

San Luis Obispo County Behavioral Health Department



SAN LUIS OBISPO COUNTY
BEHAVIORAL HEALTH DEPARTMENT



WELLNESS • RECOVERY • RESILIENCE

MHSA Advisory Committee (MAC) 2014 - 2015

February 26, 2015

Agenda

1. Welcome, Introductions, and Goals for meeting
2. Update Stakeholders on changes in MHSA funding levels and structure
3. Update Stakeholders on progress of MHSA components
4. New Business for next year 2015-16
5. Community Input and Discussion

Purpose

Mental Health Services Act

- ▶ The passage of the MHSAs provided San Luis Obispo County increased funding, personnel and other resources to support mental health programs for underserved children, transitional age youth (TAY), adults, older adults and families.
- ▶ The MHSAs address a broad continuum of prevention, early intervention and service needs and the necessary infrastructure, technology and training elements that supports the County's public mental health system.

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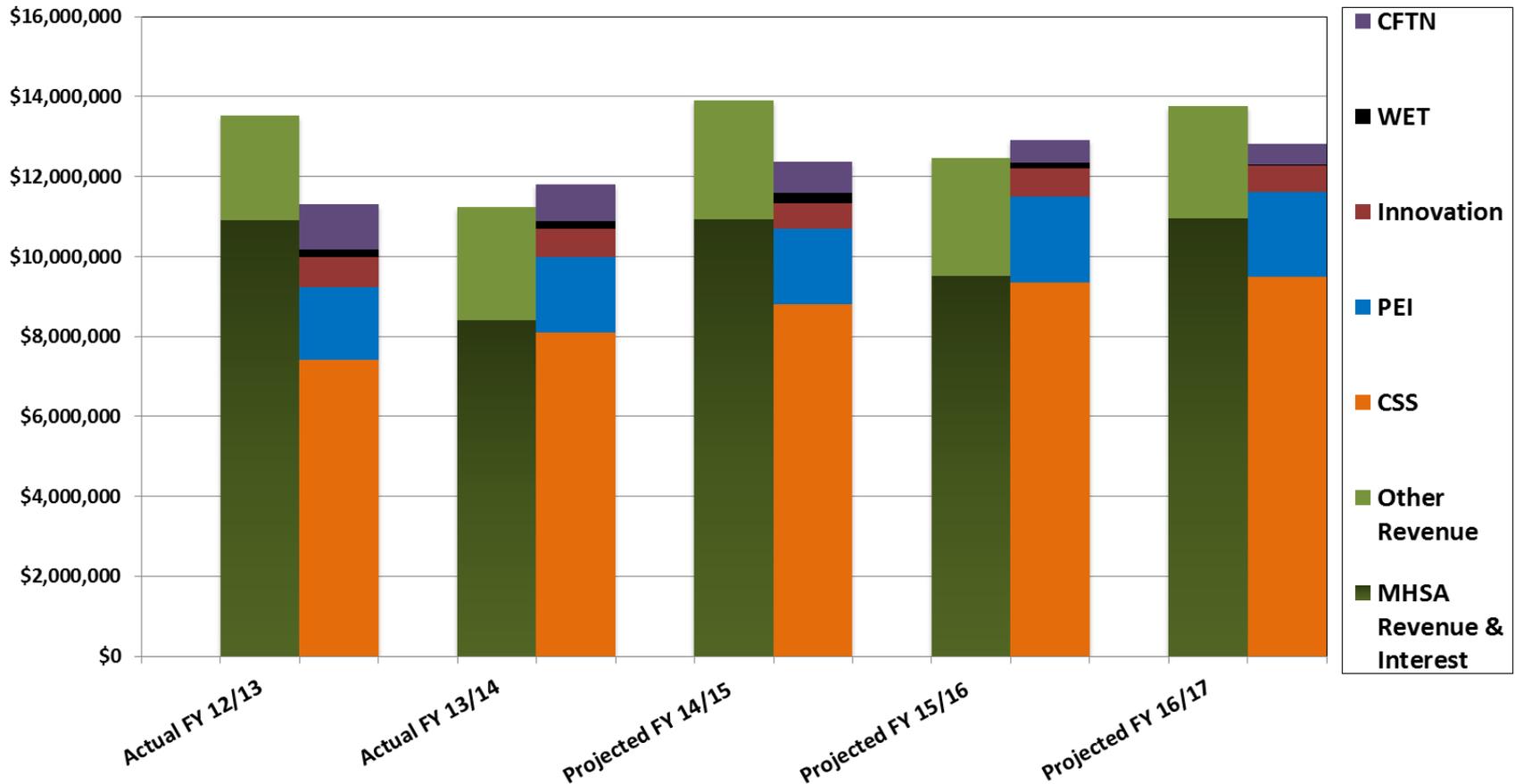
WELLNESS • RECOVERY • RESILIENCE

Goals and Expectations

- ▶ This is a public 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 recent Annual Update and current plan.
- ▶ We will use consensus-based decision making.

MHSA Financial Update

MHSA Revenue and Expenses FY 12/13 – Projected FY 16/17*



*Projections based on information from Mike Geiss, a consultant for the California Behavioral Health Directors Association

MHSA Financial Update (cont.)

- ▶ Revenue forecast is overall positive
 - ▶ MHSA revenue is expected to fluctuate as follows:
 - ▶ FY 14/15 - 30% increase from prior year (\$10.9M)
 - ▶ FY 15/16 - 13% decrease from prior year (\$9.5M)
 - ▶ FY 16/17 - 15% increase from prior year (\$10.9M)
 - ▶ FY 15/16 Medi-Cal revenue is projected to increase by 16% (\$341K) as a result of the Affordable Care Act
- ▶ Prudent reserve balances to-date:
\$2,813,066
 - ▶ CSS: \$2,745,458
 - ▶ PEI: \$67,608

MHSA Financial Update (cont.)

- ▶ Expansions or additions of services in CSS may be considered for future planning
- ▶ FY 2015-16 Proposed Budget \$12.9M:
 - ▶ CSS - \$9.36M
 - ▶ PEI - \$2.14M
 - ▶ INN - \$710K
 - ▶ WET - \$147K
 - ▶ CFTN (EHR Support) - \$555K
- ▶ MHSA revenue funds 78% of costs (\$10M)
- ▶ Other revenue funds 22% of costs (\$2.9M)

Veterans **Outreach**

San Luis Obispo County
Reaching Out to Local Veterans and Their Families



Gabriel Granados, Activity Coordinator
Elizabeth Graves, Mental Health Therapist



- **117 veteran participants**
 - **12 referrals from Vets Outreach events into mental wellness services**
 - **84 referrals from Veterans Service Office - (outreach portion) into mental wellness services**
- *January 2014-January 2015**



I have become more informed about the following resources because I attended this event (Percentage Responding “Yes”)

- Benefit Services 55%
- Counseling Services 65%
- Physical Activities 80%
- Social Opportunities 70%

I am likely to access the following resources because I attended this event (Percentage Responding “Yes”)

- Benefit Services 75%
- Counseling Services 70%
- Physical Activities 80%
- Social Opportunities 70%



Survey Comments

- “The atmosphere was very welcoming. It was nice to feel integrated especially after coming back from deployment. It’s one of the few time since I’ve been home I’ve felt like part of a community and it was nice to have the comfort of my spouse to ease the anxiety of coming out for the first time.”
- “I suffer from PTSD and this is the first time I have been out of the house in a long time.”
- “Feels like family.”



Therapist at Events

- “Personally for me it has [helped]. I’ve talked to Liz before, during the events. She kind of knows your issues, what you’re going through, how hard it is. There’s a sense of peace that you can go to her, that she’s there at the event.”
- “It’s really hard for people to go to therapy. Like for me, I know I need it but I connect with nature instead. But sometimes you need that individual to talk to. It’s perfect to have someone who puts herself out there instead of you having to go find her.”



Emotional Well-Being

- Every interviewee believed that the events made a positive difference to their emotional well-being.
- “Getting out with other veterans, the peer part of it. And the recreational time I spent with my kids. I think they were both therapeutic in themselves.”
- “This was amazing seriously. A dream come true. I won’t stop talking about today for a long time.”



Connecting and socializing with other veterans

- “When you’re around people with the same issues as you have, you don’t feel quite as lonely.”
- “A lot of people crawl under a rock, think there’s something wrong with them. They don’t know there are others in the same shape that they are. This helps them learn that, and that they can interact with others.”



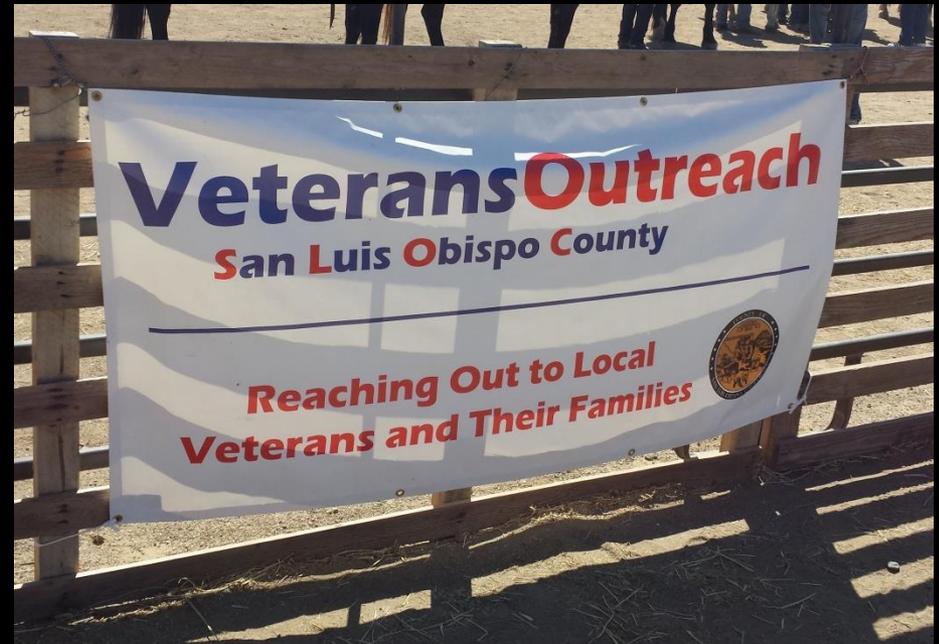
The need to have fun

- “When you’re zipping down the zip line, you’re having fun, not thinking about the bad things. You realize that was fun and it got all this bad stuff off your mind, let’s do it again.... The more you learn to do that, the better you can deal with your problems.”
- “I probably had unrecognized depression as a child and it got worse after Vietnam.... Lately the Outreach program has helped me find [out] again that I feel better after some activity.”



Better understanding of themselves

- “What happens a lot with guys and gals who’ve been in a combat environment is that it’s a much different world here... You get in the workplace, in society and start doing things and people are looking at you cross-eyed wondering what’s up... You think you’re all right but you’re not. So doing things with other vets, you realize you need a transition period. [These events] help because you’re interacting with other vets and you learn that there is life after combat.”



Connection to resources

- “I wish this had been available 20 or so years ago. For the young people now, this is such a resource that helps them know what’s out there. Before, you didn’t know anything.”
- “I wish I would have found a program like this before my family became a train wreck.”



Upcoming Activities:

- **Saturday, March 14th ATV Instruction and Trail Ride**
- **Friday, April 3rd Margarita Adventures Zipline Tour**



Innovation Evaluation Update

- All evaluation activities are completed
 - Surveys, interviews, analysis
- Writing final report
 - Handout

Innovation Planning Timeline

- **February 14th** stakeholders rated ideas and community needs
 - County will determine budget and funding based upon stakeholder feedback
 - Additional focus group March 24th
 - Innovation regulations finalized on **3/16/2015**
- **April 2015** – Submit Innovation plan for 30 day review
- **May 2015** – Submit Innovation plan to BH Board
- **June 2015** – Submit to Board of Supervisors and MHSOAC
- **Begin July 2015** with six month start up and six month evaluation at end



PEI Regulation Changes

- Began in **October 2013**
 - Introduced new systems in anticipation of changes
 - **Summer 2014** data audit
 - Over 7 revisions
 - Must be finalized at Office of Administrative Law by **03/16/2015**
- Focus is narrower, and more detailed, specific
 - Primary strategy - similar to Innovation as having a primary purpose
 - Must be connected to one of the seven public health outcomes (suicide, incarcerations, school failure or dropout, unemployment, prolonged suffering, homelessness, removal of children from the home)

PEI Regulation Changes

- ▶ What does this mean if regulations are approved by OAL?
 - ▶ Counties need to begin planning and making changes **07/1/2015**
 - ▶ First Annual Report due **12/30/2016**
 - ▶ **Two Annual Updates Due in Calendar Year 2016**
 - ▶ First Three Year report from Counties due **12/30/2018**
 - ▶ Language changes, strategy adjustments may happen

New Business

- ▶ Little Hoover Commission Report, January 2015
 - ▶ “Promises Still to Keep...”
 - ▶ Challenged MH Oversight and Accountability Commission (OAC)
 - ▶ Poor statewide data collection
 - ▶ Better communication of results
- ▶ CBHDA Response
 - ▶ LHC misrepresented data collection
 - ▶ Counties are responding to MHOAC, but not responsible for their lack of communication
- ▶ Full Service Partnerships account for 40% of MHSA funds. They work with people with some of the most challenging needs.
- ▶ Statewide:
 - ▶ **58%** reduction in homelessness (SLO County 2012-13: 25%)
 - ▶ **39%** reduction in hospitalizations (SLO County 2012-13: 45%)
 - ▶ **47%** decrease in incarcerations (SLO County 2012-13 65%)

New Business

- ▶ Community Service and Supports Request for Proposals (RFP)
 - ▶ No CSS contracts were RFP in original plans
 - ▶ MAC approved last spring
 - ▶ Majority of contracted programs
 - ▶ FSP Programs, Mobile Crisis, Wellness and Recovery in 14-15
 - ▶ Will review Forensics, Schools and Family, and others
 - ▶ Latino Outreach Program making internal changes
 - ▶ Announcements by next MAC

New Business

- ▶ Program Transitions and Proposals
 - ▶ The County will propose a college-based PEI Specialist
 - ▶ The County will propose to keep Veterans Outreach:
 - ▶ Outreach activities, .5FTE in PEI
 - ▶ Treatment services, .5FTE in CSS
 - ▶ Service Enhancement - Dept. still discussing
 - ▶ The growth of Homeless Outreach Team (FSP) requires more therapist time
 - ▶ Mental Health Therapist - additional .5FTE in CSS

Stakeholder Review

- ▶ Annual Update 2015-2016
 - ▶ Posted for 30-Day Review: By May 15
 - ▶ www.slomentalhealth.org
 - ▶ Public Hearing June 17
 - ▶ Behavioral Health Board Meeting

Upcoming MAC Meeting Dates

The next meeting date is: Thursday, March 26th

MAC MEETING DATES

SAVE THE DATES!

February	March	April
26	26	23

Time
2:00–4:00 p.m.

Location
277 South Street,
Suite T
San Luis Obispo, CA



The seal is circular with a serrated edge. It features the text "MENTAL HEALTH SERVICES ACT" around the top and "CALIFORNIA" around the bottom. In the center, the number "63" is prominently displayed, with the word "PROPOSITION" written above it.

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Thank You

Frank Warren

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