

**Mental Health Division Update
Mental Health Commission
August 24, 2016 Meeting**

Assistant Director Update (Patricia Charles-Heathers)

- Attended the County Leadership Convening on CCR on July 13th. Child Welfare and Behavioral Health leaders came together to be educated on the nuances of each area and to begin the process of working together while drawing on each other's expertise to move this forward.
- Participated in the CBHDA Small Counties and General Meeting of Behavioral Directors. Focused on the previous day meeting with Child Welfare and how to best move forward in specific areas.

Outpatient Services

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

Wellness Center - July Activities:

Tahoe:

- Lakeside BBQ on July 1, WS clients and staff joined us enjoying our beautiful community.
- In coordination with Raquel Cote of the Public Guardian's office, on July 29 clients were given free haircuts and personal hygiene care.

West Slope:

- The WS Wellness Center celebrated the 4th of July with a BBQ and fun activities.

ICM - July Activities:

Tahoe:

- Taking advantage of all that lake side living has to offer - free outdoor music concerts and activities, mountain hikes and time in and around the lake.

West Slope:

- The residents went fishing again and are still working on actually catching fish.
- Attended the free Crocker Art Museum Day in Sacramento.

Caseloads: As of July 2016

Location	Children's Outpatient	Adult Outpatient	Children's Contractors	Total
South Lake Tahoe	2 TAY	61 = Clinic 20 = ICM/FSP = 81	5 = TY; 45 = SCF = 50	133

West Slope	17 TAY	349 = Clinic 46 = ICM/FSP = 395	8 = RV; 51 = SV; 85 = SCF; 38 = NM = 182	594
Total	19 TAY	476	232	727

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 (Jamie Samboceti)

- In July, there were **46** new requests for services: **14** met criteria for Specialty Mental Health Services (**5** Tahoe / **9** West Slope).
- In July, there were **16** children discharged from services (**1** Tahoe / **15** West Slope / **0** Out of County).

TAY DBT/FEP Program (Sabrina Owen and Lesly Van Sloten)

Tahoe

- Anastasia Ingram-Flores offered recreational/social activities for group members and Peer Skills Coaches to engage in, such as beach day & a hike. Meetings with School Psychologist Natalie Collin and Student Advocate Amanda have taken place to identify students to participate in the DBT program for the upcoming school year.

Placerville

- Kris has reconnected with Independence High School (IHS) Faculty and Staff. She has also participated in IHS Staff Team Building Events and has made herself available to receive DBT Group Referrals when school starts.
- IHS has identified a 3rd classroom they would like Kris to collaborate in.
- Fred Mier, Principal at Charter High School made a surprise visit to Independence High School to solicit information from Alison Gennai, School Principal about how the DBT Program was working on her campus. Alison fondly promoted the program.
- Kris and Lesly will meet with Fred Mier in August to begin working on implementing the DBT Program at Charter High School.
- Kris has 2 new FEP Clients and has begun to implement the new FEP Program using the NAVIGATE Model.

Continuum of Care:

LPS Conservatorship

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

Intensive Case Management (ICM):

- Serving **34** clients on the West Slope
- Serving **22** clients in SLT

Placement:

- Transitional Houses/Apartment
 - 21 total beds (WS): 4 openings - 2 female, 2 male
 - 12 total beds (SLT): T1 4 openings (1 male, 1 female, 2?), 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:

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

Staffing:

- New Hires:
 - Sean Galloway, Psych Tech started with Behavioral Health on Aug. 8th.
- Promotions:
 - Jamie Samboceti from Manager of Mental Health Programs to Deputy Director.
- Recruitments:
 - Currently interviewing for the 0.40 Patients' Rights Advocate position.

- Currently recruiting for a Program Coordinator, Clinician and Mental Health Worker for SLT.
- Currently recruiting on WS for Clinical Program Manager/UR, Clinician/UR and preparing recruitment for Crisis Clinician who is retiring in November.
- Resignations:
 - None
- Position Changes:
 - Kim Jones has accepted a position of MH worker for the ICM team in SLT and will transition to that position August 20.
 - Christina Rodarte-Núñez has accepted a MH Worker position to fill Kim Jones position. This offer was due to the RIF that occurred January 2015. She will transition to that position from HHSA Eligibility on Aug. 22nd.

WS Adult Outpatient Services

- 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 - 3:45 pm (Wellness)

Thursday

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

- 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. However, we have met with Heritage Oaks Crisis and expect services on WS to begin in the 30-60 days. They have identified staff who live in our County, are currently working in the crisis field, are certified to write and drop 5150 holds, and we will begin training on the process.
- SLT in the month of July: **40** crisis assessments, **20** hospitalizations (**1** open client), **7** referred to Substance Abuse Treatment; **7.5% (3)** crisis assessments were open clients.
- WS in the month of July: **81** crisis assessments, **36** hospitalizations (**9** open clients), **22** referred to Substance Abuse Treatment; **20% (16)** crisis assessments were open clients.

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

- SLT - Multi-Disciplinary Team meeting continues to meet to discuss individuals who may need outreach and linkages to services. Sabrina has provided education in two CIT trainings to CHP.
- WS - We continue to meet monthly and have identified a new process for partners such as Group Home staff and Marshall Hospital staff to attend the first 30 minutes of each meeting to bring issues and concerns forward. This will give the team an opportunity to hear from our community partners and adhere to our privacy criteria by excusing them after the first 30 minutes. Jamie provided 2 trainings to the Placerville Police Department regarding Crisis, appropriate documentation on 5150 hold, hospital procedure, and how to work with individuals with mental illness.

Psychiatric Health Facility (Patricia Charles-Heathers)

- There were **50** Admissions in July, 2016; **33** Admissions were El Dorado County residents and **17** were Out of County residents.
- There were **30** El Dorado County residents discharged in July, 2016; **25** to Home with Support, **1** to IMD, **1** to T-House and **3** to Other.
- Upon discharge, **26** El Dorado County residents were insured and **4** El Dorado County residents was pending insurance.
- During the month of July, there were **2** Seclusion Episodes, **0** Physical Restraint Episodes, **5** Assaults, **0** Elopement and Medication Errors.

There were **5** denials of El Dorado County referrals: prior employee, non-ambulatory, no female beds, no private room/quiet room, hand held nebulizer. Average daily census was 11.35 with an average length of stay of 7.04 days.

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

- The MHSA Project Team is currently preparing for the FY16/17 MHSA Innovation Plan presentation to the Mental Health Services Oversight and Accountability

Commission (MHSOAC) on August 25, 2016. Jamie Samboceti will present the plan before the Commission.

- Planning for Suicide Prevention Week (September 5 – 11th) with a targeted focus on older adults has been expanded to a working committee representing Behavioral Health, Public Health, Social and Community Services, NAMI and other community partners. The Suicide Prevention Planning Team is currently looking at available resources, identifying priority populations based on data, identifying available services across divisions while developing a public awareness campaign. Our goal is to work towards greater integration of suicide prevention efforts within existing services and to engage the community in ongoing conversations about suicide prevention.
- MHSA staff continues to prepare the Community Program Planning Process (CPPP) for the Three-Year Program and Expenditure Plan for the fall, 2016. In the coming weeks, we will be scheduling the various stakeholder meetings and will be posting the schedule to the website as well as posting in local and regional newspapers. Suggestions or questions regarding the process are always welcome.

Behavioral Health Court (Shirley White)

- Placerville Behavioral Health Court is currently serving **7** clients. 5 clients received incentives for their good work in the program. 1 client is returning to the program after a brief incarceration and will be residing in the Mental Health transitional home and one new client will be entering BHC upon completion of 30 days of residential treatment.
- South Lake Tahoe Behavioral Health Court is currently serving **12** clients. One client is going to be entering residential substance use disorder treatment and then returning to BHC. Two clients had to be exited from the transitional home due to drug use.

AB 109 (Shirley White)

- There are **32** AB109 clients being served at the Community Corrections Center; **16** AB109 clients are being served in the Placerville jail and **8** are being served in the South Lake Tahoe jail. There are **19** clients receiving Mental Health Services at the Community Corrections Center through our outstationed Mental Health Clinician; **3** clients are currently receiving Residential Substance Use Disorder treatment and **5** are in Sober Living.

Mental Health Clients in Jail

- There were a total of **3** active Mental Health clients in jail during the month of July. (Count of clients that were open to Mental Health services at the time of their incarceration in the Placerville or SLT Jails only.)
- WS = **3**; 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)

- A member of the Utilization Review team is again attending PHF Treatment Team meetings (Monday through Friday) to ensure a smooth transition from the PHF to Outpatient Services.
- The BHD received the final report from the California Department of Health Care Services and the corrective action plan is under development. Primary areas of need include

Grievances/Appeals/Hearings (Ren Scammon)

Month Filed	Month Completed	Type	Topic	Location	Outcomes (Appeals / Hearings Only)
4-2016		Hearing	Step Down in Services (individual did not meet criteria for higher level of services)	WS Adult	Awaiting Hearing Decision
6-2016	8-2016	Appeal	Documentation	PHF	Documentation unable to be changed as requested.
6-2016		Grievance	Client Actions	WS Adult	--
6-2016		Hearing	Denied Services (individual did not meet medical necessity at time of assessment)	SLT Adult	Pending Hearing Date

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
 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
 MHRM Mental Health Rehabilitation Center (facility)
 MHSAMental 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
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