



# County of San Diego

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August 27, 2021

TO: Behavioral Health Advisory Board (BHAB)

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

## **BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – SEPTEMBER 2021**

### **ACTION ITEM(S): MENTAL HEALTH SERVICES ACT (MHSA) ANNUAL UPDATE**

The County of San Diego (County), Health and Human Services (HHSA) Behavioral Health Services (BHS) is in the second year of implementing the MHSA Three-Year Program and Expenditure Plan: Fiscal Years 2020-21 through 2022-23 (Three-Year Plan), approved by the San Diego County Board of Supervisors (Board) on October 27, 2020 (7). The MHSA Fiscal Year 2021-22 Annual Update (Annual Update) presented today includes budget and programmatic changes to the Three-Year Plan. The majority of services outlined in the Annual Update are a continuation of programs previously approved by the Board in the Three-Year Plan. As mandated by the MHSA, the Three-Year Plan and subsequent Annual Updates require approval by the Board prior to submission to the California Mental Health Services Oversight and Accountability Commission (MHSAOAC).

Since the establishment of the MHSA, the County has invested nearly \$2 billion of MHSA funding to expand and enhance critical mental health programs to dramatically shift how residents of San Diego County access care and support for behavioral health needs through the continued development of a regionally distributed model of care focused on prevention and continuous care, rather than perpetual crisis. The County continues to make significant MHSA investments in critical prevention, treatment and support services through the implementation of the Three-Year Plan and subsequent Annual Updates.

The estimated MHSA costs and revenues for FY 2021-22 are approximately \$218.6 million, inclusive of \$400,000 dedicated to the California Mental Health Services Authority (CalMHSA), to continue participation in statewide prevention and early intervention campaigns and local initiatives. The funding source is Mental Health Services Act (MHSA). The proposed MHSA budget reflects enhanced Medi-Cal drawdown tied to a Federal Medi-Cal Assistance Percentage (FMAP) associated with COVID-19. There will be no change in net General Fund cost and no additional staff years.

Behavioral Health Services is seeking Board of Supervisor approval to:

1. Receive and approve the Annual Update, which includes MHSA funding of approximately \$218.6 million in Fiscal Year (FY) 2021-2022, inclusive of \$400,000 dedicated to the California Mental Health Services Authority.

**It is, THEREFORE, staff's recommendation that BHAB supports the approvals and authorizations needed to implement the above recommendation.**

## **ACTION ITEM(S): APPOINTMENT OF THE BHAB NOMINATING COMMITTEE**

In September of each year, the BHAB Chairperson appoints a Nominating Committee of at least three BHAB members to select a slate of Executive Committee Officers to stand for election in the 2021 election cycle. The Nominating Committee is confirmed by the entire BHAB and will work to form the slate of Officers during September, for presentation to the full BHAB at the October meeting. This action seeks BHAB's confirmation of the Nominating Committee comprised of: **Bill Stewart, John Sturm, and Phil Deming.**

**It is, THEREFORE, staff's recommendation that your Board vote to confirm the Nominating Committee for the 2021 election cycle as appointed by the BHAB Chair.**

## **LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS**

### **Upcoming Events**

#### **Suicide Prevention Council Press Conference**

The Suicide Prevention Council (SPC) will host a press conference on Wednesday, September 8, 2021, from 10:00 a.m. to 10:30 a.m. at the County Administration Center East Plaza to unveil the *SPC's Report to the Community 2021*. Board of Supervisors Chair Nathan Fletcher and Dr. Luke Bergmann will be in attendance.

#### **Recovery Happens Annual Community Event**

Recovery Happens 2021 will take place on Saturday, September 18, 2021, from 10:00 a.m. to 11:30 a.m. The virtual event is a celebration of individuals on the recovery journey and those who support them. Chair Fletcher will virtually present a proclamation honoring National Recovery Month. Local radio personalities, Laura Cain and Tommy Sablan, along with San Diegans in recovery will provide inspiration to engage the recovery community. A virtual resource fair will also be available on the County of San Diego Behavioral Health Services (BHS) website during the entire month of September. Registration details will be made available soon through the Recovery Happens website.

#### **12<sup>th</sup> Annual Early Childhood Mental Health Conference-We Can't Wait!**

The Children, Youth and Families (CYF) System of Care, in partnership with Early Childhood stakeholders, will host the 12th Annual Early Childhood Mental Health Conference: *We Can't Wait! - Emerging from COVID, Conflict and Chaos: Creating a Resilient Future for our Children and Communities*. The virtual conference will be held from September 23-25, 2021. Conference presenters will explore early childhood development, evidence-based practices, and advances in early education programs and address how past and recent events have impacted the most vulnerable populations. More information on the conference is available at: <https://www.earlychildhoodmentalhealth-sandiego.com/>.

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

### **2021 National Association of Counties (NACo) Awards**

Two CYF programs received the 2021 National Association of Counties (NACo) Achievement Award. The award recognizes programs for innovative approaches to providing new or needed services, improving administration of existing programs, or promoting intergovernmental cooperation and coordination. The awarded programs are:

- **Pathways to Well-Being Virtual Workforce Development Training Series (Pathways) Micro-learnings:** This innovative and cost-effective online training series was developed to accommodate the evolving way in which information is shared with behavioral health providers and aims to ensure that services are delivered in a trauma-informed, client-centered manner and are documented to adhere to Medi-Cal standards. Pathways utilizes micro-learnings through the San Diego State University (SDSU) Responsive Integrated Health Solutions (RIHS) training contract and are structured to be eight to ten minutes long for ease of completion and retention of information.
- **SchoolLink:** A CYF partnership with community-based organizations and school districts throughout San Diego County to offer outpatient specialty mental health services (SMHS) and substance use disorder (SUD) treatment on school campuses that serve students on Medi-Cal and those who are low-income, uninsured, or underinsured. SchoolLink implements a standardized practice across the system of care, increases collaboration between schools and providers of mental health and SUD treatment programs, and provides system-level data that was previously unavailable.

### **CYF Council**

The CYF System of Care Council continues to meet virtually and has shifted to the Zoom platform. There is consistent meeting representation from the Behavioral Health Advisory Board (BHAB) by board member Bill Stewart. Detailed information about the CYF Council can be found at:

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_children/CYFBHSOCCouncil.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_children/CYFBHSOCCouncil.html).

The following were the CYF Council areas of focus for Fiscal Year 2020-21:

- July 13, 2020- Annual CYF Council orientation
- August 10, 2020- Strategic Planning Part I to provide Fiscal Year 2019-20 accomplishments and Fiscal Year 2020-21 goals
- September 14, 2020- Strategic Planning Part II
- October 12, 2020- Combined Councils meeting focused on transgender health across the lifespan
- November 9, 2020- Supporting Youth Engagement: Live Well Youth Sector
- December 14, 2020- Dark
- January 11, 2021- Best practices for outreach during the pandemic
- February 8, 2021- Best practices for engagement during the pandemic
- March 8, 2021- Finalized best practices recommendations for outreach and engagement; hosted a Live Well Schools presentation; and discussed personal commitment to achieve inclusion and equity
- April 12, 2021- Combined Councils meeting panel discussion on COVID-19 impacts on BHS Systems of Care
- May 10, 2021- Breakfast with the BHS Director: Vision for Serving Children, Youth and Families
- June 8, 2021- American Rescue Plan Act of 2021 (ARPA) discussion and development of recommendations for the BHS Director

Fiscal Year 2021-22 Planned Focus Areas:

- July 12, 2021- Annual CYF Council Orientation

- August 9, 2021- Strategic Planning meeting
- September 13, 2021- School Focus
- October 11, 2021- Combined Councils meeting hosted by the CYF Council
- November 8, 2021- To Be Determined (TBD)
- December 2021- Dark
- January 10, 2022- Bi-annual CYF Council Sub-Committees and other groups reports
- February 14, 2022- Bi-annual CYF Council Sub-Committees and other groups reports
- March 14, 2022- TBD
- April 11, 2022- Combined Councils meeting hosted by the Adult and Older Adult (AOA) Council
- May 9, 2022- Coffee with the BHS Director
- June 13, 2022- TBD

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

- **Rady Children's Hospital Hub Program Status:** The County continues to meet with Rady's leadership to identify service and capacity needs with emphasis on data and analytics mapping, as well as progress towards key milestones in development of the facility.
- **Threat Assessments Evaluations- Program Status:** A Threat Assessment Specialty Criteria was implemented on July 1, 2020, which created the infrastructure for Treatment and Evaluation Resources Management (TERM) clinicians to provide these specialty assessments. The compensation rate has been under review and as of January 1, 2021, the rate was set at \$2,500 versus the base rate of \$1,800 for standards assessments. A market analysis informed the rate setting and will continue to be evaluated. To date only one practitioner has been onboarded to this specialty panel. There is one practitioner on the panel, and no recent evaluation requests.

### **Mobile Crisis Resource Teams (MCRT)**

MCRTs have been established with countywide services being rolled out in phases. A CYF System of Care Presentation was delivered on August 2, 2021 to Telecare and Exodus to ensure that the MCRT teams have the information needed to access appropriate care for children and youth. More information on the MCRT program can be found on the following webpage: [www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/BHS\\_MCRT.html](http://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/BHS_MCRT.html). General, non-urgent questions can be emailed to [MCRT@sdcounty.ca.gov](mailto:MCRT@sdcounty.ca.gov).

### **School Health Initiative**

Under Board of Supervisors (BOS) Chair Nathan Fletcher's School Health Initiative, BHS, San Diego County Office of Education (SDCOE), and San Diego Unified School District have partnered to explore the various needs of students as well as discuss SchoolLink enhancements and universal screening.

### **Creating Opportunities in Prevention and Eliminating Suicide (COPES)**

BHS has been selected to receive grant funding from the Mental Health Student Services Act Grant through the Mental Health Services Oversight and Accountability Commission (MHSOAC); projected for October 2021. CYF and SDCOE have been working on establishing the specific elements for services focused on suicide prevention through Creating Opportunities in Prevention and Eliminating Suicide (COPES) and have been collaborating with the schools to initiate the services.

### **Adverse Childhood Experiences (ACEs) Network of Care Learning Collaborative**

CYF leadership participated with other system partners in a Learning Collaborative where a system vision was created with a mapping of strategies and action steps to help lead towards an ideal Network of Care. Planning is underway for phase 2 of the Learning Collaborative.

### **CYF Systemwide Annual Report, Fiscal Year 2019-20**

Through a long-standing partnership with Child and Adolescent Services Research Center (CASRC), BHS released the Fiscal Year 2019-20 CYF Systemwide Annual Report. This valuable report continues to offer system trend and analysis. This edition includes a new component on youth population health data by capturing information from the California Healthy Kids Survey and the Youth Risk Behavior Survey. Initial impacts of COVID-19 are reflected in the report, and a number of other new elements were incorporated, including a rich appendix that pulls in other system fact sheets for easy access. The Fiscal Year 2019-20 report is available at: [https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/TRL/TRL%20Section%206/CYFBHS%20Annual%20Report\\_FY2019-20\\_with%20appendices.pdf](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/bhs/TRL/TRL%20Section%206/CYFBHS%20Annual%20Report_FY2019-20_with%20appendices.pdf).

Prior year reports can be accessed at:

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/technical\\_resource\\_library.html#5](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/technical_resource_library.html#5)

### **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 continues to guide Pathways to Well-Being (PWB) and allows for close collaboration across BHS, Child Welfare Services (CWS), Probation department, SDCOE and the San Diego Regional Center (SDRC).

The following updates highlight recent work on PWB and CCR.

- PWB launched a series of seven micro-learning focused on PWB documentation for BHS providers, as well as system partners including CWS, Juvenile Probation, SDCOE, and SDRC. Trainings are accessible through Responsive Integrated Health Solutions (RIHS): <https://theacademy.sdsu.edu/programs/rihs/pathways/pathways-online-learning/>

Course topics include:

- PWB Portion of the BHA Documentation
  - Eligibility for PWB and Enhanced Services Form Documentation
  - Entering PWB Eligibility in Cerner Community Behavioral Health Client Categories Maintenance Documentation
  - PWB CFT Meeting Referral Form Documentation
  - PWB Progress Report to CWS Form Documentation
  - Intensive Care Coordination Note Documentation
  - CFT Meeting Note Form Documentation
- Child and Family Team (CFT) Meetings: The Fred Finch Child and Family Team (CFT) Meeting Facilitation Program facilitated a total of 4213 meetings between July 1, 2020, through June 30, 2021. CFT meeting data continued to reflect that BHS providers have made a successful transition from in-person CFT meetings to alternate modalities including video and telephone conference. As in-person meetings resumed in 2021, the program continued to offer the option of in-person, virtual or telephonic access to allow for a broader range of access for all participants, regardless of proximity or connectivity.

According to the California Integrated Core Practice Model for Children, Youth and Families (2018), an integral component of the CFT process is facilitating connection and collaboration with educational supports. Educational supports, such as a school counselor or a teacher, can assist in identifying educational needs, strengths, and resources within the CFT planning process. Educational supports can also address potential barriers to school success and collaborate to arrange access to school-based services. CYF in collaboration with SDCOE, CWS, Juvenile Probation, and the CFT Meeting Facilitation program, developed a "Request for Education



Representative at a CFT Meeting” letter for CFT members to utilize when requesting an Educational Representative at the CFT meetings. This process enhancement became effective on August 1, 2021. More information is included in the 2021-08-04 - BHS Provider Information Notice and at: <https://theacademy.sdsu.edu/programs/rihs/pathways/>.

- Beginning July 2021, BHS contracted STRTPs who have bed capacity for 12 youth or less, have the option to partner with the Center for Child and Youth Psychiatry (CCYP) program for psychiatric services. The option for STRTPs to utilize CCYP will ensure that youth who have the most intensive and complex mental health needs are able to access Medication Management from psychiatrists experienced in the System of Care, with minimal disruption or lapses in services.

As of July 2021, 11 group homes have been licensed as Short-Term Residential Therapeutic Programs (STRTP) in San Diego County. All 11 of the licensed STRTPs have established BHS contracts. Ten of the STRTPs have Mental Health Program approval from DHCS to provide Specialty Mental Health Services (SMHS), and one is awaiting final approval. BHS has facilitated STRTP Mental Health Program orientations for all onboarding STRTPs and is providing weekly technical assistance for each newly contracted STRTP providing SMHS.

California is working on shifting STRTPs to Qualified Residential Treatment Programs (QRTP) as Title IV-E funding may be leveraged for the Board and Supervision costs of youth residing in QRTPs. The definition of a QRTP in Title IV-E overlaps with the definition of an Institution for Mental Disease (IMD) in Title XIX. Title XIX prohibits federal reimbursement for covered services provided to a beneficiary who resides in an IMD. California Department of Health Care Services (DHCS) sought authorization from Centers for Medicare and Medicaid Services (CMS) to exclude STRTPs from consideration as IMDs, however a blanket approval was not provided and DHCS must assess each STRTP/QRTP by December 31, 2021, to determine IMD status. The evaluation tool that DHCS has presented appears to indicate that any STRTP with over 16 beds will be deemed an IMD. The State and the County are exploring solutions to address this issue.

Under Families First Prevention Services Act (FFPSA) as of October 1, 2021, a Qualified Individual (QI) who is most likely a clinician, needs to evaluate any youth being considered for STRTPs/Qualified Residential Treatment Programs (QRTPs). System partners are exploring the local infrastructure to meet this new requirement. In addition, youth leaving an STRTP/QRTP must have access to a minimum of 6 months of aftercare. State level discussions continue to review the type of aftercare, inclusive of high-fidelity wraparound.

### **Therapeutic Foster Care (TFC) Update**

In Fiscal Year 2020-21, new TFC forms were made available to providers to facilitate the delivery and documentation of TFC services. The TFC program served six clients and provided training and certification for seven TFC parents.

### **Family Urgent Response System (FURS)**

FURS is a statewide and county-level system designed to provide collaborative and timely phone-based or in-home, in-person response during situations of instability between current and former youth in foster care and their caregivers. In compliance with Assembly Bill (AB) 79 and Senate Bill (SB) 80 a local partnership between BHS, CWS and Probation formed to provide a local FURS network that is prepared to dispatch local trauma-informed mobile support to foster youth experiencing a crisis that is identified through a State-run hotline. CWS provided the local response effective March 2021, with service provision shifting to a contracted provider effective July 1, 2021. In Fiscal Year 2020-21 there were less than ten referrals to San Diego County from the State Hotline. FURS information was shared with the CYF Council on March 8, 2021 and also added to the BHS website which also links to State information: [https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental\\_health\\_services\\_chi/Idren/Family\\_Urgent\\_Response\\_System.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/bhs/mental_health_services_chi/Idren/Family_Urgent_Response_System.html)

### **AB 2083 Foster Youth: Trauma-Informed System of Care**

The County of San Diego successfully executed a System of Care Interagency Memorandum of Understanding (MOU), as guided by AB 2083, Trauma-Informed System of Care for Children and Youth. The MOU seeks to ensure that the Systems Partners' programs and policies reflect a coordinated, integrated, timely, and effective delivery of services for children, youth, and families. System partners included in the MOU are CWS, BHS, Probation Department, SDCOE, SDRC. The MOU was submitted to California Department of Social Services (CDSS) in March 2021. Executive leadership representatives from each System Partner have formed an Interagency Leadership Team, which meets quarterly and serves as the governing and coordinating body of the AB 2083 collaborative. In addition, leadership from AB 2083 partners have formed a Child and Family Wellness System of Care Committee which meets monthly with the goal of fully implementing the interagency MOU.

The AB 2083 Training Development Workgroup is continuing to work toward the goal of creating one comprehensive e-Learning for BHS providers and system partners that will integrate information from system partners serving children, youth, and families. The workgroup, led by RIHS and BHS includes representatives from CWS, Juvenile Probation, SDRC, and SDCOE. This e-Learning is projected to be rolled out in Fiscal Year 2021-22.

### **COVID-19 Service Delivery Impacts and Adjustments**

- **Pandemic Impact Report 2019-20:** CYF, in collaboration with the Child and Adolescent Services Research Center (CASRC) has been working on a Pandemic Impact Report. The report examines the impact of the first ten months of the pandemic, beginning with the Stay-At-Home order in March 2020. The report compares the San Diego County Behavioral Health data from March through December 2020 to the same time frame in 2019. The report includes demographics and service system information, satisfaction, symptom severity, client outcomes, and crisis services. The report can be accessed on the CASRC website at: <https://medschool.ucsd.edu/som/psychiatry/research/CASRC/resources/SOCE/Pages/Reports.aspx>
- **Tools for Practitioners:** CYF and CASRC created several tools and infographic content to support practitioners in delivering care. These tools include:
  - Child and Adolescent Needs and Strengths (CANS) Strengths during client plan development and treatment interventions.
  - Handout on engaging families and youth in teletherapy which highlights engagement strategies for various developmental levels of clients.
  - Clinician Telehealth Checklist of teletherapy best practices to support clinicians with standardize protocols.
- **Come Play Outside:** CYF, in collaboration with the City of San Diego and the City's Department of Parks and Recreation launched the *Come and Play Outside!* initiative on June 1, 2021. In response to the long-standing closure of schools, parks, and recreational centers, which resulted in a drastic decrease of physical outdoor activities and the negative socio-emotional consequences, BHS responded quickly to actualize this initiative. Come Play Outside! offers a wide variety of programs and schedules, including, but not limited to aquatics, adventure camp, Teen Nite, Sports Camps, Science, Technology, Engineering and Mathematics (STEM) and Science, Technology, Engineering, Arts, and Mathematics (STEAM) camps, and movies in the park through 18 City of San Diego recreation centers and three aquatic centers primarily in the Central, Southeast, and South Bay neighborhoods within the City of San Diego.

### **ARPA Emergency Housing Vouchers**

CYF identified 11 programs as candidates for a partnership to access Emergency Housing Vouchers through ARPA funding. Three distinct levels of care that serve both women and transitional age youth that present with housing needs were identified:

- Six perinatal outpatient programs that offer SUD treatment as well as ongoing recovery services to women.
- Four perinatal residential programs that offer SUD treatment and connect women to a perinatal outpatient program for ongoing care.
- One Countywide mental health outpatient program that supports children and youth who are homeless.

Although the 11 programs operate in different locations throughout the County, they all serve individuals across all county regions. CYF in partnership with the 11 programs, representing six legal entities, committed to identify 20 individuals/families for the emergency housing vouchers and to offer them on going supportive services.

### **San Pasqual Academy (SPA) Graduation**

*The SPA Day Services Program Manager provided the following highlight:*

The very difficult 2020-21 school year at SPA culminated with an amazing and inspiring graduation ceremony for thirteen hard-working and resilient seniors. Amongst this group of graduates, four of them are set to attend California State Universities to pursue continued education while other graduates plan to attend community colleges, trade schools, or work opportunities. Even with huge challenges set before this group of seniors including school instruction not being in-person, adapting to remote learning, restrictive quarantine guidelines for the better part of the year, limitations in visiting family and friends, and employment sacrifices due to COVID-19 restrictions; these young people transcended it all. They received their high school diplomas, worked with their support system on their transition plans, continued to develop Independent Living Skills (ILS), utilized their resources and services for health and wellness including emotional and psychological health, while managing their anxiety and stress through it all.

Many of these stories were shared during the graduation ceremony. Eight of the thirteen graduates gave heartfelt speeches about their journey, insight, perseverance, and gratitude for all they have accomplished and acknowledged everyone who helped them reach these goals. The thoughtfulness and courage of these youth with taking on the tremendous challenge of public speaking should be applauded as their stories were shared in a personal, relatable, and inspiring manner. Additionally, the ability to hold a large outdoor ceremony where family, friends, care providers, caregivers, and others could come and celebrate the accomplishments of these youth was the much needed 'gift' for the many sacrifices made this year.

### **Family Services Update**

- **MAT (Medication Assisted Treatment) Services:** CYF continues to work towards establishing MAT services in a Perinatal Outpatient Treatment program. Additionally, to meet the needs of youth, and in awareness of the recent increase in opioid-related overdose incidents in San Diego County during the COVID-19 pandemic, CYF and AOA expanded the availability of MAT to adolescents effective July 2021. SOAP MAT, LLC, a licensed opioid treatment program, now offering MAT to youth ages 12-17 who have an opioid use disorder. Youth are screened to determine if MAT is an appropriate treatment option. MAT for youth may be focused on safe, monitored withdrawal, or less commonly, on maintenance of abstinence. In addition, youth are connected to outpatient or residential treatment services aligned with the level of need of the youth and their family. The current expansion of services to include MAT for youth will be monitored to assess the need in the community and potential expansion to other regions and providers.



- SAFE Housing:** Facility upgrades, improving equity and access to equitable opportunities for the women and children who reside at SAFE (Sober and Friendly Environment) Housing, a transitional sober housing facility in a residential environment for parents, and their dependent children, who have a CWS, court-ordered family reunification plan and who have completed a SUD treatment program. SAFE Housing, which is an apartment building facility comprised of 5 units with each apartment shared by up to 2 families, needed significant living improvements. CYF secured \$75,000 in one-time facility improvement funds through CalWORKS that were utilized to install wired and wireless internet service in the building (something that did not exist previously); replace worn and outdated furniture such as couches, beds, and dining tables/chairs; replace old and outdated appliances, including refrigerators and stoves; as well as purchasing microwave ovens, which residents either provided or went without previously. In addition, families are now provided their own toiletries, linens, towels, kitchenware, and utensils. Previously, residents were responsible for bringing these items and were shared among multiple families. The funding was also utilized to secure access to equitable online learning, training, and job search by supplying laptops, tablets, and other Information Technology (IT) equipment that are standard in most households. The improvements completed under this funding epitomize the County of San Diego and BHS's commitment to diversity, inclusion, and equity.
- Peer Support Specialists:** Effective July 1, 2021, Drug Medi-Cal Organized Delivery System (DMC-ODS) outpatient providers were expanded to include one FTE Peer Support Specialists. The intent is to add one FTE Peer Support Specialists to the Teen Recovery Centers in quarter one of Fiscal Year 2021-22. At this time, Peers may perform county billable case management services after completion of the required training, as well as offer services during the Recovery Services phase of treatment. At the same time, DHCS has identified a plan to offer Peer Certification for both DMC-ODS and Mental Health programming, connected to SB 803. Behavioral Health Information Notice No: 21-041 dated July 22, 2021, offers more information on the Medi-Cal Peer Support Specialist Certification Program Implementation through DHCS.  
 Link: [https://www.dhcs.ca.gov/Documents/CSD\\_BL/BHIN-21-041.pdf](https://www.dhcs.ca.gov/Documents/CSD_BL/BHIN-21-041.pdf)

**Emergency Screening Unit**

The Emergency Screening Unit (ESU) provides crisis stabilization services to children and youth experiencing an acute psychiatric crisis. The ESU team offers comprehensive screening services, crisis stabilization, and facilitates inpatient hospitalization when clinically necessary.

In Fiscal Year (FY) 2020-21, ESU had an overall decrease in utilization of 5% when compared to the prior fiscal year; crisis stabilization services decreased by 4%, and direct admissions decreased by 6%.

In the entire FY 2020-21, ESU screened 1,702 children and youth in total with a diversion rate of 64.27%; a 5.49% reduction when compared to the prior fiscal year. The following table provides a summary of the data including the variance from FY 2019-20 to FY 2020-21.

	FY 2019-20*	FY 2020-21**	Variance from FY 2019-20 to FY 2020-21
<b>Crisis Services Admissions</b>	1558	1491	-4.30%
<b>Direct Admissions</b>	223	211	-5.38%
<b>Total Admissions</b>	<b>1781</b>	<b>1702</b>	<b>-4.44%</b>
<b>Diversion Rate</b>	68%	64.27%	-5.49%

\*Fiscal Year 2019-20 COVID-19 March-June

\*\*Fiscal Year 2020-21 COVID-19 July-June

The ESU is located at 4309 Third Ave, San Diego, 92103. The phone number is 619-876-4502.

### **Juvenile Forensic Services Stabilization, Treatment, Assessment and Transition (STAT) Team**

The Juvenile Forensic Service STAT Team provides mental health services, with some community aftercare, to youth on probation in the detention facilities. Services include, but are not limited to, crisis intervention, assessment, psychiatric assessment, medication follow-up, individual and group therapies, and court-ordered reports. Services are intended to stabilize the youth and reduce exacerbation of behavioral health disorder symptoms when the youth return to the community.

### **Healing Opportunities for Personal Empowerment (HOPE)**

The HOPE program officially launched in July 2021. HOPE is a collaboration between BHS and the Probation Department to provide a new intensive treatment program for in-custody youth. The HOPE program supports the juvenile justice system's transition to a positive youth development model while also focusing on the interrelated Triad of Treatment needs typical of youth who are in custody and provides evidence-based and evidence-informed treatments for criminogenic, mental health, and substance use. This innovative program allows BHS Juvenile Forensics Services STAT-HOPE clinicians to work side-by-side with Probation staff in the units to create a therapeutic milieu that is both strengths-based and trauma-informed. Youth practice newly acquired skills in a safe environment, while also maintaining structure and personal accountability.

The HOPE program will actively work to foster engagement with the larger San Diego community. To accomplish this, family members, other positive allies of the youth, and community-based organizations will be an integral part of the in-custody treatment program. As a youth progresses through their therapeutic program, they will be encouraged to make use of passes to leave the facility so they can engage in prosocial community activities involving family, education, vocational training, and recreational activities. This will allow the youth to have progressively increasing responsibilities, while slowly decreasing the supervision required. Once the youth has successfully completed their treatment and in-custody time, the intent is they will continue to receive services from a contracted service provider as well as from the HOPE clinicians to ensure success once returning home.

### **STAT Team**

In FY 2020-21, the STAT team received a total of 5,739 referrals for clinical services for youth. There were 3,008 referrals for Kearny Mesa Juvenile Hall/Urban Camp and 2,731 referrals for East Mesa. The referrals cover a variety of interventions, but specifically the 5,739 referrals resulted in the following services:

- There was a total of 11,301 clinical visits/sessions from the STAT team licensed mental health clinicians, senior clinical psychologists and clinical psychologists, and a total of 2,144 services from the STAT team psychiatrists:
  - 5,253 mental health clinician visits and 904 psychiatric visits at Kearny Mesa Juvenile Hall
  - 2,070 mental health clinician visits and 409 psychiatric visits at Urban Camp
  - 3,968 mental health clinician visits and 831 psychiatric visits at East Mesa

In addition to the clinical services provided by the STAT team directly to the youth, team members also provided training for probation officers and participated as subject matter experts (SME) in over 160 of probations weekly Interagency Placement Committee (IPC) meetings, Screening and Disposition meetings and Juvenile Forensic Assistance for Stabilization and Treatment (JFAST) Court.

### **May Is Mental Health Month Poster Contest**

As in previous years, the STAT team in collaboration with the Probation Department, and SDCOE, acknowledged May is a Mental Health Month with a Mental Health Poster Project/Contest at the Juvenile Detention facilities. The project included:

- Specific groups and or classroom lessons on various mental health topics, including but not limited to definitions, signs and symptoms of mental health concerns, and healthy coping skills.
- Artistic expression through a poster contest with 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place prizes. This poster contest, assisted in normalizing mental for the youth and created a safe environment by facilitating open discussion and dialogue on how youth are feeling and healthy ways to express themselves.

Over 100 youth participated in small group discussions and/or entered the contest. The youth worked on the posters during their free time and then were given the opportunity to present their poster. The posters were displayed in the facility for all to see.

BHS continues to meet with Probation on the opening of the Department of Probations new Youth Transition Campus (YTC) at Kearny Mesa where there will be eight new buildings to house youth with 12 youth per unit, providing a total capacity on the campus for 96 youth. There will be STAT clinicians located at the units, available to the youth and as an active part of the milieu.

### **SB 823/AB 1868 - Department of Juvenile Justice (DJJ)**

In 2020, California enacted SB 823/AB 1868, which phases the closure of California's Department of Juvenile Justice (DJJ) by June of 2023, with no new admissions effective July 1, 2021. Probation has disseminated information and engaged BHS and other critical partners on mapping out the local infrastructure to support youth and young adults who will be cared for locally with the closure of DJJ. The new local programming will be known as the Youth Development Academy (YDA) and is projected to commence on July 1, 2022 and will serve youth and young adults up to the age of 25.

As a requirement to receive funding through the Juvenile Justice Realignment Block Grant Program, counties must create a subcommittee within the Juvenile Justice Coordinating Council (JJCC) per WIC 1995 and submit a Juvenile Justice Realignment Plan to the Office of Youth and Community Restoration (OYCR) by January 1, 2022. The plan must be submitted annually to OYCR by May 1<sup>st</sup> and the JJCC Subcommittee must convene to review the plan every three years. CYF is an active member of the subcommittee and contributor to the plan. On August 17, 2021, the Board of Supervisors was scheduled to review / ratified membership of the subcommittee of the Juvenile Justice Coordinating Council regarding Juvenile Justice Realignment.

### **CYF System of Care Training Academy**

The CYF System of Care (CYF-SOC) Training Academy is a collaboration of the four sector partners (private, public, education, family/youth) managed through the contract with RIHS.

CYF-SOC Training Academy promoted the following trainings for Fiscal Year 2020-21:

- Suicidality in Children and Youth (delivered on August 6, 2020)
- Bridges Out of Poverty (delivered October 6, 2020)
- Understanding our Own Biases and Assumptions (May 12, 2021)
- Supporting People of Color in Treatment (June 11, 2021)
- Recognizing and Responding to Cultural Cues in Service Delivery (June 29, 2021)

Planning is underway for FY 2021-22 CYF-SOC Training Academy which plans to deliver training on Trauma Resilient Education Communities (TREC); Supporting Families Moving through Pain, Grief, and Healing; Asian, Pacific Islander, Desi American (APIDA) Cultures; African American Cultures, and more.

### **CYF-SOC Annual Conference**

CYF-SOC hosted the virtual conference focused on Youth Substance Use: Risk, Resilience, Reconnection on May 27, 2021. Conference presentations included: Understanding the Impact of In Utero Substance Exposure and Implementing Concrete Care Strategies with Young Children Who Have Been Substance Exposed; Cannabis Use in the Emergence of Psychosis; Tobacco, Marijuana, and Vaping; Opioid Crisis and Juvenile Drug Smuggling in San Diego County; The Impact of Trauma and

Youth Substance Use; and “The Chicken or the Egg”: The Relationship Between Mental Health and Substance Use Disorders.

The conference also featured an opening keynote presentation entitled “Current Trends in Substance Use Impacting Youth and Families” presented by Thomas Freese, Ph.D., and a closing keynote presentation entitled “Nurturing Wellness with Healing-Centered Practices: Restorative Justice Practices are Much More than Conflict Resolution” by Gabriel Nuñez-Soria, M.A. Twenty scholarships were awarded to peer support partners to attend the conference.

### **California Mental Health Advocates for Children and Youth (CMHACY)**

Six scholarships were awarded to attend the 41<sup>st</sup> annual California Mental Health Advocates for Children and Youth (CMHACY) virtual conference held virtually on April 28-29, 2021. This year, the conference focused on Non-Negotiable: Demanding Social Justice & Racial Equity in Our System of Care.

### **Children, Youth and Family Liaison (CYFL)**

The Children, Youth and Family Liaison (CYFL) <https://cyfliaison.namisandiego.org/> 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 three cloud-based applications managed by CYFL (oscER, oscER Jr., alfrEDU) continue to be on track to be available in the threshold languages by June of 2022. The applications can be accessed at:  
<https://oscer.namisandiego.org/>  
<https://oscerjr.namisandiego.org/>  
<https://alfredu.namisandiego.org/>
- The CYFL coordinated and hosted the 7th Annual Youth Mental Health Well-Being Celebration on Friday, May 7, 2021. Due to COVID-19, the event was held virtually for the second year in a row. The theme of the celebration was “Flipping the Script on Mental Health”. A highlight of the event was the presentation of a Proclamation by Board of Supervisors Chair Nathan Fletcher Honoring Children’s Mental Health Awareness Day
- The CYFL continues to follow updates on the SB 803 Peer Support Specialist Certification Act of 2020 signed into law by Governor Gavin Newsom on September 25, 2020. SB 803 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. SB 803 updates is a standing agenda meeting item at the Youth and Family Support CYF Council Sub-Committee monthly meetings. State Counties’ participation is optional. The DHCS peer support specialist website can be accessed at: <https://www.dhcs.ca.gov/services/Pages/Peer-Support-Services.aspx>.

Respectfully submitted,



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