

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

### MEETING AGENDA

**December 9, 2019 – 9:00-10:30 A.M.**

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

- |  |                   |
|--|-------------------|
| <b>I. Welcome and Introductions</b> (Dori Gilbert)   | <b>2 minutes</b>  |
| <b>II. Approval of Minutes</b> (Minola Clark Manson)   | <b>3 minutes</b>  |
| • September 9, 2019 minutes-Handout-Pages 3-11   |                   |
| <b>III. Business Items</b> (Yael Koenig)   | <b>5 minutes</b>  |
| • January and February 2020 Sub-Committee Updates- Summaries due by 1/2/20 and 1/30/20 respectively  |                   |
| • CYF Framework-Handout-Page 12  |                   |
| • October 20, 2019 DMC-ODS Board of Supervisors (BOS) Meeting Annual Update-Handout-Pages 13-14  |                   |
| <b>IV. Mental Health Services Act (MHSA) Update</b>  | <b>5 minutes</b>  |
| (Dr. Danyte Mockus-Valenzuela)   |                   |
| • October 29, 2019 BOS MHSA Annual Update Presentation (Yael Koenig)-Handout-Pages 15-16   |                   |
| • Annual Forums: January and February 2020 (Dr. Danyte Mockus-Valenzuela)-Handouts-Pages 17-18   |                   |
| <b>V. Sectors “Hot Topics”</b> (Dori Gilbert)  | <b>60 minutes</b> |
| • Strategic Planning/Continuum of Care Update  |                   |
| o October 29, 2019 Board of Supervisors Letter, Minute Order, and Advancing Continuum of Care Presentation (Yael Koenig)-Handouts-Pages 19-41                            |                   |
| o Memo to BHS Director (Yael Koenig)- Handouts- Pages 43-44  |                   |
| • Brain XP’s System of H.O.P.E. - Teens Helping Teens (Christine Frey)-Handouts Pages 45-52  |                   |
| <b>VI. Announcements</b> (Minola Clark Manson)   | <b>5 minutes</b>  |
| • CADRE XX-February 6, 2020 to May 14, 2020. Registration closes January 10, 2020-Handout-Page 53  |                   |
| • Critical Issues in Child and Adolescent Mental Health Conference-March 12-13, 2020. Register at <a href="https://cicamh.com/">https://cicamh.com/</a> -Handout-Page 54 |                   |
| <b>VII. Director’s Report</b> (Luke Bergmann)  | <b>10 minutes</b> |

January and February Sub-committee Update Reports	
January 13, 2020 Meeting <i>Update due Thursday, January 2, 2020</i>	February 10, 2020 Meeting <i>Update due Thursday January 30, 2020</i>
<ul style="list-style-type: none"> <li>Early Childhood</li> <li>Education Advisory</li> <li>CADRE</li> <li>TAY Council</li> </ul>	<ul style="list-style-type: none"> <li>Family and Youth</li> <li>CCRT</li> <li>Outcomes</li> <li>Private</li> </ul>

**Next Executive Committee Conference Call:**

Date: December 16, 2019

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

Location: Via Conference Call

**Next CYF Council Meeting:**

Date: Monday, January 13, 2020

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

Location: Shell Room- Scottish Rite Center

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

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

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

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

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

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

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

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

**Outcomes:** Meets the 1<sup>st</sup> Tuesday of every other month-La Vista Room from 11:30 A.M. to 12:30 P.M. Next meeting is January 7, 2020

**Private Sector:** Meets as needed.

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

**For Council materials go to:**

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

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

**Council Vision:**

Wellness for children, youth and families throughout their lifespan.

**Council Mission:**

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

**Council Principles:**

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

May 1, 2018

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

**MEETING MINUTES**

**September 9, 2019 – 9:00-10:30 A.M.**

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

+ = Member in Attendance O = Absent E = Excused

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

<b>FAMILY AND YOUTH SECTOR</b>					
21	Family and Youth Liaison	Renee Cookson	O	Valerie Hebert	+
22	Caregiver of child/youth served by the Public Health System	Debbie Dennison	+	VACANT	
23	Youth served by the Public Health System (up to age 26)	Micaela Cunningham	+	Emma Eldredge	O
24	Youth served by the public health system (up to age 26)	Travis Webster	+	Christine Frey	+
<b>SUB-COMMITTEES (Non-voting members unless a member of the Council)</b>					
-	Executive Sub-Committee	Dori Gilbert/ Minola Clark Manson	+/+		
-	Cultural Competence Resource Team (CCRT)	Rosa Ana Lozada	+		
-	CYF CADRE	Julie McPherson/ Marisa Varond	+/+		
-	Early Childhood Sub-Committee	Aisha Pope/ Autumn Weidman	+/+		
-	Education Sub-Committee	Heather Nemour	O		
-	Family and Youth as Partners Sub-Committee	Renee Cookson/ Valerie Hebert	O/+		
-	Outcomes Sub-Committee	Emily Trask/Eileen Quinn-O'Malley	+		
-	Training Sub-Committee	Rose Woods	+		

**CYF Council Staff:** Yael Koenig, Grisel Ortega and Darwin Espejo

**I. Welcome and Introductions** (Dori Gilbert)

**II. Approval of Minutes** (Minola Clark Manson)

- Review of action items from June 12, 2019 meeting. See meeting minutes
- June 12, 2019 meeting minutes – Approved.

**III. Business Items** (Yael Koenig)

- Children, Youth and Families (CYF) System of Care (SOC) Advancing Principles Awards-(Rose Woods) Mental Health Systems, Inc. (MHS) Community Assessment Team (CAT) received the CYF SOC Advancing Principles Award. The MSH CAT program provides prevention, early intervention and guidance services to troubled youth in San Diego county.
- Updated Bylaws  
The Council Bylaws were amended to add one additional Alcohol and Drug Service Provider (ADSPA) seat to replace SDNA seat and be in alignment with the MHCA number of seats (2) was approved by the voting CYF Council membership in the August 12, 2019 meetings. These ADSPA member and alternate positions are still vacant.
- October 14, 2019 Combined Council Meeting –Time Change and location TBD Venue change  
Due to another large event in Scottish Rite, the Combined Council meeting will be moved to a different venue to avoid parking issues. Updated meeting information will be distributed once the new venue is identified.
- The November 11, 2019 CYF Council meeting will be dark in observance of Veteran's Day.



#### **IV. Mental Health Services Act (MHSA) Updates (Danyte Mockus-Valenzuela)**

- Kimberly Pettiford was introduced as the Behavioral Health Services (BHS) MHSA Coordinator.
- The Public Comment period for the MHSA Fiscal Year 2019-20 Annual Update San Diego County plan concluded on September 1, 2019. This report provides an update to the MHSA Three-Year Program and Expenditure Plan for Fiscals Years 2017-18 through Fiscal Year 2019-20 (MHSA Three-Year Plan). This update is expected to be presented to the Board of Supervisors in October 2019.
- Fiscal Year 2019-20 Community Engagement Forums and Focus Groups  
 The procurement process is underway for a consultant to coordinate the community engagement in all six County regions and Focus Groups:
  - ✓ Projected for November 2019
  - ✓ Will host public forums outside the normal 9:00 A.M. to 5:00 P.M. work schedule to facilitate participation
  - ✓ Venues for the Community Forums include school auditoriums and other community meeting areas
  - ✓ Focus groups topics include prevention, services for youth, and innovation proposals.
- The County of San Diego received a grant of \$6.6 million over three years as part of a \$1.8 billion national efforts by the federal Department of Health and Human Services to combat opioid addiction and deaths. The County of San Diego was one of 16 cities or counties to be awarded grants from this effort. through the Center for Disease Control (CDC) "Data to Action Opioid Prevention Grant". This grant will allow the County to expand its surveillance activities for opioid misuse and associated overdose fatalities, and emergency encounters, and to coordinate better targeted evidence-based intervention and prevention strategies. The funds will allow for an integrative countywide surveillance system to collect and track data, report incidents, and act on opioid-related events. Additionally, this funding will support implementation of the strategies outlined in the County Strategic Plan to Address Opioid and Prescription Drug Misuse and complements the existing Drug Medi-Cal Organized Delivery System (DMC-ODS) that oversees collaboration between BHS and Public Health Services (PHS) and plans to:
  - ✓ Impact the CYF System of Care through environmental prevention activities to support positive choices
  - ✓ Support for countywide prevention initiatives:
    - Binge and Underage Drinking Initiative
    - Marijuana Prevention Initiative
    - Prescription Drug Abuse Task Force
    - Methamphetamine Strike Force
  - ✓ Provide education to providers that supports:
    - Opioid stewardship and healthcare
    - Pain management practices alternatives to medication
    - Opioid Prevention campaign working with coaches/Student athletes on opioid prevention.

#### **Feedback from the Council**

- ✓ To reach out to the CYF Council sub-committees for input and recommendations related to this grant
- ✓ To include the perinatal system in the services the grant will provide.

#### **V. System of Care Council Focus for Fiscal Year 2019-20 (Yael Koenig and Minola Clark Manson)-Handouts**

- **CYF System of Care Fiscal Year 2019-20 Goals (Summary/Highlights)**
  - ✓ Promote Live Well San Diego Vision
  - ✓ Continue infusing CYF System of Care related needs and recommendations to pertinent Board Actions discussed within the Council
  - ✓ Review and discuss Population Health and Social Determinants of Health in the context of the CYF System of Care Guiding Principles.
  - ✓ Observe other systems priorities and look for opportunities to leverage synergy to advance the CYF System of Care.
  - ✓ Focus on DMC-ODS, Early Childhood/Intervention, Pathways to Well Being, Continuum of Care Reform (CCR), State mandated Outcomes, and increased collaboration with Education
  - ✓ Recognize the training needs within the CYF System of Care and advancing the work around Family and Youth Partners
  - ✓ Emphasize housing under the CYF umbrella
  - ✓ Continue addressing:
    - Immigration policies
    - Family engagement and treatment.

- **CYF System of Care Fiscal Year 2018-19 Accomplishments (Summary/Highlights)**

- ✓ Completed year one of the Organized Service Delivery System implementation
- ✓ Continued advancement of Continuum of Care Reform (CCR)
- ✓ Established the Center for Child and Youth Psychiatry/centralized medication clinic (MHSA Cycle 4 Innovation 22) and Behavioral Health Connect, "BH Connect" (MHSA Cycle 4 Innovation 19) tele-Psychiatry for patient connectivity
- ✓ Partnered with Public Health Services (PHS) on the new Accessible Depression and Anxiety Peripartum Treatment "ADAPT" (MHSA Cycle 4 Innovation 18) program for treatment of peri-partum anxiety
- ✓ In partnership with Optum San Diego and Responsive Integrated Health Solutions (RIHS), CYF implemented the Child and Adolescent Needs and Strengths (CANS) and Pediatric Symptom Checklist (PSC). The State recognized the County of San Diego for the successful launch of mandated outcome tools in the County.

- **Executive Committee (Yael Koenig)**

A "Standing" Sub-committee tasked to coordinate the Council activities, including the development, pausing, or retirement of CYF Council sub-committees. Each sub-committee has a chair or co-chairs which are members of the Executive Committee along with two Executive Committee Co-chairs. The Executive committee is administratively supported by the CYF Deputy Director, Yael Koenig, and CYF administrative staff, currently, Grisel Ortega, Darwin Espejo, and Edith Mohler.

**Fiscal Year 2018-19 Accomplishments (Summary/Highlights)**

- ✓ Updated the annual Executive Committee report by highlighting sector representation within subcommittees in the annual report
- ✓ Created a new master welcome packet
- ✓ Updated Council Bylaws
- ✓ Dedicated the January and February 2019 meetings to Sub-Committees reports
- ✓ Created a CYF Council webpage that contains key Council documents:  
[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_children/CYFBHSOCCouncil.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/CYFBHSOCCouncil.html).

**Fiscal Year 2019-20 Goals (Summary/Highlights)**

- ✓ Observe other systems priorities and look for opportunities to leverage synergy to advance the CYF System of Care.

- **Cultural Competence Resource Team (CCRT) (Rosa Ana Lozada)**

This group supports the entire system of care; provides input to ensure both youth/adult committees and workgroups carry a cultural competence in their work.

**Fiscal Year 2019-20 Goals (Summary/Highlights)**

- ✓ Address the Justice Involved population, specifically the overrepresentation of African Americans and Latinos and develop recommendations for services. African Americans and Latinos disparities in jails
- ✓ Review the MHSA Fiscal Year 2019-20 Annual Update document and develop recommendations.
- ✓ Review organizational Cultural Competence Plans by Legal Entity
- ✓ Provide dedicated support to contractors and community agencies who request technical assistance and guidance around cultural competence efforts within their agency, workforce, client served, etc.
- ✓ Provide Contracting Officer's Representative (COR) training to County staff on Culturally and Linguistically Appropriate Services (CLAS) standards and how to monitor effectively for Cultural Competence.

- **CADRE Subcommittee (Julie McPherson, Marisa Varond, and Shannon Jackson)**

**Fiscal Year 2018-19 Accomplishments (Summary/Highlights)**

- ✓ Joe Eberstein of San Diego County Marijuana Prevention Initiative (MPI) spoke on the current situation of legalized Marijuana within our communities
  - Marijuana trends in San Diego County
  - Effects of marijuana on the developing brain
- ✓ Shannon Jackson presented on DMC-ODS
- ✓ Reviewed the Dual Diagnosis Capability in Mental Health Treatment (DDCMHT), tool to measure co-occurring capability and incorporated two items previously omitted:

- Policies and procedures for evaluation, management, monitoring and complains for/of medications for substance use disorders
- Capacity to maintain treatment continuity
- ✓ Facilitated discussion regarding barriers how to mitigate the barriers and access to Behavioral Health Treatment (Mental Health and SUD Treatment) and shared resources
- ✓ Continued to work on Tobacco cessation education activities, specifically nicotine and vaping, which aligns with one of the HHS operational goals
- ✓ CADRE language was updated to incorporate the Whole Person Wellness philosophy.

**Fiscal Year 2019-20 Goals (Summary/Highlights)**

- ✓ Continue to “bridge the gap” by making cross-referrals, conduct warm handoffs between mental health and SUD services and vice versa and helping families navigate the system; mitigate the barriers for services
- ✓ Facilitate discussions regarding medication, including psychotropic medication, specifically for dual-diagnosis youths, and provide more education/training to the system (prescribers)
- ✓ Continue to work on Tobacco cessation education activities, specifically at Teen Recovery Centers (TRCs)
- ✓ Invite Transition Age Youth (TAY) and Adult and Older Adult (AOA) SUD programs to CADRE subcommittee to increase awareness of programs, available services and support transition from the CYF to the AOA System of Care.

• **Early Childhood Mental Health (ECMH) Sub-Committee** (Aisha Pope and Autumn Weidman)

The main goal of the ECMH Sub-Committee is to assure the Early childhood system is integrated and that key issues are addressed for relevant system improvements. Specific goals are: Promote and educate, Advocate, and Promoting system change.

**Fiscal Year 2019-20 Goals (Summary/Highlights)**

- ✓ Promote and Educate: Provide information to improve systemwide understanding of ECMH for integration into the system of care
  - Develop key talking points to advance messaging
  - Ensure ECMH's voice is represented in system of care discussions
  - Promote and provide informational handouts and short videos to the Council
  - Suggest training topics to Responsive Integrated Health Solutions (RIHS) and to the annual “We Can’t Wait” conference
  - Will participate at BHS procurement pre-proposal meetings
- ✓ Advocate: Prepare ECMH services/programs for any funding opportunities; i.e. MHSA
  - Suggest program/funding suggestion during BHS community forums
  - Consider advancing existing programs/practices rather than creating new ones
- ✓ Promote System Change: Improve/promote system efforts through education of all available services
  - Identify ECMH programs and services
  - Improve collaboration with other systems, initiatives, and efforts to identify common efforts to present a united voice when advocating for ECMH system change

**Fiscal Year 2018-19 Accomplishments (Summary/Highlights)**

- ✓ Promote and Educate:
  - Maintained consistent ECMH Subcommittee four sector representation and meeting attendance
  - Participated in the January 2020 Child Abuse Prevention Summit planning sub-committee to bring an early childhood voice to the event
  - Provided a report of ECMH activities to the CYF Council on January 14, 2019
  - Submitted three training proposals focused on early childhood to RIHS for Fiscal Year 2019-20 fiscal year consideration and one was selected (Implicit Bias)
  - Advocated to have the following Early Childhood breakout sessions at the 2019 annual CYF System of Care training Academy conference held May 2019:
    - Preschool to Prison Pipeline
    - ECMH Panel: Stories from the Field
- ✓ Advocate:
  - Discussed endorsement process to increase the competency within the ECMH providers in the community
  - ECMH representation at all Community Forums to provide a voice for early childhood
- ✓ Promote System Change:
  - Hosted MHSA presentation at a joint ECMH and ECMH Leader’s Collaborative meeting (separate from the CYF Council ECMH Sub-Committee)

- Ongoing collaboration with Early Childhood Mental Health Leader's Collaborative.

- **Education Sub-Committee** (Heather Nemour and Violeta Mora)

Ad-hoc subcommittee that continuously supports the 42 school districts in San Diego county through trainings, professional development coaching and mental health and wellness for students and staff.

**Fiscal Year 2018-19 Accomplishments (Summary/Highlights)**

- ✓ SDCOE trained 200 designated staff for suicide intervention on "Assessing Suicidal Students" in September 2018 and March 2019
- ✓ Provided training for students and school staff on mental health/ wellness, positive school climate and suicide prevention
- ✓ SDCOE developed a "Youth Anxiety" training and delivered four trainings for districts and schools
- ✓ Developed a comprehensive Continuum of Trauma Informed Care trainings for school and districts staff that includes trauma-informed strategies for school, classroom and home visiting strategies and with emphasis on cultivating emotional resiliency for educators
- ✓ Support Suicide prevention by also developing new day to day school practices and protocols – including celebrating suicide prevention week with activities for students/staff
- ✓ Partnered with BHS to promote SchoolLink and assist school districts comply with AB 2022: Pupil Mental Health Services School Notification that took effect on January 2019, which requires to notify pupils, parents, and caregivers no less than twice during the school year on how to initiate access to pupil mental health services in campus and in the community.

**Fiscal Year 2019-20 Goals (Summary/Highlights)**

- ✓ Continue to support and positive school climate the 42 school districts, charters, and private schools on mental health and well-being, positive school climate, and suicide prevention through trainings for students and staff
- ✓ Cultivate emotional resilience for educators to better serve students
- ✓ Continue to provide Youth Anxiety training
- ✓ Provide and update on the Continuum of Trauma Informed Care trainings
- ✓ Provide and promote the online Suicide prevention training to middle, high school students, and staff in California. This training is the result of a California Department of Education grant SDCOE received
- ✓ Formalize a crisis protocol with BHS.

- **Family and Youth Sector-Family and Youth as Partners Sub-Committee** (Valerie Hebert)

The Family and Youth Sector meets on the third Thursday of the month and everyone is welcome. The Family Sector values the lived-in experience voice and works on strengthening the identity of CYF peer partners.

**Fiscal Year 2018-19 Accomplishments (Summary/Highlights)**

- ✓ Achieved Four Sector representation for the Family Sector Sub-Committee
- ✓ Reviewed the MHSA Issue Resolution process and developed a one-page document tool explaining the CYF Liaison role in this process
- ✓ Disseminated CYF Council information/hot topics back to the community through the CYF Liaison
- ✓ Built Transition Age Youth (TAY) peer support
- ✓ Planned for the 5<sup>th</sup> Annual Children's Mental Health Well Being Celebration held on May 3, 2019
- ✓ Offered support and other navigation options to families seeking mental health services in schools (i.e. oscER and oscER Jr. cloud-based applications)
- ✓ Tracked Senate Bill 10 – Peer Partner Certification for California

**Fiscal Year 2019-20 Goals (Summary/Highlights)**

- ✓ Continue to outreach for Family Sector representation
- ✓ Continue to track Senate Bill 10
- ✓ Plan for a great 6<sup>th</sup> Children's Mental Health Well Being Celebration.

- **Outcomes Subcommittee** (Julie McPherson, Eileen Quinn-O'Malley, Emily Trask)

Review and evaluate service outcomes and provide Council recommendations to improve delivery systems within the CYF System of Care

**Fiscal Year 2018-19 Accomplishments (Summary/Highlights)**

- ✓ Partnered with OPTUM to:
  - Implement two new state outcome measures: Child and Adolescent Needs and Strengths CANS and the Pediatric Symptom Checklist (PSC) effective July 1, 2018
  - Expand CANS administration to children ages 0 to 5 effective July 1, 2019
  - Roll out the measures to the Fee-For-Service (FFS) providers effective July 1, 2019



- ✓ Drafted simplified definitions for families reviewing outcome results
- ✓ CASRC created CANS and PSC individual progress reports in Mental Health Outcomes Management System (mHOMS) to review with families
- ✓ Facilitated discussions on how to develop a data-sharing plan (making the data more meaningful) across providers for the PSC and CANS
- ✓ Revised the CANS Family Letter and implemented CANS Sharing Confirmation page in the Community Care Behavioral Health (CCBH) Client Plan
- ✓ Created and facilitated multiple CANS-related trainings (including four webinars) through the Praed Foundation and RIHS to direct service staff and supervisors to help support the outcome measures implementation, using BHS providers' feedback

**Fiscal Year 2019-20 Goals (Summary/Highlights)**

- ✓ For everyone to understand the CANS concept
- ✓ Finalize the "family-friendly" definitions for CANS EC and CANS and to build them into a data based and available for clinicians to print as needed
- ✓ Continue to discuss how can the system use outcomes data to better treatment and guide services
- ✓ Utilize Quarterly Status Reports (QSR) data to increase CANS and PSC completion rates
- ✓ Identify referral/active client thresholds for school-based services viability (SchoolLink)
- ✓ Discuss telehealth's utilization within the CYF System of Care
- ✓ Discuss Population Health and Social Determinants of Health to identify guiding principles for the CYF System of Care.

- **Private Sector** –This Sub-Committee meets as needed. However, is currently inactive.

• **Transition Age Youth (TAY) Council** (Michael Miller)

The TAY Council was established in 2017 to facilitate the design and implementation of TAY-related services within CYF and Adult Older Adult (AOA) systems of care by providing feedback and recommendations to the BHS Director and system leadership. The TAY Council has diverse representation, including youth representing the Family Sector from the CYF Council participate in the TAY Council.

**Fiscal Year 2018-19 Accomplishments (Summary/Highlights)**

- ✓ The Employment Sub-Committee submitted (July 2018) a report to the BHS Director that includes recommendations for TAY:
  - Employment-focused education
  - Increased integration of services with Peer Support Specialists
  - Increased staff training
  - Streamlined Employment data collection
  - Implementation of the Individual Placement and Support (IPS) model with the TAY population countywide
- ✓ Housing Sub-committee submitted recommendations (March 2019) for regionalized shelter services, including feedback related to the supported employment model, IPS
- ✓ The TAY Council voted on having the School Based Crisis Response priority focus for Fiscal Year 2019-20 and established a Sub-Committee to develop recommendations

**Fiscal Year 2019-20 Goals (Summary/Highlights)**

- ✓ Provide recommendations regarding:
  - Crisis response for youth in schools
  - Social connectedness for youth specifically within the BHS system
  - Care coordination in SUD treatment for TAY with Co-Occurring disorders
  - Lesbian Bisexual, Transgender, Questioning, Intersexual (LGBTQI) TAY issues.

• **Training Sub-Committee** (Rose Woods)

The CYF System of Care Training Academy provides training through RIHS to enhance the work of providing services within the CYF System of Care in San Diego County.

**Fiscal Year 2018-19 Accomplishments (Summary/Highlights)**

- ✓ Provided the following five training modules via RIHS with availability to all:
  - Educating Children and Youth Experiencing homelessness
  - Family compassion and the Lesbian Bisexual, Transgender, Questioning, Intersexual, Asexual (LBTQIA) community
  - Sexual health conversation with youth and families
  - Partnering with justice involved families
  - Intersectionality of identities

- ✓ Delivered the annual CYF System of Care Training Academy conference on May 30, 2019: School Safety: Envisioning Safer Schools
- ✓ Awarded ten professional development scholarships to Peer Support Partners/TAY youths in the CYF System of Care to attend the CYF System of Care Training Academy School Safety: Envisioning Safer Schools conference CSOC, and two for the California Mental Health Advocates for Children and Youth (CMHACY) annual conference held in May 2019.

**Fiscal Year 2019-20 Goals (Summary/Highlights)**

- ✓ Deliver trainings on the following topics:
  - Family Separations
  - Suicidality in Children and Youth
  - Sandy Hook Promise Program offerings
  - Implicit Bias
  - Attachment in Youth (ages 5-17)
- ✓ Coordinate the 2020 CYF System of Care Training Academy conference focused on Substance Use Disorders and treatment. An Ad-Hoc committee will be convened beginning November 2019 to plan for this conference.

**CYF Council Training Recommendations:**

- ✓ Social Media and how it may contribute to Depression
- ✓ Additional recommendations can be sent to Rose Woods at: [rwoods@sdsu.edu](mailto:rwoods@sdsu.edu).

• Other:

- ✓ Sub-Committee handouts indicate meeting times and location, and point of contact for individuals interested in joining a specific Sub-Committee.

**VI. Announcements (Minola Clark Manson)**

- ✓ Parents and Caregivers For Wellness Training Opportunity flyer - Empowering Professionals on September 13, 2019 from 9:00 to 3:00pm - 5296 University Ave, Suite A San Diego, CA 92105 (Handout)
- ✓ Parents and Caregivers for Wellness Training Opportunity flyer – Supporting Parents/Caregivers on September 14, 2019 from 9:00 to 3:00pm - 5296 University Ave, Suite. A San Diego, CA 92105 (Handout)
- ✓ Live Well Advance: Uniting for Impact event on October 28, 2019 from 9:00 am to 5:00 pm (Handout)
- ✓ Dr. Dean Sidelinger's last day in the County is September 13, 2019 as he transitions to as the new Oregon's State Health Officer.

**VII. Director's Report (Yael Koenig on behalf of Dr. Luke Bergmann)**

- ✓ Board Letters to finalize agreement with regarding the Tri-City Medical Center is in process.
- ✓ SDCOE and BHS are working together on determining how to best to support students.

**VIII. Action Items**

Action Item(s)	Action By	Action Due
<ul style="list-style-type: none"> <li>• Find out the next CADRE training dates and encourage Family and Education sector members to submit request for participation.</li> </ul>	<ul style="list-style-type: none"> <li>• CYF Council staff</li> </ul>	<ul style="list-style-type: none"> <li>• Completed. Next CADRE training is scheduled from February 6 to May 14, 2019. Registration closes January 10, 2020. See flier in the December 9, 2019 CYF Council meeting packet.</li> </ul>
<ul style="list-style-type: none"> <li>• Ensure there is Family Sector representation at the Education Sector Ad-Hoc meetings.</li> </ul>	<ul style="list-style-type: none"> <li>• Education Sector Sub-Committee</li> </ul>	<ul style="list-style-type: none"> <li>• Prior to the next Education Sub-Committee meeting an e-mail communication will be sent to the Council's e-distribution list.</li> </ul>
<ul style="list-style-type: none"> <li>• Correct Outcomes Sub-Committee meeting frequency to "once every other month".</li> </ul>	<ul style="list-style-type: none"> <li>• CYF Council staff</li> </ul>	<ul style="list-style-type: none"> <li>• Completed November 8, 2019.</li> </ul>



<ul style="list-style-type: none"> <li>MHCA to discuss the Private Sector Subcommittee's status (ad hoc, retire, inactive)</li> </ul>	<ul style="list-style-type: none"> <li>Private Sector/MHCA Sub-Committee members</li> </ul>	<ul style="list-style-type: none"> <li>MHCA will discuss this action item in their December 2019 meeting.</li> </ul>
<ul style="list-style-type: none"> <li>Recruit for ADSPA vacant seats</li> </ul>	<ul style="list-style-type: none"> <li>ADSPA Constituency</li> </ul>	<ul style="list-style-type: none"> <li>Marisa Varond accepted the second ADSPA member seat. Recruitment efforts for the two Alternate vacant positions continue.</li> </ul>

**Next CYF Council Meeting: December 9, 2019**  
**Scottish Rite Center, Shell Room**  
**9:00 to 10:30 A.M.**

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

**Outcomes:** Meets the first Tuesday of every other month. Next meeting will be held November 12, 2019 at- 3255 Camino del Rio South, San Diego CA 92108 in La Vista Room- from 11:30 A.M. to 12:30 P.M.

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

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

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

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

**CCRT:** Meets the first Friday of the month at the Health Services Complex- 6367 Alvarado Ct. Ste. 105, San Diego, CA 92120 from 10:00 to 11:30 A.M.

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

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

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



LIVEWELLSD.ORG

# BEHAVIORAL HEALTH SERVICES CHILDREN, YOUTH & FAMILIES FRAMEWORK

## VISION

Children and youth are healthy, safe, lawful, successful in school and in their transition to adulthood, while living in nurturing homes with families.

## PRINCIPLES

Collaborative, Integrated, Child, Youth & Family Driven, Individualized, Strength-based, Community-based, Outcome & Data Driven, Culturally Competent, Trauma Informed, Persistence

## PRIORITIES

Ensure a full continuum of care through family-centered and youth-informed services that are compassionate and sensitive to the unique developmental needs of children and youth.

Strengthen partnerships with children/youth's circle of influence to create a supportive environment.

Provide services that empower children and youth to build a healthy sense of self and have confidence to make sound decisions so they thrive in an ever-changing world.

Live Well San Diego

## AREAS OF INFLUENCE



### Standard of Living

- Economic & Food Security
- Timely Access to Healthcare Inclusive of Behavioral Health Services
- Employment Readiness



### Community

- Access to Parks, Playgrounds and Recreation Centers
- Usable Transportation
- Safe Neighborhoods & Schools
- Affordable Stable Housing
- Access to Extracurricular Activities



### Health

- Daily Physical Activity
- Limited & Supervised Screen Time
- Affordable Healthy Food
- Zero Sugary Beverages, Drink More Water
- No Substance Use
- No Tobacco Use
- Up to Date Immunizations
- Connection to a Health Home



### Social

- Supportive Families
- Nurturing Communities
- Connection to Natural Supports
- Positive Social Interactions



### Knowledge

- Quality Education
- Quality Preschool For All
- Good School Attendance
- School Success
- No Suspensions or Expulsions
- Obtain a High School Diploma
- Access to Higher Education & Vocational Programs

## DRUG MEDICAL ORGANIZED DELIVERY SYSTEM (DMC) IMPLEMENTATION ANNUAL UPDATE: ITEM #7

*Nick Macchione, Deputy Chief Administrative Officer  
Health and Human Services Agency*  
*Ron Lane, Deputy Chief Administrative Officer  
Public Safety Group*  
*Dr. Luke Bergmann, Director  
Behavioral Health Services*  
*Dr. Nicole Esposito, Assistant Clinical Director  
Behavioral Health Services*



### PREVALENCE, UTILIZATION & ACCESS



- In San Diego County, 1 in 8 individuals has a Substance Use Disorder (SUD)
- ED visit rates increased by over 20% in the last 5 years for alcohol related disorders
- Just 10% of individuals who would benefit from SUD treatment receive it



### THE VISION



SUD into Mainstream Healthcare



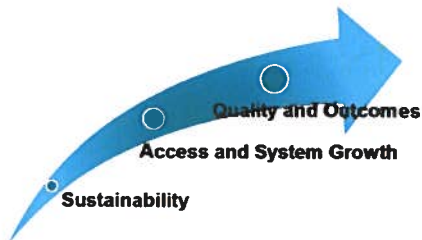
Chronic Care Management



EBP

Evidence-Based Practices

### DRUG MEDICAL ORGANIZED DELIVERY SYSTEM (DMC)



### OUTCOMES: THREE DOMAINS



#### Volume

- Are we reaching more people?

#### Clinical Quality

- Are people getting better care?

#### Financial Investments

- Are our investments making a difference in people's lives?

### VOLUME: UNIQUE CLIENTS SERVED FY18/19



#### Unique Individuals Served

12,500 in Outpatient & Residential

4,600 in OTPs\*

#### Primary Use Reported

36% Meth

84% Heroin

#### Characteristics of Individuals Served in Outpatient and Residential

38% Homeless

36% Co-Occurring Mental Health

58% Justice Involved

### VOLUME: SERVICE DELIVERY



#### Recovery Residences

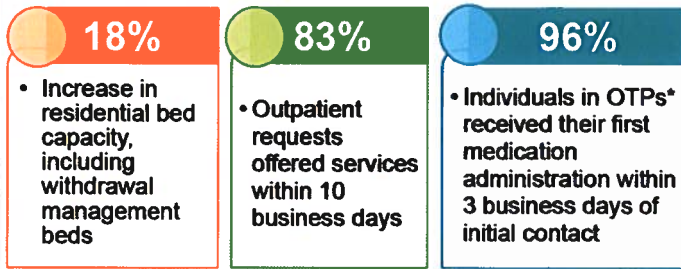
- Over 1,400 individuals received safe, short-term housing

#### Care Management

- Over 6,700 individuals received services

\*OTP (Opioid Treatment Program)

## QUALITY: ACCESS TO SERVICES



\*OTP (Opioid Treatment Program)

## QUALITY: CLINICAL ASSESSMENTS



### Whole Person Assessments

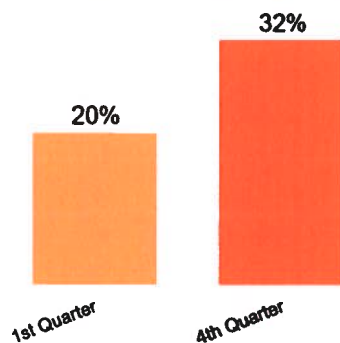
- Links to individualized care plans
- 90 percent of active clinical staff trained in gold standard ASAM method



## QUALITY: CARE CONNECTIONS



### Residential Discharges Connected to Services within 30 Days

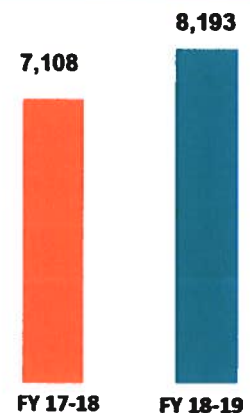


## QUALITY: JUSTICE POPULATIONS



### More justice-involved individuals received services

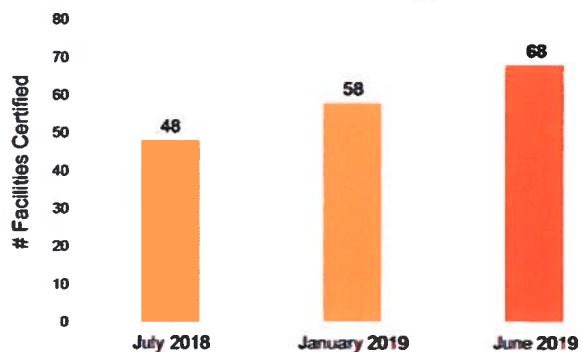
- 15% increase in persons served
- New pathways to care
- New provider academy supports justice-involved clients



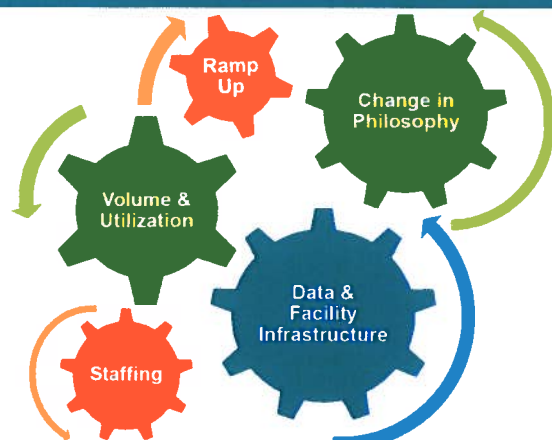
## FINANCIAL INVESTMENTS: MAXIMIZING REVENUE



### Certified to bill for DMC



## SHIFTING THE SYSTEM



## Mental Health Services Act Fiscal Year 2019-20 Annual Update

### Item #6

**Nick Macchione**, Deputy Chief Administrative Officer  
Health and Human Services Agency  
**Dr. Luke Bergmann**, Director  
Behavioral Health Services, Health and Human Services Agency  
**Andy Pease**, Executive Finance Director  
Health and Human Services Agency



1

## Mental Health Services Act (MHSA)

- 1% income tax on personal income in excess of \$1 million
- County of San Diego has invested over \$1.4 billion of MHSA funding—investments have increased by over 58 percent in last five years
- Prevention and early intervention; community supports and services; infrastructure and technology; and workforce education and training

2

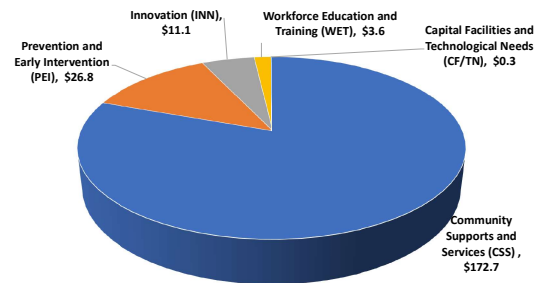
## MHSA Planning Process



3

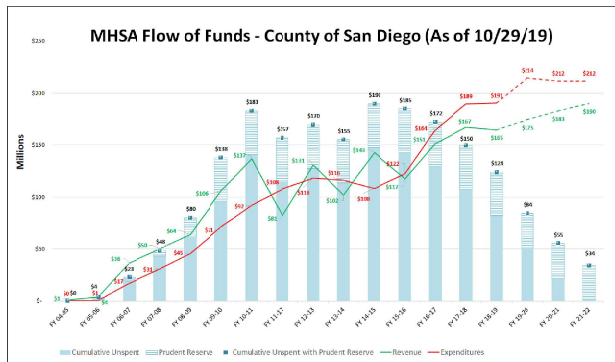
## FY 2019-20 MHSA Investments

Total \$214.5 million



4

## MHSA: Looking Ahead



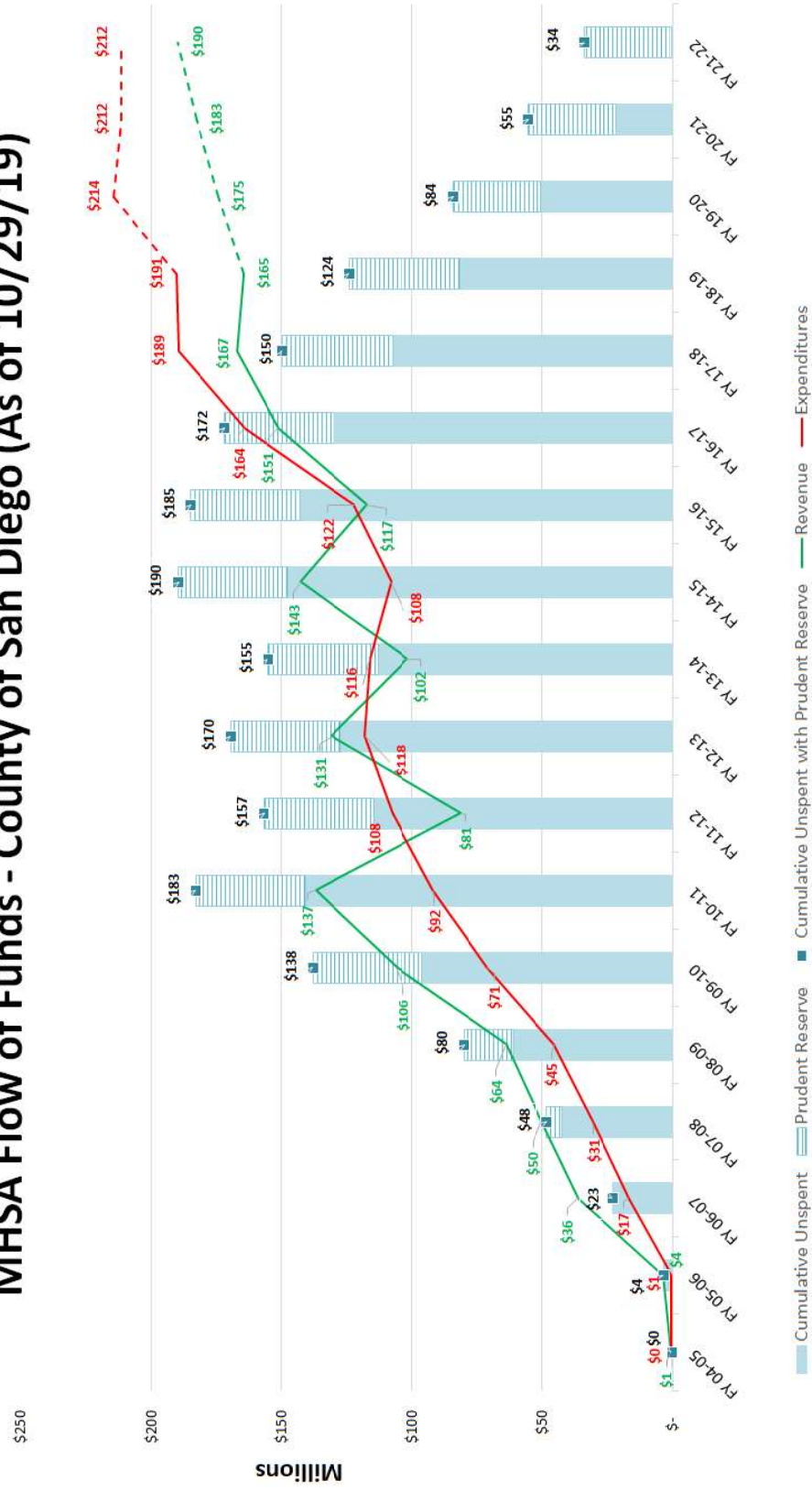
5

6



# MHSA: Looking Ahead

MHSA Flow of Funds - County of San Diego (As of 10/29/19)





# Behavioral Health Services North Central Region Community Engagement Forum

Share Your  
Ideas!

Supporting healthy, safe, and thriving communities.

Everyone  
Welcome!



## Forum Discussion Topics

Mental Health and Substance Use Disorder Prevention,  
Innovation and Engagement

**Kearny Senior High School, Room 301**

**1954 Komet Way, San Diego, 92111**

**Thursday, January 9, 2020**

**6:30pm to 8:00pm**

**(6:15pm Check-In)**

Dinner will be provided.

Community members will be eligible to receive a \$10 gift card for participating. For questions and to RSVP, please call:

**619-594-6812**

# Behavioral Health Services South Region Community Engagement Forum

Supporting healthy, safe, and thriving communities.

Share Your  
Ideas!

Everyone  
Welcome!



## Forum Discussion Topics

Mental Health and Substance Use Disorder Prevention,  
Innovation, and Engagement

**Bonita Vista High School, Library**  
**751 Otay Lake Road, Chula Vista, 91913**  
**Saturday, February 1, 2020**  
**10am to 11:30am**  
**(9:45am Check-In)**

Continental breakfast will be provided.  
Community members will be eligible to receive a \$10 gift card for  
participating. For questions and to RSVP, please call:

**619-594-6812**



# COUNTY OF SAN DIEGO

## AGENDA ITEM

### BOARD OF SUPERVISORS

GREG COX  
First District

DIANNE JACOB  
Second District

KRISTIN GASPAR  
Third District

NATHAN FLETCHER  
Fourth District

JIM DESMOND  
Fifth District

**DATE:** October 29, 2019

**05**

**TO:** Board of Supervisors

### **SUBJECT**

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

### **OVERVIEW**

In response to a request by Supervisor Gaspar (July 24, 2018 (2)), the County of San Diego (County) Health and Human Services Agency (HHSA) convened the Board Conference on October 30, 2018 (3) entitled: *Caring for People in Psychiatric Crisis*. This conference provided a comprehensive assessment of the state of inpatient psychiatric care in San Diego County and provided immediate and long-term recommendations for addressing a potentially significant loss of future services for people in psychiatric crisis, resulting from inpatient behavioral health units closing at local hospitals. As a result of this conference, the Board of Supervisors (Board) has taken many actions to enhance and expand the array of behavioral health programs and services available in the region—referred to broadly as the Behavioral Health Continuum of Care. These actions have brought together diverse partners including justice partners, hospitals, community health centers and other community-based providers, to create system-wide changes of the Behavioral Health Continuum of Care to ensure San Diegans are able to quickly access the appropriate level of services that not only meet their immediate needs, but support their long term recovery.

Today's item follows up the March 26, 2019 (5) and June 25, 2019 (4) quarterly updates as the third quarterly update on Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation. In addition, several actions are requested of the Board to further support these efforts. These requested actions include:

- Authority to support the creation of behavioral health “hubs” in the North Inland and Central regions of San Diego County—integrated care environments designed to accelerate transition from behavioral health crisis to sustainable continuous chronic care management. Through collaborative efforts the development of a Central Region

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

behavioral health hub on a parcel of County-owned property located at approximately the 4300 Block of Third Ave., San Diego, California is being pursued, following a feasibility analysis as directed by the Board of Supervisors on March 27, 2019 (9). Also, through collaborative efforts, a proposed agreement between the County and Palomar Health has been drafted detailing an arrangement to support the creation of a behavioral health hub in North Inland Region at the site of the Palomar Medical Center in Escondido, California. Staff are also exploring the feasibility of developing behavioral health hubs in other geographic areas of San Diego County, including South Region and East Region; updates on these efforts will be presented to your Board at a future Behavioral Health Continuum of Care Quarterly Update.

- Direct the Chief Administrative Officer to return to the Board with an update on efforts to create the North Inland and Central Region behavioral health hubs in the third quarter of Fiscal Year 2019-2020.
- Authority to take steps to support the creation of “networks” of services in North Coastal and North Inland Regions: broad arrays of outpatient services and housing opportunities linked through a regional care coordination system designed to remain continuously connected to service recipients and to reduce episodes of crisis; these networks will further support the more intensive services of the behavioral health hubs. Today’s action, if approved, requests authority to conduct a competitive procurement for crisis stabilization services at the North Coastal Live Well Health Center located in Oceanside. This will complement recently approved actions to establish inpatient psychiatric service capacity in partnership with Tri-City Medical Center.
- Authority to mobilize additional “bridge planning” strategies, to bolster key behavioral health services in the near term while longer-term investments are put into place. If approved, today’s action would: authorize the County to enter into negotiations with Alvarado Hospital, LLC dba Alvarado Hospital Medical Center, General Acute Care Hospital, for a single source contract to provide enhanced inpatient psychiatric resources for the community’s older adult population; and authorize the County to conduct a competitive procurement for crisis residential services at the North Inland Region.

These actions will continue to complement the work across systems to provide optimal behavioral health resources that are regionally distributed and coordinated, thereby supporting the County’s *Live Well San Diego* vision for a region where all residents have the opportunity to build better health, live safely, and thrive.

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

**RECOMMENDATION(S)**  
**CHIEF ADMINISTRATIVE OFFICER**

1. Receive a quarterly update on Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation, including a feasibility study for the development and use of County-owned property located at approximately the 4300 Block of Third Ave., San Diego, California.
2. Authorize the Agency Director, Health and Human Services Agency to enter into an agreement with Palomar Health for investments in resources to support a behavioral health hub in North Inland Region, and direct the Chief Administrative Officer to return to the Board in the third quarter of Fiscal Year 2019-2020 with an update on collaborative efforts to develop behavioral health hubs in the North Inland Region and the Central Region.
3. Transfer appropriations of \$500,000 from the Health and Human Services Agency, Management Reserves, to the Contributions to Capital Outlay Fund, Operating Transfers Out, to provide funding for Capital Project 1023473, North Coastal Live Well Health Center Improvements. **(4 VOTES)**
4. Establish appropriations of \$500,000 in the County Health Complex Fund for Capital Project 1023473, North Coastal Live Well Health Center Improvements, based on an Operating Transfer In from the General Fund. **(4 VOTES)**
5. In accordance with Section 401, Article XXIII of the County Administrative Code, authorize the Director, Department of Purchasing and Contracting, to issue competitive solicitations for:
  - a. Crisis stabilization services at the North Coastal Live Well Health Center
  - b. Crisis residential services in the North Inland Region

And upon successful negotiations and determination of a fair and reasonable price, award contracts for an initial term of up to one year, with up to four option years, and up to an additional six months, if needed; and to amend the contracts to reflect changes in program, funding or service requirements, subject to the availability of funds and the approval of the Agency Director, Health and Human Services Agency.

6. Authorize the Director, Department of Purchasing and Contracting to issue Requests for Information for design and services for integrated behavioral health, wellness, and housing on the corner of Valley Parkway and Fig Street in Escondido.
7. Authorize the Director, Department of Purchasing and Contracting, subject to successful negotiation and a determination of fair and reasonable price, to enter into new agreements

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

and amend existing agreements for programming, planning and entitlement of behavioral health facilities.

8. In accordance with Board Policy A-87, Competitive Procurement, approve and authorize the Director, Department of Purchasing and Contracting, to enter into negotiations with Alvarado Hospital, LLC dba Alvarado Hospital Medical Center, General Acute Care Hospital, and subject to successful negotiations and determination of a fair and reasonable price, enter into a single source contract for senior care specialty inpatient services for an initial term of up to one year, with up to four option years, and up to an additional six months, if needed, and to amend the contract to reflect changes in program, funding or service requirements, subject to the availability of funds and the approval of the Agency Director, Health and Human Services Agency.

**FISCAL IMPACT**

**Fiscal Impact Summary**

If approved, these requests will result in estimated costs and revenues of \$6,700,000 in Fiscal Year 2019-20, including one-time costs of \$2,000,000 for facility planning and design activities, \$1,700,000 for crisis residential services, and \$3,000,000 for senior care specialty inpatient services. Included in the \$2,000,000 is \$500,000 that will be appropriated in the County Health Complex Fund Capital Project 1023473, North Coastal Live Well Health Center Improvements. In Fiscal Year 2020-21, the requests will result in ongoing annualized service costs of \$15,000,000 for the North Inland crisis residential services, the specialty care senior inpatient services, and the crisis stabilization services for the new North Coastal Live Well Health Center Crisis Stabilization Unit that will be operational in FY 2020-21.

Funds for Fiscal Year 2019-20 are included in the Fiscal Year 2019-21 Operational Plan in the Health and Human Services Agency (HHSA), including HHSA Management Reserves, that will be used to establish initial funding for the North Coastal Live Well Health Center Improvements. Appropriations for Fiscal Year 2020-21 will be requested as part of the Fiscal Year 2020-22 CAO Recommended Operational Plan as needed. The funding sources are Mental Health Services Act (MHSA), Realignment, Short-Doyle Medi-Cal, and HHSA Management Reserves, which are funded with General Fund fund balance. There will be no change in net General Fund cost and no additional staff years. The current recommendations do not yet include any of the costs which will result from final agreements with partners from the resulting recommendations of the planning and design activities for additional behavioral health hubs and facilities. As the new requirements are revealed, costs arising from these actions will be presented to the Board for review and decision.

**Recommendation #1 - Quarterly Update to the Board**

Delivery of quarterly update on “Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation”. There is no fiscal impact.

**Recommendation #2 – Behavioral Health Hubs for North Inland and Central Regions**

Today’s actions to pursue behavioral health hubs for North Inland and Central Regions have no immediate fiscal impact. It is estimated that the one-time capital costs of these collaborative



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

projects may range between \$150,000,000 to \$180,000,000; the details of the County's particular share of the investments and associated costs and revenues are unknown at this time and will be brought forward for Board action at a future date. Once the capital projects are completed, the County will see ongoing costs associated with utilization of the behavioral services located at these new facilities. These ongoing costs are unknown at this time, but staff will return to the Board if additional appropriations are required.

**Recommendations #3 and #4 - North Coastal Live Well Health Center Crisis Stabilization Unit (CSU)**

If approved, these recommendations will result in costs of approximately \$500,000 for the planning and design of the CSU at the North Coastal Live Well Health Center in Oceanside. Funds for this request are not included in the Fiscal Year 2019-21 Operational Plan in the County Health Complex Fund. If approved, \$500,000 will be appropriated in the County Health Complex Fund Capital Project 1023473, North Coastal Live Well Health Center Improvements. The funding source is an Operating Transfer In from the General Fund based on HHS Management Reserves, which are funded with General Fund fund balance.

It is estimated that the total cost of the capital project will be approximately \$7,000,000, to be funded by the use of General Fund fund balance component decrease - Committed Realignment. Staff will return to the Board at a future date for additional appropriations and funding as needed once the planning and design phase is complete.

**Recommendation #5 - CSU Services in North Coastal and Crisis Residential Services in North Inland**

If approved this recommendation will result in costs and revenues of approximately \$1,700,000 in Fiscal Year 2019-20 and costs and revenues of \$9,000,000 in Fiscal Year 2020-21 once the services are procured and fully implemented. Funds for Fiscal Year 2019-20 are included in the Fiscal Year 2019-21 Operational Plan in the Health and Human Services Agency. Any increased appropriation for Fiscal Year 2020-21 will be requested as part of the Fiscal Year 2020-22 CAO Recommended Operational Plan as needed. The funding sources are Short-Doyle Medi-Cal, Mental Health Services Act (MHSA), and Realignment. There will be no change in net County General Fund cost and no additional staff years.

**Recommendations #6 and #7- Authority for New Planning Contracts and Requests for Information**

If approved this recommendation is anticipated to result in one-time costs and revenues of approximately \$1,500,000 in Fiscal Year 2019-20 for the planning and design needs associated with the various behavioral health hubs and facilities identified, including the property on the corner of Valley Parkway and Fig Street in Escondido, to advance the continuum of care. Funds for this request are included in the Fiscal Year 2019-21 Operational Plan in HHS. The funding source is Realignment. There will be no change in net County General Fund cost and no additional staff years.

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

**Recommendation #8 - Senior Inpatient Services**

Recommendation #8 will result in costs and revenues of approximately \$3,000,000 in Fiscal Year 2019-20 and costs and revenue of approximately \$6,000,000 in Fiscal Year 2020-21. Inpatient service costs will be billed directly to the State by Alvarado Hospital Medical Center and funded with Realignment and Short Doyle Medi-Cal. This action will have no impact to the Fiscal Year 2019-21 Operational Plan in the Health and Human Services Agency.

**BUSINESS IMPACT STATEMENT**

N/A

**ADVISORY BOARD STATEMENT**

At their meeting on October 19, 2019, the Behavioral Health Advisory Board voted to support this item.

**BACKGROUND**

***I. INTRODUCTION***

On July 24, 2018 (2), Supervisor Kristin Gaspar initiated a Board Conference (Conference) to present a comprehensive assessment of the state of inpatient psychiatric care in San Diego County and provide immediate and long-term recommendations for addressing a potentially significant loss of future services for people in psychiatric crisis, resulting from inpatient behavioral health units closing at local hospitals. In response to Supervisor Gaspar's request, the County of San Diego (County) Health and Human Services Agency (HHSA) convened the Conference on October 30, 2018 (3) entitled: *Caring for People in Psychiatric Crisis*. The Conference provided an overview of the current behavioral health system in San Diego County, perspectives from cross-sector partners, and a look at innovative ways to improve care coordination, data sharing, and align services to care for people living with mental illness.

As a result of this conference, the Board of Supervisors (Board) has taken many actions to enhance and expand the available array of behavioral health programs and services available in the region—referred to broadly as the Behavioral Health Continuum of Care. These actions bring together diverse partners including justice partners, hospitals, community health centers and other community-based providers, to create system-wide changes of the Behavioral Health Continuum of Care to ensure San Diegans are able to be quickly provided the appropriate level of services that not only meet their immediate needs, but support their long term recovery.

Today's item follows up the March 26, 2019 (5) and June 25, 2019 (4) quarterly updates as the third quarterly update on Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation focusing on activities from July 2019 through September 2019. In addition, today's item seeks authority to support the creation of behavioral health hubs in the North Inland and Central Regions of San Diego County: integrated care environments designed to accelerate transition from behavioral health crisis to sustainable continuous chronic

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

care management (Recommendation #2). Additionally, today's item requests authority to take steps support the creation of networks of services in North Coastal and North Inland Regions: broad arrays of outpatient services and housing opportunities linked through a regional care coordination system designed to remain continuously connected to service recipients and to reduce episodes of crisis; these networks will further support the more intensive services of the behavioral health hubs (Recommendations #3, #4, & #5). And finally, today's item also requests authority to mobilize additional "bridge planning" strategies, to bolster key behavioral health services in the near term while longer-term investments are put into place (Recommendations #6, #7 & #8).

These actions will continue to complement the work across systems to provide optimal behavioral health resources that are regionally distributed and coordinated, thereby supporting the County's *Live Well San Diego* vision for a region where all residents have the opportunity to build better health, live safely, and thrive.

***II. UPDATES DURING THIS REPORTING PERIOD (JULY 2019- SEPTEMBER 2019)***

**Supporting the Long-Term Goal of Regional Distribution and Integration of Behavioral Health Services: Hubs and Networks**

The behavioral health "hub and network" approach is identified as a model that can enable a shift the from a crisis care system to a continuous and chronic care management system, through the deliberate regional distribution and coordination of resources. Hubs are integrated care environments that are designed to accelerate transition from behavioral health crisis to continuous chronic care management. Key components of hubs include: co-location and affiliation with a general acute care hospital; access to inpatient acute psychiatric care; and linkages to lower levels of care through a regional care coordination system. Networks, in turn, provide a broad array of outpatient services and housing opportunities, also linked through a regional care coordination system, designed to remain continuously connected to service recipients, with the goal of reducing episodes of crisis.

As directed by the Board of Supervisors on March 27, 2019 (9), staff studied the feasibility of the development and use of County owned property located at approximately the 4300 Block of Third Ave., San Diego, California, (APN 444-110-21), for services that may include crisis stabilization, inpatient, residential psychotherapeutic rehabilitation, intensive outpatient, and other related services and programs along with opportunities to collaborate with regional health care providers. The County continues to take steps to support of the creation of a Central Region behavioral health hub on this property, in partnership with the University of California San Diego. Today's item would also take steps to support the creation of a North Inland behavioral health hub in partnership with Palomar Health Recommendation

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(DISTRICTS: ALL)**

Crisis services will remain a critical component of behavioral health networks and support the management of mental health conditions via continuous care, similar to other chronic health conditions. Crisis stabilization services are designed to help meet the needs of persons experiencing a mental health crisis who require a timelier response than a regularly scheduled visit to an outpatient clinic. These services help manage a mental health crisis by providing ongoing assessment and stabilization, which may include treatment with medication and linkages to other services and appropriate level of care including, but not limited to, inpatient services. During this reporting period, with the authorization by the Board of Supervisors on June 25, 2019 (4), HHSA collaborated with Palomar Health for the provision of expanded crisis stabilization capacity at the existing Crisis Stabilization Unit (CSU) as well as creating and staffing a new, discrete crisis stabilization service within the Palomar Hospital. During this reporting period, with the authorization by the Board of Supervisors on June 25, 2019 (4), HHSA collaborated with Palomar Health for the provision of expanded crisis stabilization capacity at the existing Crisis Stabilization Unit (CSU) as well as creating and staffing a new, discrete crisis stabilization service within the Palomar Hospital Emergency Department. There is a continued clinical design work in progress to support the creation of a behavioral health integration and triage team to work across the Palomar Health Emergency Department and CSU to appropriately cohort and transition patients into the right level of service and to effectively link them to ongoing care with enhanced care coordination and use of funds to support bridge housing.

To further build out the network of services in North Inland Region, today's actions, if approved, would support the creation of a center for integrated behavioral health, wellness and housing on the corner of Valley Parkway and Fig Street in Escondido (Recommendations #5, #6 and #7). With simultaneous work being devoted to an inpatient behavioral health hub in collaboration with Palomar Health, this site will be a coordinated resource where residents will be able to access ongoing care management and illness prevention services.

**Semi-Annual Update on Services for Individuals with Serious Mental Illness Who are Resistant to Treatment**

As new services are brought on-line to support better care for individuals with mental health conditions, existing programs continue to serve these populations across San Diego County's communities and opportunities will be sought to connect, coordinate, and integrate these with new services. This includes services for individuals with serious mental illness who are resistant to treatment. On April 21, 2015 (4), the Board of Supervisors adopted Laura's Law and approved a plan to implement Assisted Outpatient Treatment (AOT) in San Diego County. The contract for AOT was implemented on January 1, 2016 with services beginning April 1, 2016. In Home Outreach Teams (IHOT) serve as the starting point of a treatment continuum with the goal of linking and connecting individuals with SMI to appropriate services, and if eligible, referring individuals to AOT.

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During the period of January 1, 2019 to June 30, 2019, there were a total of 490 referrals into the IHOT program. Of those referrals, 326 individuals were accepted into the IHOT program. Of the 326 referrals accepted into the IHOT program, 84 participants appeared to meet Laura's Law criteria (approximately 26%), which has been consistent across previous reporting periods. Of note, 27% of participants identified as homeless, which decreased from the previous reporting period.

Of the 84 participants who appeared to meet Laura's Law criteria, 18 were evaluated by an AOT clinician and accepted into the AOT program. The two AOT clients who were court-ordered into treatment during a previous reporting period have been discharged from the program and the court has terminated their AOT status. The number of AOT referrals continue to remain low due, in part, to the success of the IHOT program's ability to connect this population to treatment services.

**Bridge-Planning Strategies to Enable Progress Towards a Chronic and Continuous Care Management System**

As longer-term strategies to stand up hub and network models in San Diego County are put into place, additional "bridge planning" strategies are in development to bolster key behavioral health services in the near term. This includes a continued commitment to increase the availability of step-down and long-term care capacity to ensure clients are placed in the most appropriate levels of care during and after psychiatric crisis.

During this past quarter, the following efforts were made to address this continued need:

- Crestwood Behavioral Health's Fallbrook Healing Center, a designated Institution for Mental Diseases (IMD): 32 IMD beds
- GHC Lakeside LLC, DBA Lakeside Special Treatment Program, skilled nursing facility with a special treatment program for adults with serious and persistent mental illness: 40 beds at a secured (locked) 24-hour facility.
- Crestwood Behavioral Health, Inc., Hummingbird Healing House, a transitional residential board and care facility, is licensed as a Social Rehabilitation Facility: capacity for 15 clients.

Additionally, on June 4, 2019 (10), the Board authorized a new single source contract for 12 beds with providers for Residential Care for Elderly, which will provide secured 24-hour licensed board and care facilities for older adults with SMI and cognitive decline at risk for wandering. Continued efforts are being made to identify interested providers.

Bridge planning strategies also include efforts to ensure the availability of services for populations with special needs. Today's recommendations, if approved, will further support

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efforts to ensure the availability of enhanced inpatient psychiatric resources for the older adult population (Recommendation #8). Alvarado Hospital's new Senior Care Specialty Services Department is a dedicated older adult behavioral health program that provides cognitive, emotional, and behavioral care in a secure 24-hours-a-day inpatient setting to address both medical and behavioral health needs of older adults. Older adults 65 years old and older who suffer from behavioral health issues that may be compounded with medical or neurological problems, such as Alzheimer's or Parkinson's Disease, are able to receive comprehensive treatment by the department's team of physicians, psychiatrists, nurses, and therapists. This inpatient program is a critical need for the severely mentally ill older adults with special needs who require this level of care. Alvarado Hospital's Senior Care Specialty Services Department is licensed to have 30 acute psychiatric care beds. Today's action, if approved, would authorize the County to enter into negotiations with Alvarado Hospital, LLC dba Alvarado Hospital Medical Center, General Acute Care Hospital, for a single source contract to provide enhanced inpatient psychiatric resources for the community's older adult population. Alvarado Hospital, LLC dba Alvarado Hospital Medical Center, General Acute Care Hospital qualifies for a single source contract to provide these services based on the following section of Board Policy A-87, Competitive Procurement: Section 1D-3, The procurement is for services from a provider with unique knowledge, skill or ability not available from other sources.

Additionally, if approved, today's item would authorize issuing a competitive procurement for crisis residential services in the North Inland Region (Recommendation #5). These services offer an alternative to hospitalization and facilitate the step down from acute inpatient care for adults with acute and serious mental illness.

**Stakeholder Engagement, Data Landscape, and Governance to Support Continuum of  
Care Redesign Efforts**

As part of continued stakeholder engagement efforts, a comprehensive stakeholder list inclusive of cross-sector stakeholders was developed and in-depth interviews were conducted, including San Diego Police Department, City of San Diego Fire Department, City Attorney's Office, and Patient Advocacy at Jewish Family Services. As part of the interview process, stakeholders identified existing service models that could be replicated in part or leveraged to improve current service quality.

To support efforts to map and analyze the current data landscape, HHSA held its first cross-sector data workshop on July 24, 2019. Workshop attendees included community members and representatives from Emergency Medical Services, Public Health Services, Public Safety, Housing & Community Development, and the Behavioral Health Advisory Board. Data received is being assessed for the various data quality dimensions, including completeness, validity, accuracy, timeliness, integrity, and consistency. A comprehensive analysis of the current data landscape will help inform the creation of a data platform intended to integrate cross-sector data



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sources. A second data workshop was held on September 30, 2019. The participants discussed and identified behavioral health indicators across the following systems of care: Justice, Public Health, Health Care, Social Services, and Education/Employment.

**Justice Intersections Across the Behavioral Health Services Continuum of Care**

On June 25, 2019 (1), the Public Safety Group provided an update on Strengthening the Bridge between Behavioral Health and the Criminal Justice System. The Board of Supervisors authorized the augmentation of existing contracts for Community-Based Crisis Stabilization Services and to issue new competitive solicitations for new Community-Based Crisis Stabilization Services and Non-Law Enforcement Mobile Crisis Response Teams.

Regular meetings continue to be held between HHSA, Public Safety Group, the Sheriff's Department and the District Attorney's Office to support the behavioral health continuum of care redesign efforts that include the identification of services in Regions of the County to include community-based CSUs, Non-Law Enforcement Mobile Crisis Response Teams, and enhanced school-based response for threats or crisis situations that involve school youth. In partnership, HHSA, PSG, the Sheriff's Department and the District Attorney's Office will develop a strategy on how to engage law enforcement agencies to help inform and validate program design of its mobile crisis units community-based CSUs, which will include law enforcement drop off. Efforts continue to be made to site a community-based crisis stabilization unit in the North Coastal Region. Concurrently, the clinical design of this program, to include a Non-Law Enforcement Mobile Crisis Response component, is in progress.

Coordinated efforts have been made between HHSA and the District Attorney's Office to address enhanced school-based response for threats or crisis situations that involve school youth. These efforts include key stakeholder engagement to identify gaps, areas of strengths and opportunities for innovation; enhanced communication with the County Office of Education on elevating school-based treatment, as well as formalizing a crisis response protocol; creation of a Threat Assessment Evaluation Clinical Specialty Criteria; and development of new services to offer specialty care for students who have displayed school safety threats. During this reporting period, HHSA and the District Attorney's Office partnered with the San Diego County Office of Education to review areas of focus which included the role and collaboration of parties to address school crisis. Furthermore, HHSA and the District Attorney's Office worked with the Courts and Public Defender's Office to advance work in this area and identified a team of forensic trained evaluators.

**Ongoing Prevention Efforts**

Coordinated efforts to advance prevention activities remain a priority. Specifically, during this reporting period the Health and Human Services Agency, Public Health Services and Behavioral

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Health Services have been collaboratively implementing a workplan for the three-year Centers for Disease Control Opioid Data to Action grant. This grant funds development of surveillance data infrastructure to inform prevention activities to prevent opioid overdose deaths. These activities lay the foundation for implementation of several strategies within the Strategic Plan to Address Opioid and Prescription Drug Misuse, approved by the Board of Supervisors on July 23, 2019 (5).

To support the strategies in the Strategic Plan to Address Opioid and Prescription Drug Misuse, staff have planned efforts to: reduce the growing impact of methamphetamine use including increased deaths across our county, continuing to prevent binge and underage drinking and prevent marijuana use among youth and the associated impacts of increased access to marijuana.

### **III. UPCOMING ACTIVITIES FOR FUTURE REPORTING PERIODS**

In the next quarterly update to the Board, HHSA plans to report on progress in establishing behavioral health hubs and networks in both North Inland Region and Central Region; bring forward final agreements and associated actions to support the investments at Tri-City Medical Center to build a 16-bed Psychiatric Health Facility and support better care coordination of patients served (September 10, 2019 (6)); and provide updates on collaborative efforts with public safety partners including the County's Public Safety Group. Staff will also be exploring the feasibility of developing behavioral health hubs in other geographic areas of San Diego County, including South Region and East Region.

As this work unfolds, HHSA will continue to seek and identify any near-term opportunities to advance strategies in the priority areas of prevention and early intervention; care coordination; front end acute services; and back end acute services. In the event these near-term opportunities require the investment of additional resources, HHSA will return to the Board for approval.

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

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

Respectfully submitted,

A handwritten signature in black ink, appearing to read 'H. Robbins-Meyer', written in a cursive style.

HELEN N. ROBBINS-MEYER  
Chief Administrative Officer

**ATTACHMENT(S)**

N/A

**COUNTY OF SAN DIEGO  
BOARD OF SUPERVISORS  
TUESDAY, OCTOBER 29, 2019**

**MINUTE ORDER NO. 5**

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

**OVERVIEW**

In response to a request by Supervisor Gaspar (July 24, 2018 (2)), the County of San Diego (County) Health and Human Services Agency (HHSA) convened the Board Conference on October 30, 2018 (3) entitled: *Caring for People in Psychiatric Crisis*. This conference provided a comprehensive assessment of the state of inpatient psychiatric care in San Diego County and provided immediate and long-term recommendations for addressing a potentially significant loss of future services for people in psychiatric crisis, resulting from inpatient behavioral health units closing at local hospitals. As a result of this conference, the Board of Supervisors (Board) has taken many actions to enhance and expand the array of behavioral health programs and services available in the region-referred to broadly as the Behavioral Health Continuum of Care. These actions have brought together diverse partners including justice partners, hospitals, community health centers and other community-based providers, to create system-wide changes of the Behavioral Health Continuum of Care to ensure San Diegans are able to quickly access the appropriate level of services that not only meet their immediate needs, but support their long term recovery.

Today's item follows up the March 26, 2019 (5) and June 25, 2019 (4) quarterly updates as the third quarterly update on Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation. In addition, several actions are requested of the Board to further support these efforts. These requested actions include:

- Authority to support the creation of behavioral health “hubs” in the North Inland and Central regions of San Diego County-integrated care environments designed to accelerate transition from behavioral health crisis to sustainable continuous chronic care management. Through collaborative efforts the development of a Central Region behavioral health hub on a parcel of County-owned property located at approximately the 4300 Block of Third Ave., San Diego, California is being pursued, following a feasibility analysis as directed by the Board of Supervisors on March 27, 2019 (9). Also, through collaborative efforts, a proposed agreement between the County and Palomar Health has been drafted detailing an arrangement to support the creation of a behavioral health hub in North Inland Region at the site of the Palomar Medical Center in Escondido, California. Staff are also exploring the feasibility of developing behavioral health hubs in other geographic areas of San Diego County, including South Region and East Region; updates on these efforts will be presented to your Board at a future Behavioral Health Continuum of Care Quarterly Update.
- Direct the Chief Administrative Officer to return to the Board with an update on efforts to create the North Inland and Central Region behavioral health hubs in the third quarter of Fiscal Year 2019-2020.

- Authority to take steps to support the creation of “networks” of services in North Coastal and North Inland Regions: broad arrays of outpatient services and housing opportunities linked through a regional care coordination system designed to remain continuously connected to service recipients and to reduce episodes of crisis; these networks will further support the more intensive services of the behavioral health hubs. Today’s action, if approved, requests authority to conduct a competitive procurement for crisis stabilization services at the North Coastal Live Well Health Center located in Oceanside. This will complement recently approved actions to establish inpatient psychiatric service capacity in partnership with Tri-City Medical Center.
- Authority to mobilize additional “bridge planning” strategies, to bolster key behavioral health services in the near term while longer-term investments are put into place. If approved, today’s action would: authorize the County to enter into negotiations with Alvarado Hospital, LLC dba Alvarado Hospital Medical Center, General Acute Care Hospital, for a single source contract to provide enhanced inpatient psychiatric resources for the community’s older adult population; and authorize the County to conduct a competitive procurement for crisis residential services at the North Inland Region.

These actions will continue to complement the work across systems to provide optimal behavioral health resources that are regionally distributed and coordinated, thereby supporting the County’s *Live Well San Diego* vision for a region where all residents have the opportunity to build better health, live safely, and thrive.

## **RECOMMENDATION(S)**

### **CHIEF ADMINISTRATIVE OFFICER**

1. Receive a quarterly update on Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation, including a feasibility study for the development and use of County-owned property located at approximately the 4300 Block of Third Ave., San Diego, California.
2. Authorize the Agency Director, Health and Human Services Agency to enter into an agreement with Palomar Health for investments in resources to support a behavioral health hub in North Inland Region, and direct the Chief Administrative Officer to return to the Board in the third quarter of Fiscal Year 2019-2020 with an update on collaborative efforts to develop behavioral health hubs in the North Inland Region and the Central Region.
3. Transfer appropriations of \$500,000 from the Health and Human Services Agency, Management Reserves, to the Contributions to Capital Outlay Fund, Operating Transfers Out, to provide funding for Capital Project 1023473, North Coastal Live Well Health Center Improvements. **(4 VOTES)**
4. Establish appropriations of \$500,000 in the County Health Complex Fund for Capital Project 1023473, North Coastal Live Well Health Center Improvements, based on an Operating Transfer In from the General Fund. **(4 VOTES)**
5. In accordance with Section 401, Article XXIII of the County Administrative Code, authorize the Director, Department of Purchasing and Contracting, to issue competitive solicitations for:
  - a. Crisis stabilization services at the North Coastal Live Well Health Center
  - b. Crisis residential services in the North Inland Region

And upon successful negotiations and determination of a fair and reasonable price, award contracts for an initial term of up to one year, with up to four option years, and up to an additional six months, if needed; and to amend the contracts to reflect changes in program, funding or service requirements, subject to the availability of funds and the approval of the Agency Director, Health and Human Services Agency.

6. Authorize the Director, Department of Purchasing and Contracting to issue Requests for Information for design and services for integrated behavioral health, wellness, and housing on the corner of Valley Parkway and Fig Street in Escondido.
7. Authorize the Director, Department of Purchasing and Contracting, subject to successful negotiation and a determination of fair and reasonable price, to enter into new agreements and amend existing agreements for programming, planning and entitlement of behavioral health facilities.
8. In accordance with Board Policy A-87, Competitive Procurement, approve and authorize the Director, Department of Purchasing and Contracting, to enter into negotiations with Alvarado Hospital, LLC dba Alvarado Hospital Medical Center, General Acute Care Hospital, and subject to successful negotiations and determination of a fair and reasonable price, enter into a single source contract for senior care specialty inpatient services for an initial term of up to one year, with up to four option years, and up to an additional six months, if needed, and to amend the contract to reflect changes in program, funding or service requirements, subject to the availability of funds and the approval of the Agency Director, Health and Human Services Agency.

## **FISCAL IMPACT**

### **Fiscal Impact Summary**

If approved, these requests will result in estimated costs and revenues of \$6,700,000 in Fiscal Year 2019-20, including one-time costs of \$2,000,000 for facility planning and design activities, \$1,700,000 for crisis residential services, and \$3,000,000 for senior care specialty inpatient services. Included in the \$2,000,000 is \$500,000 that will be appropriated in the County Health Complex Fund Capital Project 1023473, North Coastal Live Well Health Center Improvements. In Fiscal Year 2020-21, the requests will result in ongoing annualized service costs of \$15,000,000 for the North Inland crisis residential services, the specialty care senior inpatient services, and the crisis stabilization services for the new North Coastal Live Well Health Center Crisis Stabilization Unit that will be operational in FY 2020-21.

Funds for Fiscal Year 2019-20 are included in the Fiscal Year 2019-21 Operational Plan in the Health and Human Services Agency (HHSA), including HHSA Management Reserves, that will be used to establish initial funding for the North Coastal Live Well Health Center Improvements. Appropriations for Fiscal Year 2020-21 will be requested as part of the Fiscal Year 2020-22 CAO Recommended Operational Plan as needed. The funding sources are Mental Health Services Act (MHSA), Realignment, Short-Doyle Medi-Cal, and HHSA Management Reserves, which are funded with General Fund fund balance. There will be no change in net General Fund cost and no additional staff years. The current recommendations do not yet include any of the costs which will result from final agreements with partners from the resulting recommendations of the planning and design activities for additional behavioral health hubs and facilities. As the new requirements are revealed, costs arising from these actions will be presented to the Board for review and decision.

**Recommendation #1 - Quarterly Update to the Board**

Delivery of quarterly update on “Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation”. There is no fiscal impact.

**Recommendation #2 - Behavioral Health Hubs for North Inland and Central Regions**

Today’s actions to pursue behavioral health hubs for North Inland and Central Regions have no immediate fiscal impact. It is estimated that the one-time capital costs of these collaborative projects may range between \$150,000,000 to \$180,000,000; the details of the County’s particular share of the investments and associated costs and revenues are unknown at this time and will be brought forward for Board action at a future date. Once the capital projects are completed, the County will see ongoing costs associated with utilization of the behavioral services located at these new facilities. These ongoing costs are unknown at this time, but staff will return to the Board if additional appropriations are required.

**Recommendations #3 and #4 - North Coastal Live Well Health Center Crisis Stabilization Unit (CSU)**

If approved, these recommendations will result in costs of approximately \$500,000 for the planning and design of the CSU at the North Coastal Live Well Health Center in Oceanside. Funds for this request are not included in the Fiscal Year 2019-21 Operational Plan in the County Health Complex Fund. If approved, \$500,000 will be appropriated in the County Health Complex Fund Capital Project 1023473, North Coastal Live Well Health Center Improvements. The funding source is an Operating Transfer In from the General Fund based on HHSA Management Reserves, which are funded with General Fund fund balance.

It is estimated that the total cost of the capital project will be approximately \$7,000,000, to be funded by the use of General Fund fund balance component decrease - Committed Realignment. Staff will return to the Board at a future date for additional appropriations and funding as needed once the planning and design phase is complete.

**Recommendation #5 - CSU Services in North Coastal and Crisis Residential Services in North Inland**

If approved this recommendation will result in costs and revenues of approximately \$1,700,000 in Fiscal Year 2019-20 and costs and revenues of \$9,000,000 in Fiscal Year 2020-21 once the services are procured and fully implemented. Funds for Fiscal Year 2019-20 are included in the Fiscal Year 2019-21 Operational Plan in the Health and Human Services Agency. Any increased appropriation for Fiscal Year 2020-21 will be requested as part of the Fiscal Year 2020-22 CAO Recommended Operational Plan as needed. The funding sources are Short-Doyle Medi-Cal, Mental Health Services Act (MHSA), and Realignment. There will be no change in net County General Fund cost and no additional staff years.

**Recommendations #6 and #7- Authority for New Planning Contracts and Requests for Information**

If approved this recommendation is anticipated to result in one-time costs and revenues of approximately \$1,500,000 in Fiscal Year 2019-20 for the planning and design needs associated with the various behavioral health hubs and facilities identified, including the property on the corner of Valley Parkway and Fig Street in Escondido, to advance the continuum of care. Funds for this request are included in the Fiscal Year 2019-21 Operational Plan in HHSA. The funding source is Realignment. There will be no change in net County General Fund cost and no additional staff years.



**Recommendation #8 - Senior Inpatient Services**

Recommendation #8 will result in costs and revenues of approximately \$3,000,000 in Fiscal Year 2019-20 and costs and revenue of approximately \$6,000,000 in Fiscal Year 2020-21. Inpatient service costs will be billed directly to the State by Alvarado Hospital Medical Center and funded with Realignment and Short Doyle Medi-Cal. This action will have no impact to the Fiscal Year 2019-21 Operational Plan in the Health and Human Services Agency.

**BUSINESS IMPACT STATEMENT**

N/A

**ACTION:**

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

AYES: Cox, Jacob, Gaspar, Fletcher, Desmond

State of California)  
County of San Diego) §

I hereby certify that the foregoing is a full, true and correct copy of the Original entered in the Minutes of the Board of Supervisors.

ANDREW POTTER  
Clerk of the Board of Supervisors



**Signed**  
**by** Marvice Mazyck, Chief Deputy

## Advancing the Behavioral Health Continuum of Care

### Vision for a Behavioral Health System in San Diego County: Item #5

Nick Macchione, Deputy Chief Administrative Officer  
Health and Human Services Agency

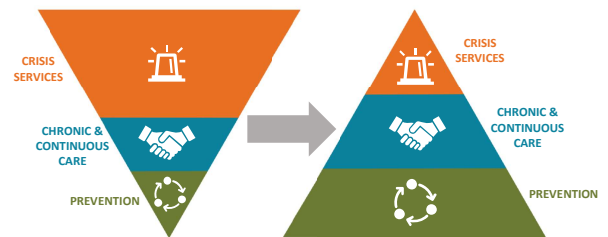
Dr. Luke Bergmann, Director

Behavioral Health Services, Health and Human Services Agency

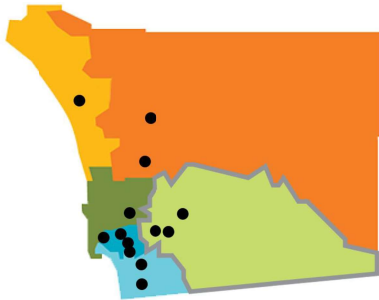
Rachel Solov, Chief Deputy, Criminal Justice and Mental Health Reform Strategies  
San Diego County District Attorney's Office



## From Crisis to Chronic Care

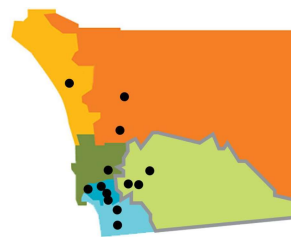


### Current State: Crisis Services



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### Current State: Crisis Services



4

**5X** Higher rate  
of hospitalization

**3X** Higher rate of  
emergency  
department visits

### Chronic Care Model: Regionally Distributed *Hubs* and *Networks*



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### Hubs

Integrated care environments designed to accelerate transition from behavioral health crisis to sustainable continuous chronic care management



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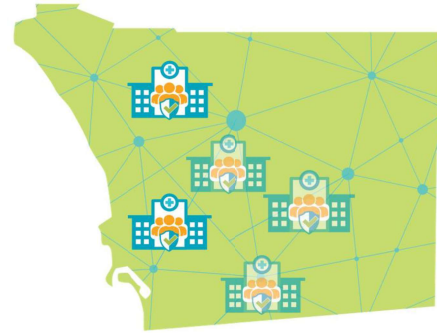
## Networks

Broad array of outpatient services and housing opportunities designed to remain continuously connected to those they serve

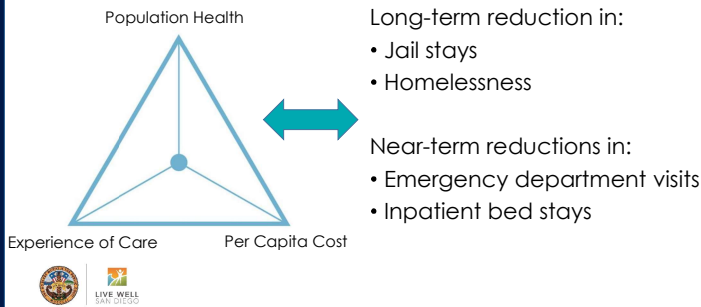


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## Chronic Care Model: Regionally distributed *Hubs* and *Networks*

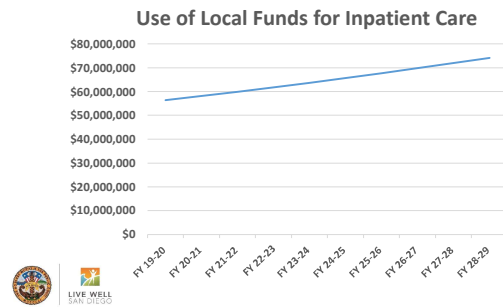


## Hub and Network Model: Outcomes in support of the Triple-Aim



9

## Hub and Network Model: Outcomes in support of the Triple-Aim



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## Next Steps



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## ACTION STEPS



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## Activities to Support Creation of Behavioral Health Hubs

### Central Region

#### Third Avenue Hillcrest: Overview

- Three-way collaboration: UCSD Health, Scripps Health, County
- ~60 bed psychiatric facility
- Step-down / outpatient treatment
- Linked to care coordination
- Workforce development
- Collaboration with San Diego County Psychiatric Hospital (SDCPH)



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## Activities to Support Creation of Behavioral Health Hubs

### Central Region

#### Third Avenue Hillcrest: Financing

- Rate calculation
- Performance-based incentive
- Shared capital investment
- Workforce valuation
- License for SDCPH



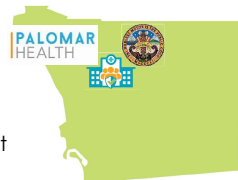
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## Activities to Support Creation of Behavioral Health Hubs

### North Inland Region

#### Palomar Medical Center Escondido: Overview

- Psychiatric hospital under Palomar's license
- Medi-Cal beds in proportion to County investment
- Step-down/ outpatient treatment
- Linked to care coordination
- 16 chair crisis stabilization unit (CSU)



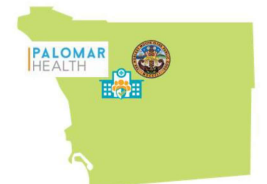
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## Activities to Support Creation of Behavioral Health Hubs

### North Inland Region

#### Palomar Medical Center Escondido: Financing

- Rate calculation
- Performance-based incentives
- Shared capital and land



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## Activities to Support Creation of Behavioral Health Hubs: Children and Youth

### North Central Region

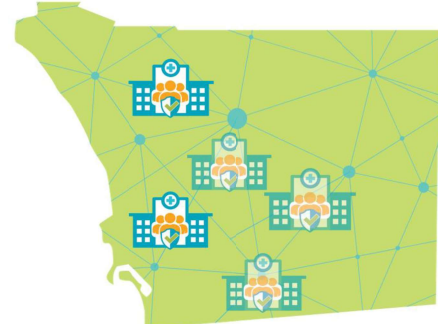
#### Rady Children's Hospital

- Cohesive campus hub to include:
  - Increased capacity for crisis stabilization services
  - Increased capacity for acute psychiatric beds
- Specialty services for co-occurring developmental delays and severe emotional disturbances
- Close proximity to emergency, crisis, specialty and primary care services



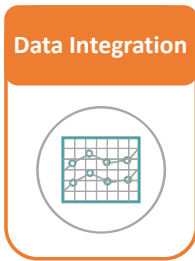
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## Activities to Support Creation of Behavioral Health Hubs



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## Care Coordination

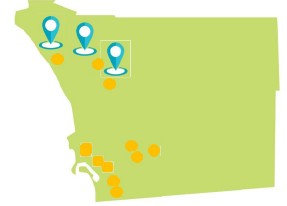


19

## Activities to Support Creation of Network Services

### North Inland and North Coastal Regions

- New Crisis Stabilization Unit (CSU) at Palomar in Escondido
- Proposed CSU in Vista
- New CSU at North Coastal Live Well Health Center in Oceanside



Complements partnership with Tri-City Medical Center

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## Activities to Support Creation of Network Services

### North Inland Region

- Integrated outpatient behavioral health, wellness and housing



Esperanza Crisis House in Escondido

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## Activities to Support Creation of Network Services: Children and Youth

### Youth Crisis Response

- Deployment of clinician and/or officer based on need
- Emphasis on trauma informed care
- Prioritizing collaboration with caregiver
- Follow up protocols



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## Activities to Support Creation of Network Services: Children and Youth

### Threat Assessment Evaluations

- Identified clinicians with forensic training
- Developing clinical standard and vetting process
- Establishing reimbursement rates



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## Activities to Support Creation of Network Services: Children and Youth

### School Safety Program

- Non crisis response
- Specialized evaluation and treatment
- Consider the student, family, school community and victim(s)
- Recognize the role of social media
- Offer education and training



24

## Bridge Planning Strategies for North County



25

## Bridge Planning Strategies

- Alvarado Hospital specialized inpatient services for seniors
- Additional crisis residential beds in North Inland Region
- Rates and performance-based incentives
- Behavioral health unit at Palomar Health's Pomerado Hospital campus in Poway

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## Next Steps



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## Next Steps

### Hubs

- Finalization of agreement for behavioral health hub on Third Ave. in Hillcrest
- Finalization of agreement with Palomar Health for behavioral health hub in Escondido

### Networks

- North Coastal Live Well Health Center CSU in Oceanside
- Creation of an integrated behavioral health, wellness and housing center in Escondido
- Agreement with Tri-City to build 16-bed Psychiatric Health Facility in Oceanside and support better care coordination of patients served
- Community-based CSU in Vista
- Expansion of CSU services at Palomar Hospital in Escondido
- Non law enforcement mobile crisis response

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## Next Steps

### Bridge Planning

- Crisis residential services in North Inland Region
- Enhanced inpatient psychiatric services for older adults in partnership with Alvarado Hospital Medical Center
- Rates and performance-based incentives
- Behavioral health unit at Palomar Health's Pomerado Hospital campus in Poway

### Long-Term Planning

- Analysis of creation of behavioral health hub and networks in East and South Regions

29

## Next Steps



30







# County of San Diego

**NICK MACCHIONE, FACHE**  
AGENCY DIRECTOR

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

**LUKE BERGMANN, Ph.D.**  
DIRECTOR, BEHAVIORAL HEALTH SERVICES

November 21, 2019

TO: Luke Bergmann, Ph.D., Director  
Behavioral Health Services

FROM: Yael Koenig, LCSW, Deputy Director Departmental Operations  
Behavioral Health Services/Children Youth and Families

## **CHILDREN, YOUTH AND FAMILIES COUNCIL INPUT FOR CONTINUUM OF CARE DEVELOPMENT**

The Children, Youth and Families Behavioral Health System of Care (CYFBHSOC) Council dedicated its annual strategic planning sessions to review and evaluate children and youth services within the context of the County Behavioral Health Continuum of Care discussions. Over 70 Council members and stakeholders participated in the three-part planning sessions that occurred on May 13<sup>th</sup>, June 10<sup>th</sup>, and August 12<sup>th</sup> of 2019. Participants represented the four sector membership of the Council with attendees from the public (Child Welfare, Juvenile Probation, Juvenile Court, etc.), private (Community Based Organizations, Regional Center, Pediatricians, Managed Care Plans), family (youth, caregivers), and education (San Diego Unified School District, San Diego State University, San Diego County Office of Education, etc.) sectors all contributing to the identification of strengths, gaps, and opportunities for innovation.

During the strategic planning sessions, it was acknowledged that much of the Continuum of Care discussion at the Board of Supervisors level has been adult focused, and not all areas translate to best practices in working with youth. Five key elements that are particularly impactful to the Children's System of Care were highlighted and discussed with the council members and stakeholders:

- The October 30<sup>th</sup>, 2018 *'Caring for People in Psychiatric Crisis Board Conference'*, and the Board Letters that ensued;
- The principal recommendations from *'The Office of San Diego County District Attorney Blueprint for Mental Health Reform: A Strategic New Approach Addressing the Interception of Mental Health, Homelessness and Criminal Justice in San Diego County'*;
- In collaboration with San Diego County Office of Education and the office of the District Attorney, multi systemic efforts towards school safety were highlighted in a presentation on School Threat Assessment;
- The SchoolLink protocols for school-based behavioral health services were reviewed, as well as the newly established thresholds for school-site services;
- Finally, a mapping of the current behavioral health crisis services for youth was presented, and the general landscape of service array was discussed.

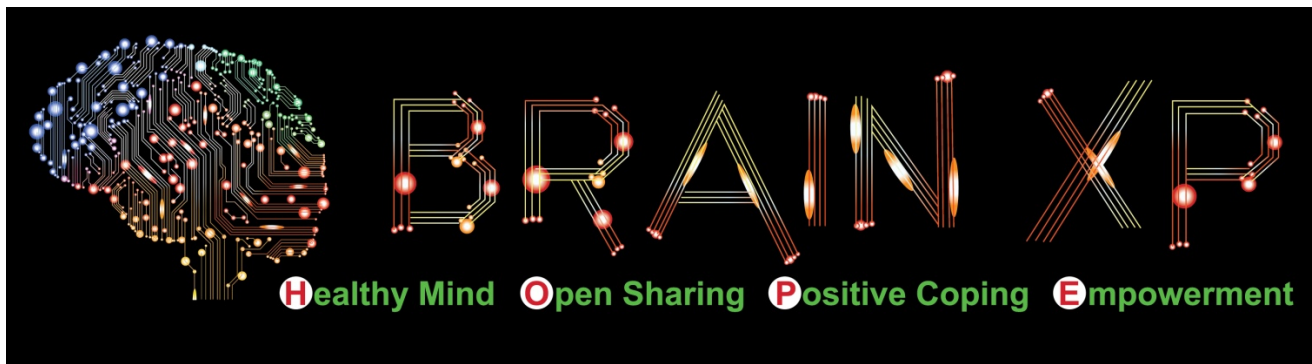
Out of these sessions, the Council highlighted that the current continuum of care for children and youth has a full array of services, however, as with all systems, the CYF system benefits from continuous examination of effectiveness and requires adjustments and improvements. The Early Childhood Mental Health Committee offered the following written statement which represents the overall discussion and position of the Council membership: "While crisis response intervention services may be indicated, thoughtful consideration should first be given to ensuring a strong prevention continuum that can be achieved by assessing the current capacity of school personnel to respond to mental health situations, building school personnel capacity to appropriately respond, and creating school environments that nurture safe and positive relationships to minimize mental health crisis situations." Pertaining to school safety, all sectors advocated for crisis response in schools to be individualized and expressed concern for a model that would rely upon the presence of law enforcement. Stakeholders emphasized the value of approaching students with a therapeutic led intervention which is healing centered.

The Council key recommendations for the Children, Youth, and Families System of Care include:

- Invest in prevention
- Establish Crisis Residential
- Add Partial Hospitalization Programing
- Promote Restorative Justice focus
- Emphasize wellness and resiliency building
- Strengthen SchoolLink services
- Educate and engage parents and caregivers
- Devote resources to workforce recruitment and development
- Invest in strong partnerships among child/youth serving systems
- Attend to existing system/programing and core treatment services.

Yael Koenig, LCSW, Deputy Director Departmental Operations  
Behavioral Health Services/Children, Youth and Families  
Health and Human Services Agency

YK/yg



## WHAT IS BRAIN XP?

Brain XP is a community created by Christine Marie Frey (ME!). I am a **teenager** battling mental health challenges, and I am dedicated to ending the stigma toward other teenagers who suffer from mental health issues. "Brain XP" education is the use of social media, videos, music, & public speaking that reaches out to teenagers to show them they are not crazy nor alone, but rather their brains are EXPANDED and special. (HINT: Brain XP stands for Brain EXPANDED!)

Brain XP changes the LANGUAGE of mental health by emphasizing the expanded creative, insightful & intuitive functions of the brain for those with mental health challenges, especially teenagers! Whether you are diagnosed with a mental health challenge or you are simply a struggling teen, I understand you. Together, we will make it through our difficulties. Join me on this journey of hope and change.

## WHAT DOES BRAIN XP OFFER?

Brain XP is an educational service that teaches hands-on practices to **immediately** improve lives of **teenagers** facing mental health challenges or simply struggling with the challenges that come with being a teen. **It is unique as it offers this education from the lived experience of a real-life teenager (ME!) who is also going through it.**

1. **Live Presentations:** Brain XP - Changing the Language of Mental Health Presentation takes attendees on a journey through mental health challenges from the eyes of a young teenager just having experienced it and overcoming the daily stigma faced on school campuses from both administration, fellow students & parents. The journey results in a new & unique method of surviving the daily trials of being a teenager in today's world. I will explain Brain XP's System of **H.O.P.E. (Healthy Mind, Open Sharing, Positive Coping & Empowerment)** to show youth & adults how to relate to teens and understand them better.
2. **"Christine's Frequency" - My Blog** speaks directly to teenagers and offers information on specific challenges teenagers struggle with at school & home. (FREE)
3. **My (Christine XP's) Social Media** offers motivational messages & music specifically geared to teenagers to encourage positive self empowerment. Instagram, YouTube, Twitter and Facebook provides immediate feedback and a sense of connection teenagers crave. Today's young people are starving for authentic people like themselves to connect with. (FREE)
4. **Brain XP's website "www.brainxp.org"** offers information for teens & parents and helpful resources to connect locally...including a **Teen Toolbox of Coping Skills**. (FREE)
5. **Brain XP...Living with Mental Illness, A Young Teenager's Perspective** is my published autobiographical journey. **Brain XP is the 1st Book that offers a real life teenager's perspective** who lives with anxiety, depression and bipolar disorder on how to help other teenagers in similar circumstances. In addition, I recorded **Brain XP - The Soundtrack** to accompany my book as a musical expression of my experiences detailed in the book (listen to FREE at brainxp.org) - music is the #1 coping skills for most teens.

## WHY USE BRAIN XP?

**Youth experience mental health challenges at a CRITICAL point in their lives - the school years.** During this time, **FRIENDS mean everything to us!** Our health challenges cause us to isolate and withdraw. In many cases, we can't attend mainstream schools and we are forced to leave our friends behind. Our isolation deepens. We miss out on those really special school memories - Homecoming, Prom, Graduation. Currently, schools and mental health support programs do not adequately address this loneliness and seclusion. **The one location youth still connect during these difficult times is on social media.** BRAIN XP is a community any young person can join and not feel alone. They can learn coping skills, ask questions, watch positive videos, or listen to music - all to improve their mental health. They can remain anonymous or interact...it's totally up to them.

# Brain XP's System of H.O.P.E. Presentation

For: Teens & TAY (Transition Age Youth), Parents, Mental Health Professionals

**Brain XP - System of H.O.P.E.** Presentation takes attendees on a journey through mental health challenges from the eyes of a young teenager just having experienced it and overcoming the daily stigma faced on school campuses from both administration and fellow students. The journey results in a new & unique method of surviving the daily trials of being a teenager in today's world.

**H - Healthy Mind** - Young People with Mental Health Challenges have strong, unique HEALTHY MINDS that simply work differently than others. The uniqueness that young people can be proud of and share with the world is their Sharp Intellect & Ingenuity, Passionate Creativity & Originality, Deep-Seated Empathy & Compassion, Effective Intuition & Inspiration, Keen Instinct & Insight, Powerful Imagination, Unique Resourcefulness, & Exceptionally Inventiveness.

**O - Open Sharing** - To overcome the fear of living with mental challenges, young people need to OPENLY SHARE with others - and the best avenues to relate information to young people today is social media. Instagram provides immediate feedback and a sense of connection teenagers crave. YouTube adds visual realness. Young teens also connect to music on YouTube. Today's young people are starving for authentic people to connect to - not the superficial jaded "put on pedestal" images of the past.

**P - Positive Coping** - To meet the demands of everyday life in addition to a young person's daily symptoms, they need a base of POSITIVE COPING skills that works for them as a teenager. These coping skills must take in account the school environment where symptoms flare the most & a level of subtlety to ensure the young person doesn't draw attention to themselves and can remain just of the students.

**E - Empowerment** - And finally, once these young people have gained a positive self image, the ability to share with others openly without fear and a sense of confidence in their daily routine with their toolbox - they will feel empowered and can advocate for themselves & possibly others.

\*\*\*Christine XP's Note: Attendees will leave with a Teen "Coping Skills" Toolbox along with free access to Brain XP social media, videos, blogs, website, and more! I will take teens through my living truth, the System of H.O.P.E. I used this system to bring myself out of the darkness and bring myself to a place of hope. I take struggling young people from wanting to give up and help them envision what life has in store. They must be willing to accept help, and I encourage this concept throughout my presentation. I constantly say that I've been the victim of stigma. I held myself back for far too long. Many other teens and young adults are in rocky waters. I am here to help calm them. Most of them have the ability to calm the waters themselves, but they need a little push and a lot of encouragement to do so. I am that push, and I am that encouragement. How do we manage our lives and turn the negatives into positives? The H.O.P.E. presentation gives us the power to find hope, and it includes strategies that will be there for us at any time in life.

## "Be My Friend" Presentation

For: Teens & TAY (Transition Age Youth)

The **Be My Friend** Presentation takes teens through Brain XP's System of H.O.P.E. while focusing particularly on coping skills. Teens will learn how to use the System of H.O.P.E. to positively change the language of mental health and erase the stigma that exists in our teenage world today. The Be My Friend Presentation emphasizes the importance of understanding. When we, as teens, understand each other, the fear that surrounds us will fade. This presentation encourages teens to be friends and to help each other rather than put each other down. The goal is to work together to create a better atmosphere for ourselves and for our future generations.

\*\*\*Christine XP's Note: It is hard to be a teen already, but it is even harder to be a teen who is not supported by a network of people including FRIENDS! This presentation is a great help for teens who are struggling with themselves, but it is also a great reminder for all teens to lend their hands to each other. We take care of ourselves by taking care of each other. Positivity is needed greatly in our teenage world today, and I teach about the concept of teens helping teens as my effort to create a more positive environment.

## "Understand Me" Presentation

For: Parents

The **Understand Me** Presentation takes parents through Brain XP's System of H.O.P.E. and creates a realistic picture of how their child may be feeling. It will help parents understand the battles that teens face everyday especially mental health challenges. The Understand Me Presentation provides insight from a teenager who has faced these challenges and continues to do so today. This presentation also contains a segment called "I wish they knew..." which tackles the fear of communication head on. There are many things that a child wishes their parents knew but are not in a state of mind to communicate. The Understand Me Presentation is a reality check for parents who have little to no hope left that positive outcomes are absolutely possible. It is also encouragement for parents who simply want to help their child get through these tough years but are not sure how to do so.

\*\*\*Christine XP's Note: I bring my teenage perspective for parents to feel more connected with the teenage world. This is important because many teens feel misunderstood, unimportant, and alone. We need support, but we also need space. I teach about this balance throughout this presentation. Hope is very much alive, and this presentation is a great reminder of that.

## Teens Helping Teens Cope with Mental Health Challenges

+

## Brain XP's System of H.O.P.E.



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brainxpproject@gmail.com  
<https://www.brainxp.org>

## What is Brain XP?



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<https://www.brainxp.org>

## BRAIN XP

- BRAIN EXPANDED!
- NEW Teen Movement
- Changing the Language of Mental Health
- Focuses on Positivity
- WE are TEENS HELPING TEENS!



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<https://www.brainxp.org>

## CHRISTINE MARIE FREY



- Founder of BRAIN XP
- Mental Health Advocate
- Award-Winning Author
- Mental Health Blogger
- Songwriter
- Public Speaker
- Mental Health Survivor



Christine Marie Frey  
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<https://www.brainxp.org>

No special training. Just a teen with  
realizations and ambition. My only teacher is  
my experience. My struggles drive me to  
teach others.



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<https://www.brainxp.org>

## Get to Know Me!

- Early Life
  - Happy
  - Straight "A" Student
  - Tons of Friends
  - VERY Interactive (sports, extra curriculars)



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## ANXIETY

- Middle School → 6th Grade
  - Sleepovers (anxiety)
  - Counseling
  - 6th Grade Camp
  - Summer



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## DEPRESSION/PSYCHOSIS

- Middle School → 7th Grade
  - Isolated (depression)
  - Crying (depression)
  - Hallucinations (psychosis)
  - Back to Counseling



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## MY CHALLENGES

- Middle School → 7th Grade/8th Grade
  - Self-Harming
  - Running Away
  - Hospitalization
  - Being Expelled



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## TREATMENT

- I was in treatment (therapy, medication)
- BUT I was still lonely.
- I was still scared.
- I had hardly any friends left
- I had no teen to talk or relate to.



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## I started my journey the hard way...

- Kept quiet.
- Minded my own business.
- Waited for my symptoms to settle (which never did).
- Only acted when things got too far.
- Didn't have a guide to navigate the struggle.



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## I want to share the better way...

- Enter into an open community and share your struggles
- Connect with individuals who have walked in your shoes
- Preemptively battle the demons within
- Be a light for future teens



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<https://www.brainxp.org>

## BRAIN XP's System of H.O.P.E.

- H → Healthy Mind
- O → Open Sharing
- P → Positive Coping
- E → Empowerment



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<https://www.brainxp.org>

## Power of Language

- Language is POWER
- Language shapes how we see and understand humanity
- Words influence our way of thinking, feeling, and believing



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<https://www.brainxp.org>

## Power of Language

"Words can inspire. And words can destroy."

- Robin Sharma (Inspirational Author and Leader)



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## STIGMA

- Stigma prevents us from talking about mental challenges
- Stigma shames us into silence
- RESULT: Fear to Seek Treatment

We must dramatically change the language of mental health!



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<https://www.brainxp.org>

It's time that we acknowledge:

I am not mentally ill.

My brain is expanded.

I am **BRAIN XP!**



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<https://www.brainxp.org>

## Positive Qualities

- People struggling with mental challenges possess incredibly positive qualities:
  - Intellect, ingenuity, instinct, insight
  - Creativity, originality, inventiveness
  - Empathy, compassion, resourcefulness
  - Intuition, inspiration, imagination



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<https://www.brainxp.org>

## H.O.P.E. is based off of one truth:

Teens relate to each other more than to adults.  
Teens need a deeper level of support coming  
from our own age group.



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## IMPACT OF FRIENDSHIPS

- Because I lost all of my friends...
- I had no other teenager to talk to
- I had no other teenager to relate to



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## THE MISSING PIECE

- I tried to find materials from other teens to read/watch (books, articles, videos, etc.) so that I could learn from someone my own age who was in a similar situation as me.
- I COULD NOT FIND THESE MATERIALS!

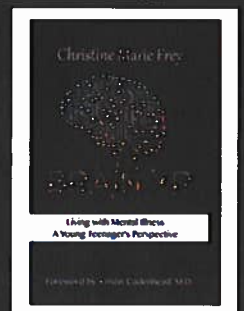


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<https://www.brainxp.org>

## MY BOOK! :)

Brain XP: Living with Mental  
Illness, A Young Teenager's  
Perspective

By Christine Marie Frey



Christine Marie Frey  
brainxpproject@gmail.com  
<https://www.brainxp.org>

## My Soundtrack!

BRAIN XP: THE  
SOUNDTRACK  
by  
Christine XP  
(corresponds with the book)



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<https://www.brainxp.org>

## BRAIN XP COMMUNITY!

- All-Inclusive Teen Mental Health Community
- We are on a journey of hope and change.
- We are dedicated to ending the stigma surrounding our teenage world today!



Christine Marie Frey  
brainxpproject@gmail.com  
<https://www.brainxp.org>



## WHAT BRAIN XP OFFERS

- BRAIN XP Website
  - Resources (helpful contacts specifically for teens!)
  - Weekly Newsletter Signup (FREE Updates, FREE Guides, FREE BRAIN XP Content, and MORE!)



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<https://www.brainxp.org>

## WHAT BRAIN XP OFFERS

- Live Presentations & Events (presenting BRAIN XP's System of H.O.P.E.)
- Weekly Blogs, Videos, Podcasts (teen topics)
- Music (original music inspired by my lived experience)
- Social Media (space to connect)



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<https://www.brainxp.org>

## BRAIN XP Presentations

- BRAIN XP's System of H.O.P.E.
  - "General" → Everybody
  - "Be My Friend" → Youth & Teens
  - "Understand Me" → Parents



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<https://www.brainxp.org>

## Our Voices are being HEARD!

"Best Mental Health/Psychology Book for 2019" -  
International IndieReader Discovery Award  
"Best Biography/Autobiography of 2019" -  
San Diego Book Awards  
"Best Book from Young Authors Under 25" -  
(Finalist) International Next Generation Indie Book Award  
"Youth Mental Health Advocate of 2019" -  
NAMI San Diego



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## Our Voices are being HEARD!

BRAIN XP DAY -  
Proclaimed April 28th in the City of San Diego  
California State Behavioral Health Planning Council -  
Representing Youth Consumer  
Children, Youth, and Families System of Care Council -  
Representing Transition Age Youth  
Transition Age Youth Council -  
Representing Transition Age Youth



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WELCOME TO THE BRAIN XP  
COMMUNITY!  
I HOPE YOU FEEL AT HOME.



Christine Marie Frey  
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<https://www.brainxp.org>

THANK YOU! :)

Christine Marie Frey  
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## Bookmark Rulers Available!



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<https://www.brainxp.org>

I want to connect with you through  
BRAIN XP!

BRAIN XP Instagram: @brainxpproject  
CHRISTINE XP Instagram: @iamchristinexp  
Twitter: @iamchristinexp  
Facebook: @iamchristinexp  
Snapchat: brainxpproject  
YouTube: Christine XP  
Spotify: Christine XP

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# CADRE XX

## Training Series Registration Form



Name: \_\_\_\_\_  
Position: \_\_\_\_\_  
Agency: \_\_\_\_\_  
Program Name: \_\_\_\_\_  
Program Address: \_\_\_\_\_  
Work e-mail: \_\_\_\_\_  
Program Manager's Name: \_\_\_\_\_  
Program Manager's e-mail: \_\_\_\_\_  
Check to verify you can attend all dates: ☐  
Check Region Program Serves:  
☐ Central ☐ N. Central ☐ East ☐ South ☐ N. Inland ☐ N. Coastal ☐ Countywide  
License/Certification Number: \_\_\_\_\_  
\*Prerequisite: 11-hour Introduction to Motivational Interviewing through RIHS or another program/agency.  
Registration closes on January 10, 2020

## What to expect

Module 1	Module 2	Module 3	Module 4	Module 5
Feb 6 8:30am- 12:30pm	Feb 27 8:30am- 4:30pm	Mar 19 8:30am- 4:30pm	Apr 16 8:30am- 12:30pm	May 14 8:30am- 4:30pm
CADRE Overview	CCISC Tools	Integrated Assessment	Stages of Change/ Stage Specific Plans	Change Management, Implementation of CCISC, Graduation
				
homework between sessions	site visits	supplemental eLearnings	training reminders	

Address: The Academy for Professional Excellence, 6367 Alvarado Ct, St 105



To Register, email  
completed form to:  
yvonne.gage@scounty.ca.gov or via  
fax to (619)563-2775

Office Use Only:  
CADRE XX Division -Rep 53

CYF MH

CYF SUD





Critical Issues in Child  
and Adolescent  
Mental Health Conference

# MANAGING CHANGE IN A CHANGING WORLD

Please join us  
March  
12th & 13th  
2020

## who?

### WHO SHOULD ATTEND:

Mental Health Professionals, Psychologists, Therapist, Social Workers, Professional Counselors, Psychiatrists, Pediatricians, Nurses, Educators, Students, Probation Officers, Child Welfare Workers, Case Managers, Advocates and Parents will all find this meeting of importance and value in enhancing their effectiveness in serving children in need.

## how?

**Thursday:** \$65 - Students \$25

**Friday:** \$100 - Students \$50

**Attend Both:** \$165 - Students \$75

*(must present valid Student ID at registration desk)*

Fees Include:  
Parking, Food and Continuing  
Education Credits

## where?

### DOUBLE TREE HOTEL

Hazard Center Mission Valley  
7450 Hazard Center Dr.,  
San Diego CA 92108

Early Bird  
Registration  
will end  
February 28th!

REGISTRATION:  
**CICAMH.COM**

