



County of San Diego

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June 30, 2016

TO: Behavioral Health Advisory Board

FROM: Alfredo Aguirre, LCSW, Director
Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – JULY 2016

1. ACTION ITEM(S)

Acceptance and Approval of the Mental Health Services Act (MHSA) Fiscal Year 2016-17 Annual Update, Special Needs Housing Program and Ten Year Roadmap

On July 19, 2016, Behavioral Health Services (BHS) will appear before the Board of Supervisors to request acceptance and approval of the MHSA Annual Update Fiscal Year 2016-17. The County of San Diego is in the third year of implementing an integrated MHSA three year program and expenditure plan for Fiscal Year 2014-15 through Fiscal Year 2016-17. The Plan incorporates all five MHSA components and provides expenditure projections for each component per year. The MHSA Fiscal Year 2016-17 Annual Update (Annual Update) contains increased funding for programs identified through a stakeholder input process and modifications to the Fiscal Year 2016-17 expenditure plan originally proposed in the Plan. The majority of services listed in the Annual Update are a continuation of programs previously approved by the Board of Supervisors and stakeholders.

The Annual Update also assigns \$1.1 million in unencumbered funds on deposit with California Housing Finance Agency (CalHFA) be transferred to their new Local Government Special Needs Housing Program to develop new permanent supportive housing units. The proposed total expenditures for Fiscal Year 2016-17 are \$182,226,222.

In addition, BHS will seek acceptance for the Ten Year Roadmap. The goal of the Ten Year Roadmap is to work in partnership with our communities to provide quality behavioral health services empowering individuals with behavioral health needs to live healthy, safe and thriving lives. The Roadmap's Strategic Framework and Ten Year Roadmap will guide BHS to achieve key results, guide funding decisions (including Mental Health Services Act spending) and assist BHS in measuring progress toward meeting priorities.

Behavioral Health Services is seeking Board of Supervisors' approval to:

- 1) Accept and approve the County of San Diego Mental Health Services Act Fiscal Year 2016-17 Annual Update;

- 2) Authorize the BHS to submit documents to release unencumbered funds on deposit with the CalHFA for the MHSA Permanent Supportive Housing Loan Program to the Local Government Special Needs Housing Program (SNHP) and enter into participation and assignment agreements with the CalHFA for the SNHP to develop new permanent supportive housing units; and,
- 3) Accept the Ten Year Roadmap.

It is, THEREFORE, staff's recommendation that the Board support the acceptance of the Mental Health Services Act Fiscal Year 2016-17 Annual Update (which includes participation in the new CalHFA Special Needs Housing Program) and the Ten Year Roadmap.

2. LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS

2.1 Survivors of Torture, International Newest *Live Well San Diego* Partner

On June 23, Survivors of Torture, International received a proclamation recognizing them as the newest *Live Well San Diego* partner to BHS. The Survivors of Torture program provides social and medical services to refugee and asylee populations who have endured extremely high amounts of trauma and are not connected to any kind of service. They offer services in 67 languages and advocate for policy and environmental change through active community engagement. For more information, visit www.notorture.org.

2.2 Pathways to Well-Being Receives NACo Award

The National Association of Counties (NACo) announced San Diego County as a 2016 Achievement Award recipient for the *Pathways to Well-Being* program in the category of Human Services.

In 2002, a foster youth and her advocate filed a class action suit which resulted in substantial changes to improve supportive services for children and youth in, or at risk of placement in, the foster care system. In 2013, the Core Practice Model (CPM) Guide was created by the State of California to define how county staff and service providers can work together to address the mental health needs of children/youth and families in the child welfare system. In response to the CPM, BHS and Child Welfare Services (CWS) joined forces with the creation of the *Pathways to Well-Being* program that implements the CPM.

Pathways to Well-Being seeks to positively impact all CWS children/youth by providing mental health screening, mental health assessment as warranted, and thoughtful and timely linkage to mental health and supportive services for our most impacted children and youth through the creation of a Child and Family Team. The NACo Achievement Award recognizes the excellence of staff and services in this category.

2.3 Behavioral Health Recognition Dinner

On June 10, the 30th Annual Behavioral Health Recognition Dinner was held at the Marriott Mission Valley. Fifteen awards were presented to outstanding individuals and programs that support positive behavioral health in the San Diego community.

Behavioral Health Program Coordinator Debbie Malcarne was awarded the Behavioral Health Person of the Year and Legal Aid Society of San Diego's Supplemental Security Income (SSI) Advocacy Program was awarded the Behavioral Health Director's Program of the Year. More than 600 health providers and clients attended the annual gala event.

2.4 Live Well San Diego 5K – Register Today

Registration continues for this year's *Live Well San Diego 5K* which will take place on July 30. The County of San Diego and the San Diego Blood Bank have combined two great events into one fun, interactive experience. Runners and walkers will enjoy a scenic course in downtown San Diego while raising awareness of the County's *Live Well San Diego* vision. For more information and to register, please visit: www.livewellsd5k.com.

3. **UPDATE FROM THE PREVENTION AND PLANNING UNIT (PPU)**

3.1 JFS Positive Parenting Program Wins Two Awards

In April, Jewish Family Service's (JFS) Positive Parenting Program (PPP) received a STARS Award from the Child Abuse Prevention Coordinating Council (CAPCC) honoring their demonstrated commitment to preventing child abuse in the San Diego community. STARS is an acronym for exemplary organizations and individuals who:

- Support children and parents in the community
- Take a positive perspective
- Address the issues
- Recognize that parenting can be challenging and offer support
- Strengthen communities

In addition, the JFS PPP also received the Educational Support Program of the Year award at the 30th annual Behavioral Health Recognition Dinner held on June 10, at the Marriott Mission Valley. As noted above, the event honors individuals who have made outstanding contributions and celebrates the extraordinary accomplishments of those in the behavioral health field.

JFS PPP provides free parenting workshops in 130 elementary schools and community sites each year to help parents and professionals learn simple and powerful strategies to strengthen families that will support the mental health of parents and their children. JFS PPP works with all parents regardless of income, religious beliefs, race or ethnicity. The program is designed for any parent who wants to improve their parenting skills and their relationship with their children. For more information, visit www.jfssd.org/ppp.

3.2 San Diego County Methamphetamine Strike Force – Tip the Scale

The 19th San Diego County Methamphetamine Strike Force Operation Tip the Scale, consisting of compliance checks and high visibility enforcement to address drug use, was conducted in El Cajon on June 14. The purpose of Tip the Scale is to strengthen health and safety partnerships for safer communities through collaboration that includes access to drug treatment and recovery services.

Tip the Scale began in 2009 with the goal of safer communities by conducting offender checks to assure accountability on probation requirements and immediate access to drug treatment if the offender is not in compliance. Of the 18 individuals arrested on June 14 there were 15 voluntary drug treatment conversations conducted with substance abuse professionals, and four individuals were transported directly to a drug treatment facility. Resource packets were distributed to the families of all individuals who were arrested, which also included information on health risks and heart disease resulting from meth use.

This multi-organization partnership involved more than 65 personnel and included Sharp Grossmont Hospital Emergency Department, El Cajon Police Department, Metropolitan Transit District Police, Sheriff and Probation Departments, HHSA Behavioral Health Services, Child

Welfare Services-Drug Endangered Children workers and McAllister Institute for Drug Treatment.

3.3 SPC's 5th Annual Faith Provider Breakfast

In May, over 100 people attended the 5th Annual Faith Provider Breakfast hosted by the Suicide Prevention Council (SPC) at First Baptist Church of Lemon Grove. The event was held in the East Region where the highest suicide rates in the County occur and included three presentations to encompass topics on the mind, body and spirit.

- The *Mind* portion focused on Trauma Informed Care and was led by Dr. Altamirano from North County Health Services,
- The *Body* presentation was led by Aurora Behavioral Health Care leadership and covered the importance of clergy and staff practicing self-care while helping others,
- The *Spirit* topic was presented by Father Dermot Rodgers from St. Peter of Rome Church who spoke about providing space for those usually not received openly through the church, with a special emphasis on the Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) community.

3.4 Client Success Stories at Union of Pan Asian Communities (UPAC) Programs

3.4.1 UPAC's Elder-Multicultural Access and Support Services (EMASS) program was recently granted a one-time fund of \$15,000 from Kaiser Permanente Foundation to hold cardiovascular health workshops over the course of six weeks beginning in June. Currently, a total of 123 participants are enrolled in the workshops at two locations (North and East County) which surpassed the target goal of 75 participants.

Although the workshop series has not yet ended, change of behavior outcomes have already been reported by participants including improved mindfulness about the type of foods they eat and the way meals are prepared. One participant mentioned he stopped smoking and many have added exercising into their daily routine.

3.4.2 EMASS also received funding from the Neighborhood Reinvestment Program through Supervisor Dave Roberts. The total funding amount of \$7,900 was utilized for a dance studio in Escondido where Latino and Filipino older adults can enjoy a variety of wellness activities including exercise, line dancing, cultural dances and singing. Features of the dance studio included a portable dance floor, glassless mirrors on wheels and a DJ sound system.

3.4.3 UPAC also manages a very successful Prevention and Early Intervention program called *Positive Solutions Program* (PSP). PSP follows the Program to Encourage Active Lives for Seniors (PEARLS) treatment model in an effort to address several key community mental health needs such as suicide risk, stigma reduction and disparities in access to mental health services.

One recent program participant successfully completed the program and stated, "The name Positive Solutions is such a powerful and perfect title for this program. In my personal case, I had so thoroughly hidden away my own sadness and depression from myself. It took a few sessions with my clinician to honestly view myself. She is quite gifted and professional. Some challenges will always remain, however my clinician has exposed a strength within myself."

3.5 Emotional Emancipation CirclesSM

Mental Health America of San Diego County's *Breaking Down Barriers* program is working in collaboration with the Community Healing Network, Inc., California Institute for Behavioral Health Solutions, and the Association of Black Psychologists to host local Emotional Emancipation CirclesSM (ECCs). The seven-week self-help support group is designed to address the emotional and psychological stress affecting people of African ancestry traumatized by the experiences of racism, alienation and isolation. As part of the support group, participants deepen their understanding of the impact of historical forces on their emotional lives, relationships and the well-being of their communities while learning and practicing essential emotional wellness skills to heal from the historical and continuing trauma of racism. The ECCs began on June 14 and will continue through August 20. For more information, please contact Judi Patterson at jpatterson@mhasd.org.

3.6 American Indian Conference Inspires Youth through Storytelling

The annual San Diego American Indian Youth Conference was held on June 18 at the Marina Village Conference Center for Native American youth ages 10-24, coordinated by the San Diego American Indian Health Center (SDAIHC). The conference focused on "storytelling" from both a contemporary and traditional cultural perspective. Morning sessions included improvisation and spoken word activities hosted by actors and producers from the Voices at the Autry all-Native theater group. Youth explored their personal stories and wrote spoken word pieces entitled "I am." They were able to connect through the similarities and differences presented in their performances and the poems brought visibility to the issues the Native American youth confront and their understanding of the way society views them due to their socioeconomic status and role as tribal citizens.

In the afternoon, the Rincon Youth Storytellers focused on the role of American Indian culture and language in the storytelling tradition. Participants were encouraged to think about their place in their family and their location within the context of the past, present, and future. The Luiseno language was also incorporated into the presentation and activities to offer the youth insights into American Indian epistemologies and ways of being, thus affirming their Native identities and cultural practices. Overall, the youth enjoyed the day and left feeling more connected to one another and more empowered to feel pride in their experiences, social location and Native identities. The SDAIHC Youth Center will continue to build on the concept of storytelling throughout their summer activities.

3.7 It's Up to Us – Media Campaign Updates

It's Up 2 Us is the County's media campaign dedicated to inform the public about suicide prevention awareness and stigma reduction by using a variety of media tools, including television, radio, outreach materials, websites, social media sites that include Facebook, Twitter, Pinterest and other social marketing tools. On June 28, the website will feature a new, modern look will be even more user-friendly. This very popular website had over 100,000 hits from February through May.

It's Up 2 Us recently completed another campaign with staff from the *Courage to Call* program for outreach materials targeting Veterans' and their families and have been distributed to over 120 venues with more than 4,000 pieces of literature being picked up. Lastly, the *It's Up 2 Us* commercials have appeared during popular primetime shows, like 60 Minutes, American Idol, Telenovela and the NBA Basketball games reaching millions of viewers.

Respectfully submitted,

A handwritten signature in blue ink, reading "Alfredo Aguirre".

ALFREDO AGUIRRE, LCSW, Director
Behavioral Health Services

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cc: Nick Macchione, MS, MPH, FACHE, HHSA Director
Holly Salazar, MPH, BHS Assistant Director of Departmental Operations