



County of San Diego

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March 28, 2019

TO: Behavioral Health Advisory Board (BHAB)

FROM: Dr. Luke Bergmann, Director - Behavioral Health Services

BEHAVIORAL HEALTH SERVICES (BHS) DIRECTOR'S REPORT – APRIL 2019

LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS

Recovery International- New *Live Well San Diego* Partner

On March 6, 2019, Recovery International was recognized as the newest BHS *Live Well San Diego* partner. A proclamation signed by each of the Board of Supervisors was presented at a special event attended by Recovery International staff from across the county as well as community members who collaborate with the organization.

Recovery International is a non-profit organization founded over 80 years ago that uses a peer-to-peer self-help training system to aid individuals in gaining skills to lead more peaceful and productive lives. Individuals seeking help with mental and/or physical symptoms can attend a Recovery International meeting in a public community space, on the telephone, or on the internet. All meetings are open to the public and supported by donations.

Upcoming Events

Saturday, April 27, 2019 NAMI Walk/ HHS Wellness Expo

Once again, BHS and the National Alliance on Mental Illness (NAMI) will kick-off May is Mental Health Month with a 5K Walk/Run and Wellness Expo. The annual event will be held on Saturday, April 27, 2019 at 9AM in Liberty Station and is designed to raise awareness and de-stigmatize mental health conditions. For more information and to register for the walk, visit: www.namiwalks.org/SanDiegoCounty.

Friday, June 7, 2019 Behavioral Health Recognition Dinner

This annual event brings the behavioral health community together to recognize people who work to support clients and family members in their recovery efforts. The dinner will be held at the Marriott in Mission Valley. More information and registration will be available in early May at: <http://www.bhrdsandiego.net/>.

May is Mental Health Month

May is the month the nation works to raise awareness about mental health and wellness and support those living with mental health conditions. BHS will kick-off the month with the NAMI

Walk/HHSA Wellness Expo and continue hosting events throughout May. More information, including an event calendar will be available on the BHS website in April.

Children Youth and Families (CYF) May is Mental Health Month Celebration

CYF in collaboration with NAMI San Diego, will host the 5th Annual Children's Mental Health Well-Being Celebration on May 3, 2019 from 3:00 to 6:00 PM at the ARTS Center located at 200 East 12th Street, National City, CA 91950. The event is free and open to the public. Registration is available on Eventbrite.com

UPDATE FROM THE BHS ADULT AND OLDER ADULT (AOA) SYSTEM OF CARE

Local Government Special Needs Housing Program (SNHP)

Created in 2016 as a successor to the MHSA Housing Program (2008-2016), the SNHP provides capital funding for the development of permanent supportive housing units for individuals who are homeless or at-risk of homelessness. SNHP funds are provided as loans to affordable housing developers to create housing units dedicated to this population and are administered by the California Housing Finance Agency (CalHFA). Several SNHP-funded developments have recently opened or are nearing completion:

Quality Inn- A 92-unit rehabilitation development located in Bankers Hill that includes 25 SNHP units for clients receiving BHS-contracted assertive community treatment services.

The Beacon- A 44-unit new-construction development located in downtown San Diego that will include 22 SNHP units for clients receiving BHS-contracted assertive community treatment services. The Beacon is nearly complete and will begin leasing in Spring 2019.

Additionally, four upcoming developments recently received initial approvals for SNHP funding by CalHFA. Once fully approved, these developments would receive nearly \$9.1 million in SNHP funding and create 60 SNHP units. These developments are:

Hollister Apartments- A 83-unit rehabilitation development that would be located in Otay Mesa/Nestor and would include 25 SNHP units.

Ivy Senior Apartments- A 53-unit new-construction development that would be located in Clairemont Mesa and would include seven SNHP units for older adults.

Post 310- A 43-unit veteran-dedicated, new-construction development that would be located in Southeast San Diego and would include 10 SNHP units.

Trinity Place- A 74-unit new-construction development that would be located in Grantville and would include 18 SNHP units for older adults.

Once completed, these developments will bring the number of SNHP units to 123, and the total number of all MHSA-funded permanent supportive housing developed units to 372.

No Place Like Home

On November 6, 2018, California voters approved Proposition 2, allowing the implementation of No Place Like Home (NPLH), a capital funding program to create permanent supportive housing for adults with a serious mental illness and seriously emotionally disturbed children and their families who are homeless or at-risk of homelessness. NPLH funds will be provided as loans to affordable housing developers to create housing units dedicated to this population for the term of the loans. As an Alternative Process County (a county with more than 5% of the state's total homeless population), the County of San Diego will administer these loans locally through HHSA, Housing and Community Development Services. BHS will provide mental health, substance use disorder, and case management services to these tenants. It is estimated that NPLH will bring

approximately \$125 million to the county and fund approximately 500+ permanent supportive housing units over the next 5-6 years.

Regional Recovery Center Central: A Client Success Story In Their Own Words

I just wanted to let you know how I have been doing since my last note. I want to start from the beginning though. Mary from the medical clinic at your OB church was approached by McAlister's detox center. They asked if she knew anyone who could benefit from their services. Mary told them about me because I was basically on my deathbed. I was drinking more than a fifth a day, living on the streets and had lost all hope. When I didn't have alcohol in my system I couldn't even stand up or walk. I had numerous seizures and was a regular in the emergency rooms around town. I was more than sick. I was already 3/4 of my way into a grave.

I agreed to meet with the people from McAlister and set up a time when they would pick me up. I only did this to appease Mary for all the help she had given me in the past. I didn't think that I could stay sober just by going there as I have failed to in the past. Well I went and was so sick I felt like I was going to die. The two ladies from McAlister didn't just drop me off. They came every day to see me and took me to long term rehab centers where they tried to find me a place that was suited for me. I ended up in a program that allowed its clients to find a job and work while still focusing on recovery. It was exactly what I needed. They sent me to the doctor who took care of my many medical needs and introduced me to a psychiatrist who has totally changed my life. I never knew I had been suffering from a mental disorder. I just assumed I was another hopeless drunk.

I found a job with a temp agency and wound up working in the shipyards and going to therapy for my problems. I was put on medication for my condition and my doctors followed my progress. This was a first for me, doctors that really cared. They saw there was more to me than a person just a person who drank all the time.

Well in that time span I ended up homeless again and although I was still working and sober I was living on the streets. My counselors at the time were worried and told me to go to this place called ECS. They said if I entered their program I would get housing. Well I did and the next day I was in an ECS sober living house. All I had to do was stay sober and go to group counseling twice a week. I could still work and they would schedule my classes around my work schedule. That was a no brainer for me.*

In ECS I met my counselor Sheila. She is the BOMB. She taught me to believe and respect myself. I didn't have to feel like a second class person because of my past. I was allowed to enjoy the good things that were happening in my life and I deserved them. That I could and should stand up for myself when I was not treated in a respectful manner by others, even at my work. I am so thankful that God put her in my life with all the others who have helped me on this journey. Her groups are positive and enlightening, the other members of my group interact with one another and I learn something new about myself each group I attend.

Now back to me. I have since taken a job in my trained field [air conditioning] for a large company in the shipyard. I work on Navy vessels every day. I am in charge of my own projects and am responsible for the work performed by members of my team. I will be moving to my own apartment this week and have started classes at ECS Accord to regain my driving privileges.

All in all I would say that is pretty good for someone who was just another homeless drunk seven months ago. I have many to thank for all of this. I just know that ECS played a pivotal role in my journey and for that I will ever be grateful.

*ECS refers to Episcopal Community Services, a County-contracted program

Homeless Outreach Worker Stories: In Their Own Words

Connie & Raymond*: *While doing an outreach detail operation at the Rancho Sheriff's Sub Station, we engaged with a female named Connie who we have talked to before at Spring Valley Park. She had been chronically homeless with her boyfriend for several years in Spring Valley with their dog. She mentioned that she was working with a lady named Patty and Patty told them that all they needed was to get their birth certificates, IDs, and social security cards and they would get housing and that they were put up in a hotel at one point. She did not remember what agency Patty was from and lost her contact information several months ago. We thought about the housing program the county had alongside Interfaith Community Services hotel vouchers a while ago that housed people in Spring Valley. We told her we would do more digging and find out who this Patty is and find them at Lamar Park which was where they were staying. Later that afternoon, we attended the BHS HOW meeting, and we spoke with our friend from ICS and she knew exactly who Patty was, so she gave us her contact info.*

We reached out to Patty who is a Housing Specialist at the San Diego County Housing and Community Development, and we left her a message. A couple weeks later we received a call back from her while doing an outreach event with SD Public Works and we happened to be in Spring Valley. She explained to us that there was a program they had called TBRA (Tenant Based Rental Assistance) which is a housing voucher and she knew exactly who we were talking about, but she lost contact with them several months ago and has not been able to find them, she needed all their documents to get them into the program. She told us that unfortunately that program no longer exists, but she would ask her supervisor, Megan O'Dowd, if they can make an exception to them since we were working with them. She got the approval and she also got the approval to house them in a hotel with our hotel voucher program. We stopped by Lamar Park and found them and told them the great news.

Throughout their stay at the hotel for 4 weeks, and with the collaboration with the SD County HCD, we were able to help them get all their necessary documents for the voucher, their voucher was approved, and Patty found an apartment unit for them, ready to move in and just in time for Christmas. We took them to the apartment to sign their lease, and we walked them into their new one-bedroom apartment, keys in hand. Finally, after several years of being chronically homeless in Spring Valley with their dog, they were finally safe and at a place they could call home. Connie described it as their Christmas miracle and the best Christmas present she has ever had!

Patricia & Jeremy*: *While doing outreach at Spring Valley Park, we came across a newly homeless mother and adult son who found themselves homeless at the park because they were kicked out of the apartment they had been renting due to too many late payments. With very low income and the eviction, they were finding it very difficult to find someone willing to rent to them and to save any money for the move in costs. They were not eligible at our first encounter, but after re-engaging with them several times, they were finally eligible, but they were feeling very hopeless and had several bad things happen to them at the park. Their money and things were stolen several times, their car was stolen, and the mother revealed to us that her son, who is mentally challenged was raped at gun point. They were desperate to get out of the park. We told them about the rent to own trailers in Butterfield Ranch in Julian and they said that would be*

perfect for them and it was what they could afford. We called Matt Philbin, a landlord with a heart for the homeless and who owns Butterfield Ranch, and he said he could make that happen. We did their assessment and were able to get the approval to house them in a hotel to give us time to work with them and help them get all their documents and get them safe out of the park. We worked with them during the stay there, helped them get all their documents, connected them to Matt and got a match the Crisis House Rapid Rehousing. Mathew's brother moved them out to Butterfield Ranch, and he even helped them get their stuff from storage. The Crisis House provided funding to help with the first month's rent, deposit, and a few months of rental assistance. They are thankful to finally be out of Spring Valley Park, and safely housed in their new rent to own trailer!

*Names may be changed to protect confidentiality

Respectfully submitted,



Dr. Luke Bergmann, Director
Behavioral Health Services

LB/bp

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