

**EL DORADO COUNTY BOARD OF SUPERVISORS
AGENDA ITEM TRANSMITTAL**

**Meeting of
December 5, 2006**

AGENDA TITLE: Mental Health Commission – South Lake Tahoe Council - 2006 Report to the Board

DEPARTMENT: Mental Health	DEPT SIGNOFF: <i>John Bachman</i>	CAO USE ONLY: <i>11/22</i> <i>C Laura Schwartz</i>
CONTACT: John Bachman, PhD		
DATE: 12/5/2006 PHONE: x 5106		

DEPARTMENT SUMMARY AND REQUESTED BOARD ACTION:
Submission by the Mental Health Commission of the 2006 Annual Report to the Board of Supervisors on the needs and performance of the county's mental health system.

CAO RECOMMENDATIONS: *receive & file. Laura S. Guel 11/22/06*

Financial impact? () Yes (X) No	Funding Source: () Gen Fund () Other
BUDGET SUMMARY:	Other: Federal grant application
Total Est. Cost _____ \$0.00	CAO Office Use Only:
Funding	4/5's Vote Required () Yes (X) No
Budgeted _____	Change in Policy () Yes (X) No
New Funding _____	New Personnel () Yes (X) No
Savings _____	CONCURRENCES:
Other _____	Risk Management _____
Total Funding _____	County Counsel _____
Change in Net County Cost _____ \$0.00	Other _____

*Explain

BOARD ACTIONS:

Vote: Unanimous _____ Or _____
Ayes: _____
Noes: _____
Abstentions: _____
Absent: _____

I hereby certify that this is a true and correct copy of an action taken and entered into the minutes of the Board of Supervisors

Date: _____

Attest: Cindy Keck, Board of Supervisors Clerk

By: _____

EL DORADO COUNTY



**DEPARTMENT OF MENTAL HEALTH
ADMINISTRATIVE OFFICE**

John Bachman, PhD, Interim Director

December 5, 2006

Board of Supervisors
330 Fair Lane
Placerville, CA 95667

Dear Board Members,

Subject: Mental Health Commission – South Lake Tahoe Council - 2006 Report to the Board

RECOMMENDATION: Receive and file this annual report from the Mental Health Commission

REASON FOR RECOMMENDATION: Article III (e) of the El Dorado County Mental Health Commission By-Laws call for the submission of an Annual Report to the Board of Supervisors on the needs and performance of the county's mental health system. In the past year there have been significant changes in the membership of the Commission, especially on the West Slope Council. As a result, only the Tahoe Council has prepared a report for this year.

FISCAL IMPACT: None

NET COUNTY COST: None

Respectfully submitted on behalf of the Mental Health Commission,

A handwritten signature in black ink that reads "John Bachman".

John Bachman, PhD
Interim Director, Mental Health

El Dorado County Mental Health Commission - South Lake Tahoe Council

2006 Report to Board of Supervisors

The South Lake Tahoe Council conducted on-site evaluations of the South Lake Tahoe Day Treatment Program, Tahoe Opportunity Project (TOP), and South Lake Tahoe Juvenile Treatment Center. Below are the outcomes of the evaluations.

Program: El Dorado County Mental Health – South Lake Tahoe
Day Treatment Program Report
1120 Third Street
South Lake Tahoe, CA 96150

Date: February 21, 2006

Interviewers: Denise Burke & Sharon Matsumoto

Staff Interviewed: Sandra Branton, EDD Psychologist – Program Director

Day Treatment is an organized daily program that provides therapeutic activities for severely and chronically mentally ill adults. Services provided in this program are categorized as **Day Rehabilitation**. This program is being implemented on a full-day basis, with a minimum of at least 4 hours per day. Transportation to and from the program for clients is provided outside these hours, including clients from Tahoe Manor.

Day Treatment Staff

Day Treatment is managed by the following positions:

- Program Coordinator I - Acting Coordinator is Arlene Hayward, LCSW
- Mental Health Worker II – Lucia Martinez who is also bi-lingual
- Psychiatric Technician II – Nancy Holmes – part time, Pat Foley part time LVN from the jail also does a Medication Services Group
- Mental Health Worker I – Joan Worman
- Mental Health Aide – Jennifer Schwartz
- Receptionist – Jackie Norlie

Liz Watson and Brian Riggs are also available on an “on call” basis, along with Felicia Sampson.. Tanner Smith supervises and consults at the Tahoe Clubhouse. Major strides

have been made to fill the above positions that were mostly vacant at this time last year. They are also looking to fill 1 ½ positions for another licensed clinician.

There are between 25 to 28 clients in the program, with there usually being between 13 to 20 clients attending Day Treatment on a daily basis. Since last year, there also seems to be more consistent attendance to Day Treatment by the clients.

Building Needs

Last year's report stated that there were plans for a full kitchen, so that cooking skills and nutrition can be taught as part of the adjunctive activities. Although they are learning about cooking and nutrition, a good working kitchen has yet to be built. They are attempting to combine both the Third St and Silver Dollar offices in the old Forest Service building. Since some of the staff is at both offices, this would save time and provide more consistent services for the clients. At that time they intend to provide a full kitchen along with a washer and dryer. Since last year the planned elevator was installed so that all clients can access the downstairs area where the Tahoe Clubhouse is located.

Program Schedule

Day Treatment is from 12:30 PM to 4:45 PM Monday through Thursday. Friday is from 10:00 AM to 2:45 PM. A schedule is composed and distributed to the clients each month, outlining the weekly schedule, as well as special events and outings. It is also posted on the bulletin board at the Third Street location. A schedule is not being sent directly to the Significant Support Person, but is given to the client directly to deliver to them. Last year the Open Houses for the Support Persons had ceased, but they are attempting to reinstate these. The clients do receive some sort of food daily, most of which they shop for and prepare themselves.

Adjunctive Therapies

Current activities include weekly bowling, stress reduction (exercise, Tai Chi, Yoga, walking, dance), Independent Living Skills (cooking, nutrition, budget, cleaning), music therapy and medication therapy. On Fridays the clients go on field trips to different places, such as, the park, the bookstore, the beach, and library. They also have weekly themes, such as, Dealing with Anxiety, Stress Management, Independent Living Skills and Depression.

Funding of Special Activities

The only funding that Day Treatment receives is either from NAMI or donations for special events.

Recommendations

Obtain the new building to combine all services and provide a full kitchen, washer and dryer.

Since last year the weekly staff meetings with Dr. Bry and the Day Treatment staff have resumed.

A Suggestion box still has not been installed per the client's requests last year, but staff seems to have better communication with the clients.

A Food Closet for clients who are not able to get to Christmas Cheer.

Conclusion

It seems generally that Day Treatment is operating more smoothly and with less conflict, greatly due to it being fully staffed with qualified and compassionate people.

Program: El Dorado County Mental Health – South Lake Tahoe
Tahoe Opportunity Project (TOP) Report
1120 Third Street
South Lake Tahoe, CA 96150

Date: February 21, 2006

Interviewers: Denise Burke & Sharon Matsumoto

Staff Interviewed: Sandra Branton, EDD Psychologist – Program Director

The Tahoe Opportunity Project (TOP) is an intensive care management program for adult clients that are either homeless, or at the risk of being homeless and have a serious mental illness. This may also included a substance abuse problem. They provide housing, outreach, access to medical services, and help with obtaining social security benefits. They help to provide them with independent living skills along with a meaningful existence within the community, with work and volunteering. This group is totally committed to the recovery model.

Tahoe Opportunity Project Staff

TOP is managed by the following positions:

- Program Coordinator I – Sandra Branton
- Part time worker through Family Resource Center – Mercedes Ruiz
- Full Time worker through Family Resource Center – Nicholas Huerte
- Mental Health Worker – Ramsey Devervux
- Mental Health Worker - Felcia Sampson
- Mental Health Worker – part time – Cheree Smail
- Substance Abuse Counselor – Amy Weaver
- Receptionist – Jackie Norlie

Major strides have been made to fill the above positions that were mostly vacant at this time last year.

There are 48 clients in the program, with another 8 to 15 additional in the outreach program. About 20 people are in hotels and 20 people are in permanent housing. The housing situation and access to good hotels has improved over the past year. They also help with clients that are getting out of jail.

Building Needs

Last year's report stated that there were plans for a full kitchen, so that cooking skills and nutrition can be taught as part of the adjunctive activities. Although, they are learning about cooking and nutrition, a good working kitchen has yet to be built. They are attempting to combine both the Third St and Silver Dollar offices in the old Forest Service building. Since some of the staff is at both offices, this would save time and

provide more consistent services for the clients. At that time they intend to provide a full kitchen along with a washer and dryer. Since last year the planned elevator was installed so that all clients can access the downstairs area where the Tahoe Clubhouse is located.

Program Schedule

Three Dual Diagnoses Group

Monday 11:00 AM – Psychological Education

Tuesday 11:00 AM – Coping Skills

Wednesday 11:00 AM – Relapse

Thursday 11:00 AM – Community Meeting

Friday 11:00 AM – Harm Reduction

A new group for Learning to Control Ones Emotions will be starting soon.

On Wednesday there is also a Homeless Drop in Clinic available to any homeless person in the community.

On Fridays there is also an Employment Group

Adjunctive Therapies

They learn Independent Living Skills, such as, cooking, nutrition, budget, and cleaning. They also have community integration.

Funding is provided by the AB2034 grant.

Recommendations

Obtain the new building to combine all services and provide a full kitchen, washer and dryer.

Send staff to more training through the Department of Employment

A Food Closet for clients who are not able to get to Christmas Cheer.

Conclusion

It seems generally that the Tahoe Opportunity Project is operating more smoothly and with less conflict, greatly due to it being fully staffed with qualified and compassionate people.

**Program: El Dorado County Mental Health
Juvenile Treatment Center Report
1041 Al Tahoe Blvd.
South Lake Tahoe, CA 96150**

MHC Reviewers: Sharon Matsumoto, Denise Burke

**Staff interviewed: JTC Superintendent: Greg Sly
DMH Representative: Sally Williams, LCSW**

The new El Dorado County Juvenile Treatment Center opened at South Lake Tahoe in September, 2004. We were able to meet Mr. Greg Sly, Superintendent, and learn about the new facility and the programs that are now in place there. We also met with Sally Williams, LCSW, coordinator of the children's program at South Lake Tahoe DMH.

The facility at South Tahoe has a capacity for 40 juveniles, and currently they are housing about 30 juveniles. They will be able to expand to the full capacity when they have added the staff needed to oversee this many children.

We were not given any exact number, but it is generally believed that most of the children at the JTC have some mental health problems. There are also substance abuse problems, serious family issues, learning disabilities and school problems. The staff at the Juvenile Treatment Center is trying to address all of these problems in order to be of help to the juveniles.

The El Dorado County Mental Health Dept. is working very closely with JTC staff. There currently is one Mental Health Clinician at the JTC for 20 hours per week, and there is a plan to increase this to a full-time 40 hour/week position. There is an office at the facility for this clinician to meet privately with the clients. Also, Dr. Rupp, the children's psychiatrist for the Mental Health Dept., devotes three hours every week to clients at the JTC.

At the time of intake, the children are screened for possible mental health problems, and if necessary referred to the DMH. If they are a current DMH client, their clinician may continue to see them at JTC for continuation of their course of treatment. They may be referred to Dr. Rupp for medication services as well. The DMH staff is always on call and ready to assist staff with any acute psychiatric episodes. There is no Psychiatric Health Facility (PHF) for juveniles in El Dorado County.

During their stay at the JTC, the children are kept busy with school, recreation, meal periods and other programs. Each child is allowed two family visits per week for 2 ½ hours. The JTC has programs for Anger Management, Substance Abuse, Family Reunification, and also a special Challenge Program for those expected to be at the

facility for at least 6 months. These programs are there to help the children to recognize and deal with the problems that led to their incarceration and to give them the tools they need to be successful in the future. They are encouraged to use art such as poetry and drawing to express their feelings. The staff wants them to experience success in their schoolwork and other areas, so that they will increase their sense of self-esteem.

The Juvenile Treatment Center works in close partnership with several other agencies.

These include: El Dorado County office of Education
CASA (Court Appointed Special Advocates)
Tahoe Youth & Family Services
South Lake Tahoe Women's Center
Sierra Recovery Center
El Dorado County Dept. of Mental Health .
El Dorado County Public Health Dept.

Conclusion

In interviewing the superintendent and the mental health department representative, we were impressed by their genuine dedication to the goal of making this difficult period of incarceration a turning point in the lives of the children. They are hoping that the children will leave the facility feeling better about themselves and more capable of dealing with the problems in their lives. We wish them every success in this endeavor.