



County of San Diego

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HEALTH AND HUMAN SERVICES AGENCY
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April 29, 2016

TO: Behavioral Health Advisory Board

FROM: Alfredo Aguirre, LCSW, Director
Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – MAY 2016

1. ACTION ITEM(S): NONE

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

2.1 March for Babies

On April 23, Behavioral Health Services staff supported the 2016 March of Dimes "March for Babies" 5K Walk with a walk team in Balboa Park. This March for Babies event has occurred in the San Diego community for over 77 years to raise awareness and money for babies born prematurely. The walk is the biggest fundraising event to support research preventing premature births and provides resources to assist expectant mothers deliver healthy, full-term babies. BHS also staff held a bake sale and white elephant sale, all efforts in total raised approximately \$1600 to support this initiative - more than double last year's amount raised.

2.2 May is Mental Health Month Events

Each year, millions of people nationwide raise awareness and support those living with mental health conditions. In addition to a number of local events, the County of San Diego will also encourage awareness for all County staff to reduce stigma toward mental illness and increase wellness. Activities throughout the month of May will include an online staff training, Mental Health First Aid training opportunities and a Mental Health Awareness Week campaign.

Please see below for a complete list of events-to-date which provide valuable resources and shine a light on the issue of mental illness.

- NAMI 5K and HHSA Wellness Expo - April 30

The County will once again join forces with the National Alliance on Mental Illness (NAMI) San Diego to host a 5K Walk/Run and Wellness Expo to highlight the importance of mental health and open the conversation to end stigma. In addition to approximately 100 resource booths, the event will feature an interactive art project, art exhibit, therapy dogs, face painting, kid's activities and a special zone for veterans. This event officially kicks-off *May is Mental Health Month* and strong attendance is expected once again.

- Children's Mental Health Awareness Week - May 1-7
May 1-7 will be recognized in San Diego County as *Children's Mental Health Awareness Week*, with outreach occurring throughout the County to raise awareness about children's mental health programs. This year's theme is *Healthy Families, Resilient Children: Mental Health is a Family Affair!* - wear your green ribbon to show your support.
- Children's Mental Health Day - May 4
Behavioral Health Services will celebrate the mental health well-being of children in San Diego County with a display of artwork created by Children, Youth and Families (CYF) program participants and participation in *Live Well San Diego* activities including a drum circle and yoga.
- San Diego County Suicide Prevention Council - May 6
This resource fair will feature local mental health organizations and their work in prevention, intervention and aftercare. This event will also highlight the continuum of behavioral health care in our community and the connection between mental health and suicide prevention.
- Changing Minds, Minds Matter Resource Fair - May 14
This first annual event in Chula Vista will provide workshops and resources to those with mental health challenges and their families. Join over 60 community partners for a day of learning intended to inspire and empower.
- Walk for Recovery and Wellness Fair - May 14
The Fellowship Center is hosting a walk and resource fair to celebrate recovery and help build support for individuals and families. This fun event will offer live music and a healthy BBQ lunch.
- 5th Annual Faith Breakfast - May 20
First Baptist Church Lemon Grove is hosting a free event to learn more about suicide prevention, mental health efforts in the community and how family members can get involved.
- Behavioral Health Recognition Dinner - June 10
May is Mental Health Month will wrap up with a celebratory dinner and awards ceremony held at the San Diego Marriott in Mission Valley. Reserve your seat today for this 30th annual event that recognizes the dedication of all who work in the behavioral health field.

Please visit the Behavioral Health Services website for the most current events calendar (www.sandiegocounty.gov/hhsa/programs/bhs) and scroll down to the *May is Mental Health Month* section. For more information, please contact Traci Finch at 619-584-3008 or email traci.finch@sdcounty.ca.gov.

2.3 Live Well San Diego 5K - July 30

The County of San Diego and the San Diego Blood Bank have combined two great events into one fun, interactive experience. This year's event will feature a course in downtown San Diego and creates awareness of the County's *Live Well San Diego* vision. Proceed from this event will benefit the life-saving work of the San Diego Blood Bank, as well as, San Diego foster youth.

3. UPDATE FROM THE SAN DIEGO COUNTY PSYCHIATRIC HOSPITAL (SDCPH)

3.1 Joint Commission Accreditation

The entire SDCPH team, from front line staff to leadership, is pleased to announce the positive results received from an Accreditation Survey that occurred in February. Achieving accreditation makes a strong statement about SDCPH efforts to provide the highest quality services and care. This comprehensive review of standards reaffirms the positive and ongoing vigilance of SDCPH staff and leadership to provide oversight of patient services and maintain the safety of the organization.

3.2 Department of Nursing Initiatives

Nursing leadership has initiated efforts to improve communication in the department across shifts, across units and up and down the leadership structure to strengthen retention and achieve better work/life balance. Examples of such efforts are "Coffee with the Director of Nursing", as well as, implementing unit meetings which provide input/feedback to and from the BHS Staff Advisory Board. This has led to identification of process improvements, bolstered staff engagement, advanced efficiencies in care delivery and opened discussion about opportunities to improve staff retention and morale.

3.3 Whole Patient Care Pilot

SDCPH is beginning a small work group to build a foundation for Patient Centered Integrated Health Delivery with a small targeted patient population at SDCPH. Utilizing the concepts of the 1115 Waiver as building blocks, SDCPH is interested in identifying needs and opening channels to resources. It is also focused on breaking down barriers through communications and innovative approaches.

Data will be collected to provide insight into the quality and efficiencies of the pathways these specific pilot patients follow in their road across the spectrum of care and support. SDCPH patient community is a microcosm of the population that 1115 Waiver is designed to serve and may be a unique opportunity to pilot partnerships. This effort is in its infancy, but may provide valuable learnings as the Medi-Cal 2020 rolls out across the state and county.

4. UPDATE FROM EDGEWOOD DISTINCT PART NURSING FACILITY

4.1 Edgemoor Volunteers Shine

- Ms. Josephine Brown was named the *Volunteer of the Year* for Behavioral Health and was honored by the County Board of Supervisors on April 12.
- On April 19, Edgemoor held a luncheon for volunteers to recognize their past year of service. In addition to a thank you speech given by Administrator Walter Hekimian, volunteers also received in-service training delivered by the Medical Director Dr. Rebecca Ferrini which covered all requirements of the County and Department of Health Care regulations pertaining to volunteers.

4.2 National Award Application

Earlier this year, Edgemoor submitted an application for the American Health Care Association's Gold Quality Service Award. This program parallels the national Baldrige Award and has only been awarded 28 times over the past 12 years. Winners will be announced in August.

4.3 Edgemoor in the Community

- Edgemoor's Medical Director presented several topics at the annual American Medical Directors Association Meetings including criminality in long-term care, caring for demanding residents, preventive services, assisting younger adults and addressing clinical challenges.
- Dr. Ferrini and Dr. Gibson gave three presentations at the annual California Association of Long-Term Care Medicine conference. Topics included: *The Quality Journey*, which reviewed the process of preparing for a national award application for long-term care, *The Impact of an Initiative to Reduce Therapeutic Diets* and *Conflicts in Surrogate Decision-Making*.

4.4 Edgemoor Staff Lives Well

Over the last several months, Edgemoor supported several *Live Well San Diego* activities including two *Lunch and Learns*, repeated visits by an onsite Farmers Market truck, weekly PiYo and Zumba classes, participation in the County Blood Drive and *Dare to Stair* (a contest tracking number of stairs climbed over several weeks). Edgemoor proudly awarded bicycles to two individuals who participated in every County health initiative.

4.5 Upcoming Special Events

- On May 11, Edgemoor will honor its Licensed Nurse and Certified Nurse Aide of the Year at a ceremony on campus. Recognition for all staff will take place the following day.
- Edgemoor will host its 10th semi-annual car show on May 13. Over 60 cars and trucks will be displayed for the benefit of the residents, family members and staff.

Respectfully submitted,



ALFREDO AGUIRRE, LCSW, Director
Behavioral Health Services

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