



County of San Diego

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February 28, 2020

TO: The Behavioral Health Advisory Board (BHAB)

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

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – March 2020

ACTION ITEM: AUTHORITY TO CONTRACT WITH AND ACCEPT FUNDING FROM THE DEPARTMENT OF STATE HOSPITALS FOR A FELONY MENTAL HEALTH DIVERSION PROGRAM BOARD LETTER

Expanding community-based treatment and reducing the number of individuals who cycle through psychiatric crisis and jail largely due to untreated mental illness are top County of San Diego priorities. This request would add a new local option to divert people with serious mental illness from jail and the justice system into treatment by authorizing the County to enter a contract to receive funding from the Department of State Hospitals (DSH). The proposed action would establish the County's first formal pre-trial mental health diversion program.

Mental health diversion, pursuant to Penal Code 1001.36, allows a court, under certain circumstances, to postpone criminal prosecution for a period of up to two years for an individual to receive community-based treatment and to dismiss the case at the end of a satisfactory diversion. State funding is allocated through the DSH to support county diversion programs for individuals charged with felonies related to specific serious mental health diagnoses who may potentially be ruled incompetent to stand trial.

Partners in the proposed mental health diversion program include the District Attorney's Office, the Sheriff's Department, the Public Defender, the Health and Human Services Agency, the Probation Department, and the Court. The program design is based on San Diego County's successful Behavioral Health Court, which provides Assertive Community Treatment, wraparound services and regular hearings before a judge and other collaborative court partners to support individuals whose crimes are related to serious mental illness.

This request would authorize the Deputy Chief Administrative Officer, Public Safety Group, to execute a contract with DSH to accept up to \$3,220,000 in funding for a Pre-Trial Felony Mental

Health Diversion Program and execute required contract documents, including any extensions, amendments or revisions that do not materially impact either the program or funding level.

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

ACTION ITEM: RADY CHILDREN'S BEHAVIORAL HEALTH HUB BOARD LETTER

In response to community need, the San Diego County Board of Supervisors (Board) has taken several actions to enhance, expand, and innovate the array of behavioral health programs and services in the region – broadly referred to as the Behavioral Health Continuum of Care. These actions have brought together justice partners, hospitals, community health centers, community-based providers, and other stakeholders to create system-wide changes to ensure people have access to behavioral health services to meet their immediate needs and support their long-term recovery.

This item provides an update on efforts to establish a behavioral health hub in North Central San Diego County which, when operational, will provide critical services to children and youth through a partnership between the County of San Diego (County) and Rady Children's Hospital - San Diego (Rady). In addition, this action requests that the Board authorize the Agency Director, Health and Human Services Agency, to execute a Memorandum of Understanding between the County and Rady setting forth general terms for as-yet-to-be negotiated agreements between the two entities to develop the hub on County-owned property, to develop a parking structure for joint use, and to make the necessary environmental findings.

These actions complement the ongoing work across systems to provide optimal behavioral health resources that are regionally distributed and coordinated, thereby supporting the County's *Live Well San Diego* vision for a region where all residents have the opportunity to build better health, live safely, and thrive.

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

Saturday, April 25, 2020 - NAMIWalks/ HHSA Wellness Expo

Behavioral Health Services and the National Alliance on Mental Illness (NAMI) San Diego will again host the NAMIWalks and HHSA Wellness Expo events at Liberty Station on April 25, 2020. In its 19th year, this event draws over 2,000 participants and works to raise awareness and reduce the stigma associated with mental illness. The event also provides community resources to those experiencing mental health issues and their families. For more information or to register for the event, please visit: www.NAMIWalks.org/sandiegocounty

May 1-31, 2020 - May is Mental Health Month

As part of May Is Mental Health Month (MIMHM) activities, BHS has commissioned the *Send Silence Packing* exhibit to be displayed at three local colleges during the month of May. The exhibit will display over 1,000 backpacks, each representing a student lost to suicide each

year. The display is designed to draw the attention of students and faculty to the importance of suicide prevention and to reduce stigma surrounding mental illness. The backpacks include photographs and personal stories written by loved ones who were impacted by the loss of the student to suicide. At each exhibit outreach the colleges will deploy their counselors and student advocates to interact with visitors and to provide information and resources.

BHS coordinates additional MIMHM activities designed to raise awareness and reduce the stigma associated with mental illness. One of those efforts is the posting of a community calendar listing mental health-focused events sent to us by partners and other community organizations. If you are planning an event that you would like posted on our calendar, please send the information (with flyer or link to website) to coordinator Nancy Page (Nancy.Page@sdcounty.ca.gov) for inclusion on our MIMHM calendar. We look forward to sharing events these community events.

Thursday, May 28, 2020 - CYF System of Care Training Academy Annual Conference

Through the Children, Youth and Families (CYF) System of Care Training Academy contract with Responsive Integrated Health Solutions, CYF will host its annual conference on May 28, 2020 at the Crowne Plaza Hotel in Mission Valley. This year's conference will focus on youth substance use. Registration will open in mid-March 2020.

Friday, May 29, 2020 - Behavioral Health Recognition Dinner

Save the date for the 34th annual Behavioral Health Recognition Dinner to be held at the San Diego Marriott, Mission Valley on May 29, 2020. This event recognizes behavioral health champions in the San Diego community. More information will be provided as it becomes available.

UPDATES FROM THE BHS CHILDREN, YOUTH & FAMILIES (CYF) SYSTEM OF CARE

CYF National Association of Counties (NACo) Awards Submissions

CYF submitted the following programs for NACo award consideration during the recent application period.

Child and Family Team (CFT): The CFT Meeting Facilitation Program was developed by BHS, Child Welfare Services, and Probation in order to meet the need for skilled and neutral facilitators for CFT meetings. The CFT meeting is a unique and inclusive facilitated meeting process designed to produce a plan for services and placement tailored to the individual needs of the child/youth and family.

Accessible Depression and Anxiety Peripartum Treatment (ADAPT): The California MHSI Innovation funded ADAPT program is a partnership between BHS and Public Health Services to serve families involved with the Nurse Family Partnership and Maternal Child Health Home Visiting programs. It provides accessible, in-home mental health treatment and peer support services to parents/caregivers who are experiencing, or are at risk of experiencing, peripartum mood and anxiety disorders. ADAPT works alongside public health nurses (PHNs) and seeks to improve cross-sector competencies between physical and mental health by participation in multidisciplinary case conferences, providing case consultations, and facilitating quarterly regional trainings to PHNs on topics that are of specific interest to each regional team. BHS staff are embedded in the PHN teams at each regional site.

Center for Child and Youth Psychiatry (CCYP): The CCYP is a program that offers regionalized medication monitoring/support for children and youth with complex medication needs. CCYP utilizes face-to-face and telepsychiatry modalities at multiple locations throughout San Diego County to provide outpatient psychiatric evaluation and medication support services to children and youth who have been successfully discharged from their mental health provider. These children and youth, while discharged, have continuing psychotropic medication needs that are too complex for their primary care physician and/or a Federally Qualified Health Center. Additionally, CCYP provides linkages, resources, educational webinars and access to psychotropic medications, including the administration of long-acting injectable psychotropic medication, when indicated and necessary for the youth's stability.

Mental Health Student Services Act Grant Application

The Mental Health Services Oversight & Accountability Commission has released a grant application for county behavioral health departments to create and strengthen school based mental health services for children and youth across the state. CYF partnered with the San Diego County Office of Education (SDCOE) in applying for this grant. If funded, the grant will utilize a multi-layered approach to build school district and charter capacity for suicide prevention. Some services and interventions will be universal while others will be based on identified needs. If approved, BHS will be the fiscal administrator of the \$1.5 million annual allocation for four years, and SDCOE will coordinate the program delivery. The application was due on February 28, 2020 with a notice of award projected for May 2020.

CYF Update on Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation

- **Rady Children's Hospital Hub**

In a presentation to the Board of Supervisors on October 29, 2019 and subsequently in the January 28, 2020 presentation, it was announced that planning conversations had begun with Rady Children's Hospital to establish a hub in the vicinity of Rady Children's main campus for children and youth. This hub would be designed to address the unique behavioral health conditions among youth which can result from complex combinations of factors including: genetic, medical, developmental and environmental. Children and youth with complex needs require dedicated and specially designed resources. The County has continued to meet with Rady's leadership to determine clinical priorities, and to discuss the design and scope of innovative and value-based approaches to meet these needs. An array of inpatient psychiatric services is being explored with opportunities for enhancing traditional short-term care, creating new longer-term programming, and developing specialized care for subgroups of clinical needs. New levels of care, such as partial hospitalization and care coordination programs, are being considered to offer a broader range of services. Through this ongoing collaboration, CYF seeks to advance the services available to San Diego children and youth in order to ensure their behavioral health needs are being met.

- **Student Psychiatric Emergency Response Team (PERT) - Youth and Young Adult Crisis Response program**

In an October 29, 2019 Board Letter and subsequently in a January 28, 2020 Board Letter, updates on the justice intersections across the behavioral health continuum of care were provided. These include collaborations with the San Diego County District Attorney's Office, SDCOE, and public safety partners, working to develop enhanced school-based

crisis response, including the expansion of existing PERT. Through this collaboration, the partners are finalizing programmatic design of student PERT services, with a goal of ensuring the well-being and safety of youth and young adults experiencing a behavioral health crisis while in an educational setting, utilizing the least restrictive response. Youth and young adult safety and stabilization will be attained through active coordination and collaboration of the natural supports in the youth's circle of influence. Utilizing a crisis response continuum, services will provide the following functions:

- Stabilize crisis
- Establish safety
- Minimize trauma
- Avoid escalation
- Mobilize youth and young adult circle of influence for support
- Maintain youth and young adult in home, school and community
- Diversion from high end interventions (such as psychiatric hospitalization and justice involvement)
- Connect youth and young adult to needed services

New options for transportation of youth have been added, with options that include transportation via clinician and peer partner, ambulance, and/or unmarked law enforcement vehicles. The use of handcuffs will be reserved for extreme situations that require them for safety as opposed to regular use driven by policy. Law enforcement, clinicians, and peer partners working with student PERT will present in a trauma-informed manner by wearing attire that does not resemble uniformed law enforcement officers.

- **Threat Assessments Evaluations** - Treatment and Evaluation Resources Management (TERM) is a mental health program developed at the direction of the Board of Supervisors and operated by Optum through a contract with BHS. The mission of the TERM program is to improve the quality and effectiveness of mental health services provided to clients served by dependency and delinquency systems. Optum is responsible for contracting providers to the TERM network who have competence in evaluating and treating clients referred for child maltreatment or delinquency concerns. Optum also has a role in providing oversight of treatment plans and evaluation reports prepared by TERM clinicians and evaluators.

After noting increasing numbers of cases referred that involve school threats, the District Attorney's office, in collaboration with SDCOE, San Diego County Sheriff's Department, Police Department and allied agencies, created the San Diego School Threat Protocol in early 2018. The protocol recommends that in every filed case a full psychological evaluation from a qualified evaluator be completed. At that time, the psychological evaluation referral form utilized by the Juvenile Court did not contain questions specific to threat assessment and it was unknown if the psychologists credentialed through the TERM process had the specialty training and experience to answer such referral questions.

To address the Court's need for these specialty evaluations, a workgroup convened in early 2019 to develop referral questions specific to threat assessment for this subset of cases, to develop specialty criteria to ensure TERM psychologists had the appropriate training and experience, and to create a template and guidelines for this new specialty evaluation. A phased approach to implementation was initiated and a half-day training

about local need and processes has been planned for April 2020. Full implementation is expected by the end of the fiscal year.

- **School Safety program**

Acts of targeted violence committed by individuals under age 21 on elementary, middle, and high school campuses have become a catalyst for nationwide conversations. With higher frequency and public awareness of these events, the San Diego County District Attorney has reviewed an increasing volume of cases that involve school threats. Cases that are reviewed represent only a subset of youth that exhibit behaviors of concern for targeted violence. Schools and behavioral health providers are increasingly positioned to engage in threat assessment. Ensuring that youth have forensically-informed behavioral health assessments and connecting these youth to appropriate treatment services is a shared mission for youth-serving systems. BHS has initiated research and planning efforts for implementing a specialized, forensically-informed, non-crisis school safety program. The preliminary vision for the program is evaluation and clinical treatment services for students who exhibit signs or behaviors that may pose a threat of violence and will:

- Prevent school violence;
- Provide school threat assessments;
- Assist in creating a safe school climate;
- Provide healing centered/trauma informed therapeutic treatment;
- Decrease stigma and discrimination;
- Incorporate restorative justice elements;
- Enhance social support and prosocial engagement; and
- Create local subject matter expertise and systemwide awareness and competency pertaining to school safety.

CYF Update on Housing Projects

- **Monarch School Housing Program**

In partnership with CYF, the San Diego Housing Commission and the Monarch School, an additional 25 homeless families who have a student at Monarch are now eligible to receive permanent supported housing. Monarch is a school serving homeless students in downtown San Diego. Case management, housing and treatment services will be provided to families under a contract by the Community Research Foundation (CRF) through their Mobile Adolescent Services Team (MAST) program. This is CYF's first permanent supportive housing project which became operational January 1, 2020.

- **No Place Like Home (NPLH)**

CYF has been working with the BHS Adult and Older Adult housing team and the Corporation for Supportive Housing to develop permanent supportive housing. Two projects financed through NPLH by private owners/developers that will include family units are currently under development and include a project in San Ysidro expected to be built by early 2022 and one in Carlsbad expected to be built by late 2021.

CYF Update on Partnerships with Juvenile Justice Systems (JJSIP)

Juvenile Probation has invited CYF and local stakeholders to collaborate in the JJSIP to map local rehabilitative services to facilitate referring juvenile clients to appropriate services based on risk/criminogenic need for better outcomes/reduced recidivism. CYF will be participating in

the Juvenile Health and Justice Symposium hosted by District Attorney Summer Stephan, Supervisor Greg Cox, and the Children's Initiative to map the intersection of youth and the Juvenile Justice System. The symposium is scheduled for March 17, 2020 and features panel presentations from BHS leadership. Additionally, RISE and JFAST are Collaborative Courts supported by BHS programs, which are designed to serve Medi-Cal and uninsured youth. To best support the collaborative court model, a pilot project has been initiated in to expand services to all youth enrolled in RISE or JFAST Court, with an emphasis on assisting families with private resources to connect to those services for longer-term support.

Continuum of Care Reform and Pathways to Well-Being

The Continuum of Care Reform (CCR) initiative is a comprehensive framework of legislation and regulations designed to improve the continuum of services that support children, youth and families across child placement settings. The CCR allows for close collaboration across BHS, CWS, and Probation. The following updates highlight recent work on CCR:

As of January 2020, ten group homes have been licensed as Short-Term Residential Therapeutic Programs (STRTP) in San Diego County. Of the ten licensed STRTPs, four have obtained STRTP Mental Health Program Approval from the Department of Health Care Services (DHCS), and two additional homes have had site visits from BHS and DHCS and await final approval. Additionally, BHS has facilitated site visits with three STRTPs, who have yet to obtain approval from DHCS, to provide information about contracting with the Mental Health Plan. The following chart shows the STRTPs Mental Health Program Approval status:

Short Term Residential Therapeutic Programs (STRTP)	# of Beds	STRTP License Date	Mental Health Approval
San Diego Center for Children	30	April 18, 2018	X
New Alternatives, Inc. #16-South Bay	40	September 9, 2018	X
Fred Finch Youth Center-San Diego	12	September 9, 2018	X
New Alternatives #1-Kenora	9	November 27, 2018	X
Casa de Amparo	30	January 18, 2019	Pending
New Haven Youth and Family Services	36	June 27, 2019	Not Yet Submitted
Circle of Friends	12	July 12, 2019	Not Yet Submitted
Milestone House	6	July 12, 2019	Pending
Center for Positive Changes	30	August 21, 2019	Submitted 2/18/20
Hidden Treasures Foundation (Tiffany's Place)	6	September 26, 2019	Not Yet Submitted

In January 2020, a committee with representatives from BHS, CWS, Juvenile Probation, San Diego Regional Center, and SDCOE re-convened to develop an Interagency Memorandum of Agreement (MOA), as guided by Assembly Bill (AB) 2083, state regulation of trauma informed systems of care for children and youth. The workgroup will build on current MOAs and Memorandums of Understanding (MOUs) to address the 11 components cited in AB 2083, such as an interagency leadership team, alignment and coordination of services, and information and data sharing, to coordinate services for foster youth in a trauma informed and

timely manner. The first draft of the AB 2083 MOA is expected to be released for review by agency directors in spring 2020.

BHS is also an active collaborator/partner in the CWS-led Family First Prevention Services Act (FFPSA) meetings. These meetings started in October 2019 in order to discuss and plan the future landscape of evidence-based preventative services for system-involved youth, replacing Title IV-E funding. Quarterly community engagement forums are scheduled to begin in 2020 in order to involve stakeholder groups in dialogue regarding services. The FFPSA implementation plan is scheduled to be finalized in December 2020.

Furthermore, BHS has obtained Board authority and secured funding for Therapeutic Foster Care (TFC). BHS is in the process of amending the current Foster Family Agency Stabilization and Treatment (FFAST) contract to include TFC services. FFAST currently provides outpatient Specialty Mental Health Services (SMHS) to all Foster Family Agencies (FFAs) in San Diego county, will now also make available TFC to those youth and families who meet medical necessity and have a CFT in place to guide and plan the provision of TFC. Additionally, FFAST will make the TFC training curriculum available to all interested caregivers from the eight FFAs.

Finally, the CFT Meeting Facilitation Program was developed in collaboration by BHS, CWS, and Probation in order to meet the need for a neutral/skilled facilitator for Child and Family Team meetings (CFT). From the program inception in September 2018 through December 2019, approximately 1,829 youth have participated in a CFT meeting and the program has facilitated 4,590 CFT meetings.

CYF Clinical Support at the Asylum Seekers Shelter

In February 2020, the Pathways to Well-Being and CCR team licensed mental health clinicians began providing clinical support for the guests of Jewish Family Service (JFS) Asylum Seekers Shelter. A clinician is available at the shelter Monday through Friday for two hours a day to provide psychoeducation related to trauma, emotional support, provide resources, and conduct safety assessments as needed. Psychotherapeutic interventions are provided in individual, family and group modalities.

CYF Lanterman Petris Short (LPS) Public Conservatorship Liaisons for Youth

Effective December 2019, Licensed Mental Health Clinicians from BHS CYF began to serve as liaisons for youth under LPS conservatorship. In this role, the BHS CYF clinicians collaborate with the lead agencies, CWS and/or Probation, and treatment providers to ensure that the Public Conservator has accurate and up to date information pertaining to placement, mental health status, and discharge planning for youth who are placed under LPS conservatorship. Currently the CYF Conservator Liaison is serving two youth.

Emergency Screening Unit Updates

The Emergency Screening Unit (ESU) provides crisis stabilization services to children and youth experiencing an acute psychiatric crisis. ESU's team offers comprehensive screening services, crisis stabilization and facilitates inpatient hospitalization when clinically necessary. The December 2017 expansion resulted in a 37% increase in available crisis stabilization bed access. ESU observed a 23% utilization increase in Fiscal Year 2018-19, with an additional projected utilization increase of 9% for Fiscal Year 2019-20. In the first half of Fiscal Year 2019-20, ESU screened 1065 children and youth in total with a diversion rate of 73%.

To address repeated plumbing issues, the ESU facility was temporarily closed from December 25 through December 28, 2019. During the brief closure, ESU maintained capacity to review client packets from community emergency departments in order to coordinate access to children's inpatient psychiatric services. However, due to the selected low utilization period, this was not necessary. Additionally, BHS coordinated—in partnership with the contractor—to have two crisis stabilization beds available in Chula Vista at the prior ESU location as a safety net. As a result of the extensive coordination and planning, there were no reported impacts to the community accessing ESU services, or to the community partners who offer emergency services to the residents and youth in the County of San Diego as a result of these plumbing repairs.

CYF System of Care Training Academy

The CYF System of Care (CYF-SOC) Training Academy, through a contract, provides trainings to enhance the work of public systems in providing services to children, youth and families in San Diego County. In Fiscal Year 2019-20, CYF-SOC Training Academy provided trainings on: implicit bias; attachment in youth ages 5-17; family separations; suicidality in children and youth; and Sandy Hook Promise programming. The annual CYF-SOC Conference scheduled for May 28, 2020 will focus on: youth substance use risk, resilience, and reconnection. Up to 10 scholarships will be awarded to peer support partners to attend the Conference. Additionally, up to 2 scholarships will be awarded to peer support partners to attend the California Mental Health Advocates for Children and Youth conference in Asilomar, California, in May 2020.

Children, Youth and Family Liaison (CYFL)

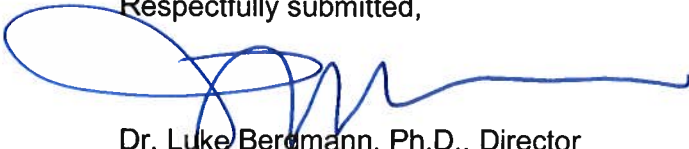
The Children, Youth & Family Liaison (CYFL) has the primary duty of coordinating, training, and advancing Youth/Family Professional Partnerships for CYF within BHS in collaboration with CYF administrative staff to ensure family and youth voice, choice and values are incorporated into service development, implementation plans, and overall CYF service delivery. The CYFL serves as the community expert in family/professional partnership and makes this expertise available to CYF providers through: the monthly Parents Empowering Parents (PEP) support and coaching group, the monthly family/youth support partner coaching meeting, the online quarterly family youth focus groups, the community-based family voice meetings held throughout the County regions, presentations on children's mental health and well-being, the Working Together for Professionals training, and the Principles of Family Youth Professional Partnerships (PFYPP) online training.

The CYFL has recently completed the addition of substance use disorder and Drug Medi-Cal Organized Delivery System information in the three mobile apps: Organized Support Companion in an Emergency Situation (OscER), OscER Jr., and Accessing and Leveraging Families' Rights to Education (AlfrEDU), with the next focus being on translating the applications into the six threshold languages. These mobile apps provide behavioral health outreach and engagement services to users of all ages countywide through information dissemination and training. BHS encourages all providers and advocates to download the mobile apps and share them with community members as resources.

Additionally, the CYFL supports and disseminates the CA Association of Mental Health Peer Run Organizations (CAMHPRO) efforts to promote state standardization/certification of peer support specialists to interested stakeholders. The Peer Support Specialist Certification Act of 2020 establishes a statewide certification program for peer support specialists and provides

the structure needed to maximize the federal match for peer services under Medi-Cal. More information about the CYFL can be found at: <https://cyfliaison.namisaniego.org/>.

Respectfully submitted,



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LB/pa

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