

Director's Report

December 18, 2019



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DEPARTMENT AND COUNTY NEWS

Behavioral Wellness Partners with the Mental Health Services Oversight & Accountability Commission (MHSOAC) for Local Youth Innovation Idea Lab: The planning efforts for the Youth Learning Lab which occurred on December 6 at UCSB paid off through a highly successful day of idea generating and planning in a room of 150 youth joined by dedicated adult allies. The Idea Lab truly came to life as imagined - as an intensive, interactive, and free-thinking environment where adult allies joined with youth leaders to immerse themselves in a collaborative thinking process. Santa Barbara, Ventura, Kern and San Luis Obispo participants joined to share expertise, vision and dreams of what youth mental wellness can look like. The workshop will result in the development of an innovative concept to increase preventative mental health services in schools using youth-led approaches. Stay tuned!



A big thanks to the many Behavioral Wellness staff who dedicated tireless hours to the planning and assuring the day was a success: **Lindsay Walter**, **Vanessa Ramos**, **Amanda Kirk** and **Taylor Randall**. Special kudos to Amanda and Taylor who curated and organized over 30 art displays which played an integral role to the overall idea developments.



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>. You can find policies approved within the last 6 months under the tab “View Only RECENT Policies”. You can also search alphabetically, by category, or by keyword.

1. **Short-term Residential Therapeutic Programs (STRTP) Placement and Role of Interagency Placement Committees (New)** – This policy establishes collaborative procedures between the Department and interdisciplinary agencies for determining the need for and authorizing the placement of Santa Barbara County youth in STRTPs.
2. **Katie A./Pathways to Mental Health Services (Revised)** – This policy ensures Katie A. youth receive the appropriate level of services within the Department’s System of Care as required by the Continuum of Care Reform principles.
3. **Site Certification for Specialty Mental Health Services (Revised)** – This policy establishes standards and procedures for Medi-Cal provider certification and recertification for specialty mental health services which apply to all potential and active Medi-Cal providers for specialty mental health services.
4. **Intensive Mental Health Services for Youth (Revised)** – This policy establishes and implements procedures addressing the authorization, coordination and monitoring of intensive mental health services for youth. It applies to all qualified children’s providers and contracted providers of the Department.
5. **Accessing a Welcoming and Integrated System of Care and Recovery (Revised)** – This policy defines the Department’s position on access to mental health and alcohol/drug services, and the integration of these services in Santa Barbara County.
6. **Beneficiary Problem Resolution Process (Revised)** – This policy ensures that beneficiary complaints and grievances are responded to in a sensitive, timely, appropriate and culturally competent manner, and uphold the rights of beneficiaries throughout the problem resolution process.
7. **Drug Medi-Cal Organized Delivery Services (DMC-ODS) Care Ordination (Revised)** – This policy ensures that all DMC-ODS beneficiaries receive a full range of care coordination services to address their special health care needs.
8. **Presumptive Transfer (New)** – This policy establishes standards and procedures for providing timely specialty mental health services (SMHS) to youth in foster care placed outside of their County of Jurisdiction. It applies to youth in foster care with Medi-Cal requiring SMHS in Santa Barbara County.
9. **Medication Assisted Treatment (MAT) for Clients Receiving Mental Health Services (Revised)** – This policy establishes standardized criteria and treatment practices for MAT services and improve client outcomes in order to improve engagement and treatment services for Department clients with co-occurring severe and persistent mental illness and substance use disorders.
10. **Service Triage for Urgent and Emergency Conditions (Revised)** – This policy establishes the availability, timeliness and authorization procedures for urgent and crisis specialty mental health services or substance use disorders.

11. **Juvenile Justice Services Orientation Trainings (Santa Maria & Los Prieto's Boys Camp) (New)** – This policy establishes training requirements for Department employees who work with juveniles residing at either Santa Maria Juvenile Hall or Los Prieto's Boys Camp.
12. **Care for Suicidal Youth Placed at Santa Maria Juvenile Hall (Revised)** – This policy establishes procedures on providing timely interventions that are necessary to care for youth at risk for suicide.

Mental Health Services Act Innovations Help@Hand Project Update: Santa Barbara's Help@Hand project continues to put MHSAs dollars to work throughout each region of the county. The Regional Community Workgroup gains traction monthly as peers successfully integrate into the Help@Hand project. Currently, volunteers and project staff are working through the final stages of selecting a technology vendor that focuses on digital self-guided meditations. Behavioral Wellness Action Team meeting(s) are optimized by the Help@Hand project through utilizing the action team meeting(s) as platforms to share project updates ensuring that community members have an equitable way to understand project status, project wins and upcoming project needs/action items. As mentioned earlier in the report, Help@Hand Santa Barbara's project team members **Amanda Kirk** and **Taylor Randall** served as lead event curator(s) collaborating with the Mental Health Services Oversight and Accountability Commission's (MHSOAC) Youth Innovation Committee throughout the month of November for the Youth Innovation Lab. Optimizing MHSAs funding has recently supported peer employment and volunteer opportunities via special projects supporting the Help@Hands pilot process, preparing for wellness fairs and assisting with transportation to community events and stakeholder meetings. In-person monthly mindfulness meditation groups are now available at regional contracted community based recovery learning communities/centers throughout the county at the Helping Hands of Lompoc contact Sandy Rives at (805) 819-0460; Santa Maria RLC contact Denise Manriquez (805) 928-0139 and at the Fellowship Club within the Mental Wellness Center contact Nick Papageorge (805) 884-8440. To learn more about how you can be involved, share input or to join the project contact Vanessa Ramos at vramos@sbcbswell.org or by phone at 805-884-1665 Hablo Español

Help@Hand Community Meeting

Date: January 9, 2020

Time: 11AM-2PM

Location: Helping Hands of Lompoc RLC - 513 North G Street Lompoc, CA 93436

Note that limited transportation is provided by Help@Hand team. For information about public transportation and new bus schedules throughout Lompoc contact Lompoc Public Transportation at 805-736-7666.

Behavioral Wellness Outreach in the Community: Behavioral Wellness will be supporting resource tables at several events in December:

Day of the Farmworkers took place on December 1. **Enrique Bautista** represented Behavioral Wellness with a resource table at the event.

On December 11, the **Homelessness Strategic Plan Open House** took place at the Goleta Valley Community Center. Big thanks to **Sara Grasso** for representing Behavioral Wellness at this event.

The **Longest Night Vigil** will take place on December 21 at Santa Maria City Hall and will be joined by many Behavioral Wellness staff.

Making a Difference in Lives: In the midst of the holiday season and stress which so often can accompany this time of year, sharing stories of client success is one of the greatest gifts of all. A recent story was shared by **Hadisha Person, Interim Team Supervisor RISE Program**. In March of 2019, a 15 year old teenager began services in the RISE program. As is the case with many in the program, more than half of her young life had been spent as a victim of sexual abuse. At her young age, she was already living daily with the symptoms and challenges of Depression, PTSD, panic attacks, flashbacks, nightmares and impact with her education. At the age of 15, she was yet to be allowed to participate in school activities, spend the night with friends or even choose her own clothing.

Today, she is safe from the abuse. In addition, she is on her school basketball team, will soon be performing a monologue (written by herself) in her school play and has friends. As with many, music plays a strong influence on our feelings. For this young lady, the song “Warrior” by Demi Lovato has been her strength and shield. Lyrics from the song are a true testament to her journey, “And my armour is made of steel. You can’t get in. I’m a warrior and you can never hurt me again.” The warmest of wishes to all during this holiday season and may all find their inner strength as this strong young woman did with the unending support of her Behavioral Wellness team.

Lompoc (West County) Regional Partnership Update: During November’s Regional Partnership meeting, Regional Manager, Tony Hollenback, LCSW, presented a training on Engagement – Stories of the Heart. The presentation focused on ways to keep staff engaged in our work and how we in turn engage with our clients in the community. Using a “story telling” approach staff were engaged in ways to deepen their relationship with their clients through a multi-cultural lens to impact client care, retention and increase successful outcomes. The Partnership meeting was joined by the Public Health Department, Probation, Child Welfare Services and various organizational providers. Agency updates were shared as well as the many holiday initiatives taking place this time of year.

South Counties Regional Partnership Update: The Santa Barbara **Adult Regional Partnership** meeting took place on November 18, 2019. Applications are currently being received for the new Depot Street units in Santa Maria. There are 35 beds funded through the Mental Health Services Act (“MHSA”) with designation for adults with mental health challenges. Individuals do not need homeless certification to qualify for these MHSA units. Homeless Services will be processing the applications. In addition, there are several housing units available in the community through the Coordinated Entry Services program (“CES”). In order to apply, one must go through the CES points of entry. In Santa Barbara, this takes place at the PATH (“People Assisting the Homeless”) shelter during the week days between 8am-10am. In order to apply, three documents are required. One is the pre-application, the next is the MHSA certification form which is only required for BWELL clients. The last form is the CES eligibility document in order to verify chronic homelessness. Applications will begin being processed in January and February. The Housing

Authority of the County of Santa Barbara's (HACSB) Depot Street Permanent Supportive Housing (PSH) program supports additional units at Depot Street for Homeless individuals and families. Interested parties are to complete and submit the attached Pre-Application and Homeless Verification forms directly to HACSB. HACSB can be contacted for additional questions at 805-965-1071. Additional exciting news includes the recent purchase by Behavioral Wellness of two mobile treatment vans which will provide clients in the community with easy access to services.

The Santa Barbara **Children's Regional Partnership** meeting took place on November 19, 2019. The meeting welcomed Oscar Soto from Community Solutions, Inc. Community Solutions, Inc offers support services for adults leaving the Justice system. There was much interest from the partners to know more about these programs. They provide linkage to needed resources and employment support. Rachel Steidl from the YouthWell Coalition gave updates on the progress they have made in making sure that all youth and families in the community have access to Mental Health Services. She specifically focused on the Mental Health First Aid classes they have offered for adults and they are starting to offer these to the schools as well in collaboration with the Mental Wellness Center. The rest of the meeting was spent discussing the Access line. Team Supervisor Sara Bazan offered information on the process of screening and scheduling assessments. She explained the levels of care and the variety of Programs the County offers. QCM Manager Joshua Woody will be joining the meeting in January to provide a presentation on the Access process.

North County Regional Partnership Update: The Santa Maria's North County Regional Partnership Meetings are held monthly at the Santa Maria Adult Outpatient Clinic located at 500 W Foster Road in Santa Maria, CA (large conference room):

- Children's Regional Partnership Meeting – 3rd Mondays @ 10:00 am – 11:00 am
- Adult Regional Partnership Meeting – 3rd Mondays @ 11:00 am – 12:00 pm

The Santa Maria regional partnership meetings focus on promoting the expansion of cross-sector collaboration through strengthening and sustaining key community partnerships, such as those with the county of Santa Barbara's Department of Public Health, Department of Social Services, law enforcement, CenCal Health and a variety of community-based organizations (CBO) providing mental health and/or substance abuse treatment to children, transitional aged youth (TAY) and adults in the Santa Maria region. In November, the partnership meetings focused on presentations highlighting the services offered by community-based organizations to include CADA, Fighting Back Santa Maria Valley (FBSMV) and The Salvation Army. NAMI also attended, announcing that they will be coming to the north county in February 2020 to begin provide their free, 12-session Family-to-Family classes starting on February 12th, 2020. In addition, Behavioral Wellness' leadership restructuring plan was discussed, in which Shana Burns, LMFT (Santa Maria Regional Manager) is in the process of transitioning to the Forensics Services Manager role, county-wide. Until Adult Manager and Children's Managers (in lieu of a Regional Manager) are hired for the Santa Maria clinics, John Winckler, LMFT (Division Chief of Clinical Operations) will be facilitating the monthly, regional partnership meetings in Santa Maria to resume on Monday, January 13th, 2020 @ 10:00-11:00 am (children's) and 11:00-12:00 pm (adults) due to the MLK holiday. Please note that there will be no Santa Maria regional partnership meetings held in December

Housing Services (HEART) Action Team: The HEART team met on December 11. Discussion included upcoming No Place Like Home projects; West Cox and Hollister, both of which are going to the Board for approval in December. Pending Board of Supervisor approval, Behavioral Wellness will apply for funding for both projects. West Cox is asking for non-competitive funding, Hollister is asking for competitive funding, the State awards funding for competitive projects using a points-based system. HEAP funds that remain unspent were also discussed. The remaining HEAP funds must be spent by June 30th, 2021. A new funding source, HHAP, was also discussed. HHAP is a one-time funding source to be used for services and permanent housing for our homeless populations. Both the County and the Continuum of Care have been allocated HHAP funds, totally around 4.4 million dollars, but counties must complete applications by the end of February to access this funding.

Cultural Competence and Diversity Action Team (CCDAT) Update: The highlight of the November CCDAT meeting was a presentation by **Tony Hollenback** on the Deaf and hearing loss population to bring about understanding of the needs of this community and awareness of the availability of resources. He explained that hearing loss, includes diverse origins (at birth, later in life) and ranges of hearing loss. Some people may be at the lighter end of the spectrum or the higher end, meaning that different resources could be more or less useful for them. Additionally, Tony explained the difference between hearing loss and deafness (or null hearing). Members were provide with several links of resources explaining cultural difference in the hearing and deaf communities. The following are some of the resources and Support links:

Hearing/Deaf – audio/visual support

- <https://californiaphones.org/Devices-for-Difficulty-Hearing>
- <https://www.captel.com/>

Resource Center – technology available

- <http://www.hearinglossca.org/technology>
- <https://livewell.honeywellhome.com/en/life-changing-home-innovations-for-the-deaf-or-hearing-impaired/>

Education

- <https://www.hearingourway.com/>
Free magazine for kids/teens with a hearing loss
- <https://hearinghealthfoundation.org/hearing-health-magazine>

Crisis Action Team Update: Previous Crisis Services manager John Winckler was promoted to Division Chief of Clinical Operations. Dr. John Lewis will be stepping in as Interim Crisis Service Manager while we recruit for the position. Dr. Lewis is transitioning to a part-time position with the department and Shana Burns (Current Santa Maria Regional Manager) will be assuming the full-time role of Forensics Manager in December. Crisis Services recently hired a new Practitioner who will be taking on the role of Hospital Liaison. This staff will be responsible for tracking all clients in out-of-county LPS facilities, coordinating discharges and insuring clients who are leaving LPS facilities are appropriately linked to services. George Kaufmann of NAMI presented on the expansion of NAMI programming to North County. Beginning February 12th 2020, NAMI will be offering their Family-to-Family class in Santa Maria at Marian Medical Center. Preregistration is required, please contact Ramona Winter, Family Advocate at 805-884-8440, ext. 3206.

Children’s System of Care (CSOC) Action Team Update: The CSOC Action Team Meetings are held monthly on the 4th Thursdays @ 10:30 am – 12:00 pm at the Buellton Recreation Center (301 2nd Street, Room A, Buellton, CA). Due to the Thanksgiving holiday, Child Abuse Prevention Council (CAPC) and CSOC created a joint meeting which was held on 11/21/19 at the Buellton Recreation Center. Over 50 participants joined a dynamic discussion on ways we can strengthen our ability to raise awareness on the programs/services available to the communities we serve and focus on prevention and early intervention in accessing care. There has been a growing interest in strengthening community support in Lompoc. At the request of the group, Amber Wilson, President of the Chamber of Commerce and Mayor Jenelle Osborne joined the meeting. Both Mayor Osborne and Ms. Wilson shared their mutual commitment to support the mission and goals of CAPC and CSOC and indicated their interest in attending future meetings. Barb Finch, Child/Family Network Director has indicated her interest in developing a pilot project in Lompoc to collaborate a list of agencies, resources, programs and services and make them available to the community. Barb also presented on an ACE (Adverse Childhood Events) study and how to utilize this data into our goals as a group, connecting our community members to services makes a long term impact on their overall wellness (i.e. job, housing security, behavioral wellness, parenting, etc.). She will be collaborating with Mayor Osborne and Ms. Wilson on this when she gets ready to launch the project in early 2020. **Tony Hollenback, LCSW** will be taking over the role of Co-Chair of CSOC effective January 2020. CSOC would like to thank **Shana Burns, LMFT**, for her dedication, leadership and support.

The next CAPC meeting will be held on 1/16/2020 from 9 a.m. to 11 a.m. in the Buellton Recreation Center.

The next CSOC meeting will be held on 1/23/2020 from 10:30 a.m. to 12 p.m. also at the Buellton Recreation Center.

Consumer Family Member Action Team (CFMAT): The highlight of the November CFMAT meeting was the MHSA presentation provided by **Lindsay Walter, Deputy Director of Administration and Operations/Chief Mental Health Services Act Coordinator**. Lindsay reviewed many topics with the group members including the history of MHSA, the five MHSA components, community planning/stakeholder process and the fiscal aspect of MHSA. Members were encouraged to participate in the community planning process meeting on December 11, 2019. At this meeting, participants discussed the MHSA community planning process and strategies for community outreach. Additionally, members who joined the November CFMAT meeting were provided with updates on the Help@Hand project, Cultural Competency Diversity Action Team areas of focus and review of the first quarterly edition of the CFMAT newsletter.

Forensic Action Team Update: The Forensic Action Team met on November 20, 2019, rescheduled a week prior to its regular day due to the Thanksgiving holiday. While the turnout was small the discussion was active and covered many of the subjects that have been discussed in prior meetings, such as the Prop 47 diversion grant and the DSH contract related to AB 1810. Each of these grants will fund important forensic and crisis service programming which is anticipated to begin as early as January 2020. The Forensic Action Team meets the fourth Wednesday of every other month and the next one will be held on Wednesday, February 26, 2020 from 2-3:30 p.m. in Room 119 of the Children's Mental Health Services building at 429 N. San Antonio Rd. in Santa Barbara. Individuals wishing to join from videoconference from

Santa Maria may contact Shana Burns, LMFT at 805-335-4263 or sburns@co.santa-barbara.ca.us for assistance.

NATIONAL AND STATE NEWS

International Day of Persons with Disabilities: December 3, 2019 recognized the International Day for Persons with Disabilities. Since 1992, the International Day of Persons with Disabilities (IDPD) has been annually observed on 3 December around the world. This day focuses on issues that affect people with disabilities worldwide. The International Day of Persons with Disabilities re-affirms and draws attention to the rights of people who live with disabilities. The theme for this 2019 IDPD is ***Promoting the participation of persons with disabilities and their leadership***. The theme focuses on the empowerment of persons with disabilities for inclusive, equitable and sustainable development of goals and focus areas. Remembering this international day helps us locally to recognize the strength of so many in our community who struggle with the challenge of living with a mental illness or substance use disorder which significantly interferes with major life activities such as learning, working and communicating, among others. We admire the courage and strength of all who rise above this challenge on a daily basis. This day re-affirms the Behavioral Wellness commitment to employing persons with lived experience that the department needs to ensure our delivery of the highest of quality in services and operations as a system.

If the Holidays Aren't the Most Wonderful Time of the Year: Each Mind Matters shares valuable insight surrounding the Holiday Season. For many of us, the winter holiday season— stretching from Thanksgiving through New Year's — contains anxiety tangled up with the gift wrap, stress as well as stuffing, loneliness rather than celebration. The contrast between the greeting card version of the holidays and our actual lives can be difficult. In addition, our usual support networks may be busy, on vacation, out of town or otherwise unavailable. We may experience financial strain, the pain of being separated from loved ones and the pressure of trying to get everything done.

Here are five tips that might help you cope with holiday stress:

Manage your expectations. Pace yourself. Pay attention to what is really important and let those home-baked cookies or some other task wait for next year.

Limit your alcohol intake. There can be more opportunities than usual to indulge or over-indulge. If you are in recovery, temptation may seem to surround you. Now is a good time to attend extra support meetings and to plan how you will manage those holiday open-house parties.

Acknowledge your feelings. You have the right to whatever emotions you are experiencing. Journaling, sharing with trusted friends, or simply identifying what you are feeling can all be helpful.

Practice good self-care. In pressured times, we often let go of the very habits that serve us well. Eat sensibly; get enough sleep; don't let go of your exercise routine; take time to meditate or just sit quietly.

Plan ahead. If your usual supports will be on vacation, create a back-up plan to cope with stressors or create a back-up plan for self-care. Smartphones are great ways to keep notes to self as well as plans for coping strategies.

There are also many services available to help individuals in crisis or in need of a good listener:

- *Friendship Line* for older adults and adults with disabilities. (800) 971-0016
- *National Suicide Prevention Lifeline* for those in crisis or if you are worried about someone else. (800) 273-8255 Online chat is also available at suicidepreventionlifeline.org
- *The Trevor Project* provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) people ages 13– 24. (866) 488-738. Online chat is also available from 1 – 6 p.m. at thetrevorproject.org/pages/get-help-now

The Behavioral Wellness Access Line is available 24 hours a day, 7 days a week at 888-868-1649.

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, Santa Maria Clinic Conference Room and the Lompoc Children’s Clinic Newport Harbor 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: Dalila Brown, dbrown@co.santa-barbara.ca.us
- **Lompoc Regional Partnership Meeting:** Meetings occur every other month on the third Tuesday at 301 N. R Street. Questions: Anthony Hollenback, ahollenback@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: Shana Burns at sburns@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@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, Santa Maria Annex and Lompoc B St. Contact Maria Arteaga at 805-681-5208 or marteaga@co.santa-barbara.ca.us or Anthony Hollenback at 805-737-6610 or ahollenback@co.santa-barbara.ca.us
- **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 Maria Arteaga at 805-681-5208 or marteaga@co.santa-barbara.ca.us
- **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@sbcwell.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 Shana Burns at sburns@co.santa-barbara.ca.us
- **Forensic Action Team** will be meeting every other month on the 4th Wednesday from 2:00 – 3:30. The meetings are 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 or having questions may contact John Lewis at jolewis@sbcwell.org