



**MHSA Town Hall Meeting
MHSA Advisory Committee (MAC)
Tuesday, December 18, 2018
Atascadero Public Library
5:00pm – 6:30pm**

SAN LUIS OBISPO COUNTY
BEHAVIORAL HEALTH DEPARTMENT



WELLNESS • RECOVERY • RESILIENCE

- 1. Welcome, Introductions, and Goals for meeting**
- 2. MHSA Overview**
- 3. CSS Work Plan Review & Updates**
- 4. PEI Work Plan Review & Updates**
- 5. INNovation Work Plan Review & Updates**
- 6. Fiscal Update**
- 7. Old Business**
- 8. New Business for 2018-2019**
- 9. Next Meetings: INN 1/24; MAC 2/26; 4/20; 6/26**
- 10. Conclusion**



1. Welcome

2. Introductions

- Please introduce yourself and whether you are a member of the MAC, County staff, or public stakeholder

3. Goals for meeting

- 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 also seek new stakeholders to join the Advisory Committee!



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



The MHSA Mission

The funding is provided to each county to “create a state-of-the-art, culturally competent system that promotes recovery/wellness for adults and older adults with severe mental illness and resiliency for children with serious emotional disorders and their families.”



The MHSA Vision

The MHSA pledges to **look beyond “business as usual” to help build a system where **access** will be easier, services are **more effective**, out-of-home and institutional care are **reduced** and **stigma** toward those with severe mental illness or serious emotional disturbance no longer exists.**



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





2018-2019
Mental Health Services Act (MHSA)
Annual Update to the
Three -Year Program &
Expenditure Plan for
Fiscal Years 2017-2018 thru 2019-2020



DRAFT

Posted 10/23/18-11/21/18



MENTAL HEALTH SERVICES ACT
FISCAL YEAR 2018/19
ANNUAL UPDATE
AND THREE YEAR PLAN



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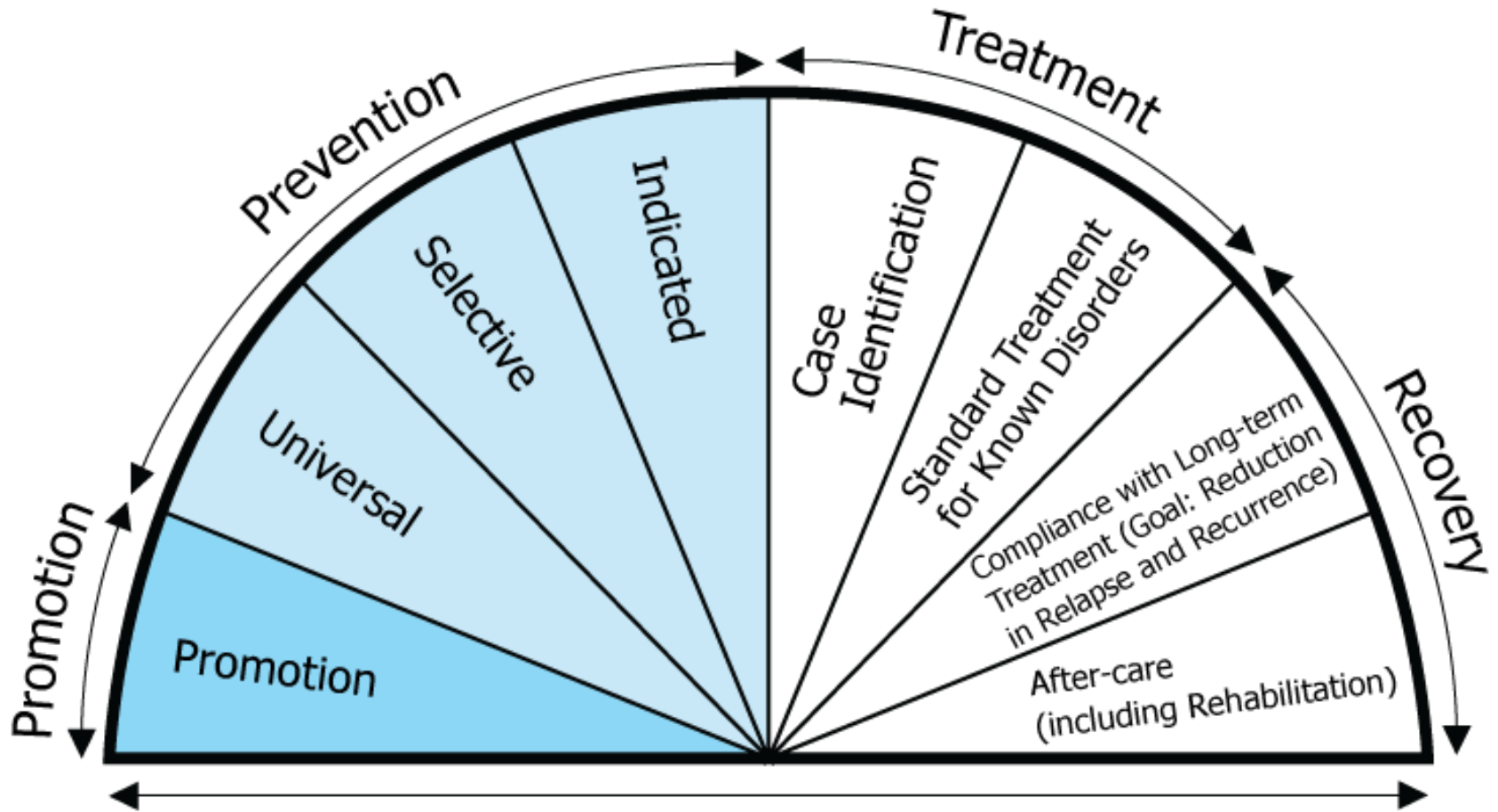
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Quick Overview of MHSA Components

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



MHSA Programs Across the Spectrum



Community Services & Supports (CSS)

1. Child & Youth Full Service Partnership (FCN & SLOBHD)
2. Transitional Age Youth FSP (FCN & SLOBHD)
3. Adult FSP, incl. Forensic, and Homeless Outreach (TMHA & SLOBHD)
4. Older Adult FSP (Wilshire CS & SLOBHD)
5. Client & Family Wellness (TMHA, CAPSLO & SLOBHD)
 - Wellness Center, Client and Family Programs Update – Barry Johnson and Meghan Madsen, TMHA
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)



Homeless Outreach Team (HOT)

- In 2012-2013, a FSP focusing on homeless individuals was launched. Modeled after the AB 2034 Homeless Outreach Program which ended in 2007, the FSP team works to identify chronically homeless, severely mentally ill individuals who are unlikely to seek or enroll in mental health services on their own.
- In 2016-2017, 221 clients received outreach services.
 - 74 of these clients received mental health screening services
 - 52 of these clients received primary health screenings
- The 41 adult individuals who were enrolled in HOT FSP services in 2016-2017 yielded the following results:
 - 75% reduction in homelessness
 - 99% reduction in emergency room visits
 - 76% reduction in psychiatric hospitalization days
 - 95% reduction in jail days

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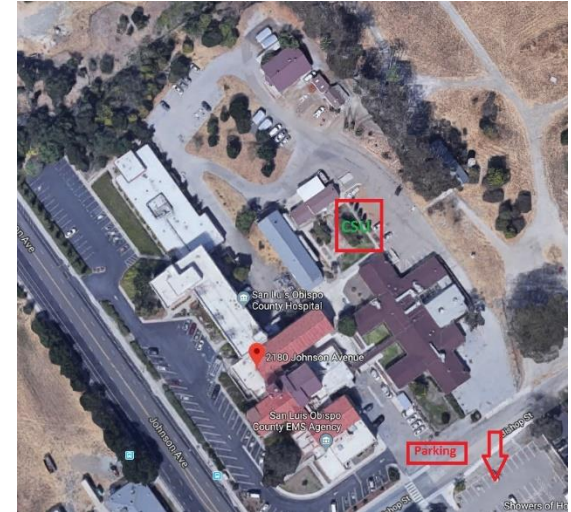


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Crisis Stabilization Unit (CSU)

- Unit opened on 4/1!



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Prevention & Early Intervention (PEI)

1. **Prevention Program** (Positive Development, Family Education, Training, and Support, Middle School Comprehensive Program, In-Home Parent Educator, Successful Launch)
 - Parent Connection and the Middle School PEI Student Assistant program; Lisa Fraser, The Link Family Resource Center
2. **Early Intervention Program** (Community Based Therapeutic Services, Integrated Community Wellness, Young Adult Counseling)
3. **Outreach for Increasing Recognition of Early Signs of Mental Illness** (Public Health – Perinatal Mood Anxiety Disorder)
4. **Access and Linkage to Treatment Program** (Older Adults Mental Health Initiative)
5. **Stigma and Discrimination Reduction** (Social Marketing Strategy, College Wellness Program)
6. **Improve Timely Access to Services for Underserved Populations Program** (Veterans Outreach Program)
7. **Suicide Prevention Program** (Suicide Prevention Coordinator)



Center for
Family
Strengthening



Parent Connection
Parent Education
&
Parent Coaching
for families in SLO County.

Middle School
(PEI)
Prevention, Education
& Intervention



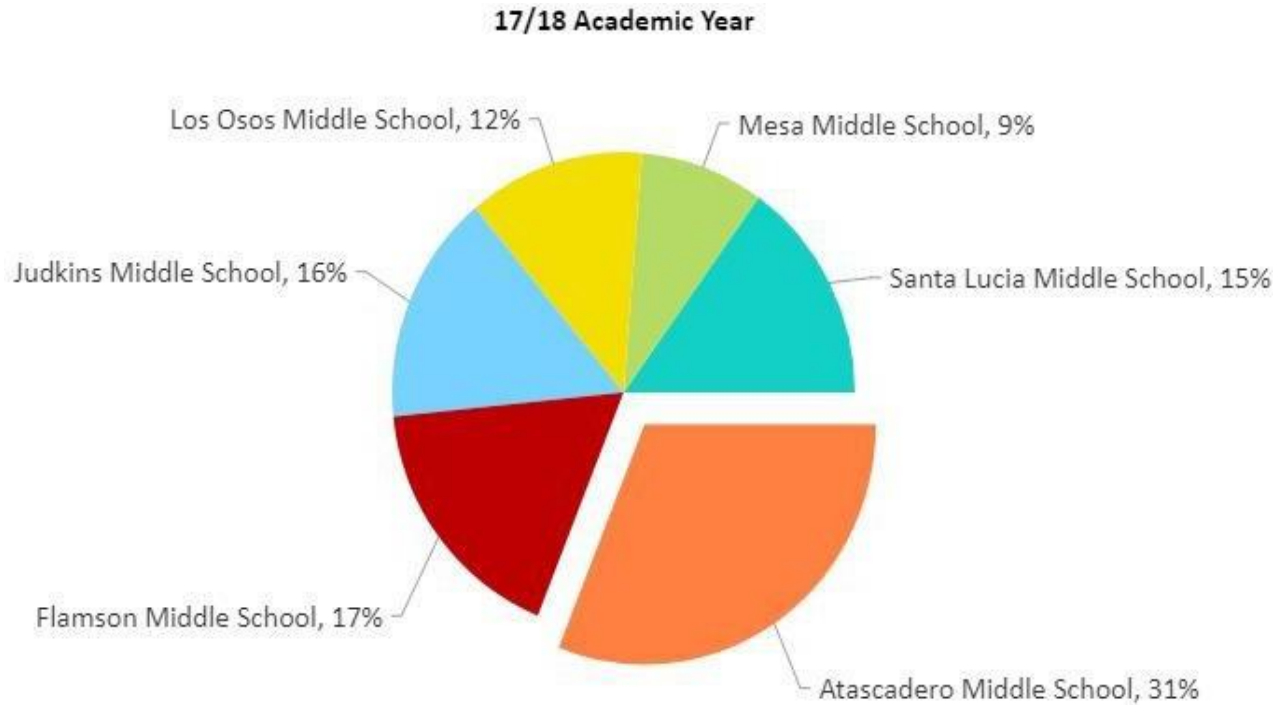
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2017-2018 Services Provided by PEI Middle School Family Advocates

- PEI Family Advocates connect Middle School youth and their families to mental health resources and community services.
- 5 bilingual Family Advocates worked with 229 at-risk families and youth from 6 PEI Middle Schools.
- 46% of these families needed intensive case management and follow-up services.
- Link Family Advocates educate families about their Middle School students social and emotional developmental needs and conduct outreach at 20 school and public events, reaching over 1,800 people.

229 families served by 6 Middle Schools

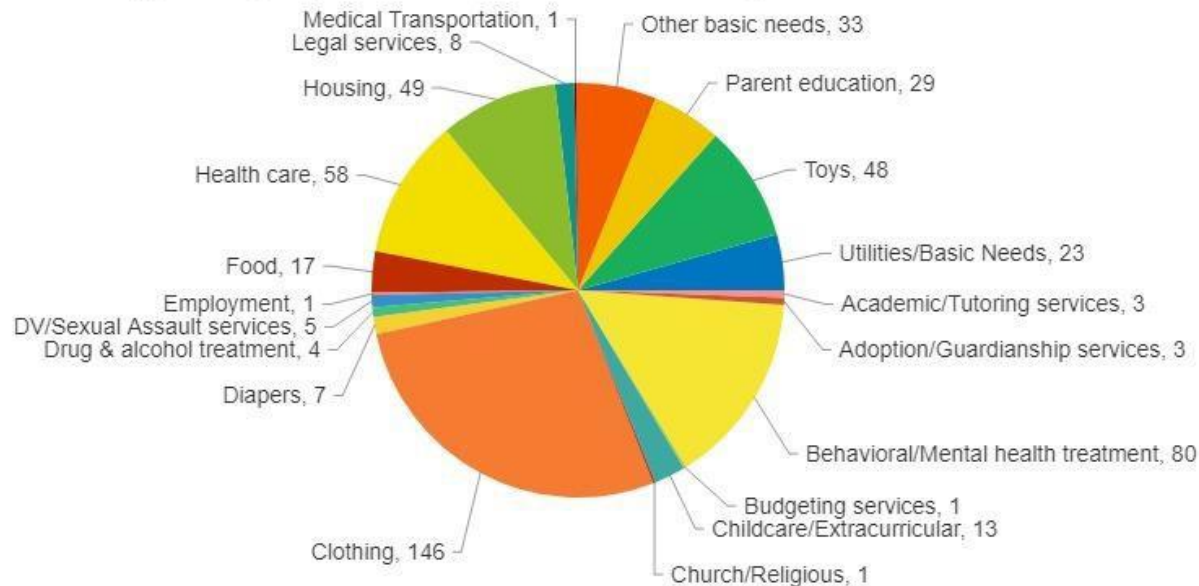


I seriously LOVE how much you help our families... I'm always recommending you [The LINK FRC] to them. -A. Agha, Flamson MS Psychologist

Program Impact on Middle School Students

79% of students showed improvement in attendance, grades, and behavior in school during the 17/18 academic school year.

Types of Agency Referrals Families received during the 17/18 School Year



Purpose of SAFE System CARE: Tonya DeRose, Coordinator

July 2017-June 2018

- 7 Middle School referrals received by Link North County SAFE Coordinator
- North County SAFE Coordinator facilitated 18 SAFE meetings for Atascadero Middle School and Flamson Middle School families
- We use a strength-based approach to empower families and build protective factors



Parent Connection of San Luis Obispo County

Support • Resources • Classes
Apoyo • Recursos • Clases

Home

Newsletter

SLO

South County

North County

North Coast

Resources

Special Needs

Parent Coaching

Professionals

Español

HOME

Parent Connection of SLO County goal is: To enhance parenting skills, knowledge, and behavior through a strong, countywide network that promotes and improves parenting education and support.

Parent Connection of San Luis Obispo County is a parent education and support program that strives to encourage, strengthen and nurture families. Parent Connection offers a variety of services designed to make parenting less stressful and more rewarding, while promoting positive parenting techniques and building a families protective factors.

Parent Connection of San Luis Obispo County understands that all families have strengths and all families need support.

Contact Parent Connection at:

San Luis Obispo, Coast & South County (805) 543-3700

North County (805) 904-1411

Spanish Speaking North County and Northern Coast(805) 712-5038

Spanish Speaking Resource and South County & SLO: 805-462-7135

Visit us on Facebook and stay connected to parenting resources, classes, support groups, and parent coaching in your community.

Parent Connection does not endorse the classes, support groups, or resources listed on the web-site. The information is provided to assist parents in their search for resources and services that are appropriate for their family's needs.



Funding for Parent Connection is provided by the County of San Luis Obispo Behavioral Health Department, through the Mental Health Services Act.



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Participant Outcomes for 2017-2018 Year



96.36%

More **confident** in their
parenting skills



91.83%

Know **more** about their
child's development



95.77%

Learned how to **guide**
children more **effectively**



93.24%

Feel **less stressed**
about their children



96.90%

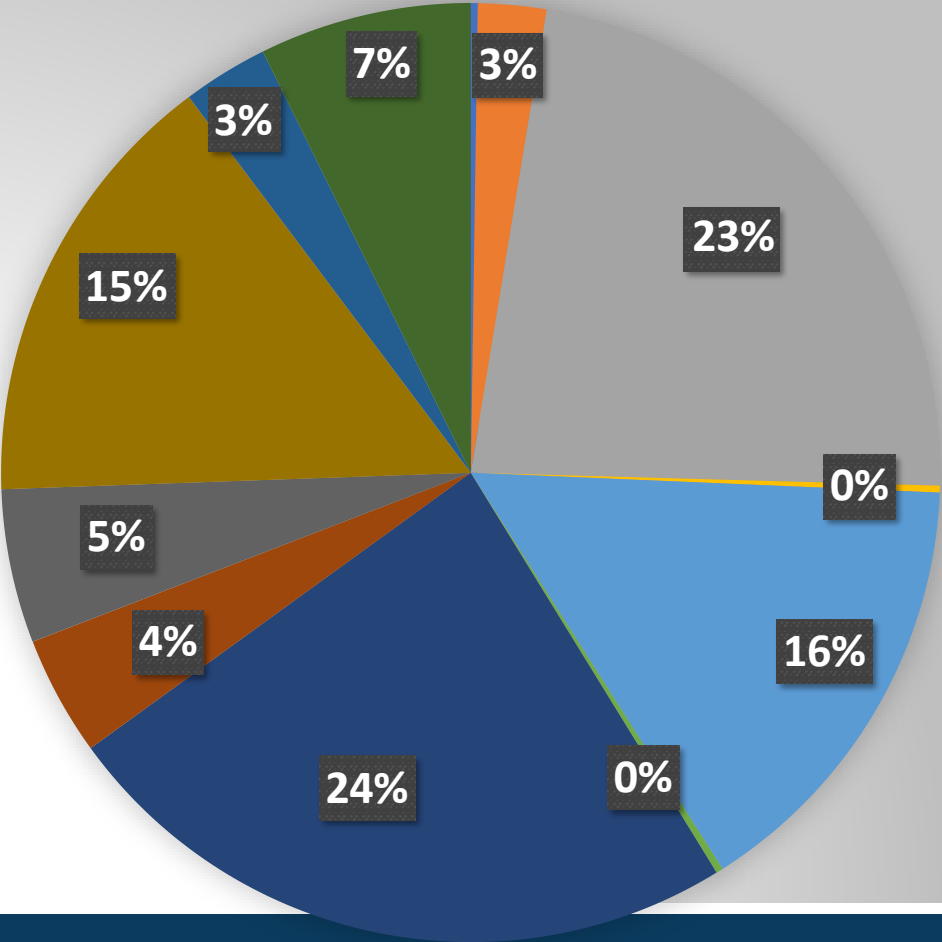
Know how to **communicate**
with their child **better**

Parents who engage with Parent Coaching services and Parent Education classes report they learn....

- "...how to set limits."
- "...it's important to take care of myself" "...connection before correction."



Parent Coaching and Education Services for Year 2017-2018



Shandon	2	San Miguel	20
Paso Robles	194	Templeton	2
Atascadero	130	Creston	2
San Luis Obispo	202	Arroyo Grande	35
Grover Beach	45	Oceano	130
Coast	25	Nipomo	62

Total Families Served: 847
Total Classes offered: 36



parent café

CONVERSATIONS TO KEEP YOUR FAMILY STRONG



resilience



relationships



knowledge



support



communication

Parent Connection is collaborating with Community Action Partnership of SLO County to expand services for pregnant women and parents of infants & children up to age 5. This is made possible with funding by First 5 of San Luis Obispo County.

Parent Café conversations focus on the 5 Protective Factors that assist in strengthening families.

3 Target Locations: San Miguel, Cambria, & Nipomo

San Miguel will start Jan. 31, 2019



Veterans Outreach and Treatment Court

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

Join us for our next event...

kayak HORIZONS

Kayaking in Morro Bay
Saturday, May 5th
9:00AM - 12:00PM
FREE for veterans (one guest welcome)

To register or learn about future activities
call 781-4285 or email ggranados@co.slo.ca.us

The flyer features several small inset photos showing people participating in various outdoor activities: rock climbing, golfing, kayaking, and riding horses.



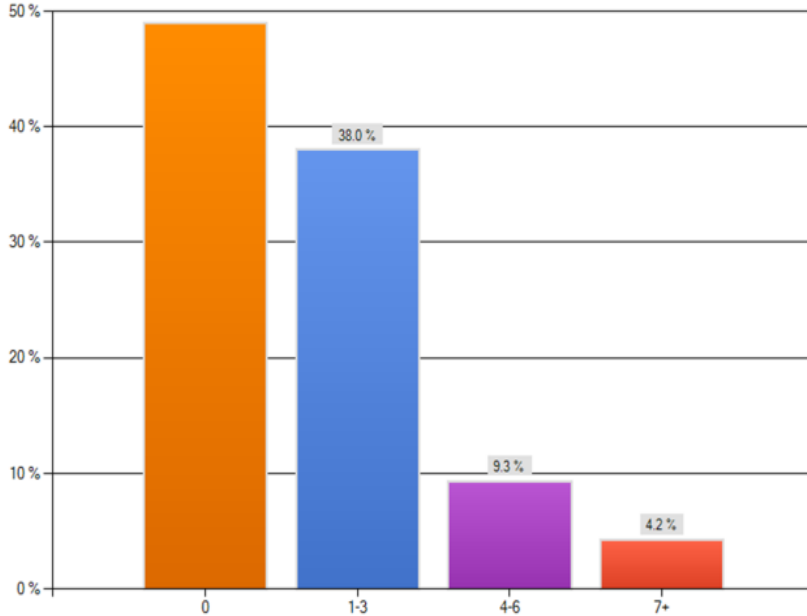
- Monthly activities and events
- Therapist embedded in activities to engage veterans and family members
- Follow-up, walk-in, appointments, and referrals
- Veterans Treatment Court



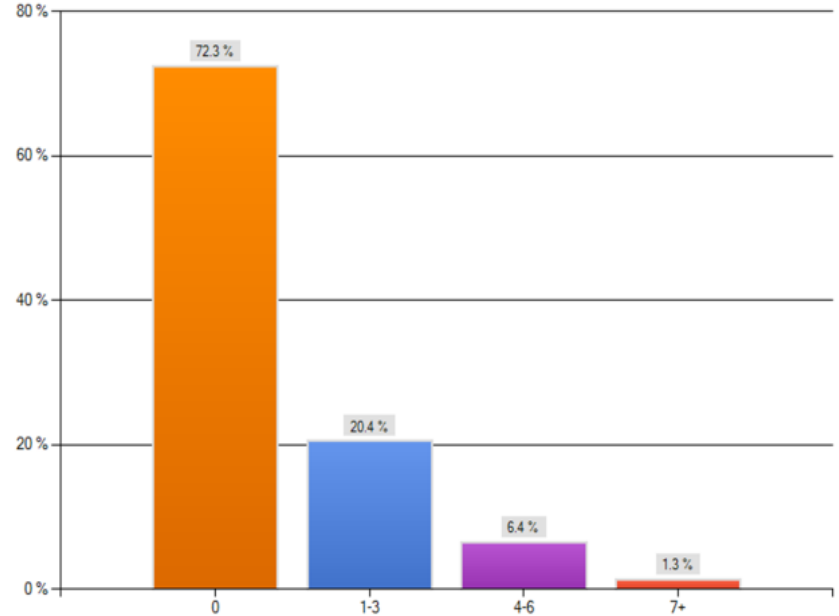
Results from SAP Retrospective Survey

- Overall, the number of times students reported getting into fights or threatened someone declined by 46.8% after participating in the PEI Counseling program.

The number of times I got into a physical fight or threatened someone is (Before Program)



The number of times I have gotten into a physical fight or threatened someone is (After Program)



FNL Results from Youth Development Surveys

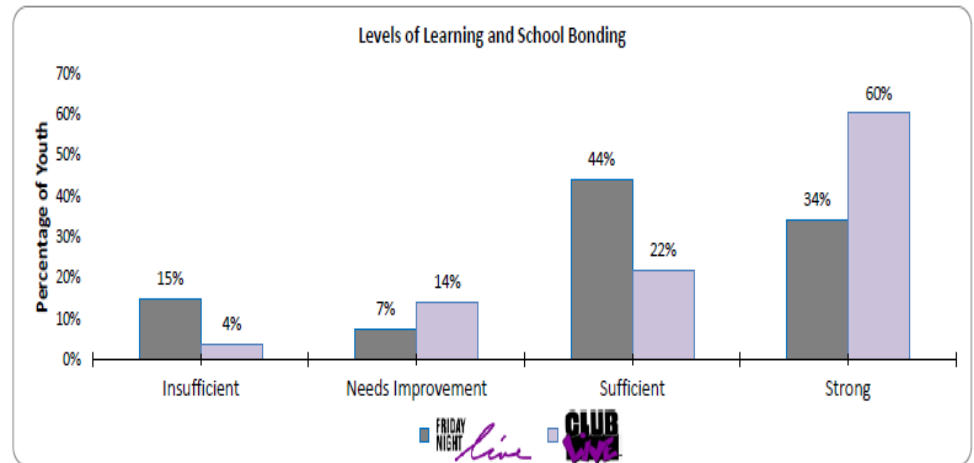
Learning and School Bonding

84% of youth report FNL provides sufficient to strong opportunities for school bonding/ engagement

98% Report FNL Supports Leadership Development

78% Report FNL Increases School Engagement

95% Report FNL Provides a Safe Environment



Why is being in Friday Night Live important to you?

"FNL is important to me because it makes me feel like I am making a difference in the community."

"It helps me get through hard times and figure out how not to turn to alcohol or drugs as a scape goat."



Innovation (INN)

- Offer **creative** approaches to persistent challenges
- Build on successful approaches **not currently considered part of mental health delivery**
- Challenge existing paradigms; **change the status quo**
- **Experiment** and take risks
- Communicate about mental illness and mental health **in different words**
- Think in **different categories**



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

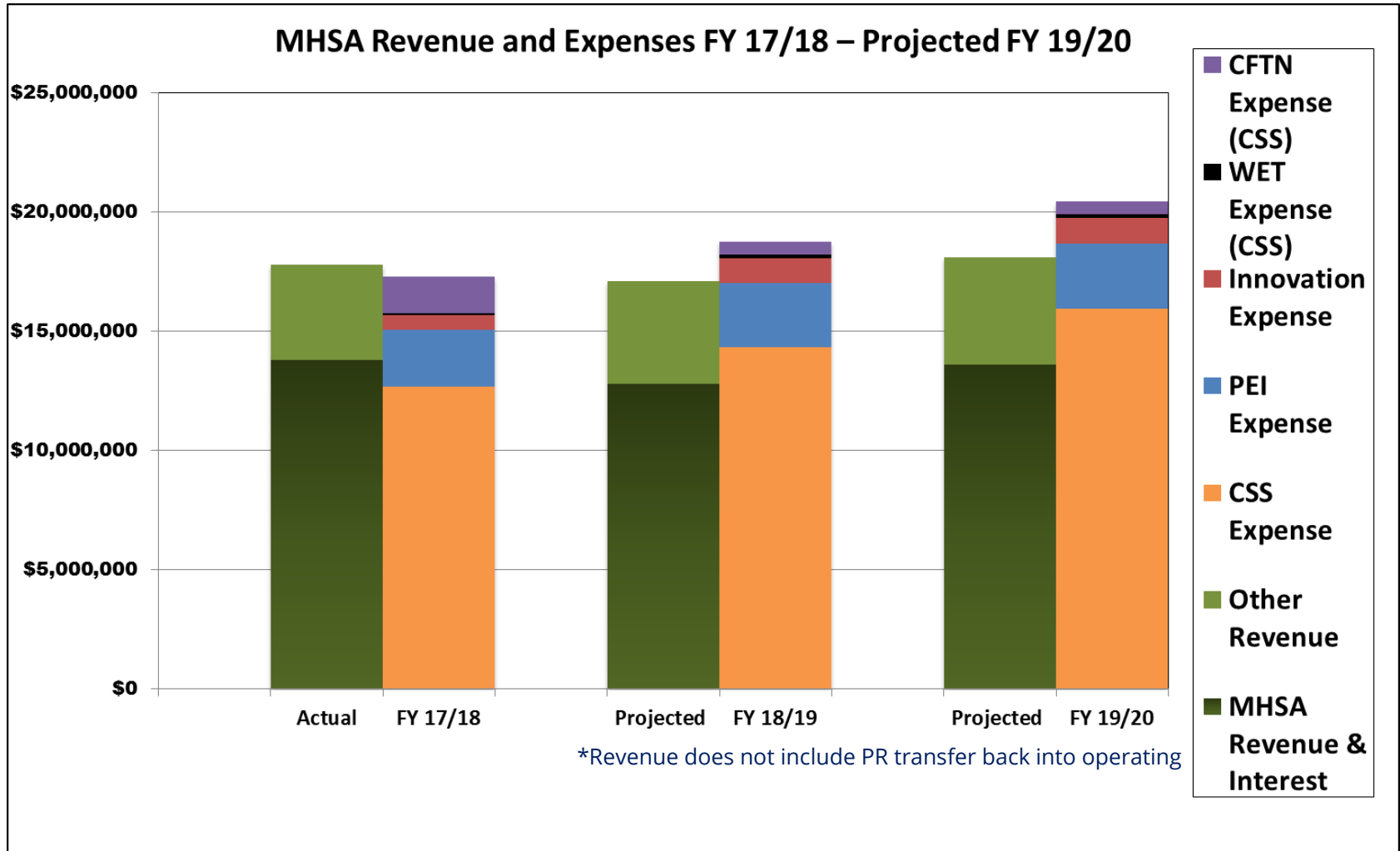
- Tests three methods to administer ASQ:SE for children 0-3 that includes a health educator, parent self-administration, and child-care provider to understand which produces better results in early diagnoses and intervention.

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.



MHSA Fiscal Update



MHSA Fiscal Update

- **FY 2018/19 MHSA Revenue** projected to decrease by about 7% due to the following:
 - No Place Like Home \$140M
 - Annual Adjustment
- **County of San Luis Obispo**
 - Info Notice 18-038 MHSA Allocation & Methodology
 - FY 2018/19 Allocation = 0.671845% (decrease of 0.002194% or \$40K)
- **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

- **FY 2018/19 Adopted Budget is \$18.6M (MHSA \$13.9M/Other Revenue \$4.7M)**
 - CSS: \$14.2M
 - PEI: \$2.7M
 - INN: \$1.0M
 - WET: \$159K
 - CFTN (Electronic Health Record Support): \$537K
- **Prudent Reserve (PR) Balances:**
 - CSS: \$5,768,556
 - PEI: \$67,608
 - SB 192 – 33% max of CSS 5 year avg (\$2.8M)
 - FY 2018/19 propose transferring back to CSS & PEI operating pending guidance
- **Fund Balance 07/01/2018 (excluding PR) = \$11,180,446**



MHSA Fiscal Update

- **CSS Update:**

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

- FY 18/19 current budget at about 43%

- Grants:

- MHSOAC SB 82 – Children’s Triage Grant

- State General Fund Allocation – Homeless Mentally Ill Outreach & Treatment

- **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 \$1.5M total project(s) funding
- **Workforce, Education & Training Update:**
 - FY 18/19 CSS funds transfer to WET
 - FY 18/19 AB114 funding
- **Capital, Facilities, & Tech Needs Update:**
 - FY 18/19 CSS funds transfer to CFTN
 - Exploring update to Electronic Health Record



MHSA Fiscal Update

- **FY 2017-18 Annual Revenue & Expense Report**
 - Submitted to state and posted on County Website
<https://www.slocounty.ca.gov/MHSA.aspx>
- **MHSOAC Fiscal Reporting Website**
 - Provides RER by County for past fiscal years
<http://mhsoac.ca.gov/fiscal-reporting>



Old Business

- **Triage Grant Update**
- **Community Action Team, updates**
- **LGBTQ Needs Assessment, update**
- **FSP for Child/Youth RFP – Update**
- **No Place Like Home**

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New Business

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



Upcoming Meetings

***Innovation Stakeholder Group:
January 22, 2019 – French Hospital***

***MHSA Advisory (MAC)
February 26, April 20, June 26***

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Thank You Atascadero Public Library!

Frank Warren

MHSA Coordinator

Prevention & Outreach Division Manager

SLO County Behavioral Health Dept.

fwarren@co.slo.ca.us

(805)788-2055

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