



County of San Diego

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HEALTH AND HUMAN SERVICES AGENCY
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January 31, 2019

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, LCSW, Director
Behavioral Health Services

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

ACTION ITEM(S): NONE

LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS:

Upcoming Events – Save The Date

January 25, 2019 Point-In-Time Count

Each year the County encourages employees to volunteer with the Point-In-Time Count. The count is a federally mandated requirement to document homelessness. This exercise helps the region identify the scope of the homeless problem and find solutions to best serve this vulnerable population.

This year's count was more than a simple tally, but an "engaged survey count" where the homeless were surveyed with multiple questions. Results of the survey are expected to produce more robust data about the local homeless population and their needs, not simply a total count. Results will be available later this year.

April 27, 2019 - NAMI Walk/ HHSA Wellness Expo

BHS will once again partner with the National Alliance on Mental Illness (NAMI) San Diego at the annual NAMI Walk/ HHSA Wellness Expo. The event will be held April 27, 2019 and features a 5K which brings awareness of mental illness to the community. For more information and to register for the walk, visit: www.namiwalks.org/SanDiegoCounty

UPDATES FROM THE PREVENTION AND PLANNING UNIT (PPU)

North Coastal Live Well Health Center Opens in Oceanside

The County of San Diego opened the new North Coastal Live Well Health Center in Oceanside on December 4, 2018 offering behavioral health treatment and recovery services and resources for military and veterans. The center is located on the site of a former County facility and will soon house a public health clinic that's slated to open in 2019.

Three mental health programs are located on site:

- The North Coastal Mental Health Clinic provides counseling, case management, employment services and outpatient mental health medication management for those 18 years and older with a serious mental illness.
- The Mariposa Clubhouse provides member-driven social, rehabilitative, recovery and vocational services for adults with a serious mental illness.
- The North Coastal Regional Recovery Center provides outpatient substance use and disorder treatment services for adults.

The center also includes a Military and Veterans Resource Center that connects veterans with support and benefits. It also hosts several community-based organizations dedicated to assisting veteran and active duty military. A large conference room is also available for community use in the facility.

Annual School Summit

On October 12, 2018, over 250 school personnel and parents attended the School Summit on Student Engagement and Resource Fair at Marina Village Conference Center. This annual event highlights important partnerships between HHSAs and schools which link needed services to support student success. Some of these are behavioral health-related services such as counseling and substance use disorder treatment. A variety of breakout sessions on behavioral health related topics occurred throughout the day, including: A Briefing on Adverse Childhood Experiences, Current Drug Trends, and HERE NOW: School Based Suicide Prevention & Early Intervention.

MHSA Community Engagement Forums

Between October 8 and November 9, 2018, BHS hosted nine Community Engagement forums, with at least one in each County HHSAs region. The forums, held annually, are a vital part of strategic planning for the County's system of behavioral health. The main goal is to increase access and to improve effectiveness of services in underserved communities, by hearing from them directly. Produced by the Institute for Public Health at SDSU, the workshops drew approximately 325 stakeholders to discuss topics such as new approaches to addressing homelessness, school violence and threats; services for mental health crises; drug and alcohol use among teens; and new approaches to mental health disorders that co-occur with developmental delays. In addition to the nine forums, two focus groups convened peer support workers and justice-involved clients for more specific perspectives in those specialties. The annual Community Engagement Forum series allows community members to speak directly with program management. A draft report will be released for public review in spring 2019.

New Suicide Prevention Program for Gun Safety Gaining Strong Support

With the knowledge that firearms are the leading method of suicide in San Diego County, HHSA began a means reduction campaign in 2018 to educate the public about the importance of securing firearms and reducing access to these lethal means of suicide.

At the kickoff on September 12, 2018 over 300 gun locks were distributed to mental health physicians, clinicians and providers at a suicide prevention workshop. Workshop attendees were provided with a free on-line course developed by the Suicide Prevention Resource Center titled, 'Counseling on Access to Lethal Means' (CALM), designed for providers who treat and/or counsel people at risk for suicide.

As of this writing, 4,273 firearm safety materials have been distributed. A total of 12 gun shops have agreed to distribute firearm safety materials to their clients, and each has been provided with 250-1,000 brochures for this distribution. Some local providers of gun safety instruction classes have also agreed to incorporate suicide prevention information into these firearms classes. Outreach to other local retailers and the larger community will continue.

A special website directing visitors to specific gun safety for suicide prevention information and resources was also established: <https://up2sd.org/learn/prevent-firearm-suicide/> Collectively, these efforts combat the grim data which has shown that firearms were the most common method used in suicide deaths in the United States, accounting for almost half of all suicide deaths (22,963 out of 44,965) in 2016.

Respectfully submitted,



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AA/bp

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