

Children, Youth and Families Behavioral Health System of Care, Adult Behavioral Health Systems of Care, and Transition Age Youth Combined Councils Meeting

National University-Room 114 and 116-9388 Lightwave Ave., San Diego, CA 92123 | 9:00am – 10:30am

Monday, October 14, 2019

Agenda

CYF Co-Chairs	TAY Co-Chairs	AOA Co-Chairs
Dori Gilbert Minola Clark Manson	Joseph Edwards Liz Winchell	Jeffrey Najarian David Armstrong

I.	Opening Remarks Dr. Luke Bergmann, Director	5 minutes
II.	Welcome and Introductions Piedad Garcia, Adult and Older Adult (AOA) Deputy Director Yael Koenig, Children, Youth, and Families (CYF) Deputy Director	15 minutes
III.	Business Items <ul style="list-style-type: none"> Review/Approval April 8, 2019 Minutes-Handout CYF, TAY, and AOA Council Written Updates-Handout MHSA Written Update-Handout 	10 minutes
IV.	Drug Medi-Cal Organized Delivery System Implementation Updates Case Presentations: <ul style="list-style-type: none"> Parentcare East <i>Lisa Salazar, Vista Hill</i> North Inland Teen Recovery Center <i>Liz Winchell, Mental Health Systems, Inc.</i> Just Be U and Central East Regional Recovery Center <i>Matt Wood, Urban Street Angels, Inc. & Gwenda Blum, Episcopal Community Services</i> Q&A Panel (All Presenters) 	10 minutes 10 minutes 10 minutes 20 minutes
V.	Closing Remarks Piedad Garcia, Adult and Older Adult (AOA) Deputy Director	10 minutes

*****Please note: All three councils will go dark in October in lieu of the Combined Council Meeting*****

CYF November Meeting: Monday 11/11/19 9-10:30AM, Scottish Rite Center- 1895 Camino Del Rio South, San Diego, CA 92108

TAY November Meeting: Friday 11/22/19 3-4:30PM, National University-9388 Lightwave Ave. Room 114, San Diego, CA 92123

AOA November Meeting: Monday 11/11/19 11AM-12:30PM, Scottish Rite Center-1895 Camino Del Rio South, San Diego, CA 92108

**Children, Youth and Families Behavioral Health System of Care Council,
 Adult Behavioral Health Systems of Care Council,
 and Transition Age Youth Council
 Combined Meeting**

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

Monday, April 8, 2019

10:00 - 11:30 A.M.

Meeting Notes

CYF Co-chairs:	TAY Co-chairs:	AOA Co-chairs:
Dori Gilbert Violeta Mora	Diana Rabban Jessica Hamilton	Jeffrey Najarian David Armstrong

I.	Welcome and Introductions Yael Koenig, Children, Youth and Families (CYF) Deputy Director Piedad Garcia, Adult and Older Adult (AOA) Deputy Director
II.	Business Items (Yael Koenig) <ul style="list-style-type: none"> • April 9, 2018 Combined Councils meeting minutes: Approved-Handout • CYF, AOA and TAY Year-to-Date updates were provided for individual review-Handout • Mental Health Services Act (MHSA) written update was provided as a handout. Public input forms requesting input on how to engage those who are not engaged in the 2019 Community Engagement forums were made available. Additional input can be sent to: MHSProp63.HHSA@sdcounty.ca.gov.
III.	San Diego Migrant Asylee Shelter Presentation <ul style="list-style-type: none"> • Setting the Stage (Piedad Garcia and Yael Koenig) Context documents: <ul style="list-style-type: none"> ✓ Addressing the Impacts of the Migrant Shelter Crisis in San Diego County-January 8, 2019- Board Letter Agenda Item 08-Handout ✓ County Property for Temporary Use-January 29, 2019- Board Letter Agenda Item 12- Handout ✓ Initiation of Litigation: "Safe Release"-February 12, 2019-Board of Supervisors Closed Session-Minute Order 9D-Handout County News Center video: <ul style="list-style-type: none"> ✓ https://www.countynewscenter.com/county-nurses-screen-asylum-seeking-families-at-temporary-shelter/.

- **San Diego Rapid Response Network (SDRRN)** <http://www.rapidresponsesd.org/>-(Lea Bush and Kate Clark)- Handout
Presentation highlights:
SDRRN is a public and private partnership established on December 2017 to support of immigrant community. The network is comprised of 40-plus organizations, members of the local community and hundreds of volunteers
 - ✓ The federal government suspended the Safe Release program in October 2018
 - ✓ A 24-hour hotline was established to report immigration emergencies. The hotline number is (619) 536-0823. The migrant shelter was established as a response to a community member report of migrants dropped off at a local bus station
 - ✓ The shelter provides services to family units and pregnant women
 - ✓ As of April 2, 2019, the temporary shelter:
 - Has provided meals, medical care, legal services and travel aid to approximately 12,000 individuals through collaboration of many organizations including Jewish Family Service (JFS), American Civil Liberties Union (ACLU), Service Employee International Union (SEIU) and San Diego Organizing Project (SDOP)
 - An average of 60 to 75 individuals arrive daily and stay between 12 to 48 hours at the shelter. Most asylum seekers are not staying in San Diego
 - ✓ There have been six shelter locations in the last six months. The County has provided the current facility for the shelter through December 2019
 - ✓ The shelter has been funded through a combination of state funding and donations, resulting in a more than a 5 million-dollar project
 - ✓ SDRRN is searching for a new location.

- **Incident Command Center/Public Health in the Shelter** PowerPoint Presentation (Jennifer Tuteur M.D.)-Handout
Presentation highlights:
The County of San Diego Incident Command Center was established in December 2018, to facilitate an effective and rapid response to the immediate need of providing health screenings to asylum seekers within the shelter.
 - ✓ The system coordinates services from several County and contracted agencies:
 - Health and Human Services Agency - Public Health
 - Department of Environmental Health
 - Public Safety Group – Office of Emergency Services (OES)
 - San Diego Sheriff's Department
 - Department of General Services
 - University of California San Diego (UCSD) contracted physicians
 - ✓ Incident Command Staff Structure
 - Commanders – Jennifer Tuteur and Barbara Jimenez
 - Public Information/Safety Officers
 - In-house experts
 - Piedad Garcia – Deputy Director, Behavioral Health
 - Kristi Koenig –Medical Director, Emergency Medical Services

- Eric McDonald – Public Health Medical Officer
 - General Staff – Operations, Planning, Finance, Logistics and Policy group
- ✓ 8916 medical screenings have been completed as of April 5, 2019, a daily average of 84
- ✓ Common clinical findings have been lice and scabies.

• **Survivors of Torture International** PowerPoint Presentation (Kathi Anderson)-Handout
Presentation highlights:

Survivors of Torture International is an accredited, non-profit organization funded locally in 1997 focused on resiliency of clients served. Torture survivors, including Senator. John McCain, Nelson Mandela, Mohandas Gandhi and Sister Dianna Ortiz were mentioned in the presentation as proof that there is hope and healing after torture.

- ✓ According to the federal government, there is an estimated 1.3 million torture survivors live in the United States and approximately 35,000 live in San Diego County
- ✓ 75% of individuals served by Torture Survivors are Asylum-seekers
- ✓ Survivors of Torture International has treated approximately 3,000 survivors from 80 different countries, including adults, children, and families
- ✓ Torture can be physical, psychological, and sexual. Fleeing from adversity is also a form of torture
- ✓ Trauma from torture can affect whole communities, families and persons of all generations. Early intervention is key to prevent generational trauma
- ✓ Most of the asylum seekers are not staying in San Diego; in the last three months, Survivors of Torture has received 57 referrals involving asylum seekers
- ✓ Survivors of Torture referral form can be accessed at: <https://notorture.org/client-services/>
 More information can be found at: www.notorture.org or by calling 619-278-2400.

• **The Role of Schools/San Diego County Office of Education (SDCOE)** PowerPoint Presentation (Mara Madrigal-Weiss)-Handouts to be e-mailed after the meeting
Presentation highlights:

SDCOE is committed to providing a safe and positive environment in all school districts. SDCOE actively supports all immigration laws that protect immigrant students and their families.

- ✓ The Children's Partnership and the California Immigrant Policy Center conducted focus groups and surveys among immigrant parents on immigrant community experiences within 2017-18; the results revealed that:
 - Immigrant parents shared that their children are experiencing more uncertainty, stress, fear and frustration
 - Immigrant parents shared that their children are worried about their safety, are stressed about the wellbeing of their family, and exhibit increased fear and anxiety
- ✓ Laws to protect undocumented students (Effective January 1, 2018)
 - Assembly Bill 699 – mandates all public schools to adopt policies to provide immigrant-related services to immigrant children and their families. The bill also limits the school's involvement in immigration enforcement activities
 - Senate Bill 54 "Sanctuary State"–Prohibits state, local, school, security law enforcement agencies from assisting with immigration enforcement activities

	<ul style="list-style-type: none"> ○ Senate Bill 257 – Residency retention for students whose parents are detained or deported. Existing law generally requires students to attend school in the district in which their parent or legal guardian resides. SB 257 adds section 48204.4 to the Education Code permitting students to meet residency requirements when these requirements are met: <ul style="list-style-type: none"> ▪ Provide official documentation that the student’s parent or guardian has departed California against his/her will ▪ Provide official documentation that the student moved out of California due to parent or guardian leaving the state against his/her will ✓ SDCOE’s Message to Schools: <ul style="list-style-type: none"> ○ Maintain a tone of safety and respect ○ Implement school-wide positive programming (i.e. Early intervention etc.) ○ Truly understand the core principles of a trauma-informed school environment ○ Share accurate and helpful information and build a knowledge base ○ Encourage advocacy ○ Have an informed and educated school faculty and staff at every school ○ Additional resources can be accessed at: https://www.sdcoe.net/educators/Pages/Immigration-Law-Briefing-for-Schools.aspx.
	<ul style="list-style-type: none"> ● Additional Comments <ul style="list-style-type: none"> ✓ Outside of the shelter, asylees and their families can access behavioral health services through Survivors of Torture, the County Behavioral Health system and by contacting the Crisis Line (888) 724-7240 ✓ All councils are encouraged to discuss next steps addressing immigrant/asylees behavioral health needs.
IV.	<p>Director’s Report (Dr. Luke Bergmann)</p> <ul style="list-style-type: none"> ● The State of California Department of Health Care Services (DHCS) plans to extend the following federal waivers: <ul style="list-style-type: none"> ✓ Section 1915(b) Medicaid Waiver (July 2020) ✓ Section 1115 Medicaid Waiver (December 2020) <p>The renewal could offer many opportunities for BHS service delivery. The state is developing a process for involving the community in conversations regarding how the waiver renewals should look like</p> ● Three new initiatives partnering BHS and Public Safety were announced on March 26, 2019 via Board of Supervisors Letter: March 26, 2019 (2), Strengthening the Bridge Between Behavioral Health Services and the Criminal Justice System. These initiatives were also mentioned at the February 6, 2019 State of the County Address by Supervisor. Dianne Jacob: <ul style="list-style-type: none"> ✓ Develop a timely follow-up care and case management system for individuals involved in a Psychiatric Emergency Resource Team (PERT)/law enforcement crisis call ✓ Establish regional Mental Health Crisis Stabilization Centers (at least four) that can provide 24/7 walk-in mental health and substance use disorder services including law enforcement drop-offs

	<ul style="list-style-type: none"> ✓ Work with school districts and the County Office of Education to develop enhanced school-based crisis response, including possible expansion of existing PERT programs for threats or crisis situations involving school youth • Board of Supervisors, Nathan Fletcher proposed County-owned property in the Hillcrest area as a site to provide behavioral health services.
	<p>Action Items:</p> <ol style="list-style-type: none"> 1) E-mail documents presented by the San Diego County Office of Education to the Councils' e-distribution lists-Completed April 8, 2019 2) E-mail additional meeting related resources to the Councils' e-distribution lists-Completed April 15, 2019.
	<p>Other:</p> <p>Meeting packet can be accessed at: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/Council_Packet.html?cq_ck=1546471673937</p>

What are DMC-ODS and ASAM Criteria?

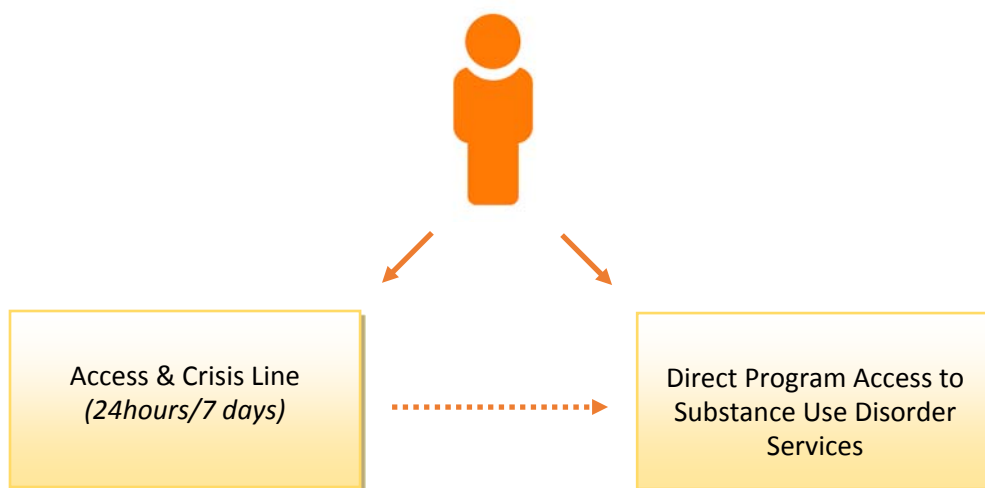
The Drug Medi-Cal Organized Delivery System

The DMC-ODS provides California counties the opportunity to expand access to high-quality care for Medi-Cal enrollees with substance use disorders (SUD). Counties participating in the DMC-ODS are required to provide access to a continuum of SUD benefits modeled after the American Society of Addiction Medicine (ASAM) Criteria. Through the DMC-ODS, eligible enrollees will have timely access to the care and services they need for a sustainable and successful recovery.

ASAM Criteria

The ASAM Criteria is a proven model in the SUD field, and is the most widely used and comprehensive set of guidelines for assessing patient needs and optimizing placement into SUD treatment. The ASAM Criteria provides a consensus based model of placement criteria and matches a patient's severity of SUD illness with treatment levels. Counties implementing the DMC-ODS are required to use the ASAM Criteria to ensure that eligible beneficiaries have access to the SUD services that best align with their treatment needs.

How do Clients Access Services?



Care Coordination

Case Managers at Substance Use Disorder Treatment Programs coordinate care to social, physical and mental health services to support whole person needs of the client.

Questions?

Info-DMC-ODS.HHSA@sdcounty.ca.gov

Drug Medi-Cal (DMC) Organized Delivery System (ODS)



	Pre-ODS SUD System	Post-ODS SUD System
TOTAL # of Admissions	15,724 admissions *	Projected increase in admissions by 30% within the next 3 fiscal years (includes OTPs)
TOTAL # of Unique clients	11,307 clients *	Projected increase in number of unique clients served by 30% within the next 3 fiscal years (includes OTPs)
Residential Beds	965 beds (includes 85 Withdrawal Management)	Projected Increase of 10% annually for the next 3 fiscal years (~1250 total beds)
Medi-Cal Reimbursable Services	<p>If provider is DMC certified:</p> <ul style="list-style-type: none"> • Outpatient treatment: <ul style="list-style-type: none"> ◊ Individual (crisis only) ◊ Group sessions • Intensive Outpatient Treatment • Residential Treatment: <ul style="list-style-type: none"> ◊ Perinatal only 	<ul style="list-style-type: none"> • Outpatient treatment: <ul style="list-style-type: none"> ◊ Individual (no limits) ◊ Group sessions • Intensive Outpatient Treatment • Residential Treatment: <ul style="list-style-type: none"> ◊ Perinatal ◊ Youth ◊ Adult • Opioid Treatment Programs • Medication Assisted Treatment • Withdrawal Management (Detox) • Case Management • Recovery Support Services (After Care) • Physician Consultation
Key Components	<ul style="list-style-type: none"> • Delivery system inconsistent • Services provided if capacity available • DMC certification not required -- Limited federal revenue • Low provider rates • Limited quality oversight by counties • No placement authorization & monitoring • Opioid (Narcotic) Treatment Programs (NTP): direct state contract, inconsistent county oversight & coordination of services • Limited individualized services 	<ul style="list-style-type: none"> • Organized, integrated system of care • Entitlement; increased access & timely service • DMC certification required -- Increased federal revenue • Increased provider rates • Increased quality oversight & accountability • Centralized placement authorization & monitoring • Opioid (Narcotic) Treatment Programs (OTP): direct county contract, county oversight, additional services & care coordination • Increased individualized treatments to meet the needs of Justice involved clients

**Children, Youth and Families Behavioral Health System of Care Council
Achievements and Goals Update
Fiscal Year 2019-20 (April 2019-September 2019)
October 14, 2019**

Achievements

- Advanced the integration across the systems through the coordination of the April 8, 2019 Combined Councils meeting. Meeting focus: Local Immigration Shelter. The meeting addressed the coordination of local efforts assisting immigrant families
- Informed goals and focus areas through the following presentations:
 - ✓ San Diego Rapid Response Network (SDRRN) (April 8, 2019)
 - ✓ Incident Command Center-Role of Public Health in the Local Immigration Shelter (April 8, 2019)
 - ✓ Survivors of Torture (April 8, 2019)
 - ✓ Role of Schools under current immigration laws-San Diego County Office of Education (April 8, 2019)
 - ✓ Overview/Demo of New MHSA Innovation Program: Vista Hill BH Connect (May 13, 2019)
 - ✓ Introduction to School Threat Assessment in San Diego County (June 10, 2019)
 - ✓ Annual CYF Council Orientation (July 8, 2019)
- Engaged the community and youth in Council meetings/conversations/activities through:
 - ✓ Scholarship opportunities to attend CYF System of Care sponsored conferences
 - ✓ Opportunities to participate in the Annual CYF Mental Health Well Being Celebration
 - ✓ CYF Council Strategic Planning meetings
- The CSOC Training Academy provided the following trainings in the last quarter of Fiscal Year 2018-19
 - ✓ Justice Involved Families (May 21, 2019)
 - ✓ Intersectionality of Identities (June 14, 2019)
- Completed a comprehensive Strategic Planning series:
 - ✓ May 13, 2019: Assessment of Psychiatric care in San Diego County
 - ✓ June 10, 2019: CYF System of Care intersection with the Justice system
 - ✓ August 12, 2019: Addressing School Threats Safety and Crisis Response
- Partnered with other HHSA departments and diverse local organizations to deliver the 10th Annual Early Childhood Conference: We didn't wait! A Decade of Progress-A Future of Hope on September 12-14, 2019.

Goals

- Promote Live Well San Diego Vision
- Evaluate the System of Care in context of Board of Supervisors actions and advocate for needed modifications, adjustments, improvements, and new programming
- Discuss Population Health and Social Determinants of Health in the context of guiding principles for the CYF System of Care
- Educate about other systems' priorities and look for opportunities to align efforts to best impact positive system changes
- Advance the Drug Medi-Cal Organized Delivery System (DMC-ODS) – Year Two
 - ✓ Complete re-procurement of enhanced Teen Recovery Centers (TRC's): Seven outpatient Substance Use Disorder (SUD) treatment programs located in all County regions for adolescents ages 12-17 and their families. TRCs are also located within school sites to increase access and coordination with school personnel. TRCs will include an additional component of early intervention services (ASAM .5) and address teen vaping
 - ✓ Complete re-procurement of the CalWORKs Connection program to provides behavioral health screening, referral, care coordination and connection to Mental Health and Substance Use Disorder (SUD) treatment services for CalWORKs Welfare to Work Participants. Services are designed to support sufficiency goals by connecting participants to behavioral health resources and treatment services
 - ✓ Complete re-procurement of the Dependency Drug Court and Housing Support Services program to provide onsite behavioral health screening and connection to SUD treatment services to parents who

are involved with Dependency Court to promote the safe reunification of families through the connection to services. New emphasis on Housing Support Services as an integrated program component that provides case management and coordination of community resources to families experiencing housing instability to promote stability and the attainment of sufficiency goals

- ✓ Deliver the Annual CYF System of Care Conference: Youth Substance Use Disorders (SUD) and Treatment scheduled for May 28, 2020
- ✓ Support the Mother and Baby Substance Exposed Infant Initiative
- Emphasize the importance of Early Childhood Mental Health as well as prevention and early intervention
 - ✓ Complete re-procurement of KidSTART to serve young children with complex needs
 - ✓ Complete re-procurement of ChildNET to support young children in their preschool settings
 - ✓ Collaborate with Child Welfare and other partners on Child Abuse Prevention efforts
 - ✓ Implement the Early Childhood - Child and Adolescent Needs and Strengths (EC-CANS) tool effective in Fiscal Year 2019-20
 - ✓ Contribute to conversations pertaining to prevention and early intervention, infusing subject matter expertise to inform future programing
- Make necessary system adjustments to align with Continuum of Care Reform (CCR), including Short Term Residential Treatment Programs (STRTP) contracts as well as Therapeutic Foster Care (TFC) services with mental health contractors. Be prepared to add new STRTP contracts as needed
- Promote the successful implementation of the State mandated Pediatric Symptom Checklist (PSC-35) and the Child and Adolescent Needs and Strengths (CANS) – year two focused on the Fee for Service (FFS) and Treatment and Evaluation Resource Management (TERM) Provider Network. Emphasize utilizing data at the client, program, and system level to inform decision making
- Increase collaboration with education sector to support students
 - ✓ Promote SchoolLink through creating awareness of school-based services and the minimum threshold expectations set for the 2019-20 School Year
 - ✓ Develop Threat Assessment expertise through TERM panel and contracting
 - ✓ Participate in the October 2019 Annual School Summit through the HHS School Collaborative.
- Identify new and system relevant trainings
 - ✓ Deliver the 5th Annual Critical Issues in Child and Adolescent Mental Health Conference scheduled for March 12-13, 2020
 - ✓ Establish micro learnings for Pathways
- Promote authentic utilization of Family and Youth Partners as service providers; keeping informed about Senate Bill 10: Mental Health Services: Peer Support Specialist Certification progress as well as the DMC-ODS Peer Support Plan intended for implementation in Fiscal Year 2019-20
- Implement housing opportunities through CYF
 - ✓ By procuring Shelter Beds program for youth ages 12 to 17 for availability in Fiscal Year 2019-20
 - ✓ Support Monarch School with Permanent Supportive Housing Services through partnership with the San Diego Housing Commission for Fiscal Year 2019-20
 - ✓ By promoting standardized utilization of Recovery Residence for perinatal population
- Continue to advance the CYF mission through the reprocurement of the Therapeutic Behavioral Services (TBS), Intensive Case Management Wraparound Services, and Sexual Treatment, Education and Prevention Services (STEPS)
- Continue to address the immigration policies impact in the CYF System of Care community
- Participate in Performance Improvement Project (PIP) to increase family engagement in treatment
- Continue to engage the System of Care four sector representation through the annual Children's Mental Health Well Being Celebration. The next celebration is scheduled for May 8, 2020.

TRANSITIONAL AGE YOUTH BEHAVIORAL HEALTH SERVICES COUNCIL

Achievements and Goals Update (April 2019 - September 2019)

Achievements

- The TAY Council has grown from its first year as an official Council in 2018, when 10 members and 2 Co-Chairs were initially elected.
 - Membership as of September 2019 is now 14, representing the following sectors:

✓ Child Welfare Services	✓ Peer Support
✓ Client Advocacy	✓ Public Safety Liaison/Juvenile Probation
✓ Commercially Sexually Exploited Children	✓ San Diego Regional Center for the Developmentally Disabled
✓ Employment Services	✓ Substance Use Disorder Services/Co- Occurring
✓ Housing	✓ Transition Age Youth (1)
✓ LGBTQ Community	✓ Open Seat
✓ Mental Health Prevention and Early Intervention	✓ Underserved Communities/CCRT
 - Nominations were solicited for additional sector representation for the following vacant seats:

✓ Education	✓ Primary Health Care
✓ Foster Youth	✓ Refugee and Immigrant Populations
✓ Homeless Services/Outreach	✓ Transition Age Youth (2)
✓ Hospital Partner	✓ TAY Social Support/Activities
✓ Law Enforcement	✓ Open Seat
✓ Pregnant or Parenting Youth Provider	
- Subcommittee Achievements:
 - In June of 2019, with the approval of the Council members, the Subcommittee to Address TAY Experiencing Homelessness submitted their final report to BHS. Recommendations included:
 - ✓ Utilize “No Place Like Home”, and other housing specific funding allocations
 - ✓ Develop TAY specific shelters in each region of the County
 - ✓ Transition success planning

TRANSITIONAL AGE YOUTH BEHAVIORAL HEALTH SERVICES COUNCIL

- ✓ Identifying strengths and needs of TAY
- ✓ Establish/Re-establish natural supports
- ✓ Focus on formal supports, such as Supported Employment
- In April 2019, the newest subcommittee was formed, focusing on Mobile Crisis Response for Schools. This subcommittee has completed a draft recommendation to the Council that is currently being finalized for the consideration of the BHS Executive Team.

Goals

- In July 2019, the TAY Council members held a Strategic Planning Meeting to identify goals moving forward, specifically for FY 19-20.
 - Three priority focus areas were identified:
 - ✓ Social Connectedness
 - ✓ Care Coordination in SUD Treatment with Co-Occurring Disorders
 - ✓ LGBTQI TAY
- Additional goals include:
 - Fill open Council sector membership seats.
 - Complete subcommittee report and recommendations for Mobile Crisis Response for Schools subcommittee and present findings via a report to BHS Executives.
 - Upcoming presentations to include the following:
 - ✓ San Diego Metropolitan Transit Services
 - ✓ Opioid Treatment Provider (OTP)
 - ✓ MHS STEPS
 - ✓ NAMI
 - ✓ Center for Community Solutions
 - ✓ Southern Indian Council

Adult and Older Adult Behavioral Health System of Care Council Achievements and Goals Fiscal Year 2019-20 (April 2019-September 2019)

October 14, 2019

Achievements

- Joint Adult Council and Ad Hoc Program Managers members met in various workgroups to review, analyze and provide input on best practices for outpatient mental health clinics and have completed analysis and recommendations. The robust analysis and recommendations were submitted in August 2019 to Dr. Garcia, the Adult Council and the Ad Hoc Program Managers meeting. Recommendations were forwarded for review and discussion to the BHS Executive Team.
- Implementation of Triple RFP's for clients stepping down from:
 - Justice settings – 8. 1.2019
 - Acute Care hospitals – 9.1.2019
 - IMD - 9.1.2019
- Implemented No Place Like Home (NPLH) with Housing and Community Department (HCD). Approximately \$115 M to be leveraged over the next 4 years to develop approximate 500 Permanent Supportive Units (PSH) for persons with a serious mental illness.
 - 3 developments, with a total of 107 NPLH units, have received conditional NPLH funding commitments to date.
- Presentations to Adult Council to increase System of Care knowledge:
 - Behavioral Court Presentation, David Mullen
 - Health Homes Program, George Scolari
 - Adult Council presentation on recommendations from the joint Adult Council and Ad Hoc Program Managers Workgroup on deep dive for outpatient clinics
- **Work Well Committee** - Worked on a reported-on BHS, Supportive Employment Initiative
- In FY18-19 the Work Well Committee of the Adult Council worked on implementation of the Supported Employment-Individualized Placement and Support (IPS) Model and skill development (Question, Persuade, Respond-QPR, Mental Health First Aid, and communication with potential employers).
- 12% (4,291) out of 43, 721 of clients served through the System of Care were competitively employed during FY 18-19. While this did not reflect an increase in % employed, there were 337 more individuals competitively employed than in FY 17-18; overall this is a 3% increase from FY 13-14, with a total of 1,132 more individuals in competitive employment.
- During FY 18-19 the Supported Employment-Individualized Placement and Support (IPS) Model was introduced in various contracts and Statement of Work to include Act programs, Clubhouses and Outpatient Clinics. The same expectations implemented for all levels of care: 80% of active job seekers competitively employed within 90 days, and 40 unduplicated active job seekers served.

10/07/19

- **Consumer Committee** - Feedback was brought forward to the Adult Council by the Consumer Committee regarding the following:
- Frequent input and feedback from persons receiving behavioral health services that have been on the section 8 waitlist for over a decade.
- Lack of housing stock once individuals get their section 8 voucher, high cost of rent, and low section 8 market rate subsidy set by Housing Authorities throughout the county.
- Due to feedback provided by consumers a motion was initiated at the Housing Council to create a letter to the Housing Commission and all the Housing Authorities in the county requesting an increase in rent payment standards.
- Rent payment increases for subsidies were implemented by the San Diego Housing Commission that went into effect early this year.
- Clients enrolled in BHS who are homeless provided input as to the lack of access to showers in many areas across the county, particularly areas in the north and east County.
- Clients provided feedback about the positive effects of the Drug Medi-Cal Organized Delivery System implementation as well as challenges people were experiencing transitioning from treatment settings into sober living settings.
- Clients brought forward feedback regarding a local hospital lack of respect for a client and HIPAA violation, this feedback was brought forward to the Behavioral Health Board and the Hospital Governance Board.
- Feedback was brought forward from people living in the homeless tents downtown as well as from homeless service provider that there was a lot of open methamphetamine use, which was problematic for people.

FY 2019-2020 Goals

- Review Adult Council and Ad Hoc Program Managers recommendations for mental health clinics, select 3 to 5 recommendations for implementation and establish time-limited Workgroups to include members of Adult Council, Ad Hoc Program Manager's meeting, Quality Improvement and Adult program leads.
- Track status of 1115 Waiver and whether San Diego County anticipates continuing the waiver. Track any new expectations or requirements. Track any changes and impact on the system of care expected as a result of continuing/not continuing the waiver.
- Review Board Letters on the expansion of the system of care. Determine when the Council can give input into the process. Track the expansion and impact on the community.
- Review the By-laws and Membership of the Adult Council and make recommendations to BHS if changes are needed.
- Schedule Adult Council system of care presentations to include; Independent Living Homes, B & C and Recovery Residences, Care Coordination and Health Homes implementation.

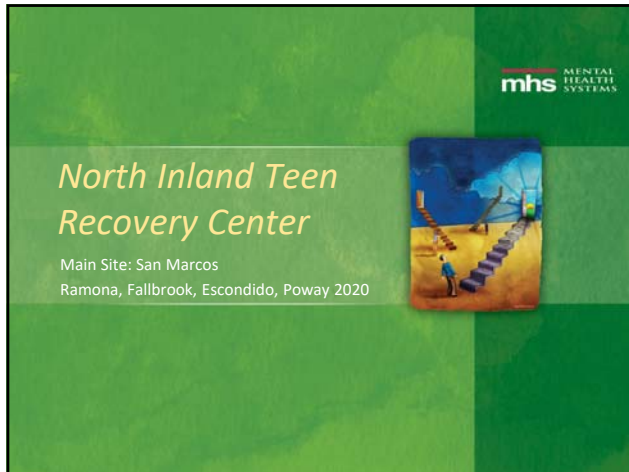
**Children, Youth and Families Behavioral Health
System of Care, Transition Age Youth, and Adult
Behavioral Health System of Care Combined
Councils Meeting
October 14,
2019 MHSA
Update**

The public comment period concluded for the MHSA Annual Update. The Annual Update will go before the Board of Supervisors on October 29th. Thereafter, it will be sent to the Mental Health Services Oversight and Accountability Commission (MHSAOAC). The update which includes the 2018 Community Engagement Report is still available on the website for viewing. You can find it here:

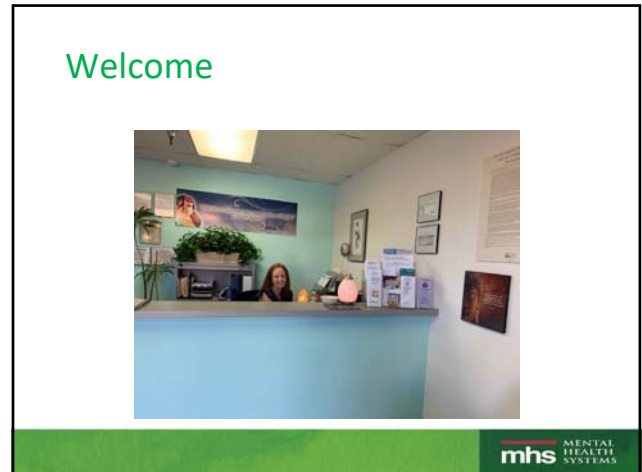
<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/NOC/mhsa.html>.

The Mental Health Services Oversight and Accountability Commission periodically hosts their monthly commission meeting in other counties across the state to increase community access and engagement. The commission will be holding their meeting here in San Diego on October 24, 2019 at the Crown Plaza Hotel. Visit the following site to check for posting of the agenda for the San Diego visit <https://mhsoac.ca.gov>.

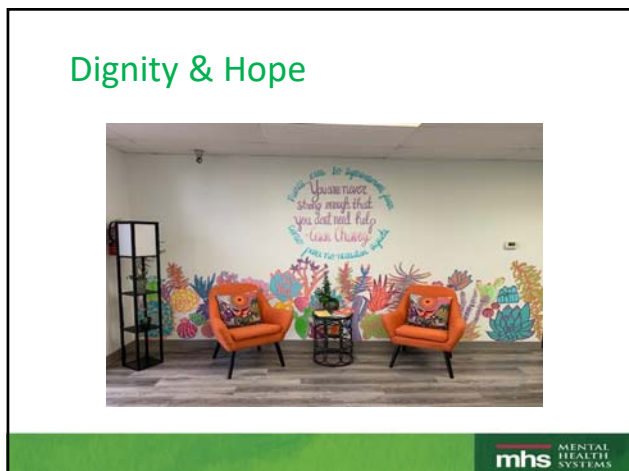
We are in the final procurement stage for securing a contractor for the 2019 Community Engagement process. We are planning to hold community forums by the end of this calendar year. We will also hold focus groups to obtain targeted input as was completed in 2018. We will share the community forum information as soon as it is available.



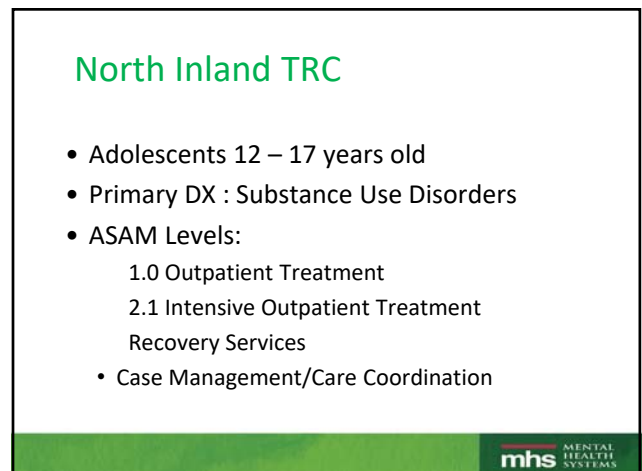
1



2



3



4

Our Population

- Referrals: Juvenile Justice system, Schools, Community
- 90% Hispanic
- 60% affected by Migrant/Refugee Concerns
- 30% claim Gang Affiliation
- Group Home & Foster Care Populations
- Under Treated Co-Occurring Disorders



5

Trauma Informed Treatment

- Gender Specific Groups
- MusicWorx
- Grief/Loss Groups
- Mindfulness Groups
- Equine Therapy
- Specialty Tracks (DV, Children of Alcoholics)



6

Clinical



7

QI



8

Family Peer Support



mhs MENTAL HEALTH SYSTEMS

9

Family Program

- MEET Participant
- (Motivational Enhancement for Engagement in Therapy)
- Weekly family support groups facilitated by certified AOD counselors and LPHAs
- Individual family counseling sessions
- Monthly family community events
- English and Spanish language specific groups

mhs MENTAL HEALTH SYSTEMS

10

Action & Education



mhs MENTAL HEALTH SYSTEMS

11

Evidence Based Practice

- The Change Company: Keep it Direct & Simple Journal System
- Roadmap Toolkit Relapse Prevention
- Dialectical Behavioral Therapy for Adolescents
- Solution Focused Family Therapy
- Motivational Interviewing

mhs MENTAL HEALTH SYSTEMS

12

Responsibility & Care Coordination

- North County Health Services & Vista Community Services
- Warm Handoff & Collaboration
- Probation: Diversion & COMPACT
- School Outreach & SchoolLink
- Poway High School District Site



13

Community & Culture



14

Engaging Recovery



15

Intern Mentoring



16

Esperanza



mhs MENTAL HEALTH SYSTEMS

17

Contact Information

- Elisabeth Winchell, LMFT, CATC IV
- 760-744-3672 office
- 760-271-7358 cell
- lwinchell@mhsinc.org
- 340 Rancheros Dr. St. 166 San Marcos, CA

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY


LIVE WELL
SAN DIEGO

mhs MENTAL HEALTH SYSTEMS

18



1



2

PARENTCARE EAST

- Adults/Parenting Teens (age 15 and above)
- Primary DX Substance Abuse
- ASAM levels 1 and 2.1
- Recovery Services
- Case Management/Care Coordination
- Homeless Outreach
- Recovery Residence

- Referrals:
 - CWS
 - Drug Court
 - Criminal Justice System

3

PARENTCARE EAST SERVICES OFFERED:

- Women's Alcohol and Drug Outpatient program
- 5 days a week 8:45 – 12:30 day program
- 4 days a week AFTERNOON program
- Recovery Services/Aftercare
- Recovery Residence/ Sober Living
- Trauma informed groups such as Alcohol & Drug, Relapse Prevention, Women's Issues, Life Skills, 6 week Anger Management, 6 week Domestic Violence, Spirituality, Family Dynamics, Emotional Wellness and Art Therapy
- Licensed Childcare
- Psychiatrist
- Therapy/EMDR(Eye Movement Desensitization and Reprocessing)
- Transportation
- Yoga

4

EVIDENCE BASED PRACTICES

- Roadmap Toolkit for Relapse Prevention
- Cognitive Behavioral Therapy
- Solution Focused Family Therapy
- Motivational Interviewing

5



GROUP ROOM



6



THERAPEUTIC LEARNING CENTER



7

ALUMNI SERVICES

- Alumni Meetings once a month
- Events
- Speaking Panel
- Alumni Training Program
- Way of extending Support
- Continued therapy and Psychiatrist services offered

8

CONTACT INFORMATION

- Lisa Salazar BS, SUDCC III
- 619-668-4249 office
- lsalazar@vistahill.org
- 4990 Williams Ave. La Mesa, Ca 91942

 **HHSA**
HEALTH AND HUMAN SERVICES AGENCY

 **LIVE WELL**
SAN DIEGO



Every client is served regardless of ethnic background, culture, gender, age, sexual orientation or religious creed. ECS envisions a community where all are supported to reach their potential.

Emergency Phone Numbers and Support

San Diego Non-Emergency Police: (619) 531-2000
 Police and Fire Emergency: 911
 Poison Control: 1-800-876-4766
 San Diego Gas & Electric Emergency: 1-800-411-7343
 Access and Crisis Line: 1-888-724-7240 (24 hrs.)
 Local Support Groups (i.e. AA/NA): (619) 265-8762 (24 hrs.)
 San Diego County Psychiatric Unit: (619) 692-8200 (24 hrs.)
 National Hope Line Network: 1-800-SUICIDE (784-2433)
 LGBT Life Line: 1-866-488-7386 (24 hrs.)
 SD Domestic Violence Hotline: 1-888-DVLINKS (385-4657)
 Sexual Assault Hotline: 1-888-385-4657 (24 hrs.)
 Veterans Administration San Diego: (858) 552-8585
 Information to Community Resources: 211
 Consumer-to-Consumer WARM Line: 1-800-930-WARM (9276)



Serving God by serving those in need through programs that foster hope, dignity, and independence.

Episcopal Community Services

401 Mile of Cars Way, Suite 350
 National City, CA 91950
 619.228.2800
ecscalifornia.org

Funded by
 San Diego County Behavioral Health Services



TAY SERVICES

at

Central East Regional Recovery Center



**TAY Services Hours:
 Monday-Friday 9am – 5pm**

**4660 El Cajon Blvd, Suite 209 & 210
 San Diego, CA 92115
 619.597.7335
ecscalifornia.org**

We are here for you.
The needs of young adults are different and we know that. At ECS CERRC our counselors work with you, addressing your unique situation and supporting you every step of the way.

ECS CORE VALUES

Excellence

What we do is done well to achieve the highest quality.

Compassion

We treat others the way we want to be treated.

Service

We manage and sustain our resources and talents wisely to better serve others.

CONFIDENTIALITY

You have the right to confidentiality. ECS CERRC will not release any information concerning you without your written permission.



SERVICES OFFERED

- American Society of Addiction Medicine (ASAM) assessment for appropriate-level of care
- Intensive Outpatient (more than 9 hours per week of services)
- Outpatient (up to 9 hours per week of services)
- Case Management (TAY clients are given the cell phone of their case manager)
- Mental Health Services and Referrals
- Medication Assisted Treatment (MAT) Referrals and Collaboration
- Recovery Services
- Recovery Residences

REFERRALS

- To make a referral for services please call 619.597.7335
- Please identify your client as a TAY referral

We are also currently on-site at San Diego Youth Services, TAY Academy twice per week.

We use the evidenced-based Matrix Model for Young Adults which includes cognitive-behavioral therapy, motivational interviewing, relapse prevention and 12-step work.

