

**Behavioral Health Division Update
Mental Health Commission
December Report (November Data)**

Deputy Director Update (Jamie Samboceti)

- Our focus is on continuing the services we are currently providing, always working on how to better serve our community with our current resources. Early budget meetings indicate few changes for the next budget cycle.
- Our Strategic/Integration Plan has brought about a project for each of the HHSA units to develop their Mission Statements and Belief Statements. These will be shared with the Integration Team to begin the process of understanding what we do and to identify the overlap that is likely to appear.
- Restoration of Competency, ROC, in Jail is up and running. We are looking forward to seeing the outcome, and AOT discussion has been completed and individuals identified.

Outpatient Services

(Lesly VanSloten and Sabrina Owen)

Wellness Center - November Activities:

Tahoe:

- November 17- Wellness participants enjoyed a traditional Thanksgiving meal which was prepared and served by staff.
- Upcoming event: Winter holiday meal with gifts for all December 16

West Slope:

- On Tuesday, November 15, the West Slope Wellness Center clients, volunteers and staff enjoyed a Thanksgiving Dinner at the Firefighters' Memorial Hall in Diamond Springs. 60+ clients attended this event, and County staff and NAMI volunteers served up the food for everyone. A huge thank you to everyone who helped with planning, shopping, cooking, setting up, transporting clients, serving, and cleaning up! MHSA, NAMI, Behavioral Health and Public Guardian staff, volunteers and clients helped make the day possible!
- Upcoming event: December Performing Arts Group production of "Home for the Holidays" will be held on Tuesday, December 13 at the West Slope Wellness Center.

ICM - November Activities:

Tahoe:

- We continue to work with clients on improving their quality of life through management of symptoms and increasing skills to manage the stressors of life and the holidays.

West Slope:

- ICM held its Annual Thanksgiving Day luncheon. All FSP clients were invited to attend. Approximately 25 individuals were served a full Thanksgiving dinner, plus given leftovers to take home!

Caseloads: As of November 2016

Location	Children's Outpatient	Adult Outpatient	Children's Contractors	Total
South Lake Tahoe	1 TAY, 4 Clinic = 5	52 = Clinic 21 = ICM/FSP = 73	3 TY; 46 SCF = 49	127
West Slope	2 TAY, 29 Clinic = 31	265 = Clinic 45 = ICM/FSP = 310	68 = SV; 70 = SCF; 30 = NM, 2 = SYS = 170	511
Total	36	383	219	638

Children Services Contractors are: New Morning Youth & Family Services (NM), 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 Konyecsni)

- In November, there were **49** new requests for services: **10** met criteria for Specialty Mental Health Services (**2** Tahoe / **8** West Slope/ **0** Out of County/ **0** Unknown).
- In November, there were **6** children discharged from services (**2** Tahoe / **4** West Slope / Out of County).
- EDC Behavioral Health and EDC Child Welfare Services continue to work collaboratively in preparation for the implementation of the Child Care Reform that will take effect January 2017.

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

Tahoe

- Two DBT groups running, one at STHS and one at Tallac. Both have 10-12 participants each with a skills coach in the STHS group. Several Tallac students have reported they come to school specifically to attend the DBT group. Groups will complete in January culminating in a parent group where clients will teach DBT skills to their parents/family members. At least two new groups will be offered in February. Both groups are expected to have graduates from previous groups serving as peer skills coaches. The FEP program has four clients currently receiving services.

Placerville

- Kris continues to successfully facilitate 5 separate DBT groups at Independence High School and 2 separate DBT Groups at Charter Community along with seeing students individually from each campus. Each group ranges from 7-15 students. Teachers, administrators and principals continue to compliment Kris and the DBT programs as positive and effective interventions on campus. Both schools will break for the Christmas Holiday from 12-19-2016 until 01-09-2017. Kris is working with Independence High School to incorporate the 2 additional DBT groups Independence High School has requested into her already full schedule beginning in January 2017.
- The FEP program has 1 consistent client/family, 1-Client has been conserved, and 1-Client continues to refuse services. We have requested additional referrals from our UR and children's services departments.

Continuum of Care: (Rhapsody Flores)

LPS Conservatorship:

- **56** LPS Conservatorships
- **2** Temporary Conservatorships
- **0** LPS Termination (2 pending for termination date)

Intensive Case Management (ICM):

- Serving **33** clients on the West Slope
- Serving **22** clients in SLT

Placement:

- Transitional Houses/Apartment
 - **21** total beds (WS): openings **8**. **Spring Street T-House will be closing January 13, 2017**. Currently, it is empty and other residents have moved openings in the other transitional homes.
 - **_** total beds (SLT): T1 4 openings, T2 (MIOCR) **_ female**
- Trailside Terrace
 - **5** of 5 units occupied
 - ICM team coverage
- The Aspens at South Lake
 - **5** of 6 units occupied, one unit open, applications being reviewed
 - 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:

- **22** IMD beds - Crestwood/Canyon Manor/California Psychiatric Transitions (CPT)
- **2** State Hospital

- **8** Enhanced Board and Care beds including Willow Glen & Silver Ridge
- **25** Board and Care - Sacramento & Galt (including Grace Home)
- **Total:**
 - **51** Out of County Placements
 - **6** In County Placements (Silver Ridge)

Staffing:

- **New Hires:**
 - Karen Naegeli, Program Coordinator ICM/PES services- SLT
 - Rhonnie Rego, Mental Health Worker, ROC, AOT & Pacific house
 - Taylor Barnette, Psychiatric Technician, ICM
 - Kristie Blasingame, Mental Health Clinician IA UR/Access- WS
 - Eric Whitney, Mental Health Clinician II, UR/Access- WS
- **Promotions:**
 - None
- **Recruitments:**
 - Clinician - WS and SLT
 - Mental Health Worker Full Time and Extra Help - SLT
 - Mental Health Aides Extra Help - SLT
- **Resignations:**
 - Angelina Moxey, Mental Health Clinician IA - WS
- **Position Changes:**
 - None

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)
- Dried Mangos Music Group: 3:00 - 4:00 pm

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/M meal Planning group: (In the T-houses on a rotating schedule)
- Crafts with the Textile Division: 2:00 - 4:00 pm
- 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
- Music Appreciation Group 1:30 pm - 2:30 pm (Wellness)
- Mindfulness Group: 2:45 pm - 3:30 pm (Wellness)
- MH Peer Leadership Academy: 3:00 pm - 4:00 pm, monthly, (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) (Sabrina Owen and Angie Larrigan)

- SLT in the month of November: **19** crisis assessments, **8** hospitalizations (**2** open client), **6** referred to Substance Abuse Treatment; **16%** (**3**) crisis assessments were open clients.
- WS in the month of November: **76** crisis assessments, **20** hospitalizations (**5** open clients), **19** referred to Substance Abuse Treatment; **14.5%** (**11**) crisis assessments were open clients.

Crisis Intervention Teams (CIT) (Angie Larrigan and Sabrina Owen)

- Our SLT MDT meeting was held on November 16. We continue to educate our community partners on criteria for 5150 evaluations and resources for those individuals and their families better suited for safety plans. Our community partners identify and share information on individuals who may be needing behavioral health services.
- WS CIT MDT meeting was held on November 3rd. A large focus of the meeting surrounds education about the criteria for 5150 holds, evaluations and alternative appropriate resources. This meeting continues to be well attended and effective in providing informed support to those in need in our community.

Psychiatric Health Facility (Jamie Samboceti)

- There were **34** Admissions in November, 2016; **22** Admissions were El Dorado County residents and **12** were Out of County residents.
- There were **22** El Dorado County residents discharged in November, 2016; **20** to Home with Support, **1** to MHRC, and **1** to Other.
- Upon discharge, **21** El Dorado County residents were insured and 1 El Dorado County resident was pending insurance.

- During the month of November, there were **4** Seclusion Episodes, **1** Physical Restraint Episodes, **0** Assaults (0 clients), **0** Elopement and **0** Medication Errors.
- There were _ denials of El Dorado County referrals (information was not provided).
- Average daily census was **7.83**, with **7** average length of stay of days.

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

- MHSA staff has moved into the second phase of the Community Program Planning Process (CPPP) for the Three-Year Program and Expenditure Plan for FY's 2017/18 through 2019/20. With the HHSA budget planning process a bit earlier this year, we compiled the initial data received and formulated a draft outline of the plan, allowing for additional updates and changes based on key informant interviews conducted in January.
- Our six Community Planning Meetings were very successful and provided more in depth discussion of issues and concerns regarding the mental health needs of our community. We appreciate our community partners for hosting these meetings and providing an opportunity for us to reach out to the community and look forward to continuing these conversations!
- Congratulations to Cristina Nunez-Rodarte and Bob Kamena for completing the Mental Health First Aid Train the Trainer program this month! Cristina and Bob applied to become trainers, attended an intensive week long training, culminating in presenting to their peers on site. They have joined our training team and will begin to offer trainings in 2017!

Behavioral Health Court (Shirley White)

- Placerville Behavioral Health Court currently has 7 active participants and 4 participants are in Sober Living Environments.
- South Lake Tahoe has 8 active participants in Behavioral Health Court. 3 are in Sober Living.

AB 109 (Shirley White)

- The Community Correction Center is providing Substance Use Disorder Treatment to 28 clients. 4 clients are in Sober Living Environments, and 15 clients are receiving Mental Health services. Gender Specific services are now being offered at the Center and through the Mental Health outpatient clinic.
- 10 clients are receiving Moral Reconation Therapy services in the South Lake Tahoe jail.
- 15 clients are receiving Substance Use Disorder treatment in Placerville Jail.

Mental Health Clients in Jail (Jamie Samboceti)

- There were a total of **2** active Mental Health clients in jail during the month of November. (Count of clients that were open to Mental Health services at the time of their incarceration in the Placerville or SLT Jails only.)
- WS = **1** ; SLT = **1**

Patients' Rights Advocate (Dani Mills)

- Dani Mills, the new Patients' Rights Advocate visits the PHF three days per week, which at this time is Tuesday and Thursday starting at 9:30 am, and Wednesday starting at 12:00 pm. Dani checks in with the clients and staff to determine client needs or concerns, participates in hearings on behalf of the client (for 5250 and 5270 certification hearings), or supports clients as requested during other hearings (e.g., Writ of Habeas Corpus). Once the clients and staff needs have been addressed, Dani reports to the West Slope Outpatient Clinic to address other client or administrative needs.

Quality Improvement/Utilization Review (Ren Scammon)

- The BHD continues to await State direction on performance measure dashboards required by the Medi-Cal 1915(b) waiver.
- EQRO will be occurring in March and the BHD is awaiting instructions from Behavioral Health Concepts, the EQRO reviewer, as to the content of and required documentation for the 2017 review.

Grievances/Appeals/Hearings (Ren Scammon)

Month Filed	Month Completed	Type	Topic	Location	Outcomes (Appeals / Hearings Only)
6-2016		Hearing	Access: Denied Services (individual did not meet medical necessity at time of assessment)	SLT Adult	Awaiting hearing decision (contacted the State 12/13/16).
11-2016		Grievance	Other: Peer Behaviors at Wellness Center	WS Adult	--
11-2016		Grievance	Quality of Care: Staff Behavior Concern	WS Adult	--
11-2016		Grievance	Quality of Care: Staff Behavior Concern	SLT Adult	--

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
FEP	First Episode Psychosis
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.	<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
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

