

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

Assistant Director Update (Patricia Charles-Heathers)

- Focus for the month of March has been on the budget.
- Attended the Mental Health Forum in South Lake Tahoe on March 5th.
- CBO Meeting on March 16th; shared the 12 Performance Indicators the MH Division will be utilizing in the Performance Management process.
- Ren Scammon will shift into the Utilization Review department; recruited for a MHSA Program Coordinator.

Outpatient Services

(Dennis Plunkett, Jamie Samboceti and Sabrina Owen)

Wellness Centers: Upcoming Events:

Tahoe:

- Participating in NAMI walk in Sacramento May 2
- SLT is promoting MH awareness week May 11-15.
- Open House & viewing of video "Each Mind Matters" Wednesday May 13, 6:00pm - 8:00 pm

West Slope:

- Participating in NAMI walk in Sacramento on May 2.

Recent Wellness Center Activities:

Tahoe:

- Potluck Tuesday March 10th - Clients and staff brought in food to share. Played card games with questions that facilitated learning about more about each other.

West Slope

- St. Patrick's Day Celebration on Tuesday March 17th - Clients, staff and guest were treated to a Cornbeef and Cabbage lunch.
- On Tuesday March 31st - Recovery Through the Performing Arts Group presented excerpts from the Sound of Music which was well received. Both clients and staff participated in this event.
- Interpersonal Effectiveness Model - New Module of DBT started for the clients with a focus on interpersonal effectiveness and communication.

Caseloads:

Location	Children's Outpatient	Adult Outpatient	Children's Contractors	Total
South Lake Tahoe	9 (16 TAY)=25	65 + 14 FSP= 79	58(11TYF/47SCF)	162
West Slope	0 (25 TAY)	456 + 38 ICM/FSP=494	290(95SCF/60SV/ 124NM/11RV)	809
Total	9 (41 TAY)=50	573	348	971

Continuum of Care:

LPS Conservatorship

- 62 LPS conservatorships
- 2 Temporary Conservatorship (trial pending)
- 1 New conservatee

Intensive Case Management (ICM):

- Serving 38 clients on the West Slope
- Serving 14 clients in SLT

Placement:

- Transitional Houses/Cottage/Apartment
 - 26 total beds
 - 3 openings
 - 7 days/week check-ins
- Trailside Terrace
 - 2 openings, 1 application currently in background check process
 - 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:

- 32 IMD beds - Crestwood & Willow Glen MHRC
- 9 Enhanced Board and Care beds
- 27 Board and Care - Sacramento & Galt (including grace home)
- 62 Out of County Placements
 - a. 2 step down from Willow Glen to T-House
 - b. 1 step down from CPT to Silver Ridge

Staffing:

- New Hires
 - UR Clinician has been selected with a start date June 1
- Recruitments
 - SLT recruiting for extra help Clinicians and Mental Health Workers.

- Resignations
 - Jeremy Simmons - MHSA Analyst

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 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
- 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

- 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-house 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)
- Recovery Through Music 3pm-4pm (Wellness)

Tuesday

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

- BHC Group 9am-10am
- Dual Dx Group- Seeking Safety & Living in Balance: 10:30 am - 12:00 pm
- Community Outings/ Volunteering 1:00 pm - 4:00 pm (Wellness)

Friday

- Change your Brain, Change your Life: 1:30 pm - 2:30 pm (Wellness)
- Men's Wellness: 2:00 pm - 3:30 pm
- Recovery Through Art 1:30 pm - 2:30 pm (Wellness)

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: 34 crisis assessments, 17 hospitalized (1 open client), 2 referred to Substance Abuse Treatment.
- WS in the last 30 days: 92 crisis assessments, 29 hospitalized (2 open clients), 13 referred to Substance Abuse Treatment.

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

- Good news- Sheriff's CIT Grant training delays have been resolved and CIT training will commence shortly for all First Responders. Sheriff, Police and Fire Department on both slopes to receive 8 hours of CIT training and a 4 hour training will be made available for interested County employees, NAMI and members of the general public.
- Both Jamie and Sabrina will be attending a California CIT event in June

Psychiatric Health Facility (Patricia Charles-Heathers)

- There were **35** Admissions in February, 2015; **12** Admissions were El Dorado County residents and **23** were Out of County residents.
- There were **24** El Dorado County residents discharged in March, 2015; **16** to home with support, **5** to home without support, **1** to MHRC, **2** to Board and Care.
- Upon discharge, **19** El Dorado County residents were insured and **5** El Dorado County residents were pending insurance.
- During the month of February, there were **0** seclusion episodes, **0** restraint episodes and **1** medication error.

MHSA (Ren Scammon)

- The MHSA Plan Update is being drafted and should be posted soon. The Public Hearing will be scheduled at the end of the 30-day comment period on the Draft Plan Update.
- Trailside Terrace in Shingle Springs has two vacant apartments. An application is in process for the three-bedroom vacancy and the waiting list is under review to determine the next eligible applicant for the one-bedroom vacancy.

Behavioral Health Court (Shirley White)

- Placerville Behavioral Health Court has 12 active participants; 1 participant successfully completed a residential treatment stay. 1 new referral pending assessments.
- South Lake Tahoe Behavioral Health Court has 2 active participants; 1 client is in residential treatment and upon completion of treatment will be accepted into the program..

AB 109 (Shirley White)

- A total of 6 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. 7 AB109 clients are receiving Transitional Housing services. A total of 39 clients are receiving Mental Health and Substance Use Disorder services at the Community Corrections Center. South Lake Tahoe is serving 7 clients in the Moral Reconation Therapy group in the jail and 4 clients are receiving outpatient Substance Use Disorder treatment at Tahoe Turning Point. 1 participant successfully completed Moral Reconation Therapy this month.

Patients' Rights Advocate (Doris Jones)

- Mental Health Division 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 and 0 outcomes pending.
- Ongoing Client Advocacy with Telecare Psychiatric Health Facility, Mental Health, Public Guardian, other County Departments and community-based organizations regarding Mental Health client needs, requests, issues and rights.
- Telecare Psychiatric Health Facility weekdays on site 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 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 and periodic facility safety inspections occur 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
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.	<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
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