

Director's Report

May 15, 2019

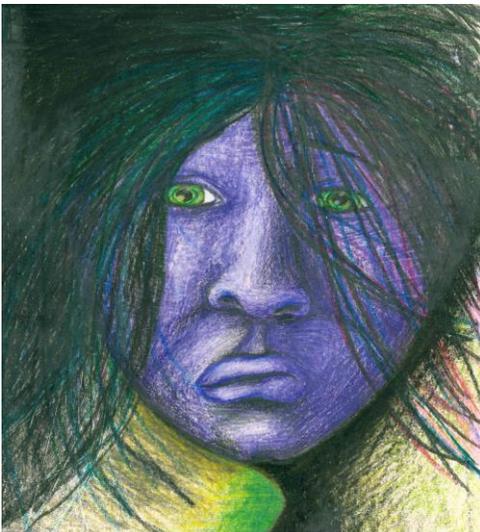


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DEPARTMENT AND COUNTY NEWS

Behavioral Wellness Appoints Peer Empowerment Manager: The Department of Behavioral Wellness has appointed a new Peer Empowerment Manager through a competitive recruitment process. **Maria Arteaga** began with the department on April 29, 2019. Maria is bilingual in Spanish and English and has earned her JD in Law from the Ventura College of Law and her BA in Sociology from California State University Northridge. Maria brings 15 years of experience in working with Ventura County Behavioral Health in leadership roles include the Health Equity/Ethnic Services Manager, Policy & Procedure/Mandatory Training Manager, Program Administrator and a Mental Health Associate. Prior to her work with Ventura County Behavioral Health, Maria worked as a community service worker for a Health Care agency in Ventura and with Ventura County Human Services Agency. In addition to Maria's work experience, she brings lived experience as a family member advocating and assisting with navigating the mental health system and other social service agencies. Maria shares looking forward to the continued development of the innovative technology suite (Mobile Peer chat) among other projects. She states, "I am looking forward to new opportunities that will pave the way towards supporting growth paths through my personal and professional experiences."

Psychiatric Health Facility Fosters Creativity: The milieu of services available at the Psychiatric Health Facility are many, allowing for a variety of outlets for recovery and growth of persons during their admissions and treatment. Creative expression through art is just one of the many opportunities in which feelings and experiences are shared. The following art was recently created by a person staying at the PHF and gave permission to share in this report.



We thank our PHF staff for their unwavering compassionate care of so many in our community at times when this type of care is needed more than ever.

Mental Health Awareness FREE Movie Night - May 21: In recognition of May being Mental Health Awareness Month and to raise awareness about the impact of mental illness, the Department of Behavioral Wellness is sponsoring a free showing of the motion picture titled 55 Steps on May 21 in Santa Maria (Shepherd Hall at the Public Library) and Santa Barbara (Courthouse Sunken Garden).

Santa Barbara:

8 p.m. Tuesday May 21 (Guests may arrive at 6 p.m.)

County Courthouse Sunken Gardens

1100 Anacapa St.

Film-goers may begin setting up on the lawn at noon and arrive starting 6 p.m. **Please note:** when setting up seating areas for the film that cotton blankets, towels and short beach chairs are allowable. Not allowed are yoga mats, anything rubber or non-breathable in efforts of protecting the grass.

Santa Maria:

6 p.m. Tuesday, May 21 (Doors open at 5:30 p.m.)

Santa Maria Public Library

Shepherd Hall, 421 S. McClelland St.



55 Steps was released in the U.S. in November 2018 and is based on the inspiring true story of Eleanor Riese, played by Helena Bonham Carter, who was a patient committed to a locked mental health facility in San Francisco. She brought forward a class action lawsuit to give competent mental health patients the right to have a say in their medication while hospitalized. Her suit changed the rights of patients receiving forced medications in psychiatric hospitals to this day. The film title was inspired by the amount of literal steps that Riese ascended on her first day in court (she counted them as a way of calming herself). The attorney who represented Eleanor Riese is played by Hilary Swank.

For this event, Behavioral Wellness is partnering with community agencies and organizations. Agency resource tables will be present for guests to visit and gather information on community resources. Food will be provided at the library in Santa Maria and food trucks will be available to the public at the Sunken Gardens.

Please feel free to share this event information with others and [be sure to ask people coming to wear lime green](#) in support of mental health awareness!

May is Mental Health Awareness Activities: The Santa Barbara County community is filled with activities during May in recognition of Mental Health Awareness Month. Some of the many activities which Behavioral Wellness is joining in include:

- April 27:** Transitions Mental Health Association (TMHA) “Run-Walk for Mental Health”
- May 5:** Cottage Hospital Mental Health Fair
- May 7:** County Board of Supervisors Resolution honoring Mental Health Awareness Month
- May 11:** Santa Maria Public Library Plaza
- May 21:** Unity Be-YOU-Nique Showcase sponsored by the TMHA Lompoc Helping Hands Recovery Learning Center
- May 21:** FREE Movie Night “55 Steps”

MHSA Special Hearing: The Behavioral Wellness Commission will holding a special hearing to support the MHSA plan update on May 30th from 3:00 pm to 5:00 pm. Public input is welcome. Public is invited to attend in Santa Barbara at the Board of Supervisors Conference Meeting Room located at 105 E. Anapamu Street or in Santa Maria by videoconference in the Board of Supervisors Meeting Room located at 511 E. Lakeside Parkway. For more information, please contact Lindsay Walter at lwalter@co.santa-barbara.ca.us or (805) 681-5236.

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. **Beneficiary Informing Materials (NEW)** – This policy was created to reflect Managed Care Final Rule requirements and supersedes two older Departmental policies (#2 Mental Health Plan – Beneficiary Information; #3 Mental Health Plan – Provider List). The Department and its contracted providers must provide critical informing materials to Medi-Cal beneficiaries enrolled in specialty mental health and Drug Medi-Cal Organized Delivery System (ODS) services. This includes a beneficiary handbook, provider directory, and other materials that inform beneficiaries on their rights, services available, and educational information. Additionally, the provider directory must include information for each rendering provider (i.e., each staff employed or contracted by the organization that provides direct services). This list of rendering provider information can be made available on the provider’s website.

South Counties Regional Partnership Update:

Adult Regional Partnership meeting

The most recent meeting was held on April 15th. Among many updates shared during this meeting, some are noted here. Updates were provided on staffing at the Behavioral Wellness Adult Outpatient clinic including all case worker positions now being filled and recruitment underway for clinical practitioners. The **Santa Barbara Neighborhood Clinics** provided an update on the opening of the Bridge Clinic which is providing medication assisted treatment services. The Bridge Clinic is working closely with Cottage Hospital whereby patients seen at Cottage and screened for potential benefit from services, are given discharge appointments at the Bridge Clinic. The Santa Barbara Sheriff’s Department attended and shared of ongoing collaboration with Behavioral Wellness through the Co-Response Team, Crisis Services Team and Forensic Team.

Children’s Regional Partnership meeting

The most recent meeting was held on April 18th. CALM shared of their 50th anniversary celebration of their agency which will be upcoming soon. History on the organizations beginning was shared among the group. The Santa Barbara Neighborhood Clinic shared of their partnership with UCSB to provide evaluation of use of the ACES screening tool during all well baby checks. The ACES screening provided at this time allows for linkage to services for those who are determine in greatest need.

Lompoc (West County) Regional Partnership Update: Lompoc’s West County Regional Partnership Meeting occurs every other month on the third Tuesday. The next meeting is May 21st, 3:30-4:30 at 301 N. R Street. The Lompoc regional partnership meetings are well attended and valued by community agencies and focus on sustaining and strengthening crucial community partnerships including the Department of Public Health, Department of Social Services, local law enforcement, Vandenberg Air force Base, Lompoc Valley

Medical Center, and a variety of community-based organizations (CBOs) providing mental health and/or substance abuse treatment to promote cross-sector collaboration. The meeting gives local community based organizations the opportunity to share available resources, and changes within their program.

Most recent meeting discussion included updates on the individuals who transitioned from the Lompoc River Park. Senate Bill 1152 which focuses on homeless discharge legislation was discussed. The BridgeHouse shelter in Lompoc is now offering respite beds for up to a 7 day stay. With staffing at the Lompoc hospital emergency department now including a full time case manager, aftercare appointments to primary care providers is being expedited. Community events focusing on mental health awareness were shared including the Lompoc Valley Medical Center Foundation Education program's community panel discussion on May 22 titled "Demystifying the Stigma of Mental Health – Who to Turn to" which will include Behavioral Wellness and organizational provider representation, and Recovery Learning Center (RLC) upcoming events including the Be Unique talent show and Bowl-a-Thon. The next meeting is May 21st, 3:30-4:30 at 301 N. R Street

Santa Maria Regional Partnership Update: The Santa Maria's North County Regional Partnership Meetings are held monthly at the Santa Maria Adult Outpatient Clinic located at 500 W Foster Road in Santa Maria, CA (large conference room):

- Children's Regional Partnership Meeting – 3rd Mondays @ 10:00 am – 11:00 am
- Adult Regional Partnership Meeting – 3rd Mondays @ 11:00 am – 12:00 pm

The Santa Maria regional partnership meetings focus on promoting the expansion of cross-sector collaboration through strengthening and sustaining key community partnerships, such as those with the county of Santa Barbara's Department of Public Health, Department of Social Services, law enforcement and a variety of community-based organizations (CBO) providing mental health and/or substance abuse treatment to children, TAY and adults in Santa Maria. The partnership meetings in April focused substance abuse treatment programs provided by Coast Valley, as well as the Department of Social Services efforts regarding child abuse prevention.

Cultural Competence and Diversity Action Team (CCDAT) Update: The CCDAT is pleased to announce two Implicit Bias Trainings to be held at the Buellton Marriott on Monday, June 3, and Tuesday, June 25, 2019 from 12:30 to 4:30 pm. These trainings are free, open to all staff, providers and community partners, and fulfills the annual **Cultural Competence training requirement due June 30, 2019**. CEUs are available. Behavioral Wellness is partnering with **Dr. Carmel Saad of Westmont College**, a social and cultural psychologist specializing in implicit bias, and **Dr. Jill Sharkey of UCSB** to conduct a research study on the impacts of the training. For more information and registration links, please refer to [this flyer](#) or contact Yaneris Muñiz at ymuniz@co.santa-barbara.ca.us or 805-335-0083.

Children's System of Care (CSOC) Action Team Update: The CSOC Action Team Meetings are held monthly on the 4th Thursdays @ 10:30 am – 12:00 pm at the Buellton Recreation Center (301 2nd Street, Room A, Buellton, CA). The CSOC committee seeks to integrate a wide variety of leaders and stakeholders invested in collaboration and ongoing systemic enhancements for children's services throughout Santa Barbara County. CSOC utilizes the monthly action team meeting forum as a responsible and responsive reflection of current needs and concerns that affect the lives of the youth & families served. CSOC encourages identifying areas of needed improvement and multi-level problem-solving and is working towards establishing concrete goals for the new fiscal year focused on cross-sector expansion of trauma-informed care organizational approaches to serving youth.

Crisis Action Team Update: Behavioral Wellness has been working closely with the Santa Barbara City Police Department to draft an agreement to start a Co-Response pilot program. Similar to the Co-Response pilot with the Sheriff's Department, this program will pair a Behavioral Wellness Crisis Services Case Worker with a SBPD officer for two to three 10 hour shifts per week. The Co-Response team will respond to individuals experiencing a mental health crisis in the community in a concerted effort to divert these individuals from incarceration and get them the mental health services they need.

Crisis Services staff in all three regions have been working closely with our outpatient clinics, ACT and supported housing programs to transition clients enrolled in the Crisis Services program. As Crisis Services is a short term program focusing on crisis/urgent cases, carrying client caseloads ongoing can interfere with rapid response to clients in crisis. Transitioning individuals who are stable to other appropriate levels of care frees up Crisis Services staff to better respond in the community quickly and assures those individuals receiving the right level of services for their individualized needs.

Four Crisis Services licensed practitioners in Santa Barbara have been trained as Access screeners and phone lines have been set up in South County Crisis Services office so they can assist the Access Line in times of heavy call volume. Having Crisis Services staff assist the Access line will help to reduce callers wait time on the line and dropped calls.

The Crisis Stabilization Unit (CSU) census has been steadily increasing this year. Monthly admissions in February were 39, March saw 41 admissions and in May there were 46 admissions. Our Crisis Services program continues to explore ways to increase the census at the CSU. Recently a Law Enforcement and Doctors Without Walls drop off policies were finalized. Staff in both these organizations can now bring an individual in crisis to the CSU 24 hours a day, 7 days a week for admission consideration. Individuals brought to the CSU will be evaluated for a 5150 hold and screened for any significant medical issues needing immediate ER attention. Appropriate individuals will then be quickly admitted to the CSU for stabilization. The Crisis Services Manager has also been meeting with other departmental programs and clinics to discuss CSU services and admission criteria and is encouraging Behavioral Wellness staff to consider the CSU for any current clients who may need brief crisis stabilization.

Housing Services (HEART) Action Team: During the most recent HEART action team, participants were briefed about the second round of No Place Like Home (NPLH) funds. In addition, discussion took place surrounding the projects that responded to the Notice of Funding issued by the County office of Housing and Community Development. The HEART action team is assisting in the development of a presentation for the Board of Supervisors resulting in discussion at the most recent meeting. The HEART action team continues to focus on increasing housing and identification of barriers to finding land for housing development, especially in the south county region.

Forensic Action Team Update: The **Justice Alliance Team** has been looking at the issue of **homelessness** and its relationship to individuals with mental illness with criminal justice system involvement. The team began tracking the number misdemeanor defendants referred to it for restoration treatment after being found **Incompetent to Stand Trial (IST)**, and determined that thus far in 2019, 68% were homeless at the time of their arrest. The data is consistent with Department of State Hospitals (DSH) figures pertaining to felony ISTs, which indicated that in 2017 nearly 50% of these individuals were considered to be "unsheltered homeless" when arrested. The Justice Alliance Team strives to address this issue by working closely with its colleagues on the

Homeless Outreach Team to obtain housing for its clients when they are undergoing re-entry to the community from the jail or an inpatient setting. The Department will continue to track the relationship between homelessness, criminal justice system involvement and IST.

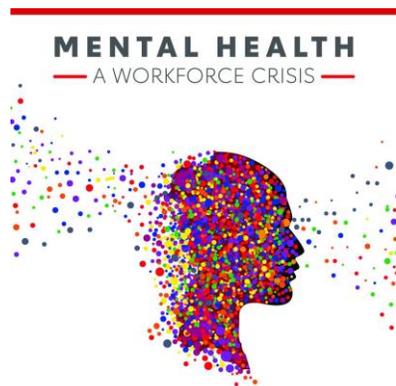
Forensic Action Team: The next Forensic Action Team meeting will convene on Wednesday May 22, 2019 from 2-3:30 p.m. The meeting will be held at the Behavioral Wellness' Children's Mental Health Services building, room 119. The address is 429 San Antonio Rd., Santa Barbara. Anyone wishing to join by videoconference from Santa Maria may contact Dr. John Lewis in advance at 805-450-2545 for arrangements.

Client Family Member Advisory Committee (CFMAC)/Peer Action Team (PAT): The CFMAC/PAT meets monthly on the third Thursday of the month from 1PM-3PM. CFMAC/PAT provides and receives on-going information regarding the Department of Behavioral Wellness and to advise the Behavioral Wellness regarding issues of concern to the consumer and family member community involving the delivery of alcohol, drug and mental health services. Several topics were discussed during the meeting in April including the announcement of the hiring of Maria Arteaga, the new Consumer Empowerment Manager, developing a pool of consumer champions, charter revisions, and an update on the MHSA funded technology suite mobile application. If you are a peer or a family member of a mental health consumer and would like to join us, contact Maria Arteaga at: marteaga@co.santa-barbara.ca.us

Change Agents: Change Agents meet monthly to review current process improvement projects. Current projects include: making the clinic feel more welcoming by displaying client art, increasing staff's confidence with ASAM screening tools, improving staff morale and wellness, and improving client quality of life for those living at room and boards in the north county region. In addition, the Change Agents would like to develop an educational video that could play in each of the lobbies and inform our clients as to the many facets of the Behavioral Wellness Department. Next month all managers and supervisors will be present to hear the progress on the various process improvement projects throughout the department.

NATIONAL AND STATE NEWS

Business Leaders Endorse a Strategy for a Mental Health Friendly Workplace: On March 5, 2019, more than 40 CEOs from many of the world's largest and most admired companies joined with the American



Heart Association (AHA) to advocate an action plan for employers to build a culture that nurtures and supports the emotional and mental health of their workforce. The AHA CEO Roundtable, during their gathering in Dallas, is promoting "Seven Actionable Strategies for Building a Mental Health Friendly Workplace" – a roadmap for employers to tackle growing challenges highlighted in this leadership collaborative's recent report titled "[Mental Health: A Workforce in Crisis](https://ceoroundtable.heart.org/mental-health-a-workforce-crisis-report/)" (<https://ceoroundtable.heart.org/mental-health-a-workforce-crisis-report/>). This roadmap includes reversing pervasive stigma and discrimination towards people managing mental health challenges, training and educating leaders to recognize signs and offering available organizational Mental Health Plan resources, integrating evidence-based policies with comprehensive healthcare benefits, and inviting ongoing

employee feedback to enhance workplace culture.

The seven actionable strategies defined in the above report include:

- Leadership
- Organizational and Environmental Support
- Communications
- Programs and Benefits
- Engagement
- Community Partnership
- Reporting Outcomes

This report ([Mental Health: A Workforce in Crisis](#)) and the seven key strategies noted within, is an important resource for employers to best manage and support their employee's mental health.

New Law Provides Opportunities for Mental Health Diversion: The California Behavioral Health Director's Association recently published an article on California's Fiscal Year 2018-19 health budget trailer bill, AB 1810, which includes a significant change in state law to create new opportunities for justice system-involved individuals living with mental illness. The new law provides a pathway for individuals with behavioral health conditions who have been charged with an offense to enter an 18-month mental health program before any charges are filed. Upon successful completion of this program, the charges will be dropped. Diversion programs like this one have become a key strategy for addressing high rates of incarceration among individuals living with behavioral health conditions throughout the United States. County behavioral health departments are working diligently with justice partners - including judges, district attorneys, sheriffs and public defenders – to establish local programs to implement AB 1810. The law provides significant local discretion and flexibility for county partners to develop a program that can meet local needs. With the right supports and services, individuals experiencing serious mental illness can live in the community and receive appropriate treatment outside criminal justice settings. AB 1810's mental health diversion is a step in the right direction to safely transition individuals who might otherwise be incarcerated into the community, where they can recover and thrive. Stay tuned for future updates on AB 1810 in upcoming Director's Reports.

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: Dalila Brown, dbrown@co.santa-barbara.ca.us
- **Lompoc Regional Partnership Meeting:** Meetings occur every other month on the third Tuesday 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: Shana Burns at sburns@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. The next meeting is **June 12, 2019**. Locations: Behavioral Wellness Conference Room 261 and Santa Maria Annex via videoconference. Contact Laura Zeitz, lazeitz@sbcswell.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 Yaneris Muñiz at 805-681-5208 or ymuniz@co.santa-barbara.ca.us
- **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.
- **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@sbcswell.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 Shana Burns at sburns@co.santa-barbara.ca.us
- **Forensic Action Team** will be meeting every other month on the 4th Wednesday from 2:00 – 3:30. The meeting will be held at the Behavioral Wellness Children’s Mental Health Services building, room 119, located at 429 N. San Antonio Rd in Santa Barbara. **Please note:** The next meeting taking place on **May 22** will meet in **room 127** (not room 119). Anyone wishing to join by videoconference or have questions may contact John Lewis in advance (805-450-2545) to make arrangements.