

Director's Report

April 24, 2018



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DEPARTMENT AND COUNTY NEWS

Budgeting Process Underway: The Fiscal Year (FY) 2018-2019 Budgeting process is well underway, with the requested stage completed and presented to the Board of Supervisors at the April 16th Budget Workshop meeting. The requested budget contains program modifications, some targeted expansions, expenditure efficiencies and service level reductions. Based on available resources, the Mental Health Plan and Drug Medi-Cal Organized Delivery System contractual requirements, a balanced budget maintaining Prudent Reserves in both MHSA Fund and the Alcohol and Drug Programs fund was proposed. As in prior years, the Mental Health Fund, which contains expenditures for Institute for Mental Disease (IMD) services, required service levels to be reduced to balance. The department has requested that these IMD services be restored with County General Funds. However, with the disasters last winter and subsequent countywide impacts, it is questionable whether these restorations will be granted. The Board of Supervisors has reviewed recommended budgets from all County departments and will ultimately adopt a final countywide budget in June. We thank all of staff and community-based organizations (CBOs), vendors and everyone participating in the budget development process. More details on the \$133.8 million-dollar FY 2018-19 Requested Budget are [here](#).

South County Crisis Services Moves to New Office: The County Santa Barbara Mobile Crisis and Crisis Triage teams successfully moved into their new office on March 23rd. The new office is conveniently located on the first floor of the departments Administration building, next door to the Crisis Stabilization Unit (CSU) and one floor below the Psychiatric Health Facility (PHF). This location will allow for better integration of the crisis teams with the CSU and eventually become a drop-off spot for individuals experiencing mental health crises transported by law enforcement. Crisis teams will be able to quickly evaluate individuals for appropriate crisis care, including safety planning and linkage to ongoing behavioral health services, CSU, Crisis Residential, detox, substance use disorder (SUD) residential, and 5150, as well as crisis de-escalation and immediate assessment and referral to appropriate level of care within the outpatient mental health continuum of care. As Crisis Triage grant funding comes to an end in June, all current Crisis Triage staff will be combined with Mobile Crisis staff under one program called South County Crisis Services.

New Signage to Highlight Crisis Services: As a result of South County Crisis Services moving to the Calle Real campus, Behavioral Wellness Department Facilities Services has created a new address for this program (315 Camino Del Remedio, Ground Floor, Suite B) and new signage. The new signage will direct the public, clients and staff to the newly remodeled Crises Services suite, located on the ground floor of Building 3 below the PHF. These new signs are just the beginning of an overall signage consistency project

that the Department of Behavioral Wellness and all Calle Real campus agencies are currently working on with Public Health and a “Wayfinding” consultant. Behavioral Wellness looks forward to working with Public Health and all our partner agencies on this project.

Behavioral Wellness Applies for Children’s Crisis Triage Grant: The Mental Health Services Oversight and Accountability Commission (MHSOAC) released a grant application supporting children’s crisis triage services. If awarded this grant, the county could receive up to \$4 million over the next three years. The funding would provide clinicians and parent partners to work at each of the county’s regional hospitals (Cottage, Lompoc Valley and Marian Medical). The new children’s triage teams would offer treatment services and continuous re-assessment of youth brought to hospitals on a 5585 hold application. The goal of the grant would be to reduce the number of youth that placed in out- of-county psychiatric facilities, shorten time the youth has to stay in the emergency department and improve coordination among crisis services, hospitals and outpatient services. For counties receiving awards, funding will begin June 30, 2018.

Strong Preparation Makes ODS Review a Success: The Alcohol & Drug Organized Delivery Services (ODS) Readiness Review Team breezed through the recent review with State Department of Health Services ODS Auditors on April 10, 2018. The review, scheduled to last up to three days, was concluded in just over four hours, thanks to the intensive preparation of the team. This level of success was the result of months of preparation, beginning with the development of the County’s ODS Implementation Plan, submission of rates to be charged for expanded alcohol and drug treatment services, issuances of Requests for Proposals for future service delivery programs and the creation of numerous documents required to demonstrate readiness to launch the ODS system in Santa Barbara County. The team has been meeting weekly for months to review and compile existing information and materials, update policies and procedures and create significant new documents such as an ODS Practice Guidelines manual and a new Alcohol and Drug Program (ADP) Beneficiary Handbook. After preparing a comprehensive binder with all required audit materials, and rehearsing responses the week before the review, the Team felt ready to demonstrate readiness to launch the ODS program. Congratulations to the Readiness Review Co-Chairs John Doyel and Celeste Andersen and team members Melissa Wilkins, Stephanie Diaz, Jamie Huthsing, Joshua Woody, Lindsay Walter and Dipak Neupane for doing a fabulous job.

Sara Grasso Promoted to Team Supervisor of Homeless Services: On February 26, 2018, Sara Grasso, MFT, was promoted to the position of Team Supervisor of Homeless Services. Sara started with the department in 2015 and has worked as a Practitioner in Homeless Services ever since. As part of her duties in Homeless Services, Sara has overseen the implementation of the PATH (Projects for Assistance in Transition from Homelessness) program grant. She conducts outreach with individuals experiencing homelessness and provides assessments, case management, and linkage to ongoing mental health services for those meeting criteria for specialty mental health services. In addition to clinical services, Sara also handles extensive data collection and entry into the Homeless Management and Information System (HMIS) mandated by the grant. Beginning in January 2018, the Department of Housing and Urban Development (HUD) required establishing and operating a Coordinated Entry System that standardizes the way individuals and families experiencing or at risk of homelessness are assessed for, referred to and access the housing and services that they need for housing stability. To meet the federally mandated data collection/entry requirements and clinical needs of the large population of individuals experiencing homelessness, a re-structuring of the Santa Barbara County program added a Team Supervisor position.

Sara now heads a team that will include a Practitioner, three Case Workers, an Administrative Office Professional and two Outreach Workers with AmeriCorps. In addition, Sara will oversee county shelter beds at the Path shelter and Salvation Army in Santa Barbara. She will also collaborate with the many other county and private agencies involved in Coordinated Entry System and efforts to house individuals experiencing homelessness.

Natalie Garcia Named Santa Barbara ACT Supervisor: A belated congratulations to Natalie Garcia, LMFT, who was appointed Supervisor of the Santa Barbara Assertive Community Treatment (ACT) program last November. Natalie comes to the Department of Behavioral Wellness with previous experience as a Clinical Supervisor for the Mental Wellness Center, where she served for 3 1/2 years. Before that she worked for Family Service Agency for 11 years. Santa Barbara ACT's multidisciplinary team provides housing assistance, supported employment and education, vocational skills enhancement, medication support, counseling, peer support and social skills development for approximately 100 clients. We welcome Natalie to the department.

Network Adequacy Certification Tool Submitted to State: We thank everyone who contributed their time and data to completing the Network Adequacy Certification Tool required by the California Department of Health Care Services (DHCS). Many hours went into gathering the data and supporting documents. We were able to complete the tool and submit all the documents to DHCS a day early. We have learned a lot from this project and are working on streamlining the process for future quarterly submissions. We truly appreciate everyone's efforts and collaboration.

Community Wellness Team Makes 5,800 Contacts: Since the Thomas Fire, the Community Wellness Team has made approximately 5,800 contacts. Led by the Department of Behavioral Wellness, the Community Wellness Team was established to help members of the community cope with individual and collective trauma resulting from the Thomas Fire in in December 2017 and the debris flow in January 2018. More information on services provided by the Community Wellness Team is available here: <https://readysbc.org/health-safety/community-wellness-team/>

STATEWIDE NEWS

Many Californians Lack Mental Health Care: The California Health Care Foundation reports that "using the most recent data available, [Mental Health in California: For Too Many, Care Not There](#) provides an overview of mental health in California: disease prevalence, suicide rates, supply and use of treatment providers, and mental health in the correctional system. The six key findings in the report are:

- The prevalence of serious mental illness varied by income, with much higher rates of mental illness at lower income levels for both children and adults.
- Compared to the US, California had a lower rate of suicide, although it varied considerably within the state by gender, age, race/ethnicity, and region.
- About two-thirds of adults with a mental illness and two-thirds of adolescents with major depressive episodes did not get treatment.
- Medi-Cal pays for a significant portion of mental health treatment in California. The number of adults receiving specialty mental health services through Medi-Cal has increased by nearly 50% from 2012 to 2015, coinciding with expansion of Medi-Cal eligibility.

- The supply of acute psychiatric beds may have stabilized after a long period of decline. However, emergency department visits resulting in an inpatient psychiatric admission increased by 30% between 2010 and 2015. More robust community services might decrease emergency department use.
- The incidence of mental illnesses in California's jails and prisons is very high. In 2015, 38% of female prison inmates and 23% of the male prison population received mental health treatment while incarcerated.

Published in March 2018, the 57-page report is available [here](#).

SYSTEMS CHANGE CALENDAR

- **Behavioral Wellness Commission:** The Behavioral Wellness Commission meets on the third Wednesday of every month from 3:00 pm – 5:00 pm. Video conferencing is available at the Santa Barbara Children's Clinic large conference room and the Santa Maria Clinic Conference Room. Questions: Karen Campos, kcampos@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; 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:** Meetings occur on the third Tuesday of odd months (January, March, etc.) at 3:30 – 4:30 pm, 301 N. R Street. Questions: Nicole Becker, nbecker@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 Heinzlmann, vheinzlmann@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 Heinzlmann, vheinzlmann@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: Arlene Altobelli, <mailto:aaltobe@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: Elodie Patarias, epatari@co.santa-barbara.ca.us or Geoff Bernard, gbernard@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, Lompoc B St. Adult Clinic 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
- **The Forensic Action Team** will meet on May 23 from 3:15 – 4:45 pm in Room 261, Santa Barbara. Participation is also available through video conference in Lompoc B St Conference Room and the Santa Maria Annex. For questions, please contact Celeste Andersen, candersen@co.santa-barbara.ca.us.