



County of San Diego

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October 31, 2019

TO: Behavioral Health Advisory Board (BHAB)

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

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – NOVEMBER 2019

ACTION ITEM: ELECTION OF THE 2020 BEHAVIORAL HEALTH ADVISORY BOARD EXECUTIVE OFFICERS

The Behavioral Health Advisory Board bylaws provide for establishing a Nominating Committee in September of each year. The following BHAB members were appointed to serve on the Nominating Committee: Shannon Jaccard, Che Hernandez, Michael Matthews, and Bill Stewart. The Nominating Committee met and presented the following recommended slate of 2019 Executive Officers at the BHAB meeting on October 3rd.

Chairperson	Judith Yates
1st Vice-Chairperson	Bill Stewart
2nd Vice-Chairperson	Michael Matthews
Member at Large <i>Representing the alcohol and substance use disorder community</i>	Jenifer Mendel
Member at Large <i>Representing the mental health community</i>	John Sturm

ACTION: Vote to approve the slate of 2020 Behavioral Health Advisory Board Executive Committee Officers

ACTION ITEM: ADOPTING THE 2020 PRIORITIES OF THE BEHAVIORAL HEALTH ADVISORY BOARD

The Behavioral Health Advisory Board met at the October 19th retreat, and debated potential priorities for the upcoming year. After discussion, the priorities were synthesized as follows:

Continuum of Care

Collaborate with County departments, service providers and *Live Well San Diego* 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. Ensure that continuum of care planning includes workforce development, and promotes services which are culturally responsive and take into account the specific needs of local communities and populations of the behavioral health community such as those in the justice system and individuals living with homelessness.

Building a Better BHAB

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 service delivery. Focus on increasing BHAB member knowledge of the outcomes, budget, and funding for behavioral health services. Participate in strategy and planning processes, and analyze behavioral health data. Undertake visioning for behavioral health, expand BHAB communication with BHS staff, and BHAB engagement in community meetings and forums.

ACTION: Vote to adopt the 2020 Priorities of the Behavioral Health Advisory Board.

LIVE WELL SAN DIEGO UPDATES/SPECIAL EVENTS

Integration Summit – December 4, 2019

On December 4th, 2019, BHS will host the 10th annual Primary Care & Behavioral Health Integration Summit at the Jacobs Center. The Integration Summit is a day-long conference with keynote speakers, break-out sessions and other activities relevant to providers and leadership for the primary care, specialty mental health and substance use disorder treatment systems.

In the morning, keynote speaker Kari Leibowitz will discuss “Harnessing the Power of Mindset to Improve Healthcare Outcomes” and in the afternoon, Brett Culp will discuss “Superhero Leadership: How Everyday People Can Have an Extraordinary Impact.” Funding for the event is provided by Behavioral Health Services through a contract with Health Quality Partners of Southern California. For more information or to register for the event, please visit www.SanDiegoIntegration.org/2019summit/.

UPDATES FROM THE SAN DIEGO COUNTY PSYCHIATRIC HOSPITAL (SDCPH)

Discharge Planning for the Homeless Population

The San Diego County Psychiatric Hospital implemented a new hospital-wide discharge planning initiative in response to Senate Bill 1152, effective January 2019. This initiative required multiple disciplines to come together to not only deliver the elements of the law, but to forge a new delivery of service forward for the patients served. The first milestone that was reached in this project was to develop a committee that met monthly consisting of Medical Physicians, Nursing Department, Social Work Department, HHSA Eligibility Operations Department, and a County contracted program, Next Steps. They developed a workgroup to implement a system of care delivery in both the Emergency Psychiatric Unit (EPU-Emergency Room) and the Crisis Recovery Unit (CRU-Inpatient). This works to ensure that when any patient leaves the hospital, they get the same delivery of services regardless of where they are treated.

The second milestone reached was the hospital obtaining eligibility coverage seven days a week through the partnership with Next Steps, a program of NAMI, Mental Health Systems Inc. and Union of Pan Asian Communities. This partnership ensures that patients who are not yet connected with medical insurance have the ability to enroll in coverage any day of the week and can renew their applications as needed.

The most recent milestone reached was the partnership achieved with Family Health Centers through the development of a Memorandum of Agreement to assist the Social Work Department in scheduling medical and psychiatric follow up within three business days post-discharge. This helps ensure that patients who are being treated within the hospital will get continued care, reducing any barriers they may face after discharge. There has also been a log developed which tracks every patient that discharges from the hospital who has either been identified as homeless or self-discloses homelessness. This log is not only a State requirement but has been the catalyst for the hospital to use as a performance improvement project to increase quality patient care.

Clinical Enhancements to SDCPH

In 2018, San Diego County Psychiatric Hospital implemented a clinical program to increase patient outcomes through access to counseling sessions and family therapy. This started as a pilot within the Social Work department to enhance care related to treatment planning and developed into a delivery of service for all patients. From this pilot, individual and family therapy was placed into treatment plans as an intervention based on either a Cognitive Behavioral Therapy or Dialectical Behavioral Therapy approach. The services are evidence based models with licensed clinicians who receive clinical supervision related to their work. Additionally, a behavioral planning committee was developed to address any patient who needs enhanced observation due to behaviors in the hospital. This committee built individual therapy into these plans, and brought in recreation therapy to enhance their programming, such as music therapy, aromatherapy, and laughter yoga. These are tied to the individual therapeutic work done by licensed clinicians. From July 2018 to August 2019, over 3,265 individual patients have been serviced through therapy within the Social Work department.

UPDATES FROM THE EDGEMOOR DISTINCT PART SKILLED NURSING FACILITY

Tenth Anniversary Celebration

October 2019 marks the 10th year of operation for the current Edgemoor building. During the past ten years Edgemoor has earned various awards for the care provided to its residents and has been recognized by multiple organizations as a top Skilled Nursing Facility in the State and country. To celebrate this milestone, the Board of Supervisors visited Edgemoor on October 23rd to recognize these accomplishments and commemorate the 10-year anniversary of the building with residents, families, staff and other dignitaries.

Edgemoor to Break Ground on Solar Project

In November, Edgemoor will break ground to erect solar panels throughout the campus in order to become an active participant in the County's efforts to increase energy independence. Solar energy systems support the County's sustainability goal that seeks to reduce greenhouse gas emissions. One strategy of the County's Climate Action Plan is to increase the amount of renewable energy generated at County facilities in order to be more self-

sufficient and reduce their electric bills. Edgemoor will join the many other County owned photovoltaic systems that provide clean energy, such as the North County Regional Center, the Fallbrook Community Center, the County Operations Center, the East Mesa Detention Facility and the Ramona Library.

Edgemoor Car Show

Edgemoor held its Semi-Annual Richard Brown Car Show on October 25th. The event concluded its ninth year and is a highlight for the residents and staff. There were over 70 cars and trucks on display representing vehicles manufactured over the past ten decades. The event had a spooky Halloween theme and was sponsored by a husband/wife team who have volunteered their services at Edgemoor for many years. In addition to viewing the cars, residents were entertained by a live band and enjoyed light refreshments.

Edgemoor Earns Newsweek Accolades

Earlier this fall, Newsweek ranked the best large Skilled Nursing Facilities in the 20 most populated states, which included over 15,000 nursing homes. Edgemoor was recognized by Newsweek best ranked facility in California, for their high-quality care and operational excellence. This latest example shows the commitment of the staff and administrators to ensure the residents at Edgemoor receive world-class care in a state-of-the-art facility.

Respectfully submitted,



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LB/bp

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