



County of San Diego

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January 29, 2016

TO: Behavioral Health Advisory Board

FROM: Alfredo Aguirre, LCSW, Director
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BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – FEBRUARY 2016

1. ACTION ITEM(S): NONE

2. BOARD OF SUPERVISORS APPROVES MID-YEAR ENHANCEMENTS

On January 26, 2016, the Board of Supervisors approved recommended actions to authorize the expansion of current services, and associated increases to funding during this Fiscal Year, to continue implementing and enhancing the delivery of behavioral health services in the San Diego region. These actions align with priorities identified during the recent BHS Community Engagement Forums and the creation of the HHSA/BHS Ten-Year Roadmap, a recent call-to-action addressing the most serious behavioral health issues affecting the San Diego County.

As a result of this approval, BHS is pleased to announce thirty programs will be enhanced during Fiscal Year 2015-16 and will receive ongoing increased funding in subsequent years. Official documents from the January 26 meeting can be found on the Clerk of the Board website.

3. MID-YEAR ENHANCEMENTS INCREASE SERVICES TO HOMELESS

As a result of the Board of Supervisors' approval of BHS Mid-Year Enhancement recommendations (stated above), the following augmentations will result in increased services to homeless individuals:

- 3.1 Fifty (50) additional service slots added to the contract with Mental Health Systems, Inc., North Star which provides a Full Service Partnership (FSP) Assertive Community Treatment (ACT) program in the North Coastal and North Inland regions for homeless adults with serious mental illness (SMI) who may also have a co-occurring disorder of substance use.
- 3.2 Fifty (50) additional service slots added to the contract with Mental Health Systems, Inc., Center Star which provides a Full Service Partnership (FSP) Assertive Community Treatment (ACT) program countywide for homeless adults currently in jail and individuals discharged from jail with a serious mental illness (SMI) who may also have a co-occurring disorder of substance use.

- 3.3 Fifty (50) additional service slots added to the contract with Community Research Foundation IMPACT program which provides a Full Service Partnership (FSP) Assertive Community Treatment (ACT) program in the Central region for homeless adults with serious mental illness (SMI) who may have a co-occurring disorder of substance use. An array of housing options are also provided to enrolled clients.
- 3.4 Additional staffing for Mental Health Systems, Inc., Serial Inebriate Program (SIP). SIP is a collaborative effort involving the courts, police, city and district attorneys, emergency medical services, health and human services, treatment providers, hospitals, sheriffs and the contracted program to treat chronically homeless inebriates countywide. SIP provides non-residential substance abuse treatment and case management services as an alternative to custody to court-sentenced individuals.
- 3.5 Episcopal Community Services (ECS) Friend to Friend Clubhouse provides outreach, engagement and case management services to homeless adults with serious mental illness (SMI) who may also have a co-occurring substance use disorder. Services are provided in the Central and North Central regions with an emphasis in the downtown area of the City of San Diego. The program provides specialized services to homeless veterans. The approved recommendation to this contract will add service slots for an additional 100 homeless clients annually in the Downtown, East Village and North Central areas of San Diego.
- 3.6 Neighborhood House Association Project Enable is an outpatient Wellness Recovery Center that provides mental health rehabilitation and recovery services and urgent walk-in services to adults. Project Enable also provides senior outreach services primarily in the field via outreach and home visits by Geriatric Specialists. The approved recommendation provides additional service slots to the contract with Neighborhood House to serve an additional 100 older adult homeless clients residing at Alpha Square.
- 3.7 Fifty (50) additional service slots added to the contract with Providence Community Services Catalyst to provide a Full Service Partnership (FSP) Assertive Community Treatment (ACT) program for Transition Age Youth (TAY) who are homeless, have been referred by jail services and have a serious mental illness who may also have a co-occurring disorder.
- 3.8 Ten (10) additional service slots added to the contract with Telecare to provide Collaborative Behavioral Health Court and Assertive Community Treatment (ACT) program to adult offenders in the Central region who are referred by the Court for services as an alternative to custody.
- 3.9 Seventy (70) additional service slots added to the contract with Telecare Age Wise to provide a Full Service Partnership (FSP) Strength Based Case Management (SBCM) program to older adults and Institutional Case Management (ICM) services to clients who are on Public Conservatorship and reside in a skilled nursing facility (SNF) or other County-identified long-term care institution.
- 3.10 Seven (7) new teams were added to the Psychiatric Emergency Response Team (PERT) to respond to 911 calls countywide that involve a person with a serious mental illness (SMI) and/or a co-occurring disorder who is experiencing a psychiatric crisis and is in a life threatening situation.

4. EL NIÑO AND COUNTY FACILITIES

At the beginning of January, the HHSA's Chief Administrative Office reported flooding at several County facilities, most notably the Rosecrans Health Services Complex which resulted in the displacement of hundreds of employees, including our BHS Pharmacy and Medical Records Unit. The San Diego Psychiatric Hospital, located next door to the Rosecrans facility, did experience flooding in the administrative offices and triage area, but fortunately did not sustain significant damage and patient care was not interrupted.

The Hospital, Medical Records and Pharmacy teams demonstrated incredible cooperation and teamwork as they not only managed through the flooding and continued to support patients, but opened their doors to relocate Pharmacy and Medical Records operations. In less than 24 hours, both teams were moved out of the Rosecrans building and were fully operational in an empty unit at the Hospital. A mobile library was even loaned to us by our County Library System and set up outside the building to support outpatient medication dispensing. Some staff have returned to work at Rosecrans while displaced staff are working in other county regions.

5. CHANGES AT THE ESU

The Emergency Screening Unit (ESU), offering crisis stabilization services to children and youth, will fully transition from County operations to New Alternatives, Inc., effective July 1, 2016. The program will continue to provide 24-hour services 365 days a year in the current location in Chula Vista and there will be no disruption of services to San Diego County residents. The County will retain administrative oversight of these critical mental health services, and current county staff assigned to the program will be deployed to other county programs. This is the first in a series of steps that the County is taking to increase and improve emergency screening services. BHS is in the process of evaluating options to expand from four (4) crisis stabilization beds to twelve (12) crisis stabilization beds in a more centrally-located facility. BHS will provide updates as progress is made.

6. LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS

6.1 Chula Vista's Let's Connect Expo

BHS will be participating in the City of Chula Vista's first ever *Let's Connect Expo* on January 30. This resource fair will be held at Chula Vista High School with the goal of supporting families and connecting them with useful resources and enrichment opportunities to help meet their needs and inspire something greater in the New Year.

The City of Chula Vista is a *Live Well San Diego* partner and organized the event to align with the *Live Well San Diego* components: Building Better Health, Living Safely and Thriving. The "Health Zone" will offer health screenings, information and healthy food demonstrations while the "Safe Zone" will provide residents with tools to develop a family disaster plan, create an emergency kit and stay informed in case of an emergency. Finally, the "Thriving Zone" will offer resources for job searching, college opportunities, affordable enrichment activities and more.

6.2 Jewish Family Service Special Event

On January 21, 2016, Jewish Family Service of San Diego hosted a panel discussion and resource fair in support of mental health awareness. The panel discussion, *Substance Abuse Disorder in my Family: Why is this happening? What can I do?*, followed a resource fair with exhibitors including BHS and other community organizations providing mental health and substance use treatment services in the community.

Attendees included providers, consumers, family members and others who support loved ones living with mental illness and substance abuse conditions.

7. UPDATE FROM THE PREVENTION AND PLANNING UNIT (PPU)

7.1 Legislative Season Begins

The California State Legislature reconvened on Monday, January 4, which kicks-off the busy season for legislative updates and analysis. As proposed legislation come to BHS for input, Subject Matter Experts (SMEs) review and provide analysis as to how the legislation could potentially impact departmental operations or programs and other policy-related matters.

7.2 Alcohol and Other Drug (AOD) Regional Prevention Contracts

Six regional contracts for AOD prevention services were re-procured effective November 1, 2015. Contracts were awarded to: Central and Central North Region to Social Advocates for Youth (SAY) San Diego, Inc.; East and South Region to Institute for Public Strategies (IPS); North Coastal Region to Vista Community Clinic (VCC); and North Inland Region to Mental Health Systems, Inc. These contracts were awarded in accordance with the County's Prevention Plan utilizing environmental and community-based prevention strategies. Services include community coalition development, issue identification, prevention services leadership, media advocacy, policy development collaboration, planning work-group participation and youth leadership development to support County AOD prevention goals.

7.3 Positive Parenting Program

Behavioral Health Services offers a Positive Parenting Program (Triple P) services through Jewish Family Service of San Diego to parents, child care staff and educators of young children throughout San Diego County. Triple P is an evidence-based model that uses multiple level education and brief intervention service components that match the different needs of children and those individuals who care for them.

The international Triple P website will be publishing a short video highlighting Jewish Family Service of San Diego's excellent program implementation and dissemination across the diverse San Diego community. The video will include interviews with Behavioral Health Services Deputy Director of Children, Youth and Families, Yael Koenig, along with program staff and participants in the program.

7.4 Friends in the Lobby / In Our Own Voice Contract Continues with NAMI

San Diego National Alliance on Mental Illness (SD NAMI) was recently re-awarded a four-year contract effective January 1, 2016, and will continue to provide "Adult Mental Health Family and Adult Peer Support" services countywide. The services within the contract are more commonly known as *Friends in the Lobby*, which provides compassionate support to families and friends whose loved one is hospitalized with a mental health issue; and *In Our Own Voice*, which is an educational series, taught by two trained community speakers who share personal stories about living with mental illness and achieving recovery. The overall objective of the contract is to reduce stigma about mental illness and improve hope for recovery from a mental health condition along with providing community support resources.

7.5 UPAC's EMASS Program Highlighted in Radio Interview

Agnes Hajec, ACSW, Program Manager with UPAC (Union of Pan Asian Communities) was recently interviewed twice on Radyo Filipino Amerika to share information on the EMASS Program. EMASS (Elder Multicultural Access and Support Services) implements an age- and culturally-appropriate, peer-based, outreach and engagement model to support prevention activities and increased access to care to underserved seniors.

Dr. Aurora Cudal, the host of *Tulungan on the Air with Tita Au* interviewed Ms. Hajec in October to discuss the resources offered by the EMASS Program and how they support the Filipino community. The conversation addressed the stigma that is attached to mental illness and specified engagement activities EMASS does to support Filipino seniors who may be affected by depression and anxiety as immigrants and living in America's youth-oriented culture.

In November, a second interview was conducted on the topic of aging well, navigating the emotional challenges of aging and differentiating grief from depression. This interview focused on the primary goals of reducing suffering, maximizing quality of life, maintaining dignity and enhancing personal growth.

7.6 Mental Health First Aid – Free Courses Certify Hundreds

Mental Health First Aid (MHFA) and Youth MHFA, are free public education courses offered through Mental Health America of San Diego and funded by the County of San Diego. The courses highlight risk factors and warning signs of mental illness, and aim to reduce the stigma of mental health by equipping participants with the skills needed to support someone who is developing signs and symptoms of mental illness or an emotional crisis.

The 8-hour MHFA course is offered countywide to a variety of audiences, including community members, employers, business leaders, faith-based communities and law enforcement. Youth MHFA is tailored to teachers, coaches, youth group leaders, parents and other individuals who regularly interact with adolescents. Upon completion of the course, participants receive a certificate valid for two years. To date, more than 1,200 individuals have completed the training in Fiscal Year 2015-16. For more information about the courses and scheduled classes contact Racquel Morrison at Rmorrison@mhasd.org or by phone at 619-543-0412. Mental Health America can also schedule and conduct trainings specifically for your organization.

7.7 Courage to Call – Helping Vets Through Peer Support

Courage to Call is a peer-to-peer support program staffed by veteran peers providing countywide outreach and education to address the mental health conditions that are impacting Veterans, Active Duty Military, Reservists, National Guard and their families (VMRGF), and provides training to service providers of the VMRGF community. Mental Health Systems, Inc., is the primary service provider in collaboration with 2-1-1 San Diego and Veterans Village of San Diego.

The program offers a 24/7 confidential helpline that links VMRGF to resources, information and support outside traditional veteran and military channels. March 2015 was the start-up of the Veteran Peer Navigator (VPN) program. VPN's are trained social workers providing in depth care coordination, and advocacy services to VMRGF experiencing severe mental illness.

As part of the outreach to veterans involved in the justice system, psycho-education courses such as Anger Management and Seeking Safety courses are taught to incarcerated veterans at the Vista detention facility and the Miramar Brig. Staff at both facilities also receive courses in Veteran

Cultural Competency, Military Sexual Trauma, and Traumatic Brain Injury as well as other areas to increase understanding of possible side effects, and mental health issues.

The Courage to Call program has received 11,417 calls through the 2-1-1 call center, served 15,389 clients through outreach in Fiscal Year 2015-16, and since March of 2015, provided intensive Veteran Peer Navigation services to 209 individuals.

Finally, the Courage to Call program joined the Veterans Center which is located inside the North Inland Live Well Center in Escondido. This provides greater access to the veteran community as well as community engagement and outreach. For more information, visit the 2-1-1 Courage to Call website at: <http://www.211sandiego.org/courage-to-call> or dial 2-1-1.

7.8 HERE Now Program – Suicide Prevention and Intervention for Students

HERE Now is a County of San Diego-funded, school-based suicide prevention and early intervention program in the East County offered by San Diego Youth Services. The program's mission is to prevent suicide and address the mental health needs of students by implementing a proactive and preventative curriculum into the schools they serve. *HERE Now* educates all members of the school community (teachers, students, and parents) on suicide prevention as well as working with students who may be experiencing a mental health crisis and/or engaging in self destructive behavior. The program aims to educate and support parents with the necessary resources to address mental health and promote suicide prevention.

The program is currently active at 10 high schools, 12 middle schools, and 10 K-8 elementary schools, as well as alternative and charter schools. During the last quarter of 2015, *HERE Now's* presentations have been seen by 24,404 students, 330 parents, and 1,234 school staff. Thirteen percent (3,172) of the students served underwent additional comprehensive screening to ensure their mental health needs were being properly addressed and met.

Additionally, *HERE Now* has partnered with high schools and colleges to host events that provide attendees with educational brochures on mental illness symptoms, coping skills worksheets, and Access and Crisis Line information.

Respectfully submitted,



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