

**Mental Health Division Update
Mental Health Commission
May 25, 2016 Meeting**

Assistant Director Update (Patricia Charles-Heathers)

- Attending bi-weekly Continuum of Care Reform (CCR) conference calls to keep abreast of the ongoing changes to AB 403.
- Working closely with Alcohol and Drug Programs and Public Health on an Overdose Prevention Program; protocols are currently being developed.
- Participated in the 3rd Annual Mental Health Forum in South Lake Tahoe on April 7, 2016.
- Dual Status Youth (DSY) Executive Meeting on April 25, 2016.
- Attended the Ribbon Cutting Ceremony for Progress House Detox Facility, on April 26, 2016.

Outpatient Services

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

Wellness Center - April Activities:

Tahoe:

- April Fools party featuring the human version of Hungry, Hungry Hippos, trivia, bingo and good food. Everyone had a great time.
- Free Clothing and Linen Event, a joint venture of Public Guardian and Mental Health; all community members were welcomed to choose whatever items they wished (all community donations) and enjoy food and beverages donated from Raley's, Domino's and South Tahoe Little League Baseball. Special thanks to Raquel Cote from Public Guardian and Keith Taylor from Mental Health for coordinating this event.

West Slope:

- Began a 45 min exercise walk group through the Wellness Center on Wednesdays.
- Graduated our 2nd Cohort of MH Peer Leaders on April 8, 2016.
- Began the 2 times/month, Gardening Group through the Wellness Center.
- Approached by Independence High School for a Clinician to facilitate a 4th TAY-DBT Group on campus.

ICM - April Activities:

Tahoe:

- Enjoying the longer daylight hours with hiking and lake outings.

West Slope:

- Began a weekly Walking Group with Kim Jones
- Clinical ICM Staff are offering opportunities to experience more groups and strengthen their recovery by attending community based groups.

Caseloads: As of April 2016

Location	Children's Outpatient	Adult Outpatient	Children's Contractors	Total
South Lake Tahoe	0 - TAY	64 = Clinic 21 = ICM/FSP = 85	6 = TY; 47 = SCF = 53	138
West Slope	17 TAY	347 = Clinic 42 = ICM/FSP = 389	8 = RV; 51 = SV; 91 = SCF; 53 = NM = 203	609
Total	17 TAY	474	256	747

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).

Continuum of Care:**LPS Conservatorship**

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

Intensive Case Management (ICM):

- Serving **30** clients on the West Slope
- Serving **21** clients in SLT

Placement:

- Transitional Houses/Apartment
 - 21 total beds (WS): 4 openings - 3 female, 1 male
 - 12 total beds (SLT): T1 1 opening (F), T2 (MIOCR) 3 openings (1M, 2?)
- Trailside Terrace
 - 0 openings
 - 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:

- **25** IMD beds - Crestwood/Canyon Manor
- **2** State Hospital
- **8** Enhanced Board and Care beds including Willow Glen & Silver Ridge
- **27** Board and Care - Sacramento & Galt (including Grace home)
- **56** Out of County Placements

Staffing:

- New Hires:
 - Priscilla Kavanagh, MH Worker - SLT
- Promotions:
 - None
- Recruitments:
 - Mental Health Clinicians - ROC - WS, Extra Help - SLT
 - Psychiatric Technician - WS
 - Mental Health Workers, Extra Help - WS
- Resignations:
 - Chandra Bomben, Clinician SLT, effective May 15
- Position Changes:
 - Doris Jones from MHSA to Access Team

WS Adult Outpatient Services (Dee-Anna Bradley)

- Current Group Schedule:

Monday

- 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 - 3:45pm (Wellness)

Thursday

- Current Events Group: 1:15 pm - 2:00 pm (Wellness)
- Women's Co-Occurring Recovery Group: 1:15 pm - 2:45 pm (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/M 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 (Sabrina Owen)

- 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: 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

- 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)

- PES continues to be busy on both slopes.
- We continue to not be available for midnight to 8 am shifts face to face, with the exception of seeing children under 18 who are medically cleared in the ED.
- A contract for overnight service has been signed by HHSA and is now with the Contractor for signature.
- SLT in the month of April: **31** crisis assessments, **15** hospitalizations (**0** open clients), **6** referred to Substance Abuse Treatment; **3.2% (1)** crisis assessments were open clients.
- WS in the month of April: **90** crisis assessments, **38** hospitalizations (**7** open clients), **18** referred to Substance Abuse Treatment; **9% (8)** crisis assessments were open clients.

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

- SLT- Sheriff's CIT are actively seeking Releases of Information to help increase communication with individuals they are coming into contact with and agencies who provide mental health services. They are educating individuals and their families on services available and encouraging engagement in services. Sheriff CIT are issuing the brochures and cards regarding mental health emergencies to family members of individuals who have had interactions with the Sheriff and encouraging the use of Historical Information Form. The California Highway Patrol is currently training all their officers in 30 hours of CIT and will soon open their training to other law enforcement. SLT Police are working on getting more officers trained. MDT meeting date has been change to Wednesday to better suit the availability of the participants.
- WS - Continues to meet with the team monthly. As in SLT, officers are working hard on their CIT caseloads, meeting with individuals and their families to

promote wellness, collaboration, and to improve perspectives regarding law enforcement. In addition, brochures are being provided, Historical Information Forms encouraged, and ROI's are being signed during home visits by officers. Law Enforcement continues to provide information during the MDT and Mental Health is able to do outreach calls to some of those individuals. While Mental Health continues to follow privacy laws, we are able to be at the table and gain a wealth of knowledge from our partners, which allows us to reach out to individuals in need.

Psychiatric Health Facility (Patricia Charles-Heathers)

- There were **32** Admissions in April, 2016; **22** Admissions were El Dorado County residents and **10** were Out of County residents.
- There were **18** El Dorado County residents discharged in April, 2016; **17** to Home With Support, **1** to Other.
- Upon discharge, **18** El Dorado County residents were insured and **0** El Dorado County residents were pending insurance.
- During the month of April, there were **2** Seclusion Episodes, **0** Restraint Episodes, **1** Assault, **0** Elopement and **3** Medication Errors.

MHSA (Brandi Reid)

- The Mental Health Division is currently receiving public input on the Draft FY 16/17 MHSA Plan Update.
- The MHSA Team gave a presentation on MHSA to the South Lake Tahoe Mental Health Collaborative about MHSA.

Behavioral Health Court (Shirley White)

- Placerville Behavioral Health Court is currently serving **8** clients.
- South Lake Tahoe Behavioral Health Court is currently serving **6** clients.

AB 109 (Shirley White)

- There are **37** AB109 clients being served at the Community Corrections Center; **18** AB109 clients are being served in the Placerville jail and **9** are being served in the South Lake Tahoe jail.

Patients' Rights Advocate (Doris Jones/Reshawnda Richardson)

- 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.
- 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 Mental Health Division received the draft report from the State with the findings from the October 2015 System and Chart Review, and the Division provided feedback to the draft report. There was no unexpected information in the draft report and recoupments are anticipated to be minimal. The final report should be provided to the Division in the coming months.
- The Mental Health Division received the draft report from the External Quality Review Organization (EQRO) from the March 30, 2016 review, and the Division provided feedback to the draft report. As with the State's report from the System and Chart Review, there were no unexpected information. EQRO is performed to assist Mental Health Divisions with program improvement and does not result recoupments.

Grievances/Appeals/Hearings (Ren Scammon)

Month Filed	Month Completed	Type	Topic	Location	Outcomes (Appeals / Hearings Only)
1-2016		Hearing	Denied Services	WS Children	Awaiting Hearing Decision
4-2016		Grievance	Treatment at Wellness Center	SLT Adult	In Process
4-2016		Hearing	Step Down in Services	WS Adult	Hearing not yet held

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
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
CPS Child Protection Services

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
 EH Extra Help
 EPSDT Early and Periodic Screening, Diagnosis and Treatment
 EQRO External Quality Review Organization
 ER Emergency Room
 FSP Full Service Partnership
 FY Fiscal Year
 HHS 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
 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
 MHR Mental Health Rehabilitation Center (facility)
 MHS Mental Health Services Act
 MHW Mental Health Worker
 MIOCR Mentally Ill Offender Crime Reduction
 MOA Medical Office Assistant
 NM New Morning Youth & Family
 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
 QI Quality Improvement
 QI/UR Quality Improvement/Utilization Review
 QIC Quality Improvement Committee
 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
Tx Treatment
TY Tahoe Youth & Family
UR Utilization Review
WET Workforce Education and Training
WS West Slope