

Director's Report

September 19, 2018



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DEPARTMENT AND COUNTY NEWS

Winter Holiday Closure: In line with the County Board of Supervisor's ordinance and resolution, the Department of Behavioral Wellness will be adhering to the designated Winter Holiday Closure plan for December 26-31, 2018, with departmental operations resuming on Wednesday, January 2, 2019. Monday, December 24th is an OPEN day at the clinics and regular work day within the department.

While departmental operations will be closed during the above dates, there will be some operations remaining open to meet Behavioral Wellness client needs. Programs remaining open include the 24/7 Access line, SAFTY program for urgent and emergent needs, Information Technology (IT) and Patients' Rights staff will remain available. The following programs will have normal business hours during the closure: PHF, CSU, Juvenile Justice Program, ACT programs, Crisis Services, SPIRIT teams, Supported Housing Programs, and the Crisis Residential Treatment Programs. Staff will be working with clients in advance to prepare for this winter closure period.

RENEW '22 - Five Year Transformation Plan for Santa Barbara County: RENEW '22 is a multi-year transformational initiative to ensure fiscal sustainability and operational efficiency throughout Santa Barbara County operations. Through engaging the overall County of Santa Barbara's high performing, innovative and create workforce, we will build a stronger and more vibrant organization that positively impacts our community. Behavioral Wellness is an active participant in the countywide RENEW '22 transformational efforts as can be seen in regional PDSA projects, team and project goals and our departmental support of brainstorming new ideas and thinking outside the box at all levels of our departmental organization. We encourage staff throughout the department to share success stories, case studies, best practices and celebrations of progress which reflect **RENEW '22** within Behavioral Wellness. We will be highlighting these stories monthly in the Director's Report.

Annual Behavioral Wellness All Staff Day and Training: On September 13, all Behavioral Wellness Staff joined together for a day of reflection on the past year of activity and accomplishments, training time together and enjoyed time as a countywide team outside of the routine daily activity. Our 24/7 teams were missed greatly and very much present in thought. In addition to learning more about the role that a county employee serves as a disaster service worker, over 300 department staff stood and were sworn in as Disaster Service Workers for Santa Barbara County. Behavioral Wellness staff play important roles in providing support for our community in times of disaster. Our team provides this support in the community/in the field, in local assistance and family assistance centers, in the call center, in schools, and in the EOC operations year round based on need. For those staff interested in learning more about our role

in disaster response and are interested in joining the Behavioral Wellness Response Team, a training will be held on October 18 from 1-3:30 in the Santa Barbara PHD Auditorium. For questions, please contact Suzanne Grimmesey at (805) 886-5403 or suzkirk@co.santa-barbara.ca.us

Quality Care Management (QCM) Team Expansion: Please join in welcoming two new team members, Lindsey Milner, Sara Sanchez to the QCM Team as QCM Coordinators.

Lindsey Milner graduated from Antioch University with her Master's Degree in Clinical Psychology, has completed her hours as an IMF, and will be sitting soon for her exam. Lindsey holds a variety of experience working directly in our Santa Barbara Community with organizations including Noah's Anchorage Youth Crisis Shelter, Aegis Treatment Center, the Department of Behavioral Wellness and the Department of Social Services. Lindsey holds a breadth of experience in substance abuse treatment and was an asset to the county in the community behavioral health disaster response during the Thomas Fire and 1/9 Debris Flow.

Sara Sanchez graduated from Antioch University with her Master's Degree in Clinical Psychology and is licensed as an LMFT as well as being certified as a correctional healthcare provider. Sara began her work with the Court Appointed Special Advocates (CASA) program in our community 17 years ago. Since that time, she has worked with CALM, the Council on Alcoholism and Drug Abuse, Casa Pacifica's SAFTY Program, Tri-Counties Regional Center and most recently with Corizon at the Santa Barbara County Jail. Sara also holds experience as a Crisis Intervention Team (CIT) trainer with the Santa Barbara County Sheriff's Department.

This month, we also say goodbye and thank you to **Natasha Quinteros, LMFT** who has transitioned from the role of an Access Screener to the SPIRIT Team in Santa Maria. We wish her the very best in this new chapter! We will be opening another recruitment for additional QCM Coordinators and expanding this team even further in the near future. This expansion is occurring in response to changing Mental Health Plan requirements and in support of the implementation of the Outpatient Delivery System (ODS).

Behavioral Wellness is In the Community: During the month of September, Behavioral Wellness staff have been busy. Big thanks to **John Winckler** and **Michael Allen** who spoke on air to address the issues of gun violence in our community. In addition, Behavioral Wellness has been present with resource tables at the Carpinteria Suicide Awareness Candlelight Vigil (thank you to **Rosa Cepeda** for leading this effort), the Santa Barbara Suicide Awareness "Out of the Darkness" walk (**Hanna Atkinson** lead the resource table and **Suzanne Grimmesey** was present as a speaker), at the Raytheon 911 Memorial (thank you **HOPE 805 – Mental Wellness Center** for helping to table this event!), Heroes of Hospice event in Santa Barbara, the Foodbank 25th Hour Disaster conference where **Suzanne Grimmesey** led workshops and was joined by **HOPE 805 – Mental Wellness Center**, Behavioral Wellness staff and other collaborative partners in attendance), Countywide School Superintendents Retreat (**Suzanne Grimmesey** was a speaker), speaking at Positano Housing on Behavioral Wellness resources (big thanks to **Yaneris Muniz**), support at Lompoc High School with the recent loss of the life of a Senior student), supporting resources at the Lompoc riverbed clean-out (thank you **John Winckler** for leading this effort) and much more. And these are just some of the many areas we were in our community in the month of September. Thanks Behavioral Wellness...for all you do!

Regional Partnership Meeting Updates:

Santa Maria

- Children’s Regional Partnership Meeting – 3rd Monday @ 10:00-11:00 am (September 17th)
- Adult Regional Partnership Meeting – 3rd Monday @ 11:00-12:00 pm (September 17th)

Both partnership meetings are held at the Santa Maria Adult Outpatient Clinic at 500 W Foster Road, Santa Maria, CA 93455 (large conference room). The Santa Maria partnership meetings continue to be focused on strengthening and sustaining partnerships with Public Health, Department of Social Services, law enforcement, community-based organizations to promote and expand inter-agency and cross-sector collaboration initiatives at the intersection of mental health, child protective services and criminal justice involvement.

Santa Barbara

In the Children’s System, Fran Wageneck, Assistant Superintendent from the Santa Barbara Unified School District presented on the new Mental Health contracts and services in the schools. CALM is now providing Mental Health consultation practice in the elementary schools and FSA is providing increased therapy services in the Junior and Senior High Schools. She described the history and the basics of these new programs.

In the Adult System, the most recent meeting included a presentation from the American Indian Health Services and from ANKA and was filled with information. This meeting was jointly attended by Behavioral Wellness, Mental Wellness Center, American Indian Health Services, ANKA, Department of Rehabilitation and the Public Health Department. The upcoming meeting will include presentations from our own Patients Rights’ Advocates and the Department of Rehabilitation.

Lompoc

Active recruitment is underway for the selection of the Lompoc Regional Manager. Big thanks to **John Winckler** for his support of the Lompoc Region during this time of transition. Given the period of transition, Regional Partnership meetings have been placed on hold. Lompoc Adult and Children’s Regional Managers are actively working to calendar the next Lompoc Regional Partnership meeting.

Transitions to Independence Process (TIP) Training taking place in October: On October 17 and 18, our well known Elijah McCauley, MA, CRC will be providing a TIP training designed for the countywide Behavioral Wellness TAY teams. Elijah is a Clinical Training Specialist and TIP certified master trainer for Stars Behavioral Health and has been provided TIP training for Behavioral Wellness for over a decade. The training is open to clinicians within Behavioral Wellness and community based organizational providers who work with transition age youth (TAY). This training will focus on the pervasive and profound impacts of trauma, and how to equip people with more effective ways to manage and overcome it. Tools for teaching emotional regulation, developing resiliency and self-compassion will be shared and practiced. The training will take place at the Buellton Marriot. Registration is available to staff and CBOs through Relias.

Children’s System of Care (CSOC) Action Team Update: The CSOC committee continues to direct its efforts towards goal-setting and strategic planning to include further developing trauma-informed care training and implementation across sectors and organizations system-wide. The **3rd Annual Bridges to Resilience Conference** has been scheduled for Thursday, October 11th @ 8-5 pm at the Buellton Marriott.

See link for more details: <https://www.acesconnection.com/event/bridges-to-resilience-conference-2018-buellton-ca>

Crisis Action Team Update: During the recent meeting, the team reviewed crisis data collected for the HMA consultants and Christina Lombard from SAFTY shared data from the kids system. In addition, the team reviewed a document which NAMI is working on that helps families navigate the criminal justice system when a loved one who suffers from mental illness is arrested.

In addition to regular meetings, the Crisis Services has been doing some exciting things the past month. Behavioral Wellness was very well represented at the most recent Sheriff Department 40 hour CIT Academy. Dr. Gleghorn and the Sheriff opened the CIT together, while two Crisis Services staff (one from Lompoc and one from Santa Maria) attended the entire course. **John Winckler** was available throughout the course for consult and also provided a presentation on our department's array of services and our County's unique 5150 procedures. **Dr. John Lewis** was also part of a Criminal Justice panel one of the training days. On the last day of the training, the Behavioral Wellness Crisis Services program assisted as actors in the live scenarios for class participants. The CIT training represented a great week of collaboration and relationship building with our partners in law enforcement!

Concurrently, the Crisis Action Team has been working on starting our co-response pilot program (**part of our RENEW '22 goals!**) with the Sheriff's Department. We have identified a staff member in our South County Crisis Services program who will be paired up with a Sheriff Deputy for an entire 8 hour shift one day per week. The two will work out of the same office at Sheriff Headquarters and will respond to mental health calls in the same vehicle (Crisis Services vehicle with a safety barrier in it). This activity began on Friday, September 14. As the Sheriff department is able to allocate additional deputy time to the pilot program we will expand to North and West regions and also hopefully increase the number of shifts.

Forensic Action Team Update: The Department of Behavioral Wellness' Forensic Action Team has been examining issues surrounding the increase in persons being determined Incompetent to Stand Trial as result of mental illness, and seeking ways to collaborate with our criminal justice system partners to reduce the number of individuals adjudicated IST, or to find more efficient ways to restore them to competency. A recent study by the National Association of State Mental Health Program Directors examined the national increase in individuals found to be Incompetent to Stand Trial (IST) from 1999 to 2016. The study found a 72% increase in IST's during this time frame, which has placed a strain on state hospitals as they seek ways to accommodate the influx of these forensic patients. The situation in California is no different, and in Santa Barbara approximately 100 individuals were found to be IST in 2017, 45 of whom had been charged with misdemeanor offenses. In California, county behavioral health agencies are responsible for restoring misdemeanor offenders who have been found to be IST, and the influx of IST individuals has strained local resources. The Forensic Action Team's next meeting is on September 26, 2018 from 3:15 to 4:45 in room 119 of the Santa Barbara Children's Clinic.

Peer Action Team Update: The CFMAC/Peer Action team meet at the Recovery Learning Communities monthly and have been learning and giving information about the MHSA Innovation Tech Suite project. Last month people wanted to know about the electronic "7 Cups" application associated with this project and whether they could text about their own experience with their individual diagnosis. The answer is yes! 7

Cups offers chats for different diagnosis. We will meet again on September 20, 2018 at the Lompoc Recovery Learning Community@ 2:00pm.

New Housing Units under Development in Santa Maria:

Through the final allocation of MHSA Housing funding equaling \$2.4 million, the County of Santa Barbara Housing Authority will be breaking ground on Friday, September 21 at 10:00 am on Depot Street in Santa Maria. This ground breaking will begin the construction process of 80 affordable housing units, 35 designated for Behavioral Wellness clients.

2018 Bridges to Resilience Conference: On October 11, the annual Bridges to Resilience conference will be taking place at the Marriott in Buellton with this year's theme being "Connecting our Community through Trauma-Informed Care." The keynote speaker is Dr. Hyman Johnson who will be speaking to the "Values at the Core – Getting Right with Yourself." Selena Rockwell has been selected as the Youth Panel speaker and will be speaking on "The Journey to Leadership: Youth Stories of Resilience." The day will close with Erin Browder speaking on "Self-Care and Resilience in the Workplace: The Keys to a Well-Nourished Organization." The deadline for registration is September 28 or until all seats are full. Registration can be made on the following site sbcselpa.k12oms.org. For questions, call (805) 683-1424 or email selparegistration@sbceo.org.

September is National Recovery Month: Every September, the nation observes Recovery Month to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover. The annual theme for this year is "Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community." National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. In Santa Barbara County, countywide providers collaboratively plan Recovery Happens activities each year. The goal of these activities being to spread the word and help facilitate the communication, advocacy and support of what collaborative Behavioral Wellness providers are doing in the community.



National Recovery Month Events within the County of Santa Barbara

Events sponsored by the Department of Behavioral Wellness Alcohol and Drug Program Contracted Providers.

September 14th, 2018- Santa Barbara Recovery Month Event 11am-3pm (1136 De La Vina St., Santa Barbara)- sponsors include Sanctuary Centers, PATH, CADA, Casa Serena and other local recovery agencies.

September 22nd, 2018- Lompoc Recovery Day in the Park 10am-2:00pm (100 E. Locust Ave, Lompoc)- sponsors include Coast Valley Substance Abuse Center and other local recovery agencies.

September 26th, 2018- Santa Maria Recovery Day in the Park 4pm-6pm (401 W. Morrison Santa Maria)- sponsors include Good Samaritan, Santa Maria Valley Youth and Family Center, CADA, the Salvation Army, Fighting Back Santa Maria Valley, Coast Valley, Pacific Pride, and LAGS Recovery Center and other local recovery agencies.

September 27th, 2018- Voices for Recovery Art Exhibit 5pm-7pm (1111 Garden St. Santa Barbara)- sponsored by CADA Daniel Bryant Youth and Family Center.

Psychiatric Health Facility Happenings: Big thanks and recognition to **Andra Dillard**, Infection Control Officer for PHF, who has been working hard towards continual quality improvement of hand hygiene and infection control practices on the unit. In line with the **RENEW '22** efforts of improving our work by re-balancing our resources, the PHF staff have taken the initiative in piloting a new “Go Green” initiative in which staff are leading the way in using reusable food utensils rather than plastic disposable utensils.

The PHF welcomes two new team members. **Erica Mott** has joined the team as a Recovery Assistant and **Cara Spineler** who recently joined the PHF team as a Recovery Assistant has recently passed her nursing exam and is now serving the PHF as an RN. Welcome to Erica and Cara and congratulations to Cara on passing your RN exam!

NATIONAL AND STATE NEWS

September Acknowledged as Suicide Prevention Month: On September 11, the Board of Supervisors (led by Supervisors Janet Wolf and Das Williams) delivered a resolution to both Behavioral Wellness and the Glendon Association honoring September as Suicide Prevention Month. Suicide prevention days, weeks and months are being recognized in September throughout the World. This year’s theme is “Working Together to Prevent Suicide.” The International Association of Suicide Prevention talks below about the importance of “taking a minute.”

Take a Minute

Taking a minute to reach out to someone in our community – a family member, friend, colleague or even a stranger – **could change the course of another’s life.**

Individuals who have survived a suicide attempt have much to teach us about how the words and actions of others can be important, and many of them are now working as advocates for suicide prevention and have informed resources which are now readily available.

People are often reluctant to intervene, for many reasons, including a fear of not knowing what to say. It is important to remember, there is no specific formula. Empathy, compassion, genuine concern, knowledge of resources and a desire to help are key to preventing a tragedy. Another factor that prevents individuals from intervening is the worry of making the situation worse. This hesitance is understandable as suicide is a difficult issue to address, accompanied by a myth that suggests talking about it may instigate vulnerable individuals to contemplate the idea or trigger the act.

Evidence suggests that this is not the case. The offer of support and a listening ear are more likely to reduce distress, as opposed to exacerbating it. We need to look out for those who are not coping. Individuals in distress are often not looking for specific advice. Warning signs of suicide include: hopelessness, rage, uncontrolled anger, seeking revenge, acting reckless or engaging in risky activities - seemingly without thinking, feeling trapped like there’s no way out, increased alcohol or drug use, withdrawing from friends, family & society, anxiety, agitation, unable to sleep or sleeping all the time and dramatic mood changes.

The listening ear of someone with compassion, empathy and a lack of judgement can help restore hope.

We can check in with them, ask them how they are doing and encourage them to tell their story. This small gesture goes a long way.

- **Take a minute** to notice what is going on with you, your family, your friends and your colleagues.
- **Take a minute** to reach out and start a conversation if you notice something is different.
- **Take a minute** to find out what help is available for both you and others.

Find out more about World Suicide Prevention Day here: www.iasp.info/wspd/

The Loneliness Effect: Research suggests that social isolation and feeling lonely may rival obesity as a threat to people's health. In fact, may represent a public hazard (Raja Roy for USN&WR) and as stated by Barbara Sadick, author for U.S. News, Healthiest Communities. Ms. Sadick shares her thoughts below.

Feeling sad, lonely and useless is more than just an emotional quagmire for millions of Americans. Researchers now contend that social isolation and loneliness may represent a greater public health hazard than obesity or a near pack-a-day smoking habit.

And the problem is growing. An AARP loneliness study published in 2010 and now being updated reported that approximately 42.6 million U.S. adults ages 45 and older were suffering from loneliness. A 2018 [Cigna survey](#) indicates that Generation Z, adults between ages 18 and 22, may be the loneliest group of Americans. Additionally, census data reveal that more than one-fourth of Americans live alone and more than half are unmarried, with marriage rates and the number of children per household steadily declining.

So why exactly is loneliness bad for health? Humans are a social species with an innate biological drive to connect, explains Dolores Malaspina, professor of psychiatry, neuroscience and genetics at the [Icahn School of Medicine at Mount Sinai](#) in [New York](#). Human survival, she says, depends on connectedness, with feelings of loneliness serving as a biological signal to socialize.

But the brain's wiring for socialization can malfunction, leading people to feel isolated and bereft. In fact, Malaspina says, evidence shows that feelings of loneliness can begin in infancy, though treating the resulting depression "can restore the ability to connect and alter the brain's circuitry."

How can we change the loneliness effect? Many private programs are operating across the nation to make a difference in connecting people to purposeful activity. Both National Suicide Prevention Month/Week/Day and National Recovery Month are recognizing this in the naming of their themes this year. With the community response to the Thomas Fire and 1/9 Debris flow needs within our community, many found a sense of purpose and reduced feelings of loneliness. However, we don't need a disaster to make this happen. As a community, we can combat feelings of loneliness. Extend kindness to others, whenever possible, look for opportunities to be involved in the community. Find social groups which share common interests (walking clubs, exercise classes, community philanthropic or theatre groups are just some examples of many). Schedule time each day to call a friend, take a class, volunteer, learn something new. When we begin to feel the urge to hide away, avoid it, reach out and stay connected. We are wired to be connected and this directly affects our quality of life.

SYSTEMS CHANGE CALENDAR

- **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 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 every other month on the third Tuesday. The next meeting is November 21, 3:30-4:30 at 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 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: Arlene Altobelli, 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.
- **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@sbcwell.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@sbcwell.org
- **The Forensic Action Team** will be meeting every other month on the 4th Wednesday. Next meeting is July 25. The meeting is available through video conference in SB Room 261, Lompoc B St Conf Room and the SM Annex. For questions, please contact John Lewis, jolewis@sbcwell.org