



County of San Diego

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December 28, 2016

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, LCSW, Director
Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – JANUARY 2017

1. ACTION ITEM(S): SCHOOL BASED AND RESIDENTIAL/PLACEMENT AUTHORITY

Since Board of Supervisors' direction on December 12, 1995 (46), the Health and Human Services Agency's Behavioral Health Services has been working on the development of a comprehensive system of care for seriously emotionally disturbed children, adolescents and their families. Subsequent actions by the Board provided key steps toward realizing an integrated array of outcome-based services for children and youth. In 1999, with oversight by the Board's School Subcommittee (Supervisors Cox and Jacob), a multi-faceted plan for expanding mental health services was developed. The County has worked extensively with elementary, middle and high schools, existing and potential new providers, and consumers to create an infrastructure that ensures that the entities selected to provide services on school campuses are the choice of the school districts.

On October 17, 2000 (1) the Board of Supervisors approved the expansion of services available within the Children, Youth and Families system of care using State funding. On December 13, 2005 (1), school based programs were augmented with MHSA funds to enable them to also serve non-Medi-Cal students with mental health needs. On February 24, 2009 (8) continuation of school based contracts was authorized beyond their expiration dates based on school district choice. School-based behavioral health services are provided on the campus of designated schools selected by BHS in collaboration and partnership with the school districts. This collaboration has resulted in behavioral health services currently being provided on the campuses of over 400 schools.

This item requests authorization to continue to allow school districts and BHS to jointly select the BHS providers contracted to provide services on their school campuses. This item also requests authorization to continue to allow BHS to renew, extend and establish contracts for behavioral health treatment services with the residential/placement providers. Behavioral health services are provided to clients in residential 24-hour facilities or homes licensed by the State Department of Social Services, Community Care Licensing Division or the State Department of Health Care. Residential care programs provide 24-hour treatment for clients or residents who require a higher level of care than available in an outpatient setting. When clients who reside in a residential program/placement also require behavioral health services, it is most efficient, effective and

beneficial to the client for the purpose of continuity of care, to contract with the same provider for the behavioral health treatment.

It is, THEREFORE, staff's recommendation that the Board support: approval for school districts to continue to select, with BHS approval, behavioral health services providers for their campuses; and approval for BHS to renew, extend and establish contracts for behavioral health treatment services for clients in 24-hour residential or placement settings with those providers who are licensed by the State.

2. BHAB UPDATES

2.1 Election of 2017 Behavioral Health Advisory Board (BHAB) Executive Officers

On November 3, 2016 the following BHAB members were elected as 2017 Executive Officers, and will be formally seated in January for a term of one year:

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| Phillip Deming | Chairperson |
| John Sturm | 1 st Vice-Chairperson |
| Rebecca Hernandez | 2 nd Vice-Chairperson |
| Jenifer Mendel | Member at Large (representing the alcohol/substance abuse community) |
| Judith Yates | Member at Large (representing the mental health community) |

2.2 Ten-Year MHB/BHAB Member Gloria Harris, Ph.D., Co-authors Women's History Book

Dr. Gloria Harris, who retired from BHAB in April 2016 after serving for ten years on the Mental Health Board and the Behavioral Health Advisory Board, has co-authored a new book, *Remarkable Women of San Diego: Pioneers, Visionaries and Innovators*. Dr. Harris has served as Chairperson of the San Diego County Commission on the Status of Women, was inducted in 2010 into the San Diego Women's Hall of Fame, and serves on the board of the Women's Museum of California, one of only six museums of women's history in the country. Co-author of the book is another behavioral health stakeholder, Hannah Cohen, who served on the BHS Housing Council and played a key role in San Diego's Ten-Year Plan to End Homelessness. Ms. Cohen also serves on the board of the Women's Museum of California.

One of the locally prominent women profiled in their book is Jeanne McAlister, founder and CEO for the past 40 years of the McAlister Institute, one of BHS's major AOD service providers, and in 2010, the first AOD specialist to be named Mental Health Person of the Year. Dr. Harris included Ms. McAlister in the book after hearing her give a presentation at a Board meeting. The book was released on November 21, 2016.

3. LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS

3.1 BHS All-Provider and Advisory Board Holiday Luncheon

On December 12, 2016, members of the Alcohol and Drug Services Providers Association (ADSPA) and the Mental Health Contractors Association (MHCA), along with BHS leadership and members of the Behavioral Health Advisory Board, attended the BHS All-Provider and Advisory Board Holiday Luncheon at Anchors Catering and Conference Center. A record 152 participants, a sell-out crowd, joined together to reflect on the year's many accomplishments while enjoying a traditional holiday meal.

BHS Assistant Director of Departmental Operations Holly Salazar opened the luncheon with holiday wishes for all. BHAB members John Sturm and Colin MacKinnon made a special

presentation to Supervisor Dave Roberts in appreciation for his involvement in advancing mental health and behavioral health issues in San Diego County. MHCA President Steven Jella and ADSPA President Angela Rowe also offered holiday wishes and expressed appreciation to the providers for their tireless work throughout the year to serve our clients with respect and dignity. In addition, BHS Director Alfredo Aguirre reflected on the accomplishments of 2016 and spoke to upcoming priorities for 2017 before opening the microphone to others in attendance.

4. UPDATE FROM THE CLINICAL DIRECTOR'S OFFICE (CDO)

4.1 CDO Staffing Update

Effective September 2, 2016, Anna Palid, LCSW, was promoted to the position of Chief, Agency Operations for the Clinical Director's Office (CDO) to oversee CDO activities including Long Term Care, hospital Medi-Cal bed contracts, specialized residential treatment, Whole Person Wellness, Workforce Education and Training, Primary Care Integration and Project One for All. Ms. Palid previously served as a Behavioral Health Program Coordinator in BHS's Adult and Older Adult (AOA) System of Care.

Marjan Loghman has been promoted to the new Chief Pharmacy Officer position. In her new role, she will have agency-wide responsibilities for oversight and management of all HHSA pharmacy-related services, with an emphasis on alignment, quality assurance and operational efficiencies. She will be reporting to the Clinical Director, and will be participating on Chief Medical Officer Dr. Nick Yphantides' Clinical Leadership Committee, as well as his Clinical Cabinet.

The CDO is also very excited to welcome Nicole Esposito, MD, to the newly created position of Assistant Medical Director for County Behavioral Health Services. Dr. Esposito trained locally at UCSD and is dually boarded in both family medicine and psychiatry. Her extensive background experience as medical director in Federally Qualified Health Centers, where she built and served behavioral health service programs, makes her uniquely qualified to take on a lead role in integrated care, Whole Person Wellness and AOD services. Dr. Esposito will be starting with the County part time in January 2017 and will be full time as of April 2017.

4.2 Vista Hill SmartCare Behavioral Health Consultation Service

A new contract for psychiatric and addiction consultation and family support services was awarded to Vista Hill SmartCare Behavioral Health Consulting Service (BHCS) through a competitive procurement process and went into effect September 1, 2016. Vista Hill SmartCare BHCS provides real-time access for psychiatric/behavioral health consultation for primary care providers. With the new contract, SmartCare BHCS has expanded services to include all age groups including adults, pediatric and obstetric patients. SmartCare BHCS's multidisciplinary team includes a psychiatrist, nurse practitioner, licensed behavioral health consultants, behavioral health educators and a family partner. Consultation services are provided to help providers in:

- Assessment and Intervention.
- Recommendations for psychotropic medication when indicated.
- Recommendations for medication-assisted treatment to assist with substance disorders.
- Connecting patients with behavioral health community resources in their area.

SmartCare BHCS services for providers include:

- Real-time, on-demand clinical consultation via phone, email, teleconferencing and television with their psychiatric team.

- Care support and service linkage for adult, pediatric and obstetric patients through the "Ready for Health" patient phone line.
- Provider education opportunities (e-weekly online newsletter, Continuing Medical Education (CME) provider trainings, website resources, screening tools and onsite in-services for providers).

4.3 **Program Highlight – Changing Options**

Changing Options is a MHSA-funded Transitional Residential Treatment program located in Ramona serving individuals aged 18 to 59 diagnosed with co-occurring disorders. The program has an open learning environment with a client-centered approach that integrates evidence-based treatment and recovery principles. The program serves as an excellent step-down program from closed, locked treatment facilities for individuals to continue to learn recovery skills with the goal of transitioning to independent living in the community or possibly permanent supportive housing. Services include psycho-social and symptom wellness groups, employment and education screening, vocational readiness assessments, skill development, peer support and mentoring. Resident physical health screening, consultation, and linkage, as well as referrals to and follow-up with primary care providers, are also provided. Services are trauma informed and culturally sensitive.

The program is comprised of two licensed Board and Care facilities and four Independent Living Homes. The main property, a licensed Board and Care facility, also offers an onsite Day Treatment program providing group therapy and consultation with behavioral health clinicians. While participation starts out at one of the licensed Board and Care facilities, residents can transition to one of the Independent Living Homes as they make progress in their treatment and recovery process, and eventually graduate out of the program.

The average length of stay is six to nine months. At this time, Changing Options is planning to expand services to older adults with a new licensed Board and Care that will be approved to accept individuals aged 59 and older. While Changing Options accepts referrals from various sources, acceptance for County-funded services requires that MHSA eligibility criteria be met, with authorization managed by the County's Administrative Services Organization OptumHealth.

Changing Options is located in a beautiful, safe, residential neighborhood setting where individuals are given the opportunity to gain independence and self-sufficiency, and to thrive. The main property has a gated swimming pool for recreation, and there is horseback riding nearby for those who are interested.

Respectfully submitted,



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