

2015



County of San Diego Behavioral Health Advisory Board Annual Report



Highlights and Accomplishments
Calendar Year 2015

County of San Diego
Health and Human Services Agency
Behavioral Health Services Division

Board of Supervisors



Greg Cox
District 1



Dianne Jacob
District 2



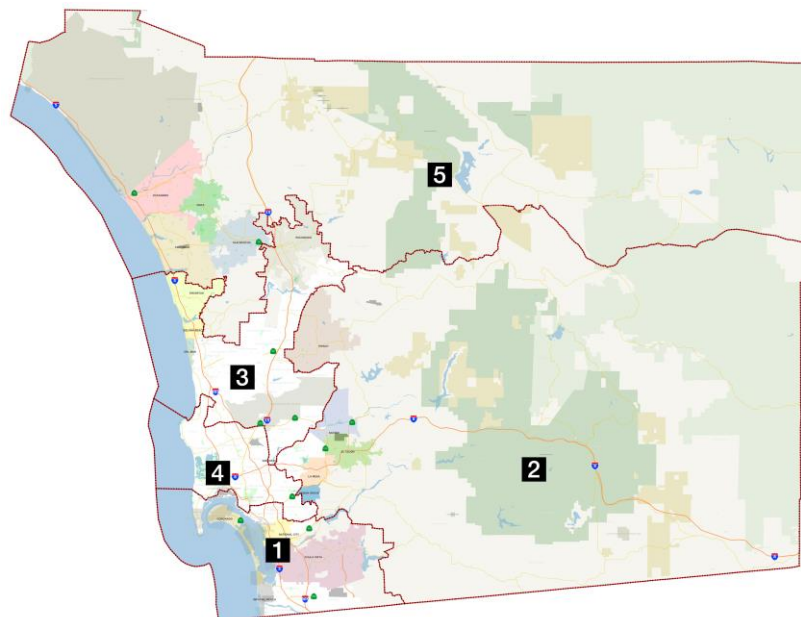
Dave Roberts
District 3



Ron Roberts
District 4



Bill Horn
District 5



County of San Diego Behavioral Health Advisory Board Mission Statement

The mission of the County of San Diego’s Behavioral Health Advisory Board (BHAB) is to review and evaluate the community’s behavioral health needs, services, programs, facilities, special problems, impacts of realignment, and procedures used to ensure citizen and professional involvement in the planning process, and to advise the Board of Supervisors, the Chief Administrative Officer, the Director of the Health and Human Services Agency (HHS) and HHS Behavioral Health Services (BHS) Director on any aspects of the above. *The preceding Mission Statement is extracted from the BHAB Bylaws approved by the Board of Supervisors on December 2, 2014 (18).*

The Behavioral Health Advisory Board also has responsibility to:

1. Review the County’s Performance Contract with the State,
2. Review and make recommendations on the appointment of the local behavioral health director,
3. Provide an annual update to the Board of Supervisors on the needs and performance of the local behavioral health programs, and to the California Mental Health Planning Council on the County’s performance outcome data.

2015 Behavioral Health Advisory Board (BHAB) Members

County Supervisor Appointed to BHAB
Supervisor Dave Roberts – District 3
District 1
Vanessa Mapula - Family Member
Eyra Leeper – Prevention Specialist
District 2
Michael Matthews – Person in Recovery
Jenifer Mendel (2 nd Vice-Chair) – Family Member
Rebecca Hernandez (Member-at-Large) – Prevention Specialist
Gloria Harris, Ph.D. – Treatment and Recovery Specialist
District 3
Julie Martin – Person in Recovery
Colin MacKinnon – Family Member
Edward Weiner – Prevention Specialist
Deanne George – Treatment and Recovery Specialist
District 4
John Sturm (Member-at-Large) – Person in Recovery
Tom Behr (Chair) – Family Member
Jerry Hall – Prevention Specialist
Judith Yates – Treatment and Recovery Specialist
District 5
Richard McGaffigan – Person in Recovery
K.C. Strang – Prevention Specialist
Phillip Deming, LMFT (1 st Vice-Chair) – Treatment and Recovery Specialist

Staff to the Behavioral Health Advisory Board



Alfredo Aguirre, LCSW Behavioral Health Services Director

Alfredo Aguirre, LCSW, began his service in the County of San Diego in 1999 as Children’s Mental Health Director. In 2004, Mr. Aguirre served as the acting Director of Adult/Older Adult Mental Health Services in addition to his responsibility as Children’s Mental Health Director. In 2007, he was formally appointed Director of Mental Health Services. With the integration of Mental Health Services and Alcohol and Drug Services in 2012, he was appointed Director of Behavioral Health Services (BHS).

Mr. Aguirre served as the President of the California Mental Health Director’s Association (CMHDA) in 2010, and currently serves as the Co-Chair of the Cultural Competence, Equity, and Social Justice Executive Committee. In addition, Mr. Aguirre was appointed by SAMHSA’s Center for Mental Health Services (CMHS) - Children’s Mental Health Branch to serve on their national advisory committee (the Council of Collaboration and Cooperation) and is also a member of the Alumni Network Steering committee for the Child, Adolescent and Family Branch, Center for Mental Health Services under SAMHSA.

Prior to his position in San Diego, Mr. Aguirre was Deputy Director for San Mateo County Mental Health for six years with the primary responsibility of the Child and Youth System of Care. He has worked in community mental health for the past 36 years as a psychiatric social worker, staff supervisor, clinic manager and system-wide manager.

Message from the Local Behavioral Health Services Director

The achievements of the Behavioral Health Advisory Board would not be possible without the leadership of its Chairperson, **Tom Behr**, and the Executive Committee consisting of 1st Vice-Chairperson, **Phillip Deming**, 2nd Vice-Chairperson, **Jenifer Mendel**, Member-at-Large, **John Sturm** (representing the mental health community) and Member-at-Large, **Rebecca Hernandez** (representing the alcohol and substance abuse community). The following items are noteworthy as we take a look back at 2015.

Successful Integration

The Behavioral Health Advisory Board (BHAB) is a merger of the former Mental Health Board (MHB) and Alcohol and Drug Advisory Board (ADAB). The integration process took over two years to complete with careful consideration to both groups to ensure each side came together in a respectful, unified manner. In February 2015, BHAB held their very first meeting and emerged as one voice with a handful of former members who continued their service, along with newly appointed members who offered a fresh perspective on the issues faced in behavioral health. The County of San Diego has served as a model to other counties who are still in the process of integrating and I am proud of our successful transition.

BHAB and *Live Well San Diego*

As I reflect on the achievements of BHAB in 2015, it becomes increasingly clear how the goals of Behavioral Health Services (BHS) and BHAB are so closely aligned with the pillars of the *Live Well San Diego* vision: **Building Better Health, Living Safely** and **Thriving**. Certainly, we **build better health** by continuing to strive and advocate for parity of primary care and behavioral health services. We also serve those whose mental health or addiction challenges have led them to homelessness. Pairing services with housing to support their recovery contributes to the **safety** of themselves and others. Lastly, **thriving**. If we don't address a person's basic behavioral health needs, they won't have the ability to take advantage of other opportunities in the community to lead a full, thriving and healthy life. These are only a handful of examples although connections to the *Live Well San Diego* vision carry forward in all of the work we do.



Trauma Informed Systems

Over the last three years, Health and Human Services Agency (HHSA) and BHS have been moving toward becoming a Trauma Informed System of Care. Trauma Informed Systems recognize and hold a universal awareness of trauma and/or complex stress as seen through social ecological and cultural lenses. Trauma often results in individualistic coping strategies that may contribute to multiple strengths and challenges over their lifespan. To this end, the HHSA seeks to:

- Ensure systems and services are outcome driven, culturally competent, recovery focused, client-partner directed, and trauma informed.

- Support activities designed to support wellness and complete health, reduce stigma and raise awareness surrounding behavioral/medical health and wellness.

Trauma Informed implementation also comes in the form of improving the look of our facilities. For example, in 2015 the San Diego County Psychiatric Hospital remodeled the entry for patients and families awaiting services. The guard station was made more inviting and a protective glass weather barrier was installed with colorful decals of a tree and positive messaging to reduce anxiety and provide comfort.

Certainly, when the people we serve are engaged in a thoughtful, trauma informed manner, the results we can achieve are far greater than without this orientation.

New and Enhanced Services

Over the last 2-3 years, Behavioral Health Services has been able to enhance and expand mental health services due to, in large part, an improvement in our economy which then translates to an increase in our funding sources, including Mental Health Services Act (MHSA) revenues. As new opportunities for expanded services became available, BHS offered recommendations to the Behavioral Health Advisory Board, which were then put to a vote and carried forward to the County Board of Supervisors for approval. A summary of voted Action Items in 2015 can be found on page 13.

Community Engagement Forums

In Fall 2015, Behavioral Health Services reached out to the community for input via thirteen Community Engagement Forums. Each HHSA service region hosted a daytime and evening forum with one additional forum held during a peer liaison quarterly meeting. At each session, participants were given an overview of BHS programs and services, followed by group tabletop discussion to address unmet needs for the following categories:

- Prevention
- Community-based Alcohol and Drug Treatment/Drug Medi-Cal
- Community-based Mental Health Treatment
- Acute and Long-Term Care
- Workforce Development

Over 880 community members participated, including:

- Persons with lived experience with mental illness and substance use
- Family members
- Providers
- Schools
- Faith communities
- Judicial/law enforcement
- Healthcare and community organizations



The Community Engagement Forums were made possible by the BHS Mental Health Services Act (MHSA) team (l to r) Gina Brown, Adrienne Collins-Yancey and Gary Ulmer-Goodrich

Feedback from the forums was subsequently compiled, analyzed and will be incorporated into BHS planning. Several BHAB Members attended the forums to show support and participate in this opportunity to advocate for underserved populations.

A Look Forward

As BHAB and BHS move into the new year, there are many exciting milestones on the horizon:

- In January 2016, BHS requested an **augmentation of mental health services**, with a total annual funding increase in Fiscal Year 2015-16 of approximately \$5,800,000, including \$2,500,000 in services to homeless in FY 2015-16 and over \$6,000,000 in services to homeless in subsequent years.
- The County of San Diego has the opportunity to opt-in to **Drug Medi-Cal** which would allow for the development of an organized delivery system of Alcohol and Other Drug (AOD) services.
- BHS will be developing a **Ten-Year Roadmap** with the goal of addressing the most serious behavioral health issues affecting the County.
- BHS, in collaboration with other County departments, will design an aggressive, comprehensive strategy to **end homelessness** for those with complex behavioral health conditions. This strategy will align with **Project One for All**, a large-scale effort approved by the Board of Supervisors in February 2016 to assist homeless individuals with Serious Mental Illness.
- In Summer 2016, BHS will release an **AOD Prevention Plan**, a comprehensive strategy to address underage use of alcohol and marijuana, improper use of prescribed medications and the illicit use of methamphetamine in our region.

The list above represents only a few examples of the issues BHS will address in the upcoming year. Each of these will be presented to the Behavioral Health Advisory Board and will require their valuable input in order to develop the best plans to move forward. I expect 2016 will be a landmark year for Behavioral Health Services and I look forward to what we can achieve together as we continue to address challenges and opportunities toward building a better system to address not only our community's behavioral health needs but to improve our community's overall health, safety and self-sufficiency with the *Live Well San Diego* vision guiding our path.

Respectfully,



Alfredo Aguirre, LCSW
Behavioral Health Services Director

BHAB and BHS Accomplishments in 2015

The good work of Behavioral Health Services (BHS) would not be possible without the support of the Behavioral Health Advisory Board (BHAB) who function as partners to move the needle on important issues. Each month, the BHAB Members bring their unique histories and experiences to the table and advocate for important issues affecting all community members. The following is a list of items the BHAB Members have supported over this past year:

Suicide Prevention Workgroup

Submitted by Supervisor Dave Roberts, BHAB Member and Chair of the Suicide Prevention Workgroup

“As a seated member on the Behavioral Health Advisory Board, it was my honor to help establish the Suicide Prevention Workgroup to explore current work to date, address challenges, identify gaps, and develop ways to enhance current County efforts in suicide prevention and abatement.

Comprised of five BHAB members, the Workgroup met seven times between May-October 2015 to hear from a variety of subject matter experts including representatives from the Suicide Prevention Council, Community Health Improvement Partners, Dr. Michael Krelstein, Clinical Director for Behavioral Health Services, and Dr. Josh Smith, County Epidemiologist.

By the end of October, the group was able to finalize a comprehensive list of recommendations to help fill the gaps that were identified over the course of the meetings. Key recommendations included: countywide adoption of the Columbia Suicide Severity Rating Scale; expansion of psychiatric emergency response services; pursuit of the “village” concept of living within senior communities to reduce isolation; and expansion of outreach and resources for both the veteran and Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) youth populations.

In the end, 10 of the 12 recommendations were approved by BHAB for further analysis and evaluation for feasibility. I look forward to hearing the outcomes of these studies in 2016!”

Implementation of Laura’s Law / Assisted Outpatient Treatment

Assisted Outpatient Treatment (also known as “Laura’s Law”) is the process by which a person in need of mental health services may be court-ordered to participate in a treatment program if they meet a total of nine criteria specifically outlined in the related Welfare and Institutions Code. The Board of Supervisors tasked BHS with developing an Implementation Plan (Plan) by Spring 2015. The following outlines a series of actions in 2015 that led up to this action.



(l to r) Ed Weiner, Janie Hoover, Jerry Hall, Supervisor Dave Roberts, John Sturm, Phillip Deming, Traci Finch and Tracee Estigoy

From February through April, the Laura’s Law/Assisted Outpatient Treatment (LL/AOT) Implementation Workgroup met to develop the Plan which included reviewing and analyzing the structure and function of the In-Home Outreach Team (IHOT) program, reviewing IHOT quarterly reports with the Board, identifying the LL/AOT service model, defining the role/function of all partners, determining financial impacts and providing recommendations for the implementation of the Plan.

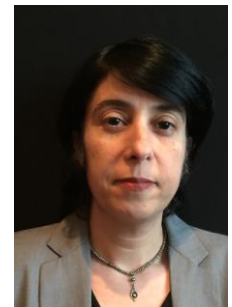


Dr. Piedad Garcia, Deputy Director for the Adult and Older Adult System of Care (*pictured left*), and Patient Advocate Michael Phillips, Esq., of Jewish Family Service came to BHAB in March 2015 to inform and educate the members on this complex subject matter.

Dr. Garcia presented again in April as a follow up to answer questions and ensure an informed vote. Many BHAB Members shared opinions of the Plan which was ultimately recommended by BHAB on April 2, 2015, and subsequently approved by the Board of Supervisors on April 21, 2015. A contract procurement for LL/AOT was released in May with a contract awarded to Telecare Corporation. The AOT program was executed on January 1, 2016, toward service start up on April 1, 2016. Updates on the progress of the program will continue to be brought before the Board of Supervisors and BHAB in 2016 and beyond.

Pathways to Well-Being

In September 2015, BHAB Members learned more about the implementation of Pathways to Well-Being (Pathways) with a presentation from Cathy Palatella, Assistant Deputy Director of Child Welfare Services, **Yael Koenig, BHS Deputy Director of the CYF System of Care** (*pictured right*), and Sara Pauter from Family and Youth Roundtable.



In 2015, the BHS Children, Youth and Families (CYF) System of Care advanced the implementation of Pathways in partnership with Child Welfare Services (CWS) by the accomplishing the following milestones:

- Pathways Memorandum of Understanding (MOU) was completed to memorialize CWS and BHS joint governance, roles, and responsibilities.
- Program completed co-location of CYF Pathways team office hours in CWS offices to maximize collaboration.
- CWS Pathways staff began conducting mental health screenings in February for newly opened CWS cases with CYF providing assessments and determining Pathways eligibility.
- Staff continued to build infrastructure for the Pathways delivery system by creating procedures, updating tools/forms, creating a new training curriculum and developing tracking systems to assess compliance and effectiveness.
- Bi-annual State reporting was recognized and received praise from the State. Pathways program staff accommodated a State request to provide statewide trainings based on our San Diego Pathways model.

PERT Expansion

In 1995, the Psychiatric Emergency Response Team (PERT) program began with one team consisting of a clinician paired with law enforcement. The program continued to expand based on community need and in the beginning of 2015, PERT operated with 23 teams throughout San Diego County and from 2008-2014, San Diego Police Department requests for PERT increased 79% and San Diego Sheriff’s Department requests for PERT increased by 62%.

In response to this growing need, BHS enhanced the funding to increase the number of teams by five and expand the number of PERT trainings to local law enforcement and community agencies in July 2015. In collaboration with Public Safety Group, an additional five teams were added in August 2015, for a total of ten new teams. This 40% growth in teams (bringing the total number of teams to 33) expands the County’s ability to support the increased requests for assistance in all regions of the county.

BHAB Members have consistently voiced support of these teams and have been a strong partner in moving forward recommendations to support expansion of the PERT program. One of the BHAB Executive Officers, John Sturm, participates on the PERT Advisory Committee who serve as a forum to enhance public relations between PERT and the people they serve.

\$10 Million in Funds for Future Housing

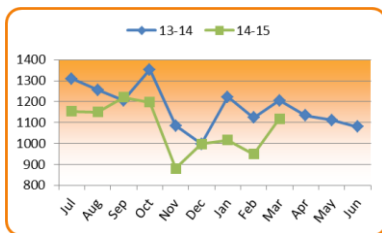
BHAB Members are passionate about housing and services to homeless individuals. On September 3, 2015, Members voted to support the addition of \$10 million in funding for supportive housing for homeless persons with Serious Mental Illness which was subsequently approved by the County Board of Supervisors on September 29, 2015.

The \$10 million will come from the Mental Health Services Act, a law approved by voters in 2004. This funding is in addition to \$33 million the County has leveraged to create 249 supportive housing units for homeless, exceeding the initial goal of 241. The new funds will enhance the County’s efforts to increase services in San Diego and help create approximately 70 new supportive housing units.



Cedar Gateway is an award-winning 65-unit affordable housing community in San Diego with 23 dedicated units for BHS clients who were formerly homeless.

Dashboard Indicators Training



In June, BHAB Members participated in a training to better understand the *Behavioral Health Dashboard Indicators* report that tracks data relating to admissions, clients who have completed treatment, trends in alcohol and drug usage, calls to the access and crisis line, etc. Tabatha Lang, Chief of BHS Quality Improvement, led the training and recorded suggestions from the BHAB Members. This feedback was ultimately discussed at the BHAB Fall Retreat in October and changes to the report were put into effect thereafter.

Building Core Competencies

Through presentations by County staff and community partners, the BHAB Members heard about BHS ongoing services, programs coming online and an overview of noteworthy projects in addition to mandatory presentations including the Annual HHS/A/BHS Budget and the MHS/A Annual Update.

PRESENTATIONS		
1	March	Laura’s Law/Assisted Outpatient Treatment Overview (in preparation for Action Item in April)
2	April	Laura’s Law and Assisted Outpatient Treatment (detailed presentation of Board Letter and Implementation Plan)
3	April	Update on Drug Medi-Cal
4	May	Annual HHS/A/BHS Budget Overview
5	May	Driving Under the Influence Programs
6	June	Drug Medi-Cal Waiver
7	June	<i>Directing Change</i> Student Videos
8	August	Alcohol and Other Drug (AOD) Residential Programs
9	August	MHS/A Annual Update and 30-Day Public Comment Period
10	September	Pathways to Well-Being/Katie A.
11	October	Teen Marijuana Use and the Developing Adolescent Brain
12	October	BHS System of Care Overview
13	October (Fall Retreat)	Role of an Advisory Board from the Perspective of a County Supervisor, BHAB Chair and BHS Director
14	November	HHS/A Director Nick Macchione: BHAB Role in <i>Live Well San Diego</i>
15	November	Report of the Suicide Prevention Workgroup
16	December	Alcohol Licensing and Enforcement

Support for Actions in 2015

The Behavioral Health Advisory Board heard and voted to support the following actions listed below. **Shaded items** represent Board Letter actions which were carried forward to the County Board of Supervisors:

ACTION ITEMS		
1	March	Nomination and Election of BHAB Officers
2	April	Implementation of CA Welfare and Institutions Code Sections 5345 Et Seq., Laura’s Law, to Provide Severely Mentally Ill Individuals Access to Assisted Outpatient Treatment
3	May	Appointment of BHAB Advocates
4	May	Establishing a Suicide Prevention Workgroup
5	June	Appointment of Additional BHAB Advocates
6	July	Authorization For Competitive Solicitations
7	July	Donations to Edgemoor Distinct Part Skilled Nursing Facility in 2014
8	August	Appointment of Additional BHAB Advocates
9	September	Appointment of Nominating Committee for 2016 Slate of Executive Officers
10	September	MHSA Annual Update FY15/16 and Special Needs Loan Program
11	September	BHAB/BHS Staff Submission of the 2015 Data Notebook to the California Mental Health Planning Council
12	October	Mental Health Services: Fiscal Year 2015-16 Federal Block Grant Spending Plan
13	November	Election of the Behavioral Health Advisory Board Executive Officers
14	December	Pharmaceutical Distribution Services
15	December	Van Horn Regional Treatment Facility, Joint Powers Agreement (JPA) Dissolution
16	December	Vote on Recommendations of the Suicide Prevention Workgroup

Looking Forward: Behavioral Health Advisory Board Priorities in 2016

On October 10, 2015, the Behavioral Health Advisory Board (BHAB) held a Fall Retreat where each BHAB member was asked to state a priority issue for consideration in 2016. The Behavioral Health Services (BHS) Director, Alfredo Aguirre, shared priority issues on the horizon for BHS in 2016. All responses were recorded and subsequent discussions were held by the BHAB Executive Committee at the November and December meetings.

On December 3, 2015, the BHAB Executive Committee concluded the majority of priority issues stated by BHAB Members aligned with priorities stated by Mr. Aguirre. Each priority was discussed and the majority folded into one (or more) of the categories referenced in Items 1-4 (below). Two unique priorities are addressed separately in Item 5. On January 7, 2016, BHAB Members unanimously voted to approve the priorities listed below.

1. Drug Medi-Cal Plan Implementation (Alfredo Aguirre)
 - a. Augment services to individuals in jails and prisons (Deanne George)
 - b. Increase Mental Health (MH) and Alcohol and Other Drug (AOD) services for teens (Rebecca Hernandez)
 - c. Increase capacity at Residential Recovery Centers and incorporate MH services (Vanessa Mapula)
 - d. Increase MH and AOD treatment services (Rick McGaffigan)
 - e. Develop oversight plan for methadone clinics (Jenifer Mendel)
 - f. Strive for shorter wait times for screenings, assessment and treatment (John Sturm)
2. Addressing the Homeless Crisis Countywide (Alfredo Aguirre)
 - a. Strive for better housing options / address preventative issues for Board and Care facilities to continue with licensing (Eyra Leeper)
 - b. Address homelessness with a provision for homeless Veterans (Ed Weiner)
3. Mental Health Services Act (MHSA) Spending Plan (Alfredo Aguirre)
 - a. Increase services for caregivers and families (Tom Behr)
 - b. Stay informed on Laura's Law planning and Assisted Outpatient Treatment (AOT) implementation (Gloria Harris)
 - c. Increase MH and AOD services for teens (Rebecca Hernandez)
 - d. Strive for better housing options / address preventative issues for Board and Care facilities to continue with licensing (Eyra Leeper)
 - e. Increase capacity at Residential Recovery Centers and incorporate MH services (Vanessa Mapula)
 - f. Increase MH and AOD treatment services (Rick McGaffigan)
 - g. Strive for shorter wait times for screenings, assessment and treatment (John Sturm)
 - h. Address homelessness with a provision for homeless Veterans (Ed Weiner)
 - i. Perform continuum of care gap analysis (Judith Yates)

4. Alcohol and Other Drug (AOD) Prevention Plan (Alfredo Aguirre)
 - a. Address alcohol licensing enforcement and related community issues (Jerry Hall)
 - b. Increase MH and AOD services for teens (Rebecca Hernandez)
 - c. Examine any action that seeks to legalize recreational use of marijuana, considering the serious impact it may have on AOD funding, treatment, and recovery programs (Colin MacKinnon)
 - d. Increase MH and AOD treatment services (Rick McGaffigan)
 - e. Support, facilitate and advocate for environmental Alcohol, Tobacco and Other Drugs (ATOD) prevention policies (K.C. Strang)
 - f. Perform continuum of care gap analysis (Judith Yates)

5. Additional Priorities
 - a. Support data collection, open data policies and public reporting – it was determined this priority would be led by the current Open Data Advocate, Jerry Hall.
 - b. Continue the development of BHAB, its structure, and its processes – at this time, BHAB Executive Committee members will accept responsibility of this priority.



Top row (l to r): Tom Behr, Gloria Harris, Jerry Hall, Jenifer Mendel, Rebecca Hernandez, Vanessa Mapula, Deanne George, Phillip Deming, Michael Matthews. Bottom row (l to r): Richard McGaffigan, Judith Yates, K.C. Strang, John Sturm, Edward Weiner. *Not pictured: Supervisor Dave Roberts, Eyra Leeper, Julie Martin, Colin MacKinnon.*



For questions or questions about the Behavioral Health Advisory Board, please contact Traci Finch at traci.finch@sdcounty.ca.gov or call 619-584-3008.

