

**Behavioral Health Division Update
Mental Health Commission
February 28, 2018 Meeting
(January 2018 Data)**

ASSISTANT & DEPUTY DIRECTOR UPDATES

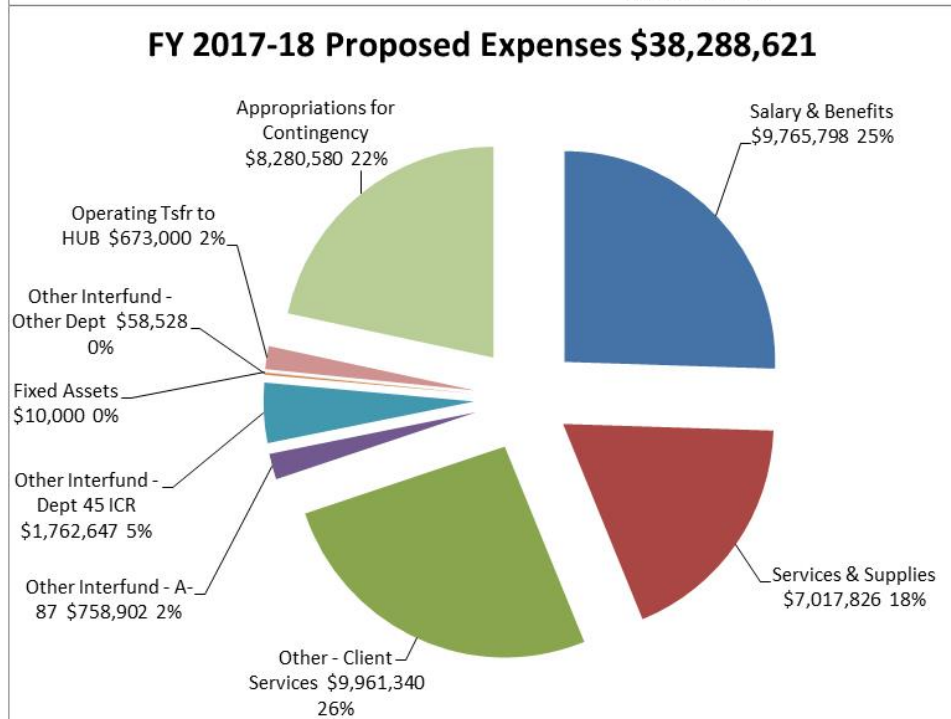
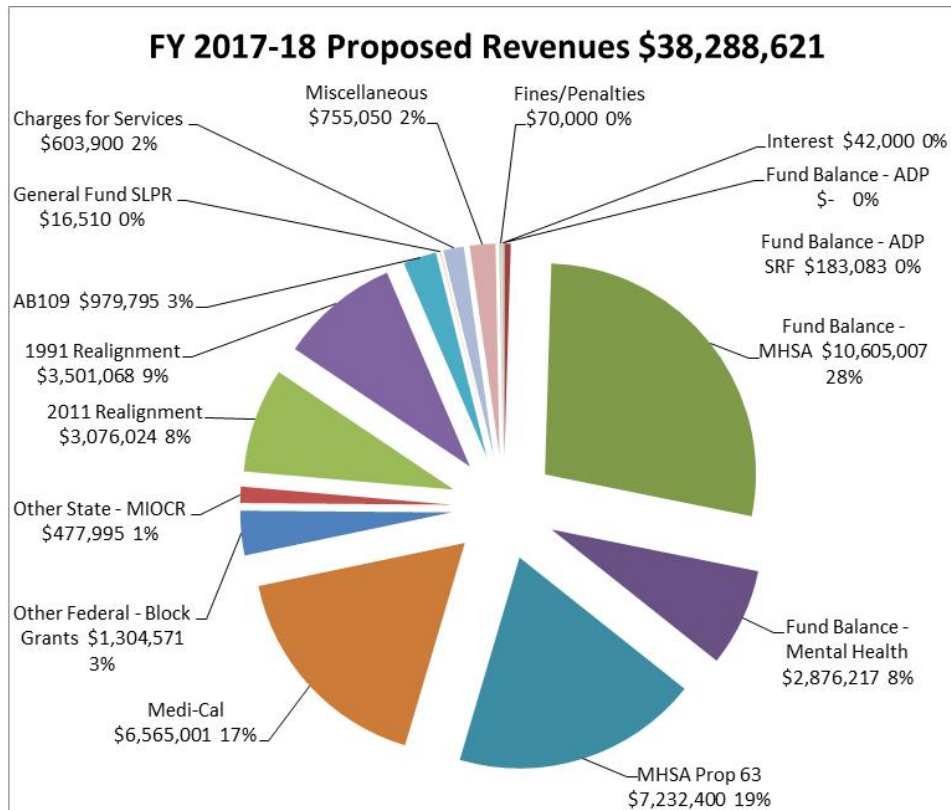
(Katy Eckert & Jamie Samboceti)

- Telecare Corporation, the Psychiatric Health Facility contractor, has hired a new Administrator. We will be receiving more information about the new Administrator soon.
- We have a lot going on regarding the Drug Medi-Cal Organized Delivery System waiver.
- We are still working through the negotiation/approval process for the Drug Medi-Cal Organized Delivery System waiver rates. We have had several rounds of discussion with the State and they are reviewing the latest round.
- We are developing a "Request for Proposal" for Drug Medi-Cal services to be released sometime in the next couple of months. The intent is to solicit treatment service providers before our proposed go-live date of July 1, 2018.
- The State is coming out in March to do our "Readiness-Review" for the Drug Medi-Cal Organized Delivery System waiver. We expect that the site review will highlight some additional deliverables that we will need to complete before we can officially start the program.

EL DORADO COUNTY BEHAVIORAL HEALTH DIVISION STAFFING:

- **New Hires:**
 - Nik Jones, MH Clinician WS, Adult Outpatient
 - Natalie Studzinski, MH Clinician WS, ICM
- **Promotions:**
 - Salina Drennan, Alcohol and Drug Programs Manager
- **Recruitments:**
 - Ongoing
 - Patients' Rights Advocate (0.4 FTE)
 - MH Clinician WS
 - New
 - Mental Health Worker - Extra Help
 - Mental Health Clinicians - Extra Help
 - Mental Health Aide-Regular and Extra Help
- **Separations:**
 - Haley Turner, MHW SLT resigned 1/31/18
 - Lori Bock, MHW-EH WS resigned 2/14/18
 - Shirley White, Alcohol and Drug Programs Manager, 2/2/18
- **Position Changes:**
 - Vanessa Martinez, MHW SLT, will now be working swing shift in the MIOCR house

EL DORADO COUNTY BEHAVIORAL HEALTH FINANCIAL UPDATE:



Highlights:

- Most funding coming into Behavioral Health is tied to delivery of services for specified programs.
- Base funding levels for individual counties are now set for 2011 Realignment.
- The county budgets full use of fund balance on the revenue side and an appropriation for contingencies on the expense side to allow flexibility throughout the year.
- MHSA Revenues are paid at an estimated rate all year long, a true up occurs in the July/August timeframe. The true up can either greatly increase or decrease revenues received for the year.

Areas of Concern:

- When the economy slows down and sales tax receipts drop statewide, we will experience a reduction in 1991 & 2011 Realignment.
- When the economy slows and California millionaire's income levels drop, MHSA revenues will likewise drop.

CASELOAD AND NEW SERVICE REQUEST DATA

Unduplicated Caseload as of January 2018

Children's Outpatient South Lake Tahoe	Clients	Children's Outpatient West Slope	Clients	Total
TAY*	7	TAY*	25	32
Clinic*	0	Clinic*	12	12
Contractor: Sierra Child & Family Services (SCF)**	43	Contractor: Sierra Child & Family Services (SCF)**	94	137
Contractor: Tahoe Youth & Family (TY)**	5	n/a	--	5
		Contractor: Summitview (SV)**	79	79
		Contractor: New Morning (NM)**	23	23
		Contractor: Stanford Youth Solutions (SYS)**	3	3
Subtotal Children's	55	Subtotal Children's	236	291

Adult Outpatient South Lake Tahoe	Clients	Adult Outpatient West Slope	Clients	Total
Clinic	59	Clinic	303	362
ICM/FSP	14	ICM/FSP	51	65
Subtotal Adults	73	Subtotal Adults	354	427

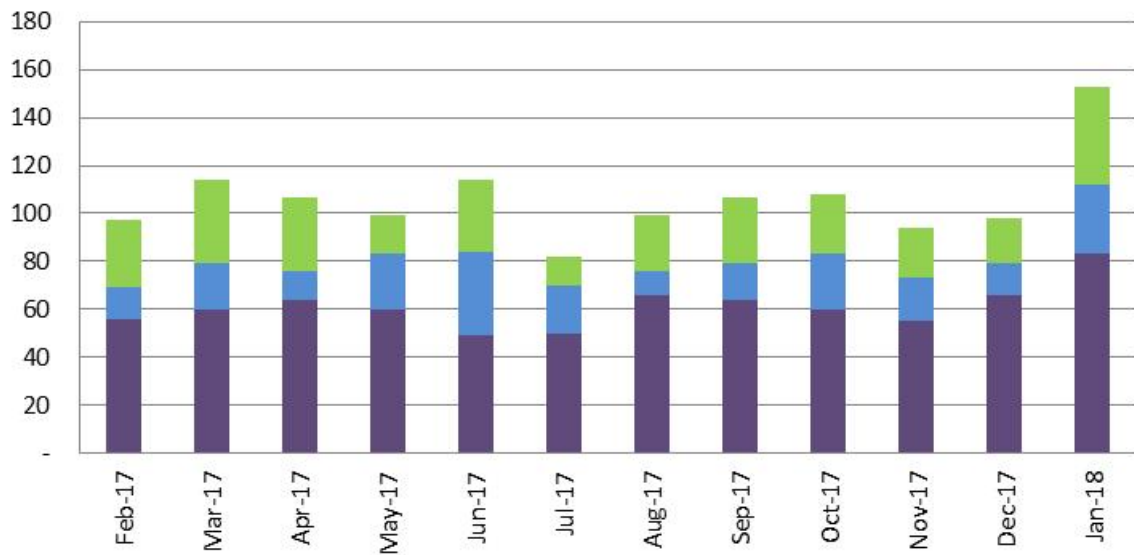
Total South Lake Tahoe	128	Total West Slope	590	718
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* Includes Children/TAY who are seen by the Behavioral Health Division's Psychiatrist only (aka "Med Only")

** May include Children/TAY who are seen by the Behavioral Health Division's Psychiatrist

New Service Request Trends

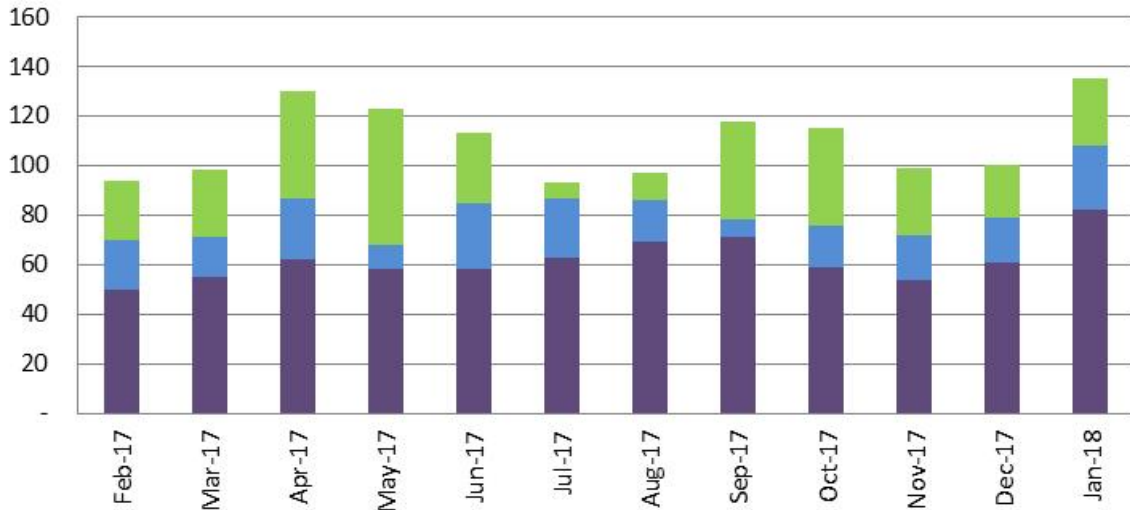
Prior 12 Month Period New Requests for Service



	Feb-17	Mar-17	Apr-17	May-17	Jun-17	Jul-17	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18
Children	28	35	31	16	30	12	23	28	25	21	19	41
TAY	13	19	12	23	35	20	10	15	23	18	13	29
Adult	56	60	64	60	49	50	66	64	60	55	66	83

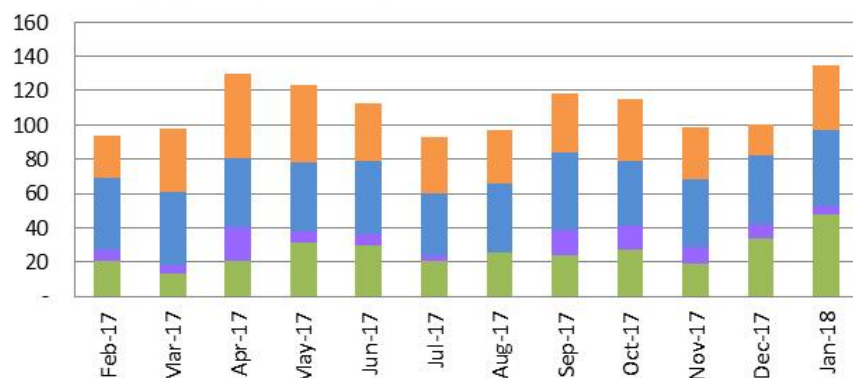
Discharged Service Request Trends

**Prior 12 Month Period Discharged Requests for Service
(by Age)**



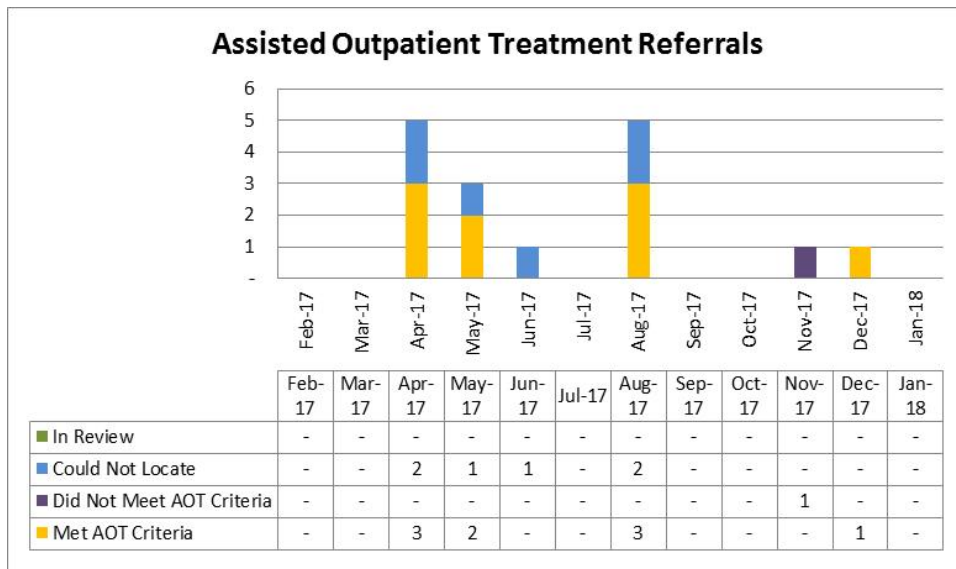
	Feb-17	Mar-17	Apr-17	May-17	Jun-17	Jul-17	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18
Children	24	27	43	55	28	6	11	40	39	27	21	27
TAY	20	16	25	10	27	24	17	7	17	18	18	26
Adult	50	55	62	58	58	63	69	71	59	54	61	82

**Prior 12 Month Period Discharged Requests for Service
(by Disposition)**



	Feb-17	Mar-17	Apr-17	May-17	Jun-17	Jul-17	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18
Other	25	37	49	45	34	33	31	34	36	31	18	38
Does Not Meet Medical Necessity	42	43	41	40	43	36	40	45	38	39	40	44
To Other MH Provider	6	5	19	7	6	3	-	15	14	10	8	5
To BHD OP Services	21	13	21	31	30	21	26	24	27	19	34	48

Assisted Outpatient Treatment: (Rhapsody Flores)



Disposition of Referrals:

0 did not meet program criteria,
0 met initial program criteria,
0 individuals voluntarily accepted outpatient services,
1 individuals to proceed with the AOT process,
0 applications in review process

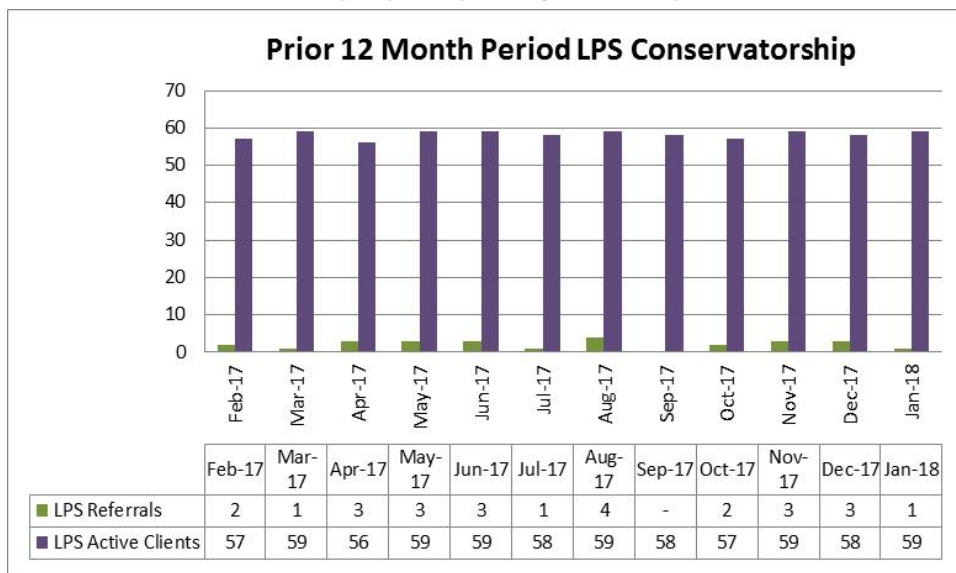
Discharged AOT clients:

0 clients discharged:
0 to a lower level of service,
0 out of services

There are currently **1** AOT clients receiving services voluntarily.

One AOT Petition was filed with the court, and the individual is now participating in Specialty Mental Health Services.

LPS Conservatorship: (Rhapsody Flores)



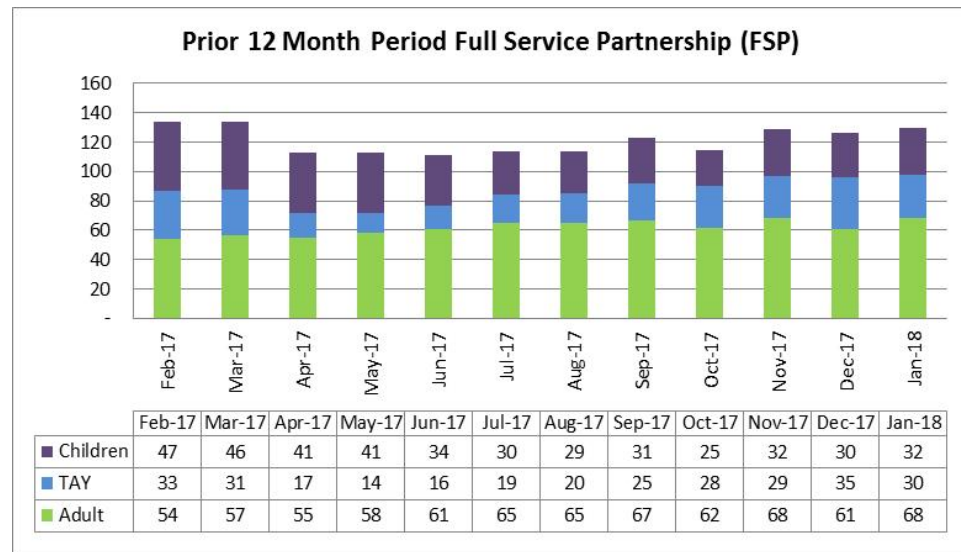
LPS Active Clients:

59 LPS Conservatorships
 5 Temporary Conservatorships

LPS Terminations:

1 LPS Terminations
 1 Pending LPS Terminations

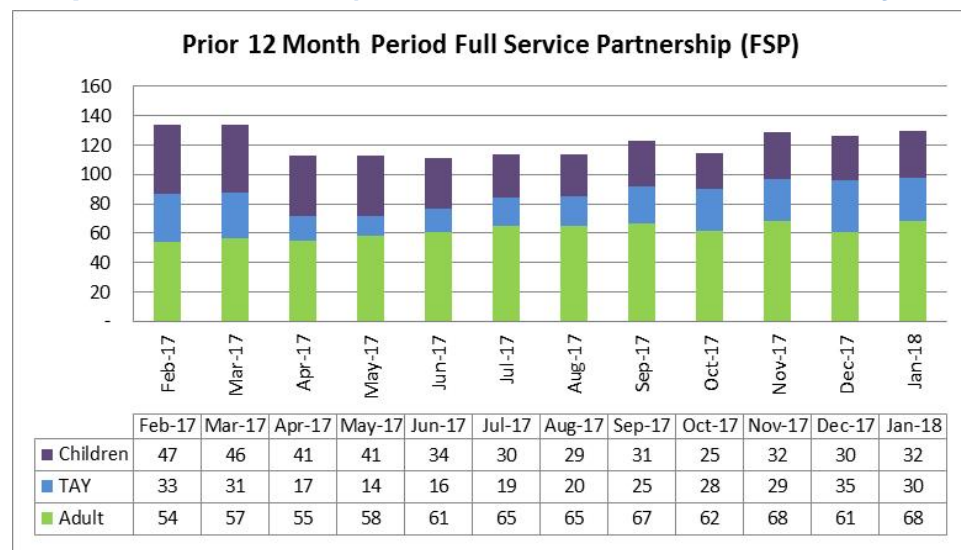
Full Service Partnership (FSP) and Intensive Case Management (ICM) (Rhapsody Flores and Karen Naegeli)



Intensive Case Management

- West Slope: Serving 43 clients
- SLT: Serving 14 clients

Outpatient Services (excludes FSP and Out-of-County Placements)



Discharges:

7 Children discharged from all services

- 1 Tahoe
- 6 West Slope
- 0 Out of County

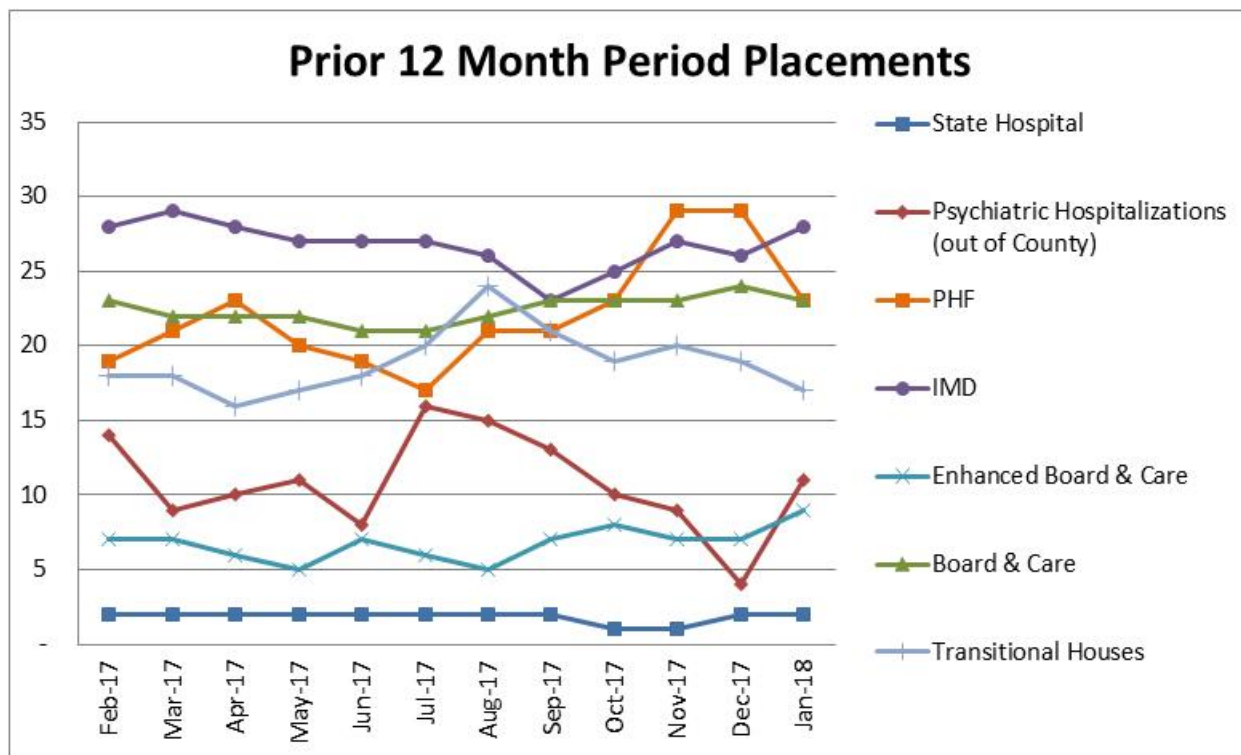
7 TAY discharged from all services

- 0 Tahoe
- 7 West Slope
- 0 Out of County

18 Adults discharged from all services

- 2 Tahoe
- 16 West Slope
- 0 Out of County

PLACEMENTS



Board and Care / IMDs / Secure Placements (Rhapsody Flores)

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

Transitions Treatment Program / MIOCR (Rhapsody Flores / Sabrina Owen)

- **WS:** 11 of 15 beds filled
- **SLT:** 6 of 12 beds filled :
 - T1 3 openings, (2 male or female / 1 female)
 - T2 (MIOCR) 3 openings, (1-3 male / 2 female)

Permanent Supportive Housing (Ren Scammon / Sabrina Owen)

Trailside Terrace

Clients receive services from the Wellness and Recovery team or from community based supports

- **5 of 5** units occupied
- Wait List:
 - 1 bedroom: **14**
 - 2 bedroom: **6**
 - 3 bedroom: **0**

The Aspens at South Lake

Clients receive ICM team coverage

- **6 of 6** units occupied
- Wait List: **unknown**
 - The Aspens is a floating unit configuration based on household size rather than a specific number of apartments for each number of bedrooms

Psychiatric Health Facility (Jamie Samboceti)

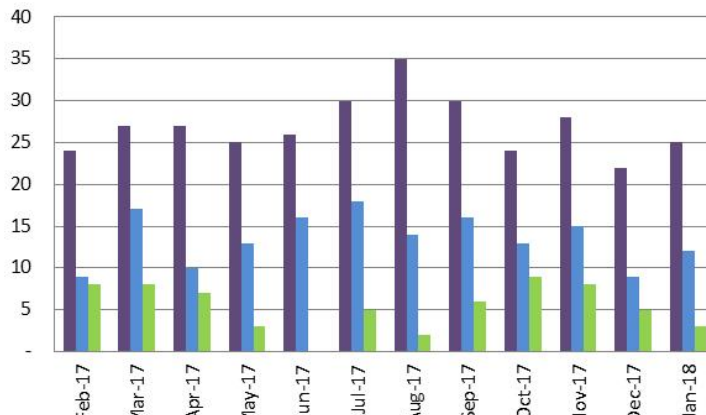
- There were 32 Admissions; 23 Admissions were El Dorado County residents and 9 were Out of County residents
- There were 22 El Dorado County residents discharged; 14 to Home with Support, 2 to Home without support, 0 MHRC/IMD, 2 Board and Care, 0 to ICM T-House, 3 to Shelter, 0 to Other, and 1 to Emergency Department
- Upon discharge, 19 El Dorado County residents were insured and 3 El Dorado County residents were pending insurance
- There were 1 Seclusion Episodes (15 minutes, 0 Physical Restraint Episodes (0 minutes), 1 Assaults (client to staff), 0 Elopements, 1 Medication Errors*, 25 Client Surveys
- There were 4 denials of El Dorado County referrals: 1 for suboxone; 1 had reached maximum benefit from treatment; 1 had primary diagnosis of substance use disorder; 1 due to full census
- Average daily census was 10.8 (range 6-15), with 7 days average length of stay.

* Medication parameters were not noted on the Medication Administration Record but were placed after identified during overnight audit.

CRISIS SERVICES

Psychiatric Emergency Services (PES) (Sabrina Owen and Angie Larrigan)

Prior 12 Month Period Psychiatric Emergency Services - SLT



	Feb-17	Mar-17	Apr-17	May-17	Jun-17	Jul-17	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18
Crisis Assessments	24	27	27	25	26	30	35	30	24	28	22	25
Hospitalizations	9	17	10	13	16	18	14	16	13	15	9	12
Referrals to Substance Use Treatment	8	8	7	3	-	5	2	6	9	8	5	3

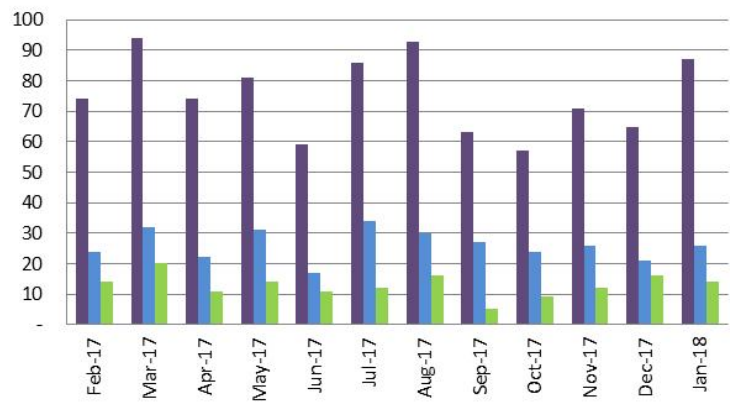
Crisis Assessments for Open Clients:

- SLT: 2
- West Slope: 18

Hospitalizations of Open Clients

- SLT: 1
- West Slope: 5

Prior 12 Month Period Psychiatric Emergency Services - WS



	Feb-17	Mar-17	Apr-17	May-17	Jun-17	Jul-17	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18
Crisis Assessments	74	94	74	81	59	86	93	63	57	71	65	87
Hospitalizations	24	32	22	31	17	34	30	27	24	26	21	26
Referrals to Substance Use Treatment	14	20	11	14	11	12	16	5	9	12	16	14

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

- **SLT:** SLT resumed its MDT meeting after several months of problems with scheduling. Law enforcement was provided with training tools to help officers to better recognize criteria for 5150's including a how to write a 5150 guide. Discussion also took place on new protocols for individuals being incarcerated that have known or suspected mental health issues.
- **WS:** WS CIT MDT has tripled in size since November. New attendees include EDC In-Home Supportive Services, Public Guardian, Adult Protective Services/In-Home Supportive Services Program Manager, EDSO HOT team, Community Health Clinic Medication Assisted Treatment representatives and Summitview Group Home representatives. The MDT has been productive and due to the increase in attendance and amount of information sharing, the meeting is now scheduled for two hours each month.

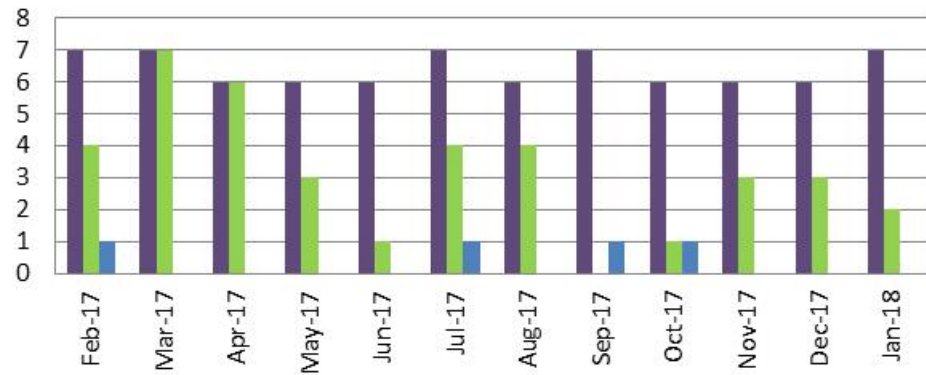
PERT- On January 23rd, 2018, EDCBH and EDSO officially partnered in the field to provide Psychediatric Emergency Response Team (PERT) services to our community.

- The PERT team provides emergency assessment, intervention and referral to individuals with suspected mental illness who come to the attention of law enforcement for emergency WIC 5150 related assistance. The PERT team carefully evaluates each situation, assesses the mental health status of each individual and provides appropriate intervention. Interventions may include 5150 hold, safety planning, referral to community based resources (EDCBH, SUD treatment, The Center for Violence Free Relationships, Nomadic Shelter, Primary Care, etc.). Additionally, the PERT team will provide follow-up contact to individuals formally in need of PERT and or CIT intervention in attempt to enhance the probability of stabilization and reduce any identified barriers to accessing appropriate services. PERT services are available Tuesday-Friday from 11am-9pm.
- Data from January 23-January 31st - 6 days of PERT are as follows:
 - 17 face to face PERT contacts.
 - ✓ 4 WIC 5150 holds placed- all for Grave Disability.
 - ✓ 10 Safety plans created
 - ✓ 2 Individuals taken to Jail
 - ✓ 1 Individual taken to Juvenile Hall
- Additionally, approximately 28 follow up telephone contacts and 18 case reviews were conducted during this 6 day period.

JUSTICE SERVICES

Behavioral Health Court (John Schumacher)

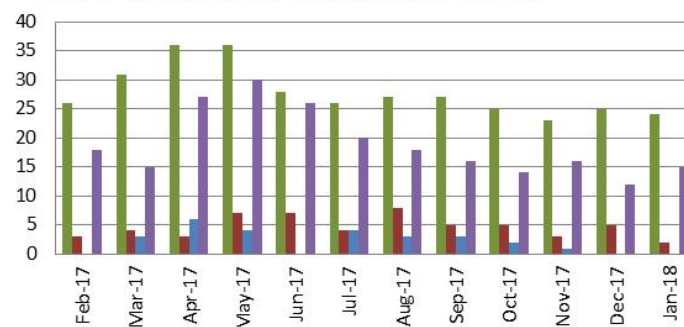
Prior 12 Month Period Behavioral Health Court - SLT



	Feb-17	Mar-17	Apr-17	May-17	Jun-17	Jul-17	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18
Active Participants	7	7	6	6	6	7	6	7	6	6	6	7
Sober Living	4	7	6	3	1	4	4	0	1	3	3	2
Residential Substance Use	1	0	0	0	0	1	0	1	1	0	-	-

AB 109 (John Schumacher)

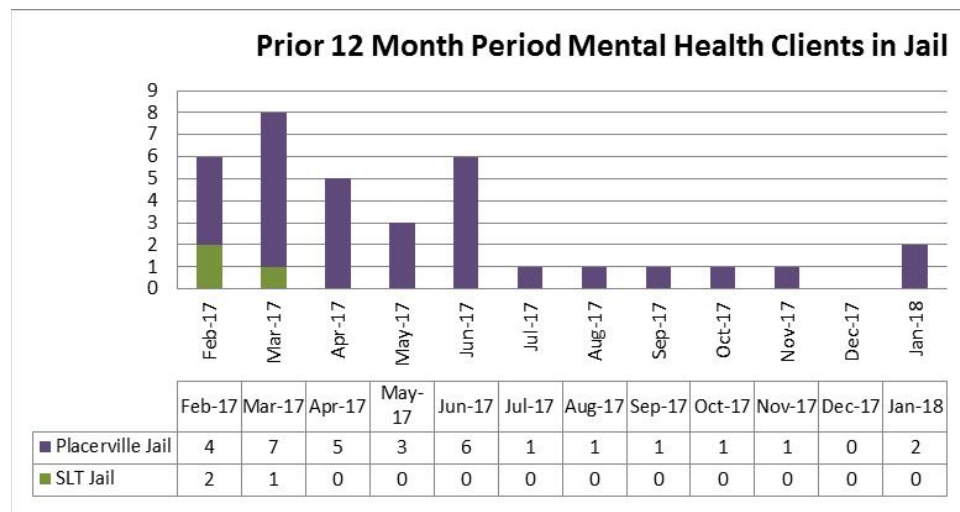
Prior 12 Month Period AB 109 Client Services at the Community Corrections Center



	Feb-17	Mar-17	Apr-17	May-17	Jun-17	Jul-17	Aug-17	Sep-17	Oct-17	Nov-17	Dec-17	Jan-18
Substance Use Treatment @ CCC	26	31	36	36	28	26	27	27	25	23	25	24
Sober Living	3	4	3	7	7	4	8	5	5	3	5	2
Residential Substance Use	0	3	6	4	-	4	3	3	2	1	-	-
Mental Health Services	18	15	27	30	26	20	18	16	14	16	12	15

- 4 clients are receiving Substance Use Education services in the South Lake Tahoe jail.
- 19 clients are receiving Substance Use Disorder treatment in Placerville Jail.
- 0 clients are receiving treatment from a contracted community provider in SLT.
- 3 clients are receiving treatment from a contracted community provider in Placerville.

Mental Health Clients in Jail (Jamie Samboceti)



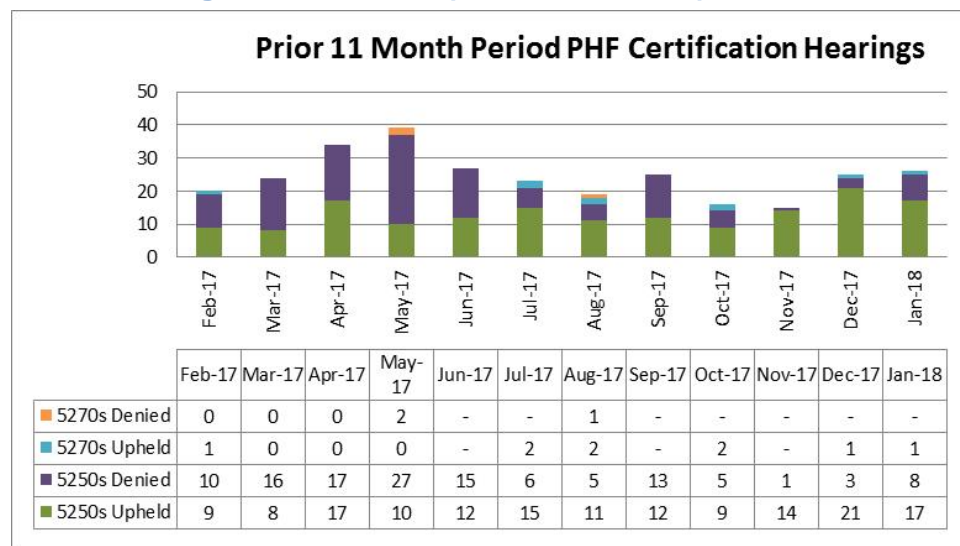
Count of Behavioral Health's existing clients that were receiving Specialty Mental Health Services at the time of their incarceration in the Placerville or SLT Jails only.

Restoration of Competency (Rhapsody Flores)

- 0 Outpatient ROC referrals; 0 Jail ROC referral
- 1 client receiving ROC Outpatient services
- 0 clients receiving ROC Inpatient services (CPT)

QUALITY ASSURANCE & PATIENT RIGHTS

Patients' Rights Advocate (Ren Scammon)



Certification hearings are held at the PHF on Mondays and Thursdays.

5250s Denied includes individuals who were served with a Certification Notice but went Voluntary prior to or at the hearing.

Quality Improvement/Utilization Review (Ren Scammon)

- Preparations are underway for the annual External Quality Review Organization (EQRO) review of the Mental Health Plan performed by Behavioral Health Concepts. EQRO is scheduled for March 22, 2018.

- QI/UR continues to work on implementing the updated 42 Code of Federal Regulations Part 438, also known as the “Mega Regs”. The State has recently released information notices related to required network capacity, Notices of Adverse Benefit Determination (NOABD, previously called “Notices of Action” or “NOAs”), grievances, appeals and beneficiary rights.

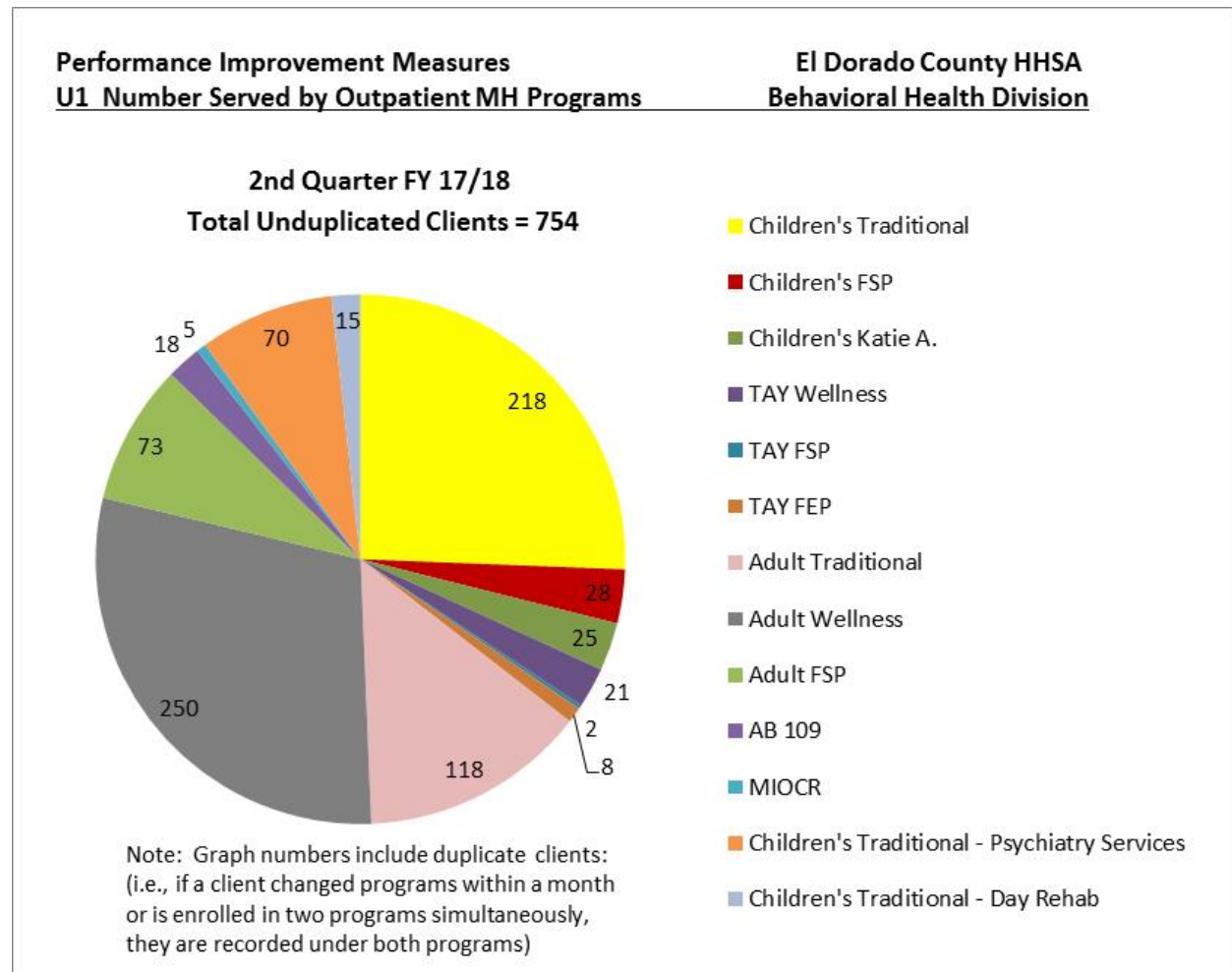
Grievances/Appeals/Hearings (Ren Scammon)

Month Filed	Month Completed	Type	Topic	Location	Outcomes (Appeals / Hearings Only)
10-2017	01-2018	Grievance	Access Request for a service provider not contracted with the County	WS Adult	
10-2017	01-2018	Grievance	Access Request for a service provider not contracted with the County	WS Adult	
10-2017	01-2018	Grievance	Access Request for a service provider not contracted with the County for services not allowable under Medi-Cal per State contract	WS Adult	
11-2017		Hearing	Denial of Services Possible intellectual/neurocognitive delay; Client would not likely benefit from specialty mental health services as it would not likely improve or maintain his mental health status	SLT Adult	Hearing request on hold pending State's receipt of proper documentation from Claimant
12-2017		Grievance	Other Communication preferences	WS Adult	

Month Filed	Month Completed	Type	Topic	Location	Outcomes (Appeals / Hearings Only)
01-2018	02-2018	Appeal	Denial of Services Possible intellectual/neurocognitiv e delay; Client would not likely benefit from specialty mental health services as it would not likely improve or maintain his mental health status	SLT Adult	Authorized for further assessment to determine potential benefit from Specialty Mental Health Services

PERFORMANCE IMPROVEMENT METRICS (reported quarterly)

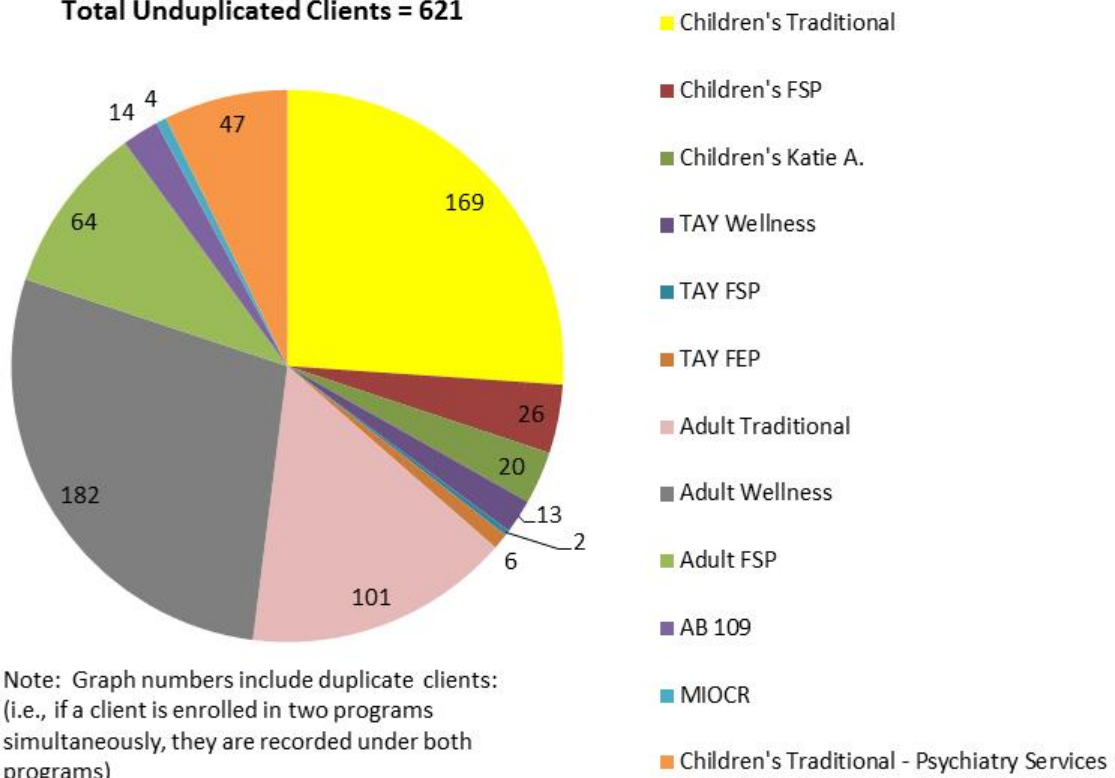
Quarter 2 (October through December 2017)



Performance Improvement Measures
U1 Number of Open Episodes at End of Quarter

El Dorado County HHSA
Behavioral Health Division

2nd Quarter FY 17/18
Total Unduplicated Clients = 621

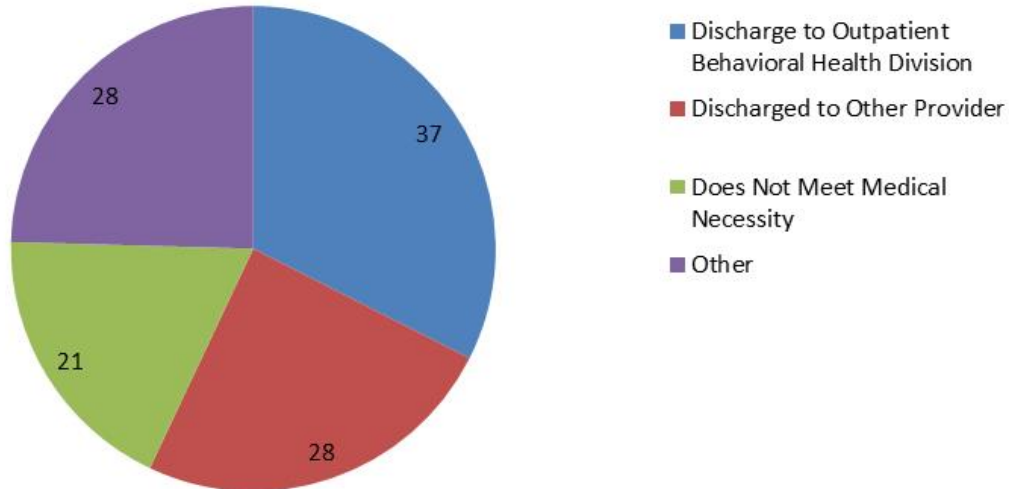


Performance Improvement Measure
U1 Number of Request For Service Discharges

El Dorado County HHSA
Behavioral Health Division

Children - 2nd Quarter FY 17/18

Total = 114

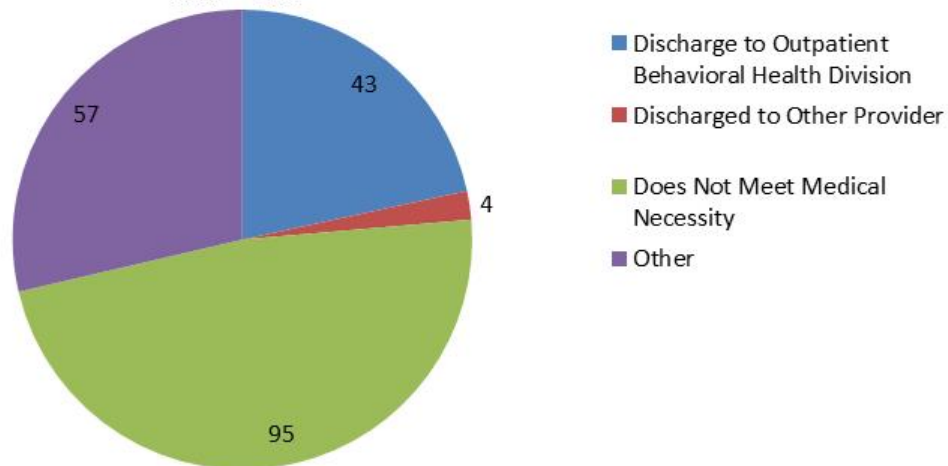


Performance Improvement Measure
U1 Number of Request For Service Discharges

El Dorado County HHSA
Behavioral Health Division

Adult - 2nd Quarter FY 17/18

Total = 199



Legend

Discharge to Outpatient MHD	Discharged to Mental Health program or ADP
Discharge to Other Provider	Discharged to Managed Care Provider or Private Insurance
Does Not Meet Medical Necessity	Discharged to Primary Care or referred to community base services
Other	Moved out of county, canceled, client could not be contacted

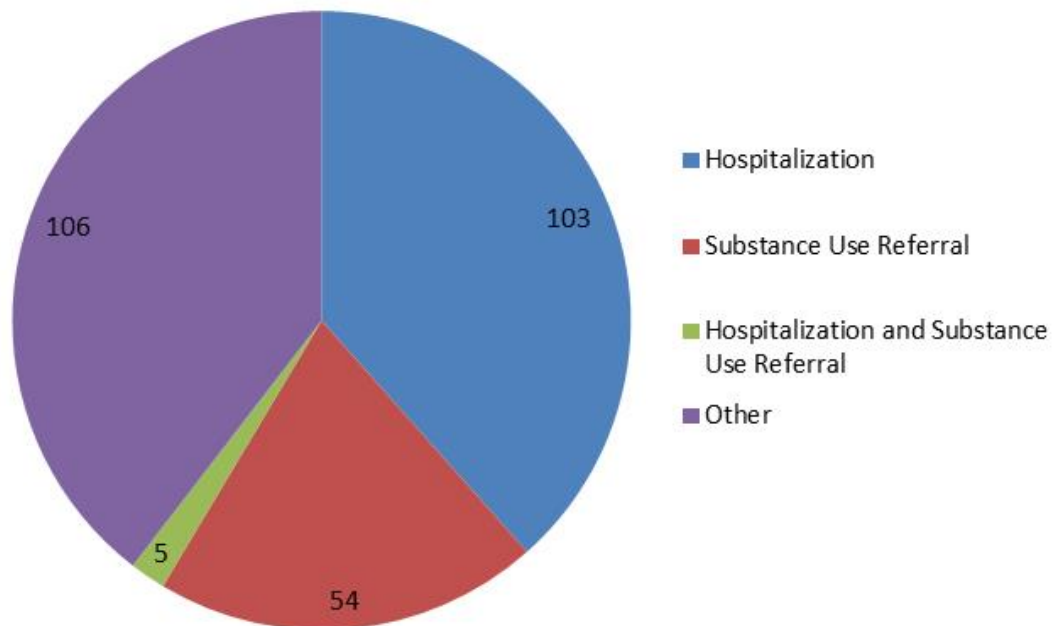
Performance Improvement Measure
Disposition of Crisis Assessments

El Dorado County HHSA
Behavioral Health Division

2nd Quarter FY 17/18

Total Unduplicated Individuals = 231

26 Individuals had 2 or more Crisis Assessments during this quarter



Next Report Period: Quarter 3 (January through March 2018)

Reporting Month: April 2018

PROGRAM ACTIVITY UPDATES

Alcohol and Drug Programs (ADP) / Substance Use Disorder (SUD) Programs (Salina Drennan)

- Shirley White retired February 2, 2018, and Salina Drennan was the selected candidate to fill the Alcohol and Drug Programs Manager position.
- Preparation for the Drug Medi-Cal / Organized Delivery System (DMC-ODS) continues. Behavioral Health is preparing the required documentation and requests for proposals (RFPs).
- The State's Readiness Review with the County is scheduled for March 2018.

MENTAL HEALTH SERVICES ACT (MHSA) (Heather Longo/Tami Smith)

Community Planning Process meetings

Date/Time	Host	Address
Thurs. Jan. 4, 2018 12 p.m.	EDC Wellness Center, Peer Leadership (consumers)	768 Pleasant Valley Road Diamond Springs, CA (Wellness Center)
Wed. Jan. 10, 2018 1:30 p.m.	EDC MHSA/Latino Outreach Stakeholder meeting	768 Pleasant Valley Road Diamond Springs, CA
Thurs. Jan. 18, 2018 9:30 a.m.	Commission on Aging	El Dorado Hills Community Services District 1021 Harvard Way El Dorado Hills, CA (gym classroom)
Mon. Jan. 29, 2018 5:30 p.m.	NAMI El Dorado Hills	Raley's grocery store 3935 Park Drive El Dorado Hills, CA (conference room at the end of aisle 16)

MHSA Surveys received: 333 (223 online; 110 paper)

Top responses to the “*six biggest gaps or needs in mental health-related services*” question:

- Alcohol and drug/substance use disorder services (35.741%)
- More services for homeless individuals (30.03%)
- More mild-to-moderate mental health providers (29.13%)
- Transportation to/from services (28.83%)
- After crisis care (24.62%)
- More services for children (24.32%)

OUTPATIENT SERVICES

(Sabrina Owen and Karen Naegeli (SLT); Lesly Van Sloten and Rhapsody Flores (WS))

Wellness Center Activities:

Tahoe:

- A diversity themed party was held in January which celebrated and highlighted a variety of different cultures unique and important contributions. Clients enjoyed a diverse menu and games including a crowd favorite - a pinata!

West Slope:

- The West Slope Wellness Center is going through some reorganizing of supplies and sheds.
- Peer leaders have increased their involvement in the Wellness Center. They're taking more initiative in starting and completing tasks.

ICM Activities:

Tahoe:

- ICM clients continue to gain skills to learn how to live independently and several have engaged (some successfully!) in the difficult task of trying to find affordable housing in SLT.

West Slope:

- Two ICM clients were successful in finding housing. They will be moving out of the T-House in February.

Children's Services (Angie Larrigan)

- Together with the support of Child Welfare Services and our community partners, the Behavioral Health Division has implemented the children and family team service per AB 403 Continuum of Care Reform. According to the Bill, a child and family team is defined as group of individuals who are convened by the placing agency and who are engaged through a variety of team-based processes to identify the strengths and needs of the child or youth and his or her family, and to help achieve positive outcomes for safety, permanency, and well-being.
- Child Welfare Services and the Behavioral Health Division partnered and implemented procedure and formal documents to initiate and receive AB 1299 Presumptive Transfer and Waiver of Presumptive Transfer. Presumptive Transfer ensures that foster children placed outside of their county of original jurisdiction are able to access mental health services in a timely manner. The bill requires presumptive transfer, or waiver of transfer of responsibility, for providing or arranging for mental health services to a foster child from the county of original jurisdiction to the county in which the foster child resides. A waiver of Presumptive Transfer is made when it has been determined that the transfer of mental health services would disrupt continuity of care or timely access to services. AB 1299 requires the mental health plan in the host county to assume

responsibility for the authorization and provision of mental health services, and payments for services, upon the presumptive transfer.

- The Behavioral Health Division and Child Welfare Services continue to collaborate in preparation for awaited guidance surrounding AB 403 STRTP and Therapeutic Foster Care Continuum of Care Reform stages.

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

Tahoe

- Anastasia is now facilitating three DBT groups - one at STHS, one at Tallac and one (by request) at the CCC (California Conservation Corps). She has also been asked to begin a substance used focused DBT at the high school. There has also recently been a discussion with a LTCC student ambassador about how to provide a similar group/peer support at the college. Anastasia is currently seeing 3 FEP clients.

Placerville

- Kate continues to facilitate 4 DBT Groups at Independence High School and 2 at Charter Community School. Kate attended an all staff meeting at Independence High School last week where the Principal and Vice Principal recognized the work Kate is doing on Campus, noting students were: "Less Rowdy" for the remainder of the day, motivated to attend group, and learning to support each other on campus outside of the designated group. Charter Community School DBT Groups are also going well with numerous group students requesting 1:1 sessions and high volume referrals from the Principal. Kate currently sees 2 FEP clients who are engaged in individual and family therapy. One client hopes to transition back into a public high school this month; which was a major goal at the beginning of treatment.

ADULT OUTPATIENT GROUP SCHEDULES

WS Adult Outpatient Services

Monday	
BHC/Wellness - Check In Group	10:30 am - 11:30 am
Manage your Emotions Group	1:15 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)
Basic Conversation Skills	2:00 pm - 3:00 pm (Wellness)
Stress Reduction	3:00 pm - 4:00 pm (Wellness)
Play a Game Group	3:00 pm - 4:00 pm (Wellness)
Tuesday	
Music Group	10:00 am - 11:00 am (Staff and Peer Led)
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/Peer Led)
Healthy Pleasures	1:30 pm - 2:30 pm (Staff and Peer Led)
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/Peer Led)
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	2:00 pm - 3:00 pm (Wellness/Peer Led)
Anger Management Group	2:00 pm - 3:00 pm
Physical Activity (1 mile walk)	3:00 pm - 3:45 pm (Wellness)
MH Peer Leadership Academy	2:00 pm - 4:00 pm, monthly, (Wellness)
Thursday	
Improv & Intro to music	10:00 am - 11:00 am
Women's Trauma Group (using seeking safety)	12:00 pm - 1:00 pm (Wellness)
Current Events Group	1:15 pm - 2:00 pm (Wellness/Peer Led)
Women's Co-Occurring Recovery Group	1:15 pm - 2:45 pm (Seeking Safety, ADP)
Get Fresh Nutrition Classes - EDC PH	1:30 pm - 2:30 pm (Wellness)
Nutrition/Meal Planning group	In the T-houses on a rotating schedule
Crafts with the Textile Division	2:00 pm - 4:00 pm (Peer Led)
DBT Skills Group	2:30 pm - 3:30 pm
Life Skills Group	3:00 pm - 4:00 pm (Wellness/Peer Led)
Gardening Group 2x/Month	3:00 pm - 4:00pm (Will Resume in June)
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
Mindfulness Group	2:45 pm - 3:30 pm (Wellness)

SLT Adult Outpatient Services

Monday	
Co-Occurring DBT	11:00 am - 12:00 pm
DBT - Mindfulness	1:00 pm - 2:30 pm
DBT - Skill Building	1:30 pm - 2:30 pm (Wellness)
TED Talks - Information & Conversation	3:00 pm - 3:30 pm (Wellness)
Current Events Discussion	3:35 pm - 4:00 pm (Wellness)
Tuesday	
DBT - Distress Tolerance	1:00 pm - 2:30 pm
Health Awareness/Cooking	1:30 pm - 2:30 pm (Wellness)
Peer Leadership	3:00 pm - 3:30 pm (Wellness)
Just One Thing (Mindfulness)	3:35 pm - 4:00 pm (Wellness)
Wednesday	
DBT – Emotional Regulation	1:00 pm - 2:30 pm
Recovery Through Art	1:30 pm - 2:30 pm (Wellness)
Refuge Recovery	3:00 pm - 3:30 pm (Wellness)
Healthy Relationship Skills	3:35 pm - 4:00 pm (Wellness)
Thursday	
Co-occurring Women's group	10:30 am – 12:00 pm (ADP)
Women's Group	1:00 pm - 2:30 pm
Community Excursions	1:00 pm - 4:00 pm (Wellness)
Movement Mindfulness	1:30 pm - 2:30 pm (Wellness)
Stress Management/Coping Skills	3:00 pm - 3:30 pm (Wellness)
Social Awareness	3:35 pm - 4:00 pm (Wellness)
Friday	
BHC Group	12:30 pm - 1:00 pm
Volunteering	1:00 pm - 4:00pm (Wellness)
Anger Management	1:30 pm - 2:30 pm (Wellness)
Leisure Skills	3:00 pm - 3:30 pm (Wellness)
Paths to Recovery (Book Study)	3:35 pm - 4:00 pm (Wellness)
Men's Wellness	2:30 pm - 4:00 pm
Saturday	
Friends 'n Fitness	11:00 am - 12:30 pm

INITIALS & DEFINITIONS

Initials	Definition
AB	Assembly Bill
ACEs	Adverse Childhood Experiences
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
BSCC	Board of State and Community Corrections
CalMHSA	California Mental Health Services Authority
CBHDA	California Behavioral Health Directors Association
CBO	Community Based Organization
CBT	Cognitive Behavior Therapy
CCC	Community Corrections Center or California Conservation Corps
CCP	Community Corrections Partnership
CCR	Continuum of Care Reform
CFMG	California Forensic Medical Group
CFR	Code of Federal Regulations
CFT	Children and Family Teams
CFTN	Capital Facilities and Technology Needs
CHP	California Highway Patrol
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)
DMC-ODS	Drug Medi-Cal Organized Delivery System
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
HOT	Homeless Outreach Team

ICC	Intensive Care Coordination
ICM	Intensive Case Management
IHBS	Intensive Home-Based Services
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
LCSW	Licensed Clinical Social Worker
LL	Laura's Law
LOCUS	Level of Care Utilization System
LPS	Lanterman Petris Short
LT	Limited Term
LTCC	Lake Tahoe Community College
MAR	Medication Administration Record
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
PD	Police Department
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
PPD	Placerville Police Department
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
SLTPD	South Lake Tahoe Police Department
SO	Sheriff's Office
STHS	South Tahoe High School
STRTP	Short-Term Residential Therapeutic Program
SUD	Substance Use Disorders
SV	Summitview Child & Family

SYS	Stanford Youth Solutions
T-House	Transitional Housing
TAY	Transitional Age Youth
TBD	To Be Determined
TFC	Therapeutic Foster Care
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