

## PROGRAM MANAGER MEETING

Children, Youth and Families | Behavioral Health Services

March 10, 2022 | Zoom | 9:30 a.m. – 11:30 p.m.

### Meeting Summary

ITEM	SUMMARY/ ACTION ITEMS
<b>1. Welcome – Fran Cooper</b>	
<b>2. CalAIM, QM Updates (SOC) (handout) - Michael Blanchard, Heather Parson</b> <ul style="list-style-type: none"> <li>○ Overview of changes/updates</li> <li>○ Overview of upcoming changes</li> </ul>	<p>California Advancing and Innovating Medi-Cal (CalAIM) is a multi-year initiative by DHCS to improve the quality of life and health outcomes of our population by implementing broad delivery system, program, and payment reform across the Medi-Cal program.</p> <p>Current Changes/Updates:</p> <ul style="list-style-type: none"> <li>○ Medical Necessity Criteria, Reasons for Recoupment, and Diagnosing were the first three initiatives rolled out by DHCS in relation to the CalAIM initiative. <ul style="list-style-type: none"> <li>• In response to the updates there have been and are ongoing significant updates to the OPOH, MRR tool, and several forms</li> <li>• As updates occur, they can be found on the Optum website</li> <li>• QM will announce updates in the UTTM along with the multiple provider meetings hosted and attended</li> </ul> </li> </ul> <p>Upcoming Changes:</p> <ul style="list-style-type: none"> <li>○ Documentation Reform (to roll out July 2022) <ul style="list-style-type: none"> <li>• A draft information notice from DHCS was presented at multiple meetings for consideration and feedback. This feedback was submitted to our DHCS liaison</li> <li>• As there is no Final information notice released at this time, planning is happening internally on how to implement certain changes and the potential impact. As the process moves along, QM will reach out for provider input and consideration</li> </ul> </li> <li>○ Standardized Screening &amp; Transition Tools (to roll out January 2023) <ul style="list-style-type: none"> <li>• A draft set of tools from DHCS were presented at multiple meetings for consideration and feedback. This feedback was submitted to our DHCS liaison</li> <li>• These forms are not yet finalized</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>BHS is reviewing and considering impacts on the system of care</li> </ul>
<b>3. Pathways to Well-Being (PWB)/Continuum of Care Reform (CCR) (MH)</b> – Seth Williams <ul style="list-style-type: none"> <li>AB 1299 Admission Report to include QI Assessment (STRTPs)</li> <li>Out of County Medi-Cal Tracking in CCBH</li> </ul>	<ul style="list-style-type: none"> <li>AB 1299 Admission Report to include QI Assessment (STRTPs) <ul style="list-style-type: none"> <li>The AB1299 STRTP Admission Report, completed by STRTPs for each admitted youth with out-of-county jurisdiction, has been revised to include the receipt of a Qualified Individual Assessment. The updated AB1299 STRTP Admission Report will be released in an upcoming BHS Information Notice.</li> </ul> </li> <li>Out of County Medi-Cal Tracking in CCBH <ul style="list-style-type: none"> <li>BHS utilizes the “County of Responsibility” codes in the Medi-Cal Eligibility Verification section under the Client 3<sup>rd</sup> Party Coverages Module of Cerner Community Behavioral Health (CCBH) to also track all youth’s Medi-Cal county of origin. A “3<sup>rd</sup> Party Billing Instructions” sheet will be provided in the upcoming BHS Information Notice.</li> </ul> </li> </ul>
<b>4. Out of County Medi-Cal Tracking: County and Aid Code Data Entry (MH)</b> (handout) - Dave Post	3 <sup>rd</sup> Party Billing Tip Sheet: Assist users with entering new and existing clients into the third-party billing module of CCBH. It is highly recommended that all persons responsible for either entering client data or program oversight to attend financial trainings that are provided by Behavioral Health Services Mental Health Billing Unit. To receive emails for available training dates and times please email: <a href="mailto:MHBillingUnitHHSA@sdcounty.ca.gov">MHBillingUnitHHSA@sdcounty.ca.gov</a> or fax to 858-467-9682
<b>5. Family Health Counseling Centers of SD (SOC)</b> (handout) - Dane Crockford, Laura Torres, Lourdes De La Rosa	Family Health Centers of San Diego is dedicated to providing caring, affordable, high quality healthcare and supportive services to everyone, with a special commitment to uninsured, low income and medically underserved persons. <b>Referral Methods:</b> Dedicated Scheduling Line Medical: 619-797-4205, Mental Health: 619-515-2338. Locations in Chula Vista, San Diego, and Oceanside
<b>6. SAFE Housing Program - (SOC)</b> (handout) Lavada England, McAlister Institute	Sober and Friendly Environment Housing provides a safe and stable environment for women in the reunification process with their children. All women are referred and overseen by Child Welfare Services (CWS). Dependency Drug Court (DDC) case managers work with some clients.



<b>7. MIS reports (MH)</b> (handout) – Derek Kemble	Monthly Accountability Reporting's main purpose is to recover billing revenue due from services rendered in mental health Medi-Cal billing programs. MIS-18, 19, 20, 32, 36 ,38, 40 and 41 defined and process detailed
<b>8. STEPS (MH)</b> (handout) – Stephanie Andrews, Mental Health Systems Inc.	Sexual abuse Treatment, Education and Prevention Services providing structured outpatient serving youth ages 12-21.and intensive outpatient serving youth ages 6-21 who have exhibited sexually reactive and/or abusive behaviors. Locations in Chula Vista, San Diego and coming to North County <a href="mailto:sandrews@mhsinc.org">sandrews@mhsinc.org</a> (858)585-9238
<b>9. Medi-Cal Rx (SOC)</b> - Dr. Laura Vleugels <ul style="list-style-type: none"><li>○ Medi-Cal Rx Home: <a href="#">Medi-Cal Rx - Home Page</a></li><li>○ Formulary for Medi-Cal Rx: <a href="#">Medi-Cal Rx Contract Drugs List</a></li><li>○ Medi-Cal Rx Customer Service Center: 800-977-2273, 24/7/ 365 days per year</li><li>○ DHCS Document on 5 ways to Submit Prior Authorization <a href="#">5 Ways to Submit Prior Auth</a></li><li>○ 3 page prior auth form can be faxed to 800-869-4325 <a href="#">Medi-Cal Rx Prior Auth Request Form</a></li><li>○ <u>Highlights for Youth:</u><ul style="list-style-type: none"><li>● All antipsychotics require a prior authorization, which is unchanged.</li><li>● Bupropion, Mirtazapine, Venlafaxine, Trazodone requires prior authorization for all prescriptions to those &lt;18yo</li><li>● Other antidepressant medications have prior authorization requirements for different age ranges<ul style="list-style-type: none"><li>○ Fluoxetine for &lt;7yo</li><li>○ Escitalopram for &lt;12yo</li><li>○ Sertraline for &lt;6yo</li></ul></li><li>● Many stimulant medications have a requirement for prior authorization for youth &lt;6yo and &gt;16yo (though not all stimulant medication have same age limitations)</li></ul></li><li>○ <b>RIHS Training March 29<sup>th</sup></b> (handout) - <a href="#">Exposure and Response Prevention (ERP) Webinar</a></li></ul>	<ul style="list-style-type: none"><li>○ There is a new centralized pharmacy system in the State, Medi-Cal Rx</li><li>○ The formulary is linked</li><li>○ Prior Authorizations can be submitted several ways, see the "5 Ways to Submit Prior Auth" document</li><li>○ First versions of the formulary required Prior Authorizations that were not previously necessary; this requirement has been relaxed in some circumstances. Email Dr. Vleugels (<a href="mailto:laura.vleugels@sdcounty.ca.gov">laura.vleugels@sdcounty.ca.gov</a>) if your physician experiences challenges</li><li>○ Handout includes ERP registration link</li></ul>

<b>10. Access Time (MH) – Fran Cooper</b>	Moved to May meeting
<b>11. Announcements</b> <ul style="list-style-type: none"> <li>▪ Youth Mental Health Virtual Celebration (NAMI), <b>May 6th</b> (handout)</li> <li>▪ Your Safe Place Family Justice Center Trainings &amp; New Brochure (handout)           <ul style="list-style-type: none"> <li>• <b>March 15<sup>th</sup>, 12:00-1:00 pm</b> (handout) In-person: Lived Experience Expert Marcia Harrison and Undercover Detective Colleen Stanich will share their experiences in the sex trafficking community.</li> <li>• <b>March 29<sup>th</sup>, 12:00-1:00 pm</b> (handout) Virtual: Breawna Lane of the “new” Mobile Crisis Response Team will teach us how this team can help us with our clients who are in crisis.</li> <li>• <b>April 6<sup>th</sup>, 12:00-1:00 pm</b> (handout) - Virtual: Learn from two Protective Services Workers, Abigail Gerard and Nicole Turner what happens when a report is made to Child Welfare Services.</li> </ul> </li> <li>▪ RHIS Term Training <b>March 21st</b> – (handout) Incorporating Trauma Informed Parenting into your Clinical Practice - priority audience is TERM but has been opened to SOC. Will be canceled March 11 if additional participants do not join.</li> <li>▪ 13<sup>th</sup> Annual Early Childhood Mental Health - We Can't Wait Conference, <b>September 15-17, 2022</b> (date change)</li> <li>▪ CSUSM – (handout) Internship placements for – Dr. Allison Jobin <a href="mailto:ajobin@csusm.edu">ajobin@csusm.edu</a></li> <li>▪ Child Tax Credit (handout)           <ul style="list-style-type: none"> <li>• Extra refund made to help support family with children</li> <li>• Potentially eligible for \$2,500 to \$3,000 in tax refund if they make under \$74,000 a year.</li> </ul> </li> <li>▪ La Maestra Community Health Centers (handout) Youth Opioid Response Project 12 – 24-year-olds</li> </ul>	
<b>Next Meeting:</b> May 12, 2022	





# CALIFORNIA ADVANCING AND INNOVATING MEDI-CAL (CALAIM) AND DRUG MEDI-CAL ORGANIZED DELIVERY SYSTEM (DMC-ODS)

---

*Behavioral Health Services  
County of San Diego*



# CALAIM OVERVIEW



**California Advancing and Innovating Medi-Cal (CalAIM)** is a multi-year initiative by DHCS to improve the quality of life and health outcomes of our population by implementing broad delivery system, program and payment reform across the Medi-Cal program

- Leverages Medi-Cal as a tool to address complex challenges, such as homelessness, behavioral health care access, growing justice-involved populations, and the growing aging population.
- Provides a whole-person care approach that targets social determinants of health and reduces health disparities and inequities.
- Takes a population health, person-centered approach to providing services and focuses on improving outcomes for all Californians.
- Builds on experience from the Whole Person Care Pilots and Health Home Program in selected counties to propose statewide implementation of a new Enhanced Care Management (ECM) benefit and associated Community Supports
- **Will use both a Section 1115 Demonstration Waiver and 1915(b) Managed Care Waiver**





## What does a go-live January 2022 mean?

- **Some changes already highlighted:**
  - Removing Residential Limitations & Clarifying Length of Stay
  - Clarifying Recovery Services
  - Reimbursement During Assessment
  - Reimbursement After Assessment
  - DMC-ODS Medical Necessity
  - Expanded Access to MAT



# DMC-ODS 2022-2026



## OPTIONAL

- Inpatient
- Additional Withdrawal Management Levels
- Partial Hospitalization
- MAT Delivered at Alternative Sites
- Peer Support Services
- Contingency Management

## REQUIRED

- Early intervention (ASAM Level 0.5) for beneficiaries under 21
- Outpatient & Intensive Outpatient
- MAT
- Residential
- Inpatient Referral Mechanisms
- Withdrawal Management
- Narcotic Treatment Program Services
- Recovery Services
- Care Coordination
- Clinician consultation



## Pending clarification

- Coverage of services provided by Traditional Healers and Natural Helpers to meet the needs of American Indian and Alaska Native DMC-ODS beneficiaries



## DMC-ODS 2022-2026 More to come!

**Forthcoming Policy  
Update from DHCS**  
Prior Authorization for  
Residential

**Other CalAIM initiatives  
impacting DMC-ODS**  
Behavioral Health  
Documentation Redesign  
Behavioral Health  
Payment Reform

# CONCLUSION



## Questions?

For more information, please visit DHCS CalAIM **Behavioral Health** page:  
<https://www.dhcs.ca.gov/Pages/BH-CalAIM-Webpage-.aspx>

## 3<sup>rd</sup> Party Billing Tip Sheet

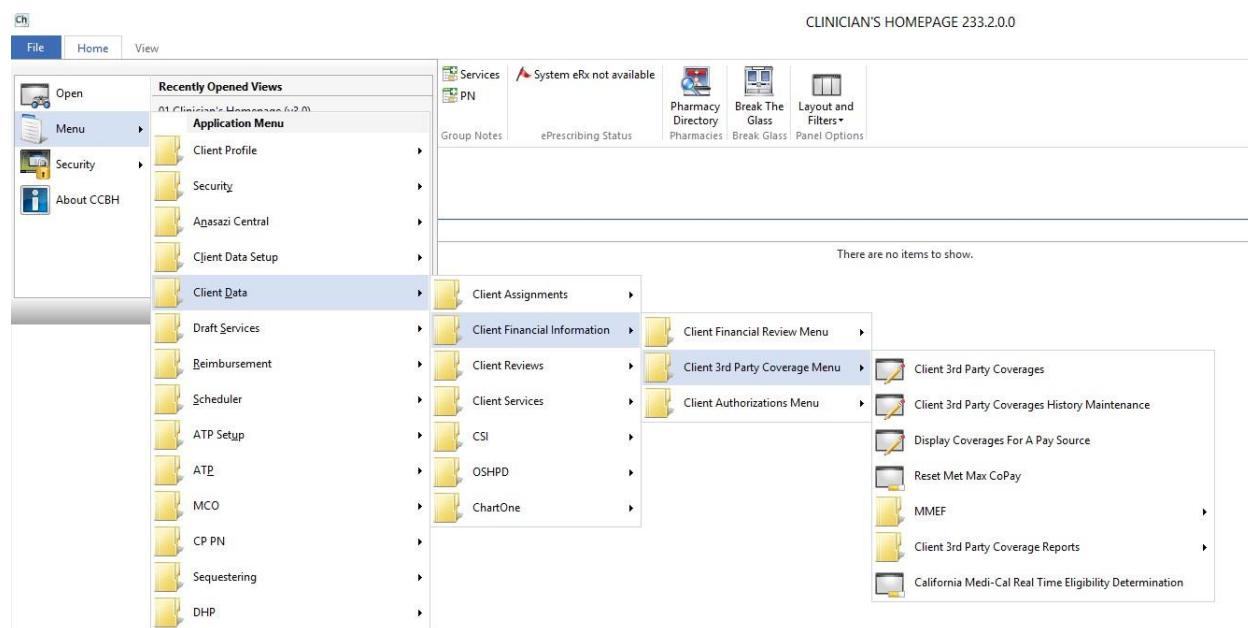
The purpose of this tip sheet is to assist users with entering new and existing clients into the third-party billing module of CCBH.

**NOTICE** - It is highly recommended that all persons responsible for either entering client data or program oversight to attend financial trainings that are provided by Behavioral Health Services Mental Health Billing Unit. To receive emails for available training dates and times please email: [MHBillingUnitHHS@sdcounty.ca.gov](mailto:MHBillingUnitHHS@sdcounty.ca.gov) or fax to 858-467-9682

### Basic Insurance Entry

Step 1: Enter Cerner and navigate to the 3<sup>rd</sup> Party Coverages Module

Menu> Client Data> Client Financial Information> Client 3<sup>rd</sup> Party Coverage Menu> Client 3<sup>rd</sup> Party Coverages.



Click to launch. It will bring you to the below screen:

Client 3rd Party Coverages (Administrative Access)

Client  
Sort Name:  0 SAI:

**No Client Selected**

Priority	ID	Description	Type	Policy Number	Effective Date	Date Entered	Entered By

☐ Active
 ☐ Inactive
 ☒ All

Main (1) | Main (2) | State Specific | Labs | Comments

Pay Source:  Award Date:  Sequence #:   
 Benefit Plan:  Effective Date:  Anniversary Month:   
 Policy Number:  Expiration Date:  Re-Certification Month:   
☐ Policy Number is the MBI Priority:

Group Number:   
 Name:   
 Medicaid Pol ID:

Record Details  
 Date Entered:  By:

Policy Holder  
 Relationship to Insured:   
 Name (Last,First,MI):   
 Address:   
 City/St/ZIP:  DOB:  Sex:

Authorization | Ins History | Medi-Cal RTIE | Reactivate | Save | Delete | Find | Clear | Exit

Search for the client using the “Client Sort Name” field. If an existing client, you can use Case Number.

Client 3rd Party Coverages (Administrative Access)

Client  
Sort Name:  0 SAI:

**No Client Selected**

Priority	ID	Description	Type	Policy Number	Effective

Select the client and fields will populate. (Information is blocked out for security purposes) This is Tab Main (1).



**Client 3rd Party Coverages (Administrative Access)**

Client  
 Sort Name: [Redacted] Closed - Adm SAI: [Redacted]

**Adding 3rd Party Coverage**

Priority	ID	Description	Type	Policy Number	Effective Date	Date Entered	Entered By

☐ Active
 ☐ Inactive
 ☒ All

Main (1) | Main (2) | State Specific | Labs | Comments

Pay Source: **MEDI-CAL** 100 Medicaid  
 Award Date: / /  
 Effective Date: **12/01/2021**  
 Expiration Date: / /  
 Policy Number: [Redacted]  
 Priority: **6** Active  
 Sequence #: |  
 Anniversary Month: |  
 Re-Certification Month: |

☐ Policy Number is the MBI

- Group  
 Number: |  
 Name: |  
 Medicaid Pol ID: |

- Policy Holder  
 Relationship to Insured: |  
 Name (Last,First,MI): |  
 Address: |  
 City/St/ZIP: |  
 DCB: / / Sex: N/A

- Record Details  
 Date Entered: / / By: |

Authorization | Ins History | Medi-Cal RTIE | Reactivate | Save | Delete | Find | Clear | Exit

Verify the Policy Number matches the Medi-Cal Eligibility Verification and ensure the Priority is '6' (Medi-Cal). **Note:** The Effective Date should be the first of the month of admission. (Example: If a client was admitted on 12/5/2021 the effective date should be 12/01/2021)

## Sample Medi-Cal Eligibility Verification

### Eligibility Response

Eligibility transaction performed by provider: 1598768327  
 on Thursday, May 15, 2014 at 1:34:32 PM

 		
Name: DOE, JOHN		
Subscriber ID: 1234567890		
Service Date: 05/15/2014	Subscriber Birth Date: 11/10/1921	Issue Date: 05/15/2014
Primary Aid Code: 10	First Special Aid Code: 80	
Second Special Aid Code:		Third Special Aid Code:
Subscriber County: XX - Los Angeles		HIC Number: 123456789
Primary Care Physician Phone #:		Service Type: <b>COMPREHENSIVE</b>
Trace Number (Eligibility Verification Confirmation (EVC) Number): <b>795L38H47B</b>		
Eligibility Message: SUBSCRIBER LAST NAME: DOE, EVC #: xxxxxxxxNK3, CNTY CODE: 13, PRMY AID CODE: GH, MEDI-CAL ELIGIBLE W/ NO SOC/SPEND DOWN, HEALTH PLAN MEMBER: PHP- L.A. CARE HLTH PLAN: MEDICAL CALL (888)839-9909, HCP: ANTHEM BLUE CROSS CALL: (888) 285-7801, PCP: Joe Shmoe CALL: (555)555-555, PART A, B AND D MEDICARE COV W/HIC #123456789A . MEDICARE PART A AND B COVERED SVCS MUST BE BILLED TO MEDICARE BEFORE BILLING MEDI-CAL. MEDICARE PART D COVERED DRUGS MUST BE BILLED TO THE PART D CARRIER BEFORE BILLING MEDI-CAL. OTHER HEALTH INSURANCE COV UNDER MEDICARE RISK HMO, CARRIER NAME: CARDMORE HEALTH PLAN, COV: OIM R.		

Go to Tab Main (2).

Client  
 Sct Name:  Closed - Adm SAI:

Editing 3rd Party Coverage: 6 - 100 MEDI-CAL

Priority	ID	Description	Type	Policy Number	Effective Date	Date Entered	Entered By
6	100	MEDI-CAL	Medicaid	<input type="text"/>	12/01/2021	01/13/2022	<input type="text"/>

☐ Active
 ☐ Inactive
 ☒ All

Main (1) Main (2) State Specific Labs Comments

☐ QMB
 ☐ MQMB (QMB Ext.)
 ☐ SSI
 Enrollment ID:

Alias  
 Name (Last,First,MI):

CoPay: 
 CoPay Amount: 
☐ Met Max CoPay
 DOB: 
 Sex:

CoPay Slide %:

☐ Capitated Rate: 
☒ OK To Bill
 Negotiated Bed Day Rate:

Change Date: 
 Reason:

Authorization Ins History Medi-Cal RTIE Reactivate Save Delete Find Clear Exit

If the “OK to Bill” is not checked notify the Mental Health Billing Unit.

**Note:** It is imperative that staff verify the Medi-Cal eligibility of the client to ensure the information from the State website matches the information in CCBH. The ‘Alias’ fields should be used to update a client’s name and date of birth as listed on the client’s Medi-Cal Card, if available. If the information is not available, leave blank.

Then, go to Tab State Specific.

Client 3rd Party Coverages (Administrative Access)

Client  
 Solt Name: [Redacted] Closed - Adm SAI: [Redacted]

Editing 3rd Party Coverage: 6 - 100 MEDI-CAL

Priority	ID	Description	Type	Policy Number	Effective Date	Date Entered	Entered By
6	100	MEDI-CAL	Medicaid	[Redacted]	12/01/2021	01/13/2022	[Redacted]

☐ Active
 ☐ Inactive
 ☒ All

Main (1) | Main (2) | State Specific | Labs | Comments

- New York  
☐ RRP  
 Ref Physician First Name: [Redacted]  
 Ref Physician Last Name: [Redacted]  
 Ref Physician NPI: 0  
 License Type: [Redacted]  
 Ref Physician St. License: [Redacted]  
 County of Financial Responsibility: [Redacted]

- California  
 County of Responsibility: San Diego 37  
 Primary Aid Code: 6-19 yrs 0-108% FPL P5  
 Special Program 1 Aid Code: [Redacted]  
 Special Program 2 Aid Code: [Redacted]  
 Special Program 3 Aid Code: [Redacted]  
 County Client Number: [Redacted]

- Arizona  
 AZ State Only Re-Enrollment: - <Undefined>

- Washington  
 SCRSN Program: [Redacted]

- Share of Cost/Spend Down  
☐ Subject to Share of Cost/Spend Down  
☐ Monthly Spend Down Expense Met  
 Monthly Share of Cost/Spend Down Amount: 0.00  
 Share of Cost met by other Providers for the month: 0.00

Authorization | Ins History | Medi-Cal RTIE | Reactivate | Save | Delete | Find | Clear | Exit

Here is where you input the County of Responsibility and Primary Aid Code. (Input any Special Program Aid Codes listed on the Medi-Cal Eligibility Verification.)

\*\*For new clients the fields will be blank. For existing clients, the fields may be pre-populated with County and Aid Code, as shown above.

**Notes:** In some instances, staff cannot enter the County and Aid Code on the 3rd Tab (State Specific) due to their access. In the event this happens, save the eligibility information by clicking the 'Save' button. Then the staff member should notify the Mental Health Billing Unit by email (MHBillingUnit.HHSA@sdcounty.ca.gov) or send fax to 858-467-9682 to have the County and Aid code added to CCBH by the Mental Health Billing Unit.

### Other Potential Issues

**Private Insurance:** If a client has enrolled in private insurance that is not entered in CCBH. Obtain a signed Generic Assignment of Benefits. This will allow the program to bill the client's insurance vice billing Medi-Cal.

## County Code Reports

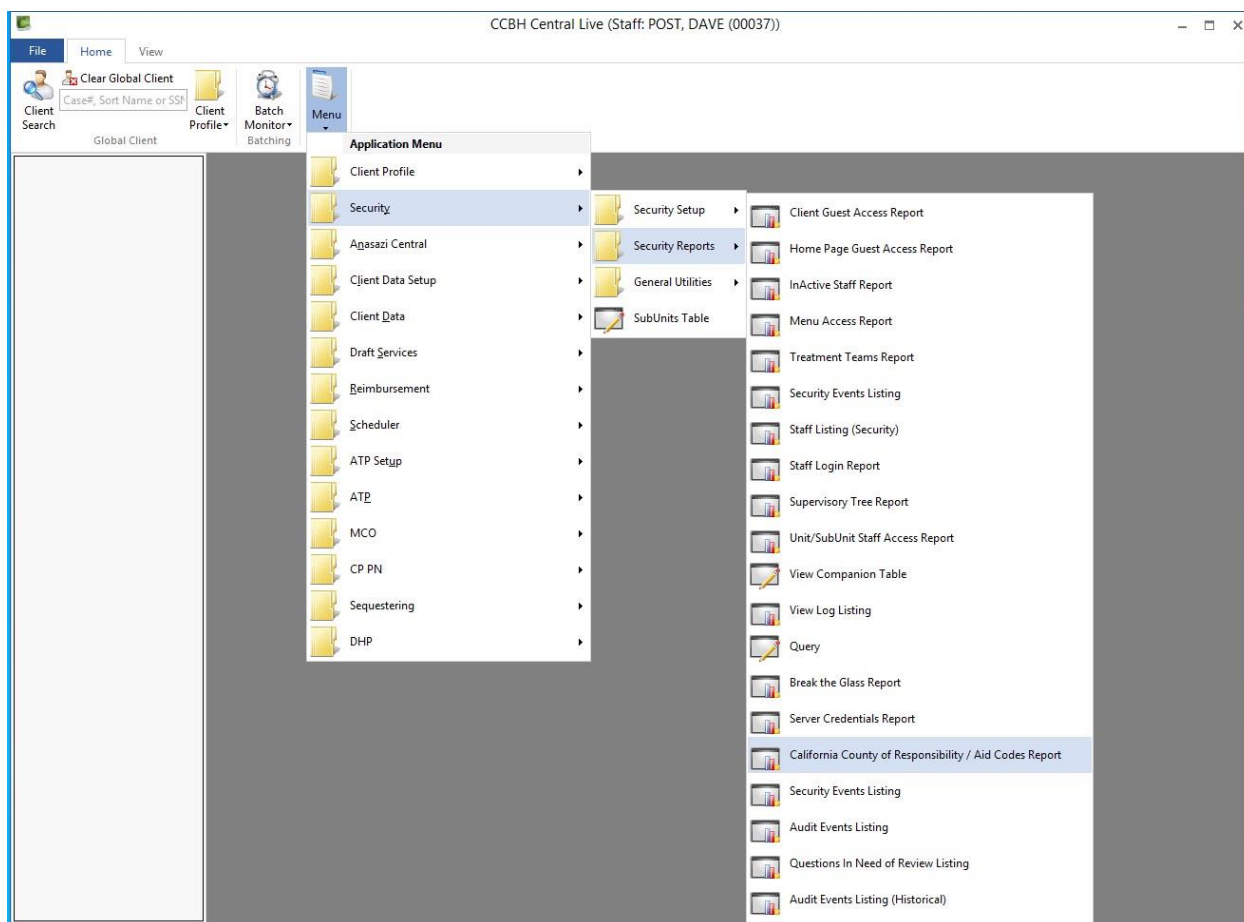
This section is for Program Managers and Clinicians that are responsible for accuracy of a program's billing data.

### California County of Responsibility / Aid Codes Report

This report can be used as a quick snapshot of clients with inaccurate or missing County codes.

Navigate to the California County of Responsibility / Aid Codes Report

Menu> Security> Security Reports> California County of Responsibility / Aid Codes Report



Click 'California County of Responsibility / Aid Codes Report'

This screen will appear.

California County of Responsibility / Aid Codes Report (Administrative Acc...

Selections1    Sgnt/Subtotal/Title

Pay Sources	All	
Benefit Plans	All	
Counties of Responsibility	All	
Primary Aid Codes	All	

**Include Clients with Services that match the following:**

Units	All	
SubUnits	All	
Service Codes	All	
Service Dates	/ /	thru 01/31/2022

Clear    Load    Save    Batch    Print    Exit

Enter your program Unit or Subunit and applicable Service Dates

California County of Responsibility / Aid Codes Report (Administrative Acc...)

Selections1    Sgrr/Subtotal/Title

Pay Sources	All	
Benefit Plans	All	
Counties of Responsibility	All	
Primary Aid Codes	All	

**Include Clients with Services that match the following:**

Units	All	
SubUnits	All	
Service Codes	All	
Service Dates	/ /	thru 01/31/2022

Clear    Load    Save    Batch    Print    Exit

Then Go to Sort/Subtotal/Title Tab

California County of Responsibility / Aid Codes Report (Administrative Acc...

Selections1    Sort/Subtotal/Title

Segments

- Client(2)
- Case #(2)
- County
- Aid Code
- Pay Source
- Benefit Plan

→ Add

← Remove

▲ Up

▼ Down

Order	PrintTotal	PageBreak
Report	<input checked="" type="checkbox"/>	<input type="checkbox"/>

☐ Print the Clients

☐ Print Client Addresses

☐ Print Client Services

☐ Print the SubHeaders

Report Title:

Clear   
 Load   
 Save   
 Batch   
 Print   
 Exit

Check 'Print the Clients' and 'Print Client Addresses' then 'Print'



California County of Responsibility / Aid Codes Report (Administrative Acc... - [Maximize] [Close]

Selections1 Sort/Subtotal/Title

Segments

- Client(2)
- Case #(2)
- County
- Aid Code**
- Pay Source
- Benefit Plan

→ Add

← Remove

▲ Up

▼ Down

Order	PrintTotal	PageBreak
Report	<input checked="" type="checkbox"/>	<input type="checkbox"/>

☒ Print the Clients

☒ Print Client Addresses

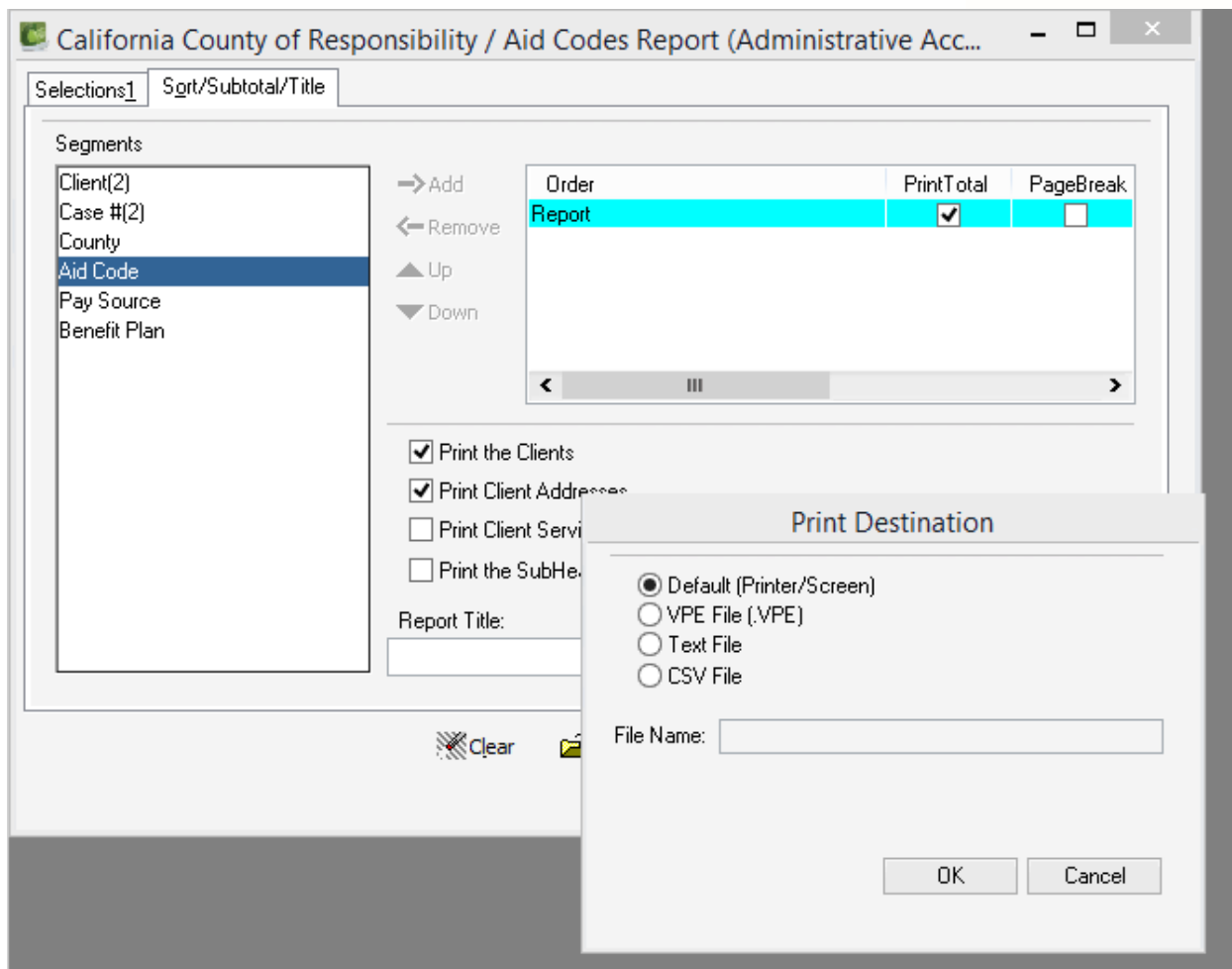
☐ Print Client Services

☐ Print the SubHeaders

Report Title:

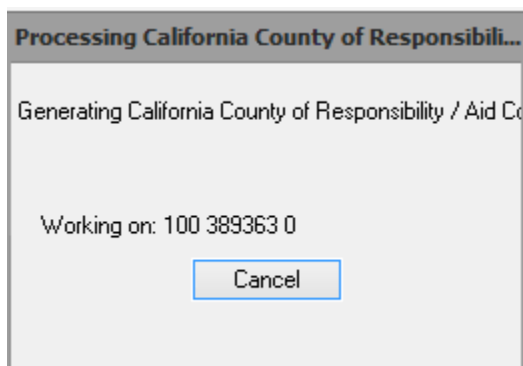
Clear
 Load
 Save
 Print
 Exit

The below window will appear



Then click 'OK'

Another window will appear processing the request.



\*\*\*This may take several minutes to process based on size of program and service timeframe.

California County of Responsibility / Aid Codes Report  
 SAN DIEGO COUNTY MENTAL HEALTH

Page : 1

\*\*\* Selections \*\*\*

Unit Selection:   
 Service Date Selection: 11/01/2021 through 11/30/2021

Report : AZ151RC  
 Staff : POST, DAVE (00037)

Date : 01/20/2022  
 Time : 12:04

Case # Client Name	County Client #	County	AC	Address	City	St ZIP	Count
		36 San Bernardino	K1				
		36 San Bernardino	P5				
		37 San Diego	60				
		36 San Bernardino	42				
		36 San Bernardino					
		33 Riverside					
		36 San Bernardino					
		9 El Dorado					
		15 Kern	38				
		38 San Francisco	42				
		36 San Bernardino					
		36 San Bernardino					
		10 Fresno					
		36 San Bernardino	35				
		24 Alameda					
		13 Imperial	P5				
		15 Kern	P5				
		13 Imperial					
		36 Ventura					
		13 Imperial					
		36 Ventura					
		32 Plumas	73				
		Report Total:					

The report will be displayed. If a client does not have a County Code, it is missing. The administrative staff can then go through the 3<sup>rd</sup> Party Billing process to add the appropriate code or contact the Mental Health Billing Unit at [MHBillingUnitHHS@sdcounty.ca.gov](mailto:MHBillingUnitHHS@sdcounty.ca.gov) or fax to 858-467-9682.

Medi-Cal billing can be complicated, and each client may have a very different set of circumstances. Every different scenario cannot be specifically addressed in this tip sheet. The BHS Mental Health Billing Unit is here to support you.



FAMILY HEALTH CENTERS  
OF SAN DIEGO



# Family Health Centers of San Diego

March 10, 2022

# Agenda

- ☐ FHCSD Services
- ☐ Referral Methods
- ☐ Behavioral Health at FHCSD
  - ☐ Levels of Care
  - ☐ Exclusion Criteria
  - ☐ Clinician Consult
- ☐ Q & A



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

# Family Health Centers of San Diego

- **Mission:** *Family Health Centers of San Diego is dedicated to providing caring, affordable, high quality healthcare and supportive services to everyone, with a special commitment to uninsured, low income and medically underserved persons.*
- San Diego's largest Community Health Center
- 227,000 patients through 1,000,000+ encounters annually
- Joint Commission & NCQA accredited PCMH



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**



# FHCSD Services-Highlights

- 24 Primary Care Clinics
- 13 Specialty Mental Health Clinics with Extensive Outpatient Behavioral Health Services
- 8 Dental Clinics
- Older Adult Services and PACE
- Homeless Services
- Pediatric Developmental Services
- Substance Use Treatment Program
- Concentrated Mental Health Program that offers Intensive Outpatient Treatment for Adults
- Vision, Physical Therapy, Podiatry, Endocrine, Rheumatology, Cardiology
- HIV and Hepatitis screening/treatment



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

# Referral Methods

## 1. Dedicated Scheduling Line

- Medical: 619-797-4205
- Mental Health: 619-515-2338



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**



# Family Health Youth Counseling Center



2130 National Ave, San Diego 92113



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

# El Cajon Youth Counseling Center



680 Fletcher Parkway, Suite 200, El Cajon 92020



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**



# Family Counseling Centers



**Sweetwater Family Counseling Center**  
333 H St. #2010, Chula Vista CA 91910



**North Park Family Counseling Center**  
2136 El Cajon Blvd., San Diego CA 92104



**Landis Avenue Family Counseling Center**  
264 Landis Ave. #100, Chula Vista CA 91910



**Chula Vista Family Counseling Center**  
248 Landis Ave., Chula Vista CA 91910



**Oceanside Family Counseling Center**  
2201 Mission Ave. #100, Oceanside CA 92058



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

# Menu of FHCSD MH Services for Children

- Individual therapy
- Psychiatry/Medication management
- Mental Health case management
- Psychological testing (internal referral and offered at various FHCSD locations)
- Family Therapy
- UCSD Child Fellow Training at FHYCC
- Family Practice Resident Rotation



Tele-health and In-person services are available



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

# Family Counseling Centers Serving Both Adults and Children

- Individual Therapy and Family Therapy
- Psychiatry/Medication management
- Mental Health case management
- Couple (Self-Pay)
- Group Counseling (When Available)
- Psychological testing (internal referral and offered at various FHCSD locations)

Behavioral Health  
assessment (45 min);  
May refer to higher level  
of care if not appropriate

Therapy follow-up  
appointments (45 min)

Psychiatry Eval (60 min),  
and subsequent follow-  
ups (20 min) as needed

Mental Health Case  
Management  
referral/other specialty  
referrals, as needed



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

# Common Symptoms We Treat:

- Anxiety
- Depression
- Relational Problems
- Maternal Depression
- Adjustment Disorders
- Other Serious Mental Illness
- Other Mood Disorders (ex. Bipolar)
- Behavioral Problems in Children and Youth



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

# FHCSD MH Levels of Care

- Patient has **Mild-to-Moderate level of symptoms**, impairment and/or mental health conditions that can benefit from non-intensive outpatient level of care.
- Patient is capable of developing skills to manage symptoms or make behavioral change within an outpatient mental health setting.
- Patient acknowledges and accepts that recovery may entail therapy alongside medication management.
- Serious Mental Illness if stable on meds and willing to engage in therapy.
- Individual therapy sessions typically once every two to four weeks.
- Patients benefiting from SUD services.



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**



# FHCSD Mental Health Exclusion Criteria (YCC)

- Patient cannot be effectively managed in an outpatient setting, requiring more intensive and high frequency appointments such as requiring daily or weekly monitoring. ***Please consider linking patient instead to higher level of care such as WRAP, TBS, FSP, KickStart and/or other more intensive County Programs.***
- Patient has a current eating disorders diagnosis (acute).

## Note about Autism services

FHCSD does not provide any ABA therapy. Any patients needing ABA therapy will be connected to Health Plan for ABA therapy referrals.



FAMILY HEALTH CENTERS  
OF SAN DIEGO



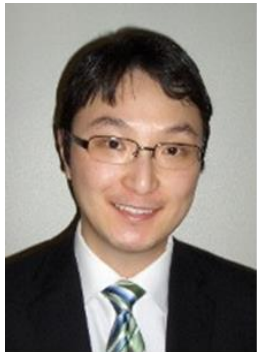
# FHCSD MH Exclusion Criteria

- Patient cannot be effectively managed in an outpatient setting, requiring more intensive and high frequency appointments such as requiring daily or weekly monitoring. **Please consider linking patient instead to higher level of care such as ACT, CFF, Crisis House, and/or other more intensive County Programs.**
- Patient who has been placed on a psychiatric hold or voluntary admission 2 or more times within the past 2 months to either ER or Hospital or with possible admission to a Crisis House.
- Patients who are requesting therapy for purposes of meeting Parole, Probation or Court criteria as well as regaining child custody and completing disability paperwork
- The individual is at imminent risk of seriously harming her/himself or others (currently or actively expressing suicidal or homicidal thoughts).
- When referring directly from the ER, the individual has used abusive/threatening behavior/language while in the ER.
- The individual is actively experiencing hallucinations or delusions that place themselves or others safety at risk.
- Patient is already connected/engaged with County Program.



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

# FHCSD Child Psychiatrists



Garrick  
Tong

FHYCC  
Barrio  
Logan



Alonso  
Cardenas

FHYCC  
ECYCC  
Logan



Mark  
Knight

FHYCC  
Barrio  
Logan



Rebecca  
Huber

ECYCC  
El Cajon  
Parkway  
Plaza



Emily  
Troyer

El Cajon  
Main



Joseph  
Hall

OFCC



Anthony Bui

Sweetwater



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

# FHCSD Adult Psychiatrists

- We have 20 adult psychiatrists in the agency available to provide both telehealth and in-person services.
- We have psychiatrists who speak: English, Spanish, Cantonese, Russian, Portuguese, Mandarin, Farsi, and Hindi.
- We utilize language interpretation services as needed to ensure clients can access services in their preferred language.



**FAMILY HEALTH CENTERS  
OF SAN DIEGO**

# Presenter Contacts

- Oceanside Family Counseling Center  
Dane Crockford, PsyD, 760-826-6322 x 8164
- Family Health Youth Counseling Center  
Laura Torres, LCSW, 619-255-7890
- El Cajon Youth Counseling Center  
Lourdes De La Rosa, LMFT, 619-255-7212



FAMILY HEALTH CENTERS  
OF SAN DIEGO





FAMILY HEALTH CENTERS  
OF SAN DIEGO



**Thank you!**

# Child and Adolescent Behavioral Health Services

High-quality Comprehensive Treatment for Children and Teens with Behavioral and Emotional Health Challenges



## FAMILY HEALTH CENTERS OF SAN DIEGO

Family Health Centers of San Diego offers comprehensive age-appropriate mental health care for children and youth at locations through San Diego County. Our highly skilled team of child psychiatrists and child therapists helps families address:

- Mood disorders and anxiety
- Attention-deficit/hyperactivity disorder (ADHD)
- Disruptive behavioral disorders
- Experience of traumatic events
- Use or experimenting with alcohol and/or drugs

### Services include:

- Individual and family therapy
- Case management
- Psychiatry (medication evaluation and monitoring)
- Bilingual providers and interpreters available

### Locations:

- Two dedicated child and youth services centers
- Five family counseling centers with services for children, youth and adults in one convenient location

We accept most managed care plans, including Medi-Cal and Medicare, and we offer uninsured clients payment options on a sliding fee scale.

**Call (619) 515-2338 to speak to a staff member five days a week to confirm your insurance and make an appointment. All requests are processed within two days. No provider referral is needed. Se habla español.**





# Locations

[www.fhcsd.org](http://www.fhcsd.org) | (619) 515-2338

## Youth Counseling Centers



**FamilyHealth-Youth Counseling Center**  
2130 National Ave., San Diego CA 92113



**FamilyHealth-El Cajon Youth Counseling Center**  
680 Fletcher Pkwy Suite 200, El Cajon CA 92020

## Family Counseling Centers



**Sweetwater Family Counseling Center**  
333 H St. #2010, Chula Vista CA 91910



**North Park Family Counseling Center**  
2136 El Cajon Blvd., San Diego CA 92104



**Landis Avenue Family Counseling Center**  
264 Landis Ave. #100, Chula Vista CA 91910

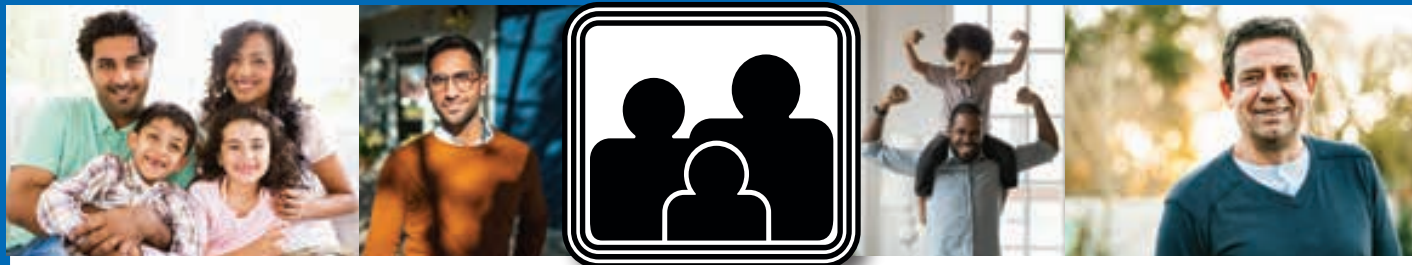


**Chula Vista Family Counseling Center**  
248 Landis Ave., Chula Vista CA 91910



**Oceanside Family Counseling Center**  
2201 Mission Ave. #100, Oceanside CA 92058

# Oceanside Family Counseling Center



FAMILY HEALTH CENTERS  
OF SAN DIEGO

## Accessible Mental Health Care for Everyone!

Oceanside Family Counseling Center offers comprehensive mental health care for all ages. Receive care from the largest mental health provider in San Diego County in your neighborhood!

Services include:

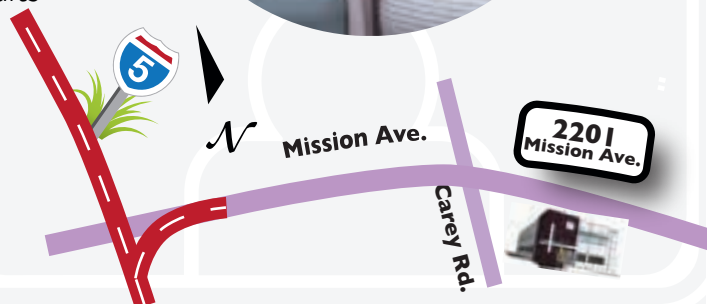
- Individual, couples and family counseling
- Adult, teen and child psychiatry\*
- Psychological testing for children and adults
- Substance use disorder treatment
- Case management
- Telehealth and in-person visits

We accept most managed care plans, including Medi-Cal and Medicare, and we offer uninsured patients payments options on a sliding fee scale.

**No provider referral is needed!**

**Call (760) 826-2026 to speak directly to a staff member five days a week to confirm your insurance and make an appointment.**

**All requests are processed within two days. Se habla español.**

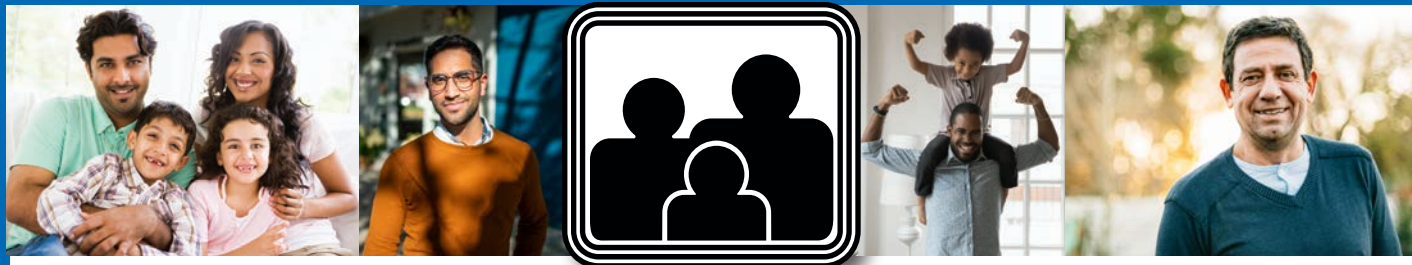


Rev. 02/2022

*\*We have more child psychiatrists on staff than any other organization in San Diego!  
After consultation with a therapist, children may be seen by a psychiatrist in as early as two weeks.*



# Oceanside Family Counseling Center



FAMILY HEALTH CENTERS  
OF SAN DIEGO

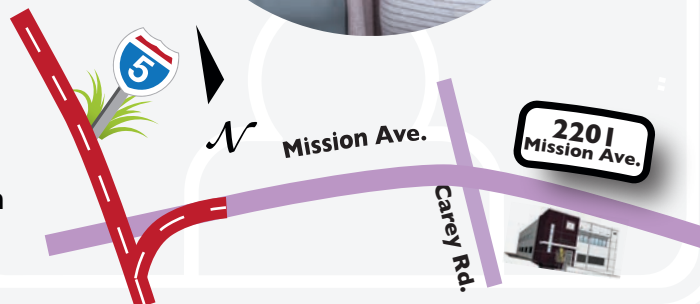
## ¡Atención de salud mental accesible para todos!

Oceanside Family Counseling Center ofrece atención integral de salud mental para todas las edades. ¡Reciba atención del proveedor de salud mental más grande del condado de San Diego en su comunidad!

Los servicios incluyen:

- Asesoramiento individual, de pareja y familiar
- Psiquiatría para adultos, adolescentes y niños\*
- Pruebas psicológicas para niños y adultos
- Tratamiento de trastornos por uso de sustancias
- Manejo de casos
- Visitas de telesalud y en persona

Aceptamos la mayoría de los planes de atención administrada, incluyendo Medi-Cal y Medicare, y ofrecemos opciones de pago a pacientes sin seguro con una escala de descuento.



## ¡No se necesita una referencia médica!

**Llame al (720) 826-2026 durante días hábiles para hablar directamente con un miembro del personal para confirmar su seguro y programar una cita. Todas las solicitudes se procesan en menos de dos días. Se habla español.**


Rev. 02/2022

*\*¡Tenemos más psiquiatras infantiles en nuestro equipo que cualquier otra organización en San Diego! Después de consultar a un terapeuta, los niños pueden ser atendidos por un psiquiatra en tan pronto como dos semanas.*




# Sober and Friendly Environment (SAFE) Housing


# Mission Statement

- ▶ **McAlister Institute provides professional services that heal the lives of individuals and families by improving the quality of life in communities through the miracle of recovery.**
- 


# History

- ▶ Founded in 1977, McAlister Institute has a long history based on the philosophy that drug abuse negatively affects all aspects of individuals, family, and community life.
  - ▶ The goal of all services is to assist improve the lives of participants by supporting the recovery process.
- 

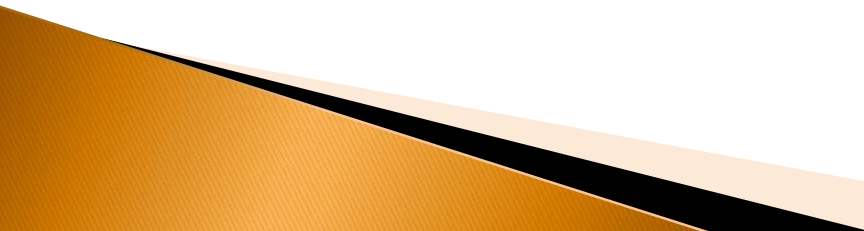
## History (con't.)

- ▶ There is a strong belief across all McAlister services that programs must be culturally relevant and sensitive.
  - ▶ We do our best to ensure each client has a sense of belonging within each program.
  - ▶ The central belief of all McAlister programs is that each individual has value and a positive purpose in life, and that through recovery, each can recognize that purpose and value.
- 

# SAFE House

- ▶ Established by McAlister Institute in 1999.
  - ▶ The program provides a safe and stable environment for women in the reunification process with their children.
  - ▶ All women are referred and overseen by Child Welfare Services (CWS). Dependency Drug Court case managers work with some clients.
  - ▶ While in residence, women can learn independent living skills, parenting skills, vocational skills, interpersonal skills, how to access services, etc.
- 


# SAFE House (con't.)

- ▶ After referral by CWS and acceptance into residence, a women and her child and/or children may reside at the SAFE House for up to a year as long as they meet residence requirements.
  - ▶ Women must be in outpatient substance abuse treatment and/or working.
  - ▶ If not working, women focus on building transferable job skills, vocational training, education, and obtaining employment.
- 




# SAFE House (con't.)

**Women in residence must also be willing to:**


- ▶ **work toward maintaining a reliable income to prepare for independent living**
  - ▶ **abide by facility regulations including helping with chores**
  - ▶ **remain open to suggestion and learning**
  - ▶ **take responsibility for one's own behavior**
  - ▶ **contribute to the good of the SAFE House community.**
- 




# Facility

- ▶ For safety reasons, SAFE House is located at an undisclosed east county location.
  - ▶ The facility is a five-unit apartment complex that is gated for safety.
  - ▶ The facility has a maximum capacity of 22 beds for women and children.
  - ▶ CWS and Dependency Drug Court case managers oversee individual cases.
- 


## Facility (con't.)

- ▶ The housing is shared.
  - ▶ There are two 2-bedroom/1-bathroom units, and one 3-bedroom/2-bathroom unit.
  - ▶ The apartments are furnished, and there is an on-site laundry room.
  - ▶ The site was selected to be near public transportation.
  - ▶ There is a grassy outside area with play equipment for the children.
- 

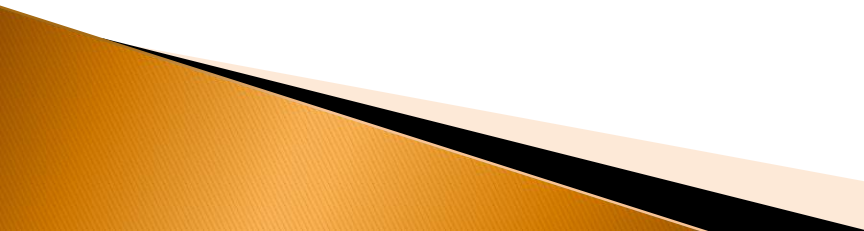
# Program Supervision

- ▶ **SAFE House is supervised by a program coordinator who lives on site.**
  - ▶ **The coordinator oversees the facility, room inspections to ensure orderly and clean living units, community meetings, crisis intervention, interpersonal issues with residents, drug testing, enforcement of rules, etc.**
- 

# Program Supervision (con't.)

- ▶ The coordinator supports women in their recovery, and provides support, education, and referral as needed.
  - ▶ The coordinator is trained in trauma-informed services to ensure no client is re-traumatized in interactions at the facility.
  - ▶ The coordinator role-models positive recovery behaviors.
- 

# Summary

- ▶ As with all McAlister services, SAFE House provides women and their children an environment for growth toward recovery and successful, independent lives.
  - ▶ Through collaborations with McAlister Institute's treatment programs, and other recovery programs outside of McAlister, the goal is to ensure every woman the opportunity to restore their life and the lives of their children.
- 



QUESTIONS?





# MONTHLY ACCOUNTABILITY REPORTS

---

## Program Managers Meeting

*Derek Kemble and Darwin Espejo*

*January 13, 2022*





## ***GENERAL OVERVIEW***

- Monthly Accountability Reporting's main purpose is to recover billing revenue due from services rendered in mental health Medi-Cal billing programs
- Quality Improvement (QI) Performance Improvement Team (PIT) and OPTUM generate all reports
- Features **Sub-Unit** activities cumulatively, starting from the beginning of the Fiscal Year
- Reports are sent following all *HIPAA* rules to **Program Managers** (or a specified designee) cc'ing **CORs** for tracking purposes
- Also feature program/staff monitoring tools for **CORs** and **Program Managers**





## Overview Continued...


- The original report packet consists of two main reports:
  - 1) **“MIS 99”** - *OPTUM Accountability reports*
  - 2) **“MIS 40”** - *CSI errors reports + CSI Correction Guide*
- CYF designee (Darwin Espejo) forwards to all applicable providers





## ***Delivery Methodology***

- Providers listed in the *Transport Layer Security list (TLS)* receive “regular” emails – all others are **encrypted**

 Encrypt-Only - This message is encrypted. Recipients can't remove encryption.  
Permission granted by: Darwin.Espejo@sdcounty.ca.gov

- Questions and issues? *Please use QI-PIT help link*

**Need Assistance?** → **Questions?** → **Feedback?** → Please contact the QI-PIT team at [QIMatters.HHSA@sdcounty.ca.gov](mailto:QIMatters.HHSA@sdcounty.ca.gov)

- Designee updates and/ or additions – *Immediately contact COR team or CYF designee*
- Providers and/or Sub-units *may or may not* have reports for that month
- Delivery time frame



***MIS-18 Non-Final Approved Progress Notes with Services*** informs County BHS clinics of 'Open Progress Notes' with services that require final approval.

***MIS-19 Non-Final Approved Progress Notes without Services*** captures progress notes within CCBH which do not have services (encounters) attached. These progress notes are often left blank or are incomplete. This report will allow programs to either complete the documentation of the service or delete the progress note if it was created in error. *Please be aware that the current standards for timeliness of documentation apply and any services entered past the 14-day mark are required to be made non-billable.*

***MIS-20 Final Approved Progress Notes over 14 Days from Service Date*** has the purpose of informing County BHS clinics of 'Final Approved Progress Notes' *over 14 days* from service date for compliance.

# Monthly Accountability Reports



LIVE WELL  
SAN DIEGO

***MIS-32 Progress Notes Monitoring Report*** assists County BHS CORs and Program Managers monitor the timely completion of progress notes for each of their staff.

***MIS-36 Discharge Summary Report*** was created to inform County BHS CORs and Program Managers of discharge outcomes. This report tracks discharge reason, discharge destination, and goals met by month.

***MIS-38 Program Open Assignments*** was created to inform programs of their active clients who may need demographic form updates. This report captures days since last demographic form update and highlights those over 365 days. It also lists highest education level, living arrangement, and if that living arrangement code is even valid as these are variables that change regularly and should be looked at.

***MIS-40 CSI Clean-Up Report*** captures all Client Services Information (CSI) errors for your program. The attached CSI Correction Guide will assist in completing the necessary updates.

***MIS-41 Parolee Assignments*** was created to inform programs of clients who are currently opened or closed within 90 days who have client category denoting Parolee Status. This is to help properly close out the CC when the client leaves your program and to help track spending on the special population.

The **MIS-18** Non-Final Approved Progress Notes with Services has the purpose to inform County BHS clinics of 'Open Progress Notes' with services that require final approval.



**Non-Final Approved Progress Notes with Services  
For Service Date from 7/1/2020 to 1/3/2021**

Client Name	Case Number	Form Date	Form Type	Created ID	Created By	Credentials	Form Number	Service Code	Service	Service Date	Service Price	Balance	Billed Flag	Current Paysource	Unit ID
BROS, MARIO	123456789	10/10/2020	Individual	54321	GOOMBA (12345)	TRAINEE	7654321	815	NON-BILL OTHER SUPPORT SVC 815	10/10/2020	\$0.00	\$0	Y	9999	1889
BROS, LUIGI	987654321	10/27/2020	Individual	54321	KOOPA (54321)	TRAINEE	8765432	30	PSYCHOTHE RAPI - INDIVIDUAL 30	10/27/2020	\$0.00	\$0	Y	9999	1889
KONG, DONKEY	100000001	9/24/2020	Individual	56789	BOWSER (1001)	MD	2000002	27	MEDS EM DETAILED MODERATE 27	9/24/2020	\$0.00	\$0	Y	9999	1889



Sub Unit	SubUnit Description	Population	LE ID	Legal Entity	COR	Server ID	Server Name	Medi-Cal Service	Medi-Cal Claimed	Medi-Cal Paid
2022	MARIO KART CLINIC	C	12345	NINTENDO CORP	Peach, Princess	23456	GOOMBA (12345)	NO	NOT CLAIMED	UNPAID
2022	MARIO KART CLINIC	C	54321	NINTENDO CORP	Peach, Princess	65432	KOOPA (54321)	NO	NOT CLAIMED	UNPAID
2022	MARIO KART CLINIC	C	10001	NINTENDO CORP	Peach, Princess	3003	BOWSER (1001)	NO	NOT CLAIMED	UNPAID

Program needs to take action to clear MIS-18 report

The **MIS-19** Non-Final Approved Progress Notes without Services was created to capture progress notes within CCBH which do not have services (encounters) attached. These progress notes are often left blank or are incomplete. This report will allow programs to either complete the documentation of the service or delete the progress note if it was created in error. Please be aware that the current standards for timeliness of documentation apply and any services entered past the 14- day mark are required to be made non-billable.



**Non-Final Approved Progress Notes without Services**  
Form Date from 7/1/2020 to 6/30/2021

Client Name	Case Number	Form Date	Form Type	Created ID	Created By	Credential	Unit	Sub Unit	Sub-Unit Name	LE ID	Legal Entity	COR
Backer, Line	100000001	4/26/2021	Individual	12345	SEAU, JUNIOR	LMFT	1960	2022	CHARGERS FOOTBALL TEAM	1000	AFC WEST INC	Schottenheimer, Marty
Back, Running	200000002	2/21/2021	Individual	45678	TOMLINSON, LADANIAN	TRAINEE	1960	2022	CHARGERS FOOTBALL TEAM	2000	AFC WEST INC	Schottenheimer, Marty
Picksix, Mister	300000003	3/29/2021	Individual	54321	RIVERS, PHILIP	PSYA	1960	2022	CHARGERS FOOTBALL TEAM	3000	AFC WEST INC	Schottenheimer, Marty
Newhope, Teamz	400000004	4/21/2021	Individual	87654	HERBERT, JUSTIN	PSYA	1960	2022	CHARGERS FOOTBALL TEAM	4000	AFC WEST INC	Schottenheimer, Marty

- The COR's name needs to be updated manually via MIS 26 B by emailing **Derek Kemble**
- All services on the MIS 19 need an action by the program
  - Final approve it – ideal if it is within 14 days of service (which may not be the same as “Form Date”)
  - Final approve it – if it has been over 14 days since service, the service will shift to MIS 20 once it is final approved; or program can void/replicate the service and it will no longer be on either the MIS 19 or MIS 20 report
- Determine if the Progress Note is either *incomplete* or *erroneous*:
  - If *incomplete*, it must be completed first and then Final Approved
  - If *erroneous*, then it must be voided

#### **BOTTOM LINE:**

- ✓ Program must take action on all services on the MIS 19
- ✓ If the services are all current (within 14 days of report end date) – program is in *good standing*



The **MIS-20** Final Approved Progress Notes over 14 Days from Service Date has the purpose to inform County BHS clinics of 'Final Approved Progress Notes' over 14 days from service date for compliance.



**Final Approved Progress Notes over 14 Days from Service Date  
For Service Date from 7/1/2020 to 3/28/2021**

Client Name	Case Number	Form Type	Form Date	Form Sign Date	FA Staff ID	FA Staff	FA Credential	FA Date	FA Time	Form Number	Replicated	Service Code	Service	Service Date	Unit of Service	Minutes	Service Price	Balance	Billed Flag	Curr PaySrc
KIDDO	10111213	Individual	10/9/2020	10/24/2020	1415	BIGGIE SMALLS	LMFT	10/24/2020	181321	9222629	N	10	ASSESSMENT - PSYCHOSOCIAL 10	10/9/2020	1	140	\$519.21	\$519.21	Y	MEDI-CAL
<b>Report Date:</b> 3/29/2021 5:57:12 AM		<b>Count:</b>	<b>1</b>																	



Unit ID	SubUnit ID	SubUnit	LE ID	Legal Entity	COR	Server ID	Server Name	Server Credential	Medi-Cal	Medi-Cal Claimed	State Payment	CLAIM #	BATCH #	Population
1234	5678	BROOKLYN	1011	NEW YORK CITY INC	P. DIDDY	1213	FAITH EVANS	LMFT	YES	NOT CLAIMED	UNPAID	43215678	54321	C

- Programs need to use the OPTUM App to help determine what action is needed for each of these services
- The goal is to not have any entries on the MIS 20 report
- Even though the services on the MIS 20 can never be financially recovered, having them on the report impacts the workflow and resources of the billing unit

THE MIS-32 PROGRESS NOTES MONITORING REPORT HAS THE PURPOSE TO HELP COUNTY BHS CORS AND PROGRAM MANAGERS MONITOR THE TIMELY COMPLETION OF PROGRESS NOTES FOR EACH OF THEIR STAFF.



**Final Approved Progress Notes Report  
For Service Date from 7/1/2020 to 3/28/2021**

Legal Entity	Unit ID	Staff ID	Staff Name	Average Days to Approve	Counts of Final Approvals	Highest Days	Lowest Days	Percentage of Total Entries		Over 14 Days (15 and Up)	Percentage Over 14 Days
Old Skool Inc	0101 - Hip Hop Team			2.8	399	15	0	100.0%		1	0.3%
		1234	W. Tang	0.6	5	1	0	1.3%		0	0.0%
		4321	T. Shakur	2.8	107	11	0	26.8%		0	0.0%
		5678	S. Dogg	0.0	26	1	0	6.5%		0	0.0%
		8765	D. Dre MD	0.9	83	5	0	20.8%		1	1.1%

- MIS 32 allows program to review progress note approval statistics by each practitioner
- COR can look to see if there are any outliers that need to be discussed with Program Manager

THE MIS-36 DISCHARGE SUMMARY REPORT WAS CREATED TO INFORM COUNTY BHS CORs AND PROGRAM MANAGERS OF DISCHARGE OUTCOMES. THIS REPORT TRACKS DISCHARGE REASON, DISCHARGE DESTINATION, AND GOALS MET BY MONTH.



Discharge Summary Report  
From: 7/1/2020 to 3/28/2021 1:40:01 PM

Discharge Reason	July	August	September	October	November	December	January	February	March	April	May	June	Total	Qtr 1	Qtr 2	Qtr 3	Qtr 4
Client receiving services/TX elsewhere	4	1	3	1		2	1	3	1				16	8	3		
Left against medical advice						1							1	0	1		
Lost Contact			1										1	1	0		
Moved away from service area									1				1	0	0		
No Longer Requires svcs this level care		1				1							2	1	1		
Other			1			1							2	1	1		
Refused services		1											1	1	0		
<b>Total</b>	<b>4</b>	<b>3</b>	<b>5</b>	<b>1</b>		<b>5</b>	<b>1</b>	<b>3</b>	<b>2</b>				<b>24</b>	<b>12</b>	<b>6</b>		
Discharge Destination	July	August	September	October	November	December	January	February	March	April	May	June	Total	Qtr 1	Qtr 2	Qtr 3	Qtr 4
Other									1				1	0	0		
Self-care/family/gen community support	2	1	3			1			1				8	6	1		
Transferred to HIGHER level of care						1							1	0	1		
Transferred to LOWER level of care	2	1	1	1		3	1	3					12	4	4		
Unknown: Never returned		1	1										2	2	0		
<b>Total</b>	<b>4</b>	<b>3</b>	<b>5</b>	<b>1</b>		<b>5</b>	<b>1</b>	<b>3</b>	<b>2</b>				<b>24</b>	<b>12</b>	<b>6</b>		
Goals Met	July	August	September	October	November	December	January	February	March	April	May	June	Total	Qtr 1	Qtr 2	Qtr 3	Qtr 4
Yes	3	1	1	1		1	1	2					10	5	2		
No		1	3			1			1				6	4	1		
Partially	1	1	1			3		1	1				8	3	3		
<b>Total</b>	<b>4</b>	<b>3</b>	<b>5</b>	<b>1</b>		<b>5</b>	<b>1</b>	<b>3</b>	<b>2</b>				<b>24</b>	<b>12</b>	<b>6</b>		

Valuable information for Program and COR

THE **MIS-38** PROGRAM OPEN ASSIGNMENTS WAS CREATED TO INFORM PROGRAMS OF THEIR ACTIVE CLIENTS WHO MAY NEED DEMOGRAPHIC FORM UPDATES. THIS REPORT CAPTURES DAYS SINCE LAST DEMOGRAPHIC FORM UPDATE AND HIGHLIGHTS THOSE OVER 365 DAYS. IT ALSO LISTS HIGHEST EDUCATION LEVEL, LIVING ARRANGEMENT, AND IF THAT LIVING ARRANGEMENT CODE IS EVEN VALID AS THESE ARE VARIABLES THAT CHANGE REGULARLY AND SHOULD BE LOOKED AT.



Program Open Assignments Report  
Unit: 0101-FRIENDS INC

Unit ID/Description	SubUnit ID/Description	Case Number	Client Name	Date Opened	Date Closed	Primary Assignment Server	Server Active?	Last Service Date	Days Since Last Service	Last Demographics Form Date	Last FA Demographics Date	Last Client Plan Form Date	Last FA Client Plan Date	Last BHA Form Date	Last FA BHA Date	Single Accountable Individual (SAI)	SAI Active?	PCP Flag	PCP Name	PCP Phone	Seen Within the Last (month/s)	Seen Within Other	Highest Education Level	Living Arrangement	Active Living Arrangement Selection
0101-FRIENDS INC	1010-CENTRAL PERK	123456789	BING, CHANDLER	9/1/2020		12345-BUFFAY, PHOEBE (54321)	Y	3/10/2021	19	10/20/2009	10/26/2009	10/5/2020	3/23/2021			56789-HOSENSTEIN, JANICE	Y						None	Unknown	Y
0101-FRIENDS INC	1010-CENTRAL PERK	987654321	GREEN, RACHEL	8/18/2020		76543-GELLER, ROSS (23456)	Y	3/11/2021	18	9/16/2020	10/15/2020	9/11/2020	12/19/2020	8/18/2020	9/17/2020	12345-BUFFAY, URSULA	Y	Y	Central Perk Clinic	718 123-4567	Other	October 2019	4th Grade	House or Apt.	Y
0101-FRIENDS INC	1010-CENTRAL PERK	101010101	TRIBBIANI, JOSEPH	10/9/2020		10111-GELLER, MONICA (12131)	Y	3/9/2021	20	10/9/2020	10/10/2020	10/28/2020	11/7/2020	10/9/2020	11/6/2020	00001-SMELLY, CAT	Y	Y	Central Perk Center	212 567-8910	12		5th Grade	House or Apt.	Y

- Look at all the 'red' for 'days since last service' – does record need to be closed?
- Final Approval (FA) needs to occur at a minimum annually for Demographics, Behavioral Health Assessment (BHA) and Client Plan – if the field is red; it is out of compliance and program needs to correct it
- Also look to see if the client has a Primary Care Physician (PCP) – for most programs this is a necessary connection
- Look to see the Living Arrangement – is it consistent with program type?

**MIS-40** CSI CLEAN-UP REPORT CAPTURES ALL CLIENT SERVICES INFORMATION (CSI) ERRORS FOR YOUR PROGRAM. THE ATTACHED CSI CORRECTION GUIDE WILL ASSIST IN COMPLETING THE NECESSARY UPDATES.



LE ID	Legal Entity	UNIT ID	UNIT Description	SubUnit ID	Sub Unit Description	Entered By ID	Staff Name	Record Type	Case Number	Client Name	DOS/ Form Date	Error Message
1234	HOGWARTS SCHOOL DISTRICT	8765	HOGWARTS PRE-K	1011	PATRONUS CLINIC	10000	DUMBLEDORE, ALBUS (12345)	Service	123456789	POTTER, HARRY	6/9/2021	Invalid Service Time (Please Enter Correct Service Time for this service)
4321	HOGWARTS SCHOOL DISTRICT	3456	HOGWARTS ELEMENTARY	1213	ALOHOMORA FSP	20000	HAGRID, RUBEUS (67891)	Service	100000001	GRANGER, HERMIONE	5/28/2021	No Principal MH Diagnosis (Please enter a Mental Health diagnosis code in the Diagnosis form)
6789	HOGWARTS SCHOOL DISTRICT	5432	HOGWARTS MIDDLE SCHOOL	1415	EXPELLIARMUS OP	30000	VOLDEMORT, LORD (19876)	Demographics	200000002	WEASLEY, RON	6/1/2021	Invalid Country of Birth (Please fix Country of Birth)
2345	HOGWARTS SCHOOL DISTRICT	7654	HOGWARTS HIGH SCHOOL	1617	WINGARDIUM LEVIOSA STRTP	40000	SNAPE, SEVERUS (54321)	Demographics	300000003	MALFOY, DRACO	6/3/2021	Under 18 was not selected but client is under 18 (Please select Under 18 box)

When a program has active *Client Service Information (CSI)* errors; they receive the *MIS 40* report and the '*CSI Correction Guide*' which provides instructions on how to correct the 12 most common errors

# Client Service Information (CSI) Guide



LIVE WELL  
SAN DIEGO

## Table of Contents by Error Type:

Client's name contains non-alpha characters.....	3
Invalid country of birth.....	4
Invalid race combination.....	5
Mother's name contains non-alpha characters.....	6
Invalid legal consent, client is >17/Invalid legal consent, client is >25.....	7
Under 18 was not selected but client is under 18/Under 18 is selected but client is >= 18.....	8
No principal mental health diagnosis.....	9
The diagnosis FORM does not cover the actual date of service.....	9
The diagnosis START DATE does not cover the actual date of service.....	12
The diagnosis is not a mental health diagnosis.....	14
Invalid Service Time.....	16
CIN Error.....	17

## *“12 Most Common Errors”*

### ✓ **Error:** Client's name contains non-alpha characters

Client name should not have any non-alpha characters. This includes the first name, middle name, last name, and suffix. Non-alpha characters are apostrophes, hyphens, spaces, or non-English letters.

Example of a wrong name:

**CLIENT IDENTIFYING INFORMATION**

Client Name

Last Name  First  Middle Name  Suffix

Birth Name (If different from above)

Last Name  First

Middle  Suffix

## ***ERROR + CORRECTION GUIDANCE***

### ✓ **Correction:** Submit a FORM A to update the name removing any non-alpha characters.

THE MIS-41 PAROLEE ASSIGNMENTS WAS CREATED TO INFORM PROGRAMS OF CLIENTS WHO ARE CURRENTLY OPENED OR CLOSED WITHIN 90 DAYS WHO HAVE CLIENT CATEGORY DENOTING PAROLEE STATUS. THIS IS TO HELP PROPERLY CLOSE OUT THE CC WHEN THE CLIENT LEAVES YOUR PROGRAM AND TO HELP TRACK SPENDING ON THE SPECIAL POPULATION.



A	B	C	D	E	F	G	H	I	J
<b>Parolee Assignments</b> <b>From: 7/1/2021 to 10/31/2021 10:00:18 AM</b>									
Client Name	Case Number	Unit ID	SubUnit ID	SubUnit Description	Date Opened	Date Closed	Last Service Date	CC Open Date	CC Close Date
Mickey Mouse	123456	1990	1991	ANY PROGRAM	1/1/1991	1/1/1992	12/31/1991	MM/DD/YEAR	MM/DD/YEAR
	123456	1990	1991	ANY PROGRAM	1/2/1991	1/2/1992	1/1/1992	MM/DD/YEAR	MM/DD/YEAR
Mickey Mouse	123456	1990	1991	ANY PROGRAM	1/3/1991	1/3/1992	1/2/1992	MM/DD/YEAR	MM/DD/YEAR
	123456	1990	1991	ANY PROGRAM	1/4/1991	1/4/1992	1/3/1992	MM/DD/YEAR	MM/DD/YEAR
Mickey Mouse	123456	1990	1991	ANY PROGRAM	1/5/1991	1/5/1992	1/4/1992	MM/DD/YEAR	MM/DD/YEAR
	123456	1990	1991	ANY PROGRAM	1/6/1991	1/6/1992	1/5/1992	MM/DD/YEAR	MM/DD/YEAR
Mickey Mouse	123456	1990	1991	ANY PROGRAM	1/7/1991	1/7/1992	1/6/1992	MM/DD/YEAR	MM/DD/YEAR

## MIS-41 PAROLEE ASSIGNMENTS





## Contacts

- **Derek Kemble – QI/PIT** (Derek.Kemble@sdcounty.ca.gov)
- **Darwin Espejo – CYF** (Darwin.Espejo@sdcounty.ca.gov)

***THANK YOU!***

# STEPS Structured and Intensive Outpatient



# MHS

- Mental Health Systems is a non-profit agency founded in 1978 to improve lives of individuals, families and communities facing substance abuse and behavioral challenges.



# MHS Programs

- Children's services
- Drug and Alcohol
- Counseling
- Employment
- Housing
- Homeless services
- Court involved



# Who does STEPS serve?

- Youth ages 6-21 who have exhibited sexually reactive and/or abusive behaviors
  - Unwanted sexual behaviors
  - Sexual behaviors impacting functioning
  - Trauma reactive sexual behaviors
  - Sexual behaviors putting youth at risk for CSEC or other harm
  - Sexual harassment, abuse
  - Adjudicated sex crime(s)



# Responsive to Co-Occurring Disorders including...

- Trauma and Stress
- Anxiety
- SUD
- Mood
- Neurodevelopmental





# What are you seeing?

- When it comes to youth engaging in sexually reactive and/or abusive behaviors what trends or changes have you noticed?



# STEPS Program Description

- Sexual abuse Treatment, Education, and Prevention Services
- Utilizes Trauma Outcome Process Assessment (TOPA) Model, an individualized, strength-based, trauma informed and CBT oriented treatment approach which leverages strengths and protective factors to mitigate risk.



# STEPS Curriculum

- Includes: Safety Planning, Sexual Offending Laws, True Consent, Boundaries, Coping Skills, Abusive Relationship Dynamics, & Healthy Relationships
- Incorporates awareness of Trauma and its impact on abusive/reactive behavior
- Identifies and develops protective factors that mitigate risk
- Facilitates development/expression of empathy and relational repair



LIVE WELL  
SAN DIEGO

# STEPS Programs –Structured & Intensive Outpatient

- Structured Outpatient (SOP)
  - Full scope MediCal eligible, ages 12-21
  - Sexually reactive/abusive behaviors
  - Displaying significant impairment in functioning and/or risk related behaviors across areas that warrant higher intensity services
- Intensive Outpatient (IOP)
  - Sexually abusive/reactive behaviors or sexualized behaviors impairing functioning
  - Full scope MediCal eligible ages 6-21



# Structured Outpatient Program

- On-site school with academic instruction provided through the San Diego Unified School District
  - \* M-F 8:30am – 1pm
- Individualized participation in variety of group interventions as well as individual, family and other services consistent with treatment plan
  - \* M-F 1pm-3:30pm, with additional programming available through 5pm



# Structured Outpatient Program, cont.

- Engages in a multidisciplinary team approach through care coordination and facilitation of treatment team meetings to support youth's progress
- Offers afternoon flexibility for access to other services, prosocial activities, etc.
- Co-located with NC-TRC and CSBC





# Structured Outpatient Services

- Individual therapy 2x/week
- Family therapy 2x/month
- Group therapy at least 3x/week (including psychotherapy, psychoeducational, prosocial skill building and expressive arts)
- Case management
- Crisis intervention and planning
- Psychiatric Care (medication evaluation/monitoring)
- Parent support and education
- Independent living skills



LIVE WELL  
SAN DIEGO

# Intensive Outpatient Program & Services

- Central site 8-5pm
- South Bay & North County locations 3 days/week 2-6pm & by appt
- **Services:**
  - Individual therapy 1-2x/week
  - Family therapy 1x/month
  - Group therapy access (including psychotherapy, psychoeducational, prosocial skill building and expressive arts)
  - Case management
  - Crisis intervention and planning
  - Psychiatric Care (medication evaluation/monitoring)
  - Parent support and education
  - Independent living skills



# Referrals: Do you know a youth...

- Who is unable to stop themselves from engaging in sexualized behaviors?
- Who is struggling to maintain appropriate social media or internet boundaries related to sexual content?
- Whose is experiencing functional impairment due to shame, stigma or isolation related to sexual behaviors?
- Who is engaging in sexual activity with a person of a significantly different age or developmental level?
- Whose sexual behavior has increased in frequency and intensity?
- Who has sexual knowledge or behavior that is inconsistent with developmental level?
- Whose sexual behavior is unwelcomed or forced?



# Referral Process

- Who Can Refer?
  - Anyone, including Probation Officers, Child Welfare Services, parents/guardians, school staff, or outside agencies/providers
- How is a Referral Submitted?
  - Complete a referral packet and fax/email/mail
  - All referrals will be reviewed and contacted and screened to determine level of care



# What is needed?

- What do you all think is needed in communities, schools, and families to prevent sexual abuse and promote healthy sexual behaviors and relationships?
- Who would be interested in monthly consultation?



LIVE WELL  
SAN DIEGO

# Contact Information

- Stephanie Andrews, LMFT, Program Manager
  - Office: (858) 585-9238
  - [sandrews@mhsinc.org](mailto:sandrews@mhsinc.org)
- Coral Ramirez, Administrative Assistant
  - Office: (858) 565-2510
  - Fax: (858) 408-9769
  - [coral.ramirez@mhsinc.org](mailto:coral.ramirez@mhsinc.org)
- STEPS Program Address
  - Central (SOP/IOP): 4660 Viewridge Ave San Diego 92123
  - South Bay (IOP): 637 3<sup>rd</sup> Ave Ste F Chula Vista 91910
  - North Cty (IOP): TBD







## REQUEST FOR SERVICES - STEPS PROGRAM

4660 Viewridge Avenue San Diego, CA 92123

Phone: (858) 565-2510 Fax: (858) 408-9769

Date: \_\_\_\_\_ Youth being referred: \_\_\_\_\_

Social Security Number: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Medi-cal: ☐ YES ☐ NO Medi-Cal #: \_\_\_\_\_

Parent/Caregiver Name(s): \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Youth Address & Phone Number (if different from above): \_\_\_\_\_

Youth Ethnicity and Preferred Language: \_\_\_\_\_

Parent/Caregiver Ethnicity and Preferred Language: \_\_\_\_\_

School/District: \_\_\_\_\_ IEP: YES/NO

Referring Party Name/Agency: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please describe the reason for the referral including specific sexually abusive behaviors:

Please provide mental health treatment including dates, provider, diagnosis and psychiatric hospitalizations:



Please list current medications and prescribing doctor:

Please describe current or historical verbal and/or physically aggressive behavior:

Please describe current and/or historical substance use:

Please describe current potential for harm including high risk behaviors; ie self-injurious behavior, suicidal ideation, homicidal ideation:

Please list any physical health concerns and/or allergies:

**\*\*Please provide all available supporting documentation. This may include:**

Behavioral Health Assessment

Psychological Evaluation

Social Study

Individualized Education Plan

CWS Detention or JD Reports

Authorization to use or Disclose Protected Health Information (04-24AP/04-24AC)

Any other documentation pertaining to the reason for the referral

**Thank you for taking the time to make a referral to STEPS. We will be contacting you and/or the caregiver to schedule a screening. Please let us know your preferred days and times:** \_\_\_\_\_

For questions or additional information, please contact the Program Manager:  
Stephanie Andrews, LMFT [SAndrews@mhsinc.org](mailto:SAndrews@mhsinc.org)

# Exposure and Response Prevention (ERP) Webinar

BHE0135/Live



This one-hour webinar will introduce participants to Exposure and Response Prevention (ERP), a highly efficient and effective treatment for Obsessive Compulsive Disorder (OCD). The webinar will include treatment components of ERP, the definition and role of avoidance in maintaining OCD, and how to design and carry out specific exposures tailored to the needs of the person you are serving. Real-life examples will be used throughout to demonstrate these ideas.

**Please see Page 3 for Outline.**

## Learning Objectives

- Define avoidance in the context of Exposure and Response Prevention (ERP)
- Explain the role of avoidance and how it can contribute to symptoms of OCD
- Describe the fear and avoidance hierarchy
- Design at least two exposure exercises for use in providing services to an individual living with OCD

## Registration Information

If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#).

Email [RIHS@sdsu.edu](mailto:RIHS@sdsu.edu) if you have any questions.

This training is FREE of charge to BHS County employees and contractors.



## VIRTUAL EVENT

**Date: March 29, 2022**

**Time: 10:00 – 11:00 a.m.**

This course will be conducted remotely through **Zoom**. A link will be sent to participants a week before training.



## REGISTRATION

[Click here](#) to log into the Learning Management System (LMS) and Register.



## AUDIENCE

CYF-BHS counselors, case managers, therapists, supervisors, and other direct services providers.



## THE TRAINER

**Dr. Jill Stoddard** is a psychologist, TEDx speaker, author, award-winning teacher, and peer-reviewed ACT trainer. [Learn more about Jill.](#)

Thank you for your continued understanding about our need to put the safety of our staff, facilitators, and customers first.

Please review the COVID protocol for in-person trainings.  
<https://theacademy.sdsu.edu/a-message-to-our-stakeholders-and-friends/>

**COVID Message and  
In-person Training Protocol**

## ADA

Please submit all requests for accommodations two weeks prior to the start of the training. The Academy for Professional Excellence is committed to creating an inclusive and welcoming environment that appreciates and builds on diversity. In accordance with the Americans with Disabilities Act (ADA) of 1990, and California Administrative Code Title 24, The Academy for Professional Excellence prohibits discrimination on the basis of a disability in employment, public services, transportation, public accommodations, and telecommunication services.

## Continuing Education

This course meets the qualifications for **1** hour of continuing education credit for LMFTs, LCSWs, LPPCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-398-0822, and CAADE Provider # CP40 906 CH 0323 for **1** contact hour/CEH. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).

*Responsive Integrated Health Solutions (RIHS) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, and a project of San Diego State University School of Social Work.*



**We create experiences that transform the heart, mind, and practice.**

Visit us at [theacademy.sdsu.edu](https://theacademy.sdsu.edu).



# Exposure and Response Prevention (ERP) Webinar

Course Code: BHE0135/Live

[Dr. Jill Stoddard](#), Director of The Center for Stress and Anxiety Management

## Educational Goal:

*To gain a deeper understanding of Exposure and Response Prevention (ERP) to improve the delivery of behavioral health services with children and youth living with Obsessive Compulsive Disorder (OCD)*

## Learning Objectives:

- Define avoidance in the context of Exposure and Response Prevention (ERP)
- Explain the role of avoidance and how it can contribute to symptoms of OCD
- Describe the fear and avoidance hierarchy
- Design at least two exposure exercises for use in providing services to an individual living with OCD

Time	Activity
11:00 – 11:05 am	Brief review of CBT 3 component model and how ERP fits into this
11:05 – 11:15 am	Definition and role of avoidance in maintaining OCD
11:15 – 11:25 am	Treatment components of ERP:  What is included?: Psychoeducation, Hierarchy, Exposure  What is not included (and why): Relaxation, Cognitive Restructuring
11:25 – 11:40 am	Designing exposures for various subtypes of OCD including case studies to illustrate
11:40 – 12:00 pm	Step by step for carrying out Exposure

**\*Please note: In order to receive completion and credit/CEs, you must have your video camera on for the duration of training.**





**FRIDAY**  
**MAY 6,**  
**2022**

# YOUTH MENTAL HEALTH VIRTUAL CELEBRATION

**RESOURCE FAIR AT 4 PM • LIVE EVENT AT 5 PM**

*NAMI San Diego on Facebook • YouTube • Twitch*

Contact: [CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org)



San Diego and  
Imperial Counties





## Your Safe Place is here for all of us

- 1 in 4 women and 1 in 7 men have experienced severe physical violence by an intimate partner in their lifetime.
- 1 in 10 high school students has experienced physical violence from a partner in the past year.
- 1 in 4 dating teens are harassed or abused through technology.
- The average age of coercion into sex trafficking in San Diego County is 16 years old.
- The presence of a gun in a domestic violence situation increases the risk of homicide by 500%.
- 35% of all women killed by men are killed by intimate partners with guns.

“  
*Exiting the life of exploitation has not been an easy journey. Not only has it impacted me, but it has greatly impacted my children. My family and I have been so blessed to have such amazing people around us and resources available to us.*  
— Survivor”

**Where families come first  
and professionals come together.**



“  
*A million thanks for all of you and for all the resources. You've always made a very big, positive, hopeful difference in my life.*  
— Survivor”

Contact **Your Safe Place** today:  
1122 Broadway, 2nd Floor, San Diego, CA 92101

**Local:** 619-533-6000

**Toll free:** 1-866-933-HOPE (4673)

**24-hour San Diego Domestic Violence Hotline:**  
**888-DV-LINKS 1-888-385-4657**

Monday – Friday, 8:00 a.m. - 5:00 p.m.  
\*new clients welcome before 3:30 p.m.

Walk-ins welcome. Appointments encouraged.  
Hablamos Español.

**If you are concerned about your  
immediate safety, please call 9-1-1.**

**[SanDiego.gov/yoursafeplace](http://SanDiego.gov/yoursafeplace)**



# Your Safe Place

## A Family Justice Center



At **Your Safe Place**, survivors of domestic violence, family violence, elder abuse, sexual assault, and sex trafficking can seek justice, begin healing, and reclaim their lives.

Contact **Your Safe Place** today:  
1122 Broadway, 2nd Floor, San Diego, CA 92101  
(located at the City College trolley station)

**Local:** 619-533-6000

**Toll free:** 1-866-933-HOPE (4673)

**24-hour San Diego Domestic Violence Hotline:**  
**888-DV-LINKS 1-888-385-4657**

Monday – Friday, 8:00 a.m. - 5:00 p.m.  
\*new clients welcome before 3:30 p.m.

Walk-ins welcome. Appointments encouraged.

**[SanDiego.gov/yoursafeplace](http://SanDiego.gov/yoursafeplace)**





## Who does **Your Safe Place** serve?

**Your Safe Place** – A Family Justice Center provides confidential, comprehensive services to anyone who has experienced domestic

violence, family violence, sexual assault, or sex trafficking.

Our clients receive free services regardless of their age, gender, income, immigration status, or sexual orientation. All supportive services are provided in a judgment-free manner that empowers clients to become survivors and move forward with their lives.

Recognizing the extreme risk posed by abusers with guns, **Your Safe Place** also protects clients by obtaining Gun Violence Restraining Orders to remove firearms from dangerous situations before a tragedy occurs.

## How can **Your Safe Place** help?

At **Your Safe Place**, we work with a team of dedicated community partners and volunteers to provide specialized services, including:

- Personal Safety Planning
- Housing Support
- Protection from Gun Violence
- Family Court and Immigration Services
- Domestic Violence Restraining Orders
- Mental Health Counseling
- Support from Therapy Dogs
- Parenting Assistance
- Forensic Examinations
- Law Enforcement Assistance by Request
- Copies of Police Reports
- Sex Trafficking-Specific Services
- Personalized Wardrobes and Overnight Essentials
- Financial Literacy
- Whole Person Wellness
- Military Advocacy

“  
I want to thank you with all my heart for your kindness, attention, and help for everything you have done for me and my kids. Your empathy is a blessing for us.  
— Survivor”



“  
I just want to thank all of you for helping me and my children over the past two years. I am so grateful.  
— Survivor”



## Are you in an abusive relationship?

- Are you ever afraid to go home?
- Do you live in fear of your partner?
- Do you feel like you are walking on eggshells in your relationship?
- Has your partner threatened to harm you, your children, your pets, or someone you love?
- Has your partner ever blamed you for their violent behavior?
- Has your partner threatened you or your family members with a gun?

If you answered yes to any of these, please call **Your Safe Place** today: (619) 533-6000.

## **Your Safe Place** welcomes volunteers.

To learn more, contact [InfoYSP@sandiego.gov](mailto:InfoYSP@sandiego.gov) or (619) 533-6000.



“  
Thank you for rescuing me.  
— Survivor”

## **Your Safe Place** está aquí para todos

- 1 en cada 4 mujeres y 1 en cada 7 hombres han experimentado severa violencia física por parte de una pareja íntima durante su vida.
- 1 en cada 10 estudiantes de preparatoria han experimentado violencia física por parte de una pareja en el último año.
- 1 de cada 4 adolescentes que tienen una pareja o están saliendo en citas están siendo acosados o abusados por medio de redes sociales.
- La edad promedio en que los jóvenes son incitados al tráfico sexual en el condado de San Diego es 16 años.
- La presencia de una pistola en una situación de violencia doméstica incrementa la posibilidad de homicidio por un 500 %.
- 35% de todas las mujeres que han muerto por culpa de un hombre han sido asesinadas por parejas íntimas que poseen armas de fuego.

“  
*Sobrepasar una vida de explotación no ha sido un camino fácil. No solo me ha impactado a mí, sino a mis hijos. Mi familia y yo hemos sido muy bendecidos de tener a tanta gente maravillosa a nuestro alrededor y que tantos recursos estén disponibles para nosotros.*  
— Sobreviviente”

**Donde las familias son primero y los profesionales se encuentran juntos.**



“  
*Un millón de gracias por todo lo que hacen y por todos sus servicios. Siempre han hecho que no pierda la esperanza de lograr una diferencia positiva con mi vida.*  
— Sobreviviente”

Contacte a **Your Safe Place** hoy:  
1122 Broadway, Segundo piso, San Diego, CA 92101

**Local:** 619-533-6000

**Línea gratuita:** 1-866-933-HOPE (4673)  
**Línea de emergencia de violencia doméstica en San Diego (24hrs):**  
**888-DV-LINKS 1-888-385-4657**

[ Lunes a viernes, 8:00 a.m. - 5:00 p.m.  
Clientes nuevos bienvenidos antes de las 3:30pm. ]

Se atiende sin cita, pero se recomienda agendar con anticipación.  
Hablamos Español.

**Si está preocupado por su seguridad,  
por favor llame al 9-1-1.**

**[SanDiego.gov/yoursafeplace](http://SanDiego.gov/yoursafeplace)**



# **Your Safe Place** A Family Justice Center



En **Your Safe Place**, sobrevivientes de violencia doméstica, abuso de personas de la tercera edad, violencia familiar, abuso sexual, y tráfico de personas pueden obtener la justicia que se merecen, comenzar a sanar sus heridas y recuperar sus vidas.

Contacte a **Your Safe Place** hoy:  
1122 Broadway, Segundo piso, San Diego, CA 92101  
(Localizado en la estación de trolley City College)

**Local:** 619-533-6000

**Línea gratuita:** 1-866-933-HOPE (4673)  
**Línea de emergencia de violencia doméstica en San Diego (24hrs):**  
**888-DV-LINKS 1-888-385-4657**

[ Lunes a viernes, 8:00 a.m. - 5:00 p.m.  
Clientes nuevos bienvenidos antes de las 3:30pm. ]

Se atiende sin cita, pero se recomienda agendar con anticipación.

**[SanDiego.gov/yoursafeplace](http://SanDiego.gov/yoursafeplace)**







## ¿A quién sirve **Your Safe Place?**

**Your Safe Place** – El Centro de Justicia Familiar ofrece servicios confidenciales y comprehensivos a cualquier persona que ha experimentado violencia doméstica, violencia familiar,

abuso sexual, o tráfico de personas.

Nuestros clientes reciben servicios gratuitos sin importar su edad, genero, posición económica, orientación sexual y estatus migratorio. Todos los servicios que proporcionamos se destinan a empoderar a nuestros clientes para que se conviertan en sobrevividores y sigan adelante con sus vidas.

Reconociendo el riesgo extremo que los abusadores poseen al portar armas, **Your Safe Place** protege a sus clientes por medio de órdenes de restricción por violencia con armas de fuego, para que se retiren las armas de situaciones peligrosas antes de que ocurra una tragedia.

## ¿Como te puede ayudar **Your Safe Place?**

En **Your Safe Place**, trabajamos junto con organizaciones de la comunidad y voluntarios para ofrecer servicios especializados, incluyendo:

- Plan de seguridad personal
- Apoyo para encontrar una vivienda
- Protección de violencia con armas
- Apoyo legal familiar y servicios de inmigración
- Ordenes de restricción por violencia domestica
- Servicios de terapia individual y para niños
- Servicios de terapia con perros
- Asistencia para padres
- Exámenes forensicos
- Apoyo por parte de la policía si se solicita
- Copias de reportes policíacos
- Servicios específicos para víctimas de tráfico de personas
- Ropa y productos de higiene personal
- Programa de finanzas personales
- Servicios de salud
- Apoyo a victimas que son miembros del ejército



“  
Quiero agradecerles de todo corazón por su generosidad, sus atenciones y su ayuda en todo lo que han hecho por mí y mis hijos. Su empatía ha sido una bendición para nosotros.  
— Sobreviviente”

“  
Quiero agradecer a todos ustedes por ayudar a mis hijos y a mi durante los últimos dos años. Estoy muy agradecida.  
— Sobreviviente”



## ¿Se encuentra usted en una relación abusiva?

- ¿Usted se encuentra asustado de regresar a casa?
- Vives con miedo hacia tu pareja?
- ¿Siente que está en una relación donde tiene que ser muy cuidadosa con lo que hace y dice?
- ¿Su pareja ha amenazado con lastimarla a usted, a sus hijos, a sus mascotas o a alguien que ama?
- ¿Su pareja lo culpa a usted por su comportamiento violento?
- ¿Su pareja ha amenazado a usted o a su familia con un arma de fuego?

Si usted respondió que si a una de estas preguntas, por favor llame a **Your Safe Place** hoy mismo: (619) 533-6000.

## **Your Safe Place** acepta voluntarios.

Para más información, contáctenos en InfoYSP@sandiego.gov or (619) 533-6000.



“  
Gracias por salvarme.  
— Sobreviviente”



# INSIDERS' STORIES OF HUMAN TRAFFICKING

Featuring

Lived Experience Expert Marcia Harrison

and

National City Children's Sex Crimes  
Detective Colleen Stanich

**MARCH 15, 2022**

**12:00 - 1:00 PM**

\*Bring your lunch to this IN PERSON event at

**Your Safe Place**

**A Family Justice Center**

1122 Broadway, 2nd Floor  
San Diego, CA 92101

**Parking  
will be  
validated**

**RSVP: Sabrina Gana  
SGana@sandiego.gov**



---

# Telecare Mobile Crisis Response Team (MCRT)

---

Helping Individuals in Crisis: Mobile Behavioral Health Services

***Presenter: Breawna Lane***

Learn about Telecare's services and referral process.

Telecare's mission is to deliver excellent and effective behavioral health services that engage individuals with complex needs in recovering their health, hopes and dreams.

***March 29, 2022***  
***12:00-1:00 PM***

---

VIRTUAL  
MICROSOFT TEAMS



Email Sabrina Gana at [SGana@sandiego.gov](mailto:SGana@sandiego.gov) to RSVP

# **YOUR SAFE PLACE A FAMILY JUSTICE CENTER**

PRESENTS

## ***LIFE OF A CHILD WELFARE SERVICE CASE***

Learn what happens when a report is made to CWS.

**PRESENTERS: ABIGAIL GERARD  
AND NICOLE TURNER,  
CWS PROTECTIVE SERVICES WORKERS**

***April 6, 2022  
12:00-1:00 PM***

**VIRTUAL  
MICROSOFT TEAMS**



Email Sabrina Gana at [SGana@sandiego.gov](mailto:SGana@sandiego.gov) to RSVP

# TERM: Incorporating Trauma Informed Parenting into your Clinical Practice



This half-day training is intended for TERM clinicians working with children and families involved in the Child Welfare System. This training is adapted from the National Child Traumatic Stress Network "*Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents*". Participants will be provided with information on the impact of trauma on children involved in the child welfare system as well as strategies to be able to assist caregivers in responding appropriately to support children in creating a healthier and more adaptive meaning of the trauma experience that took place in their life.

**Please see Page 3 for Outline.**

## Learning Objectives

Upon completion of this training, participants will be able to:

1. Identify the behavioral and emotional impacts of trauma on the development of children
2. Describe the essential elements of trauma-informed parenting
3. Explain specific strategies designed to increase caregivers' abilities to:
  - Respond appropriately to the behavioral and emotional challenges of children who have experienced trauma
  - Help traumatized children develop healthy attachments
  - Help traumatized children recognize and develop their strengths
  - Help traumatized children develop the coping strategies needed to grow into healthy and functional adults
  - Take care of themselves and seek support from others

## Registration Information

If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here \(enter OPTUM: in the program field\)](#). Email [RIHS@sdsu.edu](mailto:RIHS@sdsu.edu) if you have any questions. This training is FREE of charge to BHS County employees and contractors.



## VIRTUAL EVENT

**Date: March 21, 2022**

**Time: 8:30 a.m. – 12:30 p.m.**

This course will be conducted remotely through **Zoom**. A link will be sent to participants a week before training.



## REGISTRATION

[Click here](#) to log into the Learning Management System (LMS) and Register. Course Code: **BH0315**



## AUDIENCE

Treatment, Evaluation & Resource Management (TERM) Providers



## THE TRAINERS

[Loren Avitea](#), LCSW, RPT, RYT

[Babbi Winegarden](#), Ph.D., M.H.P.E.



Thank you for your continued understanding about our need to put the safety of our staff, facilitators, and customers first.

Please review the COVID protocol for in-person trainings.  
<https://theacademy.sdsu.edu/a-message-to-our-stakeholders-and-friends/>

**COVID Message and  
In-person Training Protocol**

## ADA

Please submit all requests for accommodations two weeks prior to the start of the training. The Academy for Professional Excellence is committed to creating an inclusive and welcoming environment that appreciates and builds on diversity. In accordance with the Americans with Disabilities Act (ADA) of 1990, and California Administrative Code Title 24, The Academy for Professional Excellence prohibits discrimination on the basis of a disability in employment, public services, transportation, public accommodations, and telecommunication services.

## Continuing Education

This course meets the qualifications for **4** hours of continuing education credit for LMFTs, LCSWs, LPPCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-398-0822, and CAADE Provider # CP40 906 CH 0323 for **4** contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).

*Responsive Integrated Health Solutions (RIHS) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, and a project of San Diego State University School of Social Work.*



**We create experiences that transform the heart, mind, and practice.**

Visit us at [theacademy.sdsu.edu](https://theacademy.sdsu.edu).



# Incorporating Trauma Informed Parenting into your Clinical Practice

Lorena Avitea, LCSW, RPT, RYT and Babbi Winegarden, Ph.D., M.H.P.E.

**Description:** This half-day training is intended for TERM clinicians working with children and families involved in the Child Welfare System. This training is adapted from the National Child Traumatic Stress Network "Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents". Participants will be provided with information on the impact of trauma on children involved in the child welfare system as well as strategies to be able to assist caregivers in responding appropriately to support children in creating a healthier and more adaptive meaning of the trauma experience that took place in their life.

**Educational Goal:** To help TERM providers increase their understanding of the impact of trauma on children involved in the child welfare system as well as to be able to assist caregivers in responding appropriately to enable children to create a healthier and more adaptive meaning of the experience that took place in his/her life.

**Learning objectives:** Upon completion of this training, participants will be able to:

1. Identify the behavioral and emotional impacts of trauma on the development of children
2. Describe the essential elements of trauma-informed parenting
3. Explain specific strategies designed to increase caregivers' abilities to:
  - Respond appropriately to the behavioral and emotional challenges of children who have experienced trauma
  - Help traumatized children develop healthy attachments
  - Help traumatized children recognize and develop their strengths
  - Help traumatized children develop the coping strategies needed to grow into healthy and functional adults
  - Take care of themselves and seek support from others

Time	Activity
8:20 am – 8:30 am	Enter Zoom waiting room; video and mic check*
8:30 am – 9:00 am	Introductions, Objectives, Video
9:00 am – 9:40 am	Trauma 101 and Essentials of Trauma Informed Parenting
9:40 am - 9:50 am	<b>Break</b>
9:50 am - 10:10 am	Help your Child to Feel Safe
10:10 am – 10:50 am	Help your Child to Understand and Manage Overwhelming Emotions and Modify Problem Behaviors

\*Please note: in order to receive completion and credit/ CE's, you must have your video camera on for the duration

of trai



Creating experiences that transform the heart,  
mind and practice

# Incorporating Trauma Informed Parenting into your Clinical Practice

Lorena Avitea, LCSW, RPT, RYT and Babbi Winegarden, Ph.D., M.H.P.E.

---

10:50 am – 11:00 am	<b>Break</b>
11:00 am – 11:20 am	Respect and Support Positive, Stable, and Enduring Relationships
11:20 am – 11:50 am	Help your Child Develop a Strength Based Understanding of his/her life story and Be an Advocate for your Child
11:50 am – 12:05 pm	Promote and Support Trauma Focused Assessment and Treatment for your Child
12:05 pm – 12:20 pm	Take Care of Yourself
12:20 pm – 12:30 pm	WRAP-UP

\*Please note: in order to receive completion and credit/ CE's, you must have your video camera on for the duration

of tra



Creating experiences that transform the heart,  
mind and practice

# Opportunity to Partner!

The CSUSM Psychology Department is seeking community-based internship sites for undergraduate students in Child & Adolescent Development.

*Field Experiences in Child & Adolescent Development  
Internship: 6 hrs/wk (80 per semester)*

*Course Focus: Career exploration & readiness, professionalism, ethics & confidentiality, & developmentally appropriate and research-informed practices for children, youth, & families*

Contact Dr. Allison Jobin at [ajobin@csusm.edu](mailto:ajobin@csusm.edu) to discuss potential for a mutually beneficial fit!

# File a Tax Return to Get Money Back

You could be eligible for thousands of dollars in your tax refund when you claim the federal Earned Income Tax Credit, Child Tax Credit, or Child and Dependent Care Credit. If you are newly eligible for one or more tax credits this year, you could get more money than ever before.

## How to Get Your Tax Credits:

### 1 See if you qualify

Find out how much you may receive at [TaxOutreach.org/TaxCredits](https://TaxOutreach.org/TaxCredits).

### 2 Find FREE tax help

Go to [GetYourRefund.org/SanDiego](https://GetYourRefund.org/SanDiego) or call 800-906-9887, even if you don't normally file taxes.

### 3 File your taxes

Get free help filing your tax return by April 18.

---

## What to bring to a tax appointment:

- ☐ Valid picture ID
- ☐ Social Security card, Social Security number verification letter, or ITIN for everyone on your tax return
- ☐ W-2 or 1099 forms
- ☐ Form 1095-A
- ☐ Records of child care payments (if claiming the Child and Dependent Care Tax Credit)
- ☐ Any IRS notices including IRS Letter 6419, Advance Child Tax Credit Payments



For more information, go to [TaxOutreach.org/TaxCredits](https://TaxOutreach.org/TaxCredits) or call the IRS at 1-800-829-1040.

Email: [ctc@mhasd.org](mailto:ctc@mhasd.org)



# Do I Qualify?

For the first time, more people than ever before will qualify for federal tax credits and could get money back at tax time.

## Earned Income Tax Credit (EITC):

If you worked in 2021, you may qualify for the EITC even if you didn't in the past.

## Child Tax Credit (CTC):

Almost every family with kids at home qualifies for the CTC in 2021. You can get this credit even if you are retired, on disability, or were not eligible in the past. File a tax return to get the full credit even if you got advance CTC payments in 2021.

## Child & Dependent Care Credit (CDCTC):

Millions of families paying for child and adult care qualify for the CDCTC.

**Public Benefits:** Claiming these tax credits will not change your eligibility for federal benefits like SNAP (food stamps), SSI, Medicaid, cash assistance, or public housing. If you save your tax refund, it will not count against federally-funded benefit program resource/asset limits for 12 months after the refund is received.

## Eligibility breakdown for the EITC, CTC, and CDCTC:

**If you don't have children** you could qualify for the EITC if:

### Age:

You are 19 years old and up. You cannot claim the credit if you were a student for more than 5 months in 2021 and are 19-23.

### 2021 Income:

You earned less than \$21,430 (\$27,380 if married), you could receive an EITC up to \$1,502.

**If you are not a U.S. citizen** you could qualify for any of the three tax credits if:

- **EITC:** You, your spouse, and any child you claim have a valid Social Security number (SSN).
- **CTC:** Any child you claim has an SSN, even if you do not have an SSN yourself.
- **CDCTC:** Any child you claim has an SSN, even if you do not have an SSN yourself.

**If you have children** you could qualify for any of the three tax credits if:

### Residency:

Your children lived with you for more than half of 2021.

### Age – children must be:

- **EITC:** 18 or under on December 31, 2021 (*full-time students can be under 24 and children who are permanently and totally disabled can be any age*).
- **CTC:** 17 or under on December 31, 2021.
- **CDCTC:** 13 or under on December 31, 2021, or a dependent who is unable to care for themselves.

### Income for 2021:

- **For the federal CTC,** there is no minimum income requirement to get this credit. It is worth up to \$3,600 for children 5 and younger, and up to \$3,000 for children ages 6-17.
- **For the federal EITC,** your earnings must be lower than the following limits:

Number of Children	Single workers with income less than:	Married workers with income less than:	EITC up to:
1 child	\$42,158	\$48,108	\$3,618
2 children	\$47,915	\$53,865	\$5,980
3 or more children	\$51,464	\$57,414	\$6,728

- **For the federal CDCTC,** the amount of money you can get back depends on the number of children in care, your family's income, and the amount spent on care.

Number of Children	Amount of care expenses in 2021	Income	Maximum credit
1 child	Up to \$8,000	\$0-\$125,000	\$4,000
		\$125,000-\$183,000	Varies
		\$183,000-\$400,000	\$1,600
2 children	Up to \$16,000	\$0-\$125,000	\$8,000
		\$125,000-\$183,000	Varies
		\$183,000-\$400,000	\$3,200





**LA MAESTRA**  
**COMMUNITY HEALTH CENTERS**  
City Heights • El Cajon • National City • Lemon Grove

# WELLNESS CLINIC

## *for Youth*

**Have you been feeling unheard, sad, lost, stressed, misunderstood or emotionally confused? As a result, have you started using opioids, unauthorized prescription pain medications or stimulants or other drugs to try to help?**

La Maestra's outpatient program is judgment free. We provide personalized and compassionate approaches to help you succeed. Our goal is to reduce overdose-related deaths and improve the health and well-being of youth and young adults, ages 12 to 24 throughout San Diego County.



### AFFORDABLE SERVICES AVAILABLE:

- Drug Education & Confidential Treatment
- Medication Assisted Treatment (MAT)
- Co-occurring Disorder Treatment
- Virtual Reality Sessions
- Mindfulness Interventions
- Individual Counseling
- Peer Support Services
- Individual & Group Therapy
- Recovery & After Care Services
- Advocacy & Resources
- Referrals to other La Maestra services

**This service is supported by a federal grant under the State Opioid Response program, with funding provided by the California Department of Health Care Services.**

**Call to make an appointment TODAY!:**  
**(619) 510-4644**





**According to DHCS, approximately 10.3 million people aged 12 or older have misused opioids in the past year. In response to the opioid epidemic, the La Maestra team is dedicated to increasing awareness and providing drug education to help you learn about the risks and affects to your brain and body.**

The brain, like other organs in the body, has specific functions like being awake, sleeping, moving, concentrating, thinking, and feeling. These functions can overwork or underperform when drugs enter the brain. This negatively affects your health and other parts of your life and makes it harder for you to reach your goals. Drug use can lead to addiction, a chronic brain disease.

### **What are opioids?**

Opioids are pain relievers that include prescription medications as well as illegal drugs like heroin.



### **What are stimulants?**

Stimulants are a group of drugs that result in increased activity in the body that include prescription medications as well as illegal drugs like cocaine and methamphetamine.

#### **Common Names for Opioids**

- |                |               |
|----------------|---------------|
| • Purple Drink | • OXY         |
| • Lean         | • Vike        |
| • M            | • Loads       |
| • Monkey       | • White Stuff |
| • O.C.         | • School Boy  |
| • Percs        | • Sizzurp     |

#### **Common Names for Stimulants**

- |                  |                 |
|------------------|-----------------|
| • Speed          | • Smarties      |
| • Uppers         | • Blue Pill     |
| • Black Beauties | • Study Buddies |
| • Vitamin R      | • R-Ball        |
| • Wake-Ups       | • Bennies       |
| • Red Pep        | • Red Dexies    |

**If you or someone you know is misusing opioids or stimulants, we can help!**



La Maestra Community Health Centers  
Comprehensive Community Behavioral Health  
& **Wellness Clinic**  
(Located in City Heights)  
Phone: (619) 510-4644



[www.lamaestra.org](http://www.lamaestra.org) • [@LaMaestraCHC](https://www.instagram.com/LaMaestraCHC)





**LA MAESTRA**  
**COMMUNITY HEALTH CENTERS**  
City Heights • El Cajon • National City • Lemon Grove

# CLINICA DE BIENESTAR

*para Jóvenes*

**¿Te has sentido triste, perdido, estresado, incomprendido, emocionalmente confundido o que no te prestan atención? Como resultado, ¿has comenzado a usar opioides, analgésicos recetados no autorizados o estimulantes u otras drogas para tratar que tu ayuden?**

El programa ambulatorio de La Maestra es libre de prejuicios. Brindamos enfoques personalizados y compasivo para ayudarte a tener éxito. Nuestro objetivo es reducir las muertes relacionadas con sobredosis y mejorar la salud y el bienestar de los jóvenes y adultos jóvenes de 12 a 24 años de edad en todo el condado de San Diego.



## SERVICIOS DISPONIBLES Y ASEQUIBLES:

- Educación sobre Drogas y Trato Confidencial
- Tratamiento Asistido por Medicamentos (MAT)
- Tratamiento para Trastorno Concurrente
- Sesiones de Realidad Virtual
- Intervenciones Conscientes
- Consejería Individual
- Servicios de Apoyo entre Parejas
- Terapia Individual y de grupo
- Servicios de Recuperación y cuidado Posterior
- Asistencia y el compartir Recursos
- Referencias a otros Servicios de La Maestra

**Este servicio cuenta con el apoyo de una subvención federal del Programa Respuesta a los Opioides, del Estado de California, con fondos proporcionados por el Departamento de Servicios de Atención Médica de California.**

**¡Llame para hacer una cita HOY!**

**(619) 510-4644**



**Según el DHCS, aproximadamente 10.3 millones de personas de 12 años o mas ha abusado de los opioides en el último año. En respuesta a la epidemia de opioides, el equipo de La Maestra se dedica a aumentar el conocimiento y brindar educación sobre las drogas para ayudarte a conocer los riesgos y efectos que causan en tu cerebro y en tu cuerpo.**

El cerebro, como otros órganos del cuerpo, tiene funciones específicas como mantenerte despierto, dormir, moverte, concentrarte, pensar y sentir. Cuando las drogas ingresan al cerebro, estas funciones pueden funcionar en exceso o tener un rendimiento deficiente. Esto afecta negativamente tu salud y otras facetas de tu vida haciendo que sea más difícil para ti alcanzar tus metas. El consumo de drogas puede provocar una adicción y una enfermedad crónica del cerebro.

### **¿Qué son los opioides?**

Los opioides son analgésicos que incluyen medicamentos recetados y drogas ilegales, como la heroína.



### **¿Qué son los estimulantes?**

Los estimulantes son un grupo de drogas que aumentan la actividad en el cuerpo que incluyen medicamentos recetados y drogas ilegales como la cocaína y la metanfetamina.

#### **Nombres comunes de los opioides**

- |                |               |
|----------------|---------------|
| • Purple Drink | • OXY         |
| • Lean         | • Vike        |
| • M            | • Loads       |
| • Monkey       | • White Stuff |
| • O.C.         | • School Boy  |
| • Percs        | • Sizzurp     |

#### **Nombres comunes de estimulantes**

- |                  |                 |
|------------------|-----------------|
| • Speed          | • Smarties      |
| • Uppers         | • Blue Pill     |
| • Black Beauties | • Study Buddies |
| • Vitamin R      | • R-Ball        |
| • Wake-Ups       | • Bennies       |
| • Red Pep        | • Red Dexies    |

**Si tu o alguien que conoces esta abusando de opioides o estimulantes, ¡podemos ayudarte!**



La Maestra Community Health Centers  
Clínica Comunitaria de Salud y Bienestar  
(Ubicado en City Heights)  
Teléfono: (619) 510- 4644



[www.lamaestra.org](http://www.lamaestra.org) • @LaMaestraCHC





**LA MAESTRA**  
COMMUNITY HEALTH CENTERS  
City Heights • El Cajon • National City • Lemon Grove

# WELLNESS CLINIC

## for Youth

هل كنت تشعر بأنك غير مسموع ، أو حزين ، أو تائه ، أو متوتر ، أو يساء فهمه ، أو مرتبك عاطفياً؟ نتيجة لذلك ، هل بدأت في استخدام المواد الأفيونية غير المصرح بها الأدوية الموصوفة للألم أو المنبهات أو الأدوية الأخرى لمحاولة المساعدة؟

مستوصف لا مايسترا لا يقدم مقاربات شخصية ورحيمة لمساعدتك على النجاح. هدفنا هو تقليل الوفيات المرتبطة بالجرعة الزائدة وتحسين صحة ورفاهية الشباب الذين تتراوح أعمارهم بين 12 و 24 عامًا في جميع أنحاء مقاطعة سان دييغو.



التثقيف بشأن المخدرات  
والعلاج بكل سرية

- العلاج بمساعدة الأدوية (MAT)
- علاج الاضطرابات المصاحبة
- جلسات الواقع الافتراضي
- تركيز كامل للذهن
- التدخلات
- الإرشاد الفردي - خدمات دعم الأقران - العلاج الفردي والجماعي
- التعافي والرعاية اللاحقة
- خدمات المناصرة والموارد
- الإحالات إلى جهات أخرى
- خدمات لا مايسترا

يتم دعم هذه الخدمة بمنحة اتحادية في إطار برنامج الاستجابة الأفيونية بالولاية، بتمويل مقدم من وزارة خدمات الرعاية الصحية في كاليفورنيا.

اتصل لتحديد موعد اليوم! (619) 510-4644



ما يقرب من 10.3 مليون شخص تتراوح أعمارهم بين 12 عاماً أو أكثر، DHCS، وفقاً لـ

أساءت استخدام المواد الأفيونية في العام الماضي. استجابة لوباء المواد الأفيونية، يكرس فريق لا مايسترا جهودهم لزيادة الوعي وتوفير التثقيف بشأن المخدرات

لمساعدتك في التعرف على المخاطر والتأثيرات على عقلك وجسمك.

الدماغ، مثل الأعضاء الأخرى في الجسم، له وظائف محددة مثل الاستيقاظ والنوم والتحرك والتركيز والتفكير والشعور. يمكن لهذه الوظائف أن تتهدد أو تنقص الأداء عندما تدخل الأدوية إلى الدماغ. يؤثر هذا سلباً على صحتك وأجزاء أخرى من حياتك ويجعل من الصعب عليك الوصول إلى أهدافك. يمكن أن يؤدي تعاطي المخدرات إلى الإدمان، وهو مرض مزمن في الدماغ

ما هي المواد الأفيونية؟

المواد الأفيونية هي مسكنات للألم تشمل الأدوية الموصوفة وكذلك الأدوية غير المشروعة مثل الهيروين.



ما هي المنشطات؟

المنشطات هي مجموعة من الأدوية التي تؤدي إلى زيادة النشاط في الجسم والتي تشمل الأدوية الموصوفة وكذلك المخدرات غير المشروعة مثل الكوكايين والميثامفيتامين.

الأسماء الشائعة للأبيد الأفيونية  
مشروب أرجواني العجاف

ميم  
Monkey O.C. شركة

بيركس  
أو كسي  
فايك

الأحمال الأبيض الأشياء مدرسة بوي سيزورب

الأسماء الشائعة للمنشطات

سرعة

الأجزاء العلوية

الاستيقاظ R الجمال الأسود فيتامين

بيب أحمر

سمارتي

R-Ball Bennies أصدقاء دراسة حبوب منع الحمل الزرقاء

ريد ديكسيس

إذا كنت أنت أو أي شخص تعرفه يسيء استخدام المواد الأفيونية أو المنشطات، فيمكننا المساعدة!



La Maestra Community Health Centers  
Comprehensive Community Behavioral Health  
& Wellness Clinic  
(Located in City Heights)  
Phone: (619) 510-4644



www.lamaestra.org • @LaMaestraCHC

