



County of San Diego

NICK MACCHIONE, FACHE
AGENCY DIRECTOR

HEALTH AND HUMAN SERVICES AGENCY
BEHAVIORAL HEALTH SERVICES
3255 CAMINO DEL RIO SOUTH, MAIL STOP P-531
SAN DIEGO, CA 92108-3806
(619) 563-2700 • FAX (619) 563-2705

LUKE BERGMANN, Ph.D.
DIRECTOR, BEHAVIORAL HEALTH SERVICES

January 31, 2020

TO: The Behavioral Health Advisory Board (BHAB)

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

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – February 2020

ACTION ITEM: IMPLEMENTING LOCAL GUIDELINES FOR MEDICATION ASSISTED TREATMENT PROGRAMS BOARD LETTER

On March 27, 2018 the Board of Supervisors authorized implementation of the Drug Medi-Cal Organized Delivery System (DMC-ODS) in San Diego County. This service delivery system transformation aims to reduce barriers to care and to increase access to all effective forms of treatment for Substance Use Disorder (SUD), including medication for addiction. Within the DMC-ODS network, Medication Assisted Treatment (MAT) for SUDs is offered to those covered by Medi-Cal through County-contracted Opioid Treatment Programs (OTPs). There are other settings where MAT, excluding Methadone, can be offered, including Federally Qualified Health Centers and primary care settings.

On August 6, 2019, the Board of Supervisors directed staff to:

1. Develop local criteria, within the scope of Federal law, for siting and operating Medication Assisted Treatment (MAT) Clinics;
2. Provide a corrective action plan for clinic locations that are not in conformance; and
3. Create an outreach plan to facilitate and encourage the mobilization of primary care physicians to offer MAT services.

Approval of today's action will authorize the implementation of proposed local guidelines to inform the provision of OTPs providing MAT services within the County in order to ensure best practices are utilized and the highest quality care is provided to those we serve.

Today's action supports the countywide *Live Well San Diego* vision by ensuring safe access to behavioral health services, and encouraging self-sufficiency, which promotes a region that is building better health, living safely, and thriving.

IT is THEREFORE, staff's recommendation that your board support the approvals and authorizations necessary to support these recommendations.

LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS:

April 25, 2020 NAMIWalks/HHSA Expo

Behavioral Health Services will again partner with the National Alliance on Mental Illness (NAMI) San Diego to host NAMIWalks and HHSA Expo at Liberty Station on Saturday, April 25, 2020. Each year, the event draws over 2,000 participants committed to raising awareness and reducing the stigma associated with mental illness and provides resources to those experiencing mental health issues and their families.

For more information please visit: www.NAMIWalks.org/sandiegocounty

May 1-31 May is Mental Health Month

May is the month the nation spreads the word to raise awareness and support those living with mental health conditions. Across the county, BHS and contracted providers will be hosting events to increase understanding and conversations about mental illness. More information about specific activities during the month is forthcoming. If you have events being planned which you would like included on our community Mental Health Month calendar, please submit to Nancy Page (Nancy.Page@sdcounty.ca.gov).

May - Send Silence Packing

Every year, more than 1,000 college students are lost to suicide across the nation. To shed light on this troubling statistic, BHS has commissioned the *Send Silence Packing* exhibit to be displayed at three local colleges during the month of May, with specific dates announced when available. The exhibit will display over 1,000 backpacks, each representing a student lost to suicide each year. The backpacks include photographs and personal stories written by loved ones who were impacted by the loss of the student to suicide. The display is a powerful and emotional tool designed to draw the attention of students and faculty to the importance of suicide prevention. At each exhibit, outreach staff will be available and the colleges will deploy their counselors and student advocates to interact with visitors and to provide information and resources.

UPDATES FROM THE BHS PREVENTION AND COMMUNITY ENGAGEMENT UNIT

We All Count

On January 23, 2020, the County partnered with the Regional Task Force on the Homeless, San Diego by supporting We All Count, the annual homelessness point in time count. Which helps the region identify the scope and impact of homelessness locally.

This year's count used updated methodology, strengthening the approach and counted all individuals who spent the night in conditions considered unsheltered. The method allowed outreach to directly engage with San Diego's homeless population and leveraged the Counting Us App, which allowed gathering, managing and analyzing geographic data in real-time.

For more information, please visit: www.rtfhsd.org/get-involved/weallcount/

BHS Community Engagement Forums and Focus Groups

The Annual Behavioral Health Services Community Engagement Forums are conducted during January and early February 2020. Facilitated by the Institute for Public Health, the forums receive input on the following topics: mental health and substance use prevention, innovations, and community engagement strategies from community residents and families, consumers, and providers. With this year's focus on enhanced community engagement and participation, the forums were convened in locations not previously visited and at times outside of normal business hours in order to encourage community resident attendance. Local schools and other community sites were used to host the forums, providing a familiar community location and to increase access for local residents. The forums are held in each of Health and Human Service Agency Regions to ensure input and representation from the County's diverse populations and neighborhoods. In addition to the seven forums, focus groups were conducted to gather more detailed input from selected populations on topics such as aging-out foster youth, the LGBT community, and high school age youth. The annual Community Engagement forums gives community members the opportunity to speak directly with program management. A final report will be released for public review in the summer of 2020.

Breaking Down Barriers

Breaking Down Barriers is an outreach and education program that works with underserved and hard to reach communities to talk about mental health wellness. Through educational presentations and events, the program discusses the stigma of mental health and to connect participants to helpful resources. They also organize cultural competency trainings that work with these diverse populations. The goal is to normalize the understanding and conversation about mental health and wellness among underserved and hard to reach residents across multiple cultural groups. Program presentations focus on identifying the common signs of mental health challenges, engaging in positive conversations about mental wellness, connecting to helpful resources in the community and supporting the wellbeing of friends, family, and peers. Recently, the program hosted a series of workshops and conversations with Iraqi refugees at the Salvation Army in El Cajon. Workshop attendance grew from eight people on the first week to over 30 people on the third week. Participants recruited their neighbors and friends to attend because, as one participant said, "it was refreshing and freeing to discuss the things we were told to hide."

Respectfully submitted,



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

LB/bp

cc: Nick Macchione, MS, MPH, FACHE, HHSA Director
Aurora Kiviat, Assistant Director and Chief Operations Officer
Cecily Thornton-Stearns, Assistant Director and Chief Program Officer