

Director's Report

January 15, 2020



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

DEPARTMENT AND COUNTY NEWS

January is Human Trafficking Awareness Month: As you read this, millions of women, men and children around the world are subject to being trafficked. To address this injustice, it helps to define and know exactly what it is.

The federal [Trafficking Victims Protection Act](#) defines human trafficking as:

1. The recruitment, harboring, transportation, provision, or obtaining of a person for the purpose of a commercial sex act where such an act is induced by force, fraud, or coercion, or in which the person induced to perform such act has not attained 18 years of age, or
2. The recruitment, harboring, transportation, provision, or obtaining of a person for labor or services, through the use of force, fraud, or coercion for the purpose of subjection to involuntary servitude, peonage, debt bondage, or slavery.

Human trafficking is a problem everywhere, *including Santa Barbara County.*

What can you do to get involved?

- In January, events are set throughout Santa Barbara County to highlight the work of victim services and law enforcement partners in combating all forms of Human Trafficking and raise awareness of services available to survivors.
 - o Visit <https://www.traffickstopsb.org/get-involved> for a complete list of events scheduled in January; Flyers attached. Also, please feel free to share and encourage the community to attend!
- Some of you may have participated in the annual [#WearBlueDay](#) which took place on Thursday, January 11. If so, thank you!



“No one is free when others are oppressed.” As our society becomes much more aware of many oppressive social structures and crimes, we must start to acknowledge and address human trafficking as well. It may be hard to accept that this crime exists in our communities, but we have to share the knowledge that this is a reality for far too many victims in order to change that reality. Do your part this January: hang up a poster, share a video, snap a picture, and help bring human trafficking out of the shadows. (If you need/want any posters, cards, flyers, or have questions, please contact Hadisha Person, LMFT, Interim Team Supervisor at 805-291-3670.

Behavioral Wellness CSEC Program Meet and Greet: In recognition of Human Trafficking month, the Behavioral Wellness CSEC staff are putting up displays at the regional Adult and Children’s outpatient clinics and doing a number of CSEC presentations including a “Meet and Greet” on January 30th from 4 PM-6 PM at the Santa Maria outpatient clinic on Foster Road in Santa Maria. The Meet and Greet will take place in the Adult Large Conference Room. Staff will be sharing information on CSEC awareness, referrals and services. Refreshment’s, snacks and raffle prizes will be available.

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. **Bilingual Certification and Allowance (Revised)** – This policy outlines the certification and bilingual allowance standards for linguistically proficient staff who serve non-English speaking clients.
2. **Mental Health Plan Outreach for Adult Services (Revised)** – This policy sets assertive outreach standards that outline how to provide mental health services to underserved populations in a culturally competent manner.
3. **Consent for Psychotropic Medications (Revised)** – This policy establishes requirements for obtaining written informed consent for all psychotropic medications prescribed to youth placed in Juvenile Probation Institutions.
4. **Medication Consent for Minors (New)** -This policy sets standards of practice regarding Minor consent for psychotropic medication.
5. **Mental Health Plan Continuity of Care (New)** – This policy establishes a procedure for processing Mental Health Plan Continuity of Care requests for beneficiaries receiving specialty mental health services.

South County Launching New Medication Support Pilot Project: The Department of Behavioral Wellness in collaboration with the Mental Wellness Center, are gearing up to pilot the Recovery Learning Center *Maintenance Phase of Treatment* project. This will augment the current levels of care within the Behavioral Wellness system while providing continued support for clients that have successfully met their treatment goals and are only in need of medication support. The target start date is January 22, 2020. **Dr. Fred Berge, Behavioral Wellness Psychiatrist** will be present onsite at the Mental Wellness Center every 2nd and 4th Wednesday from 9:30 – 5:30 to provide medication support services.

Volunteers Needed for the 2020 Homeless Count: Santa Barbara County, the Santa Maria/Santa Barbara County Continuum of Care (CoC), and the Northern Santa Barbara County United Way invite volunteers to participate in the countywide 2020 Homeless Point-In-Time Count from 5:30-8:30 a.m. on Wednesday, January 29, 2020. The Point-In-Time Count is the annual count of individuals and families experiencing homelessness on a given day.

Teams of volunteers and experts will canvas assigned routes throughout the county and will briefly document who is experiencing homelessness. This information is used to plan local homeless assistance systems and raise public awareness. Volunteers will be trained to help count on the survey day. To volunteer, please sign up at www.LiveUnitedSBC.org. Additional training information will be posted on the website.

Point-In-Time Count Trainings - Learn about this year's Count and how to get involved:

- Carpinteria/Summerland: 6-7:30 p.m. Thurs., January 23
- Goleta: Wednesday, 6-7:30 p.m. Wed., January 15
- Isla Vista: Tuesday, 6-7:30 p.m. Tues., January 21
- Lompoc: 6-7:30 p.m. Thurs., January 16
- Santa Barbara: 9:30-11 a.m. Sat., January 11; and 6-7:30 p.m. Wed., January 22
- Santa Maria: noon-1:30 p.m. Thurs., January 16

All are welcome; please go to www.LiveUnitedSBC.org to sign up to participate.

Cultural Competence and Diversity Action Team (CCDAT) Update: The December CCDAT meeting focused on providing input for the revision of the Cultural Competency Plan. Members engaged in adept discussion and provided recommendations in the following areas of the cultural competency plan: cultural competency trainings, language access services for the Limited English Proficient individuals and the deaf and hard of hearing community, outreach and engagement activities and cultural adaptation services. In future meetings members will assist in identifying and making recommendations to: remove barriers/obstacles and improve accessibility throughout Santa Barbara County through inclusion for all populations/communities served (i.e. LGBTQ, individuals with disabilities, cultural groups served, etc.) for departmental consideration. Also, members will continue to discuss and provide a recommendation to the department on implementing culturally inclusive intervention approaches (i.e. providing outreach to various sub-populations in Santa Barbara County). Lastly, on December 18, 2019 a training was provided by **Anthony Hollenback, LCSW, Lompoc Regional Manager** for the Santa Maria Regional all staff meeting. The training focused on Communication Awareness & Enhancement working with Deaf and Hard of Hearing clients.

Crisis Action Team Update: Planning is underway for two grants that will significantly advance the county's efforts towards crisis diversion in the coming years. As earlier mentioned, the Edward Byrne Memorial Justice Assistance Grant (Byrne-JAG), which was awarded to the Sheriff's Office in 2019, will fund two crisis Co-Response Teams (CRTs) consisting of a Sheriff's Deputy and a Behavioral Wellness clinician. The county was also awarded a larger diversion-focused grant through Prop 47, and the Department expects this will be finalized later this month. Prop 47 funds one more Co-Response Team but additionally funds the creation of a Sobering Center in the South County. Other components of the Prop 47 grant are designed to increase opportunities for individuals with behavioral health problems to be diverted towards community treatment post-arrest. Behavioral Wellness is collaborating with the Sheriff's Office on a training program for the new Co-Response Teams with the goal of commencing expanded Co-Response Team coverage in February.

A new Team Supervisor has been hired for South County Crisis Services. Jennifer Leonard joins us from Oregon and brings a wealth of experience in Mobile Crisis and Co-Response with numerous counties in Oregon. Her start date is 1/13/20.

Our Co-Response team of **Bradley Crable, Behavioral Wellness Caseworker** and Deputy James McCarrell were recognized with a Locals Hero Award by the Santa Barbara Independent newspaper.

Consumer Family Member Action Team (CFMAT): The entire December meeting was devoted to MHSA Community Planning Process. The action team was involved in the MHSA Community Planning Process where they provided stakeholder input regarding MHSA Three-Year Programming. At this meeting Tina Wooten, former Behavioral Wellness team member, was recognized for all her hard work in peer support advocacy. |



NATIONAL AND STATE NEWS

Emergency Department Study Reveals Patterns of Patients at Increased Risk for Suicide: The National Institute of Mental Health (NIMH), part of the National Institute of Health (NIH) funded a new research study that examined suicide and overdose risk in the year after an emergency department visit. This study found that people who presented to California emergency departments with deliberate self-harm had a suicide rate in the year after their visit 56.8 times higher than those of demographically similar Californians. People who presented with suicidal ideation had suicide rates 31.4 times higher than those of demographically similar Californians in the year after discharge. The findings, published in *JAMA Network Open*, reinforce the importance of universal screening for suicide risk in emergency departments and the need for follow-up care.

More than 500,000 people present to emergency departments each year with deliberate self-harm or suicidal ideation — [both major risk factors for suicide](#). However, little is known about what happens to these people in the year after they leave emergency care.

To read more on this study, click [here](#).

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. The next meeting will take place on January 21st. 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. Due to the Martin Luther King Holiday, the next meeting will take place on January 13th. Questions: Shana Burns at jwinckler@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@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. The next meeting will take place on January 23rd. Contact Anthony Hollenback at ahollenback@co.santa-barbara.ca.us

- **Forensic Action Team** will be meeting every other month on the 4th Wednesday from 2:00 – 3:30. The next meeting will take place on February 26th. 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. For questions, please contact sburns@co.santa-barbara.ca.us