

Director's Report

April 19, 2017



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DEPARTMENT AND COUNTY NEWS

Mental Health Services Act Stakeholder Planning Meetings: The Department of Behavioral Wellness hosted four Mental Health Services Act (MHSA) community stakeholder planning forums in April. The community was invited to join and learn about the three year (2017-2020) MHSA Plan Update, ask questions and share views. Clients, family members, providers, partner agencies, advocates, friends and stakeholders interested in alcohol, drug and mental health services in Santa Barbara County were encouraged to attend. Interpretation services were provided. The community forums took place on the following dates:

Monday, April 10th from 10:00 – 11:30 am, Public Health Auditorium, 300 N. San Antonio Rd, Santa Barbara

Thursday, April 13th from 10:30 – 12:00 noon, Lompoc Public Library, 501 E. North Ave, Lompoc

Monday, April 17th from 10:30 – 12:00 noon, Santa Maria Board of Supervisors, 511 E. Lakeside Parkway, Santa Maria

Tuesday, April 18th from 4:30 – 6:00 pm, Public Health Dept. Auditorium, 300 N. San Antonio Road, Santa Barbara.

The planning process is being led by Celeste Andersen, Compliance Chief, who is excited about leading a broad and inclusive process for this three-year period. Celeste gained a solid foundation in MHSA principles and requirements by attending the CBHDA Leadership Institute sponsored by the California Institute of Behavioral Health Solutions in Fall of 2016. Additional MHSA planning opportunities have been offered through meetings of internal and external stakeholder groups, including Action Teams (i.e. CFMAC, Cultural Competency & Diversity), Behavioral Wellness Commission, regional BeWell Staff meetings, Community Based Organizations and all Recovery Learning Centers. As per the state required process, the draft plan will be presented at the Behavioral Wellness Commission, posted for Public Comment for 30 days, and presented in final form before being submitted to the Board of Supervisors. For more information, please call Talia Lozipone at tlozipone@co.santa-barbara.ca.us

EQRO Mental Health Plan System Review: Each year, the Department of Health Care Services contracts with an external quality review organization (EQRO) to facilitate annual Mental Health Plan (MPH) system reviews. On April 5 and April 6, the EQRO review occurred in Santa Barbara County. Behavioral Health Concepts Inc., as the assigned review organization, conducted the 2017 review. During these two days, the review examined various elements of our overall system including procedures, activities, and data designed to improve access, timeliness, quality, and outcomes of services. Focus groups were conducted with consumers, family members, line staff, supervisors, community based organizational providers, and partner agencies. During the exit interview, the reviewers commented on consumer feedback specific to the quality and ease in accessing services when needed and timeliness of service access. We look forward to receiving the final report with completed feedback in the months to come but are encouraged by the exit feedback that the department completed a successful review.

Department of Rehabilitation Contract with TAY programs: A new contract is underway with the Department of Rehabilitation (DOR) which will offer vocational rehabilitation specialists to each of our regional countywide Transition Age Youth (TAY) teams. Through this cooperative agreement based on DOR funding and support, the vocational rehabilitation specialists will provide vocational assessment, personal vocational adjustment services, employment services including supported job coaching and serving as a liaison to the Department of Rehabilitation. Through this new program development, not only will youth be assisted in obtaining jobs and supported in their work, but new employment opportunities will be identified as resources for these youth. The new programming is expected to begin in May.

New Director of Nursing hired: Marianne Barrinuevo, RN, MSN has been selected to serve as the Director of Nursing for the Department of Behavioral Wellness. She will be providing nursing supervision of departmental outpatient clinics and programs, Crisis Stabilization Unit (CSU) and Psychiatric Health Facility (PHF). She will begin her role on April 10, 2017. Marianne holds her Master of Science in Nursing and Bachelor of Science in Nursing from West Haven University in Salt Lake City, Utah. She is a registered nurse and registered psychiatric technician. Marianne is a Secure Instructor for Management of Assaultive Behavior training.

Marianne holds over 25 years of experience in the field with over 20 years in a leadership role. She began her career in Behavioral Health at Camarillo State Hospital in the Food Service/Nutritional Department. She entered a Psychiatric Apprentice Program after working in the Food Service. Upon graduation she took her board exam and passed in 1991 and immediately began work as a Licensed Psychiatric Technician for Camarillo State Hospital until it ceased operations in 1997. She then began work as a Psychiatric Technician with MediTech Health Services in Ventura right before the State Hospital closed. Marianne worked at Aurora Vista Del Mar Hospital from 1996 to 2005 in several capacities including Med Nurse, Charge Nurse and Nursing Supervisor. She served as the Director of Psychiatric Services for Southern California Hospital in Culver City, as the Chief Nursing Officer at College Hospital in Cerritos and as the Vice President of Clinical Services for Horizon Health. Marianne joins the PHF team and Behavioral Wellness from her most recent role as the Chief Nursing Officer at Aurora Las Encinas in Pasadena.

County Board of Supervisors Budget Workshops: The County Board of Supervisors will hold budget workshops next week on April 17th, 19th, and 21st. These public hearings will convene at 9 a.m. in the County Administration Building, Fourth Floor Hearing Room, 105 East Anapamu, Santa Barbara. At the workshops, the Board will hear from County departments on their major initiatives and draft 2017-18 budgets. The workshops provide an early opportunity for input prior to completion of the Recommended FY 2017-18 Budget and Proposed FY 2018-19 Budget, to be released in May. The public is encouraged to attend the workshops and provide input regarding the ideas being developed by staff to restructure operations and address how to fund vital services – and to offer their own suggestions. **Behavioral Wellness will present their proposed budget on April 17th.**

NATIONAL AND STATE NEWS

April is Alcohol Awareness Month: Founded and sponsored by the National Council on Alcoholism and Drug Dependence (NCADD), Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcoholism by encouraging communities to reach out to the American public each April with information about alcohol, alcoholism and recovery. Alcoholism is a chronic,

progressive disease, genetically predisposed and fatal if untreated. However people can and do recover. It is estimated that as many as 20 million individuals and family members are living lives in recovery.

Alcohol Awareness Month provides a focused opportunity across America to increase awareness and understanding of alcoholism, its causes, effective treatment and recovery. It is an opportunity to decrease stigma and misunderstandings in order to dismantle the barriers to treatment and recovery, and thus, make seeking help more readily available to those who suffer from this disease.

An integral part of NCADD Alcohol Awareness Month is Alcohol-Free Weekend, which takes place on the first weekend of April to raise public awareness about the use of alcohol and how it may be affecting individuals, families, businesses and our communities. During Alcohol-Free Weekend, NCADD extends an open invitation to all Americans to engage in three alcohol-free days. Those individuals or families who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous (AA) and Al-Anon to learn more about alcoholism and its early symptoms.

May is Mental Health Awareness Month: May is Mental Health Awareness Month and will be celebrated throughout the nation. Each Mind Matters is a key organization who will be leading the effort to raise awareness about mental health throughout the nation. This year, Each Mind Matters extends the invitation to celebrate together during two statewide celebrations.

Directing Change Award Ceremony and Screening on May 11

The fifth annual Directing Change Award Ceremony will be hosted at the Center for the Arts in Escondido on May 11th. The event begins at 11 a.m. with red carpet photo opportunities, followed by the films screening and award ceremony. To RSVP visit: www.directingchange.org.

Mental Health Matters Day May 24

Mental Health Matters Day: Building Momentum and Strength TOGETHER will take place on the East Steps of the California State Capitol. Join the celebration on May 24 at 9:30 a.m. as Mental Health America of California (MHAC) hosts mental health advocates from across the state to raise awareness about mental health.

May is also National Physical Fitness and Sports Month: The month of May is National Physical Fitness and Sports Month. Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. During this month, we challenge our staff and stakeholders to do 30 minutes of physical activity every day. Physical activity is for everyone- and is an important part of recovery from mental illness and or substance abuse challenges. No matter what shape you are in, you can find activities that work for you. Being physically active is a positive personal action that can improve overall health, and is one of the three areas emphasized by the 3:4:50 model endorsed by both the Behavioral Wellness and Public Health in Santa Barbara County. Together, we can rise to the challenge and get more active during the month of May! Further educational resources regarding National Physical Fitness and Sports Month can be found here: <https://healthfinder.gov/NHO/PDFs/MayNHOToolkit.pdf>

Service Expansion- Medication Assisted Treatment: On December 13, 2016, the President signed the 21st Century Cures Act, which implements his Budget proposal to provide \$1 billion in new

funding to combat the opioid crisis. The funds, made available through the State Targeted Response to the Opioid Crisis Grants, provide funding to States. This funding aims to help address the opioid crisis by providing support to States for increasing access to treatment, reducing unmet treatment need, and reducing opioid-related overdose deaths. The State of California has targeted “Medication Assisted Treatment (MAT) Expansion” as their focused use of this funding opportunity and will focus on populations with limited MAT access and access to buprenorphine. The California grants are focusing on two specific projects: the California Hub and Spoke System (CA H&SS) and the Tribal MAT Project. The goals of the project are to implement the Hub and Spoke model in various areas throughout California which will improve access to Narcotic Treatment Programs (NTPs), Medication Units in counties with the highest overdose rates. The MAT Expansion Project will also increase the availability of buprenorphine statewide and increase MAT utilization for tribal communities.

SYSTEMS CHANGE CALENDAR

- **Change Agent Meeting:** Change agents meet the fourth Wednesday of every month 9 – 11 am except during quarterly in-person meetings, which are 9 am – 12 noon. Video conferencing is available at the Santa Barbara Children’s Clinic, Small conference room; Lompoc Conference Room, ACT, upstairs, 401 E. Cypress and Large conference room, 500 West Foster Road, Santa Maria. Questions: Nathan Post, npost@sbcbswell.org.
- **Lompoc Regional Partnership Meeting:** The next meeting is April 18, 3:30-4:30, 301 N. R Street and every other month on the third Tuesday thereafter. If you are interested in participating please contact Jeanie Sleigh Jeanie.Sleigh@sbcphd.org or Crystal Ramirez cramirez@sbcbswell.org.
- **Santa Barbara Adult Regional Partnership:** meets every 3rd Monday of the month from 10:00 am – 11:00 am at the Santa Barbara Children’s Clinic, large conference room. Questions: Amanda Pyper, ampyper@co.santa-barbara.ca.us.
- **Santa Barbara Children’s Regional Partnership:** 4th Thursday of the month from 2:00 pm – 3:00 pm at the Santa Barbara Children’s Clinic, large conference room. Questions: Amanda Pyper, ampyper@co.santa-barbara.ca.us.
- **Santa Maria Children’s Regional Partnership Meeting** is held every 3rd Monday of the month at 10 am in the large meeting room at the Foster Road Clinic. Questions: Sandy Fahey, sfahey@co.santa-barbara.ca.us
- **Santa Maria Adult Regional Partnership** occurs every 3rd Monday of the month at 11 am in the large meeting room at the Foster Road Clinic. Questions: Sandy Fahey, sfahey@co.santa-barbara.ca.us
- **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 and Diversity 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 second Thursday of the Month from 2 – 4:00 pm. Locations: Behavioral Wellness Santa Barbara Conference Room 261, Lompoc Children’s New Port Room the Santa Maria Annex Room via videoconference. Contact Tina Wooton, twooton@sbcbswell.org, regarding the location.
- **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 John Winckler, jwinckler@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.