT North Program recently reached out to Alfred (name changed) who was homeless in the Oceanside area, severely decompensating and not engaged in treatment services. During the initial engagement with Alfred's concerned family, the IHOT North staff provided an immense amount of support and encouraged the family to write a *Behavioral Health Outline* for the purpose of providing a clear timeline of Alfred's whereabouts and history of mental health conditions.

With the coordination of the Homeless Outreach Team and Psychiatric Emergency Response Team (PERT), Alfred was eventually transported and admitted to the hospital where he was treated and stabilized. His mother expressed to her Family Support Partner at IHOT North that she felt very supported by the IHOT North team from the start and expressed extreme gratefulness for the coordination of all providers. In her words, "The awesome coordination of the mental health system in San Diego County saved my son's life and now he is here with me, alive and doing well." She also expressed how impressed she is with the County's increased efforts to provide support to the homeless population. Alfred is now engaged in mental health services and his family connected to their local NAMI.

3.3 Success Stories for Crestwood San Diego and Crestwood Chula Vista

Crestwood Behavioral Health, Inc. operates Crestwood San Diego, a mental health rehabilitation center at the Promise Hospital campus on University Avenue. Jessica (name

changed) was admitted to the program where she and staff began working on her personal plan for recovery. In just over three months, Jessica became Crestwood San Diego's first "graduate" having successfully completed the program and was discharged to the community. Jessica felt her experience at Crestwood was so valuable, she decided to return to the facility as a peer volunteer to assist others on their personal journeys of recovery. After a couple of months of work as a peer volunteer, Jessica was offered a paid position as a Rehabilitation Assistant at Crestwood San Diego. She accepted the offer and has since completed a Peer Training course through NAMI. She continues to work in this capacity providing inspiration and support to Crestwood San Diego residents as well as staff.

Crestwood Behavioral Health, Inc. also operates Crestwood Chula Vista, a mental health rehabilitation center located on the Bay View Hospital Campus. One resident admitted there shortly after the program opened their doors was Leon (name changed). Leon soon became a participant in the Crestwood Chula Vista Dreamcatchers Vocational Program designed to provide support and education to those with the goal of finding employment. Following Jessica's lead, Leon became Crestwood Chula Vista's second "graduate" and returns twice a week in the role of a peer volunteer, providing meaningful support to others and leading a weekly Bible study group. Leon has the current goal of becoming a Rehabilitation Assistant, like Jessica, and is well on his way to achieving that goal with support Crestwood Chula Vista staff.

3.4 Supported Employment Initiative Success

Focus Groups

San Diego Workforce Partnership (SDWP), the supported employment technical consultant for BHS, conducted focus groups with consumers, County staff and community stakeholders to identify effective approaches to support individuals with Serious Mental Illness (SMI) obtain and retain competitive employment. The information collected was also used to develop the Five-Year Strategic Employment Plan. The plan is the end result of several positive changes that were initiated in this process.

Employer Socials

Another supported employment activity included Employer Socials, which were held as an opportunity to outreach to Clubhouses and local businesses. A diverse panel of employers provided guidance and information about interviewing for jobs to members of regional clubhouses which created an environment for members to obtain individualized support surrounding the concept of obtaining employment. SDWP also conducted outreach to local businesses within a one mile radius of the Clubhouses and shared open positions with members at the Employer Socials. This led to some members obtaining competitive employment.

Enhancements in FY 2015-16

In Fiscal Year (FY) 2015-16, employment related language changes were made to the contracts for BHS Full Services Partnership (FSP) providers to implement consistency between programs, as applicable to the FSP design. In addition, seven new full-time (FTE) Employment Specialist positions were funded. The new Employment Specialists were strategically placed in the six outpatient clinics with the highest rate of clients seeking

employment and at a Clubhouse that did not have an Employment Specialist. Effective FY 2016-17, employment related language in the Clubhouse contracts will also be implemented to promote consistency between programs.

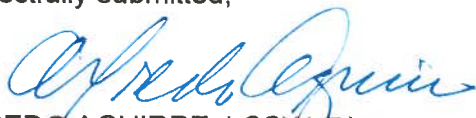
Data and Results

The above work has resulted in a demonstrated improvement in the number of clients competitively employed and seeking employment, as noted in the BHS Databook. Both categories have seen a 1% increase between FY 2013-14 and FY 2014-15:

	FY 2013-14		FY 2014-15	
Unique Clients	44,004		43,780	
Competitive Job	3,159	9%	3,370	10%
Seeking a Job	4,858	14%	4,916	15%

Work completed in FY 2015-16 projects further improvements for individuals with SMI seeking employment and becoming competitively employed, as the employment initiative has created the opportunity for employment to have a role in the recovery experience.

Respectfully submitted,



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AA:tf

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