



County of San Diego

NICK MACCHIONE, FACHE
AGENCY DIRECTOR

HEALTH AND HUMAN SERVICES AGENCY
BEHAVIORAL HEALTH SERVICES
3255 CAMINO DEL RIO SOUTH, MAIL STOP P-531
SAN DIEGO, CA 92108-3806
(619) 563-2700 • FAX (619) 563-2705

ALFREDO AGUIRRE
DIRECTOR, BEHAVIORAL HEALTH SERVICES

January 27, 2017

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, Director
Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – FEBRUARY 2017

1. ACTION ITEM(S): BEHAVIORAL HEALTH SERVICES AUTHORIZATION FOR SINGLE SOURCE PROCUREMENTS BOARD LETTER

In a series of actions since 1999, the Board of Supervisors has approved initiatives to redesign and implement an expanded continuum of comprehensive behavioral health services 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.

Long-term residential care provides a highly specialized level of care for some of the most seriously mentally ill residents of San Diego County, and is an important alternative to hospitalization in State facilities. This population in San Diego County has been growing in numbers and in need, and this item would ensure that appropriate level-of-care facilities continue to be available.

This item would authorize the continuation of single source contracts to deliver behavioral health services in five long-term care programs providing 24-hour services for clients with serious mental illness. The five providers are:

- Alpine Special Treatment Center, Inc.
- Changing Options, Inc.
- KF Community Care dba Community Care Center for Adult Mental Health Rehabilitation Services
- SunBridge Braswell Enterprises, Inc., dba Sierra Vista
- Telecare Corporation dba Garfield Neurological Health Center

These providers have all of the required licenses and certifications required by the Department of Health Care Services and the Department of Public Health and are in good standing with the State. This authority would ensure these highly specialized residential programs continue to be available without interruption in service provision.

It is, THEREFORE, staff's recommendation that the Board support the continuation of single-source contracts for an additional five option years for these five 24-hour residential mental health programs for clients with serious mental illness.

2. LIVE WELL SAN DIEGO UPDATES/SPECIAL EVENTS

2.1 NAMI 5K Walk/HHSA Wellness Expo – Save the Date

BHS will partner again this year with the San Diego Chapter of the National Alliance on Mental Illness (NAMI) in a 5K Run/Walk and HHSA Wellness Expo at Liberty Station to kick-off May is Mental Health Month. The event will take place on Saturday, April 29, 2017, and feature interactive activities for kids and families along with more than 100 exhibitor booths. The free event is designed to raise awareness of behavioral health issues and promote de-stigmatization of persons suffering from behavioral health conditions.

2.2 Justice Connected Event

On January 12, 2017, BHS participated in the 2017 Justice Connected Conference and Resource Fair. The event, hosted by the San Diego Regional Center, Southern California Integrated Health and Living Project and the Consortium on Innovative Practices, offered opportunities for cross-systems learning collaboration among criminal justice, developmental disabilities and behavioral health professionals. Organizations participating in the Resource Fair were able to share information and strengthen connections to address the needs of this population and the community.

2.3 Project Homeless Connect Event

On January 25, 2017, BHS participated in the 11th annual Project Homeless Connect event in San Diego. The San Diego Housing Commission was the lead organizer for this one-day resource fair that provided services, including health screenings, flu shots, dental exams, haircuts, legal aid, housing counseling, pet care resources and additional services for San Diego's homeless families, veterans, seniors and individuals with disabilities.

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

3.1 Community Engagement Forum Feedback

During the months of August through October 2016, more than 650 individuals participated in the 2016 Community Engagement process: 551 community members and providers at twelve (12) regional forums and more than 100 representatives from targeted populations (Native American, Southeastern San Diego Community, Justice Partners, Male and Female incarcerated individuals and Peer Workers) who attended six special focus groups. BHS engaged consultant Hoffman & Clark to facilitate the forums and focus group and analyze feedback. Participants provided commentary through a group process that asked questions aimed at strengthening system capacity by focusing on productive potential.

The focus of the discussion centered around three topics: Children's Behavioral Health, Unserved/Underserved and Care Coordination. Participants also provided comments on proposed Innovation projects, which emerged from previous years of the Community Planning Process. Statistical analysis of the forum discussions showed 15 "Essential Themes". The themes of Access & Services, Continuum of Care, and Education & Awareness stood out across all three topics and

six regions. The full report of the forums and focus groups will be available February 2017, including an interactive link (which can be searched regionally and by topic) and viewers can search comments and participant demographics.

3.2 Teens Rally Against Drugged Driving

Teens from several North County communities gathered at a busy San Marcos intersection two days before New Year's Eve, for what may be the first "drugged driving awareness" rally in North County. Their goal, to publicize the dangers of driving under the influence of substances other than alcohol, was shaped in part by the recent passage of Proposition 64, a measure to legalize recreational marijuana that was approved by California voters in November 2016.

The rally was a collaboration of local law enforcement, members of the San Marcos Youth Advocacy Coalition and representatives of the North Inland Community Prevention Program. The groups have been working for years to educate people about the dangers of drinking and driving, but wanted to hold an event that called attention specifically to how marijuana use can impair drivers.

Between 20 and 30 students, supported by a smaller group of adult leaders and law enforcement officers, carried signs and waved to drivers during Thursday's rally, held at the intersection of San Marcos Boulevard and Knoll Road, just north of a State Route 78 access ramp. Captain Mike McClain of the San Marcos Sheriff's Station said the rally was the first of its kind in the region and stated law enforcement officers were proud to join the teen coalition's efforts to bring attention to the dangers of drugged driving.

The passage of Proposition 64 legalized the personal use and cultivation of marijuana immediately after the November election, but there are no standards for marijuana impairment acceptable to the courts, making policing of drug-impaired driving difficult for law enforcement officers. The event served as a reminder to motorists to be responsible in their actions and to remember options to intoxicated driving, such as riding with a friend, or calling a taxi, Uber, or Lyft.

3.3 Check Your Mood Event

The annual week-long Check Your Mood event held on October 10-16, 2016. Regional Community Health Promotion Staff and volunteers staffed educational tables at 65 hosted sites throughout the county. These efforts are part of the County's Suicide Prevention Initiative funded by Mental Health Services Act (MHSA) and are just one of the ways that the County and partners work to prevent suicide.

Check Your Mood brings together the County of San Diego, local businesses, healthcare agencies, community partner organizations and residents from across the county to provide and participate in these events for the community. This year, 1,498 individuals completed the PHQ-9 depression screening tool.

A Check Your Mood Toolkit containing local resources was provided to site hosts, and included Frequently Asked Questions, flyers, and the Behavioral Health Resource Guide in English, Spanish and Arabic. Also featured this year was a website that included downloadable resources. The 2016 event was one of the largest site-participation events to date, and has been growing every year.

3.4 Indian Health Council, Inc. - Activities Supporting Suicide Prevention Month

From September 6-16, the Indian Health Council's (IHC) "Life is Sacred" event occurred in support of Suicide Prevention Month. The event was presented by the IHC's Prevention and Early Intervention Program, led by Health Promotion Services Director Beth Turner and Tribal Family Services Director Karan Kolb.

From the kickoff walk at Rincon through the culminating Skate for Life event held at Pala, the focus was to reach the community to heighten awareness and empower people to prevent suicide with information, resources and support. Community members responded to the call with heartfelt declarations of why life is sacred and with beautiful skateboard depictions displayed in IHC's medical lobby.

The "Life is Sacred" walk kicked off the week with participants walking from the Rincon Tribal Hall to the Medicine Wheel. Wearing the program's trademark yellow, the color of happiness, people of all ages joined in participation and support. IHC Board member Gilbert Parada noted, "The issue affects all Indian Country, including here on our reservations. It's a good step to get everything out in the open."

The beauty of nature on the Reservation buoyed the walkers as activities continued over the next several days. Amid yellow ribbons, stickers and resource information, PEI staff conducted Check Your Mood screenings at Rincon and Santa Ysabel, and Question, Persuade, Refer (QPR) suicide prevention trainings on the La Jolla, Pauma and Mesa Grande reservations.

The culminating activity was the Skate for Life event. This free Pala event featured famed professional skater Pierre-Luc Gagnon and his friends. They were joined by Cara-Beth Burnside, a pioneering skateboarding and snowboarding professional. Together they each presented upbeat messages, telling youth to follow their dreams and stay positive. In addition to speakers and skating, information booths, food and a raffle provided the perfect wrap-up to a powerful, empowering, event-filled week. Back at the Rincon Clinic, dozens of people shared why they believe life should be cherished. None said it better than the person who wrote, "Life is Sacred because Life is Beautiful."

3.4 Tip the Scale Offers Drug Offenders a Better Place

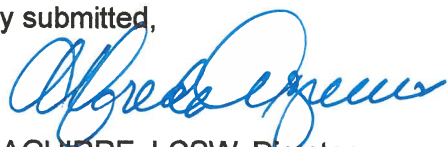
In October 2016, the 20th Tip the Scale operation was conducted in the cities of Lemon Grove, La Mesa and parts of unincorporated Rancho San Diego. Tip the Scale is a public health/public safety partnership among the Health and Human Services Agency, the Sheriff's Department and the Probation Department. Tip the Scale gives eligible drug offenders (addicted, chronic law breakers) a chance to break the cycle and get treatment. Many of the users are caught breaking into homes and committing petty street crimes to support their addictions. The operation gives drug users the chance to get help through treatment, in an effort to increase safety in our communities and encourage offenders to move toward healthier, more productive lifestyles. During the operations, drug treatment counselors are on hand to talk with offenders about their drug problems and refer them to counseling and treatment.

3.5 **School-Based Suicide Prevention Program Expansion**

The HERE Now school based suicide prevention contract with San Diego Youth Services (SDYS) expanded to all regions of the county this fiscal year and includes subcontracts with South Bay Community Services (SBCS) and North County Lifeline (NCL). In August, HERE Now staff from SDYS and NCL presented the expansion of the program at the North Regional Live Well meeting which included members from multiple school districts, local community business organizations and local governments. The presentation focused on educating the North Inland and North Coastal regional partners and stakeholders, both on the expansion of the services to all North County Schools, as well as shared the program's prevention model. The event helped multiple school districts gain information for their districts.

In October, HERE Now staff from SDYS and SBCS partnered to participate in the Chula Vista *Grandparents Raising Grandchildren* resource fair. This fair provided a unique forum for grandparents and other relatives to learn about various community resources and enhance their ability to parent effectively through many learning opportunities. HERE Now was pleased to participate in the resource fair as spreading awareness and reducing stigma around suicide, self-injury, and depression was a primary component of their role in schools and the surrounding communities. The fair also provided an opportunity for the HERE Now Program to continue to market itself within the community and educate community members on the program and the work being conducting in South Bay school districts.

Respectfully submitted,



ALFREDO AGUIRRE, LCSW, Director
Behavioral Health Services

AA/tf

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