

Director's Report

September 16, 2020



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DEPARTMENT AND COUNTY NEWS

COVID Impact on Mental Health: The August Director's report highlighted a survey conducted by CDC with over 5,000 young adult participants in June, shows a surge of anxiety and substance abuse was noted as well with more than 40% saying they have experienced a mental or behavioral health condition related to the pandemic.

We have spent the last six months living our lives with COVID-19. Nearly 80% of the 2020 year has so far been spent - regularly dealing with ongoing changes related the pandemic. Everyone has had to make life altering changes to our schedules, the way we work – go to school – and even engage with our extended families. Living life in a pandemic comes on the heels of, significant events that caused a great deal of stress and change, including the Thomas Fire, the 1/9 Debris Flow and the loss of 23 lives. And now we wake daily to skies which have a striking resemblance to the look of the Thomas Fire. Through all of these events, we have learned the impact of what a planned power outage is and how to make it through. A year-ago Wednesday, 34 lives who were aboard the Conception Dive Boat were lost. If we go back just a few more years, we have had multiple wildfires, a major oil spill and other mass casualty events.

There is so much happening now with no question that it has an impact on people's mental health. In a recent publication of the American Journal of Public Health, a study on the changes in the percentage of US citizens suffering from extreme distress was reviewed. 8.1 million randomly sampled US citizens. Trends and predictors of stress were studied. Results showed the proportion of the US population in extreme distress rose from 3.6% in 1993 to 6.4% in 2019. The strongest statistical predictor of extreme stress was "I am unable to work." As we know this is a key factor impacting so many in our community now due to the impact of COVID-19.

COVID-19 has disrupted the daily lives of everyone and resulted in stress, anxiety and other mental health impacts. Nobody is alone and many resources for support are available.

24/7 Access Line: 888-868-1649

Help @ Hand: [Resource Guide for Social Connectedness](#)

NAMI: [COVID-19 Resource Guide](#)

[California Peer-Run Warm Line.](#)

Alcoholics Anonymous: [Virtual Meetings](#).

Smart Recovery: [mutual support meetings for anyone seeking science-based, self-empowered addiction recovery](#).

Narcotics Anonymous: [Virtual Meetings](#).

Teen Line: [a nonprofit, community-based organization helping troubled teenagers address their problems](#).

AFSP: [American Foundation for Suicide Prevention resource link for the LGBTQ+ community](#).

Long Term Impact of Trauma - Remembering 9/11: Trauma is an emotional response to a terrible event such as what occurred nineteen years ago on September 11. Immediately after a traumatic event, shock and denial are initially experienced by many. Longer term post-traumatic stress reactions may include difficulty in concentrating, unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea. While these feelings are normal, they can cause disruption within the lives of those impacted. There is help to work through these challenges.

Though everyone has a different story to tell, people throughout the world were traumatized as all watched the events on the day of 9/11 unfold on television. However, those most directly affected, including first responders, rescue workers, survivors, and eyewitnesses, continue to experience the symptoms of Post-Traumatic Stress Disorders (PTSD), even today. Research has consistently shown that individuals exposed to the attacks on 9/11 showed rates of PTSD and depression much greater than lifetime rates found in the general population. For example, a research study published by the American Journal of Industrial Medicine looks at first responders who responded to 9/11 and showed that 12.9 percent reported PTSD symptoms over a decade after the attacks. Of those who had PTSD symptoms, 72.4 percent also reported problems with depression and anxiety.

As we reflect on the many lives lost during the 9/11 attacks, we also remember than many who remain impacted from this event as well as the many other tragedies who have seen occur locally. The Behavioral Wellness 24/7 Access Line is available by calling 888-868-1649.

Recent Loss of Three Members of the Psychiatric Health Facility Community: It is with great sadness that the recent loss of three members of our Psychiatric Health Facility community is shared. The news of the passing of **Mark Lawler** from a long-term illness reached us a day before the unexpected passing of **Terasita Bolisay** in late August. The loss of **Ingrid Cypert** followed a week later on September 4th while on hospice at her home. *Each of them brought a uniqueness to the PHF family and will be greatly missed but always remembered ...*

Mark was a Licensed Psychiatric Technician, Team Supervisor, and the designated PHF Safety Officer. Mark lived and breathed safety, wherever he went, and he was a strong advocate and example of preparation in all that he did. He loved to share his knowledge – from wood working, to chickens and goats, to safety planning in preparing for a disaster. He always took the time to acknowledge others, always finding the positive – embracing individuals for their humanity. Mark was a believer in the power of determination -

stubborn in his true right but always exuding kindness, integrity, compassion, and generosity. He was a REAL family man – loyal to both his personal family and the PHF family.

Teresita – who went by “Terri”, was recently promoted to a Psychiatric Nurse Senior role for the night shift at the PHF. She always took the time to greet others with the biggest smile, and give her unique greeting, “HELLOOO, it’s Terri!” She was kind, gracious, giving – genuine with a balance of a feisty side when standing up for others. Terri was known for celebrating others, uniting those around her just by her presence; a kindhearted spirit – always bringing laughter, positive and supportive even in the midst of adversity. As a nurse, she was by nature dedicated to helping others, and was always willing to pick up extra shifts to help the unit. Terri was a strong advocate for her peers, showing never-ending support to the team.

Ingrid was affectionately known as a “Fire Cracker”, and lead a PHF day team as a Psychiatric Nurse Senior. She was strong and fierce in her convictions, and supported her team as family - genuine, considerate, maternal. At the start of every shift Ingrid would declare to the team, “Today will be ‘The best day ever,’” – and she would do everything she could to make that happen. She was eager to share her ‘healthy food’ as well as her “secret love” of Panda Express and Kentucky fried chicken. She had a strong work ethic, and her ability to multitask was legendary- often accomplishing the work of several people all at the same time! Ingrid was an amazing patient advocate with an extreme attention to detail. She would never ask someone to do something that she would not do herself – Ingrid was a true leader.

The PHF is a close-knit community of skilled professionals who encounter difficult situations everyday within their work environment. While we have all been suffering in this year of pandemic and disaster, these losses have compounded the stress for the PHF staff, but they also cherish their memories of working with these inspiring colleagues. Our sincere sympathies also go out to the families of Mark, Terri and Ingrid.

On Tuesday September 15th, a moment of silence will be observed by the Board of Supervisors to honor our colleagues. Please join the county via Zoom in celebrating these members of the PHF family. The moment of silence is expected to begin promptly at 9:00 A.M. You may observe the live stream of the Board of Supervisors meetings in the following ways:

- Televised on local cable channel 20;
- Online at: <http://www.countyofsb.org/ceo/csbtv/livestream.sbc>; and
- YouTube at: <https://www.youtube.com/user/CSBT20>

Board of Supervisor meetings are archived so if the moment of silence is missed, one can view the archived meeting at a later time.

Behavioral Wellness Presents at Statewide Substance Use Disorder Conference: On August 25, **Melissa Wilkins, ADP Project Manager** and **Joshua Woody, LMFT, QCM Program Manager** presented on a selected panel at the Substance Use Disorder Statewide Conference on Recovery Services titled, “Improving the SUD Continuum of Care & Outcomes Through Expanding Access to Recovery Services.” Both shared experiences in launching DMC-ODS within Behavioral Wellness. The presentation included the utilization of Recovery Services through the work of the Behavioral Wellness State required Performance Improvement Project (PIP). This year’s conference was offered virtually.

Behavioral Wellness on Top of Mount Whitney: Dipak Neupane, Revenue Manager for Behavioral Wellness recently completed the climb to the top of Mount Whitney and he brought the Behavioral Wellness spirit with him!



September is Suicide Awareness Month: September is National Suicide Prevention Month. During this month, individuals, organizations, allies and more will be drawing attention to the problem of deaths by suicide and advocating for prevention. Suicide is a national health problem that currently ranks as the 2nd leading cause of death for ages 10-34. On average one person dies by suicide every two hours in California.

The impact of COVID-19 has had a significant impact throughout our community and has left feelings of isolation, loneliness, economic impact and job loss, and depression – all which greatly impact the mental health of people and thoughts leading to suicide. Center for Disease Control (CDC) reports that one in four adults between the ages of 18-24 say that they have considered suicide in the past month because of the pandemic. In a CDC survey of over 5,000 young adults, a surge of anxiety and substance abuse was noted in more than 40% who said they had experienced a mental health or behavioral health condition related to the pandemic.

All around the nation, suicide prevention organizations will be conducting prevention and awareness events. Listed below are events that will still be available through the remainder of the month:

- September 1st – 30th, Suicide Prevention Virtual Vigil sponsored by HopeNet Carpinteria. Log on at www.hopenetofcarp.org
- Ongoing. **Pacific Pride Foundation PROUD Youth Groups, PROUD Older Adult Group, Counseling.** For info, call (805) 963-3636, ext 103

- September 27th (9 a.m. – 10 a.m.), Out of the Darkness Virtual Suicide Prevention Walk. Hosted by the Santa Barbara Response Network. www.AFSP.org

For more information on the Department of Behavioral Wellness, please visit our website at <http://countyofsb.org/behavioral-wellness> or our Suicide Awareness and Prevention webpage <http://countyofsb.org/behavioral-wellness/suicide-prevention.sbc>. The Behavioral Wellness toll free Crisis Response and Services Access Line is available 24/7 at (888) 868-1649. The National Suicide Prevention Lifeline is 1-800-273-8255.

September is National Recovery Month: Every September the Department of Behavioral Wellness celebrates Recovery Month to increase awareness and understanding of mental health and substance use disorders and to celebrate people who are in recovery. This year's theme is "Join the Voices for Recovery: Celebrating Connections" and reminds people in recovery and those who support them, that we all have victories to celebrate and things we may wish we had done differently. This is true of everyone and, as in most cases, we cannot do it alone. Listed below are events that will still be available through the remainder of the month:

- Each week during September, **The ABCs of Recovery: Building HOPE through Awareness, Balance, and Connection.** Group projects, counseling themes and raffle prizes. Sponsored by Sanctuary Centers of Santa Barbara.
- **SAMHSA Sponsored Recovery Month Webinar Series:**
 - [September 17: Communities Supporting Recovery](#)
 - [September 24: The Importance of Integrating Recovery Support Services: The Certified Community Behavioral Health Clinic Model](#)

The County of Santa Barbara Department of Behavioral Wellness collaborates with partner agencies and community-based organizations in all areas of the county to assure everyone has an opportunity to achieve and sustain long-term recovery by improving their health and wellness, living a self-directed life, and striving to reach their full potential. Behavioral Wellness encourages continued collaboration and integration of services to ensure success for individuals and groups who are in long term recovery.

To learn more about Santa Barbara County Department of Behavioral Wellness and for detailed information on Recovery Month events visit <http://countyofsb.org/behavioral-wellness>. For assistance with accessing Santa Barbara County Behavioral Wellness services call the 24/7 toll free Crisis Response and Services Access Line at (888) 868-1649.

To learn more about Recovery from Mental Health and Substance abuse, including resources, legislation, and statistics, visit <https://www.samhsa.gov>.

Santa Maria City Fire Department Supports Suicide Awareness and Behavioral Health: The City of Santa Maria Fire Department has joined participation in this year's annual *Stand Down for Suicide Awareness and Behavioral Health*. They are asking each captain to spend time with their crew to reflect,

discuss, or review the impacts which the fire-fighting profession can have on first responders. Team members are encouraged to set time aside with their teams to review their peer support program, how to access support, watch related videos, talk about life, or simply disengage for a while. This stand down is for all team members including Prevention and Office Staff. Santa Maria City Fire Department leadership is reminding their teams to take care of one another and know how much their work is appreciated. Way to go Santa Maria City Fire!

Behavioral Wellness Receives \$2 Million grant to Support Transition Age Youth: Behavioral Wellness has been awarded a \$2 million-dollar, four-year grant from the Mental Health Services Oversight and Accountability Commissions (MHSOAC). Assembly Bill 1315 (Mullin) established the Early Psychosis Intervention Plus (EPI Plus) Program and the EPI Plus Advisory Committee to advise the Commission regarding the allocation of funds for a competitive selection process to expand the provision of high-quality, evidence-based early psychosis and mood disorder detection and intervention services in the state. Allocating this money to grant recipients will promote the expansion of Coordinated Specialty Care Clinics (CSC) as the primary method for delivering high-quality, integrated care to youth ages 16 to 25 who may be experiencing a first episode of psychosis throughout the state of California.

A substantial amount of data has accumulated over the past two decades demonstrating that timing is critical when it comes to addressing early symptoms of psychosis. Compelling evidence suggests that a shorter duration of untreated psychosis (DUP) is associated with improved outcomes for persons with SMI—such as remission of psychotic symptoms, improved quality of life and social functioning, and reduced hospitalizations. This grant will provide resources to implement the CSC model which includes specialty training and includes the following components:

- Team Based Care Case Management
- Employment and Education Supports
- Psychotherapy
- Family Education and Support
- Pharmacotherapy
- Primary Care Coordination
- Outreach and education to the community

Having secured grant funding, Behavioral Wellness will be able to expand current EPI services and establish Coordinated Specialty Care programs serving youth throughout Santa Barbara County. Following the CSC model with fidelity will allow Behavioral Wellness staff to identify and address the unique needs of each participant through a shared decision-making approach. Individuals and their families will be supported through a team-based structure of support which provides a full continuum of services to assist in their recovery. By implementing this whole person approach, clients and their support systems will be engaged throughout the treatment process leading to an increase in long-term positive outcomes, including allowing clients to obtain life goals they set before experiencing mental health challenges.

New and Revised Policies Approved: Behavioral Wellness frequently updates policies to reflect enhancements and changes to programs and practices. The following policies were recently approved and are available on the Behavioral Wellness website at <http://countyofsb.org/behavioral-wellness/policies>.

You can find policies approved within the last 6 months under the tab “View Only RECENT Policies”. You can also search alphabetically, by category, or by keyword.

1. **Code of Conduct (Revised)** – This policy states that the Department expects staff to conduct themselves in an ethical, professional, responsible, and productive manner.
2. **Change of Provider (Revised)** – This policy establishes procedures to aid beneficiaries in exercising their right to request a change of provider.

Santa Barbara Adult Regional Partnership: The August Adult Regional Partnership meeting focused on the Assisted Outpatient Treatment (AOT) program. In addition to an overview of the program being provided, discussion focused on interface between the Access line and AOT, referral process, eligibility criteria and court process.

Change Agents: Change Agents met this month to discuss current process improvement projects and gain support and encouragement from one another. The Calle Real Adult Outpatient Clinic is preparing to do a post-intervention assessment of clients’ feelings of the clinic, as a welcoming and informative space, after final updates are made in September. The Santa Barbara Children’s Clinic is examining how to increase group attendance via Zoom and telehealth. The Santa Barbara ACT team is using SmartSheet to track night and weekend calls, to the on-call phone, to ensure all billable minutes are captured. The Santa Maria Adult Clinic is brainstorming ways to support clients in overcoming the barriers in telehealth, in order to increase treatment attendance. The Lompoc Adult Clinic is starting an afternoon walking group to increase staff energy, and the Lompoc Children’s clinic is piloting RxNT appointment reminders to decrease their psychiatry appointment no show rate. Quality Care Management (QCM) is starting to have a monthly reminder to promote the timely completion of Service Provider Identification (SPID) paperwork when a staff leaves, and will monitor effectiveness. North County Crisis Services is in the process of re-doing the lobby and waiting room to make the space more welcoming for staff and clients, and is designing a post-intervention assessment to determine the impact of the changes. Homeless Services is exploring the challenges with engaging clients in Lompoc after they go to the Riverbed. The group provided several potential ideas and Homeless Services is going to talk about which interventions they would like to employ. Justice Alliance is tracking the effectiveness of their new court referral process. Juvenile Justice is discussing ideas with their team.

Children’s System of Care (CSOC) Action Team: The Children’s System of Care met on August 27 and identified four primary goals for current focus during the year. These goals include: Access to Care & Engagement, Safety & Resilience, Criteria for Services and Youth of Color. The broader CSOC Action Team conducted work in sub-groups with dynamic discussion on ways to enhance services and the overall system, specific to these goals. The next CSOC Action Team will be held on September 24 from 10:30 a.m. to 12 p.m. via Zoom.

Consumer and Family Member Action Team (CFMAT): The August CFMAT meeting was an opportunity for members to participant in the three-year MHSA’s Peer Initiatives planning process lead by **Lindsay Walter, Deputy Director of Administration and Operations, MHSA Coordinator**. CFMAT members engaged in discussion, provided feedback, and some volunteered to be leads on the following peer initiatives: Implementation of expanded Youth Focused and Youth Driven Initiatives, Increasing utilization

of Peer Services and Integration of Peer Philosophies, Expansion of Housing Developments and Housing Support Services for those at Risk, and Experiencing Homelessness and Integrating Whole Person Care Philosophies through Outpatient Services. The Peer Initiatives discussions will continue next month. In addition, Chuck Hughes shared that the *ACCESS California* annual survey was distributed in August and is seeking feedback from clients, family members, local and state mental leaders, and community stakeholder. ACCESS California is a statewide consumer led public health advocacy program of Cal Voices which is a continuation of NorCal Mental Health America (MHA). CFMAT meets monthly, the third Thursday from 1PM to 2:30PM via Zoom Platform.

Cultural Competency and Diversity Action Team (CCDAT): During the August meeting, CCDAT members received an update on the Help@Hand Team’s continuing efforts to host community *Appy Hour* sessions (digital literacy empowerment) and develop inclusive and relatable digital toolboxes. The Help@Hand team shared that one of their goals is have their videos and digital resources translated into English, Spanish and Mixteco by the end of the year. Also, CCDAT members had an opportunity to break into subgroups and work on specific projects related to the following topics: Language Access Services, Outreach and Engagement, ADP-Tribal Health, and Cultural Competency Trainings. The CCDAT meetings are held the 2nd Friday of each month from 10AM to 11:30AM via the Zoom platform.

NATIONAL AND STATE NEWS

COVID-19 Uninsured Group Program: On August 25, the Department of Health Care Services (DHCS) released information on the COVID-19 Uninsured Group Program. As of March 18, 2020, House Resolution (H.R.) 6201, the Families First Coronavirus Response Act, Section 6004, authorized state Medicaid programs to provide access to coverage for medically necessary coronavirus (COVID-19) diagnostic testing, testing-related services, and treatment at no cost to the individual.

The new COVID-19 Uninsured Group program was implemented by the Department of Health Care Services (DHCS) on August 28, 2020, and covers COVID-19 diagnostic testing, testing-related services, and treatment services, including hospitalization and all medically necessary care, at no cost to the individual, for up to 12 months or the end of the public health emergency, whichever comes first. Please see the below resources:

- [Provider NewsFlash and instructions](#)
- [Frequently Asked Questions](#)

Upon implementation of the COVID-19 Uninsured Group Application Portal, DHCS will decommission the Presumptive Eligibility (PE) for COVID-19 application process implemented on April 8, 2020. Per federal guidance, applications for the COVID-19 Uninsured Group can be retroactive to April 8, 2020. Qualified providers can submit retroactive applications to COVID19Apps@dhcs.ca.gov for review and processing. For questions on this program, please email COVID19Apps@dhcs.ca.gov.

Governor Newsom Unveils Partnership with Sesame Workshop for Back-to-School PSAs:

Governor Newsom recently unveiled a new PSA partnership on back-to-school safety with Sesame Workshop, the nonprofit behind *Sesame Street*, and facilitated by the Skoll Foundation and Participant, with the first PSA featuring Elmo to be released today in media markets in California, nationally through the Ad Council and PBS Stations, as well as globally. The new PSAs build on California's "Your Actions Saves Lives" COVID-19 public awareness and education campaign.

The PSAs will be widely distributed through paid media as part of the statewide Your Actions Save Lives campaign, as well as through donated media from multiple partners including the Ad Council, PBS, Univision, LA Dodgers, Anaheim Ducks/Honda Center, San Francisco 49ers, San Francisco Giants, Auto Club, Speedway/General Outdoor, LA Kings, LA Galaxy, AEG, LA Lakers, LA Clippers, LA Forum, LA Rams/SoFi Stadium, FoxSports, iHeart Media, Golden State Warriors, LA Sparks, Sacramento Kings, Anaheim Angels and LAFC.

As part of Sesame Workshop's #CaringForEachOther initiative to support families during the COVID-19 pandemic, the three new English- and Spanish-language PSAs feature the lovable Sesame Street Muppets promoting best practices for kids and families during the pandemic, including how to properly wear a mask, physically distance, wash hands, and navigate the hybrid learning environment many California kids are experiencing this Fall.

"As parents, we tell our kids all the time about the importance of washing hands, staying six feet apart and wearing masks, but it just might register differently if those messages come from Elmo," said Governor Newsom. "With parents and kids preparing for back to school – many through distance learning – it's critical that we use messengers who kids feel comfortable with to share important health tips about COVID, while also providing them assurances during this unique time that they aren't alone."

"The messenger is equally as important as the message," said Lindsey Spindle, president of The Jeff Skoll Group. "In these new PSAs, the iconic Elmo, Oscar the Grouch, Grover, and Elmo's dad Louie help children understand how to stay safe in and out of school during the pandemic by practicing social distancing, hand-washing, and mask-wearing. On behalf of Jeff Skoll and our dedicated teams at the Skoll Foundation and Participant, we are proud to partner with the state of California, Governor Newsom and Sesame Workshop to creatively emphasize that we all have roles to play in curbing the spread of this virus, and that it can be done when we work together."

"With so many children and families adjusting to new routines, whether returning to school or daycare or transitioning to online learning, we're proud to partner with the California Governor's Office, the Skoll Foundation, and Participant to help families navigate their back-to-school transitions," said Sherrie Westin, President of Social Impact and Philanthropy, Sesame Workshop. "With a little help from our friends Elmo, Oscar, and Grover, we can deliver critical health messages and help children understand how to stay safe and healthy."

As California continues to endure and adapt to the COVID-19 pandemic, and as schools statewide continue safe reopenings, these PSAs are a recognition that government alone cannot slow the spread of COVID-19 and that by leveraging partners like Sesame Workshop, the Skoll Foundation, and Participant, we can expand the message of practicing safe and healthy behaviors, particularly for young Californians.

The state has launched a number of public awareness campaigns during the pandemic to promote critical public health messaging in California's diverse communities. Featured PSAs highlight the dangers of [social gatherings](#) during the pandemic; promote the "[Wear A Mask](#)" campaign and [California Connected](#), the state's contact tracing program; encourage Californians to "[Stay home. Save lives](#)"; and highlight actions we can all take to help [slow the spread](#) of the virus. Celebrities also stepped up by filming short [social media PSAs](#) to help the state promote the stay at home order.

The new Sesame Workshop back-to-school PSA featuring Elmo and his dad Louie can be found in English [here](#) and in Spanish [here](#). The additional two PSAs featuring the Oscar and Grover characters will also be released in English and in Spanish over the course of the next week.

[SYSTEMS CHANGE CALENDAR](#)

Please Note: Due to COVID-19, to protect the health and safety of our staff and other partners, no Action Team meetings will be held in person for the foreseeable future. All will be held remotely.

- **Behavioral Wellness Commission:** The Behavioral Wellness Commission meets on the third Wednesday of every month from 3:00pm – 5:00pm. Video conferencing is available at the Santa Barbara Children's Clinic large conference room, Santa Maria Clinic Conference Room and the Lompoc Children's Clinic Newport Harbor Room. Questions: Jacob Ibrahim at jibrahim@co.santa-barbara.ca.us
- **Change Agent Meeting:** Change agents meet the fourth Wednesday of every month 9 – 11 am except during quarterly in-person meetings, which are 9 am – 12 noon. Video conferencing is available at the Santa Barbara Children's Clinic, Small conference room; and the Santa Maria Adult Clinic large conference room located at 500 West Foster Road, Santa Maria. Questions: Janal Lopez, janlopez@co.santa-barbara.ca.us
- **Lompoc Regional Partnership Meeting:** Meetings occur every other month on the third Tuesday at 301 N. R Street. Questions: Anthony Hollenback, ahollenback@co.santa-barbara.ca.us
- **Santa Barbara Adult Regional Partnership:** meets every 3rd Monday of the month from 10:00 am – 11:00 am at the Santa Barbara Children's Clinic, large conference room. Questions: Veronica Heinzelmann, vheinzelmann@co.santa-barbara.ca.us
- **Santa Barbara Children's Regional Partnership:** 3th Thursday of the month from 2:00 pm – 3:00 pm at the Santa Barbara Children's Clinic, large conference room. Questions: Veronica Heinzelmann, vheinzelmann@co.santa-barbara.ca.us.
- **Santa Maria Children's Regional Partnership Meeting** is held every 3rd Monday of the month at 10 am in the large meeting room at the Foster Road Clinic. Questions: Roberto Rodriguez at robertor@co.santa-barbara.ca.us

- **Santa Maria Adult Regional Partnership** occurs every 3rd Monday of the month at 11 am in the large meeting room at the Foster Road Clinic. Questions: Questions: John Winckler at jwinckler@co.santa-barbara.ca.us
- **The Housing, Empowerment, Action and Recovery Team (HEART)** meets the second Wednesday of every other month, 1:00-2:30 p.m. Locations: Behavioral Wellness Conference Room 261 and Santa Maria Annex via videoconference. Contact Laura Zeitz, lazeitz@sbcbswell.org
- **The Cultural Competency and Diversity Action Team (CCDAT)** meets the second Friday of each month, 9:30-11:00 am, Locations: Santa Barbara Children’s Clinic Large Conference Room 119, Santa Maria Annex and Lompoc B St. Contact Maria Arteaga at 805-681-5208 or marteaga@co.santa-barbara.ca.us or Anthony Hollenback at 805-737-6610 or ahollenback@co.santa-barbara.ca.us to get zoom log in information.
- **The Consumer and Family Member Action Team** meets the third Thursday of the Month from 1 – 2:30pm. Locations: Behavioral Wellness Santa Barbara Conference Room 261, Lompoc Children’s New Port Room the Santa Maria Annex Room via videoconference. Contact Maria Arteaga at 805-681-5208 or marteaga@co.santa-barbara.ca.us
- **The Crisis Action Team** meets the second Thursday of the month, 2:30 – 4:00 pm, Santa Barbara Children’s large conference room 119. Contact Jeff Shannon, jeshannon@sbcbswell.org .
- **The Children’s System of Care Action Team** meets the 4th Thursday of the month, 10:30 am - 12:00 noon. SELPA Conference Room, 240 E. Hwy. 246, Suite 200, Buellton CA 93127. Contact Anthony Hollenback at ahollenback@co.santa-barbara.ca.us
- **Forensic Action Team** will be meeting every other month on the 4th Wednesday from 1:30 - 3. Meetings are held at the Behavioral Wellness Children’s Mental Health Services building, room 119, located at 429 N. San Antonio Rd in Santa Barbara. For questions or Zoom log in information, please contact Shana Burns at sburns@co.santa-barbara.ca.us or Celeste Andersen at candersen@sbcbswell.org