



**MHSA Advisory Committee (MAC)
Tuesday, October 30, 2018
Veterans Hall, San Luis Obispo
4:00pm – 5:30pm**

SAN LUIS OBISPO COUNTY
BEHAVIORAL HEALTH DEPARTMENT



WELLNESS • RECOVERY • RESILIENCE

Welcome, Introductions, and Goals for meeting

- **Frank Warren, SLOBHD (Division Manager and County MHSA Coordinator)**

1) CSS Work Plan

- **FY 17-18 Updates**
- **CAPSLO**

2) PEI Work Plan

- **FY 17-18 Updates**
- **Community Counseling Center**

3) INN Work Plan Review & Updates

- **New round: Planning for 19-20**

4) Fiscal Update

- **Briana Hansen, SLOBHD (Accountant III)**

5) Old Business

6) New Business for 2018-19

7) Next Meetings:

8) Conclusion



The MHSA provides San Luis Obispo County:

- Funding, personnel, and other resources
- Supportive programs for underserved populations
- Best practices and innovative approaches
- Prevention, early intervention, treatment, and recovery
- Community partnerships and stakeholder engagement



MHSA Advisory Committee

- **MHSA Advisory Committee Introductions**
- **Staff Introductions**



- This is a somewhat informal meeting with all attendees welcome to comment, ask questions, make suggestions, etc.
- MHSA planning requires stakeholder involvement to guide and advise plans.
- Today's meeting will update the MHSA oversight group (including original and new members) as to the implementation of the most current work plan.
- We will also provide information on work plan changes, and introduce new funding initiatives, for discussion and approval.
- We will use consensus-based decision making.

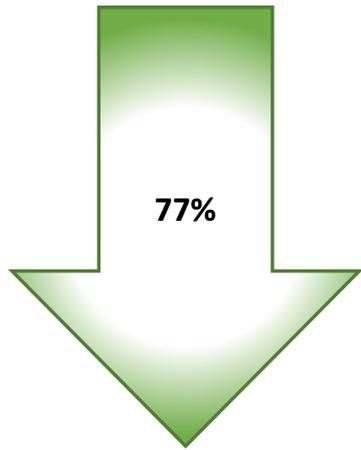


Community Services and Supports (CSS)

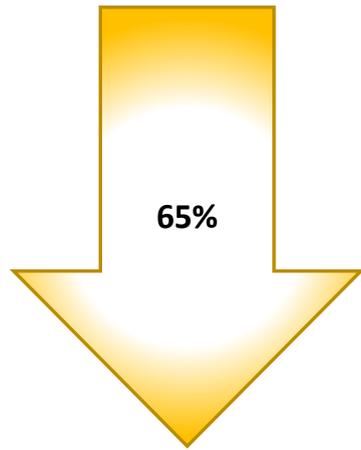
1. Child & Youth Full Service Partnership(SLOBHD & FCN)
2. Transitional Age Youth FSP (SLOBHD & FCN)
3. Adult FSP (TMHA & SLOBHD)
4. Older Adult FSP (Wilshire CS & SLOBHD)
5. Client & Family Wellness (TMHA, CAPSLO & SLOBHD)
6. Latino Outreach Program (SLOBHD)
7. Enhanced Crisis & Aftercare (Sierra Wellness & SLOBHD)
8. Schools and Family Empowerment (SLOBHD & CAPSLO)
9. Forensic Mental Health Services (TMHA & SLOBHD)



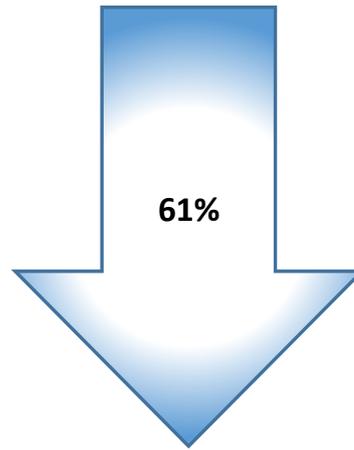
FSP Clients Enrolled in FY 2017-2018 (n=142)



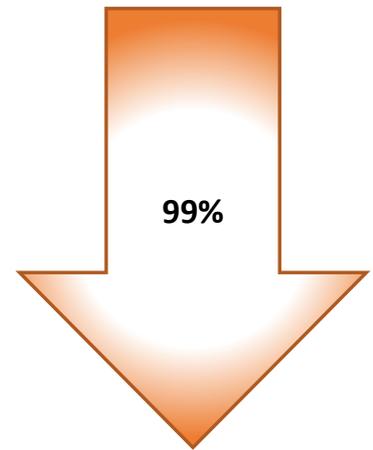
**Reduction in
PHF Days**



**Reduction in
ER Visits**



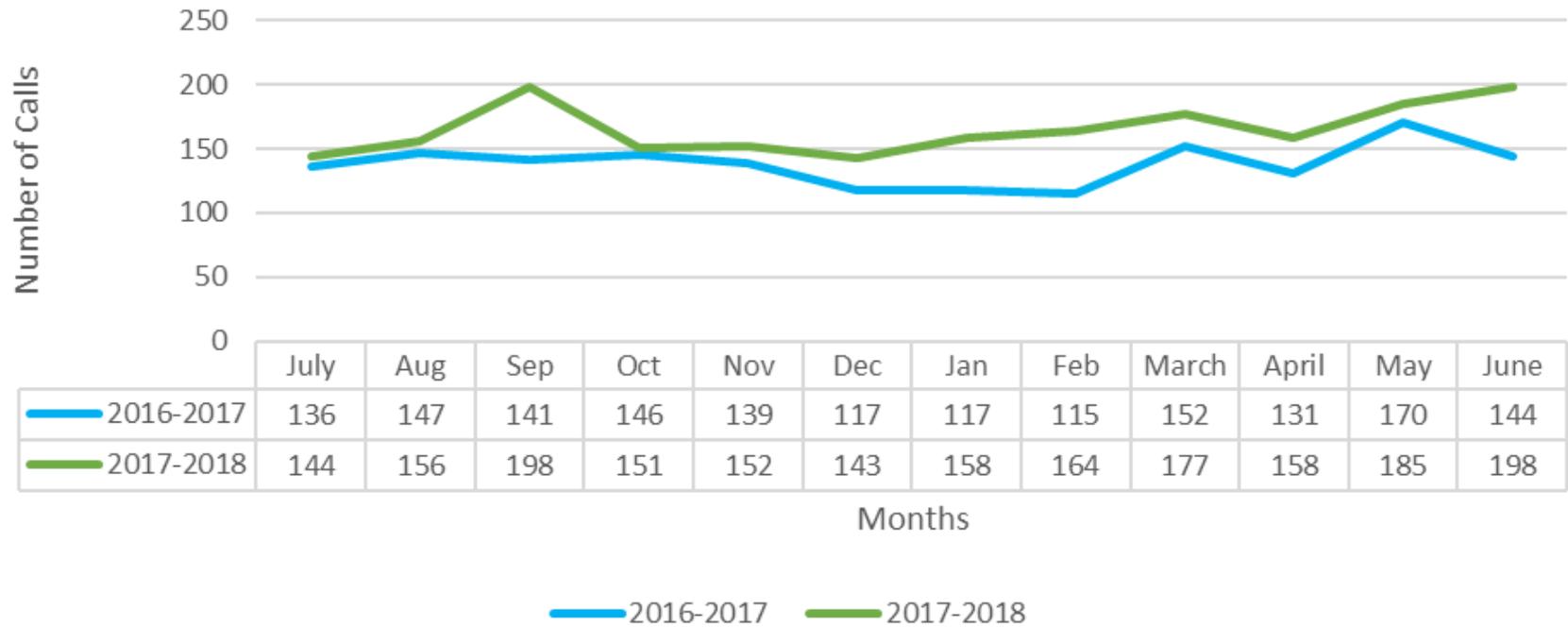
**Reduction in
Homeless
Days**



**Reduction in
Jail/Prison Days**



Two Year Comparison of Total MHET Calls



74

Unduplicated Clients Admitted

21

Referrals involving law enforcement

15

Enrollments in outpatient services after being discharged

12%

Increase in symptom and wellness scores from intake to time of discharge



CAPSLO Presentation





Family & Community Support Services
Division
Mental Health Services Act
October 2018



2017-2018 Demographic Data



Individuals served within FCSS programs:

- 581 families served
- 2,223 individuals served
- 48% were male
- 52% female
- 56% were age 0 – 17
- 61% were Hispanic
- 63% of the adults had an education level of high school or below
- 7% were disabled



Demographics contd.



- 10% did not have health insurance
- 46% were single parent families
- 18% of families were homeless or living in a non-traditional setting (i.e., couch-surfing, living with family/friends, or at a campground)
- 69% of families had an income of 125% or less of the Federal Poverty Level (85% are at 200% or below the poverty level)



Martha's Place Family Advocate



- From July 1, 2017 through June 30, 2018, the Martha's Place Family Advocate accomplished the following during the fiscal year:
 - Served 134 unduplicated families
 - 820 contacts were made with families
 - 1,615 support services were provided. Support services include: assisting with paperwork completion, translation services, linking to other programs, working with other agencies to address the family's needs.



Martha's Place Family Advocate

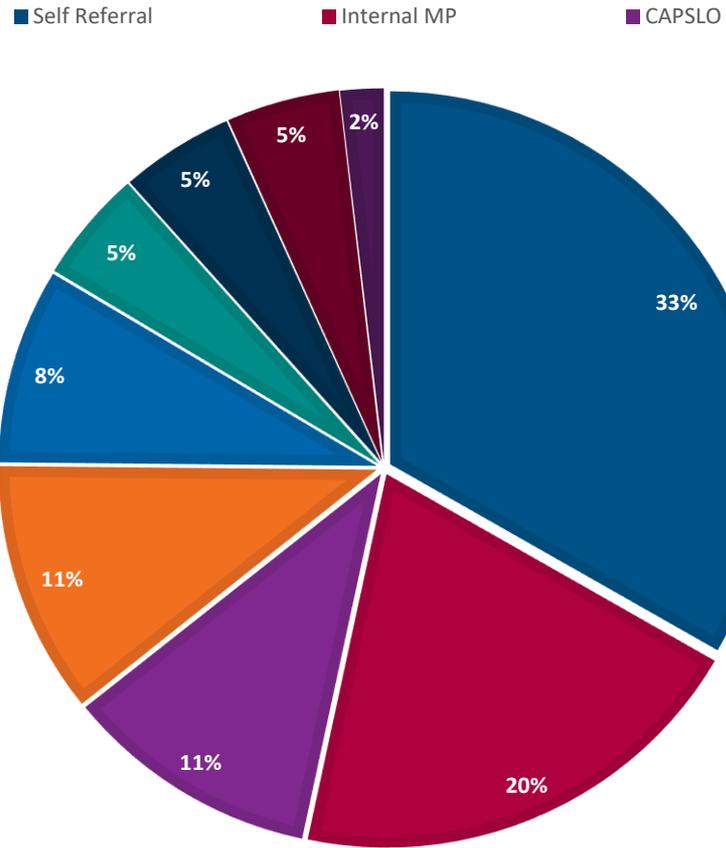


- 81% of families that worked with the family advocate, attended their Martha's Place intake appointment.
- 96% of families were connected to needed services (i.e., housing, clothing, food, etc.)
- 16% of families served were Resource Families
- **Jose's Success Story**





REFERRAL SOURCE



Services Affirming Family Empowerment SAFE



- 30 families case managed
- 163 FRC families served
- 15% of all families served are Resource Families
- 5,903 client contacts made, of which, 1,119 were in Spanish



SAFE Services Contd.



- 92% of case managed families showed overall improvement through the 90-day self-sufficiency matrix
- 96.2% of families demonstrated stable functioning at home when interacting positively with all other persons at current residents.
- 100% of families demonstrated stable functioning at home receiving appropriate care, shelter, food, and other necessities of life.
- Success Story





CONTACT INFORMATION

Melinda Sokolowski,
Family and Community Support Services Director

msokolowski@capslo.org

805-748-1054

One Person Can Make a Difference

Prevention & Early Intervention (PEI)

- 1. Prevention Program** (SLOBHD/The Link, Center for Family Strengthening (CFS), CAPSLO, Cuesta College)
- 2. Early Intervention Program** (Community Counseling Center, TMHA, SLOBHD)
- 3. Outreach for Increasing Recognition of Early Signs of Mental Illness** (Public Health)
- 4. Access and Linkage to Treatment Program** (Wilshire)
- 5. Stigma and Discrimination Reduction Program** (SLOBHD, TMHA)
- 6. Improve Timely Access to Services for Underserved Populations Program** (SLOBHD)
- 7. Suicide Prevention Program** (SLOBHD)



Prevention and Early Intervention (PEI)

LGBTQ NEEDS ASSESSMENT – Contract FY17-18

- 1. Assess mental health, wellness, and related experiences in a sample of LGBTQ Identified people living the County.**
 1. Phase I: develop and provide a quantitative mental health and service utilization assessment.
 2. Phase II: proctor qualitative focus groups to be conducted with specific sub-populations (LGBTQ youth, adults/older adults, transgender and gender non-binary individuals, and participants with mental illness experience)
- 2. Contract will be extended to June 30, 2019, when results and a complete report will be provided and made public. Funding remains the same. Extension of the contract aligns with the SLO ACCEPTance INNOvation project.**



Community Counseling Center



BEHAVIORAL HEALTH DEPARTMENT

www.slobehavioralhealth.org

COMMUNITY COUNSELING CENTER

Golden Anniversary



A Special Presentation to:

MAC – SLO County Health Agency

October 30, 2018



THE MISSION OF COMMUNITY COUNSELING CENTER

“To build and support emotionally strong individuals, families, and community through confidential, affordable, and transformative counseling, education and advocacy.”



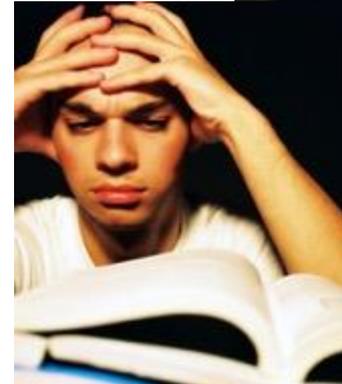
PEI FY 2017-18 Outputs

From July 1, 2017 through June 30, 2018:

- ▶ 654 PEI clients contacted and assessed.
- ▶ 418 PEI clients enrolled and completed 4 or more counseling sessions.
- ▶ 173 referred to appropriate resources.
- ▶ 1,915 PEI counseling hours provided.

PEI Target Population Outputs:

- 21 homeless children and adults served
- 148 children (ages 2-17) served
- 209 young adults (ages 18-24) served
- 25 LGBTQ identifying clients served



PEI FY 17-18 Outcomes

From July 1, 2017 through June 30, 2018:

► 98% of PEI clients completing 4 or more sessions reported improved mental health and wellness (pertaining to presenting issues of depression and anxiety).

► 92% PEI youth completing 4 or more sessions of counseling showed improvement of behavioral problems (pertaining to educational attentiveness, impulsivity, aggression).

► 99% of PEI clients completing 4 or more sessions of counseling avoided psychiatric hospitalization.



PEI Q1 Outputs/Outcomes

From July 1, 2018 through September 30, 2018:

- ▶ 153 PEI clients contacted and assessed.
- ▶ 87 PEI clients enrolled and completed 4 or more counseling sessions.
- ▶ 31 referred to appropriate resources.
- ▶ 509 PEI counseling hours provided.

- ▶ 96% of PEI clients completing 4 or more sessions reported improved mental health and wellness (pertaining to presenting issues of depression and anxiety).
- ▶ 90% PEI youth completing 4 or more sessions of counseling showed improvement of behavioral problems (pertaining to educational attentiveness, impulsivity, aggression).
- ▶ 100% of PEI clients completing 4 or more sessions of counseling avoided psychiatric hospitalization.



HISTORICAL NUMBERS

From 1968 to 2018



-Our First 50 Years-

- 50,000 children and adults counseled.
- 4,000 volunteer professional therapists trained and engaged.
- 300,000 volunteer professional hours accrued.

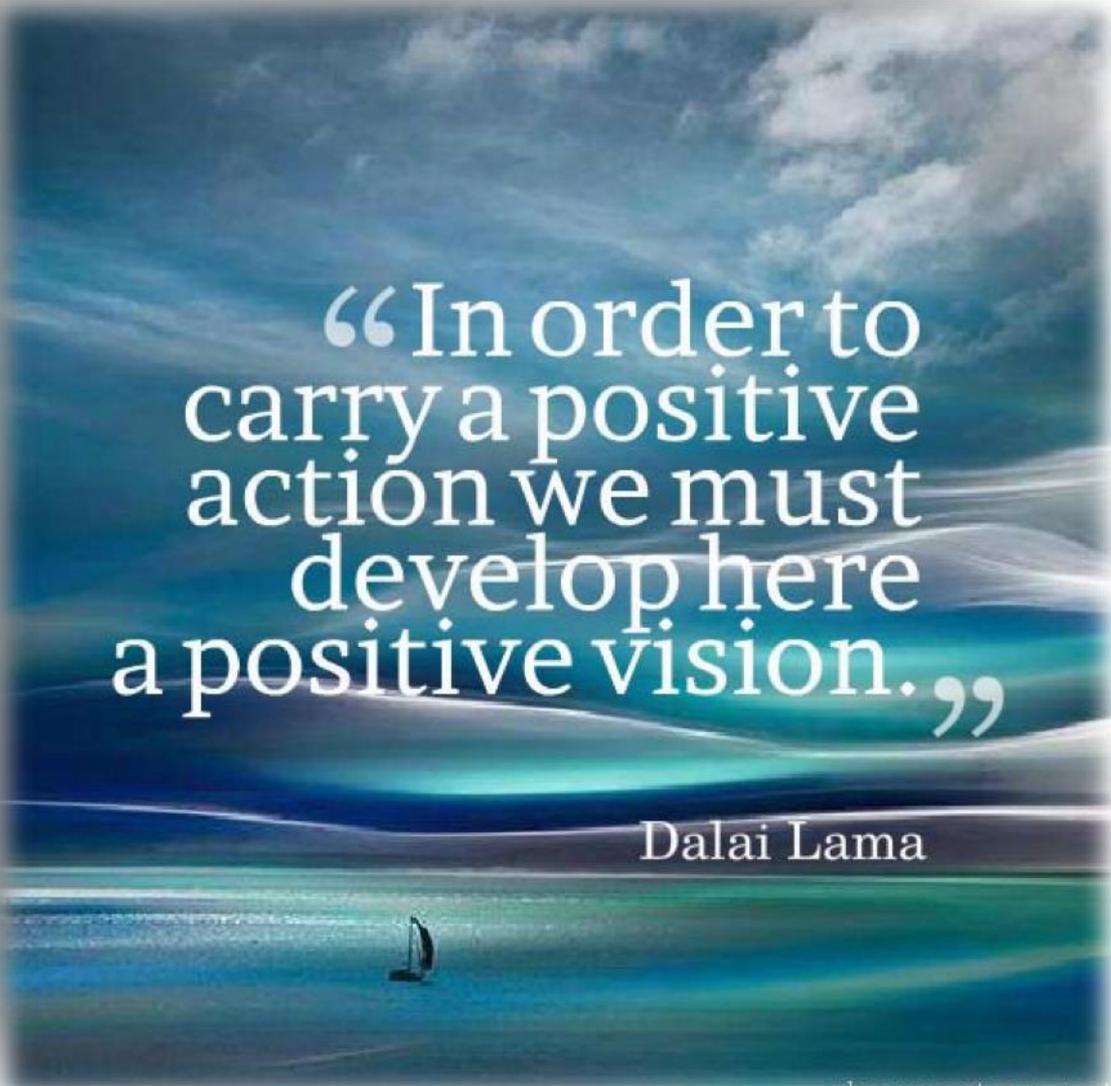
From 2018 to 2068



-Our Next 50 Years-

- 150,000 children and adults counseled.
- 12,000 volunteer professional therapists trained and engaged.
- 900,000 volunteer professional hours accrued.



A quote by the Dalai Lama is centered on a background image of a sunset over a body of water. The sky is a mix of blue and orange, with white clouds. The water is dark blue with a small sailboat in the distance. The quote is written in a white, serif font.

“In order to
carry a positive
action we must
develop here
a positive vision.”

Dalai Lama

[uberquotes.net](http://www.uberquotes.net)



CCC'S PLANNED VISION



- Provide a permanent home, with 50% more capacity;
- Offer a welcoming environment conducive to wellness;
- Scalable technology for client records, finances, communication;
- Support active professional training for future therapists, and community education concerning issues of mental health;
- Act as a referral nexus and and entry point to access mental health care.



The Perfect Home for CCC!

**THE GREENFIELD HOUSE
676 PISMO STREET, SLO
BUILT IN 1892**



2,400 Sq Ft – 40% more space
& ADA Accessible



Building Dedication Event Planning

November 14, 2018



Campaign Leadership

Campaign Cabinet

Elie Axelroth

Tina Bailey

Jim Brabeck

Alyson Buttery

Gerald Clare

John Dunn

Barbara George

Irene Iwan

Douglas Hilton

Marcie Lindvall

Paul Malykont

Don Maruska

Clint Pearce

Nick Thille

Janice Fong Wolf

Professional Staff

James Statler

Executive Director, CCC

**Tribune Top 20 Under 40 Award Winner (2011)*



Thank You.



Community
Counseling
Center

Established in 1968

Innovation (INN)

- COLEGA (Stand Strong/Women's Shelter)
- Late Life Empowerment & Affirmation Project (Wilshire)
- Transition Assistance & Relapse Prevention (TMHA)
- Not for Ourselves Alone: Trauma Informed County (SLOBHD)
 - Update on "CARE:", Caroline Johnson, Program Coordinator, SLOBHD



Innovation (INN)

3-by-3: Developmental Screening Partnership between Parents and Pediatric Practices

- Tests three methods to administer ASQ:SE for children 0-3 that includes a health educator, parent self-administration, and child-care provider to understand which produces better results in early diagnoses and intervention.

SLO ACCEPTance: Affirming Cultural Competence Education & Provider Training

- Tests a pilot/never before used curriculum for mental health therapists/clinicians to address culturally and linguistically competent mental health services for the LGBTQ+ community.



Innovation (INN)

New Innovation Round FY 2019-2020

<https://www.surveymonkey.com/r/SR75RBY>
(SUBMIT PROPOSALS)



INNOVATION STARTS HERE!

INNOVATION ROUND 2018-2019

DO YOU HAVE A BRAND-NEW, CREATIVE IDEA FOR
MENTAL HEALTH PRACTICE THAT HAS NEVER BEEN
DONE BEFORE?

IF YOU ANSWERED "YES" TO THE QUESTION ABOVE,
THE COUNTY OF SAN LUIS OBISPO BEHAVIORAL
HEALTH DEPARTMENT WANTS TO HEAR FROM YOU!
ACCESS THE LINK BELOW AND SUBMIT YOUR IDEAS!

<https://www.surveymonkey.com/r/SR75RBY>

WHEN: THURSDAY, OCTOBER 11TH

TIME: 4:00PM - 5:00PM

LOCATION: FRENCH HOSPITAL COPELAND HEALTH
EDUCATION PAVILION - 1ST FLOOR

Nestor Veloz-Passalacqua, M.P.P.
nvelozpassalacqua@co.slo.ca.us
805.781.4064
County of San Luis Obispo
Behavioral Health Department



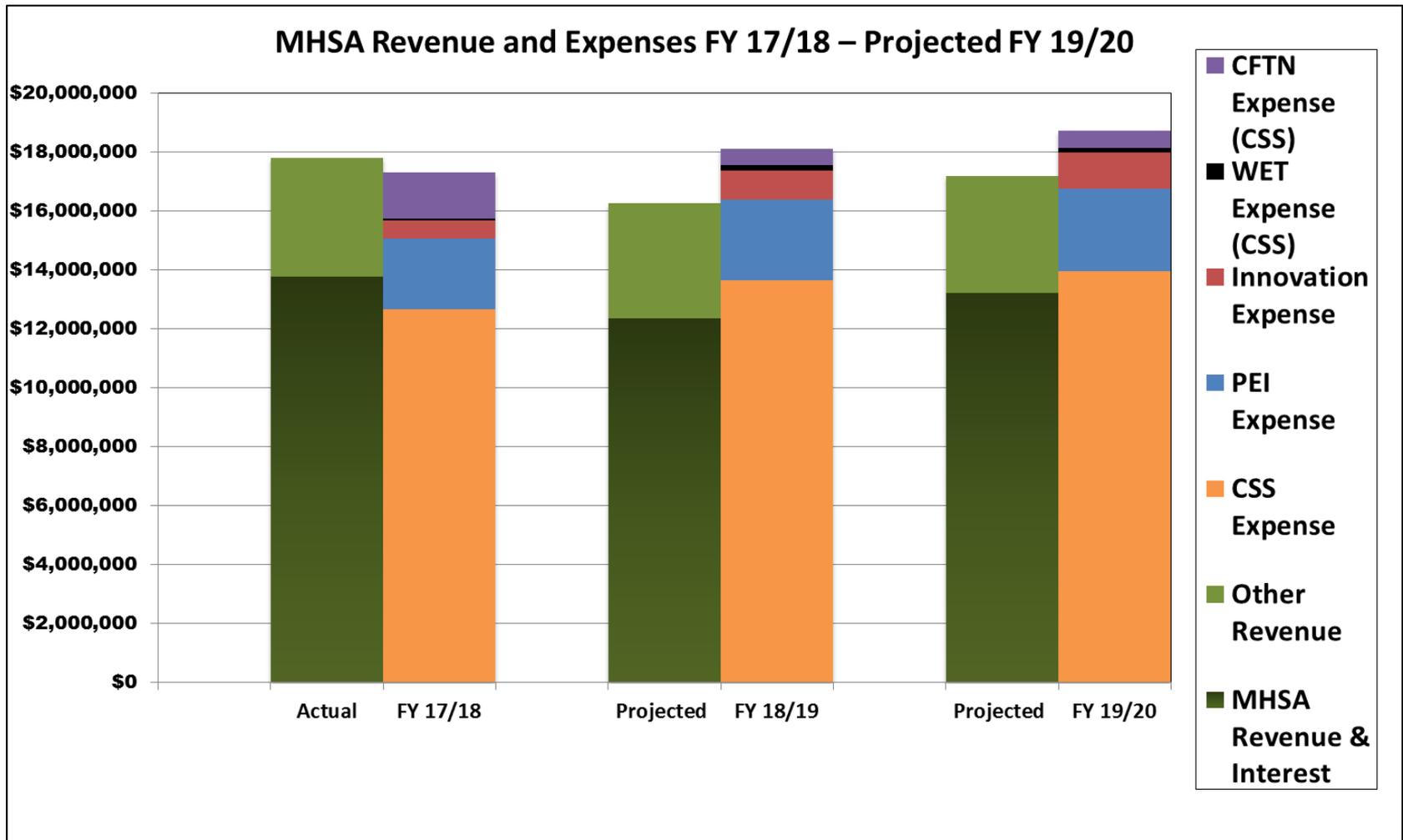
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BEHAVIORAL HEALTH DEPARTMENT

www.slobehavioralhealth.org

MHSA Fiscal Update



MHSA Fiscal Update

- **FY 2017/18 Actuals \$15.9M**
(MHSA \$11.9M (Interest \$996K)/Other Revenue \$4.0M)
 - CSS: \$11.2M
 - PEI: \$2.4M
 - INN: \$605K
 - WET: \$86K
 - CFTN (Electronic Health Record Support & CSU building): \$1.6M
- **Prudent Reserve Balances:**
 - CSS: \$5,768,556
 - FY 2017/18 Transfer = \$1,432,009
 - PEI: \$67,608



MHSA Fiscal Update

- FY 2018/19 MHSA Revenue projected to decrease by about 11% due to

- No Place Like Home \$140M
- Annual Adjustment for state \$272.5M

MHSA Estimated Component Funding
(Cash Basis-Millions of Dollars)

	Fiscal Year				
	Actual		Estimated		
	15/16	16/17	17/18	18/19	19/20
CSS	\$1,078.3	\$1,388.6	\$1,519.7	\$1,371.1	\$1,472.7
PEI	\$269.6	\$347.1	\$379.9	\$342.8	\$368.2
Innovation ^{a/}	\$70.9	\$91.4	\$100.0	\$90.2	\$96.9
Total	\$1,418.8	\$1,827.0	\$1,999.7	\$1,804.1	\$1,937.8

a/ 5% of the total funding must be utilized for innovative programs (W&I Code Section 5892(a)(6)).

- County of San Luis Obispo**

- Info Notice 18-038 MHSA Allocation & Methodology
- FY 2018/19 Allocation = 0.671845% (decrease of 0.002194% or \$40K)



MHSA Fiscal Update

- **FY 2018/19 Adopted Budget is \$18.1M
(MHSA \$13.9M/Other Revenue \$4.2M)**
 - CSS: \$13.7M
 - PEI: \$2.7M
 - INN: \$991K
 - WET: \$159K
 - CFTN (Electronic Health Record Support): \$554K

- **Prudent Reserve Balances:**
 - CSS: \$5,768,556
 - FY 2018/19 no proposed transfer due to new guidance
 - PEI: \$67,608
 - Info Notice 18-033 – 33% max of largest distribution (\$4.5M)
 - Proposed SB 192 – 33% max of CSS 5 year avg (\$2.8M)



MHSA Fiscal Update

- **CSS Update:**

- Full Service Partnership Majority of CSS Funding (51%)

- FY 18/19 current budget at about 43%

- Add \$2.3M growth to FSP programs (not sustainable) or redirect CSS funding to FSP programs \$1.1M or a combination of both

- **PEI Update:**

- No projected additional funding available at this time



MHSA Fiscal Update

- **Innovation Update:**

- Round 3 projects to begin in FY 2018/19
- AB 114 funding FY 2018/19
- Round 4 projects to begin in FY 2019/20:
 - Propose \$500K per year for 3 year project

- **Workforce, Education & Training Update:**

- FY 17/18 start of CSS funds transfer to WET
- FY 18/19 AB114 funding

- **Capital, Facilities, & Tech Needs Update:**

- FY 17/18 CSS funds transfer to CFTN
- Exploring update to Electronic Health Record



MHSA Fiscal Update

- **Reversion**

- AB 114 Spending Plan approved by County Board of Supervisors August 7, 2018
- AB 114 funds for INN & WET must be spent by June 30, 2020
- Info Notice 18-033 – guidance on future reversion
 - CSS & PEI – 3 years to spend from date of receiving the funds
 - INN – 3 years to spend from date of MHSOAC approval of project
 - Interest to be allocated to components and spent similar to other funding (76% CSS, 19% PEI, and 5% INN)



MHSA Fiscal Update

- **Fiscal Reporting Tool**

Mental Health Services Oversight & Accountability Commission (MHSAOAC)

- Provides RER by County for past fiscal years

<http://mhsoac.ca.gov/fiscal-reporting>



Old Business



- Annual Update
2018-2019



Old Business

- **Triage Grant Update**
- **Support for Community Action Team, updates**
- **LGBTQ Needs Assessment, update**
- **FSP (incl. AOT FSP) contract changes**
- **FSP for Child/Youth RFP – Update**
 - **County staffing**



New Business

- **FSP 51% Decisions**
 - Homeless service grant
- **Wish List Development**
 - New proposal format (in progress)
- **Infrastructure/staffing review**
 - FSP Coordinator
 - Training Coordinator



Upcoming Meetings

- ***MHSA Advisory (MAC)/Town Hall***
- ***Tuesday, December 18, 2018***
- ***5:00pm – 6:30pm***
 - ***Atascadero Library***
 - ***6555 Capistrano***

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