

County of San Diego
Health and Human Services Agency

Behavioral Health Advisory Board

2018 Annual Report





San Diego County Board of Supervisors



Greg Cox
District 1



Dianne Jacob
District 2



Kristin Gaspar
District 3



Nathan Fletcher
District 4



Jim Desmond
District 5



Helen Robbins-Meyer
Chief Administrative Officer
County of San Diego



Nick Macchione
Agency Director
County of San Diego Health and
Human Services Agency



Dr. Luke Bergmann
Director
County of San Diego Health
and Human Services Agency,
Behavioral Health Services

A Message from the County of San Diego Health and Human Services Agency (HHS)

The County of San Diego Behavioral Health Advisory Board (BHAB) has, with dedication and vision, continued its dual role of providing input to the San Diego County Board of Supervisors and to the County of San Diego Health and Human Services Agency, Behavioral Health Services (BHS) administration throughout 2018. As the County advances the *Live Well San Diego* vision, it is our responsibility to ensure the voices of consumers and experts from the community are involved as we plan and enhance our service delivery to ensure all San Diegans are building better health, living safely, and thriving. We are proud to have a robust and engaged community network, of which BHAB plays a fundamental role.

BHAB's goals for San Diego County closely reflect the County of San Diego's *Live Well San Diego* vision of a region that is building better health, living safely and thriving. Your board strives to **build better health** through advocacy for parity of primary care and behavioral health services. Your work to elevate service priorities for homeless individuals with mental health or addiction challenges and link housing supports with behavioral health services supports personal **safety**, and the safety of others in the community. Finally, by advocating for addressing basic behavioral health needs, individuals can **thrive** and participate in other opportunities in the community.

Over the years, the immense efforts of BHAB's workgroups has resulted in several important recommendations which have helped guide the design and community planning work of BHS, especially in suicide prevention. Similarly, your feedback during the planning process for Drug Medi-Cal Organized Delivery System was instrumental as the County of San Diego worked with providers, citizens, and stakeholders to produce a comprehensive implementation plan and began expanding services.

As we look forward to 2019, it is critical that we continue to collaborate for a collective impact. Many issues will be brought to BHAB for consideration, analysis, input and support as the Health and Human Services Agency continues to develop exceptional services. We rely on BHAB's expertise, guidance and wisdom to achieve meaningful milestones and look forward to collaboratively addressing both opportunities and challenges in the coming year. Together, we will continue to build a better system not only for the populations needing behavioral health services, but for our community as a whole. We thank you for submitting the following report detailing the work of BHAB in 2018.

With gratitude,



Nick Macchione, FACHE
Agency Director, County of San Diego Health and
Human Services Agency



Dr. Luke Bergmann
Director, County of San Diego Health
and Human Services Agency
Behavioral Health Services

What is the Behavioral Health Advisory Board?

On December 2, 2014, the San Diego County Board of Supervisors established the County of San Diego Behavioral Health Advisory Board. Per California statute, each County Behavioral Health Advisory Board has the responsibility to:

1. Review community mental health needs, services, facilities and special problems
2. Serve in an advisory capacity to local governing bodies and Behavioral Health Directors

Purpose Statement:

The purpose of the County of San Diego Behavioral Health Advisory Board is to review and evaluate the community's behavioral health needs, services, programs, facilities, and procedures used to ensure citizen and professional involvement in the planning process.

PASSED, APPROVED, AND ADOPTED by the Board of Supervisors of the County of San Diego this 2nd day of December, 2014.


DIANNE JACOB
Chairwoman, Board of Supervisors
County of San Diego, State of California

The above Ordinance was adopted by the following vote:
AYES: Cox, Jacob, D. Roberts, R. Roberts, Horn

ATTEST my hand and the Seal of the Board of Supervisors this 2nd day of December, 2014.

THOMAS J. PAJUSKA
Clerk of the Board of Supervisors

By 
Christina Gomez, Deputy



Ordinance No. 10361 (N.S.)
12/02/14 (18)

Board of Supervisors Minute Order establishing the Behavioral Health Advisory Board, 12/02/14

Behavioral Health Advisory Board's 2018 Year in Review

The County of San Diego Behavioral Health Advisory Board (BHAB) holds regular public meetings, on the first Thursday of each month. All interested individuals are encouraged to attend. In 2018, the members of BHAB actively reviewed and evaluated the community's behavioral health needs, services, programs, facilities, and procedures. BHAB provided input and guidance on 12 items related to local behavioral health services prior to these items being considered by the San Diego County Board of Supervisors. BHAB members approved a total of 15 action items, including board items and other internal BHAB business. Monthly meetings featured focused, facilitated presentations and discussion, which is one of the best ways BHAB members stay abreast of work done by experts in the community, and offered an opportunity to engage these professionals in dialogue. BHAB heard from over 17 technical experts from the behavioral health field as they presented on a variety of issues affecting the community, and the region.



Behavioral Health Advisory Board Accomplishments by Month

JANUARY

The year began with a presentation on the County Collaborative Courts, given by David Mullen, Program Coordinator for Behavioral Health Services Adult Justice-Involved programming. BHAB also heard from Program Coordinator Kelly Salmons, from the County of San Diego's Housing and Community Development Services who introduced a Board Letter authorizing acceptance of state funding for the No Place Like Home Program.

The year continued with a February presentation on the Drug Medi-Cal Organized Delivery System. The group discussed this major system change with Behavioral Health Services' Medical Director Dr. Nicole Esposito, and other subject matter experts. This change leverages resources and connects those needing Substance Use Disorder treatment to care, improves coordination and linkages between providers, and brings previously State-run facilities into a comprehensive County system.

FEBRUARY

MARCH

In March, BHAB received an in-depth look at the Suicide Prevention Action Plan from Dana Richardson, Vice President of Community Health Improvement Partners. Having submitted recommendations from the BHAB Suicide Prevention Workgroup, this topic was of specific interest to BHAB members. Understanding strategies, soliciting stakeholder and consumer feedback, and engaging in critical thinking about community education and prevention is a responsibility BHAB takes seriously.

Updates from the BHS Long Term Care team were featured at the April BHAB meeting, with Clinical Director Dr. Michael Krelstein sharing his wealth of knowledge. He updated BHAB on the number of clients, facilities and contracts added in the year prior, as well as the goals for future expansion. The conversation also discussed the staffing challenges faced at the San Diego County Psychiatric Hospital and the use of temporary professional psychiatrist staffing. April also featured a presentation from BHS's MHSA coordinator regarding the Annual Revenue and Expenditure Report and the 2018 Community Engagement Planning.

APRIL

MAY

The BHS contractor who provides outreach and stigma reduction campaigns came before BHAB in May with a presentation on *It's Up to Us* which included visual media clips and printed materials. Fighting stigma and fostering productive dialogue are goals expressed by BHAB members during the meeting, and the group was pleased to learn of the extensive outreach in the areas of mental health, suicide prevention, and population-specific outreach. May also featured an in-depth look at the County's Health and Human Services Agency budget by HHS's Assistant Finance Director Amy Thompson, where BHAB members were able to discuss funding priorities, the economy, priority programs, and staffing levels.

Dr. Piedad Garcia, BHS Deputy Director, spoke to BHAB in June about permanent supportive housing, and BHAB approved a Board Letter authorizing a funding allocation for this purpose. This is a major area of interest to BHAB as it is long recognized that the issues of affordable housing and homelessness are inextricably linked to substance use and/or mental health challenges of many clients. Dr. Garcia described the various goals and future locations which are sorely needed. June also saw an update on Methamphetamines in San Diego County from Linda Bridgeman Smith. This conversation highlighted what continues to be a major challenge in the region.

JUNE

AUGUST

Supervising Psychiatrist Jeffrey Rowe updated BHAB in August about County Juvenile Forensic Services, and their collaboration with local educational partners on risk mapping. Housing and homelessness issues took center stage in August with a panel of County experts and the CEO of the Regional Task Force on the Homeless providing a comprehensive update on housing stock, the homeless population and services in the region, as well as a look ahead to future state funding opportunities to alleviate this priority issue.



BHAB 2018 Executive Committee: (L to R) Rick McGaffigan, John Sturm, Jenifer Mendel – Chair, Rebecca Hernandez, and Jerry Hall

The September BHAB meeting featured a public comment period concerning the County of San Diego's Mental Health Services Aact Three Year Program and Expenditure Plan, with providers, consumers, and other stakeholders sharing their thoughts on the crucial state funding for local mental health work. With the implementation of the Drug Medi-Cal Organized Delivery System underway, Dr. Nicole Esposito provided the first glimpse at this major improvement for the region, bringing in Angela Rowe from the Alcohol and Drug Service Providers Association to provide the provider perspective as well.

SEPTEMBER

OCTOBER

In October, the BHAB meeting focused on serious mental illness, centering around an update from Mark Sellers, the County of San Diego Public Administrator/Guardian/Conservator, and BHS Program Coordinator for Laura's Law and Assisted Outpatient Treatment. BHAB also formally appointed their nominating committee, the first step in electing a slate of 2019 Executive Officers.

Semi-Annual procurements for BHS were authorized in November, as BHS brought forward a Board Letter for new and enhanced contracts with providers. The meeting also formally elected the 2019 BHAB Executive Officer slate, for an annual term to begin in December of 2018. Additionally, BHAB received an update from the San Diego Workforce Partnership on their programs which assist clients in job training, interviewing, and seeking employment.

NOVEMBER

To close out the year, BHAB heard from the County Marijuana Prevention Initiative manager Joe Eberstein and Cynthia Burke of the San Diego Association of Governments about Marijuana in the region. The panel reviewed prevention efforts, local statistics, law enforcement collaboration strategies, and state regulation changes concerning marijuana products.

DECEMBER

In addition, BHAB received an update from Dale Fleming who leads San Diego County's *Live Well San Diego* vision. She reviewed the key components, regional metrics, and upcoming facilities which fit into the vision for a County that is Living Safely, Building Better Health, and Thriving.

The final presentation of 2018 was from National Alliance on Mental Illness (NAMI)PeerLINKS, which featured program staff and client testimonials concerning their work on behalf of BHS in the area of peer assisted treatment.

A deeper look: Inpatient Psychiatric Board Conference

On October 30, 2018, the Board of Supervisors heard an assessment of the current behavioral health system and actions underway to address current and potential future gaps in emergency and inpatient psychiatric resources in the region.

Behavioral health experts, elected and law enforcement officials and other stakeholders gave presentations and spoke to the Board at the conference which was held at the request of Supervisor Kristin Gaspar.

Conference participants stressed the need to focus their efforts on collaboration and supporting a robust system of care for those experiencing a behavioral health crisis. During the conference, San Diegans shared their stories of mental illness and substance abuse and talked about the services that are helping them in their recovery.

Board Conference speakers included multiple BHAB members, and discussed recent actions that have provided immediate solutions to existing challenges but stressed that a comprehensive, long-term solution is needed. Behavioral Health Services leadership, a BHAB workgroup, and an independent consultant will convene stakeholders to develop a longer-term strategy and provide updates to the Board of Supervisors.

It was important to me to participate in the Board Conference, because as someone who has received services from the County I want to give back, and at the same time see improvements to services for those who need care. I am hopeful for the future because of the extra attention that will be focused on this issue, and want to remain involved because the voices of consumers in recovery are vital to shaping the systems used to provide care. – Bill Stewart, BHAB Board Conference Participant



The County Board of Supervisors receives the Inpatient Psychiatric Board Conference

A deeper look: Drug Medi-Cal Organized Delivery System

In July 2018, the County of San Diego implemented the Drug Medi-Cal Organized Delivery System (DMC-ODS) which will triple spending on substance use disorders from \$54.6 million to \$179.6 million over the next three years to address opioid and other substance abuse that often exacerbate homelessness, mental illness and criminal behavior.

The enhanced system was specifically designed to serve low-income San Diegans and will address the systemic damage that substance abuse inflicts on people, families and communities. According to San Diego County Medical Examiner data, the number of unintentional drug and alcohol-related deaths more than doubled—jumping from 268 to 544 (from 2000-2016).

The expanded system, known as the Drug Medi-Cal Organized Delivery System, will allow the County to tap into more federal Medicaid funds, significantly enhance services and expand the provider network to increase the number of clients served. California was the first state in the nation to create an organized delivery system for drug treatment services for people who receive Medi-Cal.

During Fiscal Year 2016-17, more than 11,300 people received substance use treatment at County-funded centers. The enhanced system will have the capability to increase the number of clients served by 30 percent or more than 3,300 clients. The new services will be more comprehensive and include case management, withdrawal management, medication assisted treatment, aftercare and recovery residences.

The new system will improve care, increase efficiency and reduce costs, and will ultimately address the collision of the homeless and substance abuse problems.



Supervisor Ron Roberts announces the passage of DMC-ODS as community leaders in the Behavioral Health field look on



Looking Forward: Behavioral Health Advisory Board 2019 Priorities

On October 6, 2018, the Behavioral Health Advisory Board held a Fall Retreat where each BHAB member discussed their priority issues for consideration in 2019. The Board then voted to establish the following priorities for 2019:

Top 3 priorities

- Address homelessness countywide, with a focus on provision of housing options for all homeless individuals under a housing-first model.
- Collaborate with County and external partners to improve care coordination and strengthen the continuum of care across the spectrum of behavioral health by identifying challenges and gaps that hinder client access to services.
- Continue the development of BHAB, its structure, processes, and reporting systems by developing an appropriate, meaningful role for BHAB engagement in the system of care planning and appropriate service delivery.

In Our Own Words: *What Do These Workgroups Mean to You?*

As part of the annual retreat, BHAB voted to form three workgroups to make focused progress in three specific areas, to align with their identified 2019 priorities.

During the annual BHAB retreat, members identify priorities for the next year's work plan. For 2019, three were selected to be of special focus and members self-selected to one or more workgroups. The workgroup on the BHS continuum of care met in late December 2018 and selected me to chair them. With a new director coming in 2019, the workgroup began its deliberations by inviting him to share his views for future strategies. With the current heightened attention by the SD Board of Supervisors on the County's system of care for both psychiatric and substance use disorder services, the challenge to this workgroup is to articulate a vision of the future which transforms existing systems toward integrated services based on performance outcomes responsive to clients' needs at all ages and stages of their respective needs.

Judith Yates, Chair – Care Coordination Across the Continuum of Care Workgroup

I have been on the Behavioral Health Advisory Board since April 2016. Supervisor Greg Cox appointed me, and I am very grateful that he did. My BHAB involvement has enabled me to know in more depth not only the County's Behavioral Health Services, but also the Health and Human Services Agency in general, especially in the area of homelessness. Such knowledge was of great help to me in writing my thesis on homelessness that I submitted in October 2018 to Antioch University for my Master's in Urban Sustainability. That thesis is now being applied in practice by the BHAB homelessness workgroup that I currently chair. Being involved in the homelessness workgroup is very rewarding because it enables my teammates and I to pursue real solutions to homelessness in our diverse communities. We are optimistic that we will attain some positive outcomes.

Joel San Juan, Chair – Housing & Homelessness Workgroup

The Building a Better BHAB Workgroup was formed to make recommendations to the larger Behavioral Health Advisory Board how we can improve our work. We will make recommendations on how BHAB might operate more effectively through our meetings and presentations, our workgroups, how we represent BHAB in other groups, our individual community engagements, and our interactions with county staff and our respective Supervisors.

We also support improving our information management systems especially in relation to data integration, procurement, outcomes reporting and how this information can be more widely shared throughout all stakeholder networks.

Jerry Hall, Chair – Building a Better BHAB Workgroup

For questions or questions about the Behavioral Health Advisory Board please contact Ben Parmentier at benjamin.parmentier@sdcounty.ca.gov or call 619-584-5049. All meetings are open to the public, and any interested parties are encouraged to attend and participate in the public comment period. Past meeting materials and other information can be found on the BHAB website located on the Network of Care: www.sandiego.networkofcare.org/mh (click on Behavioral Health Advisory Board)