

**Behavioral Health Division Update
Mental Health Commission
February 22, 2017 Meeting**

Deputy Director Update (Jamie Samboceti)

- We are moving forward with our System of Care!! A new Assistant Director will be coming on very soon and we are all excited to develop a much more integrated system for our Clients and Community, planning a one door entry for services.
- All of our different units under the Systems of Care have completed their Mission and Belief Statements and they are now being presented to the Executive Staff. These statements were completed by staff who do the work everyday. The Mission defines the fundamental purpose of their program and service to the people. The Belief Statements are the guiding principles and values shared among stakeholders in each program.

Outpatient Services

(Lesly VanSloten, Sabrina Owen and Karen Naegeli)

Wellness Center - January Activities:

Tahoe:

- The Wellness party for January was an 80's themed Chili Cook-off. There were five mouth watering and hearty chilis plus the usual chili fixings. Several varieties of corn bread were also available including jalapeno infused cornbread. Anastasia and Jess F. tied for 1st place for the crowds' favorite chili. Several T-Houses residents as well as other Wellness participants helped in preparing for the party. Employees dressed up in 80s attire as well as a few wellness attendees. Sabrina's trivia was extremely difficult, as usual.

West Slope:

- Movement has begun to transition the Wellness Center into a Peer Run Wellness Center. Currently 4 groups a week are facilitated by Peers: Current Events, the Exercise Group, Crafts with Textile (Knitting and Crochet), and the DRA Group, with more groups developing. The meal planning and cooking in the Wellness Center is done by residents of the Pacific House on Thursdays and Fridays with Staff oversight.
- Of the 15 volunteers who signed up in December to start the next peer support, leadership academy in January, six are consistently attending. New volunteers are excited about taking on leadership roles in mentoring, budgeting, cooking, and leading games and activities.

ICM - January Activities:

Tahoe:

- Due to the weather, we had 4 days total of office closures and some difficulties with reaching the clients safely due to heavy snow which made for treacherous driving conditions. The ICM team provided support over the phone and, as often

as possible, in person, with several employees going above and beyond to come to work despite significant challenges. Efforts were made to prioritize support where it was most needed primarily with clients that exhibited concerning behaviors or that were known to rely on the team for stability. The MIOCR house implemented random drug tests during this period and unfortunately confirmed suspected substance use with a few of the BHC participants. On a positive note, we had two individuals graduate BHC, both benefitting from their time in the MIOCR residence, they both now reside with supportive family members. Our team is proud to have been part of their recovery.

West Slope:

- ICM clients are furthering their educations. One TTP resident is enrolled and completing his first semester at Folsom Lake College and one ICM client is working diligently on her GED with EDCOE and is doing very well. We are very impressed by the ICM clients and their perseverance during the education process.

Caseloads: As of January 2017

Location	Children's Outpatient	Adult Outpatient	Children's Contractors	Total
South Lake Tahoe	1 TAY, 0 Clinic = 1	55 Clinic; 18 ICM/FSP; = 73	3 TY; 51 SCF = 54	128
West Slope	19 TAY, 32 Clinic = 51	277 Clinic; 45 ICM/FSP = 322	63 SV; 76 SCF; 23 NM, 2 SYS = 164	537
Total	52	395	218	665 (unduplicatd)

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 January, there were **38** new requests for services: **17** are pending, **7** met criteria for Specialty Mental Health Services (**2** Tahoe / **4** West Slope/ **1** Out of County/ **0** Unknown).

- In January, there were **11** children discharged from services (**2** Tahoe / **8** West Slope / **1** Out of County).
- CWS, EDC Behavioral Health and Sierra Children and Family Services met with EDCOE Administration on January 15th, 2017 to provide an overview of the Continuum of Care Reform. This meeting created a positive outcome including an increase in collaboration between important support teams in the community.
- EDC Behavioral Health, EDC Probation, EDC Child Welfare Services and other agencies in the community continue to work collaboratively to implement the Continuum of Care Reform (CCR).

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

Tahoe

- Due to weather conditions causing an extended school closure following winter break DBT groups were unable to meet for several weeks. At the end of January the Tallac group had a party to commemorate the completion and made “stress balls”. Two new groups will be offered in February, one on each campus. 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 DBT groups at Independence High School and Charter Community School along with seeing students individually from each campus. Each group ranges from 7-15 students. Teachers, administrators and principals continue to value and support our DBT programs on each campus as positive and effective interventions that reduce disruptive behaviors throughout the day. At the request of the Principal, Kris was able to adjust her schedule to include a 2nd. DBT group on Fridays at Independence High School that began on January 27th.
- The FEP program has 1 consistent client/family, 1 Client has been conserved, and 1 Client refused services this month. Kris and Lesly are actively working with UR to identify appropriate clients for this program. The single referral to this program that was made last month refused services.

Assisted Outpatient Treatment: (Rhapsody Flores)

- **5** AOT referrals received
 - 2** did not meet program criteria
 - 3** met initial program criteria
 - individuals voluntarily accepted outpatient services
 - individuals elected to proceed with the AOT process
 - 3** still in review process
- **0** clients open to AOT
- **0** clients discharged from AOT
 - 0** to a lower level of service
 - 0** out of services

LPS Conservatorship:

- **59** LPS Conservatorships

- **1** Temporary Conservatorships
- **1** LPS Termination (- pending for termination date)

Intensive Case Management (ICM):

- Serving **37** clients on the West Slope
- Serving **18** clients in SLT

Placement:

- Transitional Houses/Apartment
 - **15** total beds (WS): openings 3. **Spring Street T-House closed January 13, 2017.**
 - - total beds filled (SLT): T1 - - openings, T2 (MIOCR) - female open
- Trailside Terrace
 - **5** of 5 units occupied
 - ICM team coverage
- The Aspens at South Lake
 - **6** of 6 units occupied
 - ICM team coverage

Board and Care/IMDs/Secure Placements:

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

Staffing:

- New Hires:
 - Marissa Adams, MH worker SLT ICM
- Promotions:
 -
- Recruitments:
 - SLT and WS Mental Health Clinician, Workers & Aides- extra help, interviews have been completed.
- Resignations:
 - Priscilla Kavanagh & Juana Anthenien, extra help MH workers SLT
- Position Changes:
 -

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/Peer Led)
- Exercise Group: 2:00 pm - 3:00 pm (Wellness/Peer Led)
- 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/Peer Led)
- 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/Peer Led)
- 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
- MH Peer Leadership Academy: 3:00 pm - 4:00 pm, monthly, (Wellness)
- Physical Activities: 3:00 pm - 3:45 pm (Wellness)

Thursday

- Current Events Group: 1:15 pm - 2:00 pm (Wellness/Peer Led)
- 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 - EDC PH, 1:30 pm - 2:30 pm (Wellness/Starts 3-1)
- Nutrition/M meal Planning group: (In the T-houses on a rotating schedule)
- Crafts with the Textile Division: 2:00 - 4:00 pm (Peer Led)
- Life Skills Group: 3:00 pm - 4:00 pm (Wellness)
- Gardening Group 2x/Month: 3:00 pm - 4:00pm (Will Resume in Spring)

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/Peer Led)
- 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)

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 & Music: 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)
- Drama Therapy: 3:00 pm - 4:00 pm (Wellness)

Thursday

- DBT- Stress management 1:30 pm - 3:00 pm
- Community Outings: 1:00 pm - 4:00 pm (Wellness)
- Movement Mindfulness: 1:30 pm - 2:00 pm (Wellness)
- Coping Skills 2:00pm-2:30pm (Wellness)
- Social Awareness: 3:00pm - 4:00 pm (Wellness)

Friday

- Volunteering 1:00pm-4:00pm (Wellness)
- Living in Balance (Co-Occurring): 10:30 am - 12:00 pm (ADP)
- Recovery Through Art: 1:30 pm - 2:30 pm (Wellness)
- Paths to Recovery (Book Study): 2:30 pm - 3:30 pm (Wellness)
- Leisure Skills: 3:00pm - 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 January: **36** crisis assessments, **17** hospitalizations (**0** open client), **11** referred to Substance Abuse Treatment; **3% (1)** crisis assessments were open clients.
- WS in the month of January: **72** crisis assessments, **31** hospitalizations (**11** open clients), **12** referred to Substance Abuse Treatment; **21% (15)** crisis assessments were open clients.

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

- SLT MDT meetings continue to improve collaboration between all community partners. We are working to continue to educate all SLT law enforcement as to how to properly write a 5150 if bringing an individual to the ER for an assessment.
- WS MDT meetings continue to be well attended and productive. Law enforcement welcome information designed to provide appropriate use of 5150 and various crisis resources available to the community, particularly the use of crisis lines for individuals that may need to talk, homeless resources and available substance use disorder services.
- 0 suicides were recorded for January 2017.
- The Sheriff's CIT program has seen another year of positive decline in the amount of people being detained for a mental health evaluation. In 2015, EDSO detained 502 persons for 5150 W&I mental health evaluations. In 2016 EDSO detained 485 persons who met the 5150 W&I criteria.
- The CIT program has continued to improve its case management. The CIT Deputies balance an ongoing CIT caseload along with their regularly assigned duties within the Sheriff's Office. All deputies conducting CIT follow up work a regular patrol shift and manage their caseload as a collateral assignment. There are currently 14 Deputies and 3 Sergeants under the direction of one Lieutenant and one Captain.

Psychiatric Health Facility (Jamie Samboceti)

- There were **39** Admissions in January, 2017; **23** Admissions were El Dorado County residents and **16** were Out of County residents.
- There were **24** El Dorado County residents discharged in January, 2017; **17** to Home with Support, **1** to ICM T-House, and **6** to Other.
- Upon discharge, **24** El Dorado County residents were insured and 0 El Dorado County residents were pending insurance.
- During the month of December, there were **1** Seclusion Episodes, **1** Physical Restraint Episodes, **2** Assaults (-- clients), **0** Elopement and **3** Medication Errors.
- There were -- denials of El Dorado County referrals: Information not provided.
- Average daily census was **8.32**, with **9.91** average length of stay of days.

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

- Continue the process of Key Informant interviews. Will be wrapping that up by the end of the month.
- Staff have started drafting the new plan taking into account feedback received.
- Suicide prevention team will be reconvening in the next few weeks.
- Our ability to provide continuing education will come to an end in April of this year. We are now using **mylearningpoint**, a Netsmart product, which replaces Relias On Line Learning. We are also reaching out to establish contracts with private Behavioral Health Education Providers to ensure we have the ability to meet the continuing educational needs of our staff.

Behavioral Health Court (Shirley White)

- Placerville Behavioral Health Court currently has **7** active participants and **2** participants are in Sober Living Environments.
- South Lake Tahoe has **10** active participants in Behavioral Health Court and **2** participants are in Sober Living.
- Three Placerville Behavioral Health Court graduates from the past year were honored at the Community Corrections Center graduation ceremony on January 31, 2017.

AB 109 (Shirley White)

- The Community Correction Center is providing Substance Use Disorder Treatment to **29** clients. There are **4** pending referrals. **3** clients are in Sober Living Environments, and **19** clients are receiving Mental Health services.
- **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.
- **8** clients are receiving treatment from a contracted community provider in SLT
- **12** clients are receiving treatment from a contracted community provider in Placerville

Mental Health Clients in Jail (Jamie Samboceti)

- There were a total of **4** active Mental Health clients in jail during the month of January. (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 = **3**

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)

- EQRO will be occurring March 21 and the BHD received the preliminary list of documents requested from the reviewers. We are awaiting the proposed agenda to determine the scope of the review to determine the target audience.

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
CFT	Children and Family Teams
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
STRTP	Short-Term Residential Therapeutic Program
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