Behavioral Health Division Update
Mental Health Commission
September 28, 2016 Meeting

Deputy Director Update (Jamie Samboceti)

- Under the direction of a leader for positive change, HHSA is moving forward with Unit Areas of Focus improvements. This is good news for Behavioral Health who has been in the process of improvement plans for the last 8 months. As a reminder, our areas of focus are: Peer and Natural Support Treatment and Training, Staff Training and Development, Infrastructure, and Program Redesign.
- We continue to move forward toward an integrated model of care as a part of the HHSA Strategic Plan.
- In our desire to move toward integration and support within HHSA, Behavioral Health is working with Child Welfare to determine family/parent training needs and will work on putting together a program to support some of the gaps for parents in the Child Welfare System of Care.
- As you will see in reading this monthly update, The Behavioral Health Division continues to focus on "Transforming Lives and Improving Futures."

Outpatient Services
(Lesly VanSloten and Sabrina Owen)

Wellness Center - August Activities:

Tahoe:

- 8-19 Free haircuts by Jessica Carpenter, an extension of the Groomed for Success Event
- 8-23 Reno ACES evening baseball game, special thanks to Kim Jones who worked with the ACES to get tickets donated for this event
- 8-26 Beachside BBQ with paddleboards and corn hole game. Thanks again to Kim who got paddle boards donated from South Shore Paddle. Dave Zander and Sabrina brought out their own paddleboards and gave lessons in the "fall down seven, stand up eight" philosophy. Big kudos to those that gave paddleboarding a try and went home wet.

West Slope:

- 8-16 The inaugural ***Celebrating Wellness!*** event was held at the Wellness Center. Activities included: aromatherapy, meditation, smoking cessation, live music, games, natural cleaners, hydration, and journaling, and of course healthy food (Happy Salad). All clients who completed the event survey reported they would like us to host another ***Celebrating Wellness!*** event, and we hope to have another in early 2017.
- 8-26 Approximately 13 Clients and 4 Staff Members drove to SLT to attend the Beachside BBQ outing at Lake Tahoe and to paddleboard with the SLT Wellness Center clients and staff. All had a terrific time, enjoyed the comradery and yes… most came back wet.

- 8-31 First staff meeting to begin organizing the next performing arts event, “Home for the Holidays” scheduled for December 13th.

ICM - August Activities:
Tahoe:
- 8-20 Friends and Fitness Hike up Mt. Tallac, led by a client volunteer

West Slope:
- Fishing trip with ICM and Wellness Center clients
- Outings to Lotus Park & Union Valley Reservoir

Caseloads: As of August 2016

Location	Children’s Outpatient	Adult Outpatient	Children’s Contractors	Total
South Lake Tahoe	2 TAY	63 = Clinic 23 = ICM/FSP = 86	4 = TY; 57= SCF = 61	149
West Slope	17 TAY	353 = Clinic 50 = ICM/FSP = 403	7 = RV; 55 = SV; 85 = SCF; 36 = NM = 183	603
Total	19 TAY	489	244	752

Children Services Contractors are: New Morning Youth & Family Services (NM), Remi Vista (RV), Sierra Child and Family Services (SCF), Stanford Youth Solutions (SYS), Summitview Child and Family Services (SV) and Tahoe Youth and Family Services (TY).

Childrens Services (Angie Larrigan/Lisa K)
- In August, there were **45** new requests for services: **26** met criteria for Specialty Mental Health Services (**3** Tahoe /**16** West Slope/**6** Out of County/**1** Unknown).
- In August, there were **33** children discharged from services (**5** Tahoe / **28** West Slope / **0** Out of County).

TAY DBT/FEP Program (Sabrina Owen and Lesly VanSloten)
Tahoe

- 8-24 Showed Paper Tigers documentary to Tallac teachers & administrators, also in attendance was the probation officer assigned to the school, the school safety officer (STPD) and the SLT Chief of Police, this lead to a discussion of ACES and trauma sensitive approaches, later the same date did a second showing to SLT school psychologists and counselors. All LTUSD psychologists and counselors have now seen Paper Tigers and are working to implement trauma sensitive approaches and ACES awareness.
- 8-29 Anastasia attended Meet & Greet at Tallac with new students & previous DBT skills group participants who expressed how helpful the group had been to them and their eagerness to engage in further DBT skills groups
- In the First Episode Psychosis (FEP) Program, SLT has one client, and one dropped out, moving out of the area. We are currently working to identify those at risk at the high school through the DBT skills program.

Placerville

- 8-5- Clinician started back at Independence High School holding DBT groups everyday in 5 separate classrooms during 1st period M-Th and during 5th period on Fridays.
- 8-29 Clinician and her Supervisor met with Fredricio Meir, Principal of Charter High School to collaborate on the implementation of DBT Groups at that school. Meeting went so well, Mr. Meir invited the Clinician to attend an all staff meeting on the 29th and she began classroom collaboration with Teachers in two periods on August 30th.
- In the FEP Program WS has two clients and is using the NAVIGATE model. The Clinician has engaged the Clients in individual and family therapy.

Continuum of Care: (Rhapsody Flores)

LPS Conservatorship:

- **58** LPS Conservatorships
- **1** Temporary Conservatorships
- **0** LPS Termination

Intensive Case Management (ICM):

- Serving **36** clients on the West Slope
- Serving **19** clients in SLT

Placement:

- Transitional Houses/Apartment
  - 21 total beds (WS): openings 5
  - 12 total beds (SLT): T1 , T2 (MIOCR) full
- Trailside Terrace
  - 5 of 5 units occupied
  - ICM team coverage
- The Aspens at South Lake
  - 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. Minimum 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:

- **24** IMD beds - Crestwood/Canyon Manor/California Psychiatric Transitions (CPT)
- **2** State Hospital
- **8** Enhanced Board and Care beds including Willow Glen & Silver Ridge
- **26** Board and Care - Sacramento & Galt (including Grace Home)
- **Total:**
    - **54** Out of County Placements
    - **6** In County Placements (Silver Ridge)

Staffing:

- New Hires:
    - Sean Galloway, Psychiatric Technician started 8-25-16.

- Promotions:
    - Angie Larrigan was promoted to Mental Health Clinical Program Manager of Quality Improvement/Utilization Review, Access Team, and Crisis Unit.

- Recruitments:
    - Interviews in process for Mental Health Clinician in SLT and WS.
    - A 1.0 FTE Mental Health Program Coordinator for SLT ICM team has been selected and is now in the hiring process.
    - 1.0 FTE Mental Health Worker will be posted soon for the SLT ICM team.
    - Interviewing for 1.0 FTE Mental Health Worker WS

- Resignations:
    -

- Position Changes:
    - Kim Jones is now a full time ICM team Mental Health Worker.
    - Cristina Nunez returned to MH from Eligibility and is the Resource Specialist MHW for both SLT & WSOP.

WS Adult Outpatient Services

- Current Group Schedule:
  <u>Monday</u>
    - BHC/Wellness - Check In Group: 10:30 am - 11:30 am
    - Anger Management Group: 1:00 pm - 2:00 pm
    - Current Events Group: 1:15 pm - 2:00 pm (Wellness)
    - Physical Activity Group: 2:00 pm - 3:00 pm (Wellness)
    - Communication Skills: 3:00 pm - 4:00 pm (Wellness)

Tuesday

- DBT Group - Skill Building: 10:00 am - 12:00 pm
- Current Events Group: 1:15 pm - 2:00 pm (Wellness)
- 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)
- Healthy Pleasures: 1:30 pm - 2:30 pm (Wellness)
- 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
- SAMHSA - Medication Education: 11:00 am - 12:00 pm (On Hold)
- Transitional Housing Independent Living Skills: 12:00 pm - 1:00 pm
- Dual Recovery Anonymous - Peer Support Group: 1:00 pm - 2:00 pm (Wellness)
- Current Events Group: 1:15 pm - 2:00 pm (Wellness)
- Self-Care/ADLS Group: 1:30 pm - 3:30 pm (Wellness)
- Therapeutic Music Group - Keyboard: 1:45 pm - 3:15 pm (Wellness)
- Anger Management Group: 2:00 pm - 3:00 pm
- Exercise Group: 3:00 pm - 3:45 pm (Wellness)

Thursday

- Current Events Group: 1:15 pm - 2:00 pm (Wellness)
- Women's Co-Occurring Recovery Group: 1:15 pm - 2:45 (Seeking Safety, ADP)
- Healthy Pleasures: 1:30 pm - 2:30 pm (Wellness)
- Get Fresh Nutrition Classes with EDC PH, 1:30 pm - 2:30 pm (Wellness)
- Nutrition/Meal Planning group: (In the T-houses on a rotating schedule)
- Life Skills Group: 3:00 pm - 4:00 pm (Wellness)
- Peer Support Training: 3:00 pm - 4:00 pm (Wellness)
- Gardening Group 2x/Month: 3:00 pm - 4:00pm (Wellness)

Friday

- DBT Group - Skills Training: 10:00 am - 12:00 pm
- Men's Co-Occurring Recovery Group: 10:00 am -12:00 pm (ADP)
- Current Events Group: 1:15 pm - 2:00 pm (Wellness)
- Ted Talks and Cinema Club: 1:30 pm - 3:30 pm (Wellness)
- DBT Group - Skills Training: 1:30 pm - 2:30 pm
- Mindfulness Group: 2:45 pm - 3:30 pm (Wellness)
- MH Peer Leadership Academy: 3:00 pm - 4:00 pm (Wellness)

SLT Adult Outpatient Services

- Current Group Schedule:

Monday

- Seeking Safety (Co-Occurring): 10:30 am - 12:00 pm (ADP)
- BHC Group: 1:00 pm - 1:30 pm
- Women's Wellness: Time to be determined
- DBT - Skill Building 1:30 pm - 2:30 pm (Wellness)

- TED Talks - Information & Conversation 3:00 pm - 4:00 pm (Wellness)

Tuesday

- DBT - Interpersonal Effectiveness: 1:00 pm - 2:30 pm
- Anger Management: 1:30 pm - 2:30 pm (Wellness)
- Recovery through Art: 2:30 pm - 3:30 pm (Wellness)
- Just One Thing (Mindfulness) : 3:30 pm - 4:00 pm (Wellness)

Wednesday

- DBT - Coping with Depression & Anxiety: 1:00 pm - 2:30 pm
- Refuge Recovery (Co-Occurring) 1:30 pm - 2:30 pm (Wellness)
- Health Awareness: 1:30 pm - 2:00 pm (Wellness)
- Healthy Cooking: 2:00 pm - 3:00 pm (Wellness)
- Living Skills: 3:00 pm - 4:00 pm (Wellness)

Thursday

- DBT- Stress management 1:30 pm - 3:00 pm
- Community Outings/ Volunteering: 1:00 pm - 4:00 pm (Wellness)
- TED Talks - Information & Conversation 1:30 pm - 2:00 pm (Wellness)
- Coping Skills 2:00pm-2:30pm (Wellness)
- Social & Recreation Activities 2:30 pm - 4:00 pm (Wellness)

Friday

- Living in Balance (Co-Occurring): 10:30 am - 12:00 pm (ADP)
- Recovery Through Art: 1:30 pm - 2:30 pm (Wellness)
- Volunteering 1:30-3:30 (Wellness)
- Paths to Recovery (Book Study): 1:30 pm - 2:30 pm (Wellness)
- Social & Recreation Activities 2:30 pm - 4:00 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)

- SLT in the month of August: **34** crisis assessments, **14** hospitalizations (4 open client), **8** referred to Substance Abuse Treatment; **14.7%** (5) crisis assessments were open clients.
- WS in the month of August: **87** crisis assessments, **25** hospitalizations (9 open clients), **16** referred to Substance Abuse Treatment; **25%** (22) crisis assessments were open clients.

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

- SLT - Due to a presidential visit on the same date of the normal MDT meeting and need for increased law enforcement presence, the MDT meeting for August was cancelled.
- WS - CIT, MH and Sheriff, assisting in collection of data to determine the number of 5150's written when the client identifies self as homeless. Continue to meet monthly and connect as indicated for support, resources, etc.

Psychiatric Health Facility (Jamie Samboceti)

- There were **42** Admissions in August, 2016; **18** Admissions were El Dorado County residents and **24** were Out of County residents.
- There were **16** El Dorado County residents discharged in August, 2016; **14** to Home with Support, **0** to IMD, and **2** to T-House.
- Upon discharge, **14** El Dorado County residents were insured and **2** El Dorado County residents were pending insurance.
- During the month of August, there were **0** Seclusion Episodes, **0** Physical Restraint Episodes, **0** Assaults, **0** Elopement and **3** Medication Errors.

There were **3** denials of El Dorado County referrals: Client required Oxygen, Client was in Oregon, Alcohol detox prior to admission. Average daily census was **9.42** with an average length of stay of **7** days. No adverse effects to medication errors and staff trained. One titration error, one med not entered as discontinued (one dose), Client sent home with discontinued medication (Client called). Client satisfaction survey 9 total responses: 6 = change nothing,
2 = more groups, 1 = segregate violent people.

Mental Health Services Act (MHSA) (Laura K. Walny)

- The FY16/17 MHSA Innovation Plan was presented to the Mental Health Services Oversight and Accountability Commission (MHSOAC) on August 25, 2016. Jamie Samboceti presented the plan which was well received with only a couple of questions for clarification. The challenge in the Commission's review of the County's plan was administrative costs in the budget. They understood the three tiered calculation as this is common, however found the County's administrative cost high. One Commissioner made a point of putting it on the record that this is a problem not unique to El Dorado County and if the proposed innovation programs were not exciting and relevant programs, the plan may have been rejected solely on the basis of the administrative costs. Feedback from the meeting has been shared with Administration.
- The Suicide Prevention Planning Committee initiated its' campaign to raise awareness about suicide prevention with the following activities:
    - has issued a press release to raise awareness about suicide prevention in the older adult population
    - rolled out a new webpage as the kick off for suicide prevention week @ http://www.edcgov.us/MentalHealth/Suicide_Prevention_Awareness.aspx. The web page offers links to the press release, www.suicideispreventable.org, information about the warning signs of suicide in the older adult population, a way to get youth involved in suicide prevention activities at www.directingchange.org, a link to the Crisis Text Line @ www.crisistext.org, and a link to the El Dorado County Senior Services webpage.
    - initiated it's email campaign to HHSA staff and community partners with an information flyer and resource information to share
- MHSA staff continues to prepare the Community Program Planning Process (CPPP) for the Three-Year Program and Expenditure Plan for FY's 2017/18 through 2019/20. Community members can provide input via email, via online

survey or at one of several community meetings to be held by Mental Health staff during the months of October and November. A press release and posting of the meeting dates and times is being submitted for publication. The community meetings to receive public input for the MHSA Annual Update are currently scheduled as follows:

- Hosted: South Lake Tahoe Mental Health Cooperative
  Aspens Room at Lake Tahoe Community College
  1 College Way
  South Lake Tahoe, CA 96150
  Thursday, October 6, 2016, at 9:00 am

- Hosted: Drug Free Divide
  The Hut
  6450 Wentworth Springs Road
  Georgetown, CA 95634
  Tuesday, October 11, 2016, at 4:00 pm

- Hosted: Commission on Aging
  Diamond Sunrise Apartments
  4015 Panther Lane
  Diamond Springs, CA 95619
  Thursday, October 20, 2016, at 9:30 am

- Hosted by Mental Health Division Wellness Center
  Mental Health Outpatient Clinic
  768 Pleasant Valley Road, Suite 201
  Diamond Springs, CA 95619
  Tuesday, October 25, 2016 5:30 pm

- Hosted: NAMI El Dorado
  El Dorado County Government Center, Building A
  330 Fair Lane, Building A
  Placerville, CA 95667
  Tuesday, November 1, 2016, at 5:30 pm

- Hosted by ACE's Collaborative
  Sierra Room at Health and Human Services Agency
  3057 Briw Road
  Placerville, CA 95667
  Wednesday, November 16, 2016, at 8:00 am

Behavioral Health Court (Shirley White)

- Placerville BHC has 7 active participants. This month 5 participants received incentives from the court and BHC Team for their hard work in their BHC

program. One participant is anticipated to graduate at the next BHC proceeding on October 3, 2016.
- South Lake Tahoe BHC has 8 active participants currently. 3 new participants will be welcomed in to the program on 9/15/16. 1 new participant will be coming into the program after completing a jail sentence which will bring the total to 12 clients.

AB 109 (Shirley White)
- There are 19 clients receiving outpatient Substance Use Disorder treatment at the Community Corrections Center. 2 clients are receiving residential Substance Use Disorder Treatment and 7 are living in sober and supported transitional housing. 21 clients are receiving Mental Health services at the Community Corrections Center.
- 10 clients are receiving treatment services in the South Lake Tahoe Jail.
- 14 clients are receiving services in the Placerville jail.

Mental Health Clients in Jail
- There were a total of **4** active Mental Health clients in jail during the month of August. (Count of clients that were open to Mental Health services at the time of their incarceration in the Placerville or SLT Jails only.)
- WS = **4** ; SLT = **0**

Patients' Rights Advocate (Doris Jones)
- Mental Health Division Informal Verbal Grievances are processed and resolved through the collaborative efforts of El Dorado County Mental Health staff, Telecare staff, and involved individuals on an ongoing, as needed basis. Assistance and advocacy provided to file written grievances for clients as needed.
- Advocacy, training, support services, referrals and resources provided to Clients, their families and supportive individuals and partnering/involved agency staff.
- Client representation provided at Telecare El Dorado County Psychiatric Health Facility Certification Review Hearings.
- Client representation provided at Telecare EDC PHF Treatment Team Meetings and, when requested, at Telecare EDC PHF Discharge Planning Meetings.

Quality Improvement/Utilization Review (Ren Scammon)
- The MHP developed its Plan of Correction (POC) resulting from the System and Chart Review that occurred in October 2015. The POC has been submitted to DHCS for their review and acceptance. A majority of the items related to the need to update the BHD's Policies and Procedures and to provide additional staff training, both of which are underway.
- Under the Special Terms and Conditions of the new Medicaid (Medi-Cal) contract between the State of California and the federal Centers for Medicare & Medicaid Services (CMS), the State and counties are required to post a "dashboard" of specific performance outcomes on their websites. The deadline for the dashboard was to be September 1, but the State asked for and was granted an

extension. The State has not yet provided the counties with the required elements of the dashboard, however the County has established a "Quality Improvement" web page in preparation for this requirement (information will also be link to WellDorado.org in the future). The web page address is: http://www.edcgov.us/MentalHealth/QI/Quality_Improvement.aspx. The page currently includes the Quarterly Priority Indicators that have been provided to the Mental Health Commission via these reports and the FY 2015-16 Quality Improvement Work Plan. The content of this page will expand as our Quality Improvement program expands to meet the new federal and State Medi-Cal requirements.

Grievances/Appeals/Hearings (Ren Scammon)

Month Filed	**Month Completed**	**Type**	**Topic**	**Location**	**Outcomes** (Appeals / Hearings Only)
4-2016	8-2016	Hearing	Step Down in Services (individual did not meet criteria for higher level of services)	WS Adult	Original decision upheld.
6-2016	8-2016	Grievance	Client Actions	WS Adult	--
6-2016		Hearing	Denied Services (individual did not meet medical necessity at time of assessment)	SLT Adult	Awaiting hearing decision.

Initials

AB	Assembly Bill
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
CalMHSA	California Mental Health Services Authority
CBHDA	California Behavioral Health Directors Association
CBO	Community Based Organization
CBT	Cognitive Behavior Therapy
CCC	Community Corrections Center
CCP	Community Corrections Partnership
CCR	Continuum of Care Reform
CFMG	California Forensic Medical Group

CFTN	Capital Facilities and Technology Needs
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)
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
FSP	Full Service Partnership
FTE	Full-Time Equivalent
FY	Fiscal Year
HHSA	Health and Human Services Agency
ICM	Intensive Case Management
IMD	Institution for Mental Disease (facility)
ITWS	Information Technology Web Services
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
LT	Limited Term
MDT	Multi Disciplinary Team
MH	Mental Health
MHD	Mental Health Division
M-F	Monday through Friday
MHOAC	Mental Health Oversight and Accountability Commission
MHRC	Mental Health Rehabilitation Center (facility)
MHSA	Mental Health Services Act
MHW	Mental Health Worker
MIOCR	Mentally Ill Offender Crime Reduction
MOA	Medical Office Assistant
NM	New Morning Youth & Family
OP	Outpatient
PA	Physician Assistant
PATH	Projects for Assistance in Transition from Homelessness

PCP	Primary Care Physician
PEI	Prevention and Early Intervention
PES	Psychiatric Emergency Services
PG	Public Guardian
PHF	Psychiatric Health Facility
PIP	Primary Intervention Program or Program Improvement Plan
POC	Plan of Correction
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
SO	Sheriff's Office
SV	Summitview Child & Family
SYS	Stanford Youth Solutions
T-House	Transitional Housing
TAY	Transitional Age Youth
TBD	To Be Determined
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