County of San Diego

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August 26, 2016

TO: Behavioral Health Advisory Board

FROM: Alfredo Aguirre, LCSW, Director
Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – SEPTEMBER 2016

1. ACTION ITEM(S)

1.1 Behavioral Health Services Authorization for Competitive Solicitations, Extension of Contracts, and Single Source Procurements

In a series of actions since 1999, the Board of Supervisors approved initiatives to redesign and implement an expanded continuum of comprehensive behavioral health care for children, adolescents, transition age youth, adults, older adults and families. In pursuit of these initiatives, the Board of Supervisors approved the procurement of contracted services.

Today's recommended actions will authorize competitive solicitations for new behavioral health programs and services, Requests for Information for existing services, single source procurements, and extension of existing contracts to continue implementing and enhancing the delivery of behavioral health services in San Diego region.

This item is consistent with the Healthy Families and Safe Communities initiatives in the County of San Diego's 2016-2021 Strategic Plan and supports the County's *Live Well San Diego* vision of a region that is building better health, living safely, and thriving.

It is, THEREFORE, staff's recommendation that the Board support the recommendations to authorize competitive solicitations for new programs and services, Requests for Information for existing services, single source procurements and extension of existing contracts.

1.2 Memorandum of Understanding between the California Department of State Hospitals and the California Mental Health Services Authority and Participating Counties

On September 10, 2013 (05), the Board of Supervisors approved a Joint Exercise of Powers Agreement that broadened the role of California Mental Health Services Authority (CalMHSA) to perform additional services, including negotiating and managing state psychiatric beds on behalf of counties, and directed the Health and Human Services Agency Director to return to the Board for approval of future joint projects with other CalMHSA member counties that would benefit San Diego County.

Subsequently, the *Purchase of State Hospital Beds Memorandum of Understanding (MOU)* was created among California Department of State Hospitals, CalMHSA and participating counties. The MOU outlines requirements for Fiscal Years 2014-15 and 2015-16 that include: description of services, admission and discharge procedures, bed type transfers, prior authorization, coordination of treatment, bed usage availability, bed payment, utilization review, records, revenue, inspections and audits, notices and mutual indemnification. This MOU applies to involuntary patients on Lanterman-Petris-Short (LPS) Conservatorship and sets the rates at which counties reimburse the Department of State Hospitals for psychiatric beds which the *Welfare and Institutions Code* mandates.

Behavioral Health Services is seeking to ratify the *Purchase of State Hospital Beds Memorandum of Understanding (MOU)* that will result in reduced State Hospital bed costs and increased local control of treatment-related matters for those placed in State Hospital beds.

These actions support the *Live Well San Diego* vision, as well as the County of San Diego's 2016-2021 Strategic Plan by ensuring that quality specialized behavioral health care services are available through access to State Hospital beds for adults and older adults requiring this level of care.

It is, THEREFORE, staff's recommendation that the Board support ratification of prior, and execution of current and future MOUs to purchase State Hospital beds.

1.3 <u>Behavioral Health Services – Investment in Mental Health Wellness Grant</u>

The County of San Diego Behavioral Health Services (BHS) Children Youth and Families (CYF) System of Care provides Crisis Stabilization Services for children and youth. These services allow for the holding of an acute client for up to 23 hours and 59 minutes, and are extremely important for avoiding hospitalization, maintaining clients in the least restrictive environment, and reducing pressure on emergency rooms and law enforcement. Maintaining Crisis Stabilization Services is instrumental in diverting children and youth from being admitted to hospitals for inpatient psychiatric care. The County currently operates, under contract, four crisis stabilization beds.

Under the auspices of the Investment in Mental Health Wellness Act of 2013, the California Health Facilities Financing Authority (CHFFA) issued a notice on January 8, 2016, to all California counties of the availability of competitive grant funds specifically designed to increase capacity for client assistance and services in crisis intervention, crisis stabilization, crisis residential treatment, rehabilitative mental health services, and mobile crisis support teams. On March 7, 2016, County of San Diego BHS submitted an application for grant funds for the purpose of centrally relocating and expanding the Crisis Stabilization Services Unit from four beds to twelve, and was awarded grant funding. On May 26, 2016, CHFFA approved a final allocation to the County of San Diego for $1,791,000 for the proposed project. In order to leverage this funding and maximize County revenues, authority is requested to deposit the funds in a new interest-bearing trust fund. The proposed project and location was approved by the Board of Supervisors on June 21, 2016 (14). Additionally, $1,800,000 of Mental Health Services Act (MHSA) funding for this project was approved in the County of San Diego MHSA Fiscal Year 2016-17 Annual Update and Fiscal Year 2016-17 Operational Plan.

If approved, this item will: 1) Approve the acceptance of $1,791,000 in funding and authorize the Clerk of the Board to execute CHFFA Grant Agreement Number SD-02 on behalf of the County of San Diego; 2) Adopt the resolution approving acceptance of the grant; 3) Direct the Auditor and Controller to establish the "Investment Mental Health Wellness Grant-Crisis Stabilization" trust fund to provide for HHSA's deposit of these monies where interest earned will be directly credited to this fund; and 4) Authorize the Director, Health and Human Services Agency or his designee, to act on the County's behalf to sign related documents, forms, reports, or to take other action required for administration and implementation for the grant.

Today's actions support the County's *Live Well San Diego* vision by providing enhanced access to crisis stabilization services to children and youth who are experiencing a psychiatric crisis.

It is, THEREFORE, staff's recommendation that your Board support the recommendations to approve the grant agreement, accept funding, execute the CHFFA Grant Agreement, adopt the resolution approving acceptance of the grant, establish a trust fund for deposit of funds, and authorize signing of future documents, forms and reports related to the item, and otherwise implement and administer the grant.

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

2.1 BHS Celebrates Two New *Live Well San Diego* Partners

In the month of July, Behavioral Health Services welcomed two organizations as the newest *Live Well San Diego* Partners. The first partner, Pathways Community Services, provides integrated, recovery-focused behavioral health services and promotes health, nutrition and personal safety. Pathways Kickstart program is one of the larger providers to the Transition Age Youth (TAY) population and supports positive choices that help clients thrive in their environments.

The second partner, House of Metamorphosis, helps individuals overcome addictions, address mental health conditions and strives to restore balance in the lives of those they serve. Through employment readiness training, House of Metamorphosis also helps clients re-enter society as active and productive citizens.

Both organizations are recognized leaders in the behavioral health community and were honored with proclamations on July 21st and July 28th, respectively.

2.2 EMASS Dance Studio Ribbon Cutting Event

In early July, Behavioral Health Services provider Union of Pan Asian Communities (UPAC) held a ribbon cutting event for their Elder-Multicultural Access and Support Services (EMASS) program to celebrate the opening of a new dance studio in Escondido. The dance studio was funded through a $7,900 award received from the Neighborhood Reinvestment Program through Supervisor Dave Roberts, who attended the ribbon cutting event along with Behavioral Health Services leadership. Since the event, the dance studio has been enjoyed by Latino and Filipino older adults who participate in a variety of wellness activities including exercise, line dancing, cultural dances and singing. Features of the dance studio include a portable dance floor, glassless mirrors on wheels and a DJ sound system.

2.3 Upcoming Events

Recovery Happens – Saturday, September 17th

Recovery Happens: Celebration in the Park is hosted annually by Behavioral Health Services and our Alcohol and Other Drug (AOD) providers to support and celebrate those on the journey of recovery. This year's event will take place at Liberty Station on Saturday, September 17th from 10:00 a.m. to 1:00 p.m. This free event will feature a recovery countdown, resource fair and fun family activities. The event is open to the public (all ages welcome) and parking is free. Visit the Network of Care for complete details (www.sandiego.networkofcare.org/mh and click on "Recovery Happens")

Early Childhood Mental Health Conference

Registration is open for the 7th annual conference, which is also known as "*We Can't Wait.*" The conference this year focuses on "*Where Nature and Nurture Meet*" and will be held September 22 – 24, 2016, at the Crown Plaza Hotel in Mission Valley.

Community Alliance for Health Minds (CAHM) Forum

The CAHM Forum, *From Hopelessness to Hope and Healing*, is scheduled for September 24th from 8:00 a.m. to 4:00 p.m. The forum will be held at California State University, San Marcos and features Dr. Theresa Larson, former U.S. Marine Platoon Commander and author of *Warrior*, as the keynote speaker.

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

3.1 Enhancements of CYF Programs Effective Fiscal Year 2016-17

3.1.1 **Prevention and Early Intervention (PEI) services at schools:** These programs provide two components in identified public schools. The first component utilizes a universal, social-emotional, evidence-based program that provides early screening, identification and intervention services for at-risk children in preschool through third grade. These services range from small group instruction to classroom lessons. The second component focuses on Family Community Partnerships (FCP). This component provides outreach and behavioral health prevention activities utilizing parent-peer partners. In the East County, a specific Refugee component was added this year to address the needs of refugee children and families in the same identified schools. In Fiscal Year 2016-17 the previous PEI services have been expanded from two (2) regions (in East and North) to all six regions of the County.

3.1.2 **Teen Recovery Centers (TRCs)**: Countywide services enhanced at eight TRCs Substance Use Disorder (SUD) programs by enhancing mental health clinician services to assess clients and determine a diagnosis. The clinician also provides direct clinical care, as appropriate. This augmentation meets the additional Drug Medi-Cal regulations under the 1115 Waiver.

3.1.3 **Clinic capacity enhancement at Perinatal Outpatient and Residential SUD Treatment Centers:** System wide enhancement at all ten Women and Teen Perinatal SUD programs, including three long-term residential programs received funding for additional adult mental health staff and a child therapist. This ensures that all mothers receive the needed parenting skills and also child behavioral and developmental supports that are critical to young families. Additionally, Women's Outpatient Perinatal substance use disorder (SUD) treatment programs have expanded to include pregnant

and parenting girls ages 15 and over. Now teens are able to receive all the benefits of parenting classes, mentors, treatment, mental health clinicians and child therapists, and Developmental Screening and Enhancement Program (DSEP) services at all six of the women's SUD treatment programs countywide.

3.1.4 **SUD Recovery services with Case management for Homeless Outreach:** Serves women and children affected by substance abuse. Twelve case managers and six support staff were added regionally to assist in finding safe, secure homes and providing supportive services for these women and children. These services are a primary factor in the success of women in recovery and the reduction of trauma to the children, thus reducing the cycle of abuse and neglect that is so prevalent in this population.

3.1.5 **Full Service Partnership (FSP):** Ten school-based treatment programs were transformed into FSPs to offer integrated services with an emphasis on whole person wellness to promote access to medical, social, rehabilitative, or other needed community services and supports. The model broadens the program scope to offer ancillary support(s), when indicated, by case managers, alcohol and drug counselors addressing co-occurring conditions, rehabilitation specialists, and/or family/peer partners. Programs would also include all applicable FSP services available to clients/families to include 24/7 availability and improve overall service delivery through the contracts.

3.1.6 **Our Safe Program:** One of San Diego's most vulnerable populations, Lesbian, Gay, Bi-Sexual, Transgender and Questioning (LGBTQ) youth often suffer as a result of non-supportive or even hostile environments in their homes, schools and communities. Research demonstrates that LGBTQ youth who do not have access to LGBTQ-affirming community environments are at higher risk for negative outcomes, including early high-school dropout, homelessness, negative mental health symptoms, increased drug and alcohol use, suicide and physical, emotional and/or sexual abuse (Center for American Progress, 2010). Our Safe Program will provide direct clinical services, a drop-in center support with connection with a job training, GED preparation, life skills training and crisis support to LGBTQ youth. The program is projected to begin in April 2017.

3.1.7 **Stabilization Treatment and Transition (STAT) Team-Juvenile Probation After-Hours:** Funding was approved to provide expanded behavioral health clinical coverage hours from 2:30 to 11:00 p.m. Monday through Friday and 12:00 to 10:00 p.m. on Saturday and Sundays at Kearny Mesa and East Mesa Juvenile Hall. The expanded hours of coverage coincide with periods of free time for the youth, as it is during these time periods when additional support is often needed due to family and relationship issues.

3.1.8 **Residential Treatment Facilities:** Funding was approved for Out-of-County facilities to provide services in coordination with Child Welfare Services for severely impaired youth when existing in-County providers are unable to meet their needs locally.

3.1.9 **Training Enhancements:** Funding was approved to provide local Incredible Years training and to continue supporting the annual "We Can't Wait" Early Childhood Mental Health conference.

3.1.10 **Supplemental Security Income (SSI) Assistance**: Through an augmentation of a contract managed by Eligibility Operations, SSI Advocacy and support will now be available for youth.

3.2 Dual Diagnosis Treatment Program

An Industry Day was held on December 8, 2015, for a 12-bed Juvenile Residential Treatment Facility. This project is in partnership with the County of San Diego Probation Department and Child Welfare Services (CWS). A Request for Information (RFI) #7539 was posted on https://buynet.sdcounty.ca.gov/ (BuyNet), to determine if there are any agencies or organizations with the capability and interest in providing this service. Responses were due by July 25, 2016, and are currently being reviewed.

3.3 CYF System of Care Council Goals for Fiscal Year 2016-17

3.3.1 The CYF System of Care Council held its annual Strategic Planning meeting on July 9, 2016, to discuss accomplishments for Fiscal Year 2015-16 and establish goals for Fiscal Year 2016-17 in alignment with the BHS Ten Year Road Map. The following highlight the goals set for Fiscal Year 2016-17:

- Continue to promote the Live Well San Diego Vision
- Infuse Customer Service commitment
- Advance Pathways to Well-Being
- Prepare for Continuum Care Reform
- Build an Emergency Services Unit with a 12 bed capacity
- Strengthen Care Coordination
- Early Childhood – Specialized Behavioral Health Assessment and Eyberg Child Behavior Inventory tool for all CYF treatment programs
- Emphasize importance of reviewing/updating Adjustment Disorders diagnosis
- Host the 3rd Annual Children's Mental Health Well-Being Celebration
- Contribute to the 1115 Drug Medi-Cal Waiver – Organized Service Delivery System planning
- Promote authentic utilization of Family / Youth Partners as service providers
- Promote advancing trauma informed systems
- Support Homework Performance Improvement Project (PIP)

3.3.2 The Council took the opportunity to recognize and celebrate the embedding of wraparound principles into the CYFSOC and therefore retired this seat from the Council. Additionally, the Council determined the need for a Managed Care Health Plan seat, which was added at this meeting.

3.4 Continuum of Care Reform (CCR)

The Continuum of Care Reform brings new standards and regulations to child welfare services to ensure that children living out of their biological homes are in nurturing family homes. These changes impact behavioral health services and how BHS supports foster youth. BHS is involved in numerous State committees and provides on-going input to the State, as well as, working locally with Child Welfare Services (CWS), Probation, and providers on CCR Reform.

3.5 Pathways to Well Being

3.5.1 Pathways to Well-Being continues to make positive impacts on the lives of children, youth and families through the provision of mental health screenings, assessments, linkage to appropriately match service providers and the development of the Child and Family Team (CFT). The County of San Diego efforts were recognized with the 2016 Human Services Achievement Award by the National Association of Counties (NACo). The heart of Pathways to Well-Being is within the CFT which includes the youth, caretakers, Protective Services Worker, Behavioral Health Providers and other professional and natural supports as identified by the youth and family.

3.5.2 In February 2016, the Department of Health Care Services (DHCS) issued an Information Notice regarding the provision of Intensive Care Coordination (ICC) and Intensive Home Based Services (IHBS) as medically necessary, to all Medi-Cal beneficiaries under the EPSDT benefit. In response, Pathways to Well-Being developed and facilitated six expansion trainings to prepare contractors to offer the expanded services effective July 1, 2016.

3.5.3 Full day, Pathways to Well Being implementation trainings remain available to BHS providers and CWS staff. Additionally, Triad model (CWS, Pathways to Well Being Care Coordinators and Parent/youth partners) CFT facilitation trainings are available to BHS providers.

3.5.4 BHS and CWS have developed a partnership with a shared vision on behalf of the youth and families served by both agencies with excellent results reported by the beneficiaries of these services. One recent example of the positive impact of collaborative efforts between BHS, CWS, and the youth/caretakers is a Child Family Team Meeting involving a 9-year old boy diagnosed with Autism Spectrum Disorder. The CFT meeting was conducted in the caregivers preferred language with translators participating. The BHS/PWB liaison provided the caretaker with community resources and education about how to navigate the complex available support systems. Furthermore, the BHS/Pathways to Well Being liaison worked in collaboration with the CFT by building on the team's knowledge and understanding of the youth's unique presenting problems and diagnosis. At the end of the meeting, the caretaker expressed gratitude to the BHS/Pathways to Well Being liaison, and the team, for providing her with the education and informing her of additional advocacy services and information available to support this youth.

3.6 Emergency Screening Unit

The Emergency Screening Unit (ESU) provides emergency assessment services to children/youth and adolescents experiencing a psychiatric crisis. ESU's multidisciplinary clinical team offers comprehensive screening services, crisis stabilization, and facilitates inpatient hospitalization when indicated. ESU also monitors youth inpatient 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 (July 2015 through June 2016):

3.6.1 ESU assessed a total of 1,139 youths in Fiscal Year 2015-16. Among the youth assessed, ESU was able to successfully divert 80% from psychiatric hospitalization. This demonstrates the consistent viability of ESU's on-site crisis stabilization efforts.

3.6.2 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 provided emergency medications services to 40 youths in Fiscal Year 2015-16. This number is relatively similar to Fiscal Year 2014-15 data.

3.6.3 In response to the general shortage of child/adolescent psychiatric beds and given ESU's consistent success with crisis stabilization, BHS has committed to increase and enhance ESU's overall service capacity. As a first step, the program was fully transitioned from County operations to New Alternatives, Inc. on July 1, 2016. There was no disruption in services to San Diego County residents. The program continues to provide 24-hour services, 365 days a year in its Chula Vista location. The County was successful in securing a California Health Facilities Financing Authority (CHFFA) grant to support the expansion process from four crisis stabilization beds to twelve crisis stabilization beds. BHShas identified a centrally located building in the Hillcrest area that will increase service accessibility to the community and is currently working on the facilities plan development process for the identified location.

3.7 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 offered trainings on 0-5 Trauma and Attachment, Navigating the Special Education System, Self-Care for Providers and Caregivers, Introduction to Positive Discipline and Medicating Kids: Psychotropic Medications 101.

Scholarships for professional development opportunities were also made available to parents, family and youth support partners throughout CYF to attend local and statewide conferences. In Fiscal Year 2015-16 six individuals were awarded sponsorships to attend the CYFSOC Training Academy annual conference, *Let's Talk About Sex: Sex and Sexuality in Children and Adolescents*. Additionally, two sponsorships were awarded to a parent partner and a youth partner to attend the California Mental Health Advocates for Children and Youth (CMHACY) conference held in May 11-13, 2016.

Through the end of the 2016 calendar year, the CYFSOC Training Academy will offer four regional deliveries of a new training titled *Understanding and Diagnosing Complex Behavioral Health Conditions*, which will train course participants on understanding and diagnosing complex conditions in the Children's System of Care and develop treatment recommendations that follow those diagnoses.

3.8 Family and Youth Liaison

3.8.1 Effective June 1, 2016, the County's Family Youth Liaison (CYFL) services transitioned to the National Alliance on Mental Illness (NAMI San Diego). Since that time, NAMI has

implemented strategies to reach out to the community regarding their services as the new County CYFL, including, but not limited to the development and addition of a CYFL link on the NAMI website: https://namisandiego.org/cyf-liaison/, electronic newsletter, a new mobile application to increase accessibility to information and services, and a CYF Sector database, which will be utilized as a mechanism to gather community input and distribute information.

3.8.2 A CYFL Open House is scheduled for Tuesday, September 27, 2016, from 6:00 to 8:00 p.m. at 5095 Murphy Canyon Rd #320, San Diego, CA 92123.

3.9 Program Highlight: Vista Hill California Work Opportunity and Responsibility to Kids (CalWORKs) Case Management

The Vista Hill CalWORKs Case Management program works with parents who are involved with the CalWORKs Welfare-to-Work (WTW) Program. Participants are families who have applied for public benefits and who have been determined to be eligible by the County to participate in the Welfare to Work program to transition from public assistance to gainful employment.

Vista Hill CalWORKs Case Management is a county wide program with Alcohol and Other Drug Specialist (AODS) staff working in each County region to screen clients for behavioral health needs that could interfere with their ability to work. If a behavioral health need is identified, the AODS refer clients to the program that best meets their needs. Many clients entering the program have never discussed their substance abuse challenges with anyone. The AODS are compassionate, are able to meet the client where they are and link them with the supports they need. Needs include detoxification and intensive outpatient or residential treatment. Case management is provided throughout their course of treatment. The AODS help serve as a liaison between the client, the treatment program, and the Employment Case Manager, and provide support and guidance for the client.

The Vista Hill CalWORKs Case Management program also has Family Stabilization Specialists (FSS) who focus on providing short term wraparound case management to the WTW participant and/or their immediate family members who are experiencing issues that interfere with meeting WTW requirements. For example, a family of five was homeless for several months before being referred to the FSS. The family faced the additional struggle of the father being in a wheelchair and struggling with many health challenges. The FSS worked with the family to identify their needs and goals, and developed a plan to meet those goals. Through service coordination, temporary housing was provided until permanent housing was identified, with assistance then provided for a deposit and first month's rent. The FSS was able to coordinate with a local program that helped provide the family with furniture. As a result of all of the services provided by the Family Stabilization component of the Vista Hill CalWORKs Case Management program, this family is now able to meet their WTW requirements.

Respectfully submitted,

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AA:mw

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