

**Mental Health Division Update
Mental Health Commission
July 22, 2015 Meeting**

Assistant Director Update (Patricia Charles-Heathers)

- Attended a meeting at Placer County, to learn about their System of Care model.
- Attended the 3rd Annual Innovations Summit on Integrated Care June 11-12 with Shirley White, Program Manager of ADP, to learn and incorporate strategies for continued integration of a Behavioral Health model.
- Met with Justice System partners to discuss processes needed to better serve clients in the Justice System who also have a Mental Illness.

Outpatient Services

(Dee-Anna Bradley, Jamie Samboceti and Sabrina Owen)

Wellness Centers: Upcoming Events:

Tahoe:

- Aug 21 - Beach BBQ from 12:00 pm - 3:00 pm at El Dorado Beach. Planned activities include paddle boarding, volleyball and wiffle ball.

West Slope:

- August 8 - Honoring National “Happiness Happens” day, featuring activities that promote happiness and mental health well-being.
- August 15 - Honoring National “Relaxation” day. Therapeutic movement classes & Tai Chi instruction provided by Clinician/Dance Therapist Amanda Wilkinson, LPCC.

Recent Wellness Center Activities:

Tahoe:

- Independence BBQ July 2nd; great food & good fun

West Slope

- Independence Day “Country & Western” celebration, featured performances from the Victory Mine Player and participants from the band, “The Dried Mangoes,” (Music Therapy Group). Performance on July 2nd was attended by many guests in the community and was well received.

Caseloads:

Location	Children’s Outpatient	Adult Outpatient	Children’s Contractors	Total
South Lake Tahoe	8 (13 TAY)	71 + 22 FSP= 93	53 = 6TYF/47SCF	167

West Slope	0 (21 TAY)	376 + 52 ICM/FSP= 428	248= 13RV/50SV/ 86SCF/98NM	697
Total	42 = 8 (34 TAY)	521	301	864

Continuum of Care:

LPS Conservatorship

- **62** LPS conservatorships
- **1** Temporary Conservatorship
- **1** LPS termination
- **0** New conservatee

Intensive Case Management (ICM):

- Serving **31** clients on the West Slope
- Serving **22** clients in SLT

Placement:

- Transitional Houses/Cottage/Apartment
 - 26 total beds (+ 6 new beds in SLT!!! - 2 occupied; interviewing others)
 - 6 openings (WSOP 3 pending move in)
 - 7 days/week check-ins
- Trailside Terrace
 - 0 openings
 - 5 of 5 units occupied
 - ICM team coverage
- The Aspens at South Lake
 - 0 openings
 - 6 of 6 units occupied
 - ICM team coverage
- Residents pay their share of rent if they receive an income, or a minimal monthly amount until that time. Minimal or no rent payments during the first year were built into the budgeted operating costs of the development since the target population is homeless or soon to be homeless individuals/families.

Board and Care/IMDs/Secure Placements:

- **25** IMD beds - Crestwood
- **13** Enhanced Board and Care beds including Willow Glen, Crestwood Bridge & Silver Ridge
- **24** Board and Care - Sacramento & Galt (including Grace home)
- **55** Out of County Placements
 - a. **2** step up to Willow Glen from T-house & B&C

Staffing:

- New Hires:
 - Victoria Marion, MH Aide, SLT
- Recruitments:
 - 2 Clinicians - SLT
 - 1 Supervising Health Education Coordinator - ADP, WS
 - 1 Manager of Mental Health Programs - WS
 - 1 MOA II-WS
 - Admin Tech-WS
- Resignations:
 - Ana Rhea Miller, RN
 - Greg DeGuzman, LVN
- Position Changes:
 - None

WS Adult Outpatient Services (Dee-Anna Bradley)

- Current Group Schedule:
 - Monday
 - BHC/Wellness: Anger Management: 1:00 pm - 2:00 pm
 - Physical Activity Fun Group: 2:00 pm - 3:00 pm
 - Basic Conversation Skills: 3:00 pm - 4:00 pm
 - Tuesday
 - DBT Group 1 - Skill Building: 10:00 am - 12:00 pm
 - DBT Group - Relieving Depression & Anxiety: 10:00 am - 11:30 pm
 - Healthy Pleasures: 1:30 pm - 2:30 pm
 - Co-Occurring Recovery Group: 1:15 pm - 2:45 pm
 - Smoking Cessation 3:00 pm - 4:00 pm
 - Wednesday
 - DBT Skills Group - Skills Training: 10:00 am - 11:30 pm
 - SAMHSA - Medication Education: 11:00 am - 12:00 pm (on hold)
 - Transitional Housing Independent Living Skills: 12:00 pm - 1:30 pm
 - Dual Recovery Anonymous: 1:00 pm - 2:00 pm
 - Mental Health Coping Strategies: 1:30 pm - 3:00 pm
 - Therapeutic Music Group (Guitar): 2:00 pm - 3:00pm
 - Thursday
 - Healthy Pleasures - 1:30 pm - 2:30 pm
 - Co-Occurring Recovery Group: 1:15 pm - 2:45 pm
 - Nutrition/Meal Planning group (takes place in the T-houses on rotating schedule)
 - Smoking Cessation 3:00 pm - 4:00 pm
 - Friday
 - DBT Group - Stress Reduction: 10:00 am - 12:00 pm
 - DBT Skills Group - Bipolar Awareness: 1:30 pm - 2:30 pm

- Physical Activity Fun Group: 2:00 pm - 3:00 pm
- Mindfulness Group - 2:00 pm - 3:00 pm

SLT Adult Outpatient Services (Sabrina Owen)

- Current Group Schedule:

Monday

- Dual Dx Group - Seeking Safety & Living in Balance: 10:30 am - 12:00 pm
- Women's Wellness: 1:30 pm - 3:00 pm
- DBT: Skill Building 1:30 pm - 2:30 pm (Wellness)
- TED talks-information & conversation 3:00 pm - 4:00 pm (Wellness)

Tuesday

- Coping with Stress: 10:30 am - 12:00 pm
- Anger Management: 1:30 pm - 2:30 pm (Wellness)
- Recovery through Art 2:30 pm - 3:30 pm (Wellness)
- Just One Thing 3:30 pm - 4:00 pm (Wellness)

Wednesday

- DBT: Coping with Depression & Anxiety: 1:00 pm - 2:30 pm
- Medication Awareness 1:30 pm - 2:00 pm (Wellness)
- Healthy Cooking 2:00 pm - 3:00 pm (Wellness)
- Living Skills 3:00 pm - 3:30 pm (Wellness)

Thursday

- Community Outings/ Volunteering 1:00 pm - 4:00 pm (Wellness)

Friday

- BHC Group 9:30 am -10:00 am
- Dual Dx Group- Seeking Safety & Living in Balance: 10:30 am - 12:00 pm
- Recovery Through Art 1:30 pm - 2:30 pm (Wellness)
- Paths to Recovery (book study- Reg & Decaf) : 1:30 pm - 2:30 pm (Wellness)
- Men's Wellness: 2:00 pm - 3:30 pm

Saturday

- Friends 'n Fitness: 11:15 am -12:30 pm

Psychiatric Emergency Services (PES) (Jamie Samboceti and Sabrina Owen)

- PES continues to be busy on both slopes.
- SLT in the last 30 days: **28** crisis assessments, **13** hospitalized (**4** open clients), **4** referred to Substance Abuse Treatment.
- WS in the last 30 days: **63** crisis assessments, **16** hospitalizations (**4** open clients), **24** referred to Substance Abuse Treatment.

Crisis Intervention Teams (CIT) (Jamie Samboceti and Sabrina Owen)

- Both Jamie and Sabrina attended CA CIT training in San Diego in June, returned with information on what's working in other CA counties and new ideas to explore.

- CIT training for law enforcement has begun; 8 hours for ALL Sheriff and Police officers in SLT and on the West Slope and 4 hours for others interested.
- EDC MH and law enforcement are working on a guide for families calling law enforcement for issues related to individuals with mental health issues (thank you to SLT NAMI for providing us with San Mateo's Behavioral Health templates!)

Psychiatric Health Facility (Patricia Charles-Heathers)

- There were **24** Admissions in June, 2015; **13** Admissions were El Dorado County residents and **11** were Out of County residents.
- There were **22** El Dorado County residents discharged in June, 2015; **15** to home with support, **3** to home without support, **1** to T-House and **3** to other.
- Upon discharge, **21** El Dorado County residents were insured and **1** El Dorado County resident was pending insurance.
- During the month of June, there were **2** seclusion episodes **1** restraint episodes, **3** assaults and **1** medication error.

MHSA (Doris Jones)

- Innovation Program Project Meetings: The MHSA Staff is in the process of preparing for and scheduling public meetings; more information to follow.
- MHSA Funds Loan Repayment Contract: Draft document has been prepared and will be sent to County Counsel for review and approval. Clients receiving MHSA funds who have the ability to repay the loaned amount will complete a Repayment Contract with their Mental Health Case Manager so that MHSA funds expended may be recouped so that additional clients may benefit.
- MHSA Suicide Prevention and Stigma Reduction RFP: One (1) proposal has been received and is in the process of being evaluated by (1) Mental Health Commission Member, (1) Mental Health Division Staff and (1) Public Health Division Staff.
- Trailside Terrace: Met with the Administrative staff to discuss and plan for increased collaborative efforts to support the clients who reside in their apartments.

Behavioral Health Court (Shirley White)

- Placerville Behavioral Health Court has 11 active clients. Three (3) clients were promoted to a higher phase in the program and there was 1 successful graduation this month. One (1) client was recognized for having 91 days clean and sober.
- South Lake Tahoe Behavioral Health Court has 1 active client; this client is doing very well in treatment and continues to be in compliance.

AB 109 (Shirley White)

- Currently 49 clients are being served at the Community Corrections Center; 4 clients are receiving Residential Substance Use Disorder Treatment and 8 are receiving Transitional Sober Living Services; 5 clients are in the highest phase of their treatment plans and are nearing completion; 7 clients have over 6 months or more of abstinence and several more have close to 90 days of abstinence.

- South Lake Tahoe Alcohol and Drug Programs is serving 8 AB109 clients in the jail; 7 clients are receiving Outpatient Treatment at Tahoe Turning Point and 1 client is receiving Residential Substance Use Disorder Treatment.
- AB109 treatment services in the Placerville jail is serving 10 clients in Substance Use Disorder Treatment; 7 clients in Moral Reconciliation Therapy and 3 new referrals for services are pending assessment.

Patients' Rights Advocate (Doris Jones)

- Mental Health Division Grievances are now being received and processed through Ren Scammon, Mental Health Division Program Manager/Utilization Review Coordinator.
- All verbal grievances will continue to be expeditiously resolved through the collaborative efforts of Patients' Rights Advocate and involved parties and staff.
- Advocacy, training, referrals, resources provided for MH Clients, MH & PHF staff and families/supportive individuals.
- Client representation and advocacy provided at Certification Review Hearings.
- Attend PHF Client Staffings, Treatment Team and Discharge Planning Meetings.

Grievances / Appeals (Ren Scammon)

- In June 2015, there were two grievances filed by one person related to Outpatient Services:

Grievance Issue	Location
Name calling by another client and other matters outside the authority of Mental Health (related to other program/department).	WS Outpatient

- In June 2015, there were no appeals received.

Initials

- AB Assembly Bill
- ADL Activities of Daily Living
- AOT Assisted Outpatient Treatment
- B&C Board and Care
- BHC Behavioral Health Court
- CalMHSA California Mental Health Services Authority
- CBT Cognitive Behavior Therapy
- CCC Community Corrections Center
- CCP Community Corrections Partnership
- CFTN Capital Facilities and Technology Needs
- CIT Crisis Intervention Team
- CBO Community Based Organizations
- CSS Community Services and Supports
- DBT Dialectical Behavior Therapy
- Dx Diagnosis

EDC El Dorado County
EDSO El Dorado County Sheriff's Office
EH Extra Help
EQRO External Quality Review Organization
FSP Full Service Partnership
FY Fiscal Year
HHSA Health and Human Services Agency
ICM Intensive Case Management
IMD Institution for Mental Disease (facility)
Katie A. *Katie A. vs. Bonta* Lawsuit and/or resulting programs/services
LL Laura's Law
LOCUS Level of Care Utilization System
LPS Lanterman Petris Short
MH Mental Health
M-F Monday through Friday
MHR Mental Health Rehabilitation Center (facility)
MHS Mental Health Services Act
MHW Mental Health Worker
PA Physician Assistant
PATH Projects for Assistance in Transition from Homelessness
PEI Prevention and Early Intervention
PES Psychiatric Emergency Services
PHF Psychiatric Health Facility
PIP Primary Intervention Program or Program Improvement Plan
QI/UR Quality Improvement/Utilization Review
RFP Response For Proposal
SAMHSA Substance Abuse and Mental Health Services Administration
SLT South Lake Tahoe
SO Sheriff's Office
T-House Transitional Housing
TAY Transitional Age Youth
UR Utilization Review
WET Workforce Education and Training
WS West Slope