Children, Youth and Families (CYF) Behavioral Health System of Care Council





Fiscal Year 2023-24 Mid-Year Sector, Committees, and other pertinent mid-year updates/highlights

Brief presentations were offered at the January, February, and March 2024 CYF Council meetings.

PowerPoints submitted are included in the meeting packets.

Constituency/Committee/Group	Sector	Presenter	PowerPoint
Juvenile Court	Public	Judge Ana España and Beth Brown	х
Cultural Competence Resource Team (CCRT)	All Sectors	Rosa Ana Lozada	х
CYF Council Training Academy	All Sectors	Edith Mohler	х
Homeless Solutions and Equitable Communities	Public	Katherine Gordon	х
Public Health Services	Public	Dr. Tom Coleman	х
Healthcare (Pediatrician)	Private	Dr. Pradeep Gidwani	х
San Diego Regional Center	Private	Zach Guzik and Lori Sorensen	х
Family and Youth Sector	Family	Khalif Kelly and Sten Walker	х
First 5 San Diego	Public	Stephanie Escobar	х
Alcohol Drug Service Provider Association (ADSPA)	Private	Marisa Varond and Angela Rowe	х
Public Safety Group	Public	Delona King	х
Mental Health Contractors Association (MHCA)	Private	Laura Beadles and Golby Rahimi Saylor	х
Managed Care Plans	Private	Presented by Yael Koenig on behalf of James Trout	х
Child and Family Well Being (CFWB)	Public	Laura Krzywicki	х
Education Committee	Education	Heather Nemour	х
Outcomes	All Sectors	Eileen Quinn-O'Malley and Emily Velazquez Trask	х
CYF CADRE	Private	Julie McPherson and Marisa Varond	х
Early Childhood	All Sectors	Stephanie Gioia-Beckman and Jennifer Kennedy	х
Transition Age Youth Council	All Sectors	Victor Esquivel	х
Medical Care Services	Public	Heather Summers	х
Behavioral Health Services Advisory Board (BHAB)	Public	Bill Stewart	
Behavioral Health Services	Public	Dr. Laura Vleugels	х

Children, Youth & Families Council Fiscal Year 2023-24 Mid-Year Highlights

Juvenile Court

Judge Ana España

Staff Attorney Beth Brown

January 8 & February 12, 2024





The Juvenile Court conducts proceedings involving children and youth under the age of 18 and nonminor dependents 18 to 21 years of age. The primary role of the Juvenile Court is to ensure public safety and to protect each youth under its jurisdiction. In Juvenile Justice (delinquency) cases, a youth is charged with an offense. Dependency cases involve allegations of child abuse and neglect.

In recent years, the jurisdiction of the Juvenile Court over youth in the juvenile justice system has been extended to the age of 25 years in some cases. The Juvenile Court can even retain jurisdiction over older adults for a period of two years in some circumstances. This has created a need to find services for people who are well beyond the age we have traditionally served.

Highlights/key issues relevant to CYF Council participants

We continue to work collaboratively with our justice partners, with a focus on:

- Programs and services to help youth and families
- Use of case plans that are tailored to the youth and family
- Breaking down systemic barriers that cause disruptions and delays in services

New for 2023-2024 is a Youth Justice System Review Project with the RFK National Resource Center for Juvenile Justice that includes workgroups to:

- Improve the Juvenile Court Process and make it more trauma informed
- Improve the use of assessments to guide case planning





Call to Action

Juvenile Court cases are confidential, but we work collaboratively with many local partners on policies, procedures, protocols, and system improvements. Contact us if you would like to contribute to one of our many workgroups.





For information about the San Diego Juvenile Court, visit:

https://www.sdcourt.ca.gov/sdcourt/juvenile3



Children, Youth & Families Council Fiscal Year 2023-24 Mid-Year Highlights

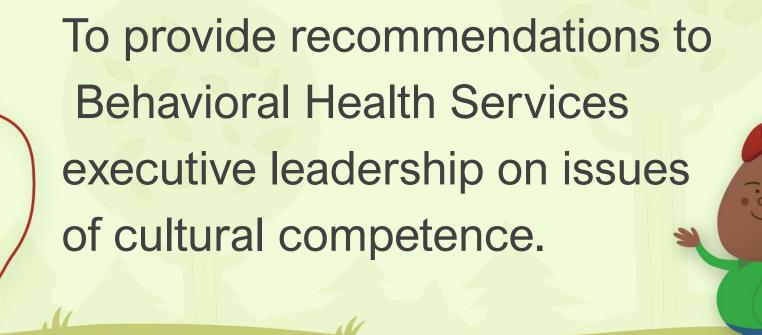
Cultural Competence Resource Team (CCRT)
Rosa Ana Lozada



January 8 and February 12, 2024



Purpose of the Cultural Competence Resource Team (CCRT)



Mid-Year Highlights



Cultural Competency Academy

Will transition into the Cultural Responsiveness Academy.

Goals for 2024:

- In-person training
- Culture specific training (Spring 2024)

<u>Cultural Competency Academy - Academy for Professional Excellence (sdsu.edu)</u>







Mid-Year Highlights (Continued)

Interdisciplinary Collaboration and Cultural Transformation Model Learning Collaborative (ICCTM LC) Training Series

Trainings focused on advancing culturally responsive practices and in support of the Culturally and Linguistic Appropriate Services (CLAS) Standards

- ICCTM Overview
- The Impact of COVID-19
- Social Determinants of Health
- National CLAS Standards
- Trauma in the Trenches
- Untangling Intangible Loss in the Treatment of Traumatic Grief
- Quality Improvement and Mental Health Plan Equity Data
- Community Engagement Models (Part 1, Part 2, and Part 3)
- ICCTM Sustainability





Culture Share

What is Culture Share?

Culture share is a time to advance and integrate cultural learning, understanding, and practices into our work. This experience can honor and celebrate family, history, traditions, experiences, and practices that may bring joy and well-being. It can also bring discomfort, curiosity and bias awareness. Ultimately, it is an opportunity for self reflection and enlightenment to enhance our capacity to provide culturally responsive services to the children, youth, and families in our communities.

Structure

- 1. Present a 3 minute Culture Share.
- 2. Introduce a personal or work related experience from a cultural lens.
 - This can be verbal and/or you can share a story, an object, song, or anything else
- 3. Describe how this experience influences your work
- 4. Open for any group reflection



CYF Council Culture Share Highlights

- July 10, 2023 Stephanie Gioia-Beckman
- August 14, 2023 Bill Stewart
- September 12, 2023 Divya Kakaiya
- November 13, 2023 Darwin Espejo





Cultural Competence Resources





Cultural Competency Plan FY 22-23 Final 6.30.23 PDF.pdf (sandiegocounty.gov)

Cultural Competence Resources

National Standards for Culturally and Linguistically Appropriate Services (CLAS) in Health and Health Care

The National CLAS Standards are intended to advance health equity, improve quality, and help eliminate health care disparities by establishing a blueprint for health and health care organizations to:

Principal Standard:

 Provide effective, equitable, understandable, and respectful quality care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, health literacy, and other communication needs.

Communication and Language Assistance:

- Offer language assistance to individuals who have limited English proficiency and/or other communication needs, at no cost to them, to facilitate timely access to all health care and services.
- Inform all individuals of the availability of language assistance services clearly and in their preferred language, verbally and in writing.
- Ensure the competence of individuals providing language assistance, recognizing that the use of untrained individuals and/or minors as interpreters should be avoided.
- Provide easy-to-understand print and multimedia materials and signage in the languages commonly used by the populations in the service area.

Governance, Leadership, and Workforce:

- Advance and sustain organizational governance and leadership that promotes CLAS and health equity through policy, practices, and allocated resources.
- Recruit, promote, and support a culturally and linguistically diverse governance, leadership, and workforce that are responsive to the population in the service area.
- Educate and train governance, leadership, and workforce in culturally and linguistically appropriate policies and practices on an ongoing basis.

Engagement, Continuous Improvement, and Accountability:

- Establish culturally and linguistically appropriate goals, policies, and management accountability, and infuse them throughout the organization's planning and operations.
- Conduct ongoing assessments of the organization's CLAS-related activities and integrate CLAS-related measures into measurement and continuous quality improvement activities.
- Collect and maintain accurate and reliable demographic data to monitor and evaluate the impact of CLAS on health
 equity and outcomes and to inform service delivery.
- 12. Conduct regular assessments of community health assets and needs and use the results to plan and implement services that respond to the cultural and linguistic diversity of populations in the service area.
- Partner with the community to design, implement, and evaluate policies, practices, and services to ensure cultural and linguistic appropriateness.
- 14. Create conflict and grievance resolution processes that are culturally and linguistically appropriate to identify, prevent, and resolve conflicts or complaints.
- Communicate the organization's progress in implementing and sustaining CLAS to all stakeholders, constituents, and the general public.

National Standards for Culturally and Linguistically Appropriate Services (CLAS) in Health and Health Care (sandiegocounty.gov)





The CCRT meets monthly

When: First Friday of the month

Time: 10 to 11: 30 a.m. via Zoom

For more information, contact Dawn Hull at:

Dawn.Hull@sdcounty.ca.gov





Children, Youth & Families (CYF) Council Fiscal Year 2023-24 Mid-Year Highlights

Training Academy

January 8 and February 12, 2024





Purpose

The Children, Youth and Families (CYF) Council Training Academy Committee is a collaboration of partners in the four sectors of the CYF System of Care, provides recommendations on relevant trainings and training needs to the Behavioral Health Services leadership.

Mid-Year Highlights

Each year, the Children, Youth and Families (CYF) Council Training Academy Committee presents the Advancing Principles Award to an individual and program.

Award recipients exceptionally demonstrate the following CYF System of Care Principles:

Collaboration of Four Sectors
Integrated
Child, Youth and Family Driven
Individualized
Strength-Based

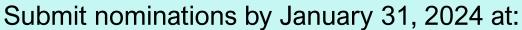
Community-Based

Outcome Driven

Culturally Competent

Trauma Informed

Persistence



Children, Youth and Families System of Care 2023 Advancing Principles Recognition Form (smartsheet.com)





Mid-Year Highlights – (Continued)

- Submitted training recommendations
- Shared local training opportunities via the CYF Council
- Some Committee members will collaborate in the planning of the 2024 Youth Mental Health Well-Being Celebration and Family Sector activities

Call to action. What can Council participants do to help advance the mission of the group and System of Care overall?







Join the CYF Council Training Academy Committee

Next Meeting:

February 7, 2024

Time: 9 to 10 a.m. via Zoom

For more information, contact Edith Mohler at:

Edith.Mohler@sdcounty.ca.gov



Proposed Future Meetings

Month	Date and time	Topic
May 2024	Pending	Goals and Accomplishments
August 2024	Pending	Training Recommendations
November 2024	Pending	Principles Awards
February 2025	Pending	Principles Awards/Training Updates





DEPARTMENT OF HOMELESS SOLUTIONS AND EQUITABLE COMMUNITIES

Katie Gordon

Community Health & Engagement Team Manager
Office of Equitable Communities

Department of Homeless Solutions & Equitable Communities

County of San Diego Health and Human Services Agency (HHSA)









Department of Homeless Solutions and Equitable Communities

Barbara Jiménez, Community Operations Officer



Office of Homeless Solutions Dijana Beck Director



Office of
Equitable
Communities
Jennifer
Bransford-Koons
Director



Office of Immigrant and Refugee Affairs Lucero Chavez Basilio Director

Department Focus: To achieve better coordination of existing and new County homeless and equitable community efforts and serve as a central point of collaboration for outside partners to ensure equity among all San Diegans and reduce homelessness in the region.

OFFICE OF HOMELESS SOLUTIONS (OHS)





Focus

Homeless Assistance Services and Prevention Programs

Specilaized Funding for Imminent Needs Housing Disability Advocacy Program

Innovative Housing, Affirming Services and Resources for People Identyfying as LGBTQ+

Magnolia Safe Parking

Coordinated Eviction Prevention System

Direct outreach & system coordination

Systems & Integration Branch

Services & Outreach Branch

Highlighted Projects

Housing Our Youth (HOY)

Regional Homeless Services





OFFICE OF EQUITABLE COMMUNITIES (OEqC)





Programs and Projects

Regional Community Coordination Community Health Engagement Team (CHET)

Community Action Partnership Community Health Worker (CHW) Liaisons and CHWs

Community engagement at the core:

Outreach is culturally responsiveness , traumainformed and inclusive

Highlighted Projects

Grandparents Raising Grandchildren

Community Health Workers-Behavoral Health Services focus



OFFICE OF IMMIGRANT AND REFUGEE AFFAIRS (OIRA)





Focus

Regional expert and leader in immigrant and refugee affairs

Provider of information, referrals, and resources

Programs:

Refugee Support Services

Landlord Education Program

Emotional Wellness and Self Care Education Program

Highlighted Projects

South Region and North Region Welcome Centers



LIVE WELL SAN DIEGO REGIONAL COMMUNITY LEADERSHIP TEAMS





WE ENCOURAGE YOUR PROGRAMS TO JOIN US!



South

- 2nd Monday at 2PM
- Focus Areas: Mental Health
- Food Insecurity
- Homelessness



Central

- 4th Monday at 1:30 PM
- Focus areas:
- Health & Well-Being
- Housing for All
- Education & Economic Vitality



North Central

- 2nd Wednesday at 11AM
- Focus areas: Youth and Families
- Food Security and & Homelessness Reduction
- Behavioral Health



East

- 3rd Thursday at 10:30 AM
- Focus areas:
- Behavioral Health /Prevention and Early Intervention
- East Region Thriving Communities
- Children and Families



North Region

- 1st Wednesday at 10 AM (dark quarterly)
- Focus Areas:
- Mental Health
- Substance Abuse
- Homelessness



THANK YOU!

Katie Gordon

Office of Equitable Communities

Department of Homeless Solutions & Equitable Communities

Katherine.gordon@sdcounty.ca.gov



Children, Youth & Families Council Fiscal Year 2023-24 Mid-Year Highlight

Public Health

Dr. Tom Coleman

(Rhonda Freeman is also our representative.)

January 8th & February 12th 2024





County of San Diego Department of Public Health Services

VISION: Healthy People in Healthy Communities.

MISSION: To promote health and improve quality of life by:

- Preventing disease, injury, and disability; and
- Protecting against, and responding to, health threats and disasters.

VALUES: Diversity, Respect, Collaboration, Responsiveness, Transparency



We tend to focus on activities related to Maternal, Child, and Family Health Services, our Branch within the Department of Public Health Services.

Provide a highlight or key issue from the sector that is relevant to CYF Council participants.

- Plan for the sunset of the Child Health and Disability Prevention (CHDP) Program, effective July 1, 2024 → there will still be a standalone Health Care Program for Children in Foster Care.
- Also working on the transition of the Comprehensive Perinatal Services Program (CPSP) to Medi-Cal Managed Care.
- Determining other challenges and opportunities as Medi-Cal Transformation/SDAIM progresses (e.g., focusing on overarching areas within DHCS's Comprehensive Quality Strategy—children's preventive care, maternity care and birth equity, and behavioral health integration).
- Expand Black Infant Health and California Home Visiting Program programmatic areas, as well as other "birth equity" initiatives (e.g., continuation of the Perinatal Equity Initiative, with particular focus areas on fatherhood and implicit bias training).
- Continue our Local Oral Health Program efforts to ensure that children are given every opportunity to grow and learn optimally.





Provide a highlight or key issue from the sector that is relevant to CYF Council participants.

- Complete a needs assessment done every 5 years for our core Maternal, Child, and Adolescent Health (MCAH) activities funded by Title V from HRSA → 5 Domains: Women/Maternal Health; Perinatal/Infant Health; Child Health; Children and Youth with Special Health Care Needs (CYSHCNs); and Adolescent.
 - In conjunction with this assessment, implement a specific comprehensive assessment of the current system for children and youth with special health care needs, with priority needs identified to make systems of care easier to navigate for CYSHCNs and their families, and increase engagement and build resilience among CYSHCNs and their families.
- Partner with CDPH on a new initiative focused on primary prevention and life course approaches to improve maternal, child, and adolescent mental health.
- Continue implementation of the Tobacco Retail License program in the unincorporated area to prevent youth from purchasing tobacco products → just received our 3rd CA Department of Justice grant to help with enforcement.





- The Public Health Services website is located at <u>Public Health Services (sandiegocounty.gov)</u>.
- And the Maternal, Child, and Family Health Services website is located at <u>Maternal</u>, <u>Child and Family Health Services</u> (<u>sandiegocounty.gov</u>).
- And, of course, please reach out to me, thomas.coleman@sdcounty.ca.gov, or Rhonda, rhonda.freeman@sdcounty.ca.gov, for any questions about our Branch or the Department of Public Health Services as well.



Children, Youth & Families Council Fiscal Year 2023-24 Mid Year Highlights

Healthcare (Pediatrics)

Pradeep Gidwani, MD, MPH, FAAP

American Academy of Pediatrics, California Chapter 3 (AAP-CA3)

January 8th 2024







They are trusted and care deeply about their families.



Provide a highlight or key issue from the sector that is relevant to CYF Council participants.

- AAP-CA3 has a Developmental and Behavioral Pediatrics committee that meets quarterly.
- AAP-CA3 has received funding to create framework to help our community move forward, together to address the behavioral health needs of children and families. The Strategic Behavioral Health Initiative (SBHI) is funded by 3 local philanthropies.
- AAP-CA3 is working with SDCOE to improve communication between pediatricians and schools when a child has been seen for suicidal ideation.
- AAP-CA3 is working with partners to help address the behavioral workforce shortage.





We want your input on the framework for addressing our children and families' behavioral health needs.



We are developing workgroups on critical areas like workforce, clinical care, complex care, promotion and prevention.

We are working with existing groups like the CYF – Early Childhood Sub-Committee

If you are interested in our workgroups or want to give input, please contact Kristin Garrett Montgomery kgarrett@aapca3.org

Children, Youth & Families Council Fiscal Year 2023-24 Mid Year Highlights

San Diego Regional Center

Zachary Guzik

Assistant Director of Client Services, Children/Adolescents

Zachary.Guzik@sdrc.org

Lori Sorenson

Program Manager, Children's Unit - North Inland

Lori.Sorenson@sdrc.org









San Diego Regional Center

- Serves San Diego and Imperial Counties
- Second largest Regional Center in the state
- Currently providing services to over 41,000 individuals





21 Regional Centers Statewide

- Private not-for-profit agencies serving as statecontracted agencies providing case management services to persons with developmental disabilities in their catchment area.
- The Lanterman
 Developmental Disabilities
 Services Act drives the
 services in California.





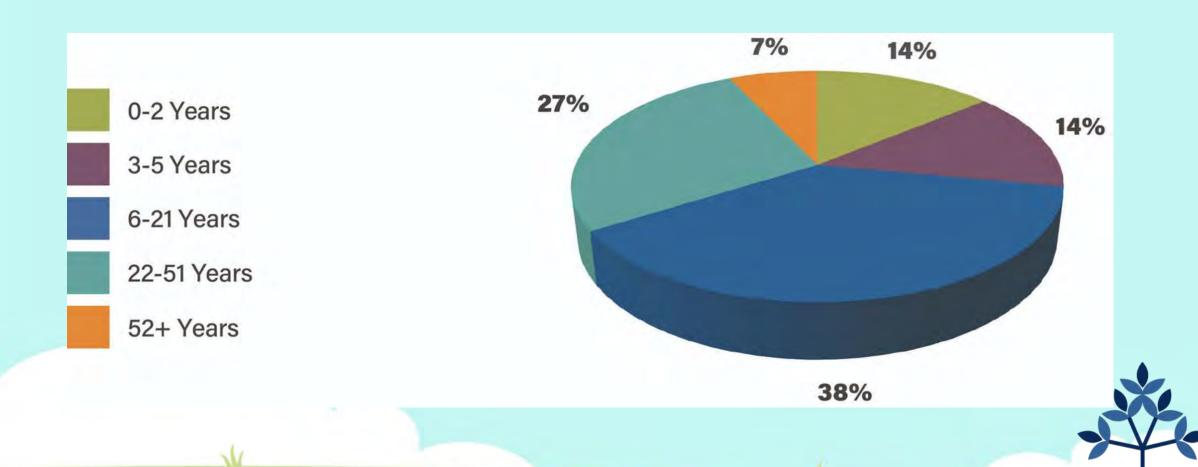
Total Clients



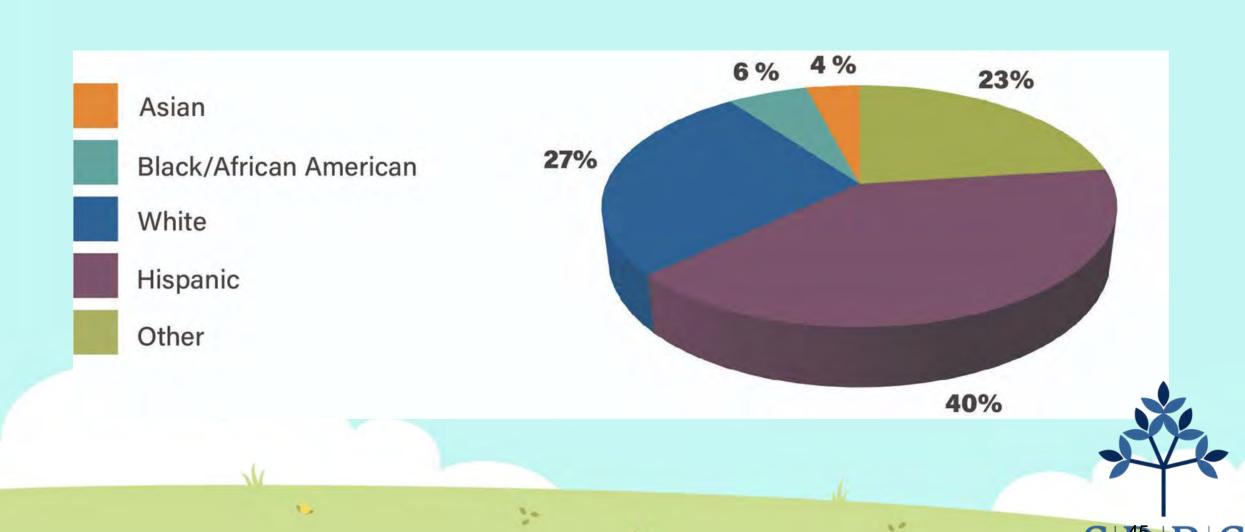




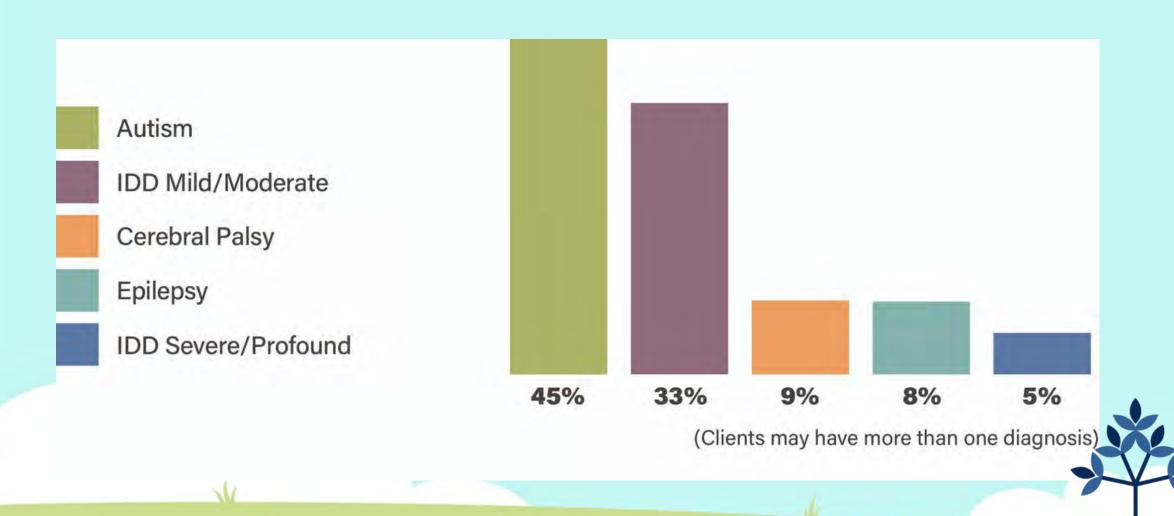
Age of Clients



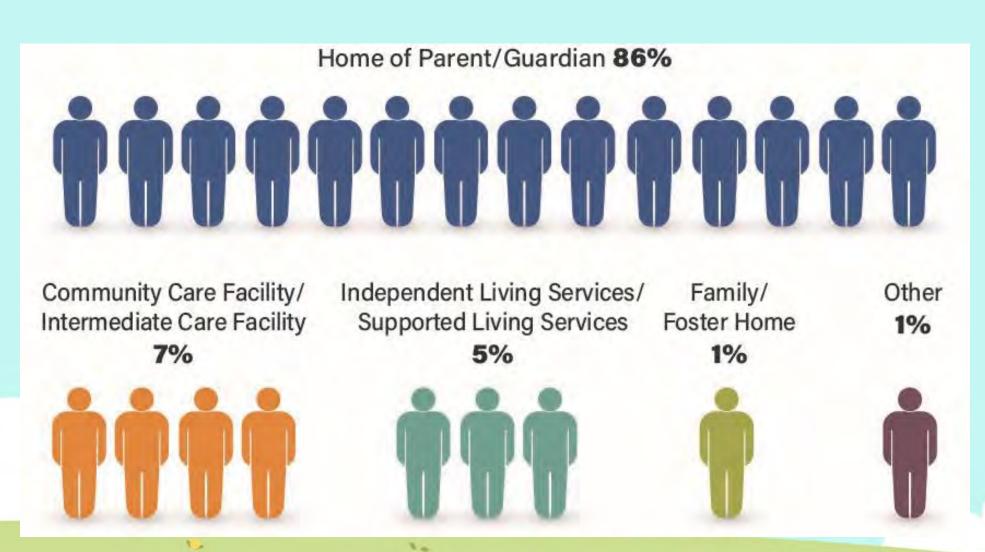
Ethnicity of Clients



Diagnosis of Clients



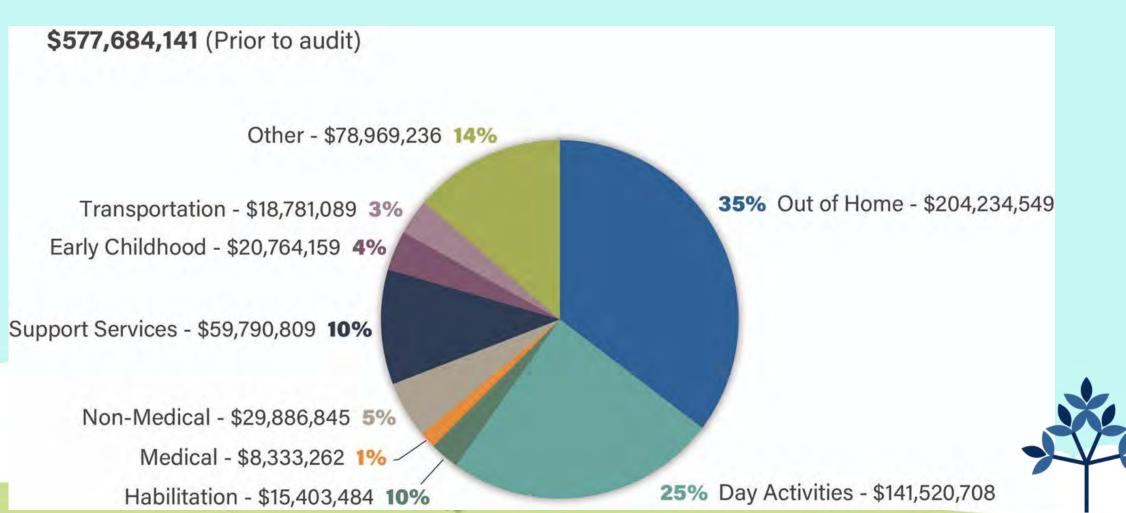
Where Clients Live





Purchase of Services Expenditures

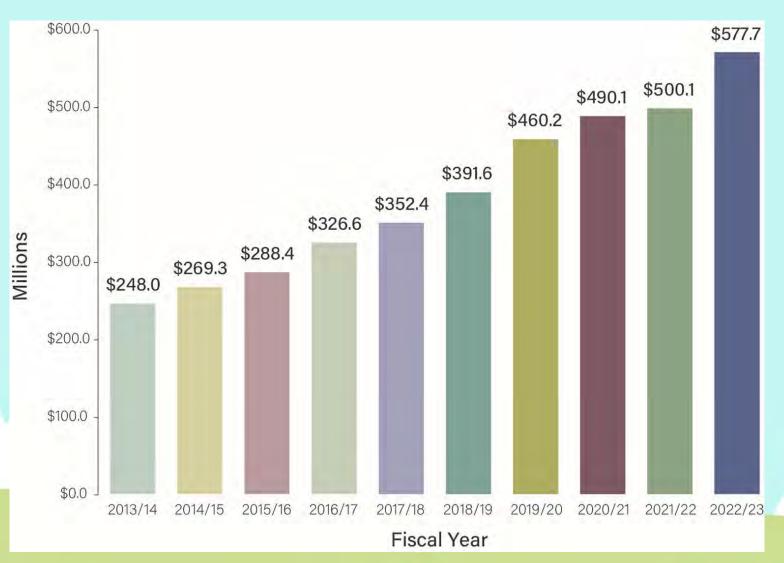
2022-2023





SDRC Growth

2022-2023





Initiatives we've focused on in partnership with DDS include:

- The American Rescue Plan Act (ARPA) Part C Project is a pilot project to increase Early Start enrollment for children from communities with low participation rates.
- The Language Access & Cultural Competency (LACC) initiative will facilitate consistent access to information and services for multi-lingual, monolingual, and diverse cultural groups.
- Early Start outreach for Tribal Communities is an initiative where we are taking the lead to raise awareness and knowledge of Early Start services.
- Expansion of Social Recreation programs for our clients, specifically focused on underserved/underrepresented populations across SD and Imperial Counties
- Continued efforts to improve coordination of care and collaboration with cross-systems partners as part of San Diego County's AB 2083 workgroup.



How to Get Involved

...

www.sdrc.org

Supporting our service providers, advocating for people with developmental disabilities, attending board meetings, and joining one of our committees.

Our Mission

To serve and empower persons with developmental disabilities and their families to achieve their goals with community partners.



San Diego Regional Center Intake Department (858) 576-2938

California Early Start Services (858) 496-4318

Imperial Valley (760) 355-8383

Visit our website at www.sdrc.org















Children, Youth & Families Council Fiscal Year 2023-24 Mid-Year Highlights

Family Sector

Khalif Kelly, Sten Walker

January 8th & February 12th 2024





Purpose

To ensure family and youth voice and values are incorporated into service development and implementation plans of Behavioral Health Services

Family Sector highlights/key issues

- Parents report their children are hesitant to join groups or seek help due to stigma.
- Naloxone trainings are in high demand from high school staff as well as high school students
- Parents have reported difficulty finding resources specifically for parents or resources specifically for those who are under 18
- Parents report a desire for more promotional events about mental health resources for youth





Call to action:

Continue stigma busting! It is still important. Help schools put together naloxone trainings, organize resource fairs, help promote and point parents to resource data bases.



Get involved!

- Join the Youth Mental Health Well-Being Celebration committee (virtual, third Thursday 1 to 2 p.m.)
- Join the upcoming Family Youth Partner committee (virtual, third Thursday 2:30pm to 3:30 p.m.)
- Download the <u>oscERjr</u>app
- Contact Khalif about Naloxone trainings as well as leadership trainings

Contacts:

khalifkelly@namisd.org stenwalker@namisd.org

Children, Youth & Families Council Fiscal Year 2023-24 Mid Year Highlights

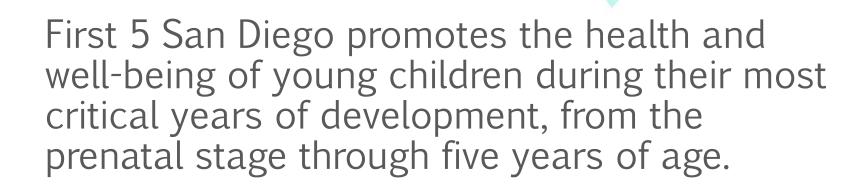


Stephanie Escobar

January 8th & February 12th 2024







Vision: all children ages 0-5 are healthy, loved, nurtured and enter school as active learners.

First 5 San Diego Funded Programs



mild to moderate delays



complex needs

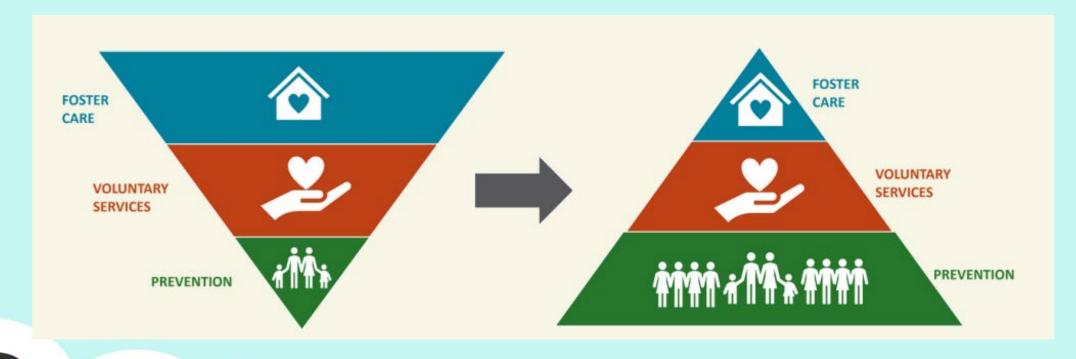


- home visitation services for high-risk populations
 - o pregnant and parenting teens
 - o military
 - o refugee/immigrant
 - o low-income families
 - Cal WORKs recipients

Mi Escuelita Therapeutic Preschool

• 3-5 years old traumatized by family violence

- In July 2023, First 5 San Diego joined the County's new **Child and Family Well Being (CFWB)** department to support family strengthening and prevention services in a more holistic and integrated approach.
- The goal of CFWB is to focus on equity, prevention, and supporting families before foster care becomes a necessary intervention.





Call to action

What can council participants do to help advance the mission of the group?



- First 5 funding, from CA Prop. 10 tobacco tax, is declining!
- Costs to serve children and families continue to increase
- Need strong collaboration with other funding partners
- Advocacy for long term sustainable funding



How can CYF council participants get involved?

- Attend First 5 San Diego Commission Meetings
- Location: County Administration Center (CAC) Room 302/303
- Time: 2PM 4PM
- Dates: listed on F5 website
- Call: 858-285-7710 to confirm meeting details

To learn more:

- Visit: <u>first5sandiego.org</u>
- Call: 1-888-5 FIRST 5
- Follow:







Children, Youth & Families Council Fiscal Year 2023-24 Mid Year Highlights

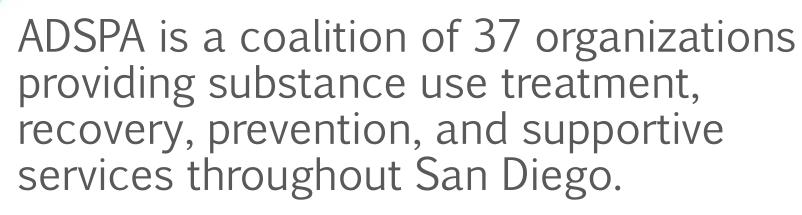
Alcohol and Drug Services Provider Association (ADSPA)

Angela Rowe & Marisa Varond

January 8 & February 12 2024









Focal Points for FY24: CalAIM Fiscal Reform

CalAIM Fiscal Reform

- Began July 1, 2023 with phased implementation in SD County through July 2024
- Shifts from cost-based reimbursement to fee-for-service-based reimbursement
- Opportunity to make/lose money depending on ability to maximize revenues

Behavioral Health Workforce

- San Diego needs 18,500 BH workers by 2027 to meet our community's needs
- Advocacy to address top barriers: compensation, stress on the job, and documentation

Access to Care

- Accurate data and timely access to needed services
- Expansion of MAT and ambulatory withdrawal management (i.e. outpatient detox)





Questions? Comments? Needs?
Insights? We want to hear from you about substance use issues

admin@adspa.org!



ADSPA Meeting Schedule for FY2023-24

ADSPA General Membership Meeting	3 rd Thursday 10:00am – 11:30am
ADSPA Ad Hoc Check-in	1 st Thursday 10:00am - 11:00am
Residential Subcommittee	2 nd Tuesday 11:30am – 12:30pm
Outpatient Subcommittee	2 nd Friday 2:00pm – 3:00pm
ADSPA QI Subcommittee	3 rd Wednesday 9:30am – 11:00am

For more information on membership, please contact admin@adspa.org!



Children, Youth & Families Council

January 8, 2024 & February 12, 2024, CYF Council Meeting Constituencies Updates

Public Safety Group/ Probation
Delona King

Areas of Focus

Highlights from constituency which is not meant to be all inclusive

- Ending Girls Incarceration
- System Improvement Plan Development
- Juvenile Behavioral Health Court/ Resilience is Strength and Empowerment (RISE)
- AB2083
- Youth Development Academy (YDA)
- Robert F. Kennedy (RFK) Collaboration

Softening of Youth Development Academy







Looking Ahead in 2024

Highlights as it relates to

CYF Council

Not All Inclusive of this

Group's Work

Continue Areas of Focus:

- Ending Girls Incarceration-
- System Improvement Plan Development
- Juvenile Behavioral Health Court/ Resilience is Strength and Empowerment (RISE)
- AB2083
- Youth Development Academy (YDA)
- Robert F. Kennedy (RFK) Collaboration



- Public Safety Group:
- Animal Services
- Medical Examiner
- Department of Child Support Services
- Probation
- District Attorney
- Public Defender
- Emergency Medical Services (EMS)
- San Diego County Fire
- Office of Emergency Services Sheriff

- Public Meetings
- San Diego Regional Human Trafficking Commercial Sexual Exploitation of Children Advisory Council
- Enhancing Human Trafficking Prevention and Service Coordination Project
- Juvenile Justice Coordinating Council
- Alternatives to Incarceration Project
- Proposition 47 Grant Program Local Advisory Committee
- Gun Violence Reduction Project

Ways to get involved with Constituency

- Public Safety Group (sandiegocounty.gov)
- Links to Public Meetings

Children, Youth & Families Council Fiscal Year 2023-24 Mid Year Highlights

Mental Health Contractors Association (MHCA)

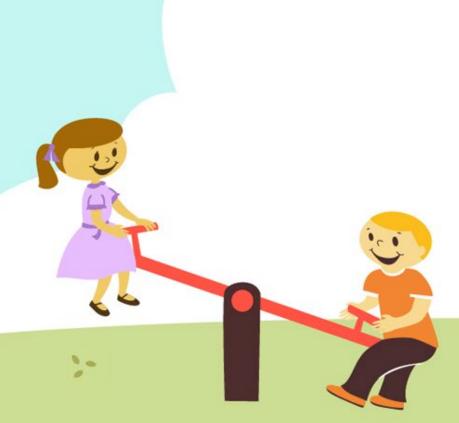
Laura Beadles & Golby Rahimi Saylor



January 8th & February 12th 2024







MHCA is a 501(c)(6) corporation formed in 1981, representing the interest of San Diego County contractors for 42 years.

MHCA's mission is to provide a collective voice for member agencies in matters relating to the effective delivery of quality mental health services on behalf of those we serve in San Diego County.

Our members include nearly 30 agencies contracted with SD County BHS to provide mental health services.

MHCA is an affiliate member for the California Council of Community Behavioral Health Agencies (CCBHA) and works closely with behavioral health associations state-wide.

Key areas of focus:

- CalAIM payment and documentation reform implementation
 - Impact on contractors and best practices to ensure viability for contracts for continuity of care for clients
 - Advocacy around rate development per service line, applicable modifiers
 - Revision of contract requirements, contract amounts
 - Timeline for contract amendments, negotiations, implementation
- Operational contracting improvements for improved program design and service delivery
 - Implementation of NPs in CYF programs
- Fiscal contract improvements for improved service delivery, fiscal management, and maximizing budgets, including co-chairing BHS Financial Workgroup
- Data quality and reliability
- Workforce training and development





Council members who are part of MHCA member agencies are encouraged to join general membership meetings for information and updates impacting agencies contracted with BHS, and to reach out to MHCA for support and advocacy.





MHCA General meetings are held in person the fourth Thursday of every other month month (July-May), 12:30PM to 2:30 PM

General Meetings are open to representatives from MHCA member agencies. Please contact Ruth Castro at MHCASanDiego@gmail.com for more information.



https://mhcasandiego.org/

Children, Youth & Families Council

February 12, 2024 CYF Council Meeting Constituencies Updates

Managed Care Plans – Healthy San Diego
James Trout

Areas of Focus

July to December 2023

Highlights from constituency which is not meant to be all inclusive

- Children and Youth population of focus go live 7/1/2023
 - Specific IPP focus on serving this population in round 2 of IPP funding.
- California Department of Health Care Services (DHCS) for Medi-Cal Managed Care Plans procurement:
 - New Contract Implementation started 1/1/24
 - HealthNet and Aetna have officially exited
 - Remaining Health Plans are:
 - Blue Shield Promise
 - Community Health Group
 - Kaiser
 - Molina
- Continuity of Care of transitioning members from exiting plans is proceeding according to plan.

Looking Ahead to 2024

- New CalAim ECM Justice involved population of focus goes live on January 1, 2024:
 - Adults and Youth transitioning from incarceration.
 - Post release went live as of 1/1/24
 - 90 day pre-release go live slated for no earlier than 10/2024.
 - Justice involved workgroups underway in all counties with the county/correctional/MCP organizations.
 - Definition Children and youth transitioning from a youth correctional facility or transitioned from being in a youth correctional facility within the past 12 months.
 - Different criteria for Youth vs Adults.
- New CalAim population of focus went live for birth equity.
- CalAim rebranding to Medi-Cal Transformation
- Birth Equity Population of Focus Go live 1/1/24

2024 marks the year of transformation for the health plans. We've gone from seven health plans down to four in San Diego. The remaining plans will truly miss these important members of our team moving forward, and thank them for their partnership, comradery, and all of the important work they contributed in this CalAim Journey!



Fun Fact About Managed Care Plans

Ways to get involved with Constituency

- San Diego Collaborative Planning and Implementation Group PATH | TPA (ca-path.com)
 - San Diego's PATH Collaborative Planning and Implementation (CPI) Initiative consists of a diverse set of stakeholders from across the system of care
 - The CPI Collaborative works to identify and address specific implementation issues related to the implementation of Enhanced Care Management (ECM) and Community Supports (CS) as a part of CalAIM
 - Initial areas of focus of the San Diego Collaborative may be homelessness, severe mental health / substance use disorder, justice involved, (SMI/SUD) and other chronic conditions / comorbidities
 - Second In person meeting of the collaborative is scheduled for April 2024!

Children, Youth & Families Council Fiscal Year 2023-24 Mid -Year Highlights

Child and Family Well-Being (CFWB)

Laura Krzywicki, Deputy Director

February 12, 2024





Area of Focus

Annual Statistics: Fiscal Year 2022-2023

- As of July 1, 2023, there were 2,563children and youth in open CFWB cases
- 12.1% fewer children in care from previous fiscal year

Child and Family Well Being Department

- Office of Child and Family Strengthening
- Office of Child Safety
- Administration



Highlights & Key Issues

Department of Child and Family Well-Being

Office of Child and Family Strengthening

Faith In Motion

- Collaboration with faith-based organizations focusing on recruitment and support of relative caregivers and foster/adoptive parents
- FIM hosted self-care trainings for various CFWB regions
- 5 holiday events hosted for resource families throughout the County of San Diego in 2023
- Increase engagement of African American churches by conducting monthly meetings with identified organizations

Community Response Guide

- Help communities develop accurate and equitable reporting practices to the Child Abuse Hotline
- Reporters have clear support for their decisions
- Prevention providers understand their responsibility for supporting children and families





Highlights & Key Issues

The Mandated Reporter Application

- Online Reporting system went live starting June 27th, 2023 in a pilot phase.
- The following community agencies are part of the pilot phase: Escondido Union School District, Escondido High School District, South Bay Community Services, San Diego Canter for Children, San Diego Regional Center, San Diego Unified School District.
- More community agencies will be onboarded with the goal of opening it to all mandated reporters by the end of 2024.

Fostering Academic Success in Education (FASE) FY 22-23

- 2 School Districts (Sweetwater Union High School and Escondido Union High School)
- 17 participating schools (12 schools were added)
- 50 Participants (48 participants in middle and high schools, 2 community college students)
- 86% of participants experienced no placement change, which helped with stabilization of placement and education success.





Ways to get involved with Constituency



Child Welfare Services or call the KidsLine at 877-792-KIDS (5437)

Child and Family Well-Being (CFWB)

CFWB One Pager (English, Spanish)

Request a presentation



Children, Youth & Families Council

Education Ad-Hoc Committee

Mid year Highlights

2023-24

Heather Nemour

February 12, 2024



CYF Education Representation

SPC K-12 Education Subcommittee

HT Education Subcommittee

CYF Education Subcommittee

Mental Health in Schools Collaborative

COPES Initiative

Brief Overview of Education Subcommittee

The purpose of the Education Committee is to build and/or enhance relationships between mental health providers and education resulting in resource development, needs identification, relationship building, and partnerships with stakeholders in efforts that promote youth mental health, positive school climates, and trauma informed delivery of school-based services/activities.

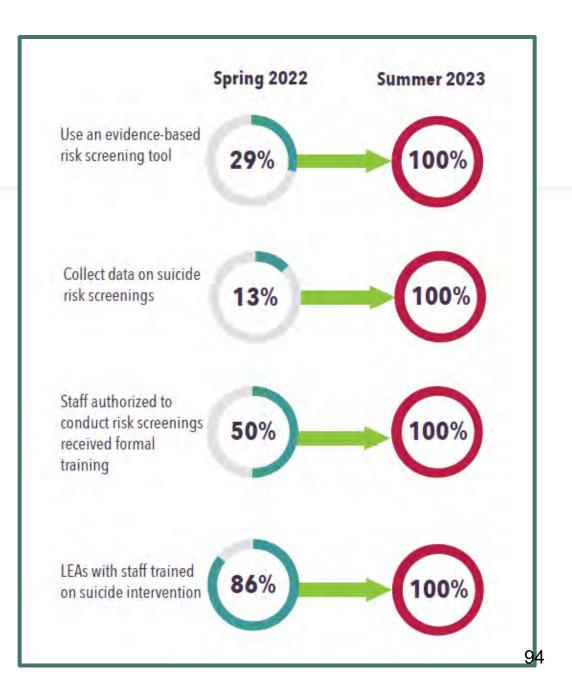
Update on the COPES Initiative

Mental Health Student Services Act (MHSSA)

• The San Diego County Behavioral Health Department and San Diego County Office of Education were awarded a four-year \$7 million grant from January 2022 to December 2026

• SDCOE is the lead and has partnered with 31 LEAs to build their capacity to become suicide prevention subject matter experts and mental health champions

Expanding Suicide Intervention Policies & Practices



Calming Corners in 430 Schools

Of a sampling of schools surveyed...

agreed calming corners support student use of coping and self-regulation strategies

reported decreased student levels of distress

82% said calming corners promote students overall well-being



Through capacity building efforts COPES LEAs provided:

mental health and suicide prevention trainings and events in their school communities that engaged over...

60,000 students

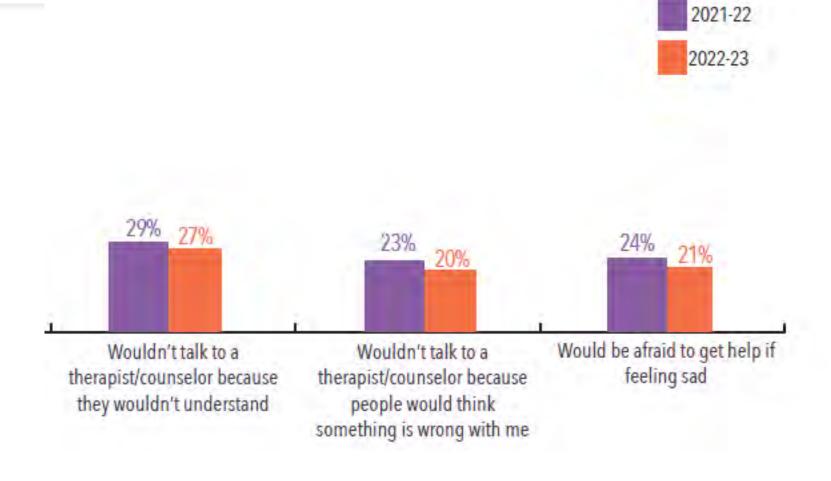


8.500 staf

3,000

parents/caregivers

Stigma Reduction in Secondary Schools





Policy to Practice: Suicide Intervention Toolkit

The aim of this toolkit is to share protocols, templates and resources that align with best practices in suicide intervention.

CREATED BY THE SDCOE STUDENT WELLNESS AND SCHOOL CULTURE DEPARTMENT



Moving the Needle on Suicide Intervention in Schools

- Recipient of the 2023 CSBA Golden Bell Award for innovation and excellence in school safety and climate
- Toolkit was implemented in 31 COPES LEAs and is being used across the state
- Partnerships with AAP resulted in the creation of a student re-entry roadmap after hospitalization or crisis care

Now Open to School Partners!



Mental Health in Schools Collaborative

The Student Wellness and School Culture

Department facilitates this gathering to support the mental health and well-being of school communities as they relate to the general education population.

Benefits of attending the bi-monthly meetings:

- Receive current resources in response to school mental health trends
- Learn mental health and suicide prevention legislative updates and implementation tips
- Hear timely and relevant presentations that reflect current school needs
- Participate in peer sharing and learning to identify best practices and resources

2023-24 VIRTUAL MEETING DATES 9-10 AM

- Register for Sep. 15
- Register for Nov. 17
- Register for Jan. 12
- Register for Mar. 1
- Register for May 31

Materials will be emailed to attendees after each meeting.

Question? Email swsc@sdcoe.net













Creating Opportunities in Preventing and Eliminating Suicide (COPES)

Year Two Highlights
July 2022 - June 2023

COPES is a capacity-building initiative led by the San Diego County Office of Education (SDCOE) in partnership with County of San Diego Behavioral Health Services and 31 local education agencies (LEAs), funded by the State of California Mental Health Student Services Act (2021-2025).

Participating LEAs Represent



Districts

- Bonsall
- Chula Vista Elementary
- Fallbrook
- SDCOE Juvenile Court and Community Schools
- Lakeside
- La Mesa-Spring Valley
- Lemon Grove

- Mountain Empire
- National City
- Poway
- San Marcos
- San Diego Unified
- Santee
- Spencer Valley
- Sweetwater

Charters

- Altus Schools (Audeo)
- City Heights Preparatory
- Compass
- Empower
- Feaster
- Helix
- High Tech High
- Learning Choice Academy
- Mueller-Bayfront

- San Diego Global Vision Academy
- San Diego Virtual School
- Scholarship Prep Oceanside
- School for Entrepreneurship and Technology
- SIA Tech
 - Urban Discovery

Training and Technical Assistance

SDCOE provided 30 trainings

Over

Over parents/caregivers

received training on youth mental health challenges and support strategies



Through capacity building efforts COPES LEAs provided:

mental health and suicide prevention trainings and events in their school communities that engaged over...

60,000

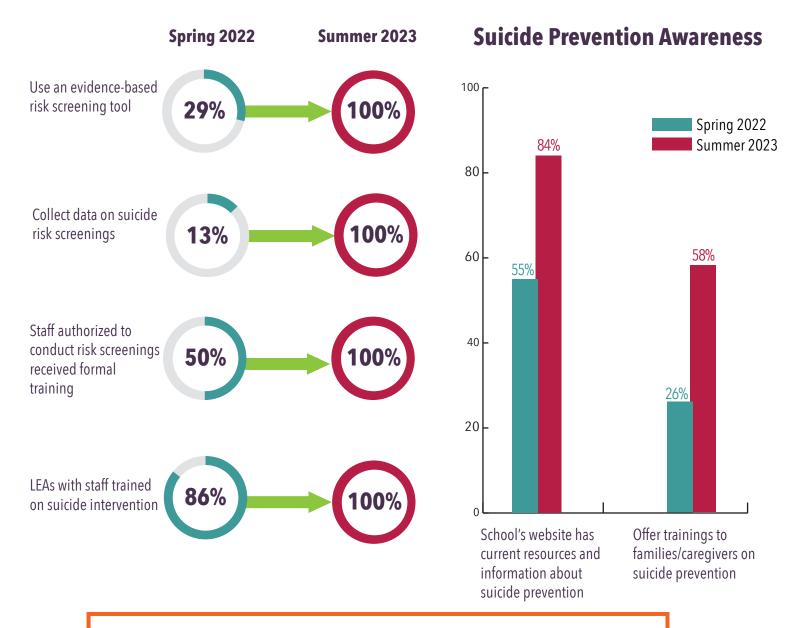


8,500 staff

parents/caregivers

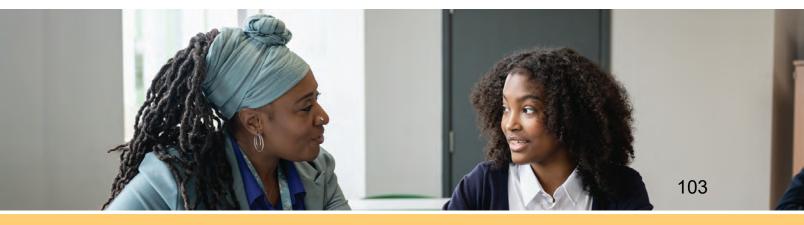
Suicide Prevention and Intervention

COPES LEAs have expanded suicide prevention policies and practices.



From July 2022 to June 2023, 31 COPES LEAs conducted

3,387 suicide ri screening



Improving Mental Wellness

COPES LEAs conduct an annual needs assessment to evaluate their strengths and challenges in promoting mental wellness.

Enhancing Staff Wellness

Staff are given the opportunity learn about personal wellness & how to respond to stress in a healthy way.

Staff know how to access mental health services for themselves.

Practices are in place to support staff wellness.

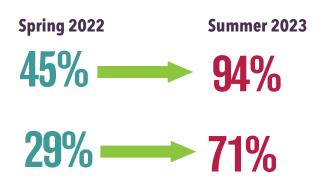
Spring 2022		Summer 2023
36% —	>	68 %
49% —	>	77 %
40% —	>	58 %

Percent who responded "Mostly" or "Definitely"

Bolstering Crisis Support

When a mental health emergency arises, a professional is available.

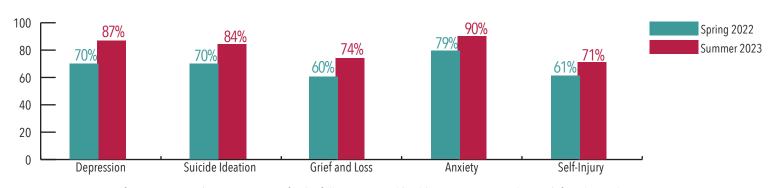
Follow-up services are provided for students who experience mental health emergencies.



Percent who responded "Mostly" or "Definitely"

Improving Tier 1 Mental Health Supports & Resources

COPES LEAs have increased Tier 1 mental health supports for the most common challenges faced by youth.

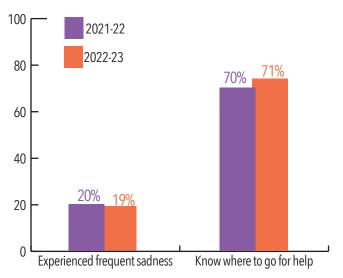


Percentage of LEAs reporting that Tier I supports for the following mental health topics were "mostly" or "definitely" in place

Student Mental Health

The SDCOE COPES team tracks specific school climate and student mental health indicators from the annual California Healthy Kids Survey¹ based on research demonstrating a negative association between student perceptions of school climate and suicide ideation.² Select areas of improvement from the 2021-22 to the 2022-23 academic years are highlighted below.

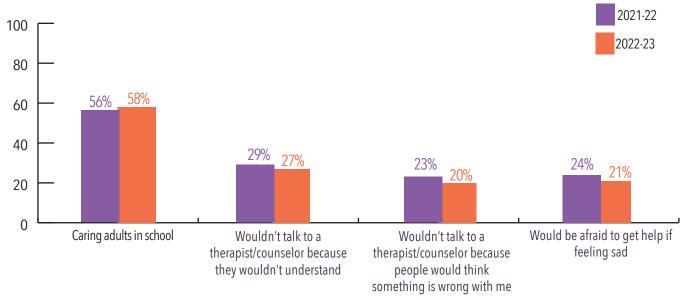
Elementary School Indicators



Note: Sample includes 5th grade students from elementary schools participating in COPES that administered the CHKS survey for 2021-22 and/or 2022-23. Sample sizes ranged from 4,712 - 8,770 students for each indicator.



Secondary School Indicators



Note: Sample includes 7th, 9th, and 11th grade students from secondary schools participating in COPES that administered the CHKS survey for 2021-22 and/or 2022-23. Sample sizes ranged from 21,590 - 35,151 students for each indicator.

COPES RESOURCES

Calming Corners

All 430 COPES schools received calming corner kits for each school campus to allow students opportunities to decompress and practice self-regulation and coping skills.

Of a sampling of schools surveyed...

agreed calming corners support student use of coping and self-regulation strategies

870/ reported decreased student levels of distress

82% said calming corners promote students overall well-being



Policy to Practice: Suicide Intervention Toolkit

The aim of this toolkit is to share protocols, templates and resources that align with best practices in suicide intervention.

CREATED BY THE SDCOE STUDENT WELLNESS AND SCHOOL CULTURE DEPARTMENT



Policy to Practice Toolkit

SDCOE's Policy to Practice: Suicide Intervention Toolkit was created to equip districts and charter schools with an evidence-based screening tool and comprehensive suicide intervention protocols to ensure action is taken to save student lives. It recently received the 2023 CSBA Golden Bell Award for innovation and excellence in school safety and climate.

"It provides a strong procedural way to work through crisis response that is consistent across all campuses in our district. All district counselors are acting in the same procedural way and adjusting for age-appropriateness." - COPES school counselor

"Implementing the toolkit has created consistency across all of our eight schools. The protocol was simple to follow and all who used it were easily trained. It was one of the best initiatives we've done this year."

- COPES assistant superintendent



Children, Youth & Families Council Fiscal Year 2023-24 Mid Year Highlights

Outcomes Committee

Eileen Quinn-O'Malley Emily Trask

January 8th & February 12th 2024





The Outcomes Committee is a multi-stakeholder workgroup focused on how to use CYF outcomes most efficiently and effectively in San Diego County. This includes a focus on:

- Selection of Standardized Outcome Measures
- Developing clinical change thresholds for outcome measures
- Special topic reviews of data that show potentially problematic trends

The Outcomes Committee review of group therapy data uncovered very low rates of group therapy usage as well as long wait-times for services in CYFBHS. This led to the development of a PIP project aiming to:

- Increase the usage of group therapy in the CYF system of care
- Improve clinician comfort with providing group therapy
- Provide psychoeducation to families and providers about the benefits of group therapy



What can council participants do to help advance the mission of the group?

 Program managers can provide input during the Outcome Committee meeting on overcoming common obstacles to using group therapy

 Council members can bring forward concerning trends with underserved populations, services and outcomes of clients for the Outcomes Committee to review.



Next Meeting is January 9th, 11:30 a.m. - 12:30 p.m. via Teams

Contact Eileen Quinn-O'Malley for meeting link if you are interested in joining the discussion: eileen.quinn-omalley@sdcounty.ca.gov





Children, Youth & Families Council Fiscal Year 2023-24 Mid-Year Highlights

CADRE CYF Committee

Co-Chairs

Marisa Varond & Julie McPherson

January 8th & February 12th 2024





CADRE CYF Committee

The purpose of the Change Agents Developing Recovery Excellence (CADRE) CYF committee is to strengthen the Comprehensive, Continuous, Integrated System of Care (CCISC) initiative in its vision to deliver wide-ranging services for children, adolescents, and families. We serve as a forum for service providers to enhance treatment for children and adolescents experiencing or impacted by co-occurring disorders to promote health and resiliency within our youth.

The committee aims to:

- Develop integrated co-occurring training and technical assistance in accordance with the CCISC and Co-occurring Center for Excellence standards
- Support the implementation of evidence-based practices to support effective interventions for youth impacted by co-occurring disorders
- Provide a vital link between systems, consumers, and families
- Increase access to needed behavioral health services
- Promote collaboration and develop meaningful relationships between providers to ensure that youth and their families receive the right services at the right time in the right setting.

CADRE CYF Committee Highlights

Presentations this fiscal year:

July 11, 2023:

Julie Leyva and Navy Damalong presented on UPAC's "A New Start" Medically Assisted Treatment (MAT) program

Serving:

- Youth and Transitional Aged Youth (TAY) ages 12 to 25
- Who have an Opioid Use Disorder
- Who have Medi-Cal or are uninsured
- With a focus on East African Communities and unhoused TAY

Services Provided:

- MAT: Buprenorphine, Naltrexone, etc.
- Outreach, psychoeducation and engagement
- Case management and resource support
- MAT screening and referrals
- Narcan kit distribution



CADRE CYF Committee Highlights (Continued)

October 12, 2023:

Kristin Garrett Montgomery who is the Advocacy Manager for the Strategic Behavioral Health Initiative (SBHI), a collaborative effort led by the American Academy of Pediatrics CA-3, presented regarding the purpose of the SBHI:

- SBHI aims to assess current behavioral health resources and needs for children and youth and develop a roadmap to a comprehensive continuum of care that meets the needs of all children and youth in San Diego.
- Discussed system gaps, school needs, universal screenings, special populations, continuum of care and how to get involved as an SBHI community partner

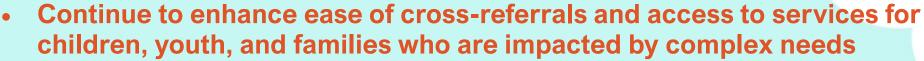
UPCOMING January 11, 2024:

Joe Eberstein, CCPS, Program Manager for Center for Community Research, San Diego County Marijuana Prevention Initiative and SAMHSA Region 9 Pacific Southwest Prevention Technology Transfer Center (PTTC) Advisory Board Member, will be giving a presentation regarding marijuana trends, prevention, intervention, and much more.



CADRE CYF Committee Ongoing Efforts:

 Continue dialogue within the sectors to address changes to the system and impacts, both positive and negative, related to CalAIM



- Maximize on-site SchooLink behavioral health services as permitted
- Keep providers up to date regarding specialized MAT services for youth in San Diego County
- Engagement and participation in prevention, education and early intervention in SUD groups for youth and caregivers
- Identifying and addressing racial/ethnic and sex/gender disparities as it relates to increased co-occurring disorders and access to treatment



CADRE CYF Committee

The CADRE CYF Committee is open to all CADRE graduates!

We meet quarterly on the 2nd Thursday of the month

from 1:30 to 3 PM via Zoom

Please email Rhonda Crowder to receive an invite:

Rhonda.crowder@sdcounty.ca.gov





8 Principles of Comprehensive, Continuous, Integrated Systems of Care (CCISC)

- 1. Co-occurring issues and conditions are an expectation, not an exception
- 2. The foundation of a recovery partnership is an empathetic, hopeful, integrated, strength-based relationship
- 3. All people with co-occurring conditions are not the same, so different parts of the system have responsibility to provide co-occurring-capable services for different populations
- 4. When co-occurring issues and conditions are present, each issue or condition is considered to be primary
- 5. Recovery involves moving through stages of change and phases of recovery for each co-occurring condition or issue
- 6. Progress occurs through adequately supported, adequately rewarded skill-based learning for each cooccurring condition or issue
- 7. Recovery plans, interventions, and outcomes must be individualized. Consequently, there is no one correct dual-diagnosis program or interventions for everyone
- 8. CCISC is designed so that all policies, procedures, practices, programs, and clinicians become welcoming, recovery-oriented, and co-occurring-capable

Children, Youth & Families Council Fiscal Year 2023-24 Mid Year Highlights

Early Childhood Mental Health (ECMH) Committee

Committee Co-chairs
Stephanie Gioia-Beckman
Jennifer Kennedy

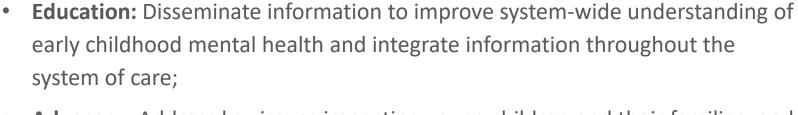
February 12, 2024



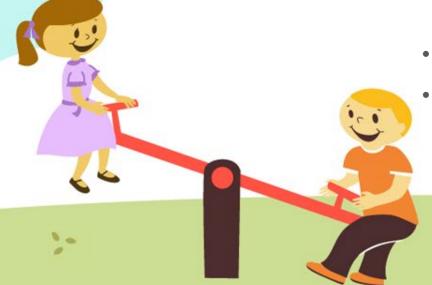


Early Childhood Mental Health Committee Purpose

The ECMH committee works to advance *practices, services, and* resources for the early childhood population (prenatal – 5 years old) through the following strategies:



- Advocacy: Address key issues impacting young children and their families; and
- **Systems Change:** Increase system of care's understanding of services currently available and supporting culturally relevant and trauma informed system improvements.



To make progress on the strategies, we formed small working groups within the ECMH Committee, each with its own focus.

Education

Focus:
Developing a
Reflective
Practice/Reflective
Supervision
resource

Advocacy

Focus:
Mapping Services
and Resources
for 0 - 5

Systems Change

Focus:
Updating the
Behavioral Health
Assessment 0 –
5 (BHA 0 - 5).

But first!

Please bring to mind an adult client or adult you might know with behavioral health concerns.

Now, imagine working with them as a young adult.

Can you imagine back to when they were a teen?

Now, go back further, to their **elementary school age selves**.

Now, imagine your client as a very young child.

Picture your client as a baby, being held by their caregiver.

Strategy: Systems Change

Focus: Behavioral Health Assessment 0 – 5

The purpose of the workgroup is to review the strengths and limitations of the existing BHA 0-5 specifically looking at the use of language to promote inclusivity.

Why take this effort on?

- Age-specific assessments for our youngest and most vulnerable children are key to adequately identifying needs and strengths.
- Children who are aged birth through 5 years old have unique needs and attributes – this is especially true for infants and children under 3 years old.

What's unique about this population?

- The early years matter most.
- Quality and responsive treatment early can avoid costlier interventions later.
- Children grow and learn in the context of relationships and the quality of those of earliest relationships impact social-emotional and brain development.¹

What's unique about this population?

- Assessing a young child is different than assessing a school-age child or youth.
 - For example, there is a specific assessment of the relationship between the child and caregiver that is needed to strongly inform diagnostic formulation and treatment planning.

What's unique about this population?

- Trauma symptoms look different in a younger versus older child.
 - For example, trauma can sometimes present as concerns in feeding, sleeping, eliminating, as well as developmental delays and sensory sensitivities.

What did we find? What would we recommend?

Highlight child and family strengths

Elevate importance of assessing child and caregiver relationship

Include assessment of the context of the caregiving relationship

Support understanding of different family structures

Use inclusionary terms

Utilize DC: 0 – 5 Diagnostic Manual¹ Include important age-specific and developmentally appropriate details

Provide inclusive language for gender and gender identity

Next Steps for the Behavioral Health Assessment 0-5

- Share recommendations with Behavioral Health Services for feedback and suggestions
- If Smart Care Assessment Tool is not customizable, an addendum is recommended for any provider completing 0-5 assessments to promote best practices and ensure quality care when working with this specialty population.
 - Promote training in early childhood mental health



CALL TO ACTION

- When assessing strengths and needs of our 0 − 5 population, it is imperative to consider their unique needs and attributes using best practice guidelines and assessment tools.
- Expand services and resources for our youngest children. This
 is the optimal time when we can make the greatest impact to
 their lifelong health, development, and well-being.



Promote training in early childhood mental health.



We meet virtually monthly on the second Monday of the month, following the System of Care Council Meeting.

10:45 a.m. – 11:45 a.m.

To receive a link to join or be included on the email distribution list, please contact:

- Stephanie Gioia-Beckman at sgioiabeckman@rchsd.org or
- Jennifer Kennedy at jkennedy@aapca3.org

We would love more family and early education representation!

Children, Youth & Families Council Fiscal Year 2023-24 Mid-Year Highlights

Transitional Age Youth (TAY) Council Victor Esquivel

January 8 & February 12, 2024







Transitional Age Youth (TAY) Council

- The TAY Council is continuing to gather data related to the mental health and well-being of transitional age youth. This updated information is critical in the ongoing process of improvement of the behavioral health services system of care in our region.
- The TAY Council is working on updated resource mapping to explore what resources are available for TAY. This mapping includes a particular emphasis on education and employment as well as connecting that information to a survey being proposed for implementation to better understand the unique health needs of transitional age youth in San Diego County.





Do you or someone you know have an interest in advocating for the interests of Transitional Age Youth in our County?



Become a member of the TAY Council and/or refer a friend.

TAY Council Meeting

MEETING DATE: Fourth Wednesday of the month

LOCATION: Via TEAMS TIME: 3:00 PM to 4:00 PM

Contact person:

Asheka Huey <u>Asheka.Huey@sdcounty.ca.gov</u>

Aprille Pena <u>Aprille.Pena@sdcounty.ca.gov</u>

Children, Youth and Families Council Fiscal Year 2023-24 Mid- Year Highlights

Dr. Laura Vleugels

February 12, 2024











Highlights

- New Levels of Care
- Group Therapy
- Access Time
- DHCS Fee Schedule

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New Levels of Care: IOP & PHP

- Time-limited, intensive programs
- San Diego Center for Children Intensive Outpatient Program (IOP)
 - Age: Up to 21 years old; primary focus on youth between ages 13-18
 - Approximately 3 days per week for 6 weeks after school hours
 - Individual, group, and family treatment
 - Referrals through OP programs, Community Screening Unit, Inpatient hospital
- San Diego Center for Children Partial Hospitalization Program (PHP)
 - Age: Up to 21 years old; primary focus on youth between ages 13-18
 - Approximately 5 days per week for 2 weeks, for full day
 - Individual, group and family treatment; educational instruction
 - Referrals through Community Screening Unit, Inpatient hospital, Intensive Outpatient Program





Group Therapy & Access Time

Two Areas of focus that have a connection

Group Therapy is an effective treatment modality for addressing behavioral health challenges of children and youth.

Goals of Group Therapy PIP:

- Expand access and utilization of group therapy
- Reduce wait times through accessing effective treatment to more than one youth in each session
- Working collaboratively with CASRC to implement Group Therapy Toolkit

BHS continue to focus on creative solutions to improving access time in the system of care





DHCS CYBHI Fee Schedule

Goals:

- To expand access to school-linked behavioral health services through the statewide multi-payer school-linked fee schedule; for outpatient mental health and substance use disorder services provided to students ages 25 years or younger provided at or near the school site
- To leverage the CYBHI fee schedule as a sustainable funding source for school-linked behavioral health services that:
 - Increases access to school-linked behavioral health services for children and youth;
 - Creates a more approachable billing model for schools and local educational agencies (LEAs);
 - Eases burdens related to contracting, rate negotiation, and navigation across delivery systems; and,
 - Reduces uncertainty around students' coverage

SDUSD and Santee School District were selected by DHCS in Cohort 1, launched January 2024

Fee-Schedule (ca.gov)





Call To Action

- Social connections with family, peers, and community have a critical effect on development.
- In professional and personal life, as you interface with children and youth, find a way to encourage social connections.
- Example 1: Personal
 Invite your child and a friend to take a hike in nature and take a technology break
- Example 2: Professional

As a therapist- give a homework assignment to increase connectedness; such as connecting with a neighbor through running an errand or just saying hello or writing a letter to a friend or

relative







Resources

Behavioral Health Services (sandiegocounty.gov)

Children, Youth and Families System of Care (sandiegocounty.gov)

Schools (sandiegocounty.gov)

Medi-Cal Transformation

Fee-Schedule (ca.gov)

BHS Workforce Trainings (sandiegocounty.gov)

CHILDREN, YOUTH & FAMILIES COUNCIL FISCAL YEAR 2023-24 MID-YEAR HIGHLIGHTS

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY MEDICAL CARE SERVICES

Heather Summers, EdD, MSW, Deputy Director

February 12, 2024





MEDICAL CARE SERVICES (MCS)

- DIRECTOR: Jamie Beam
- ASSISTANT CHIEF MEDICAL OFFICER: Dr. Jennifer Tuteur
- ADOPTED BUDGET: \$51.3 million
- **EMPLOYEES**: 215.0
- MISSION: Medical Care Services (MCS) strives to ensure that San Diego County is home to America's premier local wellness delivery system with an emphasis on quality, equity, sustainability, and transparency. MCS uses a collaborative approach to identify and work on shared goals and actions with other County of San Diego business groups and the community.





MCS PRIORITIES



Support Quality
Assurance and
Improvement
Efforts for HHSA's
Medical Services



Provide Expertise to Support Programs that Improve Medical, Dental and Social Care, and Other Clinical Services



Workforce Recruitment, Retention, and Engagement



Support Access to Evidence-Based Care Through a Variety of Programs





CHILD HEALTH

Current areas of focus

- Future Generations Council
 - Developing goals within the four workgroups
 - Primary Prevention
 - Family Strengthening
 - Services, Treatment, & Resources
 - Healthy Development
 - Optimizing current efforts with the various departments of HHSA
 - Analyzing dashboard to identify gaps and needs
- Intergenerational Alignment
 - Grandparents Raising Grandchildren efforts
 - Collaboration with Chief Geriatric Officer
- Communications with Pediatric Clinicians and Pediatric Oriented CBOs
 - Involvement with <u>American Academy of Pediatrics local chapter</u>
 - <u>Telebriefings</u> to healthcare professionals and area educational agencies
 - Involvement with other local efforts around immunization rates, childhood obesity, etc.

... "if everything we do in our cities is great for an 8 year old and an 80 year old, then it will be better for all people."... www.880cities.org

OLDER ADULT HEALTH

Current areas of focus

- Age Friendly Public Health Systems (AFPHS)
 - Co-Chairing Healthy San Diego Sub-workgroup for LTSS/Duals to improve transitions of care
- Age Friendly Clinical Health Systems (AFCHS)
 - Co-Chairing San Diego County Medical Director collaboration to improve Post-Acute and Long-Term Care
 - Supporting Dementia and Age-Friendly Care for SD County's Alzheimer's Project and Geriatric Workforce Enhancement Program
- Age Friendly Communities (AFC)
 - Co-developing San Diego County Aging dashboard to assess older adults needs in terms of the 5 goals of California's Master Plan on Aging

Plans for 2024

- Age-Friendly Public Health Systems: Create a decision tree (personal care process map) for hospital discharge planners re: coverage of personal care for low-income older adults
- Age-Friendly Clinical Health Systems: Age-Friendly walk throughs at county clinical sites serving older adults
- Age-Friendly Communities: launch public-facing website of San Diego County Aging Dashboard

Websites/resources/meetings that stakeholders can join to learn or become involved:

- Age Friendly Public Health Systems (aka the "6Cs" through the Trust for America's Health)
- Age-Friendly Clinical Health Systems (aka the "4Ms" through the Institute for Healthcare Improvement)
- Age-Friendly Communities (aka the "8Ds" through the American Association of Retired Persons/AARP)
- <u>California Master Plan on Aging</u> (aka the 5 bold goals to improve Housing, Healthcare, Social Participation and Equity, Caregiver support, and Affordable Aging)

MEDI-CAL TRANSFORMATION

- San Diego Advancing and Innovating Medi-Cal (SDAIM) is the County's dedicated unit that supports implementation of the Medi-Cal Transformation initiative.
- The goal of this unit is to establish a cross-sector, collaborative approach to improve the county's wellness delivery system that ensures coordinated and equitable access to quality health and social care for Medi-Cal members
- SDAIM partners and collaborates with County departments, managed care plans, health and social care providers, community organizations, consumers, and advocates.

Enhanced Care Management (ECM) is a Medi-Cal managed care benefit that addresses clinical and social needs through care management and coordination for specified Populations of Focus.

Children & Youth Populations of Focus became eligible for ECM in July 2023 including:

- Homeless Families or Unaccompanied Children/Youth Experiencing Homelessness
- Children and Youth At Risk for Avoidable Hospital or ED Utilization
- Children and Youth with Serious Mental Health and/or SUD Needs
- Children and Youth Enrolled in CCS or CCS Whole Child Model with Additional Needs Beyond the CCS Condition
- Children and Youth Involved in Child Welfare

Additional Populations of Focus became eligible for ECM in January 2024 including:

- Pregnant or postpartum individuals subject to racial and ethnic disparities
- Children and Youth Transitioning from Incarceration

SDAIM OBJECTIVES

Coordinate Care:

Improve service delivery, data infrastructure and data sharing through collaborative partnerships

Expand Services:

Foster growth of Enhanced Care
Management and Community
Supports

Fortify Safety Net:

Advance quality and innovative improvements for Medi-Cal beneficiaries

Innovate Medicaid:

A beacon of innovation, through on-going collaborative learning and mentorship

JUSTICE-INVOLVED HEALTH

Current areas of focus

- Supporting Medi-Cal Transformation implementation, including new Enhanced Care Management benefit for justice-involved (JI) individuals as well as efforts with youth/young adults in juvenile detention facilities and behavioral health linkages
- Supporting Alternatives to Incarceration (ATI), including workplan items MCS or HHSA is lead on such as Transition Clinic Network (TCN) pilots
- Supporting data-related efforts to improve care coordination for JI individuals

Plans for 2024

- Report to BOS about ATI and JI data efforts
- Support Medi-Cal Transformation JI efforts
- Launch TCN pilot

Websites/resources/meetings that stakeholders can join to learn or become involved:

Justice Involved Health (sandiegocounty.gov)

OFFICE OF NURSING EXCELLENCE

Current Areas of Focus

Maternal – Child Nurse Home Visiting

Plans for 2024

 Implement Healthy Families of America (HFA) Home Visiting Model to promote child well – being and prevent the abuse and neglect of children in our community through family – focused and empathic support.

Websites/resources/meetings that stakeholders can join to learn or become involved:

- American Academy of Pediatrics California Chapter 3 (aapca3.org)
- Healthy Families America





ORAL HEALTH

Current Areas of Focus

- Intergenerational collaboration with Chief Geriatrics Officer and Chief Pediatric Officer to address oral health on a family level
- Working closely with our Public Health Service/Local Oral Health Program partners to continue to expand access to dental services for school age children

Plans for 2024

- Incorporating oral health into Home Visiting Programs
- Supporting Legislative Programs aimed at increasing access to operating room services in our county
- Continuing to provide oral health updates to community healthcare workers through the Health Professionals Telebriefing
- Working with our PHNs and Child and Family Wellbeing to link children to dental services

Websites/resources/meetings that stakeholders can join to learn or become involved:

- <u>SmileCalifornia</u>: includes "Find a Dentist" and other resources including educational flyers and videos
- San Diego Oral Health Coalition Childrens Workgroup: Always looking for members who want to join to increase access of dental care for children. Contact myleen.abuan@sdcounty.ca.gov for more information

MCS PHARMACY - MOBILE PHARMACY

- The Mobile Pharmacy is a vehicle that currently provides prescription medications to the underserved communities of San Diego County – piloted in August 2023 at STI clinics
- In 2024 we hope to expand our pharmacist led services and provide to a wider patient population within our county.
- Collaborate with other County departments, community stakeholders to increase access and services – including education to support healthy communities
- Live Well on Wheels (Live Wow) website



MCS PLANS FOR 2024

- Academic Detailing to reach clinicians with the greatest needs
- Continued efforts in collaboration with Chief Geriatric Officer to maximize the mutual benefits of intergenerational activities
- Assist Chief Nursing Officer with implementation of new nurse home visiting program





MAJOR BOARD INITIATIVES & TIMELINES FOR RETURN/REPORT BACK

- Supporting Care Coordination for Justice Involved Individuals Through Funding and Integrated Data Infrastructure (Early 2024)
- Rural Health Discharge Pilot Program (Early 2024)
- Drug Disposal Bag Pilot Program (Late 2024)







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Children, Youth and Families Council Fiscal Year 2023-24 Mid- Year Highlights

Dr. Laura Vleugels

February 12, 2024











Highlights

- New Levels of Care
- Group Therapy
- Access Time
- DHCS Fee Schedule





New Levels of Care: IOP & PHP

- Time-limited, intensive programs
- San Diego Center for Children Intensive Outpatient Program (IOP)
 - Age: Up to 21 years old; primary focus on youth between ages 13-18
 - Approximately 3 days per week for 6 weeks after school hours
 - Individual, group, and family treatment
 - Referrals through OP programs, Community Screening Unit, Inpatient hospital
- San Diego Center for Children Partial Hospitalization Program (PHP)
 - Age: Up to 21 years old; primary focus on youth between ages 13-18
 - Approximately 5 days per week for 2 weeks, for full day
 - Individual, group and family treatment; educational instruction
 - Referrals through Community Screening Unit, Inpatient hospital, Intensive Outpatient Program





Group Therapy & Access Time

Two Areas of focus that have a connection

Group Therapy is an effective treatment modality for addressing behavioral health challenges of children and youth.

Goals of Group Therapy PIP:

- Expand access and utilization of group therapy
- Reduce wait times through accessing effective treatment to more than one youth in each session
- Working collaboratively with CASRC to implement Group Therapy Toolkit

BHS continue to focus on creative solutions to improving access time in the system of care





DHCS CYBHI Fee Schedule

Goals:

- To expand access to school-linked behavioral health services through the statewide multi-payer school-linked fee schedule; for outpatient mental health and substance use disorder services provided to students ages 25 years or younger provided at or near the school site
- To leverage the CYBHI fee schedule as a sustainable funding source for school-linked behavioral health services that:
 - Increases access to school-linked behavioral health services for children and youth;
 - Creates a more approachable billing model for schools and local educational agencies (LEAs);
 - Eases burdens related to contracting, rate negotiation, and navigation across delivery systems; and,
 - Reduces uncertainty around students' coverage

SDUSD and Santee School District were selected by DHCS in Cohort 1, launched January 2024

Fee-Schedule (ca.gov)





Call To Action

- Social connections with family, peers, and community have a critical effect on development.
- In professional and personal life, as you interface with children and youth, find a way to encourage social connections.
- Example 1: Personal
 Invite your child and a friend to take a hike in nature and take a technology break
- Example 2: Professional

As a therapist- give a homework assignment to increase connectedness; such as connecting with a neighbor through running an errand or just saying hello or writing a letter to a friend or

relative







Resources

Behavioral Health Services (sandiegocounty.gov)

Children, Youth and Families System of Care (sandiegocounty.gov)

Schools (sandiegocounty.gov)

Medi-Cal Transformation

Fee-Schedule (ca.gov)

BHS Workforce Trainings (sandiegocounty.gov)