

**El Dorado County Health and Human Services Agency
Mental Health Division Update
Mental Health Commission
January 28, 2015 Meeting**

Assistant Director Update (Patricia Charles-Heathers)

- During the month of December, I worked closely with the Telecare and HHS PHF Transition Team on the processes needing to be in place in order to ensure a smooth transition between Telecare and the Mental Health Division. To guarantee quick placement and avoid any crises, we also contracted for a dedicated bed with North Valley Behavioral Health from January 6, 2015 through January 31, 2015.
- The Mental Health Managers worked closely with Dr. Price to ensure a smooth hand off of clients who were at the PHF, and ensured that the PHF was empty by the end of the work day on January 5, 2015. All clients were appropriately discharged and/or transferred accordingly, so that construction could begin at the PHF on January 6, 2015.
- In December, Jamie Samboceti and Doris Jones provided training to the Telecare Social Workers and Lead Nurses on the 5150 process.

Outpatient Services

(Dennis Plunkett, Jamie Samboceti and Sabrina Owen)

Wellness Centers:

Upcoming Events:

Tahoe:

- Our Wellness Center has recently begun a new group on Fridays based on the book “Change your Brain, Change your Life,” by Dr Daniel Amen. The group is designed to assist individuals in understanding how different regions of the brain look when functioning optimally and symptoms that occur when these regions are overactive and underactive. The group explores various interventions such as diet, exercise, cognitive skills, herbs and medications. This group is being facilitated by our new intern Emily Bennett.
- We now have a Psychiatric Technician, Daniel Joaquin, working with us two days per week assisting Dr. Malik and our Clinicians to ensure clients medication needs are being managed well.
- Our ICM team is now fully staffed, our third Clinician, Teddi Plummer, recently joined us and is currently in training.
- We are working with Shirley White, Manager of Alcohol and Drug Programs, to improve SLT’s Behavioral Health Court and ensure fidelity of the courts between the two slopes.
- We currently have 1 opening for a Full Time Clinician.

West Slope:

- The Wellness Center is currently evaluating the group schedule to determine availability of current groups and anticipated need of future groups as we look to budget preparations for FY 15/16. The ‘Performance Group’ is set to begin a new

cycle and the Clinic Team is recruiting a new group of clients to participate in this highly effective socialization activity.

- A Psychiatric Technician has now been assigned to assist with Case Management of our Out-of-County Board & Care clients, to ensure all their psychiatric medication and medical needs are being met in accordance with the client’s individual treatment plans.
- The long awaited ‘Resource Specialist’ position on the ICM team has been filled and work is already underway to build independent living and employment resources for clients served by the ICM team.

Recent Wellness Center Activities:

Tahoe:

- SLT Wellness Center had two holiday meals: one for Thanksgiving and the other for Christmas/Winter Solstice. They were well attended and clients expressed gratitude to the staff and NAMI who contributed their time and resources to make these events happen.

West Slope

- On November 25, the Wellness Center hosted a Thanksgiving meal for our clients, serving approximately 90 meals. Thank you to the members of the Mental Health Commission and all others who volunteered their time to make this a special day for everyone. And thank you to all who provided their culinary skills and donated food items to host a full Thanksgiving dinner!
- The Wellness Center hosted a ‘Client Holiday Party’ in December in which the Performance Group entertained the audience with an array of traditional holiday songs.
- The ICM team also sponsored a ‘Holiday Decorating Contest’ between residents of the WS Transition Houses. The winning house “Larsen” was treated to a tour of the Holiday Light Festival at Cal Expo. Thanks to all who donated holiday decorations. Special thanks to Jan Walker-Conroy and Jan Melnicoe for volunteering to serve as judges!

Caseloads:

Location	Children’s Outpatient	Adult Outpatient	Children’s Contractors	Total
South Lake Tahoe	26 (17 TAY)	72		
West Slope				
Total				

Continuum of Care:

LPS Conservatorship

- 62 LPS conservatorships
- 1 Temporary Conservatorship (trial pending)
- 0 New conservatees
- 1 Conservatorship discontinuing in March

- 1 discontinued Conservatorship

Intensive Case Management (ICM):

- Serving 37 clients on the West Slope
- Serving 16 clients in SLT

Placement:

- Transitional Houses/Cottage/Apartment
 - 25 total beds
 - 2 openings
 - 7 days/week check-ins
 - Increased clinical presences in house meetings
 - 2 residents transitioned to independent living
- Trailside Terrace
 - Full 5 units. (No vacancies - waitlist)
 - ICM team coverage
- The Aspens at South Lake
 - Full 6 units
 - 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:

- 31 IMD beds - Crestwood & Willow Glen MHRC
- 13 Enhanced Board and Care beds
- 18 Board and Care - Sacramento & Galt
- 52 Out of County Placements
 - a. 1 pending move from Board and Care patch facility to Independent Living

Staffing:

- New Hires
 - Lisa Arnold - Program Coordinator - Justice Services
 - Teddi Plummer - ICM Clinician SLT
 - Tami Smith - Administrative Technician (promotion)
 - Sr. Office Assistant - To begin in February
- Transfers (from PHF)
 - Ana-Rhea Miller - Registered Nurse - Outpatient Clinic
 - Daniel Joaquin - Psychiatric Technician - ICM SLT
 - Greg DeGuzman – Psychiatric Technician – WS/Board & Care/Out-of-County Placements
 - Kim Jones – Mental Health Worker – ICM Resource Specialist
 - Paul Ostic - Mental Health Worker - Adult Outpatient Clinic
 - Melissa Prophet - Mental Health Worker - Adult Outpatient Clinic
- Recruitments
 - UR Clinician for Intake
 - Full time Clinician for SLT

- Resignations
 - None

WS Adult Outpatient Services (Dennis Plunkett)

Current Group Schedule:

Monday

- BHC - Anger Management: 1:00 pm - 2:00 pm
- Wellness - Anger Management: 2:00 pm - 3:00 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 Group - Coping w/Bipolar: 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
- Mental Health Coping Strategies: 1:30 pm - 3:00 pm
- Codependent Addiction Recovery: 3:00 pm - 4:00 pm
- Recovery through the Performing Arts 1:30 pm - 3:00 pm

Thursday

- DBT Group - Stress Reduction: 10:30 am - 12:00 pm
- Healthy Pleasures - 1:30 pm - 2:30 pm
- Co-Occurring Recovery Group: 1:15 pm - 2:45 pm
- Symptoms without Stigma - 3:00 pm - 4:00 pm
- Nutrition/Meal Planning group (takes place in the T-house on rotating schedule)
- Smoking Cessation 3:00 pm - 4:00 pm

Friday

- DBT Group 2 - Skill Building: 10:00 am - 12:00 pm
- Mindfulness Group - 2:00 pm - 3:00 pm

SLT Adult Outpatient Services (Sabrina Owen)

Current Group Schedule:

Monday

- Friends 'n Fitness: 10:00 am-11:30 am
- Dual Dx Group - Seeking Safety & Living in Balance: 10:30 am - 12:00 pm
- Women's Wellness: 1:30-3pm
- DBT: Skill Building 1:30 pm - 2:30 pm (Wellness)

Tuesday

- Coping with Stress: 10:30 am - 12:00 pm
- Anger Management: 1:30 pm - 2:30 pm (Wellness)

Wednesday

- DBT: Coping with Depression & Anxiety: 1:00pm - 2:30pm

- Girl's Circle: 4:30pm - 6pm (pending)

Thursday

- Dual Dx Group- Seeking Safety & Living in Balance: 10:30 am - 12:00 pm

Friday

- Change your Brain, Change your Life: 1:30- 3pm (Wellness)
- Men's Wellness: 2pm -3:30pm

Saturday

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

Children Outpatient Services (Jamie Samboceti)

- There are approximately 315 WS active child cases with our Contract Providers.

Psychiatric Emergency Services (Jamie Samboceti and Sabrina Owen)

- PES continues to be very busy on both slopes.
- SLT in the last 30 days: 32 crisis assessments, 10 hospitalized (1 open client), 2 referred to Substance Abuse Treatment
- WS in the last 30 days: 75 crisis assessments, 43 hospitalized (9 open clients), 21 referred to Substance Abuse Treatment

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

- CIT officers in Tahoe work closely with our ICM team to provide collaborative, quality care in the field for our clients.
- CIT on WS continues to assign home visits by CIT trained officers for those who have had a 5150 written by EDSO. They are building strong relationships in our community with our clients and those who may become our clients.
- We connect with CIT when there is concern about someone in our community. They will assign a CIT officer to do a welfare check as needed.
- CIT has a plan to provide local training to officers in the next few months. Many are completing 24 hours of training.

Psychiatric Health Facility (Doris Jones)

November 2014:

- There were **26** Admissions.
- **24** Admissions were El Dorado County residents and **2** were Out of County clients.
- There were **20** El Dorado County residents discharged in November, 2014; **10** to home with support; **4** to home without support; **3** to Adult Residential Facilities; **0** to Skilled Nursing Facilities; **0** to Board and Care Homes; **0** to local T-Houses; **0** to Jail; **2** to Shelters; **1** to Other: AWOL.
- Upon Discharge, **20** El Dorado County residents were insured
- During the month of November, there were **5** seclusion episodes all together totaling **9** hours.

December 2014:

- There were **24** Admissions.
- **22** Admissions were El Dorado County residents and **2** were Out of County clients.
- There were **28** El Dorado County residents discharged in December, 2014; **16** to home with support; **4** to home without support; **3** to Adult Residential Facilities; **0** to

Skilled Nursing Facilities; **0** to Board and Care Homes; **4** to local T-Houses; **1** to Jail; **0** to Shelters.

- Upon Discharge, **26** El Dorado County residents were insured
- During the month of December, there was **1** seclusion episode all together totaling **4** hours.

MHSA (Ren Scammon)

- The initial meetings for the FY 15/16 Community Planning Process wrapped up in December 2014. Input impacting the budget was requested to be submitted by January 9, 2015 so that it could be included in the Division's budget requests. The public will have an opportunity to continue to provide comment through Public Hearing that is anticipated to be held in May or June 2015. Development of the FY 15/16 MHSA budget and Plan Update are the primary focus of the MHSA Team at this time.
- The MHSA Team is working closely with our Quality Management Team to develop a joint meeting of the Quality Improvement Committee and the MHSA Advisory Board. Both groups have the same categories of stakeholder participants and are tasked with similar activities (such as reviewing outcomes, access to services, and program implementation). We anticipate holding the first meeting of this combined group in March. More information will be forthcoming.
- In November 2014, the Provider Cultural Competency meeting received an informative presentation from Hector Reyes, a Supervisor within the County's Alcohol and Drug Programs, about the current culture and trends in El Dorado County relating to drug use among the youth population. In January 2015, the topic is on how to access interpreter services for non-English speaking clients and public inquiries.

Behavioral Health Court (Shirley White)

- Placerville Behavioral Health Court has 10 active participants; 1 successful graduation in December and 2 new referrals pending assessments. Lisa Arnold is the new Program Manager for Justice Services and will be serving the Behavioral Health Court.
- South Lake Tahoe Behavioral Health Court has 3 active participants; no graduations in December and 2 new referrals were declined.

AB 109 (Shirley White)

- 1 client will be transitioning from the jail to Residential Substance Abuse Treatment this week. A total of 3 AB 109 clients are receiving Residential Substance Abuse Treatment. These clients are being given additional support to create transitional plans to ensure that they are successful when they return to CCC services. A total of 42 clients are receiving services at the Community Corrections Center. South Lake Tahoe is serving 10 clients in the Moral Reconciliation Therapy group in the jail.

Patients' Rights Advocate (Doris Jones)

- Mental Health Grievances to date for FY 14/15; **8** grievances have been received, **8** have been completed. There are **0** outstanding grievances to be assigned for investigation with outcomes pending.

- Ongoing Client Advocacy with Psychiatric Health Facility, Mental Health, Public Guardian and other County and Departments and community-based organizations regarding Mental Health Client needs, requests, issues and rights.
- Psychiatric Health Facility weekday presence at the facility to provide advocacy, support, information, and education to Mental Health Clients, Client's family and support system members and Agency staff; attend Care Team meetings, staffings and to represent Clients at Certification Review Hearings.
- Ongoing advocacy for the implementation of policies and procedures that coincide with applicable codes, regulations, laws and mental health patients' rights.
- Ongoing resources, information, education, consultation and training materials provided for Health and Human Services and Telecare staff.
- Mental Health Sites Safety Coordination with all Mental Health facility sites regarding safety issues and to ensure quarterly fire drills are scheduled, held and documented as well as periodic facility safety inspections per County guidelines.
- County-Wide Safety Coordinator: Attend quarterly meetings, participate in projects, complete all required follow-up, provide updates and information to Mental Health Site Safety Team Members.

Initials

AB	Assembly Bill
ADL	Activities of Daily Living
AOT	Assisted Outpatient Treatment
AWOL	Absent Without Official Leave
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
CSS	Community Services and Supports
DBT	Dialectical Behavior Therapy
Dx	Diagnosis
EDSO	El Dorado County Sheriff's Office
EH	Extra Help
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.	<i>Katie A. vs. Bonta</i> 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
MHRC	Mental Health Rehabilitation Center (facility)

MHSA	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
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