

# ADMHS *Director's Report*

Prepared for the Mental Health Commission, November 18, 2015

## OVERSIGHT & ACCOUNTABILITY COMMISSION ELECTS TINA WOOTON VICE CHAIR

**Summary:** On October 22 the Mental Health Services Oversight and Accountability Commission (MHSOAC) elected ADMHS Consumer Empower Manager Tina Wooton to the position of Vice Chair. The term will be effective for one year starting January 2016. Tina has been a Commissioner since 2010 and has worked in the mental health system for 17 years, advocating for the employment of consumers and family members at the local, state and federal levels. The MHSOAC is responsible for overseeing the implementation of the Mental Health Services Act (MHSA). It also develops strategies to overcome stigma and advises the Governor and the Legislature on mental health policy.

## ADMHS STAFF MEMBERS SUPPORT VETERANS' STAND DOWN IN SANTA MARIA

**Summary:** Thank you to ADMHS staff members who supported the 2015 Veterans' Stand Down on October 17: Garrett Bakke, Kevin Holly, Jon Amate, Mayra Prieto, Amy Lopez and Dr. Christopher Matosich. Veterans' Stand Down is an annual collaborative event held in Santa Maria offering an array of services, including haircuts, PTSD counseling, dental exams, breakfasts and lunches, pet vaccinations, clothing, women's healthcare, non-perishable items and more.

## ADMHS, SHERIFF'S DEPARTMENT EDUCATE PUBLIC ABOUT HALLUCINOGEN ABUSE

**Summary:** In the wake of the October 11th drug-induced death of a UCSB student, the Sheriff's Department and ADMHS have collaborated in educating the public about the dangers of polysubstance intoxication. A Sheriff's Department news release of 11-16-15 states: "The Alcohol and Drug Prevention Division of ADMHS responds aggressively to drug and alcohol trends within our county and has educated all prevention and treatment providers on the dangers of hallucinogen abuse. ADMHS organized and sponsored town hall meetings on substance abuse and is currently developing new and alternative treatment protocols to combat substance abuse and addiction. Concerned community members may call the ADMHS 24/7 Access line at 1-888-868-1649 to seek help with drug and alcohol addiction needs, as well as mental health services and help with co-occurring mental health and substance use needs.

"ADMHS would like to remind community members that if someone is experiencing potential drug overdose symptoms, community members should immediately call 911 and request medical assistance for the person experiencing the potential overdose." For more information see:

[http://www.noozhawk.com/article/hallucinogenic\\_drugs\\_trauma\\_cited\\_in\\_ucsb\\_students\\_death\\_andres\\_sanchez](http://www.noozhawk.com/article/hallucinogenic_drugs_trauma_cited_in_ucsb_students_death_andres_sanchez)

## PSYCHIATRIC HEALTH FACILITY COMPLETES MEDICAL CARE EVALUATION STUDY

**Summary:** Between September 1, 2014 and August 31, 2015, the ADMHS Psychiatric Health Facility (PHF) conducted a study testing the ability of a modified meal plan to reduce weight gain that is sometimes associated with the use of psychotropic medications. The new meal plan was based on caloric intake closer to daily needs, nutrient density, eliminating unhealthy foods, reducing cravings and increasing high-fiber foods for slower absorption and longer satiety. The results indicate that patients gain less weight on the

new meal plan during hospitalization. The new meal plan reduces physiological and psychological problems associated with obesity and offers an opportunity to educate patients about nutrition and health.

## PROFILES OF TWO LOMPOC PROGRAMS FEATURED IN TMHA NEWSLETTER

**Summary:** Two behavioral health programs in Lompoc made possible by ADMHS contracts to Transitions Mental Health Association (TMHA) are profiled in the Fall 2015 issue of *Reaching Out*, TMHA's newsletter. Lompoc Assertive Community Treatment (ACT) Team Leader Nicole Becker says that the program is "a dance ... all these parts fall into place and can meet one individual's need." The 17-member team provides services and supports available 24 hours a day, seven days a week to 98 clients.

Helping Hands is the Lompoc Recovery Learning Community (RLC), and it offers meals, classes, support groups and social activities. Sandy Rives, Program Supervisor of the RLC, explains the importance of collaboration: "As a small, compact community, we work a lot with each other. For example, we have the benefit of County Mental Health involved right here at the center. There's a woman on the new Mobile Crisis Team who comes over here and runs the art classes at Helping Hands. Plus, she can refer people here!"

More information about Lompoc ACT and Helping Hands is available here:  
[http://www.t-mha.org/media/pdf/nwl/tmha\\_fall15.pdf](http://www.t-mha.org/media/pdf/nwl/tmha_fall15.pdf)

## "CLINICA LATINA" REACHES UNDER-SERVED INDIVIDUALS

**Summary:** In response to the TriWest report's call for systems change, the Santa Barbara Calle Real Adult Clinic initiated a pilot program to improve the provision of mental health treatment for un-served and under-served populations. *Clinica Latina* seeks to increase cultural competence and provide early intervention for at-risk individuals to reduce patient, family and community suffering. The program offers a dedicated team and treatment space designed to provide care to monolingual Spanish-speaking individuals and those who prefer to speak Spanish. Individuals experiencing mild-to-moderate mental illness, often with co-occurring conditions, are served by the new program.

Without any increased personnel costs to the County, *Clinica Latina* provides up to 30 hours per week of face-to-face client services. This is accomplished by using graduate students pursuing Antioch University's Master of Arts program in clinical psychology with a Latino emphasis. Currently, four bilingual/bicultural graduate students work under the clinical supervision of Santa Barbara Adult Clinic Team Supervisor Jonathan Eymann and the cultural competence supervision of Francisco Palencia, ADP Service Specialist. The graduate students provide additional Spanish-language services to about a dozen existing ADMHS clients in the South County region. In addition, group, family, couple and individual therapy and rehabilitation treatment are being offered to new clients now being referred directly by the Public Health Department, Casa de la Raza and El Nuevo Amanecer, a Latino support group.

In the first month since opening to direct referrals, 12 new, previously un-served and under-served clients have been engaged in treatment, and five more are about to be

enrolled.

## CRISIS STABILIZATION UNIT RIBBON CUTTING TO BE HELD NOVEMBER 18

**Summary:** A ribbon-cutting ceremony to celebrate the First Crisis Stabilization Unit (CSU) in Santa Barbara County will be held at 305 Camino del Remedio, Santa Barbara, at 11:00 am on Wednesday, November 18. Brief remarks will be presented by Second District Supervisor Janet Wolf, ADMHS Director Alice Gleghorn, Ph.D., and Leslie Lundt, MD., Medical Director, Psychiatric Health Facility. Tours of the ADMHS CSU will be also featured. On Friday, November 20, an Open House from 11 am – 1 pm will afford the public an opportunity to visit the CSU.

The CSU will offer short-term, rapid stabilization for individuals experiencing psychiatric emergencies. The program serves as an integral component within the overall crisis services system. Brief evaluation, linkage and referral to follow-up care are available.

The CSU is staffed with nurses, counselors, peer support specialists and physicians. The facility provides a safe and secure alternative for individuals in a comfortable, non-clinical setting aimed to provide a calming, stable environment to help individuals move away from crisis. CSU services will be accessed using the Mobile Crisis Team and Crisis Triage and through the Santa Barbara County ACCESS Line, 1-888-868-1649

The Crisis Stabilization Unit was made possible by a grant authorized by California Senate Bill 82 that was awarded to ADMHS in April 2014. Plans are underway to open a second unit in Santa Maria. The Santa Barbara CSU is expected to open in December.

## STATE AFFIRMS THAT KATIE A SERVICES ARE NOT LIMITED TO FOSTER CARE YOUTH

**Summary:** Young Minds Advocacy, a nonprofit organization dedicated to addressing unmet mental health needs of young people and their families, reports that the California Department of Health Care Services (DHCS) has lifted a prohibition on providing intensive community-based mental healthcare to as many as 15,000 low-income California youth. DHCS has affirmed that Intensive Care Coordination (ICC) and Intensive Home Based Services (IHBS) must be “provided to all beneficiaries under age 21 who are eligible for full scope Medi-Cal services and who meet medical necessity criteria for those services.”

According to Young Minds Advocacy, “the Department said it will clarify to county Mental Health Plans (MHPs) that membership in the ‘Katie A. Subclass’, whose members include foster youth or youth at-risk of out of home placement with open children welfare cases, is not a prerequisite for receiving these services.

“This means that thousands of low-income youth in California may no longer be denied intensive mental health services that could help them to *live* and *thrive* in their own home and communities, simply because they aren’t in foster care. It also represents a large step forward in Young Minds’ efforts to achieve the full potential of the landmark case *Katie A. v. Bonta*, and improve access to quality mental healthcare for *all* youth in California.” More information is available at [www.youngmindsadvocacy.org](http://www.youngmindsadvocacy.org).

## ADMHS SYSTEMS CHANGE CALENDAR

**November 17 - Latino Advisory Committee:** 9:30 am – 11:00 am Pea Soup Buellton. Contact: Cuco Rodriguez at 681-4505 or [cucorodriguez@co.santabarbara.ca.us](mailto:cucorodriguez@co.santabarbara.ca.us) \_ Dr. Manny Casas at 682-3874, [casas@education.uscb.edu](mailto:casas@education.uscb.edu)

**November 18 - Change Agents:** Meets the 3<sup>rd</sup> Wednesday of the month 9 am - 1 pm at the Marriott Hotel, Buellton. Contact: Kathie Cisek at (805) 681- 4773 or [kcisek@co.santa-barbara.ca.us](mailto:kcisek@co.santa-barbara.ca.us)

**November 19 - Children's Action Team:** Meets the 4th Thursday of the month from 10:30- 12 pm at SELPA Conference Room 240 E. HWY 246, Suite 200 Buellton CA 93127. Contact: Ana Vicuna (805) 681-5442, [avicuna@co.santa-barbara.ca.us](mailto:avicuna@co.santa-barbara.ca.us), Tom Sodergren (805) 570-5240 or [Tsodergren@co.casapacifica.org](mailto:Tsodergren@co.casapacifica.org) (December meeting cancelled due to holidays.)

**November 19<sup>th</sup> - Children's Regional Partnership Santa Barbara:** Meets the 3<sup>rd</sup> Thursday of month at the Santa Barbara Children's Clinic 429 N San Antonio Rd., Room 127. 1:30 pm -2:30 pm. Contact: Crystal Ramirez [cramirez@co.santa-barbara.ca.us](mailto:cramirez@co.santa-barbara.ca.us) .

**November 25 - Crisis Action Team:** Meets the 4th Wednesday of the month from 3 pm - 4:30 pm at ADMHS Santa Barbara Children's Conference Room 119. Please check with Dr. Behrendtsen or Deana Huddleston regarding the December meeting date, which may be changed due to holidays. Contact: Ole Behrendtsen, (805) 681-5235 or [obehrendtsen@co.santa-barbara.ca.us](mailto:obehrendtsen@co.santa-barbara.ca.us); Deana Huddleston, (805) 934-6546 or [dhuddleston@co.santa-barbara.ca.us](mailto:dhuddleston@co.santa-barbara.ca.us)

**December 7 - Peer Action Team:** Meets the 1st Monday of the month from 10:00 am -11 am, via video-conference at Santa Barbara Children's Large Conference Room, Santa Maria Foster Road Small Conference Room and Lompoc Cypress Conference Room. Contact: Tina Wooton, (805)681-5323 or [twooton@co.santa-barbara.ca.us](mailto:twooton@co.santa-barbara.ca.us) or Kit McMillion, 259-9609 or [naftili@icloud.com](mailto:naftili@icloud.com)

**December 9 - Housing, Empowerment, Action and Recovery Team (HEART):** Meets the 2<sup>nd</sup> Wednesday of the month from 1 pm - 2:30 pm, via video conferencing between Lompoc Cypress Conference Room, Santa Maria Foster Road Annex, Santa Barbara Conference Room 261, ADMHS Administration. Contact: Debbie McCoy at 455-9334 or [deborah.d.mccoy2@gmail.com](mailto:deborah.d.mccoy2@gmail.com) ; Laura Zeitz, (805) 722-0136 or [lazeitz@co.santa-barbara.ca.us](mailto:lazeitz@co.santa-barbara.ca.us); Frank Thompson (805) 957-1301 [thompsonhc@aol.com](mailto:thompsonhc@aol.com)

**December 15<sup>th</sup> - Latino Advisory Committee:** 9:30 am – 11:00am Pea Soup Buellton. Contact: Cuco Rodriguez at 681-4505 or [cucorodriguez@co.santabarbara.ca.us](mailto:cucorodriguez@co.santabarbara.ca.us); Dr. Manny Casas, 682-3874 [or casas@education.uscb.edu](mailto:casas@education.uscb.edu)

**December 16 - Change Agents:** Meets the 4<sup>th</sup> Wednesday of the month 9 am - 1 pm at the Marriott Hotel, Buellton. Contact: Kathie Cisek at 681- 4773 or [kcisek@co.santa-barbara.ca.us](mailto:kcisek@co.santa-barbara.ca.us)

**December 17<sup>h</sup> - Children's Regional Partnership Santa Barbara:** Meets the 3<sup>rd</sup> Thursday of month at the Santa Barbara Children's Clinic 429 N San Antonio Rd., Room 119. 1:30 pm -2:30 pm. Contact: Crystal Ramirez, [cramirez@co.santa-barbara.ca.us](mailto:cramirez@co.santa-barbara.ca.us) .

**December 21 – Regional Partnership, Santa Maria:** Meets the 3<sup>rd</sup> Monday of the month at the main Foster Road Conference Room. Children's 1 – 2 pm; Adults 2 – 3:30 pm. Contact Deana Huddleston, (805) 934-6546 or [dhuddleston@co.santa-barbara.ca.us](mailto:dhuddleston@co.santa-barbara.ca.us).

**December 23 - Crisis Action Team:** Meets the 4<sup>th</sup> Wednesday of the month from 3 pm - 4:30 pm at ADMHS Santa Barbara Children's Conference Room 119. Please check with Dr. Behrendtsen or Deana Huddleston to confirm meeting date. Contact: Ole Behrendtsen at 681-5235 or [obehrendtsen@co.santa-barbara.ca.us](mailto:obehrendtsen@co.santa-barbara.ca.us); Deana Huddleston, (805) 934-6546 or [dhuddleston@co.santa-barbara.ca.us](mailto:dhuddleston@co.santa-barbara.ca.us)



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