

Director's Report

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DEPARTMENT AND COUNTY NEWS

Santa Barbara County Approved by the Mental Health Oversight and Accountability Commission (MHSOAC) for two Innovations Projects:

The Behavioral Wellness Resiliency Interventions for Sexual Exploitation (RISE) project, has been granted extension for an additional two years. Initially approved in May of 2015, this project has increased the quality of services for girls at risk or victims of sexual exploitation by creating interagency and community collaborations focused on providing access to treatment and support. The extension allows the RISE program to become a promising practice.

In addition, Behavioral Wellness was also approved to join five other counties currently involved in the Technology Suite Collaborative, with direct oversight from the MHSOAC's subcommittee on innovation. Started October 2017 with the direct leadership of Los Angeles and Kern Counties, this game-changing Innovation Project increases mental health services to underserved communities by utilizing technology-based mental health solutions.

Incompetent to Stand Trial (IST) Court Newly Established: For some time, there have been efforts made in establishing court calendars to focus on cases where individuals charged with criminal offenses have been found incompetent to stand trial. It is recognized by our local judicial system that cases in which a person has been declared IST require appropriate court resources and oversight once a decision on competency has been made so as to effectively and efficiently restore the individual to competency or determine other appropriate actions. This month, Behavioral Wellness received notice on the announcement of the creation of an Incompetent to Stand Trial (IST) Review Court Calendar for both North and South County divisions of the court. The IST Review Calendar will be heard every Wednesday at 1:30 p.m. in Santa Maria and every Friday at 8:30 a.m. in Santa Barbara. The IST Review Calendars will begin the week of October 22, 2018. The establishment of IST Review Calendars are another strong example of the RENEW '22 values of collaboration between departments for greater overall accomplishment.

New Team Supervisor of the Justice Alliance Program Has Been Appointed: The Department of Behavioral Wellness is pleased to announce that **Dr. Wesley Cook** has been appointed Team Supervisor of its Justice Alliance program, which seeks to facilitate access to behavioral health services for adults throughout the county who are involved in the criminal justice system. Dr. Cook is a licensed psychologist who comes to us from Atascadero State Hospital, where he coordinated psychological services on a long term care unit predominantly consisting of forensic patients who exhibited a wide range of behavioral health problems. Dr. Cook completed his doctoral studies in Clinical and Forensic Psychology at Loma Linda University and is certified as a Master Addiction Counselor and is a Certified Alcohol and Drug Abuse Counselor. He begins his work at Behavioral Wellness on October 8, 2018.

Departmental Forensic Services: There have been several updates to the Forensic programs in recent weeks. As part of a broader realignment of services, the Homeless Services was transferred from the Crisis to the Forensic team, in recognition of the frequent overlap of clientele and clinical activities. This month, we welcomed **Homeless Services Team Supervisor Sara Grasso, LMFT** and look forward to further collaboration with her staff. In addition, the South County Assertive Community Treatment (ACT) and Assertive Outpatient Treatment (AOT) teams relocated to the former "CARES" clinic building at 2034 De La Vina Street, joining the Justice Alliance and Homeless Services teams. Also this month, we welcomed **ACT/AOT Manager Tammy Summers, LMFT** and her staff to the neighborhood, and look forward to deepening our collaborative activities on behalf of our forensic ACT clients. Finally, the vacant Justice Alliance Team Supervisor Position was recently filled, and we welcome **Wesley Cook, Ph.D.**, as the new Team Supervisor.

Crisis Action Team: Several highlights of note for the work of the Crisis Action Team this month. A co-response pilot project between the Sheriff Department and Behavioral Wellness, is underway in Santa Barbara. Within this pilot, every other week, a mobile crisis staff spends a full shift with a field Sheriff Deputy, in a caged car responding to community need. When not responding to crisis calls, this co-response team is able to provide an increased level of outreach engagement with high utilizers of service. On a recent day of co-response, the team received four calls for individuals actively displaying suicidal ideation. A reflection of the value of this model is in the time taken by Sheriff for such a call. The normal time reported for Sheriff to clear such a call is 2.5 hours. With the co-response model all four individuals were cleared and turned over to the Behavioral Wellness system for crisis response within a period of 30 minutes. A similar pilot of co-response is currently being explored with the Santa Barbara Police Department.

CSOC Action Team: The CSOC Action Team continues to direct its efforts towards goal-setting and strategic planning to address system gaps and improve inter-agency collaboration. The 3rd Annual Bridges to Resilience Conference occurred on Thursday, October 11th @ 8-5 pm at the Buellton Marriott. The CSOC Action Team was directly responsible for the launch of this successful conference and pleased to see it returning for its third year.

Lompoc Regional Partnership Meeting: The [Adult](#) Lompoc Adult Regional Partnership meeting occurs every 3rd Tuesday of the month from 3:30 – 4:30 at 301 N. R Street. Meetings are reported to be going very well overall and include a variety of providers who continue the process of sharing information and promoting collaboration.

The focus of recent [Children's](#) partnership meetings has been the introduction of programs and resources available in Lompoc region and allowing providers to connect with one another and clinic staff. The most recent meeting highlighted Transitions Mental Health Association sharing information on various programs such as the Partners in Home – Family Services, ACT Program, Growing Grounds Farm in Santa Maria and the Supportive Employment Services program. Many ongoing collaborative efforts have occurred as result of the growing relationships which stem from this forum.

Santa Maria Regional Partnership Meeting: The Santa Maria Regional Partnership meetings are held monthly on the following dates/times:

- [Children's](#) Regional Partnership Meeting – 3rd Mondays @ 10:00-11:00 am (October 15th)
- [Adult](#) Regional Partnership Meeting – 3rd Mondays @ 11:00-12:00 pm (October 15th)

Both partnership meetings are located at the Santa Maria Adult Outpatient Clinic at 500 W Foster Road, Santa Maria, CA 93455 (large conference room). The Santa Maria partnership meetings continue to focus on strengthening and sustaining our key partnerships to promote and expand inter-agency and cross-sector collaboration initiatives with Public Health, Department of Social Services, local and county-wide law enforcement and community-based organizations providing mental health and/or substance abuse treatment.

Santa Barbara Regional Partnership Meeting: The most recent Santa Barbara [Adult](#) Regional Partnership meeting included presentations from the Department of Rehabilitation and from the Behavioral Wellness Patients' Rights team, led by [Kay Kizer-Waldo](#) and [Enrique Bautista](#). The Patients' Rights team provided a general description of duties and services, offered help with navigating the Department of Behavioral Wellness overall system, and discussed issues with transitions to Holman and aiding clients from getting stuck between programs. The Department of Rehabilitation provided general information about their services including helping people link to employment, creation of resumes, interviewing skills and more.

The [Children's](#) Regional Partnership welcomed the New Beginning's clinical director Crystal Ramirez who presented on their programs, including the Safe Parking program for homeless individuals living in their cars, parenting and anger management classes as well as individual and family therapy services.

PHF Triennial Audit: The PHF is currently preparing for an upcoming audit scheduled to take place October 22 – 26. The primary focus of this visit will be the review of approximately 68 charts which have been identified by the review team. A big thanks to the [PHF staff](#), [Medical Records staff](#), [Jennifer Hidrobo, LCSW](#), [Laura Zeitz, RN](#), [Susan Soderman, LMFT](#) and others who have work hard to prepare and review all identified charts.

Lompoc Riverbed Clean Out: Through the leadership of [Michael Allen, LMFT, Supervisor of West County Crisis Services](#), Behavioral Wellness staff were present on site daily for a 30 day period which ended on October 10. Services provided included outreach, engagement, de-escalation, crisis management, linkage to the established triage center and to ongoing services with Behavioral Wellness. Through the work of the triage center and staff daily on site, there were two 5150 holds written to support individuals experiencing psychiatric crisis to connect with services, 12 individuals referred to and accepted for ongoing outpatient mental health services, and 12 people were linked to substance abuse services including detox or residential services.

Crisis Services Hub Open House: Behavioral Wellness will be hosting an Open House celebration of the new [Behavioral Wellness South County Crisis Services Hub](#), on [Thursday, October 18](#) from [10:30 am – 12:00 noon](#), located at 315 Camino Del Remedio, Suite B (located below the PHF). All are invited to come and learn more about the array of crisis services available through Behavioral Wellness.

Referred to as “The Hub” for crisis services, this location is center to the Psychiatric Health Facility, Crisis Stabilization Unit (CSU) and the redesigned South County Crisis Services. The South County Crisis Services office is the office based location for all field mobile crisis service staff. During business hours, crisis and urgent mental health needs can be addressed at the Crisis Hub by going to the South County Crisis Services office. For after-hours crisis and urgent mental health needs, the 24/7 Access Line is available at 1-888-868-1649.

Drug Medi-Cal Organized Delivery System (DMC-ODS) Peer Training Plan: The Department of Health Care Services (DHCS) Substance Use Disorder Division (SUD) has reviewed and approved the Drug Medi-Cal Organized Delivery System (DMC-ODS) Peer Support Training Plan submitted by the Department of Behavioral Wellness. This approval authorizes reimbursement of peer support services in the DMC-ODS for Santa Barbara County.

Peer support services will be provided within the context of a treatment plan and will include specific goals and associated interventions specific to peer support services. All providers of peer services will have an

on-site Peer Support Coordinator who will be trained by the county in the *Introductory to SUD Support Peer Support Services* and will be responsible for providing supervision as well as training to all peer staff located within their respective agencies. All peer staff will also be required to obtain the Technical Competencies in order to document peer to peer services. Peer to peer services are a valued service and provide an opportunity to provide clients information about community resources and activities to support recovery, but also provide the peers an opportunity to share their own personal lived experiences for the purpose of empowering clients to better understand the uniqueness of the recovery process.

Outpatient Delivery System (ODS) to “Go Live” on December 1: At long last, the Drug Medi-Cal Organized Delivery System (DMC-ODS) will “go live” on December 1. The DMC-ODS will be consumer-focused; use evidence-based practices and improve program quality outcomes. The overarching goal is to improve the quality and availability of substance use disorder (SUD) treatment services for California’s beneficiaries. In addition to current group counseling benefits, expanded benefits will include:

- Non Perinatal and Perinatal Residential Treatment Services
- Case Management
- Regular Individual Counseling
- Recovery Services
- Medication Assisted Treatment including Suboxone for Opioid Use Disorders
- Physician Consultation
- Integrated Treatment Services

Except for clients who need Opioid Treatment Programs, all DMC-ODS clients will go through our centralized Access Line for a brief screening and initial referral to treatment. This will ensure that clients are placed into the most appropriate level of care. Behavioral Wellness has awarded contracts to reputable providers, is hiring internal staff to accommodate increased workloads, and has provided a full range of ongoing clinical and administrative trainings to ensure the DMC-ODS will succeed in providing excellent client care.

NATIONAL AND STATE NEWS

2018 Cultural Competence Summit - “Honoring California’s Diversity: A Call to Action”: The 2018 Cultural Competence Summit will be taking place on October 23 – 24, 2018 at the Riverside Convention Center in Riverside. The theme for the 2018 Cultural Competence Summit is *Honoring California’s Diversity: A Call to Action*. The conference objectives are to:

- Educate and inform attendees about effective cultural strategies for reaching diverse populations;

- Inspire attendees to try new strategies to reach diverse populations.
- Highlight successful programs that currently exist throughout the State that reach diverse populations.
- Develop a framework for action

California counties are at the forefront of providing behavioral health services to California’s diverse population. The 2018 Cultural Competence Summit will offer a range of cultural specific workshops and presentations to promote learning and advance the cultural competence needs of individuals, families, and communities. [Click here to download the sponsor/exhibitor application](#), view the agenda and register for the Summit.

World Mental Health Day: World Mental Health Day was observed on October 10 and is a day for global mental health education, awareness and advocacy against social stigma. This important day serves to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.



**WORLD
MENTAL
HEALTH
DAY
2018**

It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries.

2018 Cultural Competence Summit: The 2018 Cultural Competence Summit will be taking place on October 23-24 at the Riverside Convention Center and is entitled, “Honoring California’s Diversity: A Call to Action.” The 2018 Summit will offer a range of cultural specific workshops and presentations to promote learning and advance the cultural competence needs of individuals, families, and communities

California Health Care Foundation Look at Substance Use in California: The California Health Care Foundation (CHCF) recently reported on substance use disorders slowly becoming more broadly understood as chronic illnesses — and the health care system beginning to identify, treat, and pay for them that way.

The Foundation goes on to say that this shift is essential, as substance use disorders are common, but severely undertreated. About 8% of Californians met criteria for substance use disorder in 2016, but only 10% of people with a substance use disorder (SUD) received any type of treatment.

[Substance Use in California: A Look at Addiction and Treatment](#) is CHCF’s first Almanac publication to address this topic. It uses the most recent data available to provide an overview of substance use and addiction in the state. Topics include prevalence of substance use disorder, use of alcohol and other drugs, mortality, emergency department use, treatment, workforce, and spending.

KEY FINDINGS INCLUDE:

- Alcohol use disorder was more prevalent than other types of substance use disorders. Six percent of Californians reported meeting the criteria for dependence on alcohol, compared to 3% for illicit drugs.
- Substance use disorders were most prevalent among young adults age 18 to 25, occurring at nearly twice the state average rate.
- Use of alcohol and other drugs often begins in adolescence. By 11th grade, more than half of California students have used alcohol and almost 40% have used marijuana.
- Alcohol accounted for more nonfatal emergency department visits than all other drug diagnoses combined.
- The number of heroin-related emergency department visits in California more than tripled between 2006 and 2017.

Access the full report and a quick reference guide [on the CHCF website](#).

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 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:** Meetings occur every other month on the third Tuesday. The next meeting is November 21, 3:30-4:30 at 301 N. R Street. 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: Arlene Altobelli, aaltobe@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: Elodie Patarias, epatari@co.santa-barbara.ca.us or Geoff Bernard, gbernard@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@sbcswell.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.
- **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@sbcswell.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@sbcswell.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@sbcswell.org
- **The Forensic Action Team** will be meeting every other month on the 4th Wednesday from 2:00 – 3:30 (please note the new meeting time). The meeting will be held at the Behavioral Wellness Children's Mental Health Services building, room 119, located at 429 N. San Antonio Rd in Santa Barbara. Anyone wishing to join by videoconference may contact John Lewis in advance (805-450-2545) to make arrangements. For questions, please contact Celeste Andersen, candersen@co.santa-barbara.ca.us