

## CHILDREN, YOUTH AND FAMILIES (CYF) BEHAVIORAL HEALTH SYSTEM OF CARE COUNCIL

### MEETING AGENDA – ANNUAL STRATEGIC PLANNING-Part 1

**May 13, 2019 – 9:00-10:30 A.M.**

Scottish Rite Center- Morrison Room- 1895 Camino Del Rio South, San Diego, CA 92108

- |  |                   |
|--|-------------------|
| <b>I. Welcome and Introductions</b> (Violeta Mora)   | <b>5 minutes</b>  |
| <b>II. Approval of Minutes</b> (Dori Gilbert)  | <b>5 minutes</b>  |
| <ul style="list-style-type: none"> <li>• March 11, 2019 minutes - Handout</li> <li>• Review action items from March 11, 2019 – See meeting minutes (Yael Koenig)</li> </ul>  |                   |
| <b>III. Business Items</b> (Yael Koenig)   | <b>10 minutes</b> |
| <ul style="list-style-type: none"> <li>• 5th Annual Children's Well-Being Mental Health Celebration (Valerie Hebert and Linda Ketterer)</li> <li>• Upcoming CYF Council Co-Chairs rotation and Members/Alternates rotation</li> <li>• CYF Council Orientation-July 8, 2019 (9:00 to 10:30 A.M. - Scottish Rite Center) – Orientation in lieu of Council Mtg.</li> <li>• November 11, 2019-Veterans Day Holiday-CYF Council Dark</li> </ul>   |                   |
| <b>IV. Mental Health Services Act (MHSA) Update</b> (Martin Dare)  | <b>5 minutes</b>  |
| <b>V. Strategic Planning-Part 1-May 13, 2019</b> (Yael Koenig and Dr. Laura Vleugels)  | <b>60 minutes</b> |
| <b>A. Context through Recent Board Letters</b>   |                   |
| <ol style="list-style-type: none"> <li>1. July 24, 2018 (2), Assessing the State of People in Psychiatric Crisis in San Diego County-Board of Supervisors Minute Order (Handout page 9)</li> <li>2. October 30, 2018 (3), Board Conference: Caring for People in Psychiatric Crisis in San Diego County-Board Letter (Handout-page 10)</li> <li>3. December 11, 2018 (25), Advancing the Behavioral Continuum of Care Through Regional Collaboration and Innovation-Board of Supervisors Minute Order (Handout-page 12)</li> <li>4. March 26, 2019 (5), Update on Advancing the Behavioral Continuum of Care Through Regional Collaboration and Innovation-Board Letter (Handout-page 13)</li> </ol> |                   |
| <b>B. October 30, 2018 Board Conference PowerPoint - Modified for CYF Council</b> (Handouts-Page 18)   |                   |
| Caring for People in Psychiatric Crisis in San Diego County-Full presentation located at:<br><a href="https://www.sandiegocounty.gov/content/sdc/general/board-meeting-video.html">https://www.sandiegocounty.gov/content/sdc/general/board-meeting-video.html</a>   |                   |
| <b>C. Landscape of Behavioral Health Crisis Services for Kids</b> (Handout-Page 20)  |                   |
| <b>D. Overview/Demo of New MHSA Innovation Program: Vista Hill BH Connect-PowerPoint</b> (Handout-Page 21) (Deborah Skvarna)   |                   |
| <b>E. Group Discussion/Action Plan/Next Steps</b> (Strategic Planning Tool Handout-Page 23)  |                   |
| <b>F. Strategic Planning Part 2</b> will take place at the June 10, 2019 CYF Council Meeting   |                   |
| <b>VI. Announcements</b> (Violeta Mora)  | <b>5 minutes</b>  |
| <ul style="list-style-type: none"> <li>• CSOC Academy Annual Conference: "Envisioning Safer Schools" scheduled for May 30, 2019 (Handout-Page 24)</li> </ul>   |                   |

**Next Executive Committee Conference Call:**

Date: May 29, 2019

Time: 12:30 to 1:00 P.M.

Location: Via Conference Call

**Next CYF Council-Continued Strategic Planning Meeting:**

Date: Monday, June 10, 2019

Time: 9:00 to 10:30 A.M.

Location: Scottish Rite Center

#### Sub-Committees/Sectors/Workgroups Meetings Information:

**CCRT:** Meets the 1<sup>st</sup> Friday of the month-6367 Alvarado Court Ste. 105, San Diego, CA 92120 from 10:00 to 11:30 A.M.

**CSOC Academy:** Meets the 1<sup>st</sup> Wednesday of the month-6505 Alvarado Road, Suite 107, San Diego, CA 92120 from 9:00 to 10:00 A.M.

**CYF CADRE:** Meets quarterly 2<sup>nd</sup> Thursday of the month- 5095 Murphy Canyon Rd, San Diego 92123- Suite 320 from 1:30 to 3:00 P.M.

**Early Childhood:** Meets the 2<sup>nd</sup> Monday of the month- 3160 Camino Del Rio South Suite 101, San Diego, CA 92108 from 10:45 A.M. to 12:15 P.M.

**Education Advisory Ad Hoc:** Meets as needed.

**Family and Youth As Partners:** Meets the 3<sup>rd</sup> Thursday of the month at 5095 Murphy Canyon Road - Suite 320, San Diego, CA 92123 from 1:30 to 3:00 P.M.

**Family/Youth Sector:** Meets quarterly on 4<sup>th</sup> Thursday of the month at 5095 Murphy Canyon Road - Suite 320, San Diego, CA 92123 from 6:30 to 8:00 P.M.

**Outcomes:** Meets the 1<sup>st</sup> Tuesday of the month-La Vista Room from 11:30 A.M. to 12:30 P.M.

**Private Sector:** Meets as needed.

**TAY Council:** Meets the 4<sup>th</sup> Wednesday of the month-National University, 9388 Lightwave Ave. Room #118, San Diego, CA 92123 from 3:00 to 4:30 P.M.

#### For Council materials go to:

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_children/CYFBHSOCCouncil.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/CYFBHSOCCouncil.html)

**County of San Diego  
Children, Youth and Families Behavioral Health  
System of Care Council  
Vision, Mission, and Principles**

**Council Vision:**

Wellness for children, youth and families throughout their lifespan.

**Council Mission:**

Advance systems and services to ensure that children and youth are healthy, safe, lawful, successful in school and in their transition to adulthood, while living in nurturing homes with families.

**Council Principles:**

1. **Collaboration of four sectors:** Coordination and shared responsibility between child/youth/family, public agencies, private organizations and education.
2. **Integrated:** Services and supports are coordinated, comprehensive, accessible, and efficient.
3. **Child, Youth, and Family Driven:** Child, youth, and family voice, choice, and lived experience are sought, valued and prioritized in service delivery, program design and policy development.
4. **Individualized:** Services and supports are customized to fit the unique strengths and needs of children, youth and families.
5. **Strength-based:** Services and supports identify and utilize knowledge, skills, and assets of children, youth, families and their community.
6. **Community-based:** Services are accessible to children, youth and families and strengthen their connections to natural supports and local resources.
7. **Outcome driven:** Outcomes are measured and evaluated to monitor progress and to improve services and satisfaction.
8. **Culturally Competent:** Services and supports respect diverse beliefs, identities, cultures, preference, and represent linguistic diversity of those served.
9. **Trauma Informed:** Services and supports recognize the impact of trauma and chronic stress, respond with compassion, and commit to the prevention of re-traumatization and the promotion of self-care, resiliency, and safety.
10. **Persistence:** Goals are achieved through action, coordination and perseverance regardless of challenges and barriers.

May 1, 2018

**CHILDREN, YOUTH AND FAMILIES (CYF) BEHAVIORAL HEALTH SYSTEM OF CARE COUNCIL**

**MEETING MINUTES**

**March 11, 2019 – 9:00-10:00 A.M.**

Scottish Rite – Shell Room -1895 Camino del Rio South, San Diego CA 92108

+ = Member in Attendance    O = Absent    E = Excused

CONSTITUENCY		MEMBER	STATUS	ALTERNATE	STATUS
<b>PUBLIC SECTOR</b>					
1	Behavioral Health Advisory Board (BHAB)	Rebecca Hernandez	O	Bill Stewart	+
2	Behavioral Health Services (BHS)	Dr. Laura Vleugels	+	VACANT	
3	Public Safety Group/ Probation	Dr. Geoff R. Twitchell	+	Chrystal Sweet	O
4	Child Welfare Services (CWS)	Kim Giardina	O	Norma Rincon	+
5	HHSA Regions	Dori Gilbert	+	Jennifer Sovay	O
6	Public Health	Dr. Thomas R. Coleman	O	Adrienne Yancey	+
7	Juvenile Court	H. Judge Kimberlee Lagotta	O	Beth Brown	+
8	First 5 Commission	Alethea Arguilez	O	Dulce Cahue-Aguilar	+
<b>EDUCATION SECTOR</b>					
9	Special Education Local Plan Area (SELPA)	Cara Schukoske	+	Jamie Tate - Symons	O
10	Regular Education Pupil Personnel Services	Heather Nemour	+	Corrie McCarthy	O
11	School Board	Barbara Ryan	+	Sharon Whitehurst-Payne	O
12	Special Education	Aidee Angulo	+	Yuka Sakamoto	O
<b>PRIVATE SECTOR</b>					
13	San Diego Regional Center (SDRC) for Developmentally Disabled	Peggy Webb	+	VACANT	
14	Alcohol and Drug Service Provider Association (ADSPA)	Angela Rowe	+	Marisa Varond	O
15	Mental Health Contractors Association	Delrena Swaggerty	O	Steven Jella	O
16	Mental Health Contractors Association	Michelle Ly	+	Michelle Hogan	O
17	San Diego Nonprofit Association (SDNA)	Margaret Iwanaga Penrose	O	Rosa Ana Lozada	+
18	Fee- For-Service (FFS) Network	Dr. Sherry Casper	+	VACANT	
19	Managed Care Health Plan	George Scolari	+	Kathleen Lang	+
20	Healthcare/ Pediatrician	Dr. Pradeep Gidwani	O	VACANT	

<b>FAMILY AND YOUTH SECTOR</b>					
21	Family and Youth Liaison	Renee Cookson	O	Valerie Hebert	+
22	Caregiver of child/youth served by the Public Health System	Debbie Dennison	+	VACANT	
23	Youth served by the Public Health System (up to age 26)	Micaela Cunningham	O	Emma Eldredge	O
24	Youth served by the public health system (up to age 26)	Travis Webster	+	Christine Frey	+
<b>SUB-COMMITTEES (Non-voting members unless a member of the Council)</b>					
-	Outcomes Committee	Julie McPherson			
-	Executive Committee	Violeta Mora/ Dori Gilbert	+/E		
-	Early Childhood Committee	Aisha Pope/ Autumn Weidman	+/+		
-	Education Committee	Heather Nemour	+		
-	CYF CADRE	Julie McPherson/ Marisa Varond	o/o		
-	Family and Youth as Partners	Renee Cookson/ Valerie Hebert	o/+		

**CYF Council Staff:** Edith Mohler and Darwin Espejo

**I. Welcome and Introductions** (Dr. Laura Vleugels)

**II. Approval of Minutes** (Dr. Laura Vleugels and Violeta Mora)

- February 11, 2019 Council meeting minutes – Approved
- Review of action items from February 11, 2019 meeting. See meeting minutes

**III. Business Items** (Dr. Laura Vleugels and Violeta Mora)

- Upcoming CYF Council Co-Chairs rotation and Members/Alternates rotation  
It is the Private Sector's turns to co-chair the CYF Council. This term is effective July 1, 2019 through June 30, 2019. Currently the co-chairs are represented by the Education and Public Sectors. Dori Gilbert represents the Public Sector and this sector is due for rotation in 2020. Violeta Mora represents the Education Sector and this Sector is due for rotation on July 1, 2019.  
The CYF Council membership will also be assessed. Some constituencies/members/alternates will be contacted by CYF Council staff as needed.
- CYF System of Care (SOC) Training Academy Conference Sponsorships(Handout)-(Rose Woods)
  - ✓ The annual CYF-SOC Training Academy conference: School Safety-Envisioning Safer Schools is scheduled for May 30, 2019 at the Crown Plaza Hotel in Mission Valley. More information can be found at: <https://theacademy.sdsu.edu/programs/rihs/cyfsoc-conference-2019/>
  - ✓ Early conference registration is now available: <https://www.eventbrite.com/e/school-safety-envisioning-safer-schools-tickets-54301003764>
  - ✓ Keynote will be delivered by Mark Burden, co-founder and managing director of [Sandy Hook Promise](#).
  - ✓ Conference workshops are currently being developed through monthly meetings with various work groups. Everyone within the Children's System of Care (CSOC) is invited to participate in these meetings. If interested, contact: Rose Woods at: [rwoods@sdsu.edu](mailto:rwoods@sdsu.edu)
  - ✓ There are 10 conference scholarships available to all Parent, Family or Youth partners currently involved the System of Care. Scholarship application can be accessed at: [\(CYF-SOC\) Conference Scholarship Application Form](#)

- ✓ There are also two scholarships to Parent, Family or Youth partners to attend the 2019 California Mental Health Advocates for Children and Youth (CMHACY) Conference scheduled for May 15-17, 2019 in Asilomar, CA. More information can be found at: <http://cmhacy.org/2019conference/>. Online scholarship application are available at: [\(CMHACY\) Conference Scholarship Application Form](#).
- The 4<sup>th</sup> Annual Critical Issues in Child and Adolescent Mental Health Conference (CICAMH): Managing Change in a Changing World is scheduled for March 21-22, 2019. More information can be found at: [www.CICAMH.com](http://www.CICAMH.com).

#### **IV. Mental Health Services Act (MHSA) Updates (Martin Dare)**

- Cycle 5 Innovation Update: “Human Centered Design” (INN 23)  
 San Diego State University (SDSU) School of Social Work-Social Policy Institute in collaboration with Community Health Improvement Partners (CHIP) and The Idea Guy are coordinating the “Human Centered Design” to develop innovation projects focused on technology for behavioral health. This process involves designs through in-depth client feedback during the development process which included:
  - ✓ One-hour overview of the process (Learning Events) held at three County regions (Central, South, and North)
  - ✓ A four-hour workshop scheduled at three County regions designed to generate new ideas, a project plan and next steps. Two workshops were completed, the last workshop is scheduled for March 14, 2019 from 10:00 A.M. to 2:00 P.M. at the North Inland Live Well Center, Room B located at 649 W Mission Avenue, Escondido, CA 92065
  - ✓ Presentations of proposals for consideration by potential funders. The last presentation is scheduled for April 4, 2019 from 2:00 to 4:00 P.M. at the North Inland Live Well Center, Room D located at 649 W Mission Avenue, Escondido, CA 92065
- Individuals with “Lived Experience/Peer Advocates are encouraged to attend
- More information about the Human Centered Design process can be found at: <https://behealth.today/>.

#### **V. Sectors “Hot Topics” (Sarah Couppas and Jeff Weiner)**

- A. Clinton Foundation: Strong Families Thriving Communities Virtual Presentation  
 The Clinton Health Matters Initiative (CHMI), the County of San Diego, and The San Diego Foundation have partnered to improve the health of children and families who interact with the child welfare and juvenile justice systems. Throughout 2017, CHMI and its partners convened stakeholders from family-serving organizations and young people with lived experiences to form the *Strong Families, Thriving Communities* coalition (SFTC). The coalition’s mission is to drive systems change that will address the social determinants of health for these children and families – including topics as diverse as access to education, transportation, behavioral health and substance abuse treatment, diet and exercise, and community safety.
- Blueprint for Action (Handout):  
 Based on proven models in communities across the United States, the SFTC coalition created 29 Bold Action Steps for implementation. The actions have short term and long term goals. The Blue print for Action document can be accessed at:  
[https://www.clintonfoundation.org/sites/default/files/2018\\_chmi\\_san\\_diego\\_blueprint.pdf](https://www.clintonfoundation.org/sites/default/files/2018_chmi_san_diego_blueprint.pdf).
- Trauma Informed Care Code of Conduct (Handout)  
 One of the bold action steps of the Blueprint for Action found as a priority by the SFTC is: “The trauma-informed care and resiliency-building approaches will become standard practice for all systems and service providers, at all levels, that serve children, youth and families”. To address this bold action step, CHMI formed a working group which led to the development of the Trauma Informed Care Code of Conduct document. This document was created by youth participants from Project A.W.A.R.E. (Attitude When Angry and Resolving Emotional Issues Non-Violently), Just In Time for Foster Youth (JIT) and Youth Empowerment San Diego. The collaboration was completed through four focus groups. The code of conduct is organized into four sections, each with its own specific standards and expectations:
  - ✓ Safety
  - ✓ Individualized Support
  - ✓ Effective Communication
  - ✓ Supportive Staff

There are currently 17 organizations that have adopted the Trauma Informed Code of Conduct which has been recognized at a national level. The goal is that organizations’ policies and practices are in alignment



with the Trauma Informed Code of Conduct. The working group will be unveiling an implementation plan which include a Learning Collaborative to provide a community of support for organizations to reflect with each other on implementation strategies and issues, share resources, practices, and tools, celebrate successes, etc.

Council input and discussion:

- ✓ The CYF System of Care provides Trauma Informed Care but many times “We do not call it out”
  - ✓ Juvenile Probation has implemented a very successful Trauma Responsive Unit and has led training to the whole department and continuous providing Trauma Informed training to staff
  - ✓ Brain XP is a community that embraces Trauma Informed Care by providing a safe place for youth. Brain XP can be accessed at: <https://www.brainxp.org/>
  - ✓ SDCOE focuses on creating safe environments and practices are in alignment with the Trauma Informed Code of Conduct
  - ✓ Harmonium has been a leader in Trauma Informed and the first organization adopting this Trauma Informed Code of Conduct. Communication is key among all levels of the organization
  - ✓ A parent reiterated the importance of service providers practicing Trauma Informed services
- More information on the Trauma informed Code of Conduct can be found at:

<https://www.sdfoundation.org/news-events/sdf-news/tag/trauma-informed-care-code-of-conduct/>.

- San Diego Mentorship Network (handout) There was not time to discuss this item.

B. Bi-Annals Sub-Committee Discussion (Continued from February 2019 meeting)

- Education Advisory Sub-Committee Update/Discussion (Handout)-(Heather Nemour)  
 The Education advisory subcommittee is an ad hoc group that convenes when a specific education-related issue/topic is brought to the Council. The San Diego County Office of Education (SDCOE) is a close partner of the subcommittee

- ✓ Fiscal Year 2018-19 Goals/Focus: Assembly Bill (AB) 2246: “Youth Suicide Prevention”
  - Actively support local school districts to meet the state requirements for AB 2246, which requires schools to have comprehensive suicide prevention policy covering prevention, intervention and postvention (Grades 7-12)
  - Conduct training on mental health and well-being, promoting a positive school climate and suicide prevention to all 42 school districts. To date, 1500 educators and school staff have been trained (SDCOE)
  - Offer training to school staff that perform onsite Suicide Risk Assessments. The second part of the workshop: “Assessing Suicidal Students” is scheduled for March 15, 2019 (SDCOE)
  - Disseminate suicide prevention resource guides to schools (SDCOE)
  - Collaborate with the Ninth District Parent Teachers Association (PTA) to attend symposiums to train parents on youth mental first aid (SDCOE)
  - Offer “Youth Anxiety” training developed by the SDCOE. This training also promotes a positive school climate by incorporating gratitude and mindfulness
  - Go beyond the age parameters of AB2246 to conduct Suicide Risk Assessments with elementary school age children
- ✓ Additional Subcommittee Activities
  - Collaboration with SDCOE, Juvenile Court and Community Schools (JCCS) and Early education with plans for a new educational concept called “Trauma-sensitive Schools Initiative”. To accomplish the task, the group plans to perform in-depth research of Trauma itself and its different facets.
  - SchoolLink and Project Cal-Well presentations to the Council on September 10, 2018
  - In collaboration with HHSA, SDCOE hosted the Annual Summit on Student Engagement and Attendance on October 12, 2018.

- Cultural Competence Resource Team (CCRT) (PowerPoint and Handout)-(Rosa Ana Lozada)-Update/Discussion

CCRT serves as an advisory group to the Behavioral Health Services (BHS) Director to enable the systems of care work effectively in cross-cultural integration in services. The County of San Diego has addressed Cultural Competence for many years and maintains a Cultural Competence Plan that addresses the following eight criteria set by the State as indicators of cultural competence:

1. Commitment to Cultural Competence
2. Updated Assessment of Service Needs
3. Strategies and Efforts for Reducing Racial, Ethnic, Cultural, and Linguistic Mental Health Disparities

4. Client/Family Member/Community Committee: Integration of the Committee within the County Mental Health System
5. Culturally Competent Training Activities
6. County's Commitment to Growing a Multicultural Workforce: Hiring and Retaining Culturally and Linguistically Competent Staff
7. Language Capacity
8. Adaptation of Services

More information about the BHS Cultural Competence Plan can be found at:

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/TRL/TRL%20Section%204/SDC%20CultCompPlan.pdf>.

- ✓ Fiscal Year 2018-19 CCRT Highlights (Summary):
  - Provided input to the MHSA Community Forum consultants
  - Provided representation at the local Warrior Spirit: "Calling Upon the Warrior Spirit to Heal Historical Trauma" conference held on October 8, 9, and 10, 2018 hosted by the Viejas Band of Kumeyaay Indians
  - Participated in the Binational Mental Health Symposium in October 2018
    - Workgroup session between mental health professionals from Baja California and California held at the Universidad Autónoma of Baja California in Tijuana, México
  - Participated at the 2018 Cultural Competence Summit "Honoring California's Diversity: A Call to Action" held in October 23-24, 2018
    - Piedad Garcia presented along with Pathways Community Services on the implementation of Urban Beats
  - Provided input to the Behavioral Health Services Training and Education Committee (BHSTEC) regarding Cultural Competence training needs.

## VI. Announcements

- The 5th Annual Children's Mental Health Well Being Celebration is scheduled for Friday, May 3, 2019 from 3:00 to 6:00 P.M. at the ARTS Center in National City, California. More information and registration can be found at: <https://www.eventbrite.com/e/5th-annual-childrens-mental-health-well-being-celebration-tickets-57146599016>
- BHS Director Alfredo Aguirre's retirement celebration is scheduled for Friday, March 22, 2019 at the Bali Hai restaurant (handout)
- Outcomes subcommittee update provided at the February Council meeting; it is included in the meeting packet.

## VII. Director's Report (Dr. Luke Bergmann)

- State Level Report
  - ✓ California's Section 1115 (a) Medicaid Waiver Renewal, entitled Medi-Cal 2020 is a five-year renewal of the previous Section 1115 Medicaid Waiver. The renewal could offer many opportunities for BHS service delivery
  - ✓ Dr. Nadine Burke Harris was appointed California's first Surgeon General on February 11, 2019. She is a pediatrician pioneer in the study of adverse childhood experiences (ACEs) and active clinician. It is expected that Dr. Burke Harris will support integrated care
  - ✓ Dr. Mark Ghaly, a pediatrician, active clinician, and has been Director of Community Integrative Services in Los Angeles, was appointed by Governor Newsom as Secretary for the California Health and Human Services Agency (CHHS) on March 6, 2019. Dr. Ghaly is committed to integrative care services.
- Local Level Report
  - ✓ County leadership are very interested in the upcoming Medi-Cal 2020 renewal
  - ✓ March 26, 2019 Board of Supervisors Letter: Strengthening the Bridge Between Behavioral Health Services and the Criminal Justice System. It includes the following objectives that will require further conversations
    - Additional Crisis Stabilization
    - Care Coordination between health care and law enforcement
    - Additional Mobile Crisis in schools
  - ✓ There is an upcoming Board Letter announcing a new County Opioids Misuse/Prescription Drug Misuse Plan that is independent of the current Prescription Drug Misuse Medical Task Force (PDATF). The new plan emphasizes more active work on primary misuse prevention with youth.

Action Items	Action By	Action Due
1. CHMI follow up e-mail on Trauma Informed Code of Conduct and Trauma Informed Code of Conduct Implementation process	<ul style="list-style-type: none"> <li>CYF Council staff</li> </ul>	<ul style="list-style-type: none"> <li>Completed on April 3, 2019</li> </ul>
2. Continuation of the CCRT Subcommittee update/discussion	<ul style="list-style-type: none"> <li>CYF Council staff</li> </ul>	<ul style="list-style-type: none"> <li>Completed. Additional information provided in the March 13, 2019 meeting minutes</li> </ul>
3. Schedule Opioids Misuse/Prescription Drug Misuse Prevention conversations	<ul style="list-style-type: none"> <li>CYF Executive Sub-Committee</li> </ul>	<ul style="list-style-type: none"> <li>Placed on the Executive Sub-Committee for potential future conversation once presented to Board of Supervisors</li> </ul>

**Next Combined Councils Meeting: April 8, 2019 – Scottish Rite Center**  
**Meeting: 10:00 to 11:30 A.M.**

**Sub-Committees/Sectors/Workgroups Meetings Information:**

**Outcomes:** Meets the 1<sup>st</sup> Tuesday of the month- 3255 Camino del Rio South, San Diego CA 92108 in La Vista Room- from 11:30 A.M. to 12:30 P.M.

**Early Childhood:** Meets the 2<sup>nd</sup> Monday of the month- at the San Diego Center for Children-FFAST office located at 8825 Aero Drive, Suite 110, San Diego, CA from 11:00 A.M. to 12:00 P.M.

**Education Advisory Ad Hoc:** Meets As Needed.

**TAY Council:** Meets the 4<sup>th</sup> Wednesday of the month 3:00 to 4:30 P.M. at National University, 9388 Lightwave Ave. Room 118, San Diego, CA 92123

**CYF CADRE:** Meets quarterly the 2<sup>nd</sup> Thursday of the month at NAMI San Diego, 5095 Murphy Canyon Road, Suite 320, San Diego, CA 92123 from 1:30 to 3:00 P.M.

**CCRT:** Meets 1<sup>st</sup> Friday of the month at the Health Services Complex- 6367 Alvarado Court, Suite 105, San Diego, CA 92120 from 10:00 to 11:30 A.M.

**Family and Youth Sector:** Meets quarterly –Contact [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org) for schedule.

**Family and Youth as Partners:** Meets every 3<sup>rd</sup> Thursday of the month at NAMI San Diego, 5095 Murphy Canyon Road, Suite 320, San Diego CA 92123 1:30 to 3:00 P.M.

**Private Sector:** Ad Hoc/Meets As Needed.



**2. SUBJECT: ASSESSING THE STATE OF INPATIENT PSYCHIATRIC CARE IN  
SAN DIEGO COUNTY (DISTRICTS: ALL)**

**OVERVIEW**

There is a tremendous need for emergency and inpatient psychiatric care throughout San Diego County and across the State of California. According to a January 2018 report by the California Hospital Association, our state has approximately 16.9 psychiatric beds per 100,000 residents, compared with a recommended minimum standard of 50 beds per 100,000 residents, to meet current needs.

The potential closure of psychiatric hospital beds throughout our region and across the state is a crisis that will leave many people with nowhere to go for treatment during an acute mental health emergency. Without reliable sources for inpatient psychiatric care, patients often languish in overcrowded emergency rooms, jails, or become homeless. In particular, our region's emergency departments will see a significant increase of overcrowding by patients

that should be more appropriately diverted to inpatient psychiatric care. Now more than ever, we need to focus our efforts on supporting a robust system of care for those in crisis.

Today's action will direct the Chief Administrative Officer to return to the Board of Supervisors on October 30, 2018, with a Board Conference to present a comprehensive assessment of the state of inpatient psychiatric care in San Diego County and provide recommendations for addressing this crisis from both an immediate and long-term approach.

**RECOMMENDATION(S)**

**CHAIRWOMAN KRISTIN GASPAR**

Direct the Chief Administrative Officer to return to the Board of Supervisors on October 30, 2018, with a Board Conference to present a comprehensive assessment of the state of inpatient psychiatric care in San Diego County and provide recommendations for addressing this crisis from both an immediate and long-term approach.

**FISCAL IMPACT**

N/A

**BUSINESS IMPACT STATEMENT**

N/A

**ACTION:**

ON MOTION of Supervisor Gaspar, seconded by Supervisor Roberts, the Board of Supervisors took action as recommended.



**KRISTIN GASPAR**  
**CHAIRWOMAN**  
SUPERVISOR, THIRD DISTRICT  
SAN DIEGO COUNTY BOARD OF SUPERVISORS

COUNTY OF SAN DIEGO

2018 OCT 23 AM 10:48

CLERK OF SUPERVISORS

**AGENDA ITEM**

**DATE:** October 30, 2018

**03**

**TO:** Board of Supervisors

**SUBJECT**

**BOARD CONFERENCE: CARING FOR PEOPLE IN PSYCHIATRIC CRISIS IN SAN DIEGO COUNTY (DISTRICTS: ALL)**

**OVERVIEW**

There is a tremendous need for emergency and inpatient psychiatric care throughout San Diego County. The closure of inpatient psychiatric hospital beds throughout our region and across the State is a crisis that will leave many people with nowhere to go for treatment during an acute mental health emergency. Without reliable sources for inpatient psychiatric care, patients often languish in overcrowded emergency rooms, jails, or become homeless. Now more than ever, we need to focus our efforts on collaboration and supporting a robust system of care for those in crisis.

Today's Board Conference will present a comprehensive assessment of the state of inpatient psychiatric care in San Diego County and provide recommendations for addressing this crisis from both an immediate and long-term approach.

**RECOMMENDATION(S)**

**CHAIRWOMAN KRISTIN GASPAR**

1. Receive the information presented in the Board Conference: Caring for People in Psychiatric Crisis in San Diego County.

**FISCAL IMPACT**

N/A

**BUSINESS IMPACT STATEMENT**

N/A

**ADVISORY BOARD STATEMENT**

N/A

**SUBJECT: BOARD CONFERENCE: CARING FOR PEOPLE IN PSYCHIATRIC CRISIS  
IN SAN DIEGO COUNTY (DISTRICTS: ALL)**

**BACKGROUND**

Since the inception of the Mental Health Services Act, our County has made extraordinary investments in developing a continuum of care for behavioral health services throughout our region. Along with our community partners, we have expanded the system of care and have continued to make significant investments in behavioral health despite increasing social, financial and operational challenges with delivering these critical services. There is a history of State and Federal policies and mandates which have led to unintended consequences over time, and forced the County, local hospitals, and health care systems to make difficult decisions.

The closure of psychiatric inpatient services across our region is a crisis leaving many people with nowhere to go for treatment during an acute mental health emergency. If we do not have reliable and sustainable sources for inpatient psychiatric care, it will have a profound impact on our entire region.

In addition to the significant social, financial and operational challenges, our County is experiencing a dramatic increase in State forensic patients returning to our care. Due to their criminal background, this population is often more violent and presents considerable safety concerns for employees, other patients, and the community. As more local inpatient psychiatric beds are being diverted to the State forensic patients, fewer beds are available for people who have not committed a crime and are experiencing an acute mental health emergency.

The potential closure of even more psychiatric hospital beds throughout our region and across the State is expected as hospitals address impending mandates imposed by State and Federal agencies. According to a January 2018 report by the California Hospital Association, over the last 20 years the state has lost 44 psychiatric facilities, either through the elimination of psychiatric inpatient care or complete hospital closure, and has lost nearly 30% of the beds.

Now more than ever, we need to come together as a region to collaborate for regional solutions. We must be bold and innovative as we explore sustainable options. It is vital that we take a comprehensive and inclusive approach and look at opportunities to collectively strengthen and expand our entire continuum of care; from education and prevention to early intervention and crisis services. Inpatient psychiatric care is only part of this continuum. It also includes post-acute care, outpatient services, and long-term care. If any part of the continuum is not sufficient or sustainable, the entire system will begin to fail.

This issue affects every jurisdiction across the county, across the state, and across the country. If we address this now, and we address this collaboratively, we can reduce the impacts to the community and to the taxpayer. Today's Board Conference will present a comprehensive assessment of the state of inpatient psychiatric care in San Diego County and provide recommendations for addressing this crisis from both an immediate and long-term approach.

**LINKAGE TO THE COUNTY OF SAN DIEGO STRATEGIC PLAN**  
N/A

**COUNTY OF SAN DIEGO  
BOARD OF SUPERVISORS  
TUESDAY, DECEMBER 11, 2018**

**MINUTE ORDER NO. 25**

**SUBJECT: ADVANCING THE BEHAVIORAL HEALTH CONTINUUM OF CARE  
THROUGH REGIONAL COLLABORATION AND INNOVATION  
(DISTRICTS: ALL)**

**OVERVIEW**

Since the inception of the Mental Health Services Act, our County has made extraordinary investments in developing a continuum of care for behavioral health services throughout our region. Along with our community partners, we have expanded the system of care and have continued to make significant investments in behavioral health despite increasing social, financial and operational challenges with delivering these critical services. As a County, we are spending \$658 million this fiscal year on Behavioral Health Services, which is an increase of more than 50% over the past four years. The commitment of this Board and that of our community partners is unwavering. In order to optimize these investments, we cannot continue to work in isolation from one another.

Now, more than ever, we need to pair ongoing investments with a collaborative approach and leverage every dollar for the greatest collective impact. Absent this kind of collaboration, the improvements we all want to see will be impossible. Additionally, we must work with our colleagues at the State and Federal levels to ensure investments at all levels are proportional. We must be bold and innovative as we explore new ideas and look for sustainable solutions that are proven to be successful. While the focus has been primarily on the loss of inpatient psychiatric hospital beds and the lack of step down beds, we need to fundamentally address the entire continuum of care for people who are in crisis, from prevention and early intervention to long-term care and recovery.

Today's item will direct the Chief Administrative Officer to procure a consultant to facilitate these follow up actions in response to the Board Conference: Caring for People in Psychiatric Crisis in San Diego County convened on October 30, 2018; and, return to the Board quarterly with updates on the progress of this regional collaboration and possible recommendations for further action of the Board.

**RECOMMENDATION(S)**

**CHAIRWOMAN KRISTIN GASPAR**

1. Direct the Chief Administrative Officer to procure a consultant for an initial term of one year to facilitate follow up actions in response to the Board Conference: Caring for People in Psychiatric Crisis in San Diego County, convened on October 30, 2018.
2. Return to the Board quarterly with updates on the progress of this regional collaboration.

**FISCAL IMPACT**

N/A

**BUSINESS IMPACT STATEMENT**

N/A



# COUNTY OF SAN DIEGO

## AGENDA ITEM

### BOARD OF SUPERVISORS

GREG COX  
First District

DIANNE JACOB  
Second District

KRISTIN GASPAR  
Third District

NATHAN FLETCHER  
Fourth District

JIM DESMOND  
Fifth District

**DATE:** March 26, 2019

**05**

**TO:** Board of Supervisors

### **SUBJECT**

**UPDATE ON ADVANCING THE BEHAVIORAL HEALTH CONTINUUM OF CARE  
THROUGH REGIONAL COLLABORATION AND INNOVATION (DISTRICTS: ALL)**

### **OVERVIEW**

On July 24, 2018 (2), Supervisor Kristin Gaspar initiated a Board Conference to present a comprehensive assessment of the state of inpatient psychiatric care in San Diego County and provide immediate and long-term recommendations for addressing a potentially significant loss of future services for people in psychiatric crisis, resulting from inpatient behavioral health units closing at local hospitals.

In response to Supervisor Gaspar's request, the County of San Diego Health and Human Services Agency (HHSA) convened the Board Conference on October 30, 2018 (3) entitled: *Caring for People in Psychiatric Crisis*. After an overview of the current system, panelists across multiple sectors described specific challenges, responses and opportunities to optimize care for people with serious psychiatric needs who interact with multiple systems. The Conference included immediate strategies to address the loss of inpatient psychiatric services and long-term strategies to better serve people when they experience a psychiatric crisis or help them prevent such a crisis. The strategies focused on reviewing and strengthening the full continuum of behavioral health care services through regional collaboration to achieve the best collective results for the people we serve.

On December 11, 2018 (25), the Board of Supervisors (Board) directed the Chief Administrative Officer to procure a consultant to facilitate follow up actions in response to the Board Conference and return to the Board quarterly with updates on the progress of this regional collaboration and possible recommendations for further action of the Board.

Today's item will provide the first quarterly update on Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation, reporting actions during the time period of December 12, 2018, through March 31, 2019.



**SUBJECT:** UPDATE ON ADVANCING THE BEHAVIORAL HEALTH CONTINUUM OF CARE THROUGH REGIONAL COLLABORATION AND INNOVATION (DISTRICTS: ALL)

**RECOMMENDATION(S)**

**CHIEF ADMINISTRATIVE OFFICER**

Receive the quarterly update on Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation.

**FISCAL IMPACT**

There is no fiscal impact associated with this item. There will be no change in net General Fund costs and no additional staff years.

**BUSINESS IMPACT STATEMENT**

N/A

**ADVISORY BOARD STATEMENT**

At the meeting on March 7, 2019, the Behavioral Health Advisory Board voted to approve this item.

**BACKGROUND**

***I. BOARD CONFERENCE: CALL AND RESPONSE***

On July 24, 2018 (2), Supervisor Kristin Gaspar initiated a Board Conference (Conference) to present a comprehensive assessment of the state of inpatient psychiatric care in San Diego County and provide immediate and long-term recommendations for addressing a potentially significant loss of future services for people in psychiatric crisis, resulting from inpatient behavioral health units closing at local hospitals.

In response to Supervisor Gaspar's request, the County of San Diego Health and Human Services Agency (HHSA) convened the Conference on October 30, 2018 (3) entitled: *Caring for People in Psychiatric Crisis*. The Conference provided an overview of the current behavioral health system in San Diego County, perspectives from cross-sector partners, and a look at innovative ways to improve care coordination, data sharing, and align services to care for people living with mental illness. At the center of the conference was the voice of the client through shared personal stories and a continued focus on how to support individuals on the path to recovery.

**The Evolution of Behavioral Health**

The Conference opened with a 60-year historical narrative of state and federal policies that were designed to:

- Eliminate life-long institutionalization that separated behavioral health from physical health services;
- Ensure a safety net for the indigent population; and
- Provide specialty mental health care for our Medi-Cal population.

These actions were successful in meeting some of these goals. However, the policy and funding regulations also unintentionally:

- Created disjointed systems, resulting in siloed services that are difficult to navigate for someone who requires care;
- Failed to address social service needs like housing to care for the whole person; and

**SUBJECT: UPDATE ON ADVANCING THE BEHAVIORAL HEALTH CONTINUUM OF CARE THROUGH REGIONAL COLLABORATION AND INNOVATION (DISTRICTS: ALL)**

- Diminished the behavioral health workforce, which many new doctors and nurses are reluctant to join.

**A Shared Issue**

The Conference highlighted the important role of key partners including hospitals, law enforcement, community clinics, jails and public safety partners, housing, and social services, all of whom are likely to interact with someone in a psychiatric crisis. However, people in crisis may not be connected to the appropriate level of care through their first entry to the system or at any time during their journey to recovery. As an example, individuals with complex behavioral health needs are frequently brought to a hospital Emergency Department (ED), even though EDs are not designed to assess and treat these needs. Each partner has a system in place to support those in crisis; however, improved collaboration is needed to ensure the right care is provided at the right time.

To further demonstrate these points, the Conference featured three cross-sector panel discussions from expert community stakeholders including:

- Public Safety;
- Behavioral Health and Healthcare; and
- Housing and Social Services.

Each panelist focused on sector-specific challenges, responses, and innovative opportunities to achieve integrated care and coordinated services by:

- Bolstering cross-sector partnerships and sharing responsibility to address the needs of those with psychiatric illness;
- Strengthening the continuity of care through regional collaboration across sectors;
- Using innovative models to create meaningful and lasting changes; and
- Implementing both county-wide and regional solutions to best meet the needs of San Diego County's diverse communities.

The Conference reinforced the importance of collaboration and the need to develop a shared vision among all partners to achieve the greatest collective impact and the best outcomes for the people we serve.

**Immediate Actions**

The Conference concluded with highlights of immediate actions already taken by HHSA, Behavioral Health Services (BHS) to enhance the continuum of care including:

- Maintaining services available to North County residents;
- Augmenting investments to ensure appropriate inpatient psychiatric bed capacity;
- Increasing the availability of long-term and step-down care, building on the expansion over the last four years; and
- Defining next steps to plan and facilitate project management of a behavioral health continuum redesign, with participation from all stakeholders including consumers and their families.

**SUBJECT: UPDATE ON ADVANCING THE BEHAVIORAL HEALTH CONTINUUM OF CARE THROUGH REGIONAL COLLABORATION AND INNOVATION (DISTRICTS: ALL)**

On December 11, 2018 (25), the Board of Supervisors (Board) directed the Chief Administrative Officer to procure a consultant to facilitate follow up actions in response to the Board Conference to include convening multi-disciplinary and cross-sector stakeholders to conduct a thorough needs assessment and recommend appropriate legislative and policy actions. Additionally, a request was made to return to the Board with quarterly updates on the progress of this regional collaboration and offer possible recommendations for further action of the Board.

Today's item is the first of these quarterly updates and offers a look into upcoming actions. These actions will complement and accelerate ongoing work across systems to provide optimal resources for recovery and support the County of San Diego's *Live Well San Diego* vision for a region where all residents have the opportunity to build better health, live safely and thrive.

**II. UPDATES DURING THIS REPORTING PERIOD (12/12/18-3/31/19)**

1. On December 24, 2018, the County of San Diego posted a Request for Proposals to seek offerors interested in consultant services specifically, to develop, implement and evaluate cross-sector convening and governance structure to facilitate follow-up actions from the Conference. The consultant will also work with HHSA, BHS staff, elected officials, and leaders in the health, public safety, housing and social services sectors to advise the County of San Diego's Chief Administrative Officer about service intervention recommendations.

On March 13, 2019, Public Consulting Group, Inc. (PCG) was awarded the contract for the consultant services. PCG proposed an approach that was aligned with the *Live Well San Diego* vision by reporting prior experience in intercept mapping between behavioral health and public safety, providing a detailed process for collecting and managing data, highlighting the importance of population health metrics and demonstrating a depth of experience presenting and testifying to legislative bodies and policy makers.

2. Within this reporting period, the County of San Diego took action to address the need for available step-down and long-term care beds which continues to be a vital need. These resources offer transitional support for people experiencing an acute behavioral health need when they are discharged from an inpatient psychiatric hospital. Actions include and resulted in:
  - a. The addition of 67 Institutions for Mental Diseases (IMD) beds which has reduced the total number of clients waiting for IMD placement from 55 to 17 (as of 2/21/19).
  - b. The number of clients in acute psychiatric hospitals awaiting sub-acute or post-acute placement has dropped from 40 to 17 (as of 2/21/19).

Additional anticipated activities addressing the need for available step-down and long-term care beds locally, include:

- a. A new contract for 40 Skilled Nursing Facility Special Treatment Program beds is pending facility licensing and is anticipated for spring 2019. This secured (locked) 24-hour facility provides structured programs for clients with serious psychiatric and moderate adaptive functioning impairment.
- b. A proposed transitional residential board and care facility with up to 16 beds is anticipated to be available, pending facility licensing and Medi-Cal Certification.

**SUBJECT:** UPDATE ON ADVANCING THE BEHAVIORAL HEALTH CONTINUUM  
OF CARE THROUGH REGIONAL COLLABORATION AND  
INNOVATION (DISTRICTS: ALL)

### III. UPCOMING ACTIVITIES FOR FUTURE REPORTING PERIODS

2. PCG is prepared to provide a systematic way for participants to collaborate and identify common themes in improving the behavioral health system. PCG will engage County leadership, healthcare system partners, behavioral health partners, public safety, housing and homeless services providers, consumers, family members, and advocates by facilitating convenings to provide data and additional context for a needs assessment.
3. PCG will report quarterly status updates to the Board of Supervisors that includes the development and assistance of service interventions across behavioral health priority areas. Their updates will also include the priority areas that have seen momentum during this reporting period. The priority areas are as follows:
  - a. *Prevention and early intervention strategy.*
  - b. *Care coordination* among and between sectors.
  - c. *“Front end” services* to include non-emergency department crisis stabilization, urgent care, and withdrawal management.
  - d. *“Back end” services*, to include long-term care, step-down beds, and board and care services. PCG will report on the development of the 40 Skilled Nursing Facility Special Treatment Program beds and transitional residential board and care facility noted previously.

### LINKAGE TO THE COUNTY OF SAN DIEGO STRATEGIC PLAN

Today's actions support the County's 2019-2024 Strategic Plan and the Building Better Health initiative to achieve our County's goal of a fully optimized health and social service delivery system to make it an industry leader in efficiency, integration and innovation. Additionally, today's item supports the Operational Excellence initiative goal that our County makes health, safety and thriving a focus of all policies and programs through internal and external collaboration.

Respectfully submitted,



HELEN N. ROBBINS-MEYER  
Chief Administrative Officer

### ATTACHMENT(S)

N/A

## CYFBHSOCC Strategic Planning Meeting

May 13, 2019

Extracts from San Diego County Board of Supervisors  
Board Conference, October 30, 2018

LINK TO FULL PRESENTATION:

[https://www.sandiegocounty.gov/content/sd/\\_gov/cyfbhsoc/board-meeting-2018-11-01.html](https://www.sandiegocounty.gov/content/sd/_gov/cyfbhsoc/board-meeting-2018-11-01.html)



## Complexity of Mental Illness: A Case Example



## Caring for People in Psychiatric Crisis in San Diego County

BOARD CONFERENCE

October 30, 2018



## Prevalence

BEHAVIORAL HEALTH ISSUES AFFECT MANY

Nearly  
9% Adults  
Report serious Psychiatric Distress in the previous year

Over  
4% Adults  
Are estimated to have Serious Mental Illness

Almost  
9% Adults  
Are estimated to have Substance Use Disorder

Over  
16% Youths  
15-24 years old  
Reported they had had a serious Psychological Distress during the past year

Over  
7% Youths  
Are estimated to have Serious Emotional Disturbance

Over  
8% Youths  
12-17 years old  
Are estimated to need help with Alcohol or Drug use

Source: Behavioral Health Services, San Diego County Department of Public Health, 2017. Data from the 2017 Behavioral Health Survey. For more information, visit [www.sandiegocounty.gov/content/sd/\\_gov/cyfbhsoc/board-meeting-2018-11-01.html](http://www.sandiegocounty.gov/content/sd/_gov/cyfbhsoc/board-meeting-2018-11-01.html).

## Board Conference Outline

- **Serious Mental Illness:**
  - Person-Centered Experience
  - Public Health and Safety Perspective
- **Cross Sector Coordination:**
  - Public Safety
  - Behavioral Health and Healthcare
  - Housing and Social Services
- **Integrated Care and Coordinated Services**
- **Closing and Recommended Next Steps**



## County Behavioral Health Services

- Provide services for Medi-Cal and uninsured residents with serious mental illness and substance use disorders
- Promote recovery and wellbeing through prevention, treatment and intervention
- Provided treatment to more than 80,000 San Diegans last fiscal year
- Utilize multiple revenues, including federal, state and local county funds.





## County Behavioral Health Services Budget

FY 14/15                      FY 18/19

**\$425M**            **\$658M**



## Presenters

- **Reuben Littlejohn**, Asst. Chief Probation Officer
- **Mike Phillips**, Jewish Family Service of San Diego
- **Dr. Maria Carriedo-Cenceros**, San Ysidro Health
- **Dr. Greg Buchert**, Core 111/ Blue Shield
- **Lauren Quinlan**, Corporation for Supportive Housing
- **Mark Sellers**, Director, Public Administrator/Public Guardian/Public Conservator
- **Greg Knoll**, Legal Aid Society of San Diego
- **Bill Walker**, Director, Behavioral Health & Recovery Services, Kern County
- **Dimitrios Alexiou**, Hospital Association Of San Diego & Imperial Counties



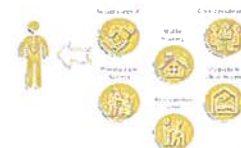
## Challenges and Opportunities

- Insufficient behavioral health workforce
- Lack of housing options
- Data sharing limitations
- Care coordination



## Summary Themes and Opportunities for Innovation

- Points of transition between levels of care and system sectors
- Promotion of long-term stability in the community
- Data and information sharing and coordination
- Innovative models



## Presenters

- **Nick Macchione**, Director, Deputy Chief Administrative Officer County of San Diego HHSA
- **Dr. Luke Bergmann**, Director, County of San Diego Behavioral Health Services
- **Alfredo Aguirre**, Director, County of San Diego Behavioral Health Services
- **Dr. Michael Krelstein**, Clinical Dir., County of San Diego Health and Human Services Agency
- **Holly Salazar**, Assistant Director, County of San Diego Behavioral Health Services
- **Kevin Faulconer**, Mayor, City of San Diego
- **Summer Stephan**, San Diego County District Attorney
- **William D. Gore**, San Diego County Sheriff
- **Randy Mitze**, San Diego County Public Defender
- **Neil Besse**, Public Defender's Office
- **Craig Carlier**, Police Chief, City of Escondido



## Immediate Actions

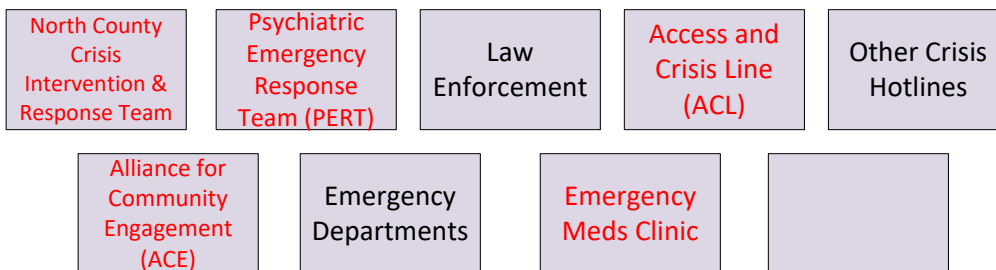
-  **Initiate cross sector redesign of behavioral health continuum**
-  **Maintain crisis stabilization in North County**
-  **Maintain inpatient psychiatric bed capacity**
-  **Increase availability of long term and step down care**



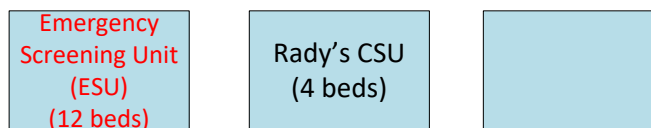
# Landscape of Behavioral Health Crisis Services for Kids

5/10/2019

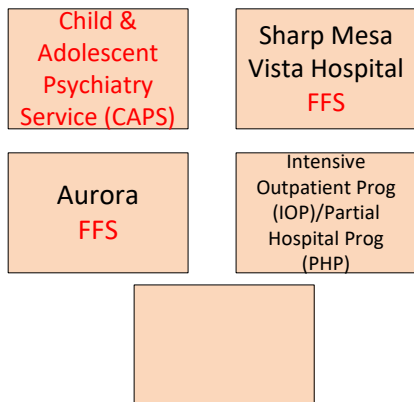
## Emergency Response /Urgent Services



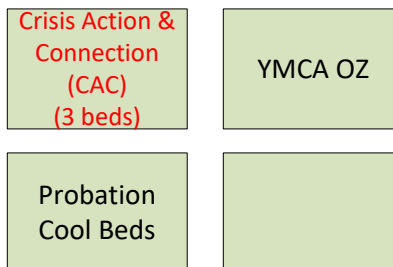
## Crisis Stabilization



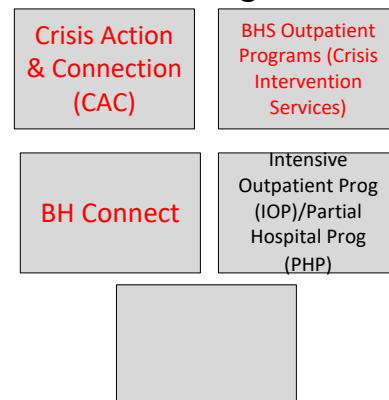
## Psychiatric Hospitals



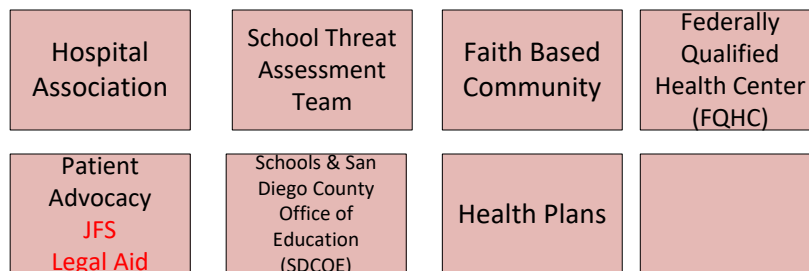
## Short-Term Respite Services



## Stepdown Services & Linkage



## Critical Leaders



Key: Red Font = County Programs

## Vista Hill SmartCare BHConnect

# SmartCare BHConnect

Vista Hill SmartCare BHConnect  
 Presenter: Deborah Skatana  
 Vista Hill Senior Program Manager, MS, LMFT

## PROGRAM ELIGIBILITY CRITERIA

- ▶ **Funding:** MediCal / uninsured and eligible for MHSA funded treatment services.
- ▶ **Diagnosis:** Behavioral health symptoms consistent with Serious Emotional Disturbance (SED) for youth or Severe Mental Illness (SMI) for adults.
- ▶ **Program Qualifying Conditions:**
  - ▶ **Emergency service access:** More than one emergency behavioral health visit in the last 90 days.
  - ▶ **Unconnected:** Client reports no current behavioral health provider or has significant access issues that would prevent connection to a traditional clinic provider.

What is BHConnect?



## Program Description

Vista Hill SmartCare BHConnect is an innovative behavioral health treatment program which aims to provide unconnected, frequent users of emergency care, the behavioral health services they need via a technology platform.

### ▶ Therapy candidate:

- ▶ The client is currently lucid and is able to identify themselves and others, is aware of their location and circumstances, is oriented to time and day, is able to plan and schedule, and is not currently homicidal or suicidal.
- ▶ The client is able to engage in verbal/talk therapy and can use that communication to engage and discuss goals, as well as the potential to make progress on identified goals.

### ▶ Tele-behavioral health candidate:

- ▶ The client has the ability to use and maintain the tele-behavioral health technology device, plug in and charge the device, keep it on and accessible for use at all times, and keep the device safe.
- ▶ Client / parent or guardian (for youth) / caregiver want to opt in and consent to BHConnect tele-behavioral health program.

## Population Served

- ▶ **High risk** clients of all ages and living throughout San Diego County are provided a technology device to access and connect with the Vista Hill team 24/7.
- ▶ All services are provided through this **technology platform** with the aim of eliminating barriers and reducing the need to seek routine help through emergency service centers.
- ▶ Referrals to the BHConnect program are made **exclusively through our partnered emergency services providers** via their transition planning teams prior to discharge.

## BHCONNECT TEAM



- ▶ Program Manager/Licensed Clinical Supervisor
- ▶ Administrative Assistant
- ▶ Field Health Navigators
- ▶ Tele-Health Navigators
- ▶ Licensed and/or Associate Therapists

### SERVICES AVAILABLE

- ▶ If the BHConnect tele-behavioral health model is deemed appropriate:
  - ▶ The Field Health Navigator issues the BHConnect device.
  - ▶ Provides an introduction and warm handoff to the BHConnect Tele-Health Navigator via the assigned device.
  - ▶ The Tele-Health Navigator coordinates client's first contact with the BHConnect Therapist to initiate mental health evaluation, ongoing treatment and ongoing case management support.

### BHConnect Staff Connection



### Client Set-Up View



### BHConnect Staff Connection Active



### BHConnect Staff Set-Up View



Thank you!

SmartCare  
**BH**Connect

Deborah Skarran, M.S., LMFT  
Senior Program Manager  
Vista Hill SmartCare BHConnect  
dskarran@vistahill.org

CYF Strategic Planning for Fiscal Year 2019-20 (May 13, 2019)  
 Caring for People in Psychiatric Crisis in San Diego County (October 30, 2018 Board Conference)  
 Advancing the Behavioral Continuum of Care Through Regional Collaboration and Innovation

Provide input considering the state of the County, needs of children as it relates to existing resources within the context of the various stakeholders and partners.

	Key Considerations / Recommendations	Data supporting recommendation
<b>Strengths</b>		
<b>Gaps</b>		
<b>Innovation</b>		

**Recommended next steps:**




# SCHOOL SAFETY

## ENVISIONING SAFER SCHOOLS



A Children, Youth, and Families System of Care Training Academy Conference

### Objectives

- Identify culturally responsive interventions, tools and resources to assist in enhancing school safety
- Discuss strategies to mitigate school risk
- Apply strategies for de-escalation and risk reduction in schools
- Describe effective practices for building supportive relationships on school campuses
- Explain the impact of secondary trauma for school staff and service providers
- Identify three action steps to meaningfully partner with youth and families, school staff, behavioral health providers, and the justice system in an effort to advance school safety

### CE's

**Continuing Education:** This course meets the qualifications for 7 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy is approved by the American Psychological Association to sponsor continuing education for psychologists and the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 15-98-398-0818, and CAADE Provider # CP10-906-CH0320 for 7 contact hours/CEHs. The Academy maintains responsibility for this program and its content. CE certificates will be available for download 3-5 business days after course completion. Click here for information on [how to obtain CE Certificates](#). Click here for the [CE Grievances Procedure](#).

### Conference Description

The safety and support of a child's school environment plays an essential role in their development and success. When students feel safe and supported at school, they are likely to have better school attendance and academic achievement, and they are less likely to engage in risky behaviors such as substance use and violence. Unfortunately, there is an undeniable, increasing prevalence of emergency situations in schools. Exposure to violence at school is associated with many negative outcomes for students, including depression, suicide, substance use, academic problems, and violent behavior. The fear of violence alone can affect students' development, concentration, and ability to learn. In this full-day conference, presentations will address threat assessment models, school teaming, and other prevention strategies. Conference participants will be provided with culturally responsive interventions, tools, and resources to more effectively assess for and enhance school safety, increase response effectiveness, and improve school/community/parent communication.

**Audience:** Therapists, support partners, case managers, educators, social workers, probation officers, caregivers, and other individuals working with children, youth, and families.

### Conference Details

**Thursday, May 30, 2019**

8:00am – 8:30am Registration & Breakfast  
8:30am – 4:30pm Conference

#### Registration Fee:

Early Bird \$70 (through 4-30-19)

General Admission \$80 (beginning 5-1-19)

Fee includes: Breakfast, Lunch, CE's, Parking

Scholarships available for Family & Youth Support Partners.

[MORE INFO](#)

#### Crowne Plaza Mission Valley

2270 Hotel Circle N., San Diego, CA 92108

**Questions?** [RIHS@sdsu.edu](mailto:RIHS@sdsu.edu)

## Register Now

Click to register on Eventbrite



**or** Go to [Eventbrite.com](https://www.eventbrite.com) and search for the School Safety Conference in San Diego.