



County of San Diego

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February 26, 2016

TO: Behavioral Health Advisory Board

FROM: Alfredo Aguirre, LCSW, Director
Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – MARCH 2016

1. ACTION ITEM(S): VOTE ON FORMATION OF A DRUG MEDI-CAL WORKGROUP

Background

On October 10, 2015, the Behavioral Health Advisory Board (BHAB) held a Fall Retreat where each BHAB Member was asked to state a priority issue for consideration in 2016. The Behavioral Health Services (BHS) Director, Alfredo Aguirre, also shared priority issues on the horizon for BHS in 2016. All responses were recorded and subsequent discussions were held by the BHAB Executive Committee at the November and December meetings. The finalized list of priorities was shared with the BHAB Members for follow up discussion at the January meeting.

On January 7, 2016, BHAB voted to formally establish priorities for the 2016 calendar year. Overarching categories included:

1. Drug Medi-Cal Implementation
2. Addressing the Homeless Crisis Countywide
3. Mental Health Services Act (MHSA) Spending Plan
4. Alcohol and Other Drug (AOD) Prevention Plan

On February 4, 2016, BHAB discussed next steps and agreed to vote on the formation of a Drug Medi-Cal Workgroup at the March meeting. Today's action seeks to formally establish this workgroup with next steps to include:

- Identifying interested BHAB Members who would like to serve either as Chairperson or Member.
- Reviewing possible areas of focus for the workgroup with the official purpose statement to be formalized at a future meeting.

**ACTION ITEM: Vote to Establish a Behavioral Health Advisory Board
Drug Medi-Cal Workgroup.**

2. LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS

2.1 Blood Pressure Screening

On February 11, 2016, BHS participated in the *Love Your Heart* Blood Pressure Screening event. The one-day event involved the County of San Diego and its partners to provide free blood pressure screenings to the public at select sites throughout the San Diego region. The goal of *Love*

Your Heart is to promote San Diegans to “know their numbers” and take charge of their own heart health.

2.2 Point in Time Count

On January 29, 2016, BHS and other County employees gathered before dawn to participate in the Point in Time Count. The Count (also known as We All Count) is mandated by the U.S. Department of Housing and Urban Development (HUD) and is a single-day count to provide an estimate of the number of homeless persons throughout San Diego County.

This annual event assesses homelessness (on the street and in shelters) to determine how many, who, where, why and other critical demographics. The information collected enables our region to implement services and find solutions that enable individuals and families to become housed again.

2.3 Project One for All

On February 2, 2016, the Board of Supervisors approved recommendations for the Chief Administrative Officer to develop and launch “Project One for All”, a large-scale effort to assist homeless individuals with Serious Mental Illness (SMI). This effort embraces the Full Service Partnership (FSP) model, a proven best practice to provide the most appropriate intervention for individuals struggling with SMI to function independently in the community and avoid costly institutionalization.

As stated in the Board Letter, a mechanism will be developed for County housing resources to be matched with “Project One for All” services for homeless individuals with Serious Mental Illness residing in unincorporated areas, as well as, a protocol for cities, local housing authorities and non-profit organizations to pair housing resources with wraparound services and supports needed for homeless individuals with SMI to live successfully in the community.

2.4 NAMI 5K Walk/HHSA Wellness Expo

On April 30, 2016, BHS will once again partner with the National Alliance on Mental Illness (NAMI San Diego) in a 5K Run/Walk and HHSA Wellness Expo at Liberty Station to kick-off May is Mental Health Month. Additional activities are planned and include 100+ Exhibitor booths and interactive activities for kids and families. The event is free and is designed to raise awareness and destigmatize individuals living with mental health conditions.

2.5 Behavioral Health Recognition Dinner

On June 10, 2016, the 30th Annual Behavioral Health Recognition Dinner will be held to recognize outstanding individuals who provide ongoing support to clients and family members in their efforts to achieve recovery. Save the date for an evening to celebrate the behavioral health community. More details to come.

3. **UPDATE FROM THE CHILDREN, YOUTH AND FAMILIES (CYF) SYSTEM OF CARE**

3.1 Enhancements of CYF Programs Serving Probation Youth

Effective February 1, 2016:

- 3.1.1 The Breaking Cycles program was enhanced with additional therapeutic support for Commercially Sexually Exploited Children (CSEC) detained at the Juvenile Probation facilities.

- 3.1.2 The Multi-Systemic Therapy (MST)/Assertive Community Treatment (ACT) program was enhanced to provide face-to-face assessment to a minimum of 90 additional community-based probation youth with a "true finding" (the equivalent of a guilty verdict in Juvenile Court) and evidenced-based treatment services to 30 additional youth. This enhancement supports the Mentally Ill Offender Crime Reduction (MIOCR) grant.

3.2 Pathways to Well-Being

- 3.2.1 BHS and Child Welfare Services (CWS), along with the Family Youth Roundtable (FYRT) and Juvenile Probation, continue to work as a team to provide necessary mental health services that are culturally responsive and trauma informed to children and youth in the foster care system.
- 3.2.2 BHS/CWS Pathways to Well-Being staff and family partners have reached out to Transition Age Youth (TAY) providers to establish a collaborative partnership to raise awareness of the needs of services for these youth. In addition, client-centered focus groups will be held in Spring 2016 in various County regions to receive feedback and input from the youth on services they have received.
- 3.2.3 The Pathways to Well-Being program continues to offer trainings in Fiscal Year 2015-16 including one-day trainings, as well as, the Pathways eLearning Booster which serves as a resource/refresher for staff who previously attended the one-day training. The website also includes training schedules, Pathways to Well-Being staff contact information, links to tools and forms, and links to State resources such as the Core Practice Model Guide. For more information, visit: <http://theacademy.sdsu.edu/programs/BHETA/pathways.html>.
- 3.2.4 In February 2016, the Department of Health Care Services (DHCS) issued an Information Notice outlining that Intensive Care Coordination (ICC) and Intensive Home Based Services (IHBS) are to be made available to all Medi-Cal beneficiaries who meet service criteria, and not exclusively to foster youth. The CYF team is working on implementing this system change.
- 3.2.5 During the second quarter of Fiscal Year 2015-16, several Pathways to Well-Being presentations were provided to various groups including:
- Behavioral Health Advisory Board
 - San Diego County Office of Education Mental Health Learning Collaborative
 - Youth Housing Collaborative
 - East County Special Education Directors
 - Foster Parent Support Groups
 - CWS Program Integrity Regional meetings

3.3 Emergency Screening Unit

The Emergency Screening Unit (ESU) provides emergency assessment services to children/youth experiencing a psychiatric crisis. ESU's multidisciplinary clinical team offers comprehensive screening services, crisis stabilization, and facilitates inpatient hospitalization when indicated. ESU monitors youth inpatient system capacity, County bed availability and is the gatekeeper for inpatient psychiatric hospitalization of Medi-Cal and indigent children/youth experiencing psychiatric crises. ESU primarily refers to Rady Children's Hospital's Child and Adolescent Psychiatry Services (CAPS), the County-wide Short-Doyle Medi-Cal psychiatric inpatient program. ESU also refers to Aurora Behavioral Health Care and Sharp Mesa Vista.

Fiscal Year 2015-16 ESU Performance Highlights (June 2015 through January 2016):

- 3.3.1 Over the first seven months of Fiscal Year 2015-16, ESU has assessed 630 youth. Among the youth assessed, ESU was able to successfully divert 79% from psychiatric hospitalization. This continues to demonstrate the viability of ESU's on-site crisis stabilization efforts.
- 3.3.2 Provision of emergency medications management services avoids interruption in critical psychotropic medications for youth who are new to the County or who need reconnection to existing providers. ESU has provided emergency medications services to 20 youths so far this fiscal year. This number is relatively consistent with Fiscal Year 2014-15 data.
- 3.3.3 In response to the general shortage of child/adolescent psychiatric beds, and given ESU's success with crisis stabilization, BHS is making on-going efforts to increase and enhance ESU's overall service capacity. As a first step, the program will fully transition from County operations to current contractor effective July 1, 2016. There will be no disruption of services to San Diego County residents. The program will continue to provide 24-hour services, 365 days a year in the current location in Chula Vista. BHS is in the process of working toward expansion from four crisis stabilization beds to twelve crisis stabilization beds in a more centrally-located facility. The County is in the process of applying for a California Health Facilities Financing Authority (CHFFA) grant that would allow for leveraging of resources.

3.4 CYF System of Care Training Academy

The Children Youth and Families System of Care (CYFSOC) Training Academy provides trainings to enhance the work of public systems in providing services to children, youth and families in San Diego County. The Behavioral Health Education and Training Academy (BHETA) continues this work through the Training Academy Committee, a collaboration of partners in four sectors of the CYF System of Care. Through the end of Fiscal Year 2015-16, the CYFSOC Training Academy has or will offer trainings on 0-5 Trauma and Attachment, Special Education, Self-Care for Providers and Caregivers, Positive Discipline and Psychotropic Medications.

The CYFSOC Training Academy annual conference, *Let's Talk About Sex: Sex and Sexuality in Children and Adolescents*, is scheduled for March 3, 2016. Discussion topics will include how to talk to children, youth and families about sex and sexuality, the relationship between sex and substance abuse and transgender specific issues. The conference will be held at the Crowne Plaza San Diego-Mission Valley.

Scholarships for professional development opportunities will be available to parent, family and youth support partners to attend local and statewide conferences. This year, individual sponsorships will be available to attend the CYFSOC Training Academy annual conference, as well as the California Mental Health Advocates for Children and Youth (CMHACY) conference.

3.5 Critical Issues in Child and Adolescent Mental Health Conference

In partnership with the San Diego Academy of Child and Adolescent Psychiatry (SDACAP), San Diego Psychiatric Society, the California Association of Marriage and Family Therapists-San Diego Chapter (San Diego CAMFT), and San Diego Psychological Association, a new annual *Critical Issues in Child and Adolescent Mental Health Conference* has been developed. The first conference is scheduled for March 12, 2016, and will provide expert knowledge on Lesbian, Bisexual, Transgender, Questioning, and Intersex (LGBTQI) issues, bullying, eating disorders,

Integrative Medicine, legal issues involving pornography and confidentiality, and Child Sex Trafficking. More information is available at: www.regonline.com/cicamh.

3.6 Family Services Team Update

Vista Hill's Incredible Families Program (IFP) is a collaboration between BHS and Child Welfare Services (CWS) to provide multiple services to CWS families in one setting. Each foster care family that is referred receives parenting classes and behavioral health services. Specific service components include a weekly multi-family parent-child visitation and meal for all family members. Immediately following the family visitation, a 15-week parenting group, utilizing the Incredible Years evidenced-based parenting curriculum is provided to all parents.

A primary therapist is assigned to each family, who is responsible for implementing the program components: parent group, clinical support during family visitation events and individual/family therapy. All family members (parents and children) are also assessed and referred for additionally-needed services, including further behavioral health treatment, substance use services, and ancillary services.

Incredible Families Program was designed to consolidate needed services, and improve outcomes for children and their families. IFP started in 2009 and is funded by the Mental Health Services Act. In 2013, IFP expanded countywide providing services in all six HHSA regions.

Utilizing proven methods from the evidence-based Incredible Years parenting model, the goal of the program is safe and successful family reunification for families of children in foster care, improved family functioning, and improved mental health functioning for referred children. This contract, as evidenced by recent evaluations, demonstrated faster time to reunification (average of 10 months) for the families, which is shorter than the current county average time goal to reunification of 12 months.

3.7 Family & Youth Roundtable (FYRT) Liaison Report

In January 2016, the Family Youth Advisory Council added two groups to the FYRT network. The first is for youth and their families who have experienced trauma and have had experience with the local police and/or juvenile justice department. The second is a group of grandparents raising grandchildren, and they meet twice per month in English and Spanish. The groups meet at the City Heights Library and library staff provides daycare services.

The FYRT liaison worked with community representatives from Project Compassion, Alliant International University and others in the development of *Credible Messengers Educational Summit*. This Summit provides certification training for Credible Messengers with Alliant International University-Public Health programs. The intent is to ensure quality services, youth's safety and linkages to BHS and HHSA *Live Well San Diego*.

3.8 Program Highlight: Teen Recovery Centers

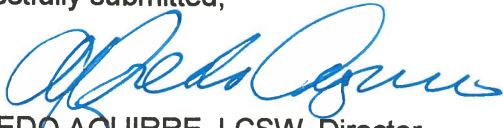
The Teen Recovery Centers (TRC's) are outpatient alcohol and drug treatment programs that serve adolescents, ages 12 through 17, with alcohol and other drug-related issues. Assessments are provided to determine level of treatment, frequency, and co-occurring issues. In addition to substance use issues, TRCs are designed to address educational issues, provide comprehensive and integrated services, involve families, and allow youth to remain in the most appropriate, but least restrictive setting, in order to be served within the context of their families, classroom, and community. Goals are to improve capability and functioning for youth and their

families, decrease the incidence of crime, and support the youth in becoming self-supporting through education and/or employment.

There are seven locations with at least two satellite sites within, each that serve the HHSA regions of San Diego County. There is also a TRC that serves pregnant and parenting teens:

North Coastal TRC	
McAlister Institute (MITE) 3923 Waring Road, Suite D Oceanside CA 92056 Tel. 760-726-4451	Satellites: Ocean Shores High School El Camino High School
North Inland TRC	
Mental Health Systems, Inc. (MHS) 340 Rancheros Drive, Suite 166 San Marcos, CA 92069 Tel. 760-744-3672	Satellites: San Marcos Unified School District Office Montecito High School
North Central TRC	
McAlister Institute (MITE) 7867 Convoy Court, Building #5, Suite 302 San Diego CA 92111 Tel. 858-277-4633	Satellites: Madison High School Junipero Serra High School
Central TRC	
Union of Pan Asian Communities (UPAC) 3288 El Cajon Boulevard, Suite 13 San Diego, CA 92104 Tel. 521-5720	Satellites: Hoover High School Crawford High School San Diego High School ALBA Community School
Central Southeastern TRC	
Vista Hill 220 Euclid Avenue, Suite 40 San Diego CA 92114 Tel. 619-795-7232	Morse High School Lincoln High School
East County TRC	
McAlister Institute (MITE) 550 Fesler Street, Suite G El Cajon, CA 92020 Tel. 619-588-5361	Chaparral High School Mount Miguel High School
South TRC	
McAlister Institute (MITE) 629 3 rd Avenue, Suite C Chula Vista, CA 91910 Tel. 619-691-1045	Palomar High School MAAC Charter School
New Hope Teen Recovery Center for Pregnant and Parenting Teens	
1212 S. 43 rd Street San Diego, CA 92113 Tel. 619-263-1790	

Respectfully submitted,



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AA:tf

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