



County of San Diego

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March 1, 2019

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, LCSW, Director and
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BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – MARCH 2019

ACTION ITEM: 2018 DATA NOTEBOOK

The Data Notebook is an annual product of local behavioral health boards/commissions, structured by the California Behavioral Health Planning Council to obtain information on mental health services in each California County. The responses are compiled and analyzed by policymakers, stakeholders, and the general public.

On February 7, 2019 BHS staff reviewed the data notebook with BHAB, at the direction of the BHAB Chair. Input was collected from BHAB members and incorporated into a final draft for review. The 2018 Data Notebook is due to the California Behavioral Health Planning Council on April 1, 2019.

It is THEREFORE, staff's recommendation that your board vote to approve the 2018 Data Notebook as drafted, and authorize staff to submit the Data Notebook to the Behavioral Health Planning Council on behalf of BHAB.

ACTION ITEM: ADVANCING THE BEHAVIORAL HEALTH CONTINUUM OF CARE THROUGH REGIONAL COLLABORATION AND INNOVATION BOARD LETTER

On July 24, 2018, Supervisor Kristin Gaspar directed the Chief Administrative Officer to return to the Board of Supervisors with a Board Conference (Conference) to present a comprehensive assessment of the state of inpatient psychiatric care in San Diego County and provide immediate and long-term recommendations for addressing a potentially significant loss of future services for people in psychiatric crisis, resulting from inpatient behavioral health units closing at local hospitals.

In response to Supervisor Gaspar's request, the County of San Diego's Health and Human Services Agency (HHS) convened the Conference on October 30, 2018 entitled: Caring for People in Psychiatric Crisis. After an overview of the current system, panelists across multiple sectors described specific challenges, responses and opportunities to optimize care for people with serious psychiatric needs who touch multiple systems. The Conference included immediate strategies to address the loss

of inpatient psychiatric services and long-term strategies to better serve people when they experience a psychiatric crisis or help them prevent such a crisis. The strategies focused on reviewing and strengthening the full continuum of behavioral health care services through regional collaboration to achieve the best collective results for the people we serve.

On December 11, 2018, Supervisor Gaspar directed the Chief Administrative Officer to procure a consultant to facilitate follow up actions in response to the Board Conference and return to the Board quarterly with updates on the progress of this regional collaboration and possible recommendations for further action of the Board.

This Board Letter will provide the first quarterly update on Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation reporting actions during the time period of November 1, 2018 through March 31, 2019.

It is THEREFORE, staff's recommendation that your board vote to support the update to the Board of Supervisors on Advancing the Behavioral Health Continuum of Care Through Regional Collaboration and Innovation.

LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS

Saturday, April 27, 2019 NAMI Walk/ HHSA Wellness Expo

The National Alliance on Mental Illness (NAMI) and BHS are hosting a 5K Walk/Run and Resource Fair to kick-off May is Mental Health Month. The annual event will be held on Saturday, April 27, 2019 at Liberty Station and is designed to raise awareness and de-stigmatize mental health conditions. For more information and to register for the walk, visit: www.namiwalks.org/SanDiegoCounty.

Friday, June 7, 2019 Behavioral Health Recognition Dinner

This annual event brings the behavioral health community together to recognize people who work to support clients and family members in their recovery efforts. Again this year, the dinner will be held at the Marriott Mission Valley. More information and registration will be available in early May at: <http://www.bhrdsandiego.net/>.

UPDATE FROM THE CHILDREN YOUTH AND FAMILIES (CYF) SYSTEM OF CARE

CYF Active Procurements

Accessible Depression and Anxiety PeriPartum Treatment (ADAPT) program is a MHSA Innovation project developed to provide in-home mental health services to peri-partum mothers and their partners. The program intends to support pregnant and parenting caregivers who have mood and anxiety disorders as well as provide treatment services and linkages to appropriate resources and care. Program implementation is expected to begin in the third quarter of Fiscal Year 2018/19.

Intensive Case Management Wraparound Services for youth and families involved with Child Welfare Services (CWS) or Probation is being reprocured for an effective date of July 1, 2019.

Incredible Families program which provides children's mental health treatment, Incredible Years parent training, and family support services, delivered to the CWS population is being reprocured for an effective date of July 1, 2019.

Outpatient Homeless/Runaway services are being reprocured for an effective date of July 1, 2019. A new service component has been added to this program for shelter beds.

Southeast Youth Family Support Services which offers linkages and supports to children and youth living in southeastern San Diego is being reprocured for an effective date of July 1, 2019.

Supportive Housing Project

CYF has been working on an exciting new project with a housing developer to provide permanent supported housing for families. The developer, AMCAL, has built 67 units in the Encanto Neighborhood and is the first transit-oriented housing development in San Diego in partnership with the Metropolitan Transit System. AMCAL has reserved six, two-bedroom units for six eligible homeless families and will represent, if approved, the first permanent supportive housing program for CYF. AMCAL submitted an application to the City of San Diego Housing Commission in partnership with the County and Vista Hill Foundation, which will provide the supportive services if approved. Although CYF has several programs that target homeless clients, it does not currently have any permanent supportive housing programs. This project could represent the first of hopefully many supportive housing programs with CYF targeting homeless youth and or families.

MHSA Innovations Update

SmartCare: Behavioral Health Connect (BHConnect)

The BHConnect program was awarded to Vista Hill Foundation effective February 1, 2019. BHConnect will provide telemental health services to children, youth, and adults who are high utilizers of psychiatric emergency services but not connected to a current mental health provider.

The program includes telehealth services screenings at the CYF Emergency Screening Unit, Adult Emergency Psychiatric Unit, the inpatient units for children, youth known as CAPS or Child and Adolescent Psychiatry Services, and County of San Diego Psychiatric Hospital. BHConnect does not provide medication services. Children and youth in need of medication services will be referred to the Center for Child and Youth Psychiatry. Adults in need of medication service will be referred to walk-in clinics.

Individuals eligible for telehealth services will receive a device with the Welcome Home Health (WHH) application that individuals can use when in need of mental services. WHH is a Vista Hill Foundation sub-contractor that provides the telehealth platform. If a WHH representative cannot meet the individual's immediate needs during business hours, they will be connected to a BHConnect clinician. Additionally, a BHConnect clinician will have regular appointments scheduled with individuals using the WHH to provide telehealth therapy services.

Accessible Depression and Anxiety Peripartum Treatment (ADAPT)

BHS was approved by the Oversight and Accountability Commission to implement a new and innovative project to increase services, advocacy and awareness across our systems of care. The Project, titled Accessible Depression and Anxiety Peripartum Treatment, is a joint BHS and Public Health effort. The program will be working with the Nurse Family Partnership and Maternal Child Health programs throughout the various HHS regions. Participants of the programs, or their partners in need of mental health services, will receive referrals to ADAPT for in-home mental health and case management services. This program is projected to begin in the third quarter of Fiscal Year 2018-19.

Pathways to Well Being and Continuum of Care Reform

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 continues to guide Pathways to Well-Being and allows for close collaboration across BHS, CWS, and Probation.

The following updates highlight recent work on PWB and CCR:

BHS Pathways to Well-Being, in coordination with the Responsive Integrated Health Solutions (RIHS formerly known as BHETA), facilitated two, one-day, quarterly classroom trainings entitled: "Pathways to Well-Being: Integrated Core Practice Model (ICPM) and Continuum of Care Reform". Two additional class offerings are scheduled for May and June 2019.

BHS CYF will release the updated Pathways to Well-Being/CCR eLearning in March 2019 for providers. The eLearning includes the latest information pertaining to the Integrated Core Practice Model and CCR, as well as the basics of the Katie A. Settlement and the provision of Intensive Care Coordination (ICC) and Intensive Home-Based Services (IHBS).

In Fall 2018, BHS Pathways to Well-Being organized and facilitated six focus groups for providers and youth/families. The purpose was to gain input and feedback regarding stakeholder experiences in the CFT process. Overall the feedback was positive, with specific accolades regarding the inclusiveness of the teaming process and the structure of the Child Family Teaming (CFT) meetings. Other feedback assisted the PWB team in continued outreach with specific providers to ensure consistency in the process as the system of providers shift from internal program facilitation to using a new CFT Meeting Facilitation Program.

The Fred Finch CFT Meeting Facilitation Program, a joint contract of BHS, CWS, and Probation, began scheduling, organizing and facilitating meetings on September 19, 2018. The Facilitation Program is an important addition to the system of care as it infuses standard best practices for facilitating the valuable Child and Family Team meetings.

As of December 31, 2018:

- 726 meetings have been facilitated by the program
- 538 children/youth served
- 23 BHS programs accessed program for facilitation

As of January 2019, five group homes have been accredited as Short-Term Residential Therapeutic Programs (STRTP) in San Diego County. STRTPs are now submitting Mental Health Program Approval applications concurrently to DHCS and BHS for review and scheduling of site visits as one of the last steps of the approval process.

Emergency Screening Unit

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. In December of 2017, the ESU expanded from four beds to twelve beds and resulted in a 37% increase in access during the second half of Fiscal Year 2017-18. In Fiscal Year 2017-18, ESU screened 1505 children and youth in total with a diversion rate of 79%. In the first half of Fiscal Year 2018-19, ESU screened 870 children and youth with a diversion rate of 71%.

CYF System of Care Training Academy

The Children Youth and Families System of Care (CYFSOC) Training Academy provides trainings to enhance the work of public systems in providing services to children, youth and families in San Diego County. Responsive Integrated Health Solutions (RIHS) continues this work through the Training Academy Committee, a collaboration of partners in the four sectors (Public, Family, Private, and Education) of the CYF System of Care.

Since July 2018, the CYFSOC Training Academy has delivered three classroom trainings on the following topics:

- Educating Students Experiencing Homelessness
- Family Compassion and the Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, Asexual (LGBTQIA) Community
- Sexual Health Conversations with Youth and Families

Through the end of Fiscal Year 2018-19, the CYFSOC Academy will also offer trainings on: Intersectionality of Identities and Working with Justice-Involved Families.

Scholarships for professional development opportunities are made available to parent, family, and youth support partners throughout the CYF System of Care to attend local and statewide conferences. In Fiscal Year 2018-19, up to 10 sponsorships will be awarded to attend the CYFSOC Training Academy annual conference: School Safety: Envisioning Safer Schools. The conference will be held on Thursday, May 30, 2019, at the Crowne Plaza Mission Valley. Additionally, two sponsorships will be awarded to a parent partner or a youth partner to attend the California Mental Health Advocates for Children and Youth (CMHACY) conference in Asilomar, CA in May 2019.

4th Annual Critical Issues in Child and Adolescent Mental Health Conference (CICAMH)

CYF in partnership with the San Diego Academy of Child and Adolescent Psychiatry (SDACAP), the San Diego Psychiatry Society, the California Association of Marriage and Family Therapists-San Diego Chapter (CAMFT), and the San Diego Psychological Association, will host the 4th Annual-CICAMH Conference. The theme for this year is "Managing Change in a Changing World". The conference is scheduled for March 21-22, 2019 at the Double Tree Hotel in Mission Valley. More information is available at: <http://cicamh.com/>.

Children, Youth and Family Liaison (CYFL)

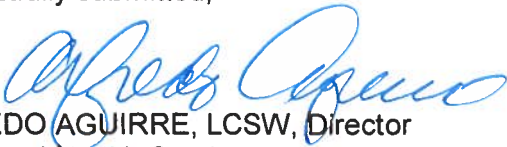
The CYFL has the primary duty of coordinating, training, and advancing Youth/Family Professional Partnerships for CYF within BHS, collaborating with CYF administrative staff to ensure family and youth voice, choice and values are incorporated into service development, implementation plans, and overall 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 group, the monthly Family/Youth Support Partner Coaching meeting, the Quarterly Family Youth Focus Groups, the Family Voice Town Hall meetings held throughout the County regions, presentations on children's mental health, and the Principles of Family Youth Professional Partnerships (PFYPP) on-line training.

Effective January 1, 2019, the CYFL contract was enhanced to provide behavioral health outreach and engagement services to all ages countywide through dissemination and training of three cloud-based applications: Organized Support Companion in an Emergency Situation (OscER), OscER Jr., and Accessing and Leveraging Families' Rights to Education (AlfrEDU). BHS encourages all providers and advocates to download the applications and share them with the community members as resources. More information about the CYFL can be found at <https://cyfliaison.namisaniego.org/>

Family Services: Drug Medi-Cal (DMC) Organized Delivery System (ODS) CYF programs Update

In efforts to expand the network capacity for Perinatal as well as Adolescent Residential Services, the CYF team released two Requests for Information (RFI). The Perinatal Residential Services RFI was released on October 19, 2018, and has led to active negotiations with expected network expansion to occur in Fiscal Year 2019-20. The Adolescent Residential Services RFI was released on October 23, 2018, and did not yield any perspective providers. The BHS team is preliminary exploring Partial Hospitalization (ASAM 2.5) as a new level of care for adolescents. Partial Hospitalization includes additional hours of treatment from outpatient (ASAM 1) or intensive outpatient (ASAM 2.1), it would require transportation support and collaboration with local school districts to provide educational resources on site.

Respectfully submitted,



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LB/bp

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