
Director's Report

September 20, 2017



Alice Gleghorn, Ph.D., Director
Santa Barbara County Department of Behavioral Wellness
(805) 681-5220 ♦ <http://countyofsb.org/behavioral-wellness>

DEPARTMENT AND COUNTY NEWS

Spotlight on the Behavioral Wellness Forensic Action Team: The Forensic Action Team is a cross disciplinary group of individuals interested in addressing challenges at the intersection of the Behavioral Health and Criminal Justice systems. The Department of Behavioral Wellness organizes the team and facilitates discussions and problem-solving on topics related to people with mental illness who are also involved in the criminal justice system. The team is open to the public and seeks participation from a wide range of stakeholders, including but not limited to the Superior Court, District Attorney, Public Defender, local law enforcement personnel, Probation Department, consumers, families, NAMI and other advocacy organizations. The team is co-chaired by John Lewis, Forensic Manager, and Celeste Andersen, Chief of Compliance for Behavioral Wellness.

All are invited to attend the next Forensic Action Team meeting, which will be held on September 27, 2017 from 2-4 p.m. at the Solvang Courthouse. If you would like additional information, please feel welcome to contact **John Lewis** at 884-6887 or email at jlewis@co.santa-barbara.ca.us

Homeless Services Connect Activity in Santa Barbara: Between August 13th and September 22nd, Homeless Services Connect is facilitating the **Homeless Services Connect Donation Drive**. This drive aims to collect socks and underwear for individuals and families who are experiencing homelessness with services in our community. **Drop off locations are:** The Salvation Army - 4849 Hollister Avenue **and** 423 Chapala Street

On September 26th from 7:00 am – 11:00 am, Homeless Services Connect will be opening doors for a **"Hospitality House"** located at 423 Chapala Street. The aim of the Hospitality House is to connect people with service providers for the following services: Emergency and Transitional Shelter, Safe Parking, Rapid Rehousing, Physical Health, CalFresh, Cash Aid and Medi-Cal sign ups, Clothing, Free Mobile Phone Signup, Pet Vaccinations, Food and Bathing. BBQ, Music and Raffle!

The Homeless Services Connect is an event hosted by the Salvation Army and is a collaboration between the following agencies: AmeriCorps, Behavioral Wellness, C.A.R.E.4Paws, Pacific Pride Foundation, Project Recovery-Detox, Public Health Department, Restorative Policing, Santa Barbara Rescue Mission, Santa Barbara Street Medicine, Showers of Blessings, TSA-Supportive Services for Veteran Families, Transition House, Veterans Services Offices, Warming Centers, and the YMCA Youth and Family Services. For more information, please contact Mark Gisler at (805) 962-6281, x104

New and Revised Policies Approved: Behavioral Wellness frequently updates policies to reflect enhancements and changes to programs and practices. The following policies were recently approved and are available on the Behavioral Wellness website at <http://countyofsb.org/behavioral-wellness/policies>. Click “View Only RECENT Policies” to see policies approved within the last 6 months, or search by keyword or policy name.

Discontinuation of Client Mental Health Services (NEW) – This policy describes the discontinuation and discharge process for clients in the outpatient mental health system, including clients transitioning from Behavioral Wellness outpatient clinics to community-based providers and primary care clinics, clients declining further services, or those clients that have not been in contact with the outpatient clinic for over 60 days. The six most common discontinuation scenarios are explained step-by-step to guide teams on proper procedures.

Behavioral Wellness Children’s Clinic TAY Staff Receive Advanced TIP/FEP Training: Over the last year Behavioral Wellness Children’s Clinic Staff serving transition aged youth (TAY) attended a 3 part advanced Transition to Independence Process (TIP) integrated First Episode Psychosis Training. Staff learned the TIP core competencies, interventions for first episode psychosis, how to do TIP Documentation, and explored client strength discovery, risk prevention planning, emotional IQ, and self-care. The training was paid for by the Substance Abuse Mental Health Services (SAMHSA) Block grant. Participants felt the training provided many helpful insights and valuable resources for working with clients.

2017 Bridges to Resilience Conference: The Bridges to Resilience conference will be taking place on October 16 from 8:00am – 5:00pm at the Santa Ynez Valley Marriott. The conference aims to build a trauma informed and resiliency focused community. The Key Note Speaker, Jane Stevens, is the founder and publisher of the ACEs Connection Network and a journalist for more than 30 years. Her articles have appeared in the Boston Globe, the New York Times, the Washington Post, the Los Angeles Times and the National Geographic. She has been reporting on ACE Study research since 2005. Other conference topics include “Becoming Self-Healing Communities,” “Your Caring Heart: The Power of Wellness in Serving Lives,” as well as many breakout session topics. For questions about registration, please email to selparegistration@sbceo.org

Santa Barbara Integrated Care Clinic Ribbon Cutting: The ribbon cutting of the Santa Barbara Integrated Care Clinic took place on September 14, 2017. The Integrated Care Clinic is a one-of-a-kind collaboration between Santa Barbara Neighborhood Clinics and Sanctuary Centers of Santa Barbara, two community-based organizations that have been serving the Santa Barbara community for over 40 years.

The clinic provides patient-centered, co-located medical, dental and behavioral health services for adults living with mental illness, including substance use disorders. This stigmatized, misdiagnosed and misunderstood population is twice as likely to suffer from preventable diseases including heart disease, emphysema, liver disease and diabetes and statistically only half as likely to seek treatment. Challenged every step of the way in navigating the local healthcare system, these adults are unable to find medical professionals well-versed in the complexities of mental illness, scheduling and attending appointments for preventive care, and following up on treatment recommendations. Ultimately, in most of these cases, they resort to receiving services at the emergency room after their symptoms become chronic conditions. We welcome the Integrated Care Clinic to the Santa Barbara community!

Mental Health and Immigration: The Santa Barbara County Department of Behavioral Wellness recognizes the mental health impact that the repeal of the Deferred Action for Childhood Arrivals (DACA) program may have on our immigrant communities. Below is a list of local resources for DACA renewal, citizenship workshops, and family preparedness planning in case of deportation. Information and resources on Immigration and Trauma Response can be found on the Behavioral Wellness website [here](#). Please feel free to share information and resources with community members, clients or families who may be affected.

Many local events are taking place in the month of September

DACA Renewal Workshop

Friday, September 15th, 1pm-6pm
120 E. Jones St, Santa Maria, CA

Volunteer Advocates/Family Preparedness Plan Training

Monday, September 18th 6pm-8pm
Cornerstone Community Room
705 S. McClelland St. Santa Maria, CA

Family Preparedness Plan Workshop

Wednesday, September 20th 6pm
RIVERVIEW TOWN-HOME COMMUNITY ROOM
230 CALLE CESAR CHAVEZ, GUADALUPE, CA

Information Forum on Immigration @ Allan Hancock College

Friday, September 22nd 6pm-830pm
Student Center Room G106 A&B
800 South College Drive, Santa Maria, CA 93454

Citizenship Workshop

Sunday, September 24th, 10am-4pm
CAUSE Office
120 E. Jones #120 St. Santa Maria, CA 93454

You may also access this information and the flyers on our website [here](#).

Mil Familias program at the William Sansum Diabetes Center: Mil Familias aims to dramatically reduce the burden of diabetes, heart disease and stroke among Latino families in Santa Barbara County. Through the support of the William Sansum Diabetes Center and other supporters, a long term observational study is being launched of 1,000 Latino families from Santa Barbara County, and aims to understand the five determinants of human health: genetics, biology, behavior, psychology, and society. The project integrates a large-scale research project with healthcare connection and diabetes prevention and treatment. Each family is established with a community health worker (“Promotor/a”) to guide them through the program and connect them to timely and appropriate healthcare. The intended result is a unique “living information bank” specific to Santa Barbara County Latino families, and the first of its kind in the United States. For information, call 805-682-7640, ext 249 or go to www.milfamilias.com

Survey on Mental Health of Immigrant Children and their Parents: Immigrant youth are the fastest-growing child population in the United States. In California, 1 out of 2 children have at least one immigrant parent. Therefore, anti-immigrant policies and rhetoric heavily impact California's children. Since the 2016 General Election there has been increased disruption on family processes, developmental trajectories, and the social and emotional development of children. In an effort to concretely capture the impact, **The Children's Partnership and the California Primary Care Association** have joined efforts to examine the impact of these actions on the health and wellbeing of immigrant children and their families.

Behavioral Wellness was invited to complete a provider survey focused on the mental health state of immigrant children and their parents. **Mental health providers interested in completing the survey by September 22nd can do so by clicking [here](#) or going to <https://www.surveymonkey.com/r/FTH5G2S>.** A discussion on the survey questions was facilitated by Ethnic Services and Diversity Manager Yaneris Muñiz with the Department's supervisors and managers at a weekly Clinical Leads meeting. Additionally, all 3 Behavioral Wellness children's clinics will be completing the survey to provide regional perspectives.

NATIONAL AND STATE NEWS

September is National Suicide Prevention Month: On September 12, the County Board of Supervisors adopted the resolution to raise awareness to an important health and human service issue, that of suicide. Each day, 42 families in the United States will receive devastating news that their child or teen has cancer, which is more than 15,000 kids and young adults annually. Though the five-year-survival rate for childhood cancers has reached 80 percent, nearly 2,000 kids under age 19 die each year, making cancer the leading killer of children by disease. Of the survivors, many will suffer from long-term effects of comprehensive treatment, including secondary cancers. National Suicide Prevention Month recognizes suicide as a local, statewide and national public mental health problem. Suicide is the 10th leading cause of death in the United States. According to the Centers for Disease Control (CDC), in the United States one person completes suicide just about every 12 minutes resulting in 44,193 suicides. More than 90 percent of the people who die by suicide have a diagnosable and treatable mental illness. According to the CDC, suicide is one the leading causes of death in the Country.



September is National Recovery Month: Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services (DHHS), sponsors **National Recovery Month (Recovery Month)** to increase awareness of behavioral health conditions. This observance promotes the belief that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover from mental and substance use disorders. The 2017 theme for Recovery Month is *"Join the Voices for Recovery: Strengthen Families and Communities."*



Many events are taking place in our community this month to increase awareness and understanding of mental and substance use disorders, and

promote the message that behavioral health is essential to health, prevention works, treatment is effective, and people recover. The Santa Barbara County Board of Supervisors adopted a proclamation for National Recovery Month in their meeting held on September 12, 2017

September 27 – Recovery Walk
 Santa Maria
 Good Samaritan sponsored Walk
 Meet outside Dept 3 of the Court at 3:15
 Walk begins at 3:30
[flyer](#)

September 27 – Recovery Day
 Santa Maria
 Good Samaritan Shelter Parking Lot
 401 W Morrison Street, Santa Maria
 4:00 pm – 6:00 pm
[flyer](#)

CIBHS Presents two part ASAM Webinar Series: Sponsored by the California Institute for Behavioral Health Services (CIBHS), Jan Tice, Ph.D. will conduct an introductory ASAM training over the course of two sessions. The 9/14 webinar will focus on ASAM dimensions and levels of care. The 9/21 webinar will offer application of the ASAM principles and work with a case study.

This training is designed for Substance Abuse Program Analyst and Administrative Staff interested in understanding and learning the skills to use the ASAM criteria for establishing medical necessity, assessing treatment needs, and determining the appropriate level of care placements for consumers with substance abuse issues. The training format will include a lecture with a focus on the transfer of knowledge to immediate workplace application.

Introduction to the Application of ASAM Criteria for
 Substance-Related and Co-Occurring Disorders

Sep 14, 2017 10:00 AM-11:30 AM

Sep 21, 2017 10:00 AM-11:30 AM

[Register here for both sessions!](#)

SYSTEMS CHANGE CALENDAR

- **Behavioral Wellness Commission:** The Behavioral Wellness Commission meets on the third Wednesday of every month from 3:00pm – 5:00pm. Video conferencing is available at the Santa Barbara Children’s Clinic large conference room; Lompoc Adult Clinic Conference Room and the Santa Maria Clinic Conference Room. Questions: Karen Campos, kcampos@co.santa-barbara.ca.us
- **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 September 19th, 3:30-4:30, 301 N. R Street and every other month on the third Tuesday thereafter. Questions: Nicole Becker, nbecker@co.santa-barbara.ca.us.
- **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: Veronica Heinzelmann, vheinzelmann@co.santa-barbara.ca.us.
- **Santa Barbara Children’s Regional Partnership:** 3th Thursday of the month from 2:00 pm – 3:00 pm at the Santa Barbara Children’s Clinic, large conference room. Questions: Veronica Heinzelmann, vheinzelmann@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: Amanda Pyper, apyper@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: Amanda Pyper, apyper@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 (CCDAT)** meets the second Friday of each month, 9:30-11:00 am, Locations: Santa Barbara Children’s Clinic Large Conference Room 119, Lompoc B St. Adult Clinic 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
- **The Forensic Action Team** meets on September 27, from 2:00 – 4:00 pm in the Solvang Courtroom. Contact Celeste Andersen, candersen@co.santa-barbara.ca.us