

Director's Report

September 21,
2016



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DEPARTMENT AND COUNTY NEWS

Capital Facilities Report Presented to the Board of Supervisors: On August 23rd the Department of Behavioral Wellness presented a report to the Board of Supervisors on [Capital Resources and Behavioral Health Facilities](#). The report details the needs of people in Santa Barbara County with severe mental illness at four levels: acute, crisis, residential and supported living. The Capital Facilities Report provides a brief overview of housing options, including treatment facilities for individuals with mental health and substance abuse issues. Additionally, it focuses on key areas where the department, with input from stakeholder groups, believes the current availability of housing and/or facilities does not meet the current demand. The presentation concludes with Behavioral Wellness' top priorities to guide collaborations with the County Executive Office. A feasibility assessment for implementation will include, but not be limited to, capital funding strategies, timelines for project implementation and operational costs.

AOT Forum Scheduled for October 5: On May 10th, 2016, the Board of Supervisors directed the Behavioral Wellness Department to develop a 10-person Assisted Outpatient Treatment (AOT) feasibility pilot program design. Since that time, the Department has been holding various stakeholder workgroups to provide input. On October 5th, the Department will present the design and receive final input before taking the program back to the Board of Supervisors for approval. The forum will be held from 11:00 am – 1:00 pm in the Santa Barbara Children's Clinic, 429 N. San Antonio Road, Conference Room 119. This forum will also be available via video conference in the Santa Maria Annex, 500 W Foster Road, and in the Lompoc ACT Conference room, 401 E. Cypress. Anyone interested is welcome to attend.

PHF Staff Completes Plan of Correction: Staff members of the Psychiatric Health Facility (PHF) and other department staff have been actively at work in the development of the Centers for Medicare and Medicaid (CMS) Plan of Correction that was completed and submitted on September 16th for CMS review. CMS is expected to return to review the correction items soon; however, the exact date is unknown. We extend special recognition to the following people who have gone above and beyond in their work efforts toward completion of the plan action items: Jamie Huthsing, Yaneris Muñiz, Laura Zeitz, Charlotte Balzar-Gott and April Howard and to the tremendous support of Terri Maus-Nisich, Alice Gleghorn and Leslie Lundt. (For additional information, see the [July 2016 Director's Report](#), page 3.)

Semi-Annual Metrics Report is Online: [The Behavioral Wellness Semi-Annual Report to the Board of Supervisors](#) by April Howard, Ph.D., dated August 30, 2016, is now online. Additional reports containing data about Behavioral Wellness are also available in a new [Performance Management](#) web page.

Prescription Opioid and Heroin Epidemic Awareness Week: President Obama proclaimed September 18-24, 2016 as [Prescription Opioid and Heroin Epidemic Awareness Week](#). As part of the week, members of the President's Cabinet and federal agencies are focusing on the work being done to address the national epidemic. Behavioral Wellness is aligned with these strategies. We have developed a solid Overdose Prevention and Reversal program that so far has resulted in saving four lives. Behavioral Wellness psychiatrists are prescribing suboxone to selected clients and are formalizing a medication-assisted treatment (MAT) program to further expand opioid treatment services. We are building opioid prevention strategies into our Strategic Prevention Plan 2018-2022, and we continue to work with partner agencies, such as the County of Santa Barbara Public Health and Sheriff's Department, to further expand naloxone distribution. Please direct questions to John Doyel, Alcohol & Drug Program Manager, 681-4907.

Client Book Published: Congratulations to the Behavioral Wellness client who has just had her autobiography published. The book title is [A Rather Strong Life](#). It was published under the pen name Stells V. White and may be obtained from [Amazon](#).

C3H Receives CSAC Award: The Central Coast Collaborative on Homelessness (C3H) has received a 2016 Challenge Award from the California State Association of Counties (CSAC). (C3H) is a countywide program that works in partnership with community stakeholder groups to minimize the impacts of homelessness.

Dates Set for Triennial Review: The California Department of Health Care Services (DHCS) has scheduled the next Triennial Review. The review protocol and review dates for Santa Barbara County will occur February 6-8. Departmental planning and preparation efforts will begin very soon.

Send Silence Packing® Comes to Santa Barbara City College: Yesterday Santa Barbara City College hosted Send Silence Packing® on the West Lawn outside of Luria Library on West Campus. The emotionally powerful touring exhibit of 1,100 backpacks represents the number of college students who die by suicide each year. Send Silence Packing® is a program of Active Minds, a national nonprofit organization founded in 2003 to empower students to speak openly about mental health to educate others and encourage help-seeking. The exhibit was sponsored by Santa Barbara City College and the Santa Barbara County Department of Behavioral Wellness. It was supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

Santa Barbara City College to Host Movies for Mental Health: As part of its Art with Impact series, on September 27, 4:30 pm – 6:30 pm, Santa Barbara City College will show short films about mental health and feature a panel discussion with Suzanne Grimmese, MFT, (Behavioral Wellness), Roxanne Pate and Betsy Phillips (SBCC Student Health) and student speakers. Refreshments will be available. The event is free and open to the public. The event will occur at EBS 102. A campus map is available [here](#). The event is supported by a SAMHSA grant that addresses First Episode Psychosis (FEP).

United Way Baskets Completed: We thank Tina Wooton for coordinating all contributions to the departmental basket donation for this year's United Way campaign. Thank you also to the many departmental staff who generously donated items for the baskets: *Coming from the 805* (Administration):

Alice Gleghorn, Ole Behrendtsen, Celeste Andersen, Tina Wooton, Jennifer Hidrobo, Marshall Ramsey, Fiscal team; *On the Go in the 805*: Santa Barbara Children's Outpatient Clinic; *Pets are Us in the 805*: Alice Gleghorn; *Around the House in the 805*: Santa Maria Adult Outpatient Clinic.

Candlelight Vigil Held in Carpinteria: On September 10th HopeNet of Carpinteria sponsored a Candlelight Vigil in recognition of World Suicide Prevention Day. This event was held in honor and memory of those who have committed suicide and survivor. Information about suicide prevention was made available. Leslie Lundt, MD, was one of the speakers, and Behavioral Wellness set up and staffed a resource table.

SYSTEMS CHANGE CALENDAR

- **The Housing, Empowerment, Action and Recovery Team (HEART)** meets the second Wednesday of every other month, 1:00-2:30 p.m. Locations: Behavioral Wellness Conference Room 261 and Santa Maria Annex via videoconference. Contact Laura Zeitz, lazeitz@sbcbswell.org.
- **The Cultural Competency Action Team** meets the second Friday of each month, 9:30-11:00 am, Locations: Behavioral Wellness Conference Room and Santa Maria Annex via videoconference. Contact Yaneris Muñiz, ymuniz@sbcbswell.org.
- **The Peer Action Team** meets the third Thursday of the Month from 2 – 4:30 pm at the Holiday Inn Express, Solvang, 1455 Mission Drive. Contact Tina Wooton, twooton@sbcbswell.org.
- **The Crisis Action Team** meets the second Thursday of the month, 2:30 – 4:00 pm, Santa Barbara Children's large conference room 119. Contact Jonathan Eymann, jeymann@sbcbswell.org.
- **The Children's System of Care Action Team** meets the 4th Thursday of the month, 10:30 am - 12:00 noon. SELPA Conference Room, 240 E. HWY 246, Suite 200, Buellton CA 93127. Contact Ana Vicuña, avicuna@sbcbswell.org.