

**Behavioral Health Division Update
Behavioral Health Commission
September 26, 2018 Meeting**

ASSISTANT & DEPUTY DIRECTOR UPDATES

(Katy Eckert & Jamie Samboceti)

- Updates about Drug Medi-Cal Organized Delivery System (DMC ODS): As mentioned last month, we continue to hear that there are delays on the State side about developing DMC ODS contracts with counties, including ours. The last we heard is to not expect a contract prior to December. Regardless of the delays, we are continuing to take steps forward to prepare for implementation, including a current RFQ to solicit contractors to provide services and putting required policies and procedures in place. At this point, four providers have responded to the RFQ and are in the review stage to ensure they have the appropriate certifications. We will start work on negotiating contracts with them next, so that we can go to the Board of Supervisors for approval as quickly as possible once we have an approved contract with the state.

EL DORADO COUNTY BEHAVIORAL HEALTH DIVISION STAFFING

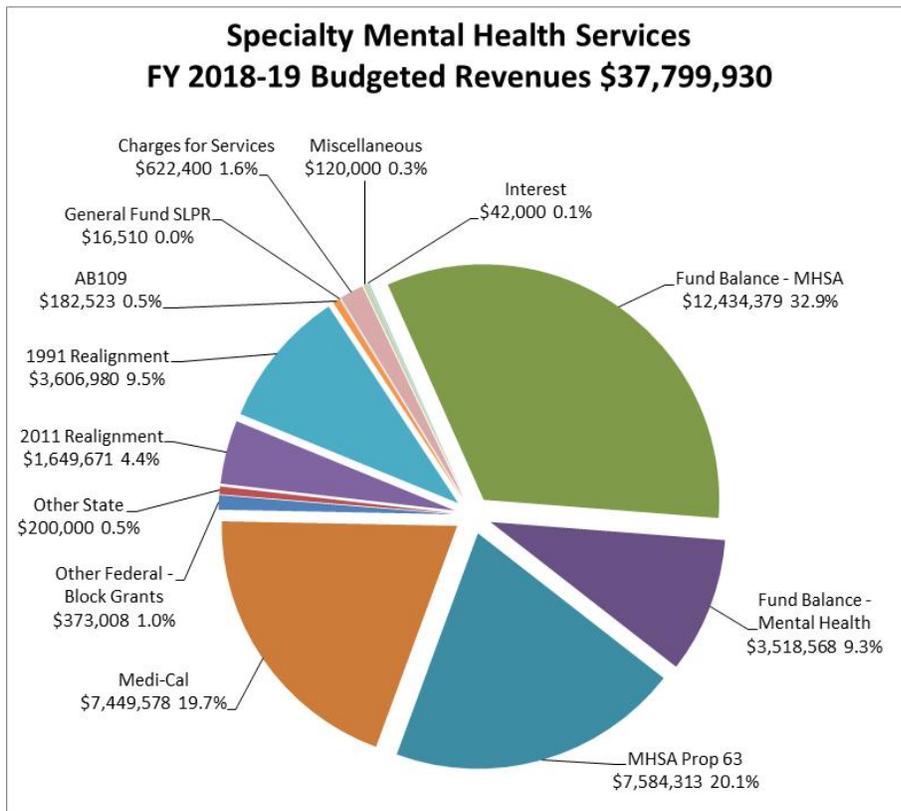
- **New Hires:**
 - Lisa Barker, LMFT, ICM Program Coordinator (SLT), started Sept 1
- **Promotions:**
 - Amanda DiBiasie, Mental Health Program Coordinator (WS)
- **Recruitments:**
 - Ongoing:
 - MH Worker-Extra Help (3)
 - MH Aide (0.5) Hired, started 9/3
 - MH Aide Extra Help (2)
 - Clinician I/II WS (1) Hired, started 9/3
 - Health Education Coordinator ADP (1.0 WS)
 - Health Education Coordinator ADP (.5 SLT)
 - Patients' Rights Advocate (0.4 FTE)
 - MH Worker (1 SLT)
 - New:
 - N/A
- **Separations:**
 - Kris Vandenbrink, Clinician 1B (WS)
 - Michelle Nowka, MH Aide (WS)
- **Position Changes:**
 - N/A

EL DORADO COUNTY BEHAVIORAL HEALTH FINANCIAL UPDATE

General Information:

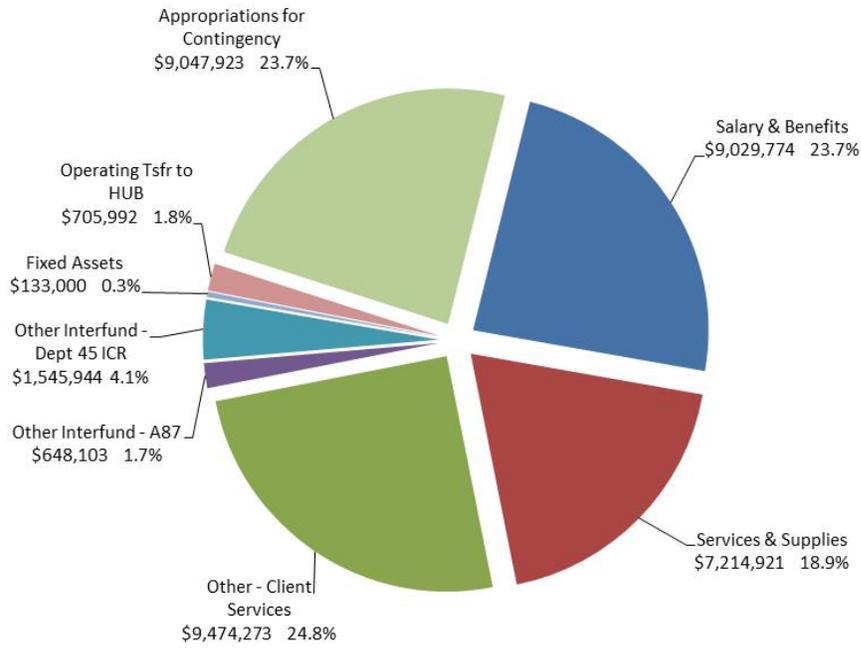
- Most funding coming into Behavioral Health is tied to delivery of services for specified programs.
- Base funding levels for individual counties are now set for 2011 Realignment.
- The County budgets full use of fund balance on the revenue side and an appropriation for contingencies on the expense side to allow flexibility throughout the year.
- When the economy slows down and sales tax receipts drop statewide, we will experience a reduction in 1991 & 2011 Realignment.

Specialty Mental Health Services

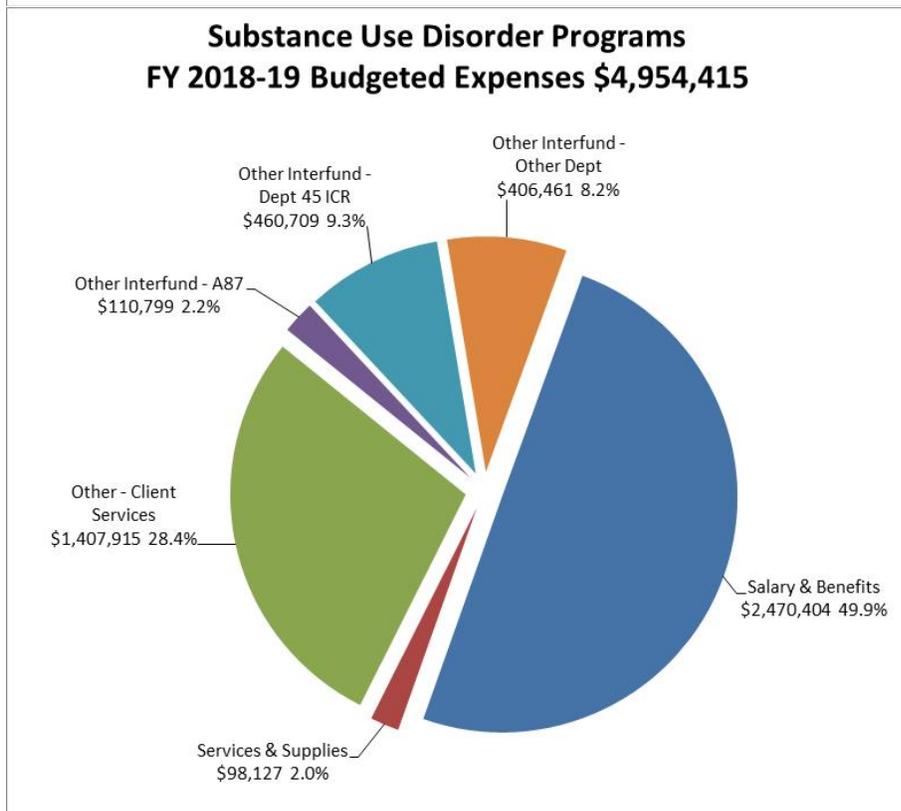
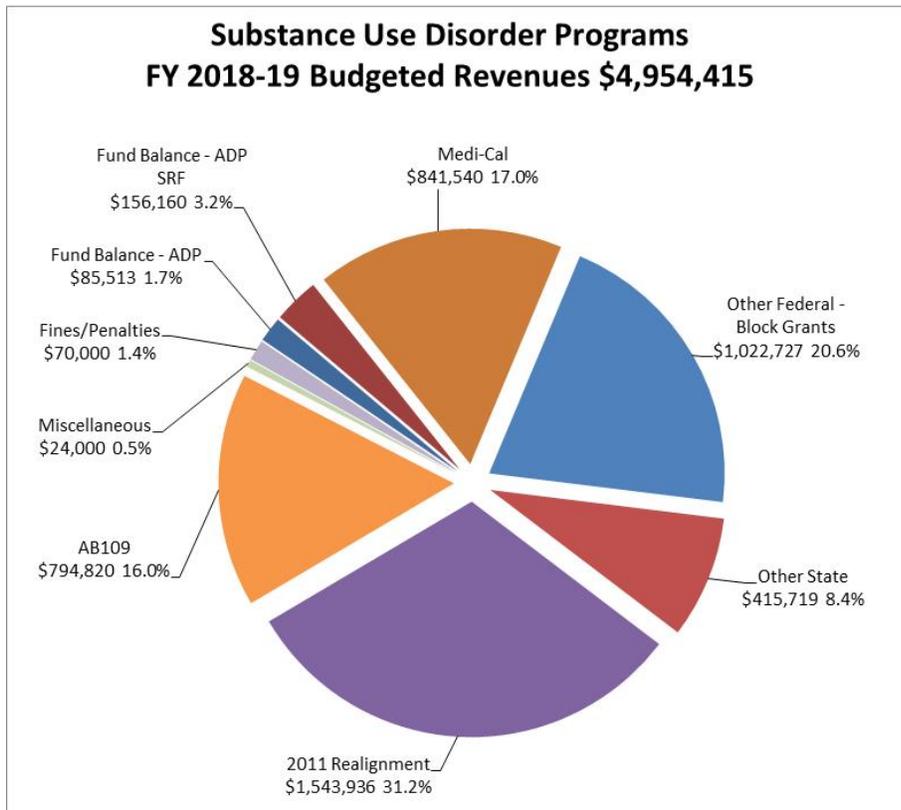


- MHA Revenues are paid at an estimated rate throughout the year, and a true up occurs in the July/August timeframe. The true up can either greatly increase or decrease revenues received for the year.
- When the economy slows and California millionaires' income levels drop, MHA revenues will likewise drop.

**Specialty Mental Health Services
FY 2018-19 Budgeted Expenses \$37,799,930**



Substance Use Disorder Programs



Children's Expenditures and Revenues for Specialty Mental Health Services

The Commission requested information regarding the revenues and expenditures dedicated to Children's Services. The following information is provided by the Fiscal Team for FY 16-17 (costs reports for FY 17-18 are not yet completed).

- **Contracted Outpatient Services:** All current and prior Children's Contracted Providers in FY 16-17 (New Morning Youth and Family Services, Remi Vista, Sierra Child and Family Services, Stanford Youth Solutions, Summitview Child and Family Services, Tahoe Youth and Family Services).
- **Behavioral Health Division Outpatient Services:** Clients of the Behavioral Health Division who were open to a Children's episode and received outpatient services directly from Behavioral Health Division staff.
- **Crisis Services (20 years of age and under):** Psychiatric Emergency Services provided to children and youth regardless of insurance status.

Outpatient Children's Specialty Mental Health Services - FY 16-17	Traditional Services			
	Expenditures	Medi-Cal Revenues	2011 Realignment Revenues	Private Insurance Revenues
Contracted Outpatient Services	\$918,626	\$421,027	\$496,522	\$1,077
Behavioral Health Division Outpatient Services	\$123,727	\$68,572	\$55,119	\$36
Crisis Services (20 years of age and under)	\$300,749	\$103,513	\$165,307	\$31,929
Traditional Totals	\$1,343,102	\$593,112	\$716,948	\$33,042

Outpatient Children's Specialty Mental Health Services - FY 16-17	MHSA Services			
	Expenditures	Medi-Cal Revenues	2011 Realignment Revenues	MHSA Revenues
Contracted Outpatient Services	\$978,046	\$485,910	\$41,927	\$450,209
Behavioral Health Division Outpatient Services	\$57,466	\$29,413	\$ -	\$28,053
Crisis Services (20 years of age and under)	\$ -	\$ -	\$ -	\$ -
MHSA Totals	\$1,035,512	\$515,323	\$41,927	\$478,262

**Outpatient Children's
Specialty Mental Health
Services - FY 16-17**

	All Services			
	Expenditures	Medi-Cal Revenues	2011 Realignment Revenues	Private Insurance and MHSA Revenues
Totals	\$2,378,614	\$1,108,435	\$758,875	\$511,304

CASELOAD AND NEW SERVICE REQUEST DATA

Unduplicated Caseload as of August 2018

Children's Outpatient South Lake Tahoe	Clients	Children's Outpatient West Slope	Clients	Total
TAY	7	TAY	32	39
Clinic*	0	Clinic*	10	10
Contractor: Sierra Child & Family Services (SCF)**	48	Contractor: Sierra Child & Family Services (SCF)**	101	149
Contractor: Tahoe Youth & Family (TY)**	4	n/a		4
		Contractor: Summitview (SV) **	93	93
		Contractor: New Morning (NM)**	27	27
		Contractor: Stanford Youth Solutions (SYS)**	3	3
Subtotal Children's	59	Subtotal Children's	316	325

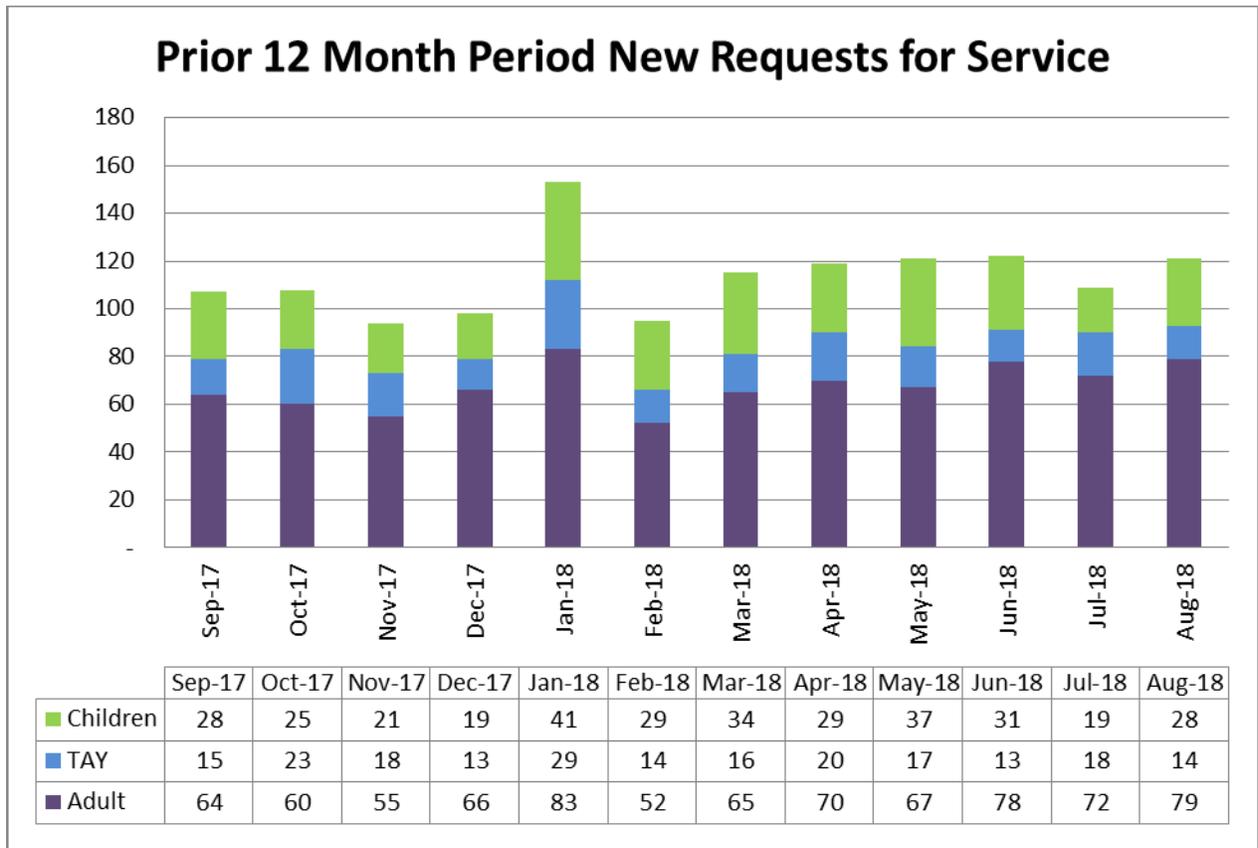
Adult Outpatient South Lake Tahoe	Clients	Adult Outpatient West Slope	Clients	Total
Clinic	88	Clinic	282	370
ICM/FSP	16	ICM/FSP	44	60
Subtotal Adults	104	Subtotal Adults	326	430

Total South Lake Tahoe	Clients	Total West Slope	Clients	Total
	163		592	755

* Children who are seen by the Behavioral Health Division only (no Contracted Providers)

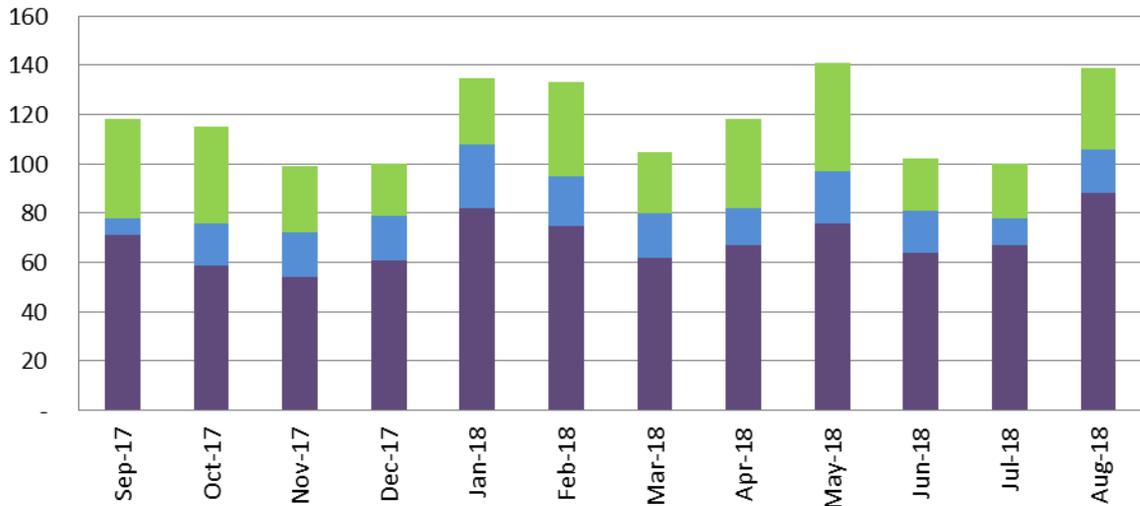
** May include children who are seen by the Behavioral Health Division's Psychiatrist

New Service Request Trends



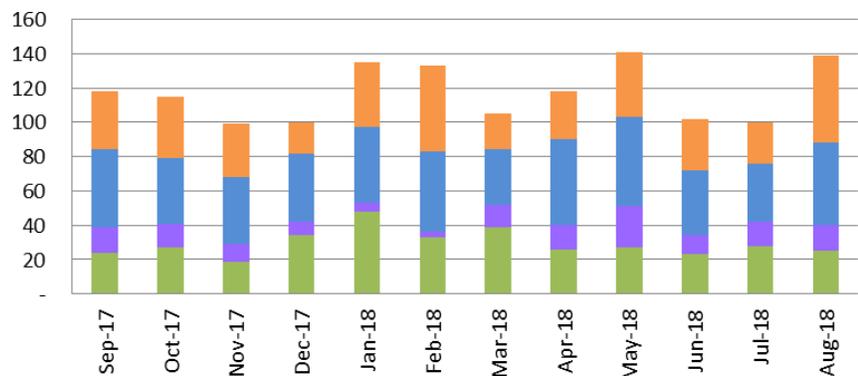
Discharged Service Request Trends

Prior 12 Month Period Discharged Requests for Service (by Age)



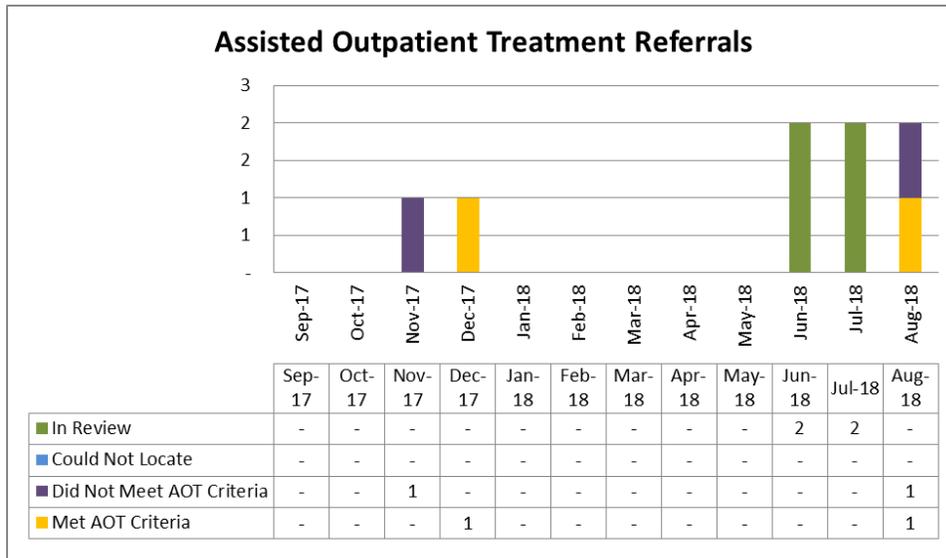
	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18
Children	40	39	27	21	27	38	25	36	44	21	22	33
TAY	7	17	18	18	26	20	18	15	21	17	11	18
Adult	71	59	54	61	82	75	62	67	76	64	67	88

Prior 12 Month Period Discharged Requests for Service (by Disposition)



	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18
Other	34	36	31	18	38	50	21	28	38	30	24	51
Does Not Meet Medical Necessity	45	38	39	40	44	47	32	50	52	38	34	48
To Other BH Provider	15	14	10	8	5	3	13	14	24	11	14	15
To BHD OP Services	24	27	19	34	48	33	39	26	27	23	28	25

Assisted Outpatient Treatment: (Nicole Cable)



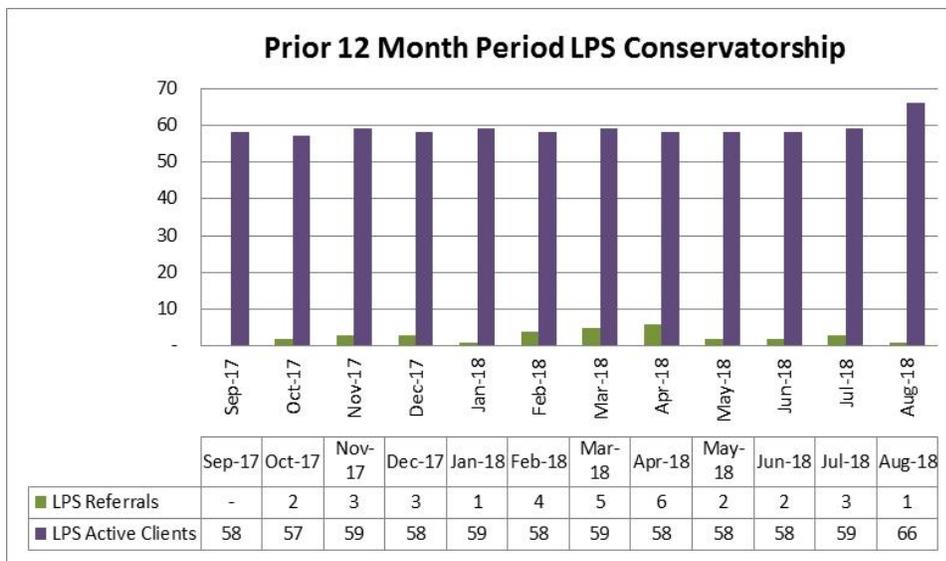
Disposition of Referrals:
1 did not meet program criteria,
1 met initial program criteria,
1 individuals voluntarily accepted outpatient services,
0 individuals to proceed with the AOT process,
0 applications in review process

Discharged AOT clients:
0 clients discharged:
0 to a lower level of service,
0 out of services

There are currently **1** AOT clients receiving services voluntarily.

- Actions taken to increase awareness of AOT:
 - Press release issued in 2017, another one will be issued in 2018
 - Web page updated to include AOT information and referral packet
 - Web page forms updated to include AOT referral packet
 - Trained PHF staff and referral packet available in the PHF lobby
 - Discussed at CIT MDT meetings

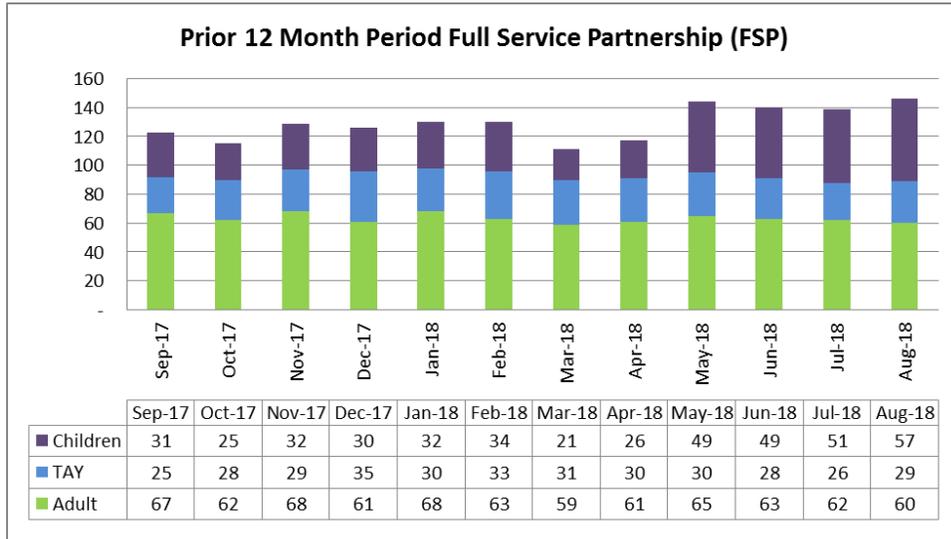
LPS Conservatorship: (Nicole Cable)



LPS Active Clients:
66 LPS Conservatorships
7 Temporary Conservatorships

LPS Terminations:
1 LPS Terminations
2 Pending LPS Terminations

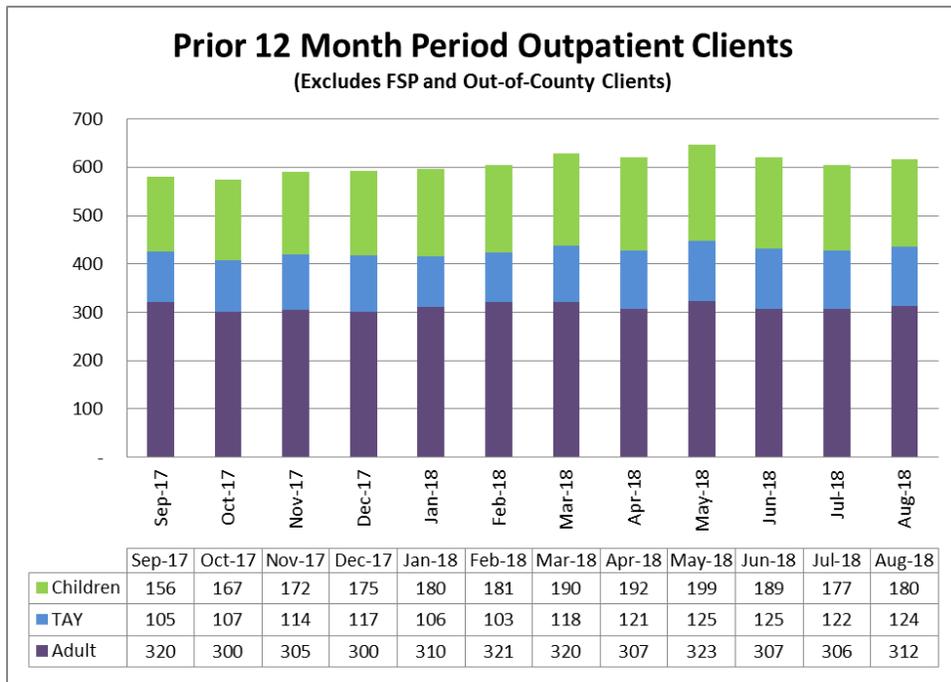
Full Service Partnership (FSP) and Intensive Case Management (ICM) (Nicole Cable and Sabrina Owen)



Intensive Case Management

- West Slope: Serving **38** clients
- SLT: Serving **18** clients

Outpatient Services (excludes FSP and Out-of-County Placements)



Discharges:

35 Children discharged from all services

- 6 Tahoe
- 27 West Slope
- 2 Out of County

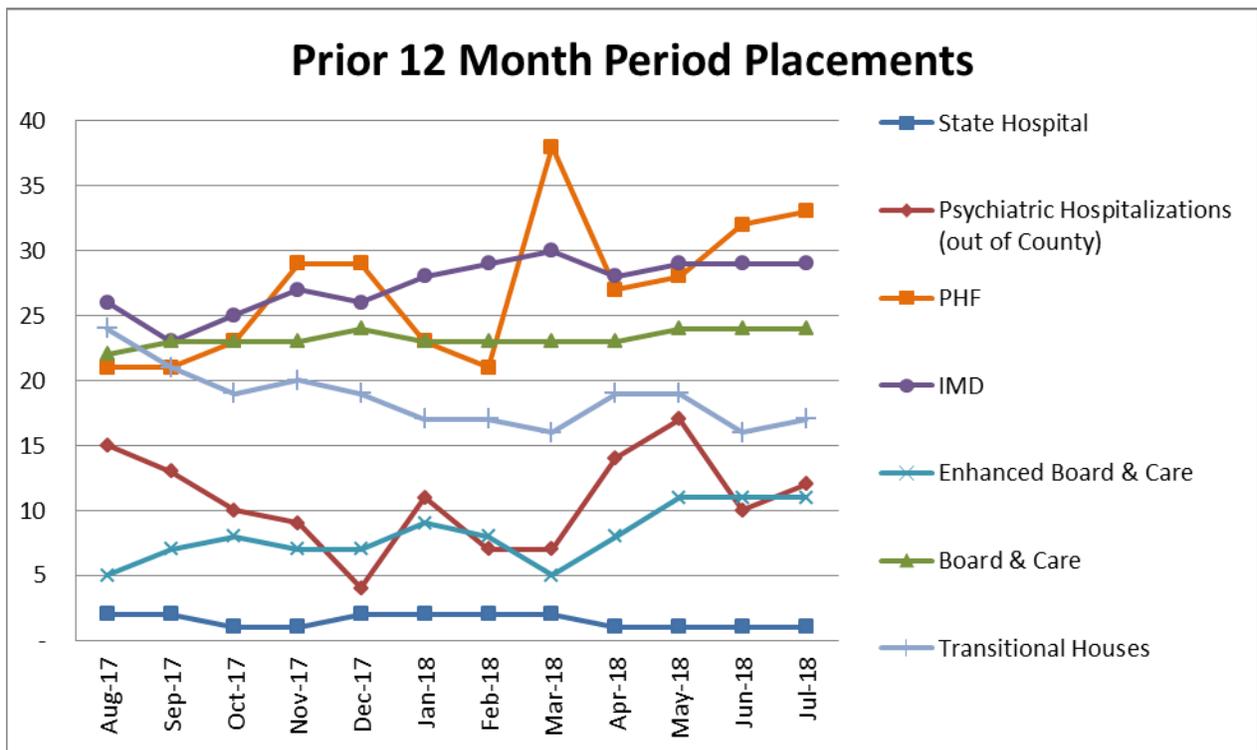
13 TAY discharged from all services

- 4 Tahoe
- 9 West Slope

41 Adults discharged from all services

- 13 Tahoe
- 28 West Slope

PLACEMENTS



Board and Care / IMDs / Secure Placements (Nicole Cable)

- **29** IMD beds - Crestwood/Canyon Manor/California Psychiatric Transitions (CPT)
- **1** State Hospital
- **11** Enhanced Board and Care beds including Willow Glen & Silver Ridge
- **25** Board and Care - Sacramento & Galt (including Grace Home)
- **Total:**
 - **60** Out of County Placements
 - **6** In County Placements (Silver Ridge)

Transitions Treatment Program / MIOCR (Nicole Cable / Sabrina Owen)

- **WS:** 11 of 15 beds filled:
 - T1 **0** openings,
 - T2 **3** Female openings,
 - T3 **1** Male openings,
 - T4 **0** openings
- **SLT:** 6 of 12 beds filled:
 - T1 **1** openings, (**1 bed being reserved for client in SUD inpatient treatment**)
 - T2 (MIOCR) **4** opening (**both m/f beds available**)

Permanent Supportive Housing (Ren Scammon / Sabrina Owen)

Trailside Terrace

Clients receive services from the Wellness and Recovery team or from community based supports

- **4** of **5** units occupied
- Wait List:
 - 1 bedroom: **15**
 - 2 bedroom: **07**
 - 3 bedroom: **0**

The 3-bedroom unit is currently vacant. Prospective tenants must be screened by Behavioral Health and Trailside Terrace. Applications are available on the Behavioral Health website, <https://www.edcgov.us/government/mentalhealth/documents/MHSA%20Trailside%20Terrace.pdf> Applications are considered on a first come, first served basis. The housing unit must consist of a family unit (i.e., roommates are not considered a housing unit).

The Aspens at South Lake

Clients receive ICM team coverage

- **6** of **6** units occupied
- Wait List: unknown #
 - The Aspens is a floating unit configuration based on household size rather than a specific number of apartments for each number of bedrooms

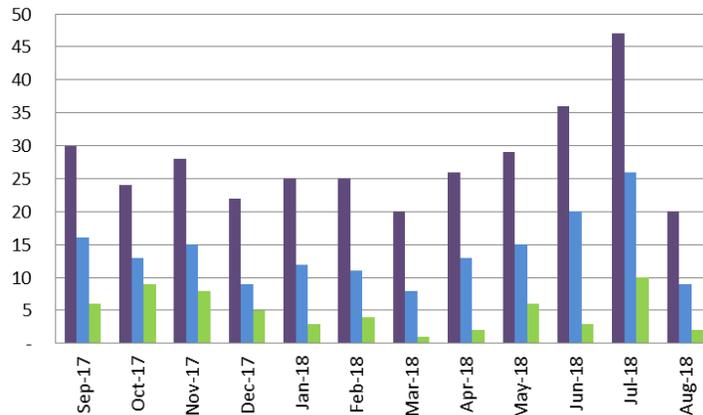
Psychiatric Health Facility (Nicole Cable)

- There were **34** Admissions; **28** Admissions were El Dorado County residents and **6** were Out of County residents.
- There were **36** El Dorado County residents discharged; **21** to Home with Support, **4** to Home without support, **0** MHRC/IMD, **0** Board and Care, **1** to ICM T-House, **0** to Shelter, **3** to Other, and **0** to Emergency Department.
- Upon discharge, **26** El Dorado County residents were insured and **4** El Dorado County residents were pending insurance.
- There were **5** Seclusion Episodes, **0** Physical Restraint Episodes (**0** minutes), **0** Assaults (**0** clients), **0** Elopements, **1** Medication Errors (**0** medication errors with no patient involvement), Client Surveys **36**
- There were **0** denials of El Dorado County referrals:
- Average daily census was **13** (range **10-15**) with **8** average length of stay of days.

CRISIS SERVICES

Psychiatric Emergency Services (PES) (Sabrina Owen and Angie Larrigan)

Prior 12 Month Period Psychiatric Emergency Services - SLT



	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18
■ Crisis Assessments	30	24	28	22	25	25	20	26	29	36	47	20
■ Hospitalizations	16	13	15	9	12	11	8	13	15	20	26	9
■ Referrals to Substance Use Treatment	6	9	8	5	3	4	1	2	6	3	10	2

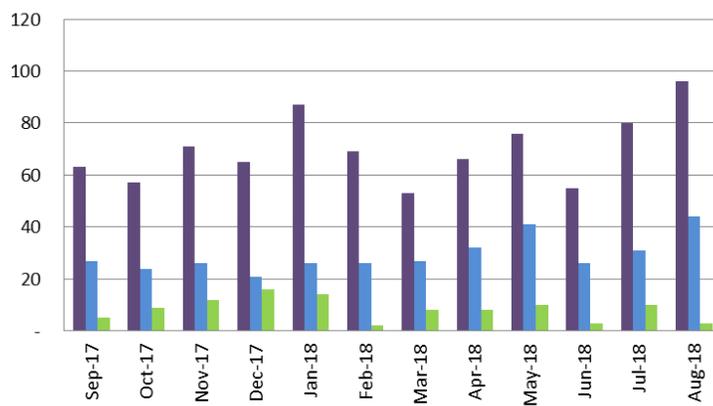
Crisis Assessments for Open Clients:

- SLT: 3
- West Slope: 14

Hospitalizations of Open Clients

- SLT: 1
- West Slope: 8

Prior 12 Month Period Psychiatric Emergency Services - WS



	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18
■ Crisis Assessments	63	57	71	65	87	69	53	66	76	55	80	96
■ Hospitalizations	27	24	26	21	26	26	27	32	41	26	31	44
■ Referrals to Substance Use Treatment	5	9	12	16	14	2	8	8	10	3	10	3

Crisis Intervention Teams (CIT) (Angie Larrigan and Sabrina Owen)

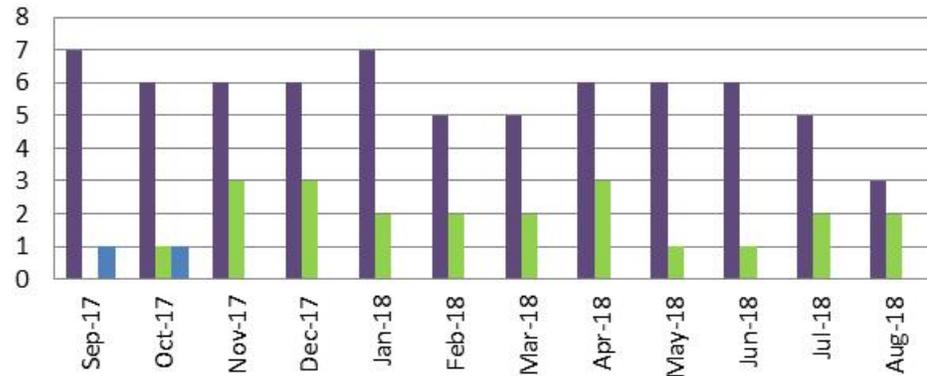
- SLT:** CIT meeting was held on August 29, and we discussed new 5150 form as well as a new multidisciplinary ROI that will be implemented to increase community partners ability to communicate about individuals in need of services. We additionally discussed a pilot project for SLT that will link a dedicated PES mental health clinician to support law enforcement, similar to PERT on WS.
- WS:** The WS CIT MDT meeting continues to be well attended by representatives from El Dorado County Jail, California Forensic Medical Group (CFMG), Sheriff's Office (EDSO), Placerville Police Department, Adult Protective Services, Code Enforcement, Public Guardian, Public Defender's office, District Attorney's Office, CDCR (Parole), and El Dorado County Behavioral Health. Each stakeholder in attendance presented motivated to strategize and problem solve community concerns to support positive change in our community.
- PERT:**

Contacts for Month:	75
Safety Plans:	55
PERT Holds Written:	4
Law Enforcement Would Have Held:	37
Voluntary Transports to Emergency Department	2
Law Enforcement Holds Written:	6
Behavioral Health Outpatient Holds Written	2
Other/Unable to Locate/Inaccurate Report for Service	6
Substance Use Admitted/Confirmed:	28
Adult Protective Services (APS) Referrals:	11
"Fit For" Jail Crisis Risk Assessments Conducted by PERT	2

JUSTICE SERVICES

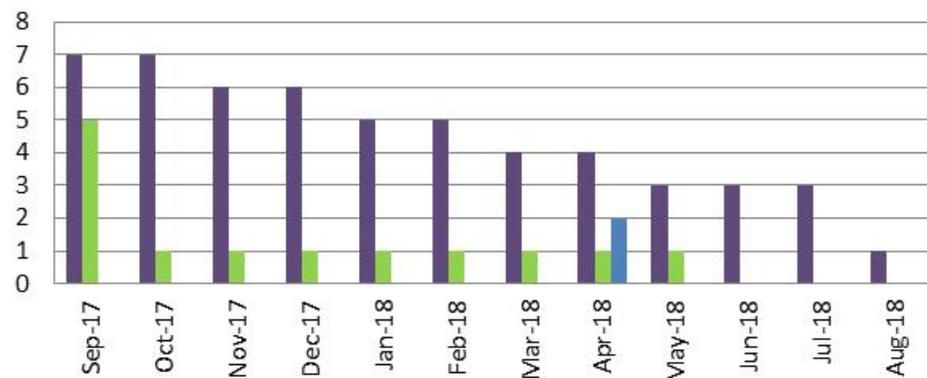
Behavioral Health Court (John Schumacher)

Prior 12 Month Period Behavioral Health Court - SLT



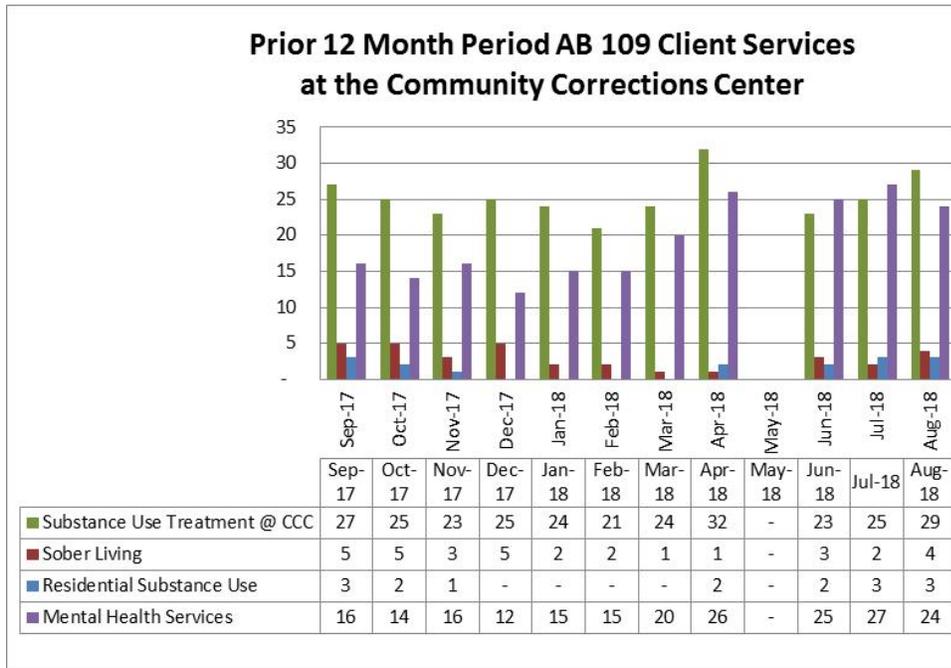
	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18
Active Participants	7	6	6	6	7	5	5	6	6	6	5	3
Sober Living	0	1	3	3	2	2	2	3	1	1	2	2
Residential Substance Use	1	1	0	-	-	-	-	-	-	-	-	-

Prior 12 Month Period Behavioral Health Court - WS



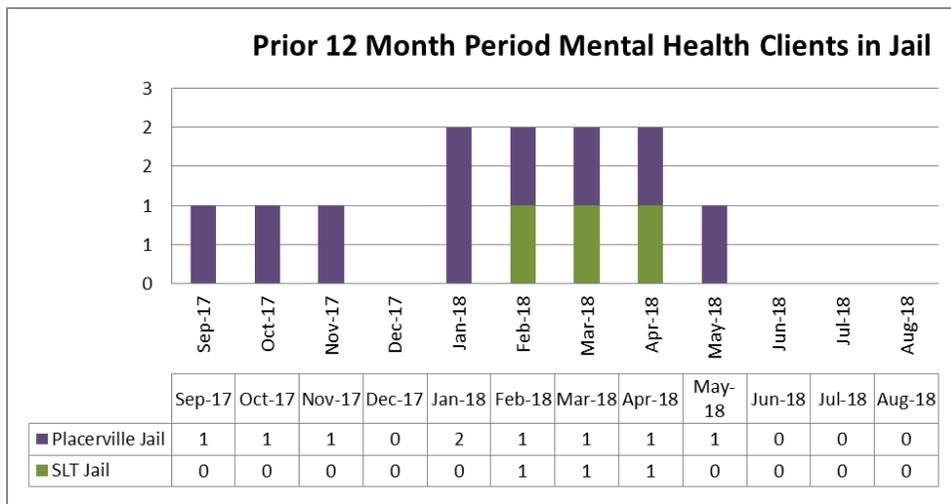
	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18	Jul-18	Aug-18
Active Participants	7	7	6	6	5	5	4	4	3	3	3	1
Sober Living	5	1	1	1	1	1	1	1	1	-	-	-
Residential Substance Use	0	0	0	-	-	-	-	2	-	-	-	-

AB 109 (John Schumacher)



- 6 clients are receiving Substance Use Education services in the South Lake Tahoe jail.
- 12 clients are receiving Substance Use Disorder treatment in Placerville Jail.
- 0 client is receiving treatment from a contracted community provider in SLT.
- 0 clients are receiving treatment from a contracted community provider in Placerville.

Mental Health Clients in Jail (Jamie Samboceti)



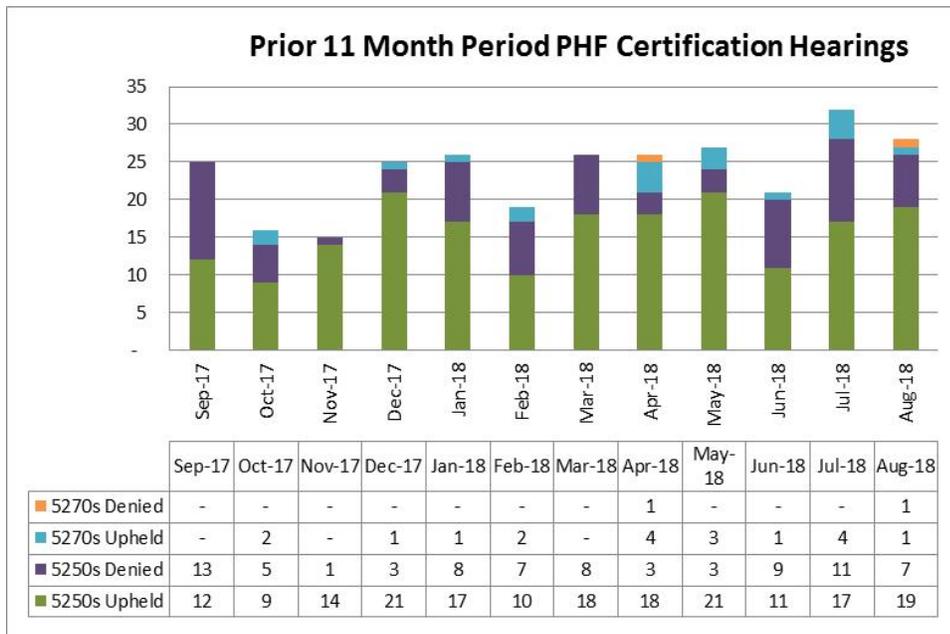
Count of Behavioral Health's existing clients that were receiving Specialty Mental Health Services at the time of their incarceration in the Placerville or SLT Jails only.

Restoration of Competency (Nicole Cable)

- 0 Outpatient ROC referrals
- 0 Jail ROC referral
- 0 client receiving ROC Outpatient services
- 0 client receiving ROC Inpatient services (CPT)
- One ROC client currently at PHF, waiting for ROC placement at Sequoia or CPT as ordered by court.

QUALITY ASSURANCE & PATIENT RIGHTS

Patients' Rights Advocate (Ren Scammon)



Certification hearings are held at the PHF on Mondays and Thursdays (except holidays).

- 33 Certification Notices were served.
- 0 client discharged prior to the hearing date
- 5 clients converted to voluntary prior to the hearing
- 28 hearings were held

Quality Improvement/Utilization Review (Ren Scammon)

- The new agreement with the State for the provision of Specialty Mental Health Services through El Dorado County (as the "Mental Health Plan") was signed by the Board of Supervisors in August. This contract includes many new requirements resulting from the CMS Final Rule (commonly referred to as the "Mega Regs").
- The State issued a new Network Adequacy Certification Tool (NACT) template which must be completed by each Mental Health Plan and its contracted providers to demonstrate there is adequate capacity in the local network. The NACT is due to the State October 1, and quarterly thereafter.
- The first NACT was submitted in March 2018, and the Behavioral Health Division received notice in September that it met the network adequacy requirements for Specialty Mental Health Services.
- The State issued its draft Protocol (consisting of 155 pages) for the FY 17-18 System and Chart Review (also referred to as the "Triennial") for outpatient Specialty Mental Health Services. The Behavioral Health Division, as well as the Fiscal and Administration Teams, are busy compiling the extensive documentation required by the State. The Triennial is scheduled in October.
- The QI/UR team continues to work on implementing the many Information Notices that the State has issued relating to new requirements and responding to State reporting requirements.
- The FY 18-19 Quality Improvement Work Plan has been posted to the Behavioral Health Division's Quality Improvement webpage.

Grievances/Appeals/Hearings (Ren Scammon)

Month Filed	Month Completed	Type	Topic	Location	Outcomes (Appeals / Hearings Only)
09-2018	--	Grievance	State Fair Hearing process and Request for Service from 2017	Utilization Review Team	--
08-2018	09-2018	Fair Hearing	Request for Service	Utilization Review Team	Lack of Jurisdiction (Claimant resides outside of El Dorado County and does not have El Dorado County Medi-Cal)
08-2018	--	Grievance	Staff Behavior	WS Adult	--
08-2018	--	Grievance	Staff Behavior	WS Adult	--
08-2018	09-2018	Appeal	Change in Level of Service	WS Adult	Original decision overturned and service level reinstated to prior level
08-2018	--	Grievance	Service Animal	WS Adult	--
07-2018	08-2018	Expedited Fair Hearing	Request for Service did not find medical necessity	WS Adult	Remanded back to the County for reassessment (Claimant did not file an Appeal with the County first)
06-2018	09-2018	Grievance	PHF	PHF	Addressed with Telecare

PERFORMANCE IMPROVEMENT METRICS (reported quarterly)

Next Report Period: Quarter 4 (April through June, 2018)

Reporting Month: October 2018

Due to the extensive reporting requirements to the State for the MHSA Review, the System and Chart Review, and the Network Adequacy Tool Certification, the Q4 data is not yet available.

PROGRAM ACTIVITY UPDATES

ALCOHOL AND DRUG SERVICES / SUBSTANCE USE DISORDERS (Salina Drennan)

Tahoe:

- A 0.5 Health Education Coordinator assigned to the Child Welfare Services program is vacant, however recruitment will start soon.

West Slope:

- Contract provider monitoring site visits have been completed for the FY 18-19 Fiscal Year. Providers reviewed include: Progress House, New Morning Youth and Family, EDCA Lifeskills, Tahoe Youth and Family, and El Dorado County. Prevention Program. Providers have 30 days to submit a plan of action to address any items noted in their formal review.

MENTAL HEALTH SERVICES ACT (MHSA) (Heather Longo/Tami Smith)

- MHSA collaborated with representatives from the Senior Peer Counseling PEI project to present an overview of MHSA and the history of Senior Peer Counseling in El Dorado County, to the California Commission on Aging. After the presentation, the Executive Director from the California Commission on Aging sent an email that stated, "On behalf of the California Commission on Aging, I would like to thank you for your wonderful presentation to the Commissioners last week. El Dorado County has such a strong commitment to the older adult community, and that was fully reflected in the presentation on the Senior Peer Counseling program. ... Our Commissioners were impressed by both the level of coordination and your compassion for clients."
- El Dorado County was selected as one of four "pilot" counties for the State's new MHSA Review protocol. Previously, MHSA was reviewed as one component of the State's System and Chart Review that occurs every three years. The State has now separated the MHSA Review from the System and Chart Review, and it will be conducted as a separate three-day review. To prepare for the MHSA Review, the County was required to compile and provide to the State extensive documentation related to the FY 16-17 MHSA Community Planning Process and the FY 16-17 MHSA Three-Year Program and Expenditure Plan (MHSA Plan). The MHSA Review is scheduled in October.

- Met with various Prevention and Early Intervention (PEI) providers regarding program delivery and invoicing.
- Participated in webinars and conference calls relating to MHSA.
- Began planning for the next Community Planning Process.

OUTPATIENT SERVICES

(Sabrina Owen (SLT); Lesly Van Sloten and Nicole Cable (WS))

Wellness Center Activities:

Tahoe:

- A Beach BBQ was organized by peers and held on August 31. The participants enjoyed good food, great company and another beautiful day on the lake.

West Slope:

- The Dried Mangoes, the West Slope Wellness Center music group, performed at Briw Road Morale Committee Employee Appreciation lunch.

ICM Activities:

Tahoe:

- Bike rides, BBQs, music events and hikes around the lake.

West Slope:

- Weekend outings, fishing, green valley church, mall trips, hiking and picnics!

Children's Services (Angie Larrigan)

- Behavioral Health and Child Welfare Services continue to work together to develop the Children's System of Care. The Children's System of Care embraces the "no wrong door" approach to serve Children and Youth experiencing complex and interrelated needs that require services spanning multiple disciplines and agencies. We are currently working with a consultant to help effectively bridge El Dorado County Child Welfare Services and Behavioral Health Services.
- The Behavioral Health Division and Child Welfare Services continue to collaborate in preparation for awaited guidance surrounding Continuum of Care Reform stages, specifically concerning Short-Term Residential Therapeutic Program (STRTP) and Therapeutic Foster Care (TFC).
- Monthly meetings have been taking place between the Central Region Children's System of Care coordinators to discuss strengths and barriers identified with the implementation of the various CCR expectations.
- EDC Mental Health Clinician Eric Whitney, LMFT facilitated a training to El Dorado County Office of Education (EDCOE) on Specialty Mental Health Service delivery to children and youth in EDC as well as mild-to-moderate mental health services and Managed Care Plan service delivery.

TAY DBT/FEP Program (Sabrina Owen and Lesly Van Sloten)

Tahoe

- School resumed August 27 and DBT groups on campus are scheduled to begin in September. Anastasia is currently working with several TAY/DBT and FEP clients.

West Slope

- School started back on August 27th. Kate met with school staff at both schools to coordinate improving protocols and procedures. Beginning this year, all school staff at Independence High School during their Monday meetings will be learning the DBT skills that the students will be learning that week so they can support positive coping skills in the classroom and on campus.
- West Slope has 4 FEP Clients. One FEP Client is now working full-time with his Father. One FEP Client has been interviewing for employment.

ADULT OUTPATIENT GROUP SCHEDULES

WS Adult Outpatient Services

Monday	
BHC/Wellness - Check In Group	10:30 am - 11:30 am
Anger Management	1:15 pm - 2:00 pm (Open to clients)
Ted Talks	1:15 pm - 2:00 pm (Wellness/Peer Led)
Exercise Group	2:00 pm - 3:00 pm (Wellness/Peer Led)
Basic Conversation Skills	2:00 pm - 3:00 pm (Wellness)
Stress Reduction	3:00 pm - 4:00 pm (Open to clients)
Play a Game Group	3:00 pm - 4:00 pm (Wellness)
Life Skills	3:00 pm - 4:00 pm
Tuesday	
Dried Mangoes Rehearsal Music Group	10:00 am - 11:00 am (Wellness)
Ted Talks	1:15 pm - 2:00 pm (Wellness/Peer Led)
Women's Co-Occurring Recovery Group	1:15 pm - 2:45 pm (ADP)
Art Group with Jan from NAMI	1:30 pm - 3:00 pm (Wellness/Peer Led)
Healthy Pleasures	1:30 pm - 2:30 pm (Staff and Peer Led)
Job Connections Group	1:30 pm - 3:30 pm (Wellness)
Smoking Cessation	3:00 pm - 4:00 pm (Wellness)
Wednesday	
DBT Skills Group - Skills Training	10:00 am - 12:00 pm
Transitional Housing Independent Living Skills	12:00 pm - 1:00 pm
Dual Recovery Anonymous - Peer Support Group	1:00 pm - 2:00 pm (Wellness/Peer Led)
Ted Talks	1:15 pm - 2:00 pm (Wellness/Peer Led)
Self-Care/ADLS Group	1:30 pm - 3:30 pm (Wellness)
Soothing Techniques	2:00 pm - 3:00 pm (Wellness)
Anger Management Group	2:00 pm - 3:00 pm
MH Peer Leadership Academy	2:00 pm - 4:00 pm
Thursday	
Seeking Safety Group	10:30 am-12:00 pm
Improv Music Group	10:00 am - 11:00 am (Wellness/Peer Led)
Women's Co-Occurring Recovery Group	1:15 pm - 2:45 pm (Seeking Safety, ADP)
Healthy Pleasures	1:30 pm - 2:30 pm (Wellness)
TAY DAY	2:00 pm - 4:00 pm (Wellness)
Anxiety and Depression Group	2:30 pm - 3:30 pm (Wellness/Peer Led)
Friday	
DBT Group - Skills Training	10:00 am - 12:00 pm (Closed)
Men's Co-Occurring Recovery Group	10:15 am - 11:45 am (ADP)
Ted Talks	1:30 pm - 2:00 pm (Wellness/Peer Led)
DBT Group - Skills Training	1:30 pm - 2:30 pm
Cinema Club	2:00 pm - 4:00 pm (Wellness)
Mindfulness Group (On hold)	2:45 pm - 3:30 pm (Wellness)

SLT Adult Outpatient Services

Monday	
Co-Occurring DBT	11:00 am - 12:00 pm
DBT - Mindfulness (modified)	1:00 pm - 2:30 pm
Women's Group	1:00 pm - 2:30 pm
DBT - Skill Building	1:30 pm - 2:30 pm (Wellness)
TED Talks - Information & Conversation	3:00 pm – 3:30 pm (Wellness)
Current Events Discussion	3:35 pm – 4:00 pm (Wellness)
Tuesday	
DBT - Mindfulness	1:00 pm - 2:30 pm
Health Awareness/Cooking	1:30 pm - 2:30 pm (Wellness)
Peer Leadership	3:00 pm - 3:30 pm (Wellness)
Just One Thing (Mindfulness)	3:35 pm - 4:00 pm (Wellness)
Wednesday	
DBT – Emotional Regulation	10:30 pm - 12:00 pm
DBT – Interpersonal Effectiveness	1:00 pm - 2:30 pm
Recovery Through Art	1:30 pm - 2:30 pm (Wellness)
Refuge Recovery	3:00 pm - 3:30 pm (Wellness)
Healthy Relationship Skills	3:35 pm - 4:00 pm (Wellness)
Thursday	
Co-occurring Women's Group	10:30 am - 12:00 pm (ADP)
DBT - Distress Tolerance	1:00 pm - 2:30 pm
Community Excursions	1:00 pm – 4:00 pm (Wellness)
Movement Mindfulness	1:30 pm - 2:30 pm (Wellness)
Stress Management/Coping Skills	3:00 pm - 3:30 pm (Wellness)
Social Awareness	3:35 pm - 4:00 pm (Wellness)
Friday	
BHC Group	12:30 pm - 1:00 pm
Volunteering	1:00 pm - 4:00pm (Wellness)
Anger Management	1:30 pm - 2:30 pm (Wellness)
Leisure Skills	3:00 pm – 3:30 pm (Wellness)
Paths to Recovery (Book Study)	3:35 pm - 4:00 pm (Wellness)
Men's Wellness	2:30 pm - 4:00 pm
Saturday	
Friends 'n Fitness	11:00 am - 12:30 pm

INITIALS & DEFINITIONS

Initials	Definition
AB	Assembly Bill
ACEs	Adverse Childhood Experiences
ADL	Activities of Daily Living
ADP	Alcohol and Drug Programs
AOT	Assisted Outpatient Treatment
APS	Adult Protective Services
ARF	Adult Residential Facility
B&C	Board and Care
BHC	Behavioral Health Court
BHD	Behavioral Health Division (formerly the Mental Health Division)
BOMUSD	Black Oak Mine Unified School District
BSCC	Board of State and Community Corrections
CalMHSA	California Mental Health Services Authority
CalQIC	California Quality Improvement Coordinators
CANS	Child and Adolescent Needs and Strengths
CBHDA	California Behavioral Health Directors Association
CBO	Community Based Organization
CBT	Cognitive Behavior Therapy
CCC	Community Corrections Center or California Conservation Corps
CCP	Community Corrections Partnership
CCR	Continuum of Care Reform
CDCR	California Department of Corrections and Rehabilitation
CDSS	California Department of Social Services
CFMG	California Forensic Medical Group
CFR	Code of Federal Regulations
CFT	Children and Family Teams
CFTN	Capital Facilities and Technology Needs
CHP	California Highway Patrol
CIT	Crisis Intervention Team
CMS	Centers for Medicare & Medicaid Services
CPP	Community Planning Process
CPS	Child Protection Services
CPT	California Psychiatric Transitions
CSS	Community Services and Supports
DBT	Dialectical Behavior Therapy
DHCS	Department of Health Care Services (California)
DMC-ODS	Drug Medi-Cal Organized Delivery System
Dx	Diagnosis
ED	Emergency Department
EDC	El Dorado County
EDCMH	El Dorado County Mental Health
EDCSO	El Dorado County Sheriff's Office
EDSO	El Dorado Sheriff's Office
EDCVC	El Dorado Community Vision Coalition
EH	Extra Help
EPSDT	Early and Periodic Screening, Diagnosis and Treatment
EQRO	External Quality Review Organization
ER	Emergency Room
FEP	First Episode Psychosis
FSP	Full Service Partnership

FTE	Full-Time Equivalent
FY	Fiscal Year
HHSA	Health and Human Services Agency
HOT	Homeless Outreach Team
ICC	Intensive Care Coordination
ICM	Intensive Case Management
IHBS	Intensive Home-Based Services
IMD	Institution for Mental Disease (facility)
ITWS	Information Technology Web Services
Katie A.	<i>Katie A. vs. Bonta</i> Lawsuit and/or resulting programs/services
LCSW	Licensed Clinical Social Worker
LL	Laura's Law
LOCUS	Level of Care Utilization System
LPCC	Licensed Professional Clinical Counselor
LPS	Lanterman Petris Short
LT	Limited Term
LTCC	Lake Tahoe Community College
MAR	Medication Administration Record
MDT	Multi-Disciplinary Team
M-F	Monday through Friday
MH	Mental Health
MHD	Mental Health Division
MHOAC	Mental Health Oversight and Accountability Commission
MHRC	Mental Health Rehabilitation Center (facility)
MHSA	Mental Health Services Act
MHSUDS	Mental Health and Substance Use Disorder Services, a division of the State's Department of Health Care Services (DHCS)
MHW	Mental Health Worker
MIOCR	Mentally Ill Offender Crime Reduction
MOA	Medical Office Assistant
MRT	Moral Reconciliation Therapy
NACT	Network Adequacy Certification Tool
NM	New Morning Youth & Family
OP	Outpatient
PA	Physician Assistant
PATH	Projects for Assistance in Transition from Homelessness
PCP	Primary Care Physician
PD	Police Department
PEI	Prevention and Early Intervention
PERT	Psychiatric Emergency Response Team
PES	Psychiatric Emergency Services
PG	Public Guardian
PHF	Psychiatric Health Facility
PIP	Primary Intervention Program or Program Improvement Plan
POC	Plan of Correction
PPD	Placerville Police Department
PSC-35	Pediatric Symptom Checklist
QA/UR	Quality Assurance/Utilization Review
QI	Quality Improvement
QI/UR	Quality Improvement/Utilization Review
QIC	Quality Improvement Committee
RIF	Reduction in Force
RFI	Request for Information

RFP	Request for Proposal
ROC	Restoration of Competence
RV	Remi Vista
SAMHSA	Substance Abuse and Mental Health Services Administration
SB	Senate Bill
SCF	Sierra Child & Family
SLT	South Lake Tahoe
SLTPD	South Lake Tahoe Police Department
SO	Sheriff's Office
STHS	South Tahoe High School
STRTP	Short-Term Residential Therapeutic Program
SUD	Substance Use Disorders
SV	Summitview Child & Family
SYS	Stanford Youth Solutions
T-House	Transitional Housing
TAY	Transitional Age Youth
TBD	To Be Determined
TCH	Tahoe Coalition for the Homeless
TFC	Therapeutic Foster Care
TYFS	Tahoe Youth and Family Services
Tx	Treatment
TY	Tahoe Youth & Family
UR	Utilization Review
WET	Workforce Education and Training
WIA	Workforce Investment Act
WOIA	Workforce Innovations and Opportunities Act
WS	West Slope