

MHSA Advisory Committee (MAC)

Wednesday, January 25, 2023

**Zoom Meeting
3:30pm – 5:00pm**

SAN LUIS OBISPO COUNTY
BEHAVIORAL HEALTH DEPARTMENT



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- **Welcome, Introductions, and Goals for meeting**

- Frank Warren, SLOBHD

- **Department Updates**

- Anne Robin, SLOBHD

- **Fiscal Update**

- Jalpa Shinglot, SLOBHD

- **Old Business**

- Public Information Specialist
- Wilshire Community Services
- MHSA Fiscal Administration
- The Link Family Resources Center
- Outpatient Case Manager

- **New Business for 2022-23**

- CalMHSA approved funds
- TMHA-Suicide Prevention Coordinator
- Community Schools-PM Position

- **CSS –Program Updates**

- Karina Silva Garcia, SLOBHD

- **PEI/INN Updates**

- Landon King, SLOBHD

- **WET Program Updates**

- Brita Connelly, SLOBHD

- **Updates**

- Annual Update approved by the BOS
- “Stakeholder” term
- Paso Robles Staffing
- DEI Coordinator

- **Next Meetings:**

- March 29; May 31; July 26, 2023

- **Conclusion**



MHSA Advisory Committee

- **MHSA Advisory Committee Introductions**



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The Mental Health Services Act in San Luis Obispo County:

- Proposition 63, passed in 2004
- Millionaire's Tax

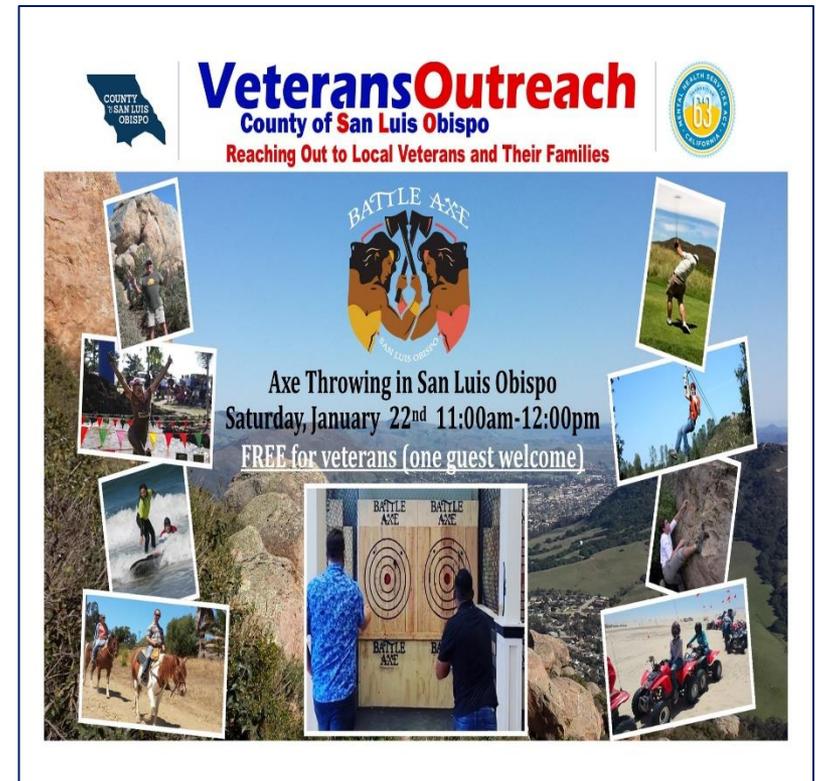
The MHSA Provides:

- 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 planning benefits from community stakeholder input

- Consumers, family members, and providers
- Review programs and make recommendations
- Input for improvements outlined in Annual Update
- Plan reviewed (30 days) & public hearing at Behavioral Health Board



MENTAL HEALTH SERVICES ACT
ANNUAL UPDATE to the
THREE-YEAR PLAN
2020-2023
Draft Published October 19, 2021



MHSA Components

- **Community Services and Supports (CSS)**
 - **(incl. Housing)**
- **Capital Facilities and Technology (CFT)**
- **Prevention and Early Intervention (PEI)**
 - **PEI Statewide**
- **Workforce Education & Training (WET)**
- **Innovation (INN)**



- 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.

THIS CONCLUDES THE MHSA STAKEHOLDER TRAINING!

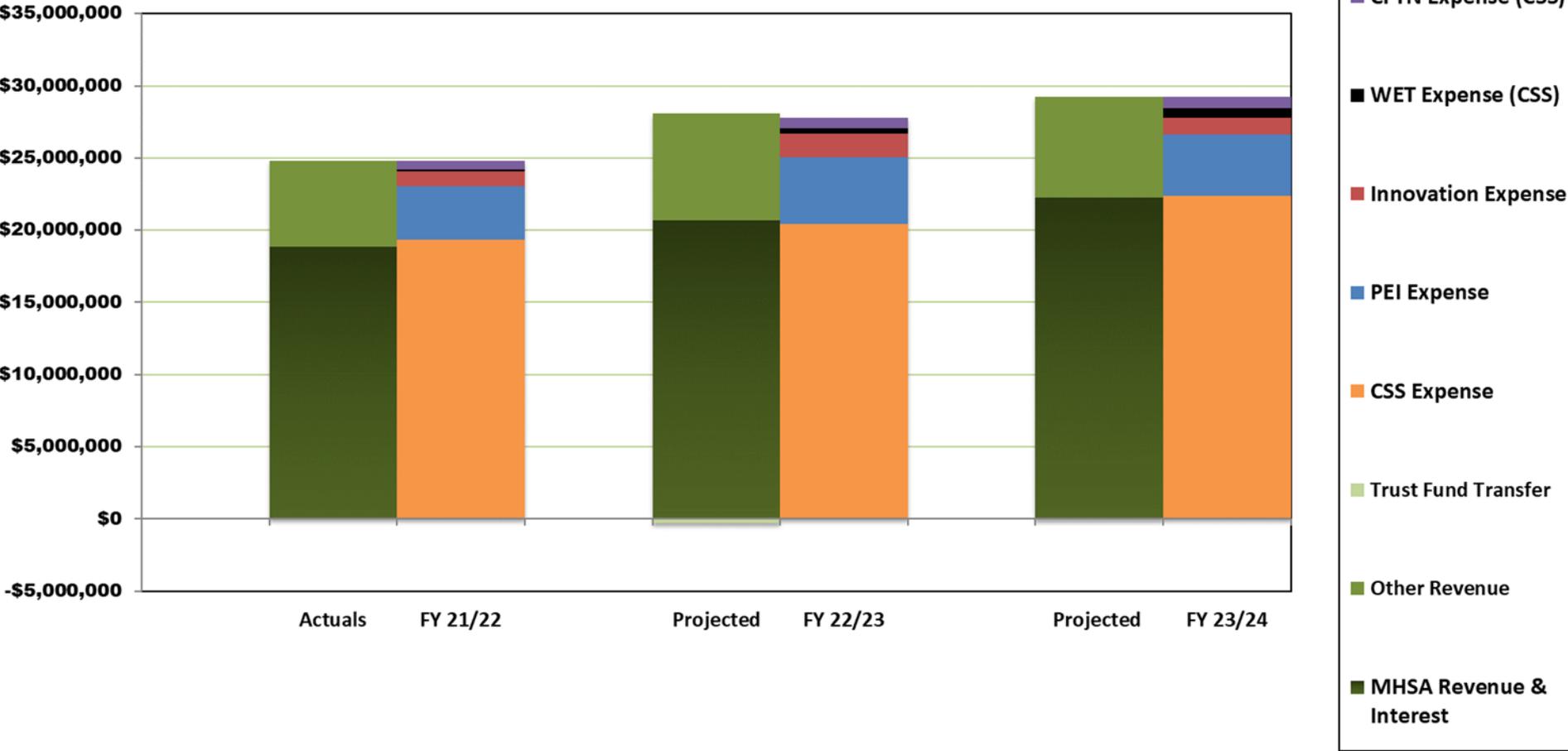


Department Update



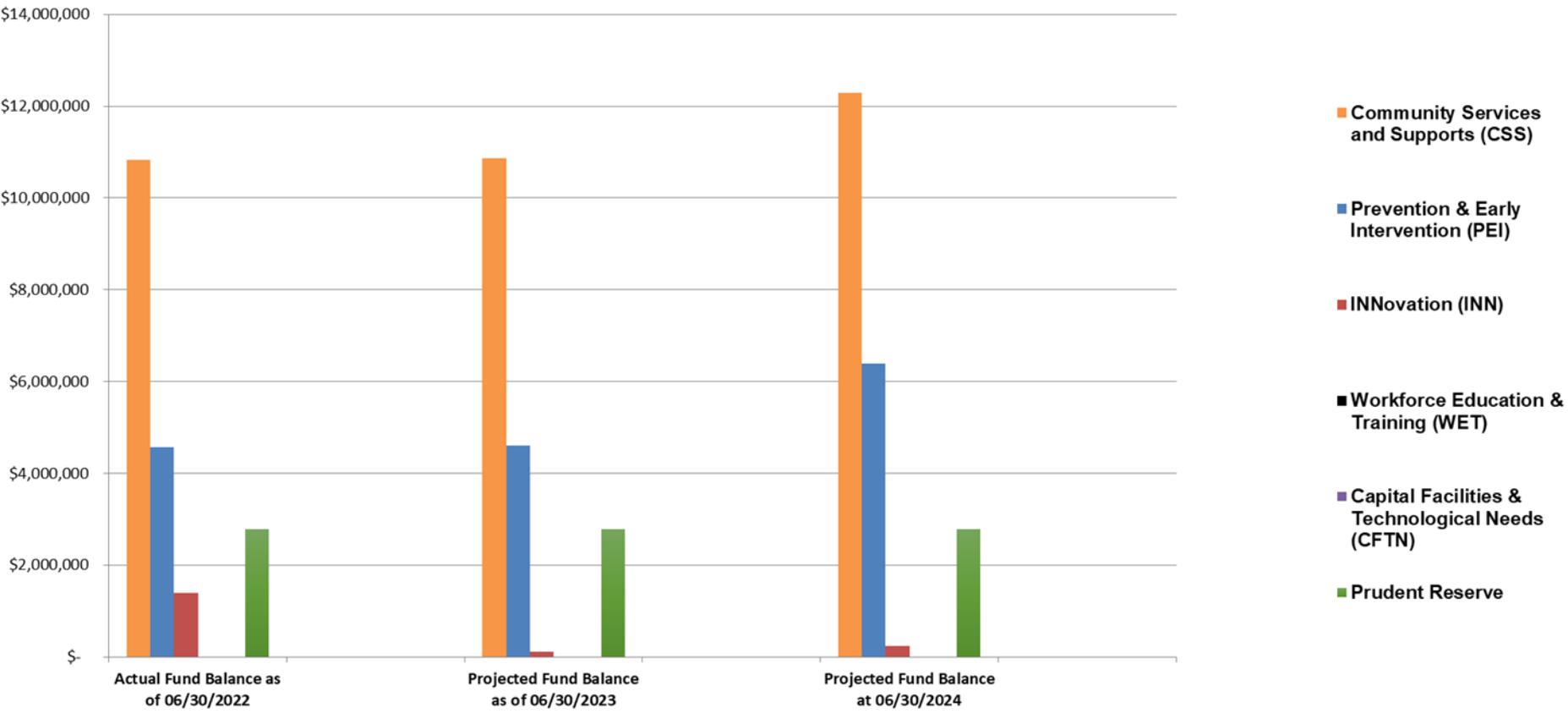
MHSA Fiscal Update

MHSA Revenue and Expenses Projected FY 21/22 – FY 23/24



MHSA Fiscal Update

MHSA FUND Balance Actuals & Projection FY 21/22 – FY 23/24



MHSA Fiscal Update

- FY 2022/23 MHSA Revenue projected to decrease by about 11% due to
 - No Place Like Home \$140M
 - Annual Adjustment for state of \$530.7M

	Fiscal Year			
	Estimated			
	21/22	22/23	23/24	24/25
CSS	\$2,313.2	\$2,025.5	\$2,985.6	\$2,813.3
PEI	\$578.3	\$506.4	\$746.4	\$703.3
Innovation	\$152.2	\$133.3	\$196.4	\$185.1
Total	\$3,043.7	\$2,665.1	\$3,928.4	\$3,701.7

- **County of San Luis Obispo**
 - Info Notice 22-052 MHSA Allocation & Methodology
 - FY 2022/23 Allocation = 0.653934%



MHSA Fiscal Update

- **Fund Balance 01/20/2023 (excluding actual PR) = \$18,361,257**
 - Prudent Reserve Fund Balance = \$2,774,412
- **CSS Update:**
 - Full Service Partnership – must be majority of CSS Funding (51%)
 - FY 22/23 current budget approximately 44%
- **PEI Update:**
 - PEI Stakeholders have begun to meet to discuss potential new revenue.



Old Business

**a. Public Information Specialist:
Spanish Language**

b. Wilshire Community Services

c. MHSA Fiscal Administration

d. The Link Family Resources Center

e. Outpatient Case Manager

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New Business

- A. CalMHSA PEI Contribution Increase**
- B. TMHA -Suicide Prevention Coordinator**
- C. Community Schools -Program Manager Position**

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Community Services and Supports (CSS)

- 1. Child & Youth Full Service Partnership** (FCN & SLOBHD)
- 2. Transitional Age Youth FSP** (FCN & SLOBHD)
- 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)



Prevention & Early Intervention (PEI)

WORK PLAN	PROGRAMS			
PREVENTION	Positive Development	Family Education, Training & Support	Middle School Comprehensive Program	In-Home Parent Educator
EARLY INTERVENTION	Community-Based Therapeutic Services		Integrated Community Wellness Navigators	
OUTREACH FOR INCREASING RECOGNITION OF EARLY SIGNS OF MENTAL ILLNESS	Older Adult Mental Health Initiative			
ACCESS & LINKAGE TO TREATMENT	Veterans Outreach Program			
STIGMA & DISCRIMINATION REDUCTION	Social Marketing Strategy		College Wellness Program	
SUICIDE PREVENTION	Suicide Prevention Coordination			



Innovation (INN)

- **Round 3 Final Evaluations**
 - SLOACCEPTance: Cal Poly
 - 3x3: First Five
- **Plans for Rounds 6 & 7**
- **Current Projects:**
 - **FY 19-23 (Round 4)**
 - **Holistic Adolescent Health: CAPSLO**
 - **B-HARP: Holifield Psychological Services**
 - **FY 21-25 (Round 5)**
 - **Soundheal**
 - **Behavioral Health Education and Engagement Team (BHEET): TMHA**
- **Program Highlight: TMHA BHEET**





BHEET

Behavioral Health Education
and Engagement Team

What is BHEET?

BHEET is an MHSA Innovation project that explores the benefits and challenges of utilizing peers as system navigators for:

- People who are not initially eligible for County Behavioral Health services and are referred to CenCal
- People who have received County Behavioral Health services and are in the process of transitioning to CenCal and community-based services

Our Behavioral Health Navigators provide:

- One-on-one meetings
- Peer support and connection
- Resource referrals
- Help connecting to a therapist/psychiatrist
- Linkage to wellness groups
- Help with paperwork



Our Team



Danica
Brookover



Cindy Linker

Numbers

- So far this year we have served

Unique Contacts	Duplicate Contacts
121	500

- Our BHEET navigators have helped connect 105 individuals to community based behavioral health services



What do we want to learn?

- 1) When provided peer engagement and short-term case management, are individuals more likely to follow through with referrals to traditional, longer-term services?
- 2) When provided peer engagement and short-term case management, are individuals less likely to isolate and/or deny services?
- 3) When provided peer engagement and short-term case management, and/or therapy, are symptoms decreased to a level that avoids the need for longer term, traditional services?
- 4) When provided peer engagement and short-term case management, and/or therapy, does the utilization of crisis services, emergency room visits, and/or law enforcement involvement decrease?
- 5) When provided peer engagement and short-term case management, and/or therapy, does self-empowerment and advocacy increase for participating individuals?



Next Steps for BHEET

- BHEET is working directly with CenCal's Behavioral Health team to provide the peer connection and support that can lead to increased follow through with appointments and care
- CenCal has reported that the majority of the population they are serving are Latino/a/x and many speak only Spanish; we will be hiring towards that need
- We are working with Cal Poly MPP students to conduct the project evaluation



Trista Ochoa

BHN Program Manager

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Workforce Education Training (WET)

- a) Peer Certification period has been extended to February**

- b) Trauma Informed Care trainings**
 - a) March 7th Trauma and Homelessness**
 - b) April 25th and 26th two-part series: Trauma Informed Care for Suicide and Self-Harm**

- c) Strategic planning phase for the next year**



Updates

- a. Annual Update approved by the BOS
- b. “Stakeholder” term
- c. Paso Robles Staffing
- d. DEI Coordinator



Upcoming Meetings

- **Wednesday, March 29, 2023**
 - **May 31**
 - **July 26**
 - **September 27**
- **All meetings scheduled for 3:30 - 5:00p.m.**

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Thank you ALL.

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