



# County of San Diego

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November 22, 2022

TO: Behavioral Health Advisory Board (BHAB)

FROM: Luke Bergmann, Ph.D., Director, Behavioral Health Services (BHS)

## **BEHAVIORAL HEALTH SERVICES (BHS) DIRECTOR'S REPORT – DECEMBER 2022**

### **BHS 2022 YEAR IN REVIEW**

#### **BHS Program Highlights:**

- **Youth Development Academy**

In collaboration with the Department of Probation, BHS is providing behavioral health treatment services to what were formally known as Department of Juvenile Justice youth. In September of 2020, California enacted Senate Bill (SB) 823 to shift the responsibility of care for these youth, who have the most serious offenses, highest needs, and longest commitment terms, back to their home counties. BHS in partnership with Probation and contracted providers provide evidenced based, trauma-informed and developmentally appropriate services to address the underlying needs of these youth. The new program is called the Youth Development Academy. BHS began delivering services at the East Mesa Detention Facility beginning October 2022.

- **American Society of Addiction Medicine (ASAM) 0.5 – Early Intervention**

As of October 2022, Early Intervention (ASAM Level 0.5) services for youth and young adults who are at risk of developing substance-related problems were added county-wide to the Teen Recovery Centers. Services are available to those up to 21 regardless of income, Medi-Cal eligibility, and insurance coverage. Early intervention services may include screening and assessment, education on substance use and refusal skills, and introduction to prosocial activities and can be provided in the community, at school sites, or at the Teen Recovery Center site. Service duration varies and may be from one session to multiple sessions, depending on individual and family need.

- **Wraparound Aftercare**

As of October 2022, aftercare services must utilize California's Wraparound model pursuant to statute and must be aligned with the ten Wraparound Principles, comply with the California Wraparound Standards currently specified in ACIN I-52-15, and support each child's permanency plan. County child welfare agencies, juvenile probation departments, and mental health plans, in coordination with county interagency leadership teams, submit a County Wraparound Plan, which must show a county's plan for full compliance with the high-fidelity requirements that are currently being developed. The County of San Diego (County) plan was approved by California Department of Social Services (CDSS) and the California Department of

Health Care Services (DHCS) on February 3, 2022 and has infused service enhancements and utilization of the WIFI-EZ as the fidelity measurement tool.

- **Screening to Care**

Beginning in August 2021 BHS partnered with San Diego County School Districts to develop a screening program that would systematically identify youth needs. Screening to Care is a result of that collaboration. It's a new program with the overarching goal of universal screening of middle school students to determine social-emotional need and provide prevention and early intervention supports utilizing the multi-tiered system of supports (MTSS) framework by providing primary supports for the entire school, secondary supports for those students that need extra assistance in meeting academic and behavioral goals, and tertiary support for those students that need more formal individualized support. The program is designed for contractors to provide services in partnership with school districts throughout the county. Contracts are under active procurement and projected to begin in January 2023.

- **Children, Youth, and Families (CYF) Service Directory & Regional Directories**

The BHS CYF Services Directory and the BHS CYF Regional Services directories were revamped in 2022 for ease of access of available programming and utilization by families and community members. The BHS CYF Services Directory describes services and resources for children, youth, and families that are currently funded by the County, which include County-operated and contracted programs. The BHS CYF Regional Services directory includes County BHS services in the region, inclusive of school-based supports, as well as regional lists of outpatient clinics and countywide specialty programs. The service directory can be accessed at: <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/CYF/CYF%20Services%20Directory.pdf> and regional directories accessed at: [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_children/Schools.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/Schools.html)

- **Creating Opportunities in Preventing and Eliminating Suicide (COPES) Program**

On April 18, 2022, the Mental Health Services Oversight & Accountability Commission (MHSOAC) released a Request for Applications for current grantees to apply for additional Mental Health Student Services Act (MHSSA) grant funding. On July 6, 2022, MHSOAC issued a Notice of Intent to Award the additional funding of \$1.1M. Subsequently on August 16, 2022, the County Board of Supervisors (BOS) approved the acceptance of the additional MHSSA grant funding. The additional grant funding will enhance the current Creating Opportunities in Preventing and Eliminating Suicide (COPES) program with the San Diego County Superintendent of Schools as the lead agency. The COPES program supports the implementation of suicide prevention policies in school districts and charter schools and provide training and education in suicide prevention efforts. The additional funding will be used to enhance hiring of qualified mental health personnel, professional development for school staff, or to support other strategies that respond to the mental health needs of children and youth.

- **Come Play Outside**

A partnership that was initiated in 2021 with the City of San Diego Parks and Recreation Department was renewed in 2022 for the 'Come Play Outside' programming which was previously known as 'Get Kids Outside'. Outdoor family programming is offered to promote wellness and health of community members. The initiative is built on the foundation that connects physical and social community interactions to promoting confidence, sense of responsibility, while building self-image and instilling hope and positive connections. Under the Health and Human Services Agency (HHS) contract for the 'Come Play Outside' initiative, the expectation is to deliver a minimum of 96 sessions annually with a minimum of 28,800 duplicated participants. More information can be found at <https://comeplaysd.com/>.

- **San Pasqual Campus**

In collaboration with Child Welfare Services, BHS has initiated a competitive procurement for behavioral health treatment services for youth who are placed at the San Pasqual Campus Group Home and Foster Family Agency (FFA) homes. The new contract will operate a Structured Outpatient Program which provides intensive services mental health and substance use treatment to meet the behavioral health needs of youth placed at San Pasqual Campus.

- **Establishment of Pediatric Symptoms Checklist (PSC) Clinical Thresholds**

In Fiscal Year 2018-19, the Pediatric Symptom Checklist (PSC) was implemented as directed by the California DHCS. County clinical objectives were initially established to achieve completion rate of 75% for discharged clients. Through a collaborative process, improvement outcomes related to two clinical objectives were established as it relates to Reliable Improvement and Clinically Significant Improvement. Communication was sent to mental health programs on June 17, 2022: <https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/CYF/2022-06-17-BHS%20CYF%20Contractor%20Memo-Clinical%20Outcome%20Standards.pdf>

- **Launch of Childhood Anxiety Resource webpage**

BHS CYF program services, in partnership with the Responsive Integrated Health Solutions (RIHS) contract, launched childhood anxiety resources website for providers. The compilation of resources includes but are not limited to assessment and treatment, research and training, books and workbooks, videos and podcasts. The link to access these resources is: <https://theacademy.sdsu.edu/programs/rihs/childhood-anxiety-resources-for-providers/>

- **FSP Website**

As of October 2022, a new Full-Service Partnership (FSP) resources web page was made available for contractors to find items related to CYF Full-Service Partnership and data collection reporting in one location. Some of the resources include training modules, data forms, quarterly reports, and frequently asked questions. Link to this page is: [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/Full\\_Service\\_Partnership.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/Full_Service_Partnership.html)

- **Student Behavioral Health Incentive Program (SBHIP)**

BHS CYF program services collaborated with the San Diego Managed Care Plans on the development of the local Student Behavioral Health Incentive Program (SBHIP). The objectives of the program are to:

- Break down silos and improve coordination of child and adolescent behavioral health services for those enrolled in Medi-Cal through increased communication with schools, school affiliated programs, managed care providers, counties, and mental health providers.
- Increase the number of TK-12 students enrolled in Medi-Cal receiving behavioral health services provided by schools, school-affiliated providers, county behavioral health departments, and county offices of education.
- Increase non-specialty services on or near school campuses.
- Address health equity gap, inequalities, and disparities in access to behavioral health services.

An overview of the SBHIP program, including current program status and timelines, was provided at the CYF Council meeting on November 14, 2022. The presentation included dialogue and the opportunity for meeting attendees to provide input and feedback.

- **School Based Suicide Prevention and Early Intervention Services**  
San Diego Youth Services (SDYS) Suicide Prevention and Intervention (<https://sdyouthservices.org/services/suicide-prevention-and-intervention/>) provides school based suicide prevention and early intervention program services for youth in grades 7-12 in school settings and transition age youth (TAY) ages 16 to 25 in non-school settings. SDYS in collaboration with North County Lifeline and South Bay Community Services, provide a multi-level, evidenced-based suicide and bullying prevention program known as HERE Now (Helping, Engaging, Reconnecting and Educating), which focuses on increasing awareness, promoting conversations, and inspiring connections to prevent suicide. Over 146,000 students, teachers/staff and parents were served through the previous contract period and a new contract has been awarded to SDYS with services beginning on 10/1/2022.
- **BHS Parenting Prevent and Early Intervention (PEI) Programs**  
BHS contracts for parenting skills development and engagement services in alignment with a focus on supporting mental health and wellness for youth and families. The Positive Parenting Program, operated by Jewish Family Service (<https://www.jfssd.org/our-services/adults-families/positive-parenting-program/>), utilizes an evidence-based curriculum, the Positive Parenting Program (Triple P) to provide skills development education through individual and group sessions for parents and caregivers of children ages 5-12 to promote social, emotional wellness for children and their parents. During Fiscal Year 2021-22, over 1,700 parents and caregivers were provided training and since the start of the contract, over 15,000 parents and caregivers have been trained. The Father 2 Child program (<https://www.mhasd.org/father-2-child>), operated by Mental Health America of San Diego County, provides education and information awareness services to enhance fathers' knowledge, skills and positive attitudes towards parenting. Program serves fathers and children of the Central Region and reached 178 fathers and 315 children in FY 2021-22.
- **Freedom Ranch Addition of American Society of Addiction Medicine Levels of Care 3.2 and 3.3**  
San Diego Freedom Ranch is a long-term residential substance use (SU) treatment facility for males ages 18 and up. Freedom Ranch obtained a DHCS Facility License and Certification to provide ASAM Levels of Care (LOCs) 3.2 Clinically Managed Residential Withdrawal Management and 3.3 Clinically Managed Population-Specific High-Intensity Residential Services. In November 2022, the contract was amended to add nine 3.2 beds and designate four of the existing beds as 3.3. These additional withdrawal management beds will increase the availability of detox treatment. This will be the County's first facility to operate 3.3 Clinically Managed Population-Specific High-Intensity Residential Services.
- **UPAC Expanding Horizons – TAY SU Outpatient Services**  
Expanding treatment options for TAY, UPAC New Horizons, will operate a TAY specific outpatient SU treatment program in the central region. This program will provide TAY clients, ages 18 to 25, with age and developmentally specific, comprehensive, preventative, rehabilitative, and therapeutic behavioral health care. ASAM LOCs served at this site will be outpatient and intensive outpatient. Programming includes artistic expression and prosocial activities specific to the TAY population. Overall goals of this TAY specific program include outreach and engagement, client access to timely care, retention in treatment, reduction of substance use relapse, reduction in justice involvement, improvement in quality of life, and increase in self-sufficiency.

- **Episcopal Community Services (ECS) TAY SU Residential Services**

ECS SU Residential Services Program is another addition to the SU system of care specific to the TAY population. The program will provide 24-hour, 15 bed, non-medical residential substance use treatment, withdrawal management, recovery, and ancillary services to transition-age individuals ages 18 to 25, with substance use issues, including co-occurring mental health conditions. Program will provide ASAM LOC 3.1 Clinically Managed, Low-Intensity Residential Services, ASAM 3.5 Clinically Managed, High-Intensity Residential Services, and ASAM LOC 3.2 Clinically Managed Residential Withdrawal Management. Programming and facility will be specific to the TAY population and include outreach and engagement, client- and family-centered, individualized, clinically effective, outcomes-driven, culturally responsive services, gender specific, trauma informed, developmentally-age-appropriate interventions, inclusive of evidence-based treatment practices and recovery service approaches, and harm reduction.

- **Apex Recovery Ambulatory Withdrawal Management 1 and 2**

Apex Recovery will provide outpatient services for Ambulatory Withdrawal Management (WM) to adults ages 18 years and up with substance use conditions, including co-occurring mental health conditions. ASAM LOCs served at this program will be Ambulatory WM 1-Ambulatory withdrawal management without extended on-site monitoring and WM-2 Ambulatory withdrawal management with extended on-site monitoring. Ambulatory WM provides the appropriate level of medical and clinical support to allow for client safety during the withdrawal period and allow the client and treatment team to work together to determine the optimal ongoing treatment strategy. The primary goal is client safety to minimize the health risks associated with withdrawal. Ambulatory WM will not be withheld from a client due to level of commitment to long-term abstinence. All clients, particularly those with alcohol, sedative, and opioid use conditions (OUC), can be considered for clinical appropriateness of WM services and have access to these essential treatment services. Ambulatory WM alone does not constitute adequate treatment for substance use conditions. Effective ambulatory WM increases the likelihood that a client will complete withdrawal successfully and transition to the next stage in the treatment process. Clients who receive WM will be connected with ongoing treatment services.

- **Mobile Crisis Response Teams (MCRT)**

A general media campaign was launched from January 31, 2022 to May 29, 2022, to inform and educate individuals throughout San Diego County about this new program. This multi-media campaign reached people of all ages in the county and included messaging in various languages (English, Spanish, Farsi, Arabic, Tagalog, Vietnamese, and Chinese) to broaden the delivery of the message. Additional messaging will be forthcoming as BHS will work with its media contractor to expand the campaign to include print-ads, social media ads, and bus shelter ads to reach even more San Diegans throughout the county. Messaging will be tailored to reflect groups with a shared identity, with the goal of reaching the most vulnerable, underserved, and/or unserved populations.

MCRT has responded to over 3,200 calls from the Access and Crisis Line (ACL) and Law Enforcement. Phase 1 of the MCRT roll-out has been completed and Phase 2 is in the planning and development stage with key stakeholders and community engagement partners to include input on MCRT implementation on tribal lands, as well as Fire/EMS collaboration on MCRT response at schools, colleges, and universities.

## **2022 BHS Infrastructure Highlights:**

- **North Coastal Live Well Health Center Community-based Crisis Stabilization Unit Update**

In April 2022, North Coastal Crisis Stabilization Unit (CSU) was opened in Oceanside. The CSU provides individuals who are experiencing a behavioral health crisis with more acute care and closer monitoring as part of the regional continuum of behavioral health services. Services that are provided include 24/7 walk-in mental health services, and SUD services. The North Coastal Live Well Health Center CSU received the Project of the Year in the Structures category by the American Public Works Association (APWA).

- **East Region Edgemoor Acute Inpatient Psychiatric Unit Update**

Edgemoor Acute Inpatient Unit allows residents to continue to receive the appropriate specialty psychiatric care without requiring them to transfer out of their residence at Edgemoor. This facility will have the capacity to serve residents countywide, as needed, and will increase accessibility to vulnerable individuals within the East Region, which currently has limited behavioral health infrastructure.

Edgemoor Acute Inpatient Unit, within the existing Edgemoor campus, will support access to individuals experiencing a behavioral health crisis in the East Region. In March 2022, BHS submitted a Behavioral Health Continuum Infrastructure Program (BHCIP) Launch Ready Grant application totaling \$12.4 million for the Edgemoor Acute Psychiatric Unit capital project to support the expansion of the Continuum of Care infrastructure within San Diego County. In September 2022, DHCS notified BHS that additional BHCIP Launch Ready grant funding was conditionally awarded for the Edgemoor Acute Inpatient Unit capital project increasing the total grant funding awarded to the County from \$12.4 million to \$16.8 million.

Department of General Services, BHS, architects and other consultants are conducting user group meetings to inform the design development phase. Construction is anticipated to be complete by late 2024/early 2025.

- **Behavioral Health Hub for Children (Rady's) Update**

On March 10, 2020, the Board approved to begin the process of evaluating and potentially developing a behavioral health hub in partnership with Rady Children's Hospital (Rady) which would provide an array of services designed to meet the needs children and youth. Services include inpatient and acute care services; crisis stabilization services; partial hospitalization; and care coordination services.

DGS continues to work with Rady's on California Environmental Quality Act (CEQA) compliance anticipated to be completed by December 2022. The project is currently in the planning phase, with construction set to begin in 2025.

- **North Coastal Psychiatric Health Facility Update (PHF)**

In September 2019, the BOS authorized an agreement to pursue the development of a psychiatric health facility at Tri-City Medical Center's main campus located in Oceanside to build back capacity of crisis services in North County. The services are designed to support connections to the continuum of care, providing for appropriate care transitions to the most appropriate levels of care, and meeting the needs of patients, families, and the community.

When operational, this facility will offer patient-centered care in a 16-bed mental health treatment center, providing short-term, inpatient services that include assessment, crisis planning, medication, supportive therapy, discharge planning, and community supports. Walk-in or outpatient services are not provided, with 24/7 security onsite for this locked facility. Upon discharge, patients will be connected to appropriate community-based care services.

On October 17, 2022, a Tri-City PHF groundbreaking ceremony was held at the Tri-City Medical Center campus in Oceanside. The attendees for the groundbreaking ceremony included the BOS, HHS Director, CEO and CMO of the Tri-City Healthcare District, and the Mayor of Oceanside.

### **Advancements in Harm Reduction Strategies**

San Diego County's Comprehensive Harm Reduction Strategy was initiated in January 2021 and approved for launch in June 2021 by the BOS. This strategy has established a harm reduction approach towards substance use, with the overall goal of improving the health and wellbeing of San Diegans, with particular emphasis on people who use drugs, a high need population.

As part of this work, effective July 2022, the County contracted with the Harm Reduction Coalition of San Diego to expand upon the County's Naloxone Distribution Program and saturate the community with naloxone, a lifesaving medication that reverses the effects of an opioid overdose. This newly expanded Naloxone Distribution Program utilizes targeted outreach and training, partnerships with community-based programs, and the implementation of naloxone vending machines. The overarching goal is to distribute 33,000 naloxone kits by June 30, 2023. To date, over 10,000 naloxone kits have been distributed. The first naloxone vending machine will be placed at the McAlister Institute South Bay Regional Recovery Center in Chula Vista by December 31, 2022.

In addition, the Community Harm Reduction Teams (C-HRT) continue to provide low-barrier services for clients who experience chronic substance use and co-occurring conditions and are challenging to engage. To date, 1,114 outreach contacts have been made with individuals in East Village and Midway, 192 individuals have been engaged with C-HRT for short-term case management, 214 individuals have accepted placement at the dedicated C-HRT shelter and 11 individuals have moved through the shelter into permanent housing. Plans to expand the program are in progress. Lastly, implementation of a harm reduction mobile unit service model is underway.

### **BHS SPECIAL EVENTS AND ANNOUNCEMENTS**

#### **7<sup>th</sup> Annual Live Well Advance Conference – Registration is Open**

The Live Well Advance Conference & School will be held in-person at the San Diego Convention Center on December 7, 2022, from 8:00AM to 5:00PM. This conference brings thousands of partners and stakeholders together to network, learn about new tools and best practices, and participate in breakout sessions. Leaders from every sector come together to participate in efforts to advance our shared vision of a healthy, safe and thriving San Diego region.

Breakout session topics include:

- Equity and Belonging
- Behavioral Health
- Strategic Partnerships
- Environmental Action
- Workplace Wellness
- Student Well-Being and Engagement
- And more!

To learn more about the conference and to register, visit the following link:  
<https://fruition.swoogo.com/livewelladvance2022/begin>

Behavioral Health Services  
Director's Report – December 2022

Respectfully submitted,

A handwritten signature in blue ink, appearing to read 'LUKE BERGMANN', with a stylized flourish at the end.

LUKE BERGMANN, Ph.D., Director  
Behavioral Health Services

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