

**Mental Health Division Update  
Mental Health Commission  
May 27, 2015 Meeting**

**Assistant Director Update** (Patricia Charles-Heathers)

- Attended the Mental Health Cooperative in South Lake Tahoe, sponsored by Barton Hospital.
- External Quality Review Organization (EQRO) review occurred on April 8, 2015.
- DHCS reviewed our Alcohol and Drug Programs and Community Providers on April 9, 2015.
- Facilitated monthly meeting between Mental Health and Telecare on April 28, 2015.

**Outpatient Services**

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

**Wellness Centers: Upcoming Events:**

Tahoe:

- City of SLT is promoting MH awareness week May 10-16.
- Wellness Open House - Viewing of video "Each Mind Matters" and reading from "Regular and Decaf" Wednesday May 13, 6:00 pm - 8:00 pm

West Slope:

- Return of the "Recovery through the Performing Arts" group, beginning May 27th. They will be preparing a special performance for the Wellness Center's 4th of July Celebration.

**Recent Wellness Center Activities:**

Tahoe:

- Spring Fling party April 10 - Karaoke and good food
- Participated in NAMI walk in Sacramento May 2nd

West Slope

- NAMI Peer-to-Peer support group started April 1, 2015. It is open to clients and guests needing support.
- Music Therapy (Guitar) group started April 8, 2015. It has been well received by clients.
- Participated in NAMI walk in Sacramento, May 2nd.

**Caseloads:**

Location	Children's Outpatient	Adult Outpatient	Children's Contractors	Total
South Lake Tahoe	9 (14 TAY)=23	77 + 25 FSP= 104	(11TYF/47SCF)	
West Slope	0 ( 25 TAY)	456 + 38 ICM/FSP=494	Information to be provided at the meeting	

Total	( 41 TAY)=50	573	348	
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### **Continuum of Care:**

#### **LPS Conservatorship**

- 62 LPS conservatorships
- 4 Temporary Conservatorship (trial pending)
- 1 LPS termination
- 0 New conservatee

#### **Intensive Case Management (ICM):**

- Serving 38 clients on the West Slope
- Serving 25 clients in SLT

#### **Placement:**

- Transitional Houses/Cottage/Apartment
  - 26 total beds
  - 2 openings
  - 7 days/week check-ins
- Trailside Terrace
  - 1 openings, 1 application currently in background check process
  - 4 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:**

- 31 IMD beds - Crestwood & Willow Glen MHRC
- 10 Enhanced Board and Care beds including Willow Glen & Silver Ridge
- 25 Board and Care - Sacramento & Galt (including grace home)
- 60 Out of County Placements
- a. 1 step down from Galt B&C to T-House

#### **Staffing:**

- New Hires
  - Kevin Corley, Mental Health Worker II, returned to work on May 4, 2015.
- Recruitments
  - SLT Mental Health Clinicians (2 FTE) and Extra Help, Workers and Aides (extra help)
- Resignations

- Dennis Plunkett resigned effective May 1, 2015
  - Jeri Bianca, Mental Health Worker II, retired April 11, 2015.
  - Arlene Hayward retiring June 26, 2015
- Position Changes:
  - Doris Jones is the new MHSA Coordinator
  - Ren Scammon is the Utilization Review Coordinator
  - Dee-Anna Bradley is the Acting Manager of Mental Health Programs
  - Rhapsody Flores is the Acting Mental Health Program Coordinator of ICM
  - Holly Janoska is the Mental Program Coordinator of the Clinic and Wellness Center

### **WS Adult Outpatient Services (Dee-Anna Bradley)**

- 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
    - NAMI Peer-to-Peer Support: 2:00 - 3:00 pm
    - Music Group (Guitar): 2:00 - 3:00pm
    - Codependent Addiction Recovery: 3:00 pm - 4:00 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 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

- BHC Group 9:00 am -10:00 am
- 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: 38 crisis assessments, 24 hospitalized (3 open client), 4 referred to Substance Abuse Treatment.
- Information for West Slope will be provided at the meeting.

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

- SLT Sheriff Deputy Victor DeLeon is being recognized for his CIT work at the BOS meeting May 12, 2015. Our ICM team loves working with Vic!

#### **Psychiatric Health Facility** (Patricia Charles-Heathers)

- There were 42 Admissions in February, 2015; 28 Admissions were El Dorado County residents and 14 were Out of County residents.
- There were 33 El Dorado County residents discharged in March, 2015; 9 to home with support, 14 to home without support, 1 to T-House, 5 to Shelters and 4 to Other..
- Upon discharge, 31 El Dorado County residents were insured and 2 El Dorado County residents were pending insurance.
- During the month of February, there were 2 seclusion episodes 0 restraint episodes and 0 medication error.

**MHSA (Doris Jones)**

- The FY 2015-16 MHSA Plan Update is being drafted. It is anticipated that the Draft Plan Update will post in early June for the 30-day comment period.
- Ren will continue working on the FY 2015-16 MHSA Plan Update until it is adopted by the Board and Doris will be working on all other MHSA-related activities.

**Behavioral Health Court (Shirley White)**

- Placerville Behavioral Health Court has 13 active participants; 2 of our participants are receiving services at our Mental Health Transitional living facilities. 7 clients were recognized for their outstanding efforts during the last month.
- South Lake Tahoe Behavioral Health Court has 2 active participants and two new referrals pending acceptance. Judge Steven Bailey attended the California Association of Drug Court Professionals 2 day training conference in Sacramento along with two BHC Team members from SLT and the Alcohol and Drug Programs Manager. The training conference featured nationally recognized researcher and trainer Douglas Marlowe and many other Judges, District Attorneys, Chief Probation Officer, Attorney Generals and other national leaders. The training has generated a great deal of positive energy within the Behavioral Health Court team. At the request of judge Bailey plan are being made Judge Bailey forkey leaders from both the Western Slope and South Lake Tahoe BHC Teams to attend the National Drug Court Conference to be held in Washington DC July 27-30.

**AB 109 (Shirley White)**

- There are a total of 45 clients being served at the Community Corrections Center. There are seven clients in residential substance abuse treatment services and 6 in transitional living. There are a rising number of clients who have over 90 days clean and sober. The Health Education Coordinators who provide the substance use disorder treatment report that that have multiple clients who are moving toward successful graduations. AB109 clients who attend services at the Community Correction Center are now being offered food. Often clients who attend services at the CCC have classes in the morning and in afternoon and do not have transportation to go get lunch. Food donations are being made weekly by the food bank.
- South Lake Tahoe AB109 is serving 7 clients in custody and 6 clients are engaged at outpatient treatment at Tahoe Turning Point. 3 clients have successfully completed 6 months of treatment at Tahoe Turning Point.

**Patients' Rights Advocate (Doris Jones)**

- Mental Health Division Grievances to date for Fiscal Year 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. Nature of (8) Grievances received in August, September, October, 2014:
  - EDC WSOP: Client concerned that a peer was rude to them at Wellness Center
  - EDC PHF: Client's parent concerned about interaction with PHF staff
  - EDC PHF: Client concerned about interaction with PHF staff
  - EDC PHF: Client concerned with facility cleanliness and food handling

- EDC PHF: Client concerned with medication service provider
- EDC PHF: Client concerned about interaction with PHF staff
- EDC PHF: Client concerned about interaction with PHF staff
- EDC PHF: Client concerned about a broken restroom door latch and lack of requested medical treatment
- No written grievances have been received since October 9, 2014.
- All verbal grievances have been expeditiously resolved through the collaborative efforts of involved parties, staff, management and the Patients' Rights Advocate.

## 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