

Director's Report September 15, 2021



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DEPARTMENT AND COUNTY NEWS

National Recovery Month and Suicide Awareness Month: September honors both National Recovery Month and Suicide Awareness Month, two very important months of awareness. The Santa Barbara County Board of Supervisors will be sponsoring a resolution for Suicide Awareness Month at the September 15th board hearing and sponsoring a resolution for National Recovery Month at the September 21st board meeting. Behavioral Wellness extends much thanks to the support from our Board of Supervisors. Thank you also to HopeNet for sponsoring their annual World Suicide Awareness Candlelight Vigil which took place on September 10th and was joined by Behavioral Wellness staff offering community support.

Community Mental Health Assessment to Address Impacts of the COVID-19 Pandemic: Globally and nationally, the COVID-19 pandemic has negatively affected many people's mental health and created new challenges for people already suffering from mental illness and substance use disorders. In order to ascertain and respond to needs locally, the County of Santa Barbara and Department of Behavioral Wellness, in partnership with community mental health and wellness partners and stakeholders, is seeking input to help determine mental health and substance use disorder services to meet the needs of our community.

The whole community is invited to respond to a short 10- to 15-minute survey during September. Data gathered through the survey will be used to identify and tailor services to meet the needs of community members. The survey is available electronically and will be conducted in the field by service providers for populations less likely to have access to an electronic survey.

In June, the County Board of Supervisors authorized the use of federal ARPA funding (American Rescue Plan Act) to expedite an assessment of mental health needs resulting from COVID 19, and to develop a plan to initiate identified priority services in conjunction with partners to promote recovery and resiliency in individuals and our overall community. The survey includes questions from the 2019 Cottage Health Population Health Survey, and from previous children's mental health surveys. Data from this survey will be reviewed and compared against previous surveys. A separate survey designed to assess the impact of the pandemic on children ages 0-5 is under development, and will be sent out at a later date.

Take the survey here: [English](#) and [Spanish](#)

Headspace License Renewal: The Behavioral Wellness Department's Help@Hand team has teamed with San Mateo county to issue initial licenses for a Health and Wellness app called Headspace. The Headspace app is an application you can download on your phone or computer and provides the user with a guided meditation, allowing people to experience the benefits of meditation anytime, and anywhere and find the benefits of reducing stress, improving sleep, and more. Currently issued Headspace licenses will be expiring on September 15. New licenses will be issued in October through Santa Barbara County (there is not a need to pay a renewal fee). If you would like to enroll under a Santa Barbara County license, or have questions, please contact Maria Arteaga at marteaga@sbcbswell.org.

Neighborhood Navigation Centers: SB ACT, through contract with the City of Santa Barbara, have opened navigation centers at multiple locations in Santa Barbara, for people experiencing homelessness. These locations offer information and linkage to variety of community resources. Plans are underway for navigation centers to open in the other parts of the county as well. Locations are noted below:

Carrillo/Castillo Commuter Parking Lot: Tuesdays 10 a.m. – 1 p.m. Services and providers at this location include Showers of Blessings, Doctors Without Walls, and Behavioral Wellness Homeless Outreach support.

Alameda Park: Thursdays from 4 p.m. – 6:30 p.m. Services and providers at this location include Care 4 Paws animal health, Adam's Angels (clothing), Showers of Blessings, City Net case management, Home for Good/Americorps case management, Santa Barbara Response Network Psychological First Aid, and Behavioral Wellness (3rd Thursday of the month).

Let's Make a Difference Overdose Awareness Day: The [Let's Make a Difference Foundation](#) recently hosted their 3rd annual overdose awareness event on August 28, at Pioneer Park in Santa Maria. The Let's Make a Difference Foundation in Santa Maria supports the mission of connecting families and friends of addicts to support, services and education through substance abuse and overdose awareness. The purpose of the event is to spread awareness to the impact of addiction and overdose within our local community. Big thanks to [Kisha Ojeda, MFT, Behavioral Wellness Juvenile Justice Services](#) who represented the department at this event as a table host and sharing resource information on Behavioral Wellness. Thank you Kisha!

YOR Place Lompoc Now Open: For those of you providing direct services to youth ages 12-24 years old, we are excited to announce the launch of a new resource in Lompoc. Behavioral Wellness recently received Youth Opioid Response grant funding for a drop-in center, called YOR Place Lompoc. Beginning last week, YOR Place Lompoc is open to the community to provide resources for youth and families to address opioid and stimulant use disorders. A formal ribbon cutting event will take place on Monday, September 27 from 2 p.m. – 4 p.m. at 646 N. H Street in Lompoc. For questions or more information, please go to: YORPlace@sbcbswell.org.

NAMI Family-to-Family: A new weekly Family-to-Family course will be starting on September 22, 2021. Family-to-Family is a free, 8-session education program for family members of adults living with a mental health disorder and is designed to help family members understand and support their loved one while maintaining their own well-being. The class will also cover information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions and is taught by trained teachers

who are also family members that know what it is like to have a loved one struggling with a mental health disorder. The class is offered through NAMI, the National Alliance on Mental Illness, which is the nation's largest grassroots mental health organization dedicated to building better lives for those affected by mental health disorders. North County presentation will be online via ZOOM. South County presentation will be online via ZOOM or in a classroom setting depending on COVID allowances. This class is included in SAMHSA's National Registry of Evidence-based Programs and Practices. Preregistration is required.

For more information, please contact:

South Santa Barbara County: Ramona Winner, Family Advocate, rwinner@mentalwellnesscenter.org

North Santa Barbara County: Maria Perez, Family Support Specialist, mperez@t-mha.org

Alcohol and Drug Program (ADP) Update: ADP would like to welcome **Maria Gonzalez, Alcohol and Drug Service Specialist (ADSS)**, to the team. Maria is a Certified Addictions Treatment Counselor (CATC) who comes to ADP from Justice Alliance, where she was a Case Worker. Maria is assigned to the Proposition 64 Cannabis grant and will be stationed in Santa Maria. Her new role includes supporting the Prop 64 program within the school districts effectively using interventions that identify students who may be misusing cannabis. Maria will work within the schools alongside School Resource Officers, Counselors and Crisis Intervention staff to provide services. Maria started on September 7th and has already been an asset to ADP.

The Behavioral Wellness QCM and ADP Divisions are pleased to announce a "no wrong door" approach to outpatient SUD treatment services. No longer will clients need to go through the Access Line to access outpatient SUD treatment. Now clients can go directly to one of our outpatient providers who will administer the screening themselves. A communication has been sent to all outpatient providers outlining the details. Providers are currently undergoing training and technical assistance to assure data accuracy. This change promises to not only remove a barrier to timely access but will also improve the accuracy of data collection. Clients and providers can continue to use the Access Line for outpatient access if they wish, but this is no longer a requirement. All Residential and Withdrawal Management screenings must still go through the Access Line per State DHCS requirements.

The Fentanyl and general opioid epidemic has created such a great demand for the opioid antidote, Narcan (naloxone), that ADP is requesting individual agencies and providers request Narcan directly through the State DHCS Naloxone Distribution Project (NDP). ADP and the department's contractor, Pacific Pride, can no longer keep up with the demand. The process is simple and the kits are free. A simple one-page application and standing order is available at

https://www.dhcs.ca.gov/individuals/Pages/Naloxone_Distribution_Project.aspx

Please be advised that the NDP requires the tracking of opioid reversals with each application. For more information regarding OD Reversal tracking, please contact Amy Lopez at alopez@sbcbswell.org or John Doyel at jdoyel@sbcbswell.org. ADP and Pacific Pride have distributed thousands Narcan kits that have resulted in the reversal of over 1250 ODs.

Santa Barbara Regional Partnership Meetings: The Santa Barbara Adult Regional Partnership met on August 16. The focus of this month's meeting was the Behavioral Wellness Justice Alliance (JA) program

which is a full-service partnership. The program provides transitional, linkage, and supportive services for criminal justice-involved individuals who also have mental health needs. The JA team provides services promoting stabilization, reintegration, and recidivism reduction with a goal of connecting to longer-term care, i.e. the Alliance for Community Transformation (ACT) program or an outpatient clinic. JA is intended to be a gateway to ACT as many clients require intensive wraparound services. Referral to the JA program come from a variety of places include the Incompetent to Stand Trial process, Mental Health Treatment Court, Veterans Treatment Court, Arraignment Court, Probation, Public Defender and the District Attorney's office. Some of the inclusion criteria includes pending felony charge(s), incompetency to stand trial or at risk for such, a diagnosis of schizophrenia, schizoaffective disorder or a bipolar disorder, capable of engaging in outpatient treatment and taking medications as directed, or in custody at the time diversion is initiated. For questions, please contact John Winckler, Division Chief of Clinical Operations.

Santa Maria Regional Partnership Meeting: Updates provided on the new County of Santa Barbara logo and branding. Following, the Family Resource Center reminded everyone that they are open and available to the public! Referrals can be made for families in need of help with Medi-Cal, Cal-Fresh, Cash Aid, and Energy Assistance (HEAP & Weatherization). Referrals go to Family Service Agency-Family Support Services by calling 805-928-4150. Behavioral Wellness Alcohol and Drug Programs staff reminded everyone that August 31 is International Overdose Awareness Day and September is National Recovery Month. Resolutions from the Board of Supervisors will be given on September 21 for Recovery Month and on September 15th for Suicide Awareness Month. Lastly, a presentation was provided by the Dignity Health Behavioral Health Pilot Program (BHPP). This program provides substance use navigation services for identified patients. More information on this program can be found by contacting Amelia.grover@commonspirit.org or Megan.love@commonspirit.org.

Change Agents: The Change Agents met on August 25. The recent Change Agent meeting highlighted a number of Behavioral Wellness programs that have active PDSA's addressing a range of topics including clinical operations, staff wellness and client outcomes. In the **Santa Maria Adult** clinic, the team has begun implementation of a PDSA to increase Advanced Directives on file and notarized. Some of this clinic's high need target populations include clients with medically integrated needs, those utilizing the support of protective pay, individuals who are monolingual Spanish speakers, those living with mental illness and/or learning disabilities. By October 2021, the PDSA goal is to increase the number of Advanced Directives among protective pay clients from a baseline of 2%. At Santa Barbara ACT, the team continue to explore positive messaging interventions to increase staff well-being. To date, the team has identified survey items to assess perceived quality of life and optimism levels at baseline and at follow-up. At **Lompoc Children's**, the team implemented RxNT which allows for client appointment reminders (text, email, robocall). Results showed a reduction in the client cancellations from pre-RxNT (18%) to post- RxNT (13%) and a reduction in no-show rates. Additionally, qualitative feedback suggested that text reminders 24 hours prior to a client appointment were especially helpful.

Childrens System of Care (CSOC) Action Team: The Children's System of Care Action Team met on August 26 and was joined by **Behavioral Wellness ADP staff, Melissa Wilkins and Jade Kau** who presented on the *YOR Place Lompoc* program along with the benefits and impact to the community, as result of this program. Participants continued to share the successes and challenges specific to mental health for youth

and families, in regards to returning to school and the school's ability to effectively support these needs. School partners report an increase in youth misbehavior resulting in suspensions and detentions and believe this to be related. The School Mental Health Project currently being launched by Behavioral Wellness in partnership with SBCEO, was also discussed. **Christina Lombard, LMFT** will be presenting at the September meeting and speak more on the specifics and vision for this program. The next CSOC Action Team will meet on August 23 from 10:30 a.m. to Noon.

Consumer and Family Member Action Team (CFMAT): The Consumer and Family Member Action Team (CFMAT) met on August 19, 2021 via Zoom. Members were able to provide the Quality Care Management Team (QCM) input on strategies on how to obtain feedback from clients and family members regarding how to improve Behavioral Wellness services. The Help@Hand Team introduced **Steven Sanvictores** as the project's outreach coordinator and demonstrated a short video on Headspace mobile application. Also, the team shared with the members the project's Partner List. Members participated in providing input on other organizations Help@Hand team should contact to assist with the deployment of Headspace. In addition, members were provided a short presentation by Marie Corbin, Executive Director of Project Heal of Santa Barbara, who shared how they are assisting individuals with mental health education, reducing stigma and linkage to mental health services. Lastly, members were provided subcommittee updates. CFMAT meets on the third Thursday of each month, from 1 p.m. to 2:30 p.m.

Crisis Action Team: The Crisis Action Team met on August 12. **John Winckler, Division Chief of Clinical Operations** facilitated the meeting and provided some departmental updates including a discussion of some recent staffing challenges due to the increased demand for licensed mental health professionals and current vacancies for this job classification within Behavioral Wellness. There was also a review of the new California State Public Health Officers orders regarding the mandates for vaccinations and testing of health care workers. **Josh Woody, QCM Manager** provided updates on the Drug Medi-Cal Outpatient Delivery System (DMC-ODS) including a move to de-centralize access to outpatient substance use disorder treatment. As noted earlier in the ADP update, individuals interested in outpatient substance use disorder treatment now will not need to go through the Access Line to be screened but instead can walk into any provider for a screening.

There was a brief discussion of the management of patients in Emergency Departments on 5150/5585 holds who attempt to run away from the hospital. Hospital responses to these events vary depending on the level of staffing in the hospital and where in the hospital the individual is located (emergency department vs medical floor or Emergency Department Holding Unit in the case of Cottage). Some locations will attempt to detain individuals as best they can. All hospitals report their procedure for an individual on a 515/5585 hold who does run from the hospital being to immediately call law enforcement and report the person as being on a legal hold and request the person be returned to the Emergency Department if found. In closing, the team reviewed data. CSU admissions remain consistent. Recent trends in emergency department's saw slightly less individuals in Emergency Departments on 5150/5585 holds and a slightly reduced wait time for placement. The Crisis Action Team meets the second Thursday of the month, 2:30 p.m. – 4:00 p.m.

Cultural Competency and Diversity Action Team (CCDAT): The Cultural Competency and Diversity Action Team met on August 13, 2021 via Zoom. The meeting was informative meeting and each of the subcommittee and workgroups members shared their projects. The Asian American Pacific Islander subcommittee is working on a culturally appropriate trauma brochure that will include resources for victims of hate crimes and a QR code that will link to the Behavioral Wellness website. In addition, the Building Resilient Communities subcommittee shared their draft of the Spanish speaking support guide and brochure they developed. These resources are intended to increase awareness of community base Spanish speaking support groups and task of the subcommittee. This subcommittee was created to help with increasing our Latino penetration rate. The mission of this team is to increase awareness of access to mental health and substance use disorder resources, reduce mental health and substance use disorder stigma, address disparities and information exchange. The language access workgroup shared the interpretation survey questions they have worked on. In addition, the Help@Hand team shared that they will be rolling out Headspace licenses and obtained contact names that will assist with the roll out. Lastly, the members were able to review CCDAT's yearly report that outlined all the accomplishments for the year. CCDAT meets on the second Friday of each month, from 10AM to 11:30AM.

Forensic Action Team: The Forensic Action Team Meeting seeks to connect a wide variety of leaders and stakeholders invested in cross-sector collaboration and ongoing systemic enhancements for services provided to criminal justice-involved juveniles and adults. Meetings occur monthly on the 4th Wednesdays @ 1:30-3:00 pm (via Zoom).

For the August meeting, a variety of jail discharge planners joined together again from WellPath, the Sherriff's Office (Santa Barbara County Jail) and the Public Defender's Holistic Defense Team to share the established processes for collaborative jail discharge planning and linkage to community resources in the context of system gaps and ways to improve warm hand-offs and promote effective reintegration approaches to prevent recidivism. It was also announced that co-chair and Behavioral Wellness' Forensics Manager, Shana Burns, LMFT, accepted a position as Clinical Director with the New Beginnings Counseling Center in Santa Barbara. In Shana's absence, Behavioral Wellness' Prop 47 Program Manager, Serena Cyr, PhD, will begin co-chairing the meeting with Celeste Andersen, Chief of Compliance, until further notice. Please contact Celeste at candersen@sbcbswell.org with any questions, agenda suggestions, and/or if you would like to be added to the action team invite list.

NATIONAL AND STATE NEWS

UCLA Studies Find that Latinx, Asian Communities Face Unmet Mental Health Needs: A recent pair of studies conducted by UCLA researchers found the mental health needs of the Latinx ethnic groups and Asian ethnic groups in California are not being met. The studies, published July 22, broke down the Latinx and Asian population in California into respective ethnic groups to analyze their mental health needs using California Health Interview Survey data from 2015 to 2019. Data showed that 68% of Asian adults with symptoms of serious or moderate psychological distress experienced unmet mental health care needs. Similarly, the study found that 61% of Latinx adults in serious or moderate psychological distress experienced unmet mental health needs. Read more [here](#).

9/11 Anniversary Could Cause Some to Relive Trauma, Stress, Experts Say: With the 20th anniversary of the terrorist attacks of Sept. 11, 2001, approaching, widespread media coverage of tributes and memorial ceremonies is likely to cause some people to relive the trauma of that day, experts say. Many across the United States will pause to reflect on the lives lost -- seeing images of them online and in the media. For some it could be healing, but for others looking back could be detrimental to their mental health. Read more [here](#).

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: Kristine Haugh at khaugh@sbcbswell.org
- **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: Natalia Alamilla, namilla@sbcbswell.org
- **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: Danielle Martinez at dmartinez@sbcbswell.org
- **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: Danielle Martinez at dmartinez@sbcbswell.org

- **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. Questions: John Winckler at jwinckler@co.santa-barbara.ca.us
- **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 Celeste Andersen at candersen@sbcbswell.org