

Director's Report

April 20, 2016



Alice Gleghorn, Ph.D., Director
Santa Barbara County Department of Behavioral Wellness
(805) 681-5220 ♦ <http://countyofsb.org/behavioral-wellness>

3-4-50 to be Implemented Department-Wide: Implementation has begun countywide for a 3-4-50 program throughout the integrated behavioral health service system. Primary efforts include countywide education on the 3-4-50 model, as well as collaboration with the Public Health Department. Included in the implementation efforts are circulation of information through literature, dialogue and classes.

Community Health Solutions defines the 3-4-50 program as “a community health improvement strategy based on evidence that three health behaviors elevate risk for four chronic conditions that together cause more than fifty percent of deaths. The three health risk behaviors are unhealthy diet, sedentary lifestyle, and tobacco use. The four chronic conditions are cardiovascular disease, cancer, chronic lower respiratory disease, and diabetes. These four conditions cause more than 50 percent of all deaths in that vast majority of communities.” More information about 3-4-50 program is here: <http://chsresults.com/3-4-50/>

Behavioral Wellness to Host Addiction Training on May 18: The Department of Behavioral Wellness is hosting a California Addiction Training and Education Series (CATES) on Wednesday, May 18th from 9:00 am – 4:30 pm at the Santa Barbara Veterans Memorial Building, 112 W. Cabrillo Blvd. Santa Barbara, CA 93101. The purpose of this interactive daylong CATES training is to provide participants with a detailed overview of cognitive behavioral therapy (CBT) and relapse prevention (RP) strategies and resources and encourage use of these strategies in daily clinical practice. Registration is available online here: www.surveymonkey.com/s/2016CATES

Behavioral Wellness Director to be Honored for Service to Opioid Treatment Field: Director of the Behavioral Wellness Department Alice Gleghorn, Ph.D., has been named a recipient of the 2016 Nyswander-Dole Award in recognition of her extraordinary work and service in the opioid treatment field. The award will be presented in Baltimore on November 1. The Nyswander-Dole Award was established by the American Association for the Treatment of Opioid Dependence (AATOD), a national organization headquartered in New York City, in 1983. According to an AATOD representative, "Nomination by your colleagues is an affirmation of your outstanding contribution to the field of opioid treatment, as well as to the high standards established by the Conference Awards Committee for the selection of awardees."

Local Press Briefed on Campus Mental Health Outreach: On March 22 reporters from several local media outlets were briefed on national and local mental health outreach efforts on college campuses. Alison Malmon, founder and director of the national nonprofit organization Active Minds, Suzanne Grimesey, Department of Behavioral Wellness Chief Quality Care and Strategy Officer, Roxanne Pate with the Santa Barbara City College Wellness Connection Program and Blaise Lemos, a City College student and peer outreach worker, described campus outreach initiatives and answered questions. Ms. Malmon's lecture at City College was funded by a First Episode



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Psychosis (FEP) grant that the Department of Behavioral Wellness received from the Substance Abuse and Mental Health Services Administration (SAMHSA). The current focus of this grant is a Department of Behavioral Wellness-Santa Barbara City College collaboration to provide outreach and assistance to students at risk for the onset of mental illness. You may listen to National Public Radio coverage [here](#).

Thirty-Six Department Trainings Presented between January and March: Between January and March 2016, the Department of Behavioral Wellness presented 36 system and clinical trainings for staff and community members. The robust schedule was made possible by the hard work of Talia Lozipone, Systems Training Coordinator, and Elisa Gottheil, Ph.D., Clinical Training and Evidence-Based Practice Development. System trainings focused on Clinician's Gateway, Documentation, ShareCare, 5150, Interpreter Training, Motivational Interviewing for Peers, Supervisor Training, Rape Crisis, Crisis Systems of Care, First Episode Psychosis/Transition to Independence, Note Reviewer Training and Crisis Interviewer Training. In addition, crisis presentations were offered to Santa Barbara County paramedics.

Clinical trainings provided over the three-month period were Child and Adolescent Needs and Strengths, Full Service Partnership Forms Training, Dialectical Behavior Therapy, Trauma Resiliency Model, Community Resiliency Model, Family Behavior Therapy, Clinical Assessment Training and Treatment Planning.

Behavioral Wellness Staff Trained in Community Trauma Response: On Friday, April 7, several Behavioral Wellness staff members were trained on community crisis and trauma response. The participants are departmental volunteers on the Behavioral Wellness Response Team called in the event of a community crisis or traumatic events. The training included the types of community field response, the role of Behavioral Wellness in different field responses, Psychological First Aid and basic mental health response skills. In addition, the group discussed protocols and structural considerations of a Behavioral Wellness Response Team. The departmental response team will meet quarterly and welcomes new members. This training will be offered again based on need and new membership. Behavioral Wellness staff members interested in participating on this team may contact Suzanne Grimmesey at suzkirk@co.santa-barbara.ca.us

Systems Change Calendar

- **April 21, 2016 - Children's Regional Partnership Santa Barbara:** Meets the 3rd 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 .
- **April 21, 2016—Consumer and Family Meetings:** Meets the 3rd Thursday of the month at 1455 Mission Drive, Holiday Inn Express, Solvang, 2:00-4:30. Contact: Tina Wooton twooton@co.santa-barbara.ca.us; 681-5323.
- **April 27, 2016 - Change Agents:** Meets the 4th Wednesday of the month 9:00-12:30 pm. Via videoconference at the following locations: Santa Maria large conference room, Santa Barbara Children's large conference room, Lompoc Cypress, ACT conference room. Contact: Kathie Cisek at 681- 4773, kcisek@co.santa-barbara.ca.us.
- **April 28, 2016 - Children's System of Care:** Meets the 4th Thursday of the month 10:30-12:00 pm at SELPA Conference Room; 240 E. HWY 246, Suite 200 Buellton CA 93127. For more information, contact Tom Sodergren (805) 570-5240 or TSodergren@casapacifica.org or Ana Vicuna avicuna@co.santa-barbara.ca.us.



- **April 28, 2016 - Cultural Competency Action Team:** Meets the last Thursday of the month 10:30-12:00 pm at Behavioral Wellness Conference Room 119, Lompoc and Santa Maria video conference call. For more information contact Cuco Rodriguez: (805) 681-4505 or cucorodriguez@co.santa-barbara.ca.us.
- **April 28, 2016 – Steering Committee:** Meets the 4th Thursday of the month 1:30-4:00 pm BOS Conference Room Santa Barbara
- **May 2, 2016 - Peer Action Team:** Meets the 1st Monday of the month from 10:00-11:00 a.m. via video conference, Santa Barbara MHSA Conference Room, Santa Maria Foster Road Small Conference Room, Lompoc Cypress Conference Room. Contact Tina Wooton, twooton@co.santa-barbara.ca.us; 681-5323 or Kit McMillion, 259-9609; naftili@icloud.com.
- **May 11, 2016 - Housing, Empowerment, Action and Recovery Team (HEART):** Meets the 2nd 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, Behavioral Wellness Administration. Contact: Debbie McCoy at 455-9334 or deborah.d.mccoy2@gmail.com; Laura Zeitz, (805) 722-0136 or lazeitz@co.santa-barbara.ca.us; Frank Thompson (805) 957-1301 thompsonhc@aol.com

