



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

October 30, 2020

TO: The Behavioral Health Advisory Board (BHAB)

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

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – November 2020

ACTION ITEM: ELECTION OF THE 2021 BEHAVIORAL HEALTH ADVISORY BOARD EXECUTIVE OFFICERS

The Behavioral Health Advisory Board (BHAB) Bylaws provide for establishing a Nominating Committee in September of each year. The following BHAB members were appointed to serve on the Nominating Committee: Bill Stewart, Jenifer Mendel, and Shannon Jaccard.

The Nominating Committee presented the following recommended slate of 2021 Executive Officers at the BHAB meeting on October 1st.

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

Vote to approve the slate of 2021 Behavioral Health Advisory Board Executive Committee Officers.

ACTION ITEM: APPROVAL OF THE 2020 DATA NOTEBOOK

Annually, local behavioral health advisory boards are asked by the California Behavioral Health Planning Council to complete a Data Notebook. Participation in the data notebook informs advocacy decisions by the California Behavioral Health Planning Council and also helps local

boards fulfil their mandate to report on program goals, needs, and provide input to the Legislature and the public.

The County of San Diego Behavioral Health Advisory Board has taken the following action:

Month	Action
September BHAB Meeting	<ul style="list-style-type: none"> • Chair announced the topic for the Data Notebook Project (timeline still pending), which aids the California Behavioral Health Planning Council's advocacy for behavioral health services. • Judith Yates, Debbie Barnum, Bill Stewart, and Phil Deming volunteered to form a work group to work with BHS staff to finalize the Data Notebook.
October	<ul style="list-style-type: none"> • Staff drafted responses to items requiring factual or quantitative responses. • BHAB Members reviewed and responded to items requiring qualitative or subjective responses.
October BHAB Retreat	<ul style="list-style-type: none"> • Staff presented BHS suggested responses and BHAB shared their suggested responses (Agenda Item).
November BHAB Meeting	<ul style="list-style-type: none"> • BHAB to vote on submission of Data Notebook final draft, after discussion of any pending changes, as needed (Action Item).

It is THEREFORE, staff's recommendation that your board vote to approve the draft Data Notebook and authorize staff to submit it to the California Behavioral Health Planning Council ahead of the November 30th deadline.

ACTION ITEM: REPORT BACK ON HOUSING CONSERVATORSHIP PROCEDURE PILOT PROGRAM BOARD LETTER

In 2018, the Governor signed Senate Bill (SB) 1045, which allowed certain counties, including San Diego County, the ability to implement a pilot conservatorship procedure – known as a “housing conservatorship” – for eligible individuals who are unable to care for their own health and well-being due to serious mental illness and substance use disorder. The law was later amended in 2019 by SB 40 (Chapter 467), which added several procedural changes intended to allow participating counties to further tailor their efforts to the target population. In an action brought forward by Supervisor Jacob and Supervisor Fletcher on October 29, 2019 (04), the San Diego County Board of Supervisors (Board) directed the Chief Administrative Officer to develop a conservatorship procedure pilot program, as outlined by SB 1045 and SB 40, and report back to the Board with recommendations for implementation in one year.

As outlined by SB 1045/SB 40, this new housing conservatorship would allow counties to place eligible individuals who routinely end up in emergency rooms, psychiatric facilities, or jail on a conservatorship that focuses on providing supportive housing and intensive wraparound services to keep individuals out of these systems and focus on their health and well-being.

As required by SB 1045/SB 40, each county named in the legislation was to establish a "Housing Conservatorship Working Group" (Working Group) to evaluate the effectiveness of the new conservatorship law in serving conservatees with serious mental illness and substance use disorders. The San Diego County Working Group was established and met to evaluate the requirements of SB 1045/SB 40 and develop recommendations for implementation.

This Board Letter presents the Working Group's findings and a recommendation to serve this population by leveraging Care Coordination work through the Behavioral Health Continuum of Care and forgo implementation of SB 1045 and 40 in San Diego County.

It is THEREFORE, staff's recommendation that your Board support approval of the recommendations to build upon existing Care Coordination work through the Behavioral Health Continuum of Care and forgo implementation of SB 1045 and SB 40 in San Diego County.

LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS

The 2020 (Virtual) Check Your Mood Day

Check Your Mood 2020 went virtual on Thursday, October 8, in conjunction with National Depression Screening Day and as part of Annual Mental Illness Awareness Week activities. The purpose of the annual Check Your Mood event is to engage and encourage San Diegans to monitor and assess their emotional well-being. Getting screened for depression is an important part of healthcare checkups, much like getting your blood pressure checked or being screened for heart disease or diabetes. The virtual campaign was organized and facilitated by HHSa regional Community Health Promotion Specialists in collaboration with the County's *Live Well San Diego* office and community-based organizations.

Participants this year were encouraged to complete an online Check Your Mood self-assessment and received a free [e-toolkit](#) which included guides to social media, resource lists and assessment tools in multiple languages. A video was also created to encourage self-care.
<https://www.livewellsd.org/content/livewell/home/news-events/check-your-mood.html>

Suicide Prevention Council Press Conference

The San Diego Suicide Prevention Council held a press conference on Thursday, September 10 to provide an update on the overall status of suicide in our county and to highlight the progress made through County's prevention efforts. September 10th is recognized annually as World Suicide Prevention Day and the week of September 6-13 is recognized as Suicide Prevention Week nationally.

The event marked the release of the San Diego Suicide Prevention Council [Annual Report to the Community](#) which shares prevention resources and local data on suicide and help-seeking behavior. The report also aims to raise awareness that suicide is everyone's problem, stimulate efforts to connect people to help and, ultimately, reduce regional suicide rates. This year's report focuses on efforts to deal with the after-effects of suicide, known as "postvention". Exposure to death by suicide is associated with an increased risk of the development of damaging health and social outcomes among the people who are left behind, including an increased risk of suicide. Postvention refers to activities and services to reduce this risk, lessen harm and promote healing, and to care for and support those affected by suicide deaths and attempts.

Suicide is the 2nd leading cause of non-natural deaths in San Diego County, leaving so many loved ones behind. This highlights our county's need to have robust, culturally appropriate, and accessible resources to prevent suicide and to provide support after a suicide loss. Though the annual suicide rate remained steady from 2013 to 2018, at 13.9 per 100,000 population, the rate dropped in 2019 to 12.8 per 100,000 population, the lowest rate since 2011. This reflects a 7.9% year-to-year decrease (from 465 people to 429 people) and reminds us that suicide can be prevented if we know the signs, if we speak openly about suicide, and reach out for resources and support.

UPDATE FROM THE SAN DIEGO COUNTY PSYCHIATRIC HOSPITAL (SDCPH)

Culture of Safety

San Diego County Psychiatric Hospital is proud to have established an ongoing four-week series with line staff from all hospital departments to provide education around inpatient aggressive acts, safety measures, and best practice tools. The concept of *Culture of Safety* is to acknowledge the high-risk environment that exists within SDCPH. It is designed to enhance best practices driven by data and demonstrate a collective commitment by leadership to the well-being of both patient and employee. When safety is given prime importance, staff morale is supported, and performance and clinical intervention is effective and compassionate.

At the end of the four-week interactive series, staff members receive a Certificate of Completion for their attendance. Multidisciplinary staff rotate through every series and their feedback within the series is brought back to leadership for process and policy change. The overall goal is to increase staff safety and decrease risk events.

San Diego County Psychiatric Hospital Passes Joint Commission Inspection

BHS is extremely happy to report that during the Joint Commission Survey inspection of the SDCPH, which occurred in the last week of October 2020, no areas of improvement were identified. In layman's terms, the SDCPH passed with flying colors with the Joint Commission inspector stating that the hospital "looks amazing." This can be attributed to the collaborative efforts of various departments within the County, which have worked together to maintain a safe environment and ensure excellent patient care.

COVID-19 and California Department of Public Health Survey

San Diego County Psychiatric Hospital was surveyed by California Department of Public Health (CDPH) twice since the emergence of COVID-19 in San Diego County. The purpose of this survey was to ensure that proper infection control protocols were in place which included screening prior to coming into the hospital, ongoing screening for symptoms, making a plan for containment of positive cases, developing mitigation strategies for staffing shortages, obtaining and maintaining enough personal protective equipment, developing a communication plan with all departments throughout the hospital as changes developed, and changing patient workflow to incorporate COVID-19 protocols (social distancing, increase in hand washing, patient mask use, smaller group sizes, and testing patients as they come into the hospital).

CDPH found practices to be within CDC guidelines and delivered in an appropriate manner. This provided reassurance to both staff and patients that all precautions are carefully considered on a daily basis and adjusted to changing information and needs.

Cerner Millennium Upgrade

San Diego County Psychiatric Hospital will be implementing an upgraded Electronic Health Record (EHR) within the next couple months. This has been a yearlong multi-resourced intensive project. The Cerner analysts and EHR implementation teams are finalizing the solution builds, testing, and timelines for Go-Live Requirements that are mapped for completion. This is an electronic application system that will make the hospital workflows and processes more streamlined, improve productivity for staff, and improve ways to create and produce reports for regulatory reporting requirements as well as hospital and county reporting needs.

This is a big step forward in the County commitment to prevent risk, provide modern tools for staff and establish better accountability for the delivery of care in a hospital setting.

UPDATE FROM THE EDGEMOOR DISTINCT PART SKILLED NURSING FACILITY

Edgemoor Rated #1 Nursing Home in Newsweek's America's Best Nursing Homes 2021

The Edgemoor Distinct Part Skilled Nursing Facility in Santee is, for the second year in a row, rated #1 nursing home in Newsweek's ranking of America's Best Nursing Homes 2021. The list highlights top nursing homes, compared to others in the same state, based on performance data, peer recommendations, and the facility's handling of the COVID-19 threat.

Under the BHS umbrella, the Edgemoor Skilled Nursing Facility provides 24-hour, long-term care for individuals having complex medical needs who require specialized interventions from highly trained staff. This recognition is a reflection of the dedication and skill of the Edgemoor staff—including doctors, nurses, nursing assistants, pharmacists, kitchen and custodial crews, special activities leaders, and administration—in providing excellent care to our most vulnerable clients while making incredible shifts and adaptations in the wake of the COVID-19 pandemic to ensure continued client and staff safety.

Edgemoor Solar Project Nears Completion

In November 2019, Edgemoor began installing solar panels throughout the campus. All arrays and infrastructure have now been completed and the panels have been connected to the facility. Upon final approval by the Office of Statewide Health Planning and Development (OSHPD), the project will be completed, and Edgemoor should start seeing a reduction in energy costs by next month.

This project has been guided by the County's sustainability goal that seeks to reduce greenhouse gas emissions. One goal of the County is to increase the amount of renewable, clean energy generated at County facilities in order to increase energy independence and reduce electricity costs. The Edgemoor solar panel array is the latest County-owned photovoltaic system to go online, joining those at the North County Regional Center, the Fallbrook Community Center, the County Operations Center, the East Mesa Detention Facility and the Ramona Library.

Operational Updates

Walter Hekimian Retires

Walter Hekimian, Edgemoor Administrator/Deputy Director retired March 2020 and Erin Chancler assumed this role, having been on the Edgemoor team since December 2018. Ms. Chancler has been a licensed Administrator since 1999 and was previously the Administrator at Villa Las Palmas Healthcare Center. She also held Administrator roles with other health facilities including Country Hills Health Care, Monterey Care Center, and The Royal Home. Ms. Chancler has

extensive experience in facility management, regulatory compliance and clinical excellence. She currently serves on the American Health Care Association Not for Profit Council and is an active participant in the California Association of Health Facilities (CAHF). Ms. Chancler holds a Bachelor of Arts in Mathematics from UC Santa Barbara.

COVID-19 Protocols

The COVID-19 pandemic continues to be at the forefront of operations at Edgemoor. Edgemoor continues to follow and implement the guidance of various local, state, and federal health organizations. Some of the precautions implemented include visitor restrictions, residents quarantined to the facility and connecting patios, entrance screenings which include temperature checks, masking, on-going staff education, communication with resident and families/responsible representatives, and testing of residents, staff, and other health care personnel. Edgemoor has completed two focused Infection Control Survey's conducted by CDPH related to COVID-19 protocols. There were no deficient practices identified in either survey.

Edgemoor Pharmacy Transition

Oversight of the Edgemoor Pharmacy transitioned to Medical Care Services Division on July 1st, 2020 and is now supervised by Dr. Emily Do. Other than oversight, all other facets shall remain under BHS until Fiscal Year 2020-2021.

Acute Psychiatric Facility Plan

Edgemoor continues to explore and develop plans to incorporate an acute psychiatric facility into the existing floor plan of the facility, likely to consist of an eight- to 12-bed unit. Incorporating such a facility would be necessary to maintain Edgemoor's Distinct Part licensure should changes occur with San Diego County Psychiatric Hospital. Licensure will require approval by CDPH and OSHPD.

Respectfully submitted,



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

- c: Dean Arabatzis, Acting Agency Director
- Cecily Thornton-Stearns, Assistant Director and Chief Program Officer
- Aurora Kiviat, Assistant Director and Chief Operations Officer