

Director's Report

May 23, 2017



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DEPARTMENT AND COUNTY NEWS

Mental Health Services Act Stakeholder Public Hearing: The Behavioral Wellness Commission held a Public Hearing for the MHSa Three Year Plan Update on Monday, May 15th from 3:30pm – 5:00pm at the Santa Barbara Board of Supervisors Conference Room. Videoconferencing was offered in Santa Maria at the Santa Maria Board of Supervisors Conference Room. In addition to the Behavioral Wellness Commission, a breadth of people attended and engaged in discussion about the MHSa Three Year Plan Update. Celeste Andersen, Behavioral Wellness Chief of Compliance, began the hearing by summarizing the various parts of the MHSa Three Year Plan, highlighting the performance measures that are incorporated into the plan and informing the commission about the various stakeholder forums that occurred. During the formal public comment process, the community expressed the need for programming that targets homeless people with mental health challenges and pointed to the demand for more caseworkers in the system. There was interest about how the proposals that are outlined in the plan will be implemented, particularly regarding the increased programming at the Recovery Learning Centers and the Levels of Care proposal. After the public comment was provided, the Commission members had the opportunity to offer their feedback. Attention was given to the structure and development of the RISE (Resiliency Interventions for Sexual Exploitation) program, in what manner the Juvenile Justice population can be linked to services, and the need for crisis support for TAY (Transition Aged Youth). The MHSa Three Year Update Draft Plan can be found on the Behavioral Wellness [website](#).

JJCPA Positions Improve Linkage to Clinics: The Juvenile Justice Program (JJCPA) has formed an important liaison with the Probation Department, who has been able to secure funding to add JJCPA staff to their team. These staff are responsible for doing in court mental health assessments and evaluations. They also have been making a big effort to link hard to engage clients with Behavioral Wellness services by providing thorough aftercare planning with kids at the camp and long term clients in Juvenile Hall. They also help parents connect to the Behavioral Wellness Access Line and primary care for their children. The JJCPA staff has also been meeting with the Behavioral Wellness Outpatient Children's Clinic staff and at the out of custody probation sites to find out service needs. These efforts fill a much needed gap in care for a unique population. Lisa Conn, RISE (Resiliency Interventions for Sexual Exploitation) Team Supervisor shared, "Our teams are doing innovative things to try to change the culture around how the community and mental health system see our kids. We wish to communicate that how they act is not delinquency, bad behavior, or lack of engagement but rather a symptom of the trauma that this population has experienced. We are becoming more and more unified. We see what is working well and have learned to mirror this in our interactions with other children." One example of this success can be seen in the story of a Transition Aged Youth from Lompoc, with no family support, who recently experienced a psychotic break. The

JJCPA clinician had established a relationship with the client in Juvenile Hall, and when the client got out of the Hall the clinician was persistent in meeting weekly and building rapport. The youth was introduced to her psychiatrist and had a friendly meeting to get to know her mental health team. Now the client is engaged in services and regularly going to appointments.

CSEC Identification Tool Developed: Thanks to the Commercially Sexually Exploited Children (CSEC) Identification Tool, much progress has been made in identifying sexually exploited individuals within Santa Barbara County. 98% of the girls participating in the Resiliency Interventions for Sexual Exploitation (RISE) program are involved in Juvenile Justice and the Probation Department. RISE has worked with Probation to develop a flow chart for identifying CSEC. Probation staff have been trained to use this tool, and now every child is screened for CSEC. Staff know exactly what to look for and the follow up questions to ask, and directly refer identified children to Juvenile Justice and RISE for services.

RISE Program Partnerships Bring Benefit: Resiliency Interventions for Sexual Exploitation (RISE) Program and the Uffizi Order, a spiritual organization that works to help homeless and sexually trafficked individuals, have partnered to find safe and homelike permanent and temporary placement for commercially sexually exploited children and adult survivors of sexual exploitation. Recently the partnership obtained a one year master lease, in a safe, secure area that will house at risk and survivors of sex trafficking females. There will be a caseworker on site, meals will be offered, and supportive services will be provided in the environment where clients are living. The collaborative aims to help make the home environment as safe as possible. For example, if a client is living in a dangerous, gang invested environment, the collaborative might relocate them or provide security measures such as alarms and automatic lights. Uffizi is also educating people about the RISE program, Behavioral Wellness, and the various services that are offered. RISE has also recently partnered with a local plastic surgeon who is donating their time to help remove branding, scars, and tattoos that traffickers/exploiters have imprinted on their victims. These nontraditional community collaborations help to fill the diverse needs of the client, give insight into what is effective, and provide a way to offer more care and help to a marginalized population.

Consumer Perception Survey (CPS) Results: All Counties are required by the California Department of Health Care Services to administer the Consumer Perception Survey to outpatient mental health clients. Counties conduct the survey and submit data in the Spring and Fall of every calendar year. A recent analysis examined seven questions over a two year period relating to client satisfaction of service, involvement in treatment goals and services, ability to cope when things go wrong, self-efficacy, and persistence of symptoms. Across all measures, there is a positive trend, as both adults and youth (and their families) in our system of care increasingly report that they are satisfied, that they decided on or helped choose their treatment goals and treatment services, and that they are better able to cope and do the things they want to do, and that their symptoms are less bothersome.

Behavioral Wellness All Staff Event: The Behavioral Wellness All Staff Event will be held on May, 25, 2017 from 10:00am to 3:00pm at the Nojoqui Falls Santa Barbara County National Park. Behavioral Wellness staff are invited to come enjoy a day with their coworkers to celebrate the accomplishments from the last year. A delicious lunch will be offered and as usual we will have our cooking contests and fun activities. Service pin distribution for 5, 10, 15 and 20+ years of service will be awarded.

CADA's Community Dinner - Supporting Student Success: On April 25th, CADA sponsored a Community Dinner for parents and teens in 6th to 12th grade at the Santa Maria Town Hall. Alcohol Drug Program staff Katarina Zamora was the co-facilitator. The event was packed with families interested in learning about how to talk to teens about making healthy choices, abstaining from alcohol and drugs, and achieving academic success. The event was a huge success. Over 200 families attended. There were more than 20 Community Based Organizations present, and many onsite resources were available for parents and teens. The 5th District Supervisor Steve Lavagnino and Santa Maria Mayor Alice Patino both attended the event. Panel members who spoke at the Dinner included Judge Flores; Pete Flores, Director of Student Services Santa Maria Joint Union High School District; Russ Mengel, Santa Maria Police Department; Wendy Stanley, Probation Manager; Dr. Carrick Adams, Santa Maria Juvenile Hall; a CalPoly Student; a Santa Maria Joint Union High School District Student; and a Victim of Drunk Driving. Translation into Spanish was provided, activities were available for small children, and a delicious dinner was served.

NATIONAL AND STATE NEWS

May is Mental Health Awareness Month: Each year in the month of May we celebrate Mental Health Awareness Month. Throughout this month, Behavioral Wellness and community partners across the county are raising awareness for mental health. Each year, we fight stigma, provide support, educate the public, and advocate for equal care. Each year, the movement grows stronger. Help us spread the word through the many awareness, support and advocacy activities below:

Sunset Beach Walk

Join our 5K Walk on Friday, May 5th, 2017
East Beach, Santa Barbara
4:00 pm Registration ~ 5:00 pm Opening Ceremony
5:30 pm WALK! ~ 6:30 Dinner, Live Music and Raffle

Art of Recovery Show

Artists' Reception and Open House
Friday, May 12th, 2017 | 5:00 pm – 8:00 pm
Helping Hands of Lompoc
513 North G St., Lompoc

Mental Health Fair at Cottage Health

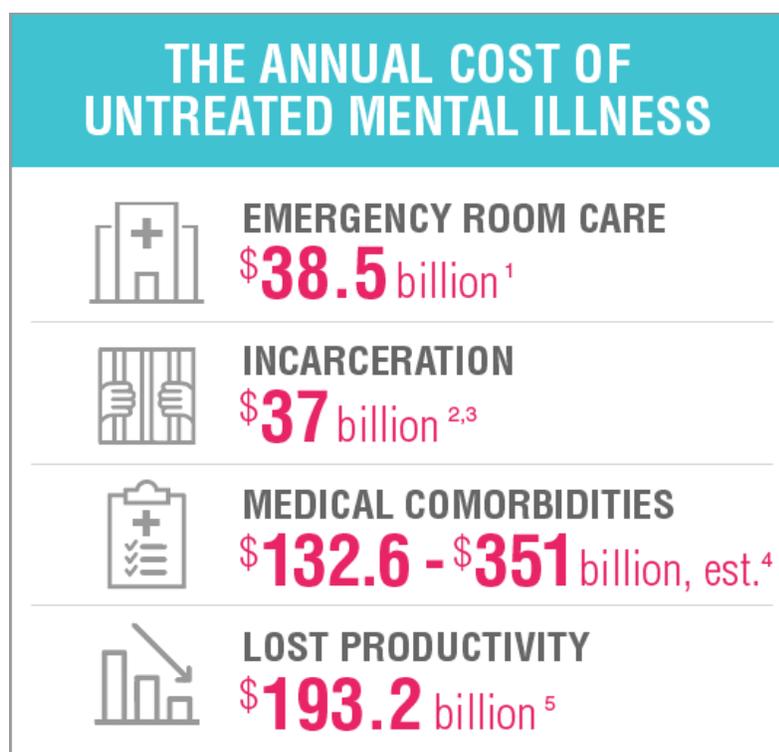
Mental Health Fair
Saturday, May 20th, 2017 | 10:00 am – 2:00 pm
400 West Pueblo Street, Santa Barbara
Burtness Auditorium, 6th Floor | Original Cottage Hospital

2017 Neighborhood Health Fair

Saturday, May 20th, 2017 | 10:00 am – 1:00 pm
Westside Boys and Girls Club | Bohnett Park
Sponsored by City of Santa Barbara, PHD, American Indian Health Services and SBUSD

In addition to promoting the importance of general mental health awareness during the month of May, also important to highlight are the consequences of foregoing care.

Untreated mental illness has a significant impact on families and communities in a social sense, but there is a real monetary stake as well. In the spirit of Mental Health Awareness Month, the below infographic outlines the cost of untreated mental illness:



¹ "E.R. Costs for Mentally Ill Soar, and Hospitals Seek Better Way", last modified December 25, 2013, <http://www.nytimes.com/>.

² "Guilty of mental illness", last modified April 27, 2015, <http://chicagoreporter.com/>.

³ "A shocking number of mentally ill Americans end up in prison instead of treatment", last modified April 30, 2015, <https://www.washingtonpost.com/>.

⁴ Steven Melek and Doug Norris, Chronic Conditions and Comorbid Psychological Disorders, 2008.

⁵ "Mental Disorders Cost Society Billions in Unearned Income", last modified May 7, 2008, <https://www.nimh.nih.gov/>.

May is National Drug Court Month: This May, more than 3,000 drug courts and veterans treatment courts in the United States will celebrate National Drug Court Month and the 150,000 people they serve each year. Drug courts are the single most successful criminal justice intervention for seriously addicted offenders. Proven to save lives, save money, and reduce crime, these courts: treat substance use disorders, break the cycle of addiction in families, treat mental health needs, reduce re-arrests and re-incarcerations, deliver services for lifelong recovery, reduce substance use and overdose, secure education, employment, and housing, reduce emergency room admissions, produce tax-paying, productive citizens, and reduce foster care placements. Learn more about Drug Courts [here](#) and [here](#).

There are several Drug Court graduations planned in Santa Barbara County this month:

May 8 – Santa Barbara Adult Drug Court Graduation

May 12 – Santa Maria Veteran Treatment Court Graduation

May 19 – Santa Barbara Veteran Treatment Court Graduation

May 23 – Santa Maria Adult Drug Court Graduation

June is National Internet Safety Month: The U.S. Congress and the National Cyber Security Alliance (NCSA) have designated June as National Internet Security Month. We encourage staff to learn more about online safety and to increase their knowledge about how to protect their identity, private information, and family when using the internet. More resources about Internet Safety can be found [here](#).

SAMHSA Announces Early Childhood Toolbox, Promoting Mental Health in Children: In honor of National Children’s Mental Health Awareness Day on May 4th, SAMHSA released a toolbox to promote the mental health and school readiness of young children. The toolbox includes videos and interactive resources to benefit early childhood programs by including mental health consultation. Click [here](#) to check out the resources available.

Healthy People 2020 Update on Substance Use: The Office of Disease Prevention and Health Promotion has released a bulletin highlighting the Leading Health Indicators for Substance Use. The bulletin includes data on adolescent alcohol and illicit drug use and adult binge drinking in the past 30 days, part of the Healthy People 2020 initiative. Read more [here](#).

Recovery Housing 101 Webinar: On May 25th, SAMHSA’s Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) team will bring together national experts in a webinar forum to define recovery housing, its association with recovery-oriented supports and services, and emerging opportunities to promote recovery housing in the community. [Learn more about this free webinar.](#)

SYSTEMS CHANGE CALENDAR

- **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; Lompoc Conference Room, ACT, upstairs, 401 E. Cypress and Large conference room, 500 West Foster Road, Santa Maria. Questions: Nathan Post, npost@sbcbswell.org.
- **Lompoc Regional Partnership Meeting:** The next meeting is May 16, 3:30-4:30, 301 N. R Street and every other month on the third Tuesday thereafter. If you are interested in participating please contact Jeanie Sleigh Jeanie.Sleigh@sbcphd.org or Crystal Ramirez cramirez@sbcbswell.org.
- **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: Amanda Pyper, ampyper@co.santa-barbara.ca.us.
- **Santa Barbara Children’s Regional Partnership:** 4th Thursday of the month from 2:00 pm – 3:00 pm at the Santa Barbara Children’s Clinic, large conference room. Questions: Amanda Pyper, ampyper@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: Sandy Fahey, sfahey@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: Sandy Fahey, sfahey@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 Action Team** meets the second Friday of each month, 9:30-11:00 am, Locations: Behavioral Wellness Conference Room and Santa Maria Annex via videoconference. Contact Yaneris Muñiz, ymuniz@sbcbswell.org.
- **The Peer Action Team** meets the second Thursday of the Month from 2 – 4:00 pm. Locations: Behavioral Wellness Santa Barbara Conference Room 261, Lompoc Children’s New Port Room the Santa Maria Annex Room via videoconference. Contact Tina Wooton, twooton@sbcbswell.org, regarding the location.
- **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 John Winckler, jwinckler@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 Ana Vicuña, avicuna@sbcbswell.org.