



# County of San Diego

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April 28, 2017

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, LCSW, Director  
Behavioral Health Services

## BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – MAY 2017

### 1. ACTION ITEM(S):

#### 1.1 County Submittal of a Drug Medi-Cal Organized Delivery System Implementation Plan to the Department of Health Care Services (DHCS)

On January 7, 2016, BHAB voted to establish a priority for Drug Medi-Cal Organized Delivery System (DMC-ODS) implementation for the 2016 calendar year. On March 3, 2016, BHAB voted to establish a Behavioral Health Advisory Board Drug Medi-Cal (DMC) Workgroup.

Over the course of 2016 and the first quarter of 2017, workgroups within BHS researched other counties' implementation plans, studied service delivery implications (increased staffing, certification of Substance Use Disorder providers by DHCS to enable billing for Drug Medi-Cal, training needs, etc.) and conducted a financial analysis to address questions regarding fiscal sustainability of opting-in to the California Section 1115 DMC-ODS waiver. The BHAB DMC Workgroup also participated in meetings to share concerns and questions about expansion of services, and what the implementation would mean for residents of San Diego County experiencing substance use disorders.

After careful consideration of all factors, in March of 2017, BHS executives met and agreed that submitting the DMC-ODS Implementation Plan and proposed rates to DHCS would be an advisable next step. Submission of the plan and rates would not obligate the County to DMC-ODS waiver implementation. It would provide an opportunity for DHCS to work with the County to finalize the Implementation Plan utilizing State and federal input, and negotiate proposed rates. If successful, the County would request Board of Supervisors' approval to enter into a DMC-ODS contract with DHCS.

**ACTION ITEM: Vote to support the County's submission of the DMC-ODS Implementation Plan to DHCS by May 31, 2017.**

### 1.2 **Change in BHAB Meeting Time**

Behavioral Health Advisory Board (BHAB) meetings are currently held at the County Administration Center (CAC) on the first Thursday of each month from 3:30pm - 6:00pm. Recently, County staff have been made aware that CAC security staff (provided by the San Diego County Sheriff's Department) is only onsite until 5:30pm, and we are being asked to end our meetings by 5pm to be in compliance with the CAC rules of safety and security. At the BHAB meeting on May 4, 2017, alternate meeting time options will be discussed.

**ACTION: Vote to establish a new meeting time.**

### 1.3 **Establish a Workgroup to Amend the BHAB Bylaws**

The BHAB Executive Committee recommends consideration of revisions to the BHAB Bylaws. Such revisions include the clean-up of certain Bylaw provisions to reflect amendments to Section 5604 of the Welfare and Institutions Code related to advisory board membership. At the BHAB meeting on April 6, it was announced that an ad-hoc Workgroup would be formed and that interested participants should inform BHS staff prior to today's meeting.

Today's action recommends the formation of an ad-hoc Workgroup with the following parameters:

1. Workgroup to consist of a minimum of three BHAB members including one member to be designated as Chair. Since the announcement at the April meeting, Tom Behr has volunteered to Chair; Jenifer Mendel and Deanne George have volunteered to serve as Workgroup members.
2. Workgroup will meet in May and June (frequency to be determined) to create a draft of the amended Bylaws with a final draft due to the BHAB Chair and BHS staff in early-July.
3. Workgroup Chair will return to BHAB in August to review the recommendations and seek approval to proceed with changes.
4. The final draft of Bylaws (and required Board Letter to be drafted by BHS staff) to be presented to the Board of Supervisors in September 2017.

**ACTION: Vote to establish a Workgroup to amend the BHAB Bylaws and accept the members.**

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

### 2.1 **May is Mental Health Month Events**

Each year, the County of San Diego celebrates *May Is Mental Health Month* and strives to raise awareness of mental health issues by planning activities to support those living with mental health conditions. Behavioral Health Services participates in several activities throughout the month and promotes events taking place throughout the community. Please see below for a complete list of events to date which will provide valuable resources and shine a light on the issue of mental illness.

- **NAMI 5K and HHSA Wellness Expo – April 29<sup>th</sup>**

The County has once again joined forces with the San Diego Chapter of the National Alliance on Mental Illness (NAMI San Diego) in hosting a 5K Walk/Run and HHSA Wellness Expo to highlight the importance of mental health and to expand the conversation to end stigma. The upcoming event is once again at Liberty Station NTC Park in Point Loma. In addition to approximately 100 resource booths, the event features an interactive art project, art exhibit, therapy dogs, face painting, children's activities and a

special zone for veterans. This event officially kicks-off *May is Mental Health Month*, and strong attendance is expected again this year.

- Children's Mental Health Awareness Week - May 1<sup>st</sup>–7<sup>th</sup>  
May 1<sup>st</sup>–7<sup>th</sup> will be recognized in San Diego County as *Children's Mental Health Awareness Week*, with outreach occurring throughout the county to raise awareness about children's mental health programs. This year's theme is *Healthy Families, Resilient Children: Mental Health is a Family Affair! Wear your green ribbon to show your support.*
- Third Annual Children's Mental Health Day – May 3<sup>rd</sup>  
Behavioral Health Services will celebrate the mental health well-being of children at the Spring Valley East Communities Campus on May 3<sup>rd</sup>. The event engages children, youth and their families who participate in San Diego County's Children's System of Care.
- Fifth Annual *Directing Change* Screening Event – May 11<sup>th</sup>  
The *Directing Change* Student Film Contest is part of statewide efforts to prevent suicide and eliminate stigma and discrimination related to mental illness. Students create 60-second films about suicide prevention, promoting mental health awareness, education and advocacy efforts and helping the students become more knowledgeable and compassionate future leaders.
- *Changing Minds, Minds Matter* Resource Fair - May 20<sup>th</sup>  
This second annual event in Chula Vista will provide workshops and resources to those with mental health challenges and to their families. Join over 60 community partners for a day of learning intended to inspire and empower.
- Walk for Recovery and Wellness Fair – May 20<sup>th</sup>  
The Fellowship Center, a *Live Well San Diego* partner, is hosting a walk and resource fair in Escondido on May 20<sup>th</sup> to celebrate recovery and help build support for individuals and families. This festive event will offer live music and a healthy BBQ lunch.
- Behavioral Health Recognition Dinner - June 9<sup>th</sup>  
*May is Mental Health Month* will wrap up with a celebratory dinner and awards ceremony held at the San Diego Marriott in Mission Valley. Reserve your seat or table beginning May 5<sup>th</sup> for the 31<sup>st</sup> annual event that recognizes outstanding individuals and programs and celebrates the dedication of all who work in the behavioral health field. The Dinner ticket reservation form can be found on their website at [www.bhrdsandiego.net](http://www.bhrdsandiego.net).

Please visit the Behavioral Health Services website for the most current events calendar ([www.sandiegocounty.gov/hhsa/programs/bhs](http://www.sandiegocounty.gov/hhsa/programs/bhs)) and scroll down to the *May is Mental Health Month* section. For more information, please contact Nancy Page at 619-563-2721 or email [nancy.page@sdcounty.ca.gov](mailto:nancy.page@sdcounty.ca.gov).

### 3. UPDATE FROM THE SAN DIEGO COUNTY PSYCHIATRIC HOSPITAL (SDCPH)

#### 3.1 Performance Improvement Project

San Diego County Psychiatric Hospital (SDCPH) has a central role in a BHS Performance Improvement Project (PIP) to increase successful linkage of discharged inpatients to outpatient clinics. Statistical analysis shows that less than 30% of all new or currently unenrolled patients discharging from psychiatric hospitals, including SDCPH, successfully follow up with outpatient

care. These “unconnected” patients are directed to one of the community clinics for walk-in access, while those who are already receiving services at a clinic are given a date and time-specific appointment for that clinic.

Under the PIP, SDCPH works with County-operated clinics to provide time and site-specific follow-up appointments for all patients who will be receiving care in one of the three County clinics following discharge. So far, the PIP has generated over 40 referrals. Though the findings are still preliminary, this PIP has resulted in approximately a 50% improvement in patients connecting with outpatient clinics. The PIP will continue indefinitely to test and improve alternate approaches for improving community follow-up for discharging patients.

### **3.2 New Work Hours Yield Positive Results**

In December 2016, the SDCPH's Nursing Department was authorized to proceed with implementing a new staffing model, changing from an eight-hour shift to a twelve-hour shift schedule. This staffing model positively impacted patients, employees and hospital operations with quality, safety, retention, morale and cost saving benefits. Staff fatigue and high rates of utilization of registry staff were decreased. It has resulted in a better work/life balance for staff. This was a bold change by County administration and SDCPH leadership and required communication and active staff input. The new structure has provided a cascade of positive results that are being measured, monitored and reported to County leadership.

### **3.3 Nursing Education and Training**

Nurses applying for work at SDCPH Nursing Department, as well as other psychiatric community hospitals, tend to be newer nurses with limited psychiatric nursing experience or are relatively new nursing graduates. This is a consequence of nursing shortages across the industry and an aging-out population of experienced nurses. SDCPH responded to these challenges by creating a structured, educational support system designed by both its nursing leadership and its Social Services Department professionals. This mutual approach has resulted in ten training modules and tools that guide and support the nurses to have successful patient interactions and to facilitate their successful engagement in clinical practice. The ten modules address mental health disorders that nurses would typically encounter. With the support of nursing and Social Worker mentoring, the nurses have the opportunity to practice the concepts learned and discussed in their training.

## **4. UPDATE FROM EDGEWOOD DISTINCT PART NURSING FACILITY**

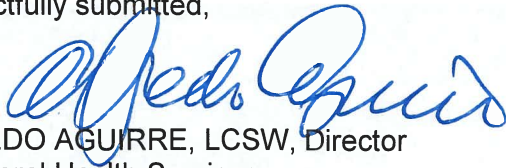
### **4.1 American Health Care Association's Gold Quality Service Award**

Edgemoor has submitted its 55-page formal application for the American Health Care Association's prestigious Gold Quality Service Award. In May, the Association will announce which of the submitted applications qualify for a facility visit, the next step in the rigorous evaluation process for the award. Edgemoor previously received a Bronze Quality Award in 2010 and a Silver Quality Award in 2014 from the Association, and in 2013 received the Association's Not for Profit Program of the Year award for their Sierra Stroll Program.

### **4.2 Edgemoor Staff Living Well**

Edgemoor continues to actively support the County's communitywide vision of *Live Well San Diego* by hosting Zumba classes at midnight, meditation sessions, biometric screenings, numerous Lunch-and-Learns and blood drives.

Respectfully submitted,



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AA:mw

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