

2017

County of San Diego

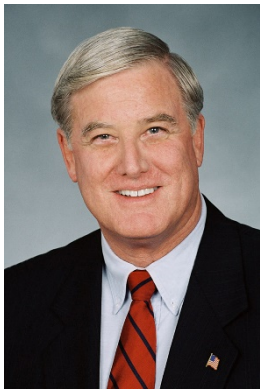
Behavioral Health Advisory Board

Annual Report





San Diego County Board of Supervisors



Greg Cox
District 1



Dianne Jacob
District 2



Kristin Gaspar
District 3



Ron Roberts
District 4



Bill Horn
District 5



Helen Robbins-Meyer
Chief Administrative Officer
County of San Diego



Nick Macchione
Agency Director
Health and Human Services Agency



Alfredo Aguirre
Director
Behavioral Health Services

A Message from the Health and Human Services Agency

The 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 Health and Human Services Agency, Behavioral Health Services administration throughout 2017. 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 healthy, safe and thriving. We are proud to have a robust and engaged community network, of which, BHAB is a crucial part.

It is clear that 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. You work to elevate service priorities for homeless individuals with mental health or addiction challenges and link housing supports with behavioral health services supporting 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 past year, the hard work of BHAB's Suicide Prevention Workgroup resulted in several important recommendations which have helped guide the design and community engagement planning of the County of San Diego's Suicide Prevention Action Plan. Similarly, your feedback during the planning process for Drug Medi-Cal Organized Delivery System was instrumental as the County worked with providers, citizens, and stakeholders to produce a comprehensive implementation plan.

As we look forward to 2018, 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 2017.

With gratitude,



Nick Macchione
Agency Director, Health and Human Services Agency



Alfredo Aguirre
Director, 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 the County's Performance Contract with the State,
2. Review and make recommendations on the appointment of the local behavioral health director,
3. Provide an annual update to the Board of Supervisors on the needs and performance of the local behavioral health programs, and to the California Mental Health Planning Council on the County's performance outcome data.

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.



As a family member, I have done my best to keep up to date and hear firsthand information on programs that are in place as well as being part of the team to develop new programs to address substance abuse. By participating on BHAB I have the opportunity to hear and better understand how the County is working to address this crucial issue and have my voice heard.

I also feel that serving on the BHAB is a vital extension of my professional role as a Child Welfare and Attendance Coordinator in one of the large local high school Districts. We need to work together as a whole if we truly want to see change and improvement in our problems around drug abuse. We all have a responsibility to engage with our government and pay attention to trends and decisions being made.



-Jenifer Mendel, 2018 BHAB Chair



Participating in the Behavioral Health Advisory Board has given me an opportunity to champion ideas and concerns of the members of the community I come in contact with throughout the month, as well as those I've gained from my own lived experience. Getting involved is the best thing I can do to help improve San Diego County Behavioral Health Services and ultimately how we serve every individual in need.



-Jerry Hall, BHAB Member, District 4

Behavioral Health Advisory Board's 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 2017, the 21 members of BHAB actively reviewed and evaluated the community's behavioral health needs, services, programs, facilities, and procedures. BHAB provided input and guidance on eight items related to local behavioral health services prior to these items being going before and being considered by the San Diego County Board of Supervisors. BHAB members approved a total of 12 action items,

including these 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 offers an opportunity to engage these professionals in dialogue. BHAB heard from over 20 technical experts from the behavioral health field as they presented on a variety of issues affecting the community, and the region.

2017

JANUARY

The year began with a presentation on the County of San Diego's *Live Well San Diego* vision, given by Dale Fleming, the County of San Diego Health and Human Services Agency's (HHS) Director of Strategy and Innovation, and Dr. Danyte Mockus-Valenzuela of HHS, Behavioral Health Services (BHS). These experts updated BHAB on the *Live Well San Diego* vision for a region that is building better health, living safely, and thriving. This vision is key in guiding all actions the County undertakes, and provides a framework within which BHAB influences policy decisions.

The year continued with a February presentation on the impact of Proposition 64, which was passed in late 2016 by California voters, and took effect January 1, 2018, legalizing recreational marijuana. The group discussed this law with BHS' subject matter experts and heard about the prevention and education efforts that the County provides.

FEBRUARY

MARCH

March found BHAB receiving an in-depth look at the BHS budget forecast from BHS Director, Alfredo Aguirre, as well as an update on the Mental Health Services Act (MHSA) Innovation Plan from Adrienne Yancey of BHS. Understanding funding sources, their restrictions, and engaging in critical thinking about allocations of revenue is of great interest to BHAB.

Patient Advocates were featured at the April BHAB meeting, sharing the wealth of knowledge they have gleaned from working with clients in both outpatient and inpatient services. These advocates updated BHAB on the number of cases they had worked the year prior, as well as the goals they have for the future. Patient advocates play a crucial role in ensuring client cases receive appropriate attention, and assist clients in the event of appeals or grievances. They also provide training and technical expertise to providers and County staff. Yael Koenig, BHS Deputy Director, also provided BHAB with an informative look at the Substance Use Disorder system of care, focusing on the many services BHS provides to children and adolescents across the region.

APRIL

MAY

The HHS Operations Plan came before BHAB in May with a presentation by HHS's Assistant Finance Director Amy Thompson, and BHAB members were able to discuss funding priorities, the economy, and staffing levels.

Dr. Piedad Garcia, BHS Deputy Director, spoke to BHAB in June about the unique challenges of treating individuals with a Serious Mental Illness who may be resistant to treatment. This is a major area of interest to BHAB. Dr. Garcia described the various programs used by BHS to engage these individuals in treatment, and led a discussion

JUNE

about the importance of clients and their families' investment in a treatment plan that best facilitates recovery.

AUGUST

With law enforcement being a crucial partner in the fight against substance use disorder and mental illness, it is essential that BHAB engage local representatives to provide updates on the vital work they do in the local community. In August, the San Diego County Sheriff's Department provided an update on the Stepping Up program. This collaborative new program aims to address the mental health needs of those in local custody.

In addition, BHAB has long recognized that the issues of affordable housing and homelessness are inextricably linked to the SUD and/or mental health challenges of many clients. To that end, BHAB invited Assemblymember Todd Gloria to address the group in August. He provided an update on pending state legislation to increase funding for affordable housing, and listened thoughtfully to BHAB sharing their areas of local focus.



Members of BHAB along with BHS Director Alfredo Aguirre, and Special Guest Assemblymember Todd Gloria, in August 2017

The September BHAB meeting featured a public comment period concerning the County of San Diego's MHSA 3-year Program and Expenditure Plan, with providers, consumers, and other stakeholders sharing their thoughts on the crucial state funding for local mental health work. An ongoing local issue also shared the agenda in September was the local opioid epidemic. BHS' DUI & Prevention Services Coordinator, Linda Bridgeman Smith, provided BHAB with an update on the work being done to prevent opioid abuse, and the collaborative efforts of the Prescription Drug Abuse Task Force.

SEPTEMBER

OCTOBER

One task BHAB is required by state statute to undertake, is to complete an annual evaluation of the local mental health service delivery system. This takes the form of the Data Notebook, a work product submitted to the California Mental Health Planning Council. In October, the BHAB meeting discussed this with Tabatha Lang, Chief of Agency Operations at BHS and began working on completing the project. This year, the Data Notebook focused on the specific needs of the Older Adult population, so BHAB worked with the BHS Older Adult Council and BHS staff to respond to the questions posed by the Planning Council.

Collaboration with law enforcement was again the focus of BHAB's meeting in November, when representatives from the San Diego Police Department shared an update of their much-lauded partnership with BHS clinicians on Psychiatric Emergency Response Teams (PERT). BHAB members appreciate the adoption of this innovative model in response to mental health emergencies in the community.

NOVEMBER

DECEMBER

To close out the year, BHAB received an update on the BHS budget from Melinda Nickelberry, Deputy Director of Departmental Operations, who leads the BHS Fiscal team.

In addition, BHAB heard from Administrator Walter Hekimian and Dr. Rebecca Ferrini of Edgemoor Distinct Part Skilled Nursing Facility. The discussion provided an overview of patient caseloads, staffing, and celebrated the achievement of Edgemoor earning the 2017 Gold Excellence in Quality Award from the American Health Care Association.

Looking Forward:

Behavioral Health Advisory Board Priorities in 2018

On October 21, 2017, the Behavioral Health Advisory Board held a Fall Retreat where each BHAB member discussed their priority issues for consideration in 2018. The Board then voted to establish the following priorities for 2018:

Top 3 priorities (alphabetically)

- Address homelessness countywide, with a focus on provision of housing.
- Perform a continuum of care gap analysis that includes wait times for screenings, assessment, and treatment.
- Support, facilitate and advocate for environmental Alcohol, Tobacco and Other Drug (ATOD) prevention policies and monitor the regulation and effects of medical and recreational marijuana (post Proposition 64) including the impacts of impaired driving.

Alternate priorities (alphabetically)

- Advocate for expansion of Psychiatric Emergency Response Team (PERT) services.
- Advocate for more collaboration with schools to provide mental health services to youth and teens.
- Continue the development of BHAB, its structure, and its processes.
- Involvement in strategic planning for a possible financial downturn.

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).

