

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

ANNUAL STRATEGIC PLANNING MEETING, PART I - MEETING MINUTES

MAY 13, 2019 – 9:00-10:30 A.M.

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

+ = Member in Attendance O = Absent E = Excused

CONSTITUENCY		MEMBER	STATUS	ALTERNATE	STATUS
PUBLIC SECTOR					
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)	Kimberly Giardina	O	Norma Rincon	O
5	HHSA Regions	Dori Gilbert	+	Jennifer Sovay	O
6	Public Health	Dr. Thomas R. Coleman	+	Adrienne Yancey	O
7	Juvenile Court	H. Judge Kimberlee Lagotta	O	Beth Brown	O
8	First 5 Commission	Alethea Arguilez	O	Dulce Cahue-Aguilar	O
EDUCATION SECTOR					
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	O	Yuka Sakamoto	O
PRIVATE SECTOR					
13	San Diego Regional Center (SDRC) for Developmentally Disabled	Peggy Webb	+	Therese Davis	+
14	Alcohol and Drug Service Provider Association (ADSPA)	Angela Rowe	+	Marisa Varond	+
15	Mental Health Contractors Association	VACANT		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	O	VACANT	
19	Managed Care Health Plan	George Scolari	+	Kathleen Lang	+
20	Healthcare/ Pediatrician	Dr. Pradeep Gidwani	+	VACANT	

FAMILY AND YOUTH SECTOR					
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	+	Emma Eldredge	+
24	Youth served by the public health system (up to age 26)	Travis Webster	+	Christine Frey	+
SUB-COMMITTEES (Non-voting members unless a member of the Council)					
-	Outcomes Committee	Julie McPherson	O		
-	Executive Committee	Violeta Mora/ Dori Gilbert	+/+		
-	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: Yael Koenig, Edith Mohler and Darwin Espejo

I. Welcome and Introductions (Yael Koenig)

II. Approval of Minutes (Yael Koenig and Dori Gilbert)

- March 11, 2019 meeting minutes – approved
- Review of action items from March 11, 2019. See meeting minutes.

III. Business Items (Yael Koenig)

- 5th Annual Children’s Mental Health Well Being Celebration (Valerie Hebert and Linda Ketterer) (PowerPoint)

CYF through the CYF Liaison contract with NAMI-San Diego, hosted the 5th Annual Children’s Mental Health Well Being Celebration in the ARTS (A Reason to Survive) Center in National City on May 3, 2019. Linda Ketterer, the event lead coordinator presented a PowerPoint with the event highlights:

- ✓ A total of 153 persons attended the event which comprised of children, families, CYF service providers, and other members of the community
- ✓ The event featured family activities, stage performances, Mexican food, opportunity drawings, a National City Fire truck and over 20 resource tables

Yael Koenig thanked all the CYF System of Care participants that contributed to the success of this celebration and presented a certificate of recognition to NAMI San Diego for leading the event

- Upcoming CYF Council Co-Chairs rotation and Members/Alternates rotation
 It is the Private Sector’s turn 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 the 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 Orientation
 The 2019 CYF Council Orientation is scheduled for July 8, 2019. There will not be a CYF Council meeting in July 2019 (Dark), but everyone is welcome to attend the CYF Council Orientation
- November 11, 2019-Veteran’s Day holiday
 Due to the Veteran’s Day holiday, there will not be a CYF Council meeting in November 2019 (Dark).

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

- Cycle 5 Innovation Update: Human Centered Design (INN 23)
Results from the Human Centered Design process will be released soon and posted at:
<https://behealth.today/>
- The Mental Health Services Oversight and Accountability Commission (MHSOAC) recently released an online “Transparency Suite” that lists all of California’s MHSA programs/expenditures sorted by region:
<http://transparency.mhsoac.ca.gov/>.

V. Strategic Planning-Part 1 (Dr. Laura Vleugels and Yael Koenig)

The Council’s strategic planning will be a multi-part process:

- May 13, 2019 Meeting: Assessment of Psychiatric care in San Diego County
- June 10, 2019 Meeting: CYF System of Care intersection with the Justice system/School Threats.

Summary of Strategic Planning-Part 1

A. Yael Koenig provided context by reviewing the following Board of Supervisors’ documents:

1. July 24, 2018 (2), Assessing the State of People in Psychiatric Crisis in San Diego County-Board of Supervisors Minute Order (Handout):
“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 pay 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.”
2. October 30, 2018 (3), Board Conference: Caring for People in Psychiatric Crisis in San Diego County-Board Letter (Handout)
3. December 11, 2018 (25), Advancing the Behavioral Continuum of Care Through Regional Collaboration and Innovation-Board of Supervisors Minute Order (Handout)
4. March 26, 2019 (5), Update on Advancing the Behavioral Continuum of Care Through Regional Collaboration and Innovation-Board Letter (Handout)

Yael Koenig added that children would also be affected and that the CYF System of Care must take part in the conversation to ensure inpatient psychiatric care is sufficient and available to children and youth. As a community issue; each individual/stakeholder must participate to identify gaps, find solutions; explore new ideas to find proven, sustainable solutions, and address the entire continuum of care for persons in crisis.

B. October 30, 2018 Board Conference PowerPoint – Abbreviated version for CYF Council (Handout)

Caring for People in Psychiatric Crisis in San Diego County-Full presentation located at:

<https://www.sandiegocounty.gov/content/sdc/general/board-meeting-video.html>

Dr. Laura Vleugels presented excerpts of the Caring for People in Psychiatric Crisis in San Diego County: October 30, 2018 Board Conference Meeting Video:

- Introduction: Supervisor Kristin Gaspar-Third District
 - ✓ State and Federal mandates have prompted the closure of numerous inpatient psychiatric care services from hospitals across California (i.e. Tri-City Hospital)
 - ✓ An upward trend of psychiatrically acute patients and persons deemed criminally insane are being released into the community
 - ✓ The County of San Diego is spending \$658M on Behavioral Health Services which requires effective cross-collaboration between local agencies to maximize the impact of every dollar spent
 - ✓ Along with adults in crisis, treatment for children is critical using early prevention and developing both their physical and mental health at a young age
- Nick Macchione –Director Health and Human Services Agency (HHSA)
 - ✓ Provided an outline of the County’s past and present behavioral health system, along with key policy milestones
 - ✓ Discussed understanding patient rights and data
 - ✓ Brought forward a plan to discuss innovative ideas for “Integrated Care” and immediate steps being taken to address challenges within the system.
- Dr. Michael Krelstein – BHS Clinical Director
 - ✓ Discussed the complexity of mental illness
- Dr. Luke Bergmann – Director of Behavioral Health Services (BHS)

- ✓ Presented data elements showing the prevalence of behavioral health issues in children and adults
- Holly Salazar – BHS Assistant Director of Departmental Operations (at the time of the Board Conference)
 - ✓ Outlined BHS’ fiscal responsibility funding services for Medi-Cal recipients/uninsured residents with serious mental illnesses or Substance Use Disorders (SUD), along with the interplay between health plans that offer treatment within the community
 - ✓ Highlighted the system’s budget increase from \$425M to \$658M due to the American Care Act
 - ✓ Discussed existing system challenges:
 - Ongoing shortage of psychiatrists, mental health clinicians, and behavioral health staff
 - Having the fourth largest population in the nation with a low housing inventory
 - Data sharing challenges between sectors
 - Care coordination challenges between sectors
- Guest speakers included:
 - ✓ Kevin Faulconer - San Diego Mayor
 - ✓ Summer Stephan – San Diego District Attorney
 - ✓ William D. Gore – San Diego Sheriff
 - ✓ Randy Mize – San Diego Public Defender
 - ✓ Various local agency heads and expert consultants
- Closing Statements/Next steps – Nick Macchione
 - ✓ Accelerated system changes and the search for possible solutions are needed to address the current inpatient care issue. A thoughtful approach caring for the most vulnerable populations in San Diego County, while maintaining the sense of urgency in all our efforts, can be accomplished through:
 - Increased collaboration across all sectors by optimizing and focusing existing efforts into crisis stabilization and care coordination and to break down barriers and to advocate for policy change
 - Addressing immediate needs by expanding current resources:
 - Addressing immediate inpatient treatment needs in the North County by expanding the existing Exodus program facility to 24 hours a day/7 days a week. Law enforcement and Palomar Hospital are also planning to add additional crisis stabilization services
 - Support local hospitals by increasing inpatient acute rates by 13%, along with administrative rates to offset the decreased rates from the state
 - Optimizing the usage of the County Psychiatric Hospital:
 - Increase the number of hospital beds from 45 to 82 with a plan for an additional 50 long term care beds and hiring additional staff for the increase of patient volume
 - Allocate County Psychiatric Hospital’s current mid to long term funding to find alternative solutions to aid regional partners
 - ✓ An independent consultant will complete a “needs assessment” of the current system that will include data/analytics from key stakeholders, including: healthcare, public safety, housing, and input from the seriously mentally ill and their families.
- C. Landscape of Behavioral Health Crisis Services for Kids handout – Overview (Yael Koenig)
 An organizational model of crisis behavioral programs within the Children’s System of Care (CSOC) was presented. Input to this document is welcomed:
 - Emergency Response/Urgent Services – Law enforcement/Psychiatric Emergency Response Team (PERT), Access and Crisis Line (ACL), Emergency Departments, Emergency Meds Clinic, etc.
 - Crisis Stabilization – Emergency Screening Unit, etc.
 - Psychiatric Hospitals – Child & Adolescent Psychiatry Service (CAPS), Sharp Mesa Vista Hospital, etc.
 - Short-Term Respite Services – Probation Cool Beds, Crisis Action & Connection (CAC), etc.
 - Stepdown Services & Linkage – CAC, BH Connect, BHS Outpatient programs (Crisis intervention services), etc.
 - Critical Leaders – Health Plans, Faith Based Community, School Threat Assessment Team, Hospital Association, Federally Qualified Health Centers (FQHCs), Patient Advocacy, Schools and San Diego County Office of Education (SDCOE), etc.

- D. Smart Care/Behavioral Health (BH) Connect Program Presentation (Deborah Skvarna) (PowerPoint Handout)
- BH Connect is a MHSIA Innovation (INN 19) behavioral health treatment program that offers telecare behavioral health services to unconnected, frequent users of emergency care, the behavioral health services needed via a technological platform
 - Services are available 24/7 and are geared towards high risk children and adults during their transition planning and prior to their discharge from emergency services to eliminate any potential barrier to continued care by using a dedicated device for accessing services
 - Program Eligibility Criteria
 - ✓ Medi-Cal/Uninsured and eligible for MHSIA funded treatment services
 - ✓ Behavioral health symptoms consistent with Serious Emotional Disturbance (SED) for youth or Severe Mental Illness (SMI) for adults
 - ✓ More than one emergency behavioral health visit in the last 90 days
 - ✓ Prior difficulty accessing care (un-connectedness); client reports no current behavioral health provider or has significant access issues that would prevent connection in a traditional clinic provider
 - ✓ Has self-awareness, ability to schedule appointments and is not currently suicidal/homicidal.
 - ✓ Must be able to use, maintain and safeguard the BH Connect electronic device
 - ✓ Client's parent/guardian/caregiver consents to their participation in the program
 - When services are appropriate:
 - ✓ A Field Health Navigator issues the BHConnect device
 - ✓ Field Navigator provides an introduction and a warm handoff to the BHConnect Tele Health Navigator via the assigned device
 - ✓ The BHConnect Tele Health Navigator coordinates client's first contact with the BHConnect Therapist to initiate mental health evaluation, ongoing treatment, and ongoing case management support.
- E. Group Discussion/Action Plan/Next Steps (Strategic Planning Tool Handout-)
 The meeting room was set up in tables for group discussion. A voting Council member or a County representative served as facilitator to address strengths, gaps and innovations regarding psychiatric care for children and youth. The input was documented in the Strategic Planning tool handout.

VI. Announcements (Yael Koenig)

- The Annual CSOC Academy Conference: "Envisioning Safer Schools" is scheduled for May 30, 2019 (Handout). For more information, contact: RIHS@sdsu.edu.

Next CYF Council Meeting-Strategic Planning Part 2: June 10, 2019
Scottish Rite Center, Morrison Room
9:00 to 10:30 A.M.

Sub-Committees/Sectors/Workgroups Meetings Information:

Outcomes: Meets the 1st 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 2nd 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 4th 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 2nd 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 1st Friday of the month at the Health Services Complex- 6367 Alvarado Ct. Ste. 105, San Diego, CA 92120 from 10:00 to 11:30 A.M.

Family and Youth Sector: Meets quarterly –Contact CYFLiaison@namisd.org for schedule.

Family and Youth as Partners: Meets every 3rd 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.