

## County of Monterey

### Template for Boards, Committees and Commissions (BCC) Annual Report to the Board of Supervisors

The purposes of an Annual Report are to:

1) Bridge the gaps between the organizations who are doing work on behalf of the residents of our County and the Board of Supervisors (BoS) who are responsible for making the policy decisions. These reports will serve as an annual opportunity for organizations to advise and inform the BoS, and a chance for the BoS to provide direction to the organizations.

2) Increase the transparency and accountability of County Government. These reports will provide organizations with an annual opportunity for self-reflection, celebration of accomplishments, and planning for the future. Sharing this annual self-report with the public will increase awareness and understanding about the different functions of County Government.

This form is intended to be used as a template to help provide the priority categories of information to be reviewed by the Board of Supervisors. The annual report is considered a collective overview through the Boards, Committees and Commissions (BCC) group consensus prior to identifying goals and accomplishments achieved. This annual report template serves as a guide to assist with synthesizing the annual update within five to ten (5-10) pages maximum. Please indicate whether another format and/or supplemental supporting documents are necessary.

#### ORGANIZATION INFORMATION

Name of Organization (and any AKA): Behavioral Health Commission

Mailing address: c/o County of Monterey Health Department, Behavioral Health Bureau

Officers (Name and Title): Linda Fosler, Chair and Mark Lopez, Past Chair & Chair-Elect

Type of Organization:

☐ Board

**X Commission**

☐ Council

☐ Collaborative

☐ Subject to Maddy Act

**X Subject to Brown Act**

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Department: Health Department, Behavioral Health Bureau

# **MONTEREY COUNTY**

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## **BEHAVIORAL HEALTH COMMISSION**



## **ANNUAL REPORT TO THE BOARD OF SUPERVISORS**

**January 2017 – December 2017**

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## **1. INTRODUCTION**

The Behavioral Health Commission (“the Commission”) is pleased to present its Annual Report to the Monterey County Board of Supervisors. The Commission had a productive year and we are happy to present our achievements. At the end of 2017, the Commission consisted of 13 Members, two Associate Members, and four vacancies.

The Commission would like to recognize and honor Supervisor John Phillips, our liaison with the Board of Supervisors, for his involvement with the Commission. He has attended most Commission meetings and shared significant information with the members. It is clear that he is committed to consumers of mental health services in our community.

## **2. ROLE OF THE COMMISSION**

The Monterey County Mental Health Commission was established in 1975. The Commission is the local mental health board for Monterey County pursuant to Welfare and Institutions Code Section 5604, and by Resolutions numbers 80-12 and 86-76 of the Board of Supervisors of Monterey County.

The role of the Commission, among other duties, is to review and evaluate the County’s mental health needs, services, and facilities and advise the Board of Supervisors and the local mental health director as to any aspect of the local mental health program. In addition, there is a mandate to review and approve the procedures used to ensure citizen and professional involvement at all stages of the planning process for mental health services in the community.

### **3. MEMBERSHIP BY DISTRICT**

#### **Commission Membership Roster as of December 2017**

##### **District 1 – Supervisor Luis Alejo**

##### **District 2 – Supervisor John Phillips**

Commissioner Alma McHoney  
Commissioner Margie Sokotowski  
Commissioner Larry Tack

##### **District 3 – Supervisor Simon Salinas**

Commissioner Mark Lopez  
Commissioner Aidee Aldaco

##### **District 4 – Supervisor Jane Parker**

Commissioner Jesse Herrera  
Commissioner Maribel Ferreira  
Commissioner Lisa Stewart  
Associate Member Anthony Rocha

##### **District 5 – Supervisor Mary Adams**

Commissioner Heather Deming  
Commissioner Linda Fosler  
Commissioner Cortland Young  
Associate Member Hailey Dicken-Young

Chief Law Enforcement Officer – Commissioner, Sand City Police Chief Brian Ferrante  
Supervisor John Phillips – Commissioner Liaison with the Board of Supervisors

#### **2017 Commission Officers**

Chairperson – Mark Lopez  
Chairperson Elect – Linda Fosler  
Past Chairperson – Linda Payne

### **4. REVIEW OF MENTAL HEALTH COMMISSION (MHC) ACTIVITIES - 2017**

Commissioners expressed an interest in learning more about the services provided by Monterey County Health Department, Behavioral Health Bureau. At the beginning of the year they selected topics they wished to have presented at the meetings. The Mental Health Services Act topic took precedence over these when action was required by the Commission.

#### **Supportive Housing for Adults with Serious Mental Illness**

Barbara Mitchell, Executive Director of Interim, Inc., shared that this nonprofit organization is dedicated to the self-sufficiency of people age 18 and older with mental illness. Interim owns and

operates more than 20 facilities of affordable, supportive housing and treatment for adults with psychiatric disabilities in Salinas, Marina and Monterey.

### **Education Service Continuum**

Behavioral Health Services Manager II Kacey Rodenbush reported that Behavioral Health (BH) has been providing school-based specialty mental health services to students in Special Education for many years. In 2011, the State eliminated AB3632 funding for education related mental health services and transferred the service mandate from county mental health and child welfare departments to education. To continue serving students with IEPs (Individualized Education Program), the County's SELPA (Special Education Local Plan Area) remained in partnership with BH. And in the Fall of 2014, BH developed Memoranda of Understanding (MOU) with school districts to provide mental health services for General Education students, funded by Local Control and Accountability Plan (LCAP) funding and Medi-Cal. BH serves 93 schools in 20 school districts with a team of 59 clinicians, supervisors and support staff (70% are bilingual/bicultural); 742 students are currently in service.

### **Crisis Intervention Training and Specialty Teams**

Forensic Services Manager and Specialty Teams Coordinator Melanie Rhodes, the liaison with law enforcement, provided an overview of the Crisis Intervention Team (CIT) Training, Hostage/Crisis Negotiation Team, Critical Incident Stress Management (CISM) Team, Mental Health First Aid for Public Safety and the Mobile Crisis Team.

### **South County (Update)**

ACCESS: Deputy Director of ACCESS and Substance Use Disorder Services Dr. Cathy Gutierrez shared BH's goals to increase access and availability in a timely manner, assure quality services are provided, improve and expand services, have staff in places where people are already going, standardize the walk-in clinics to be open Monday through Friday, 10 a.m. to 2 p.m., continue to integrate mental health and substance use disorder services, and increase capacity to treat the trauma experienced by individuals seeking BH services.

BH received a \$6 million grant for a Sobering Center in Salinas and Alcohol and Drug Residential and Outpatient Services in King City.

### **Children's System of Care:**

Deputy Director of the Children's System of Care (CSOC) Dr. Marni Sandoval shared that in the last two years, BH has increased services in South County for children, youth, and families by bringing services into the schools, clinics and community. CSOC also receives referrals directly from BH ACCESS staff. Other doors into the CSOC include Juvenile Justice, the Silver Star Resource Center, Rancho Cielo, and Transition Age Youth Program. Their strong partnership with Social Services is critical to connect and heal the whole family and to help these families come back together in a healthy and successful way.

Dr. Sandoval also spoke about the doctoral psychology training program. Every year three doctoral psychology students in their final year of training, train with BH for a year. After being involved with this program for 17 years, BH is pleased to receive recognition as an American Psychological Association Accreditation Independent Training Site. This is the highest level of acknowledgement for a solid training program.

### **Cultural Competency Action Plan**

Blanca Tavera, LCSW, has been working with the Cultural Relevancy and Humility Committee, and meeting with staff members to help BH move forward with the Cultural Competency Action Plan. From her overall findings across the groups and population specifics, she made recommendations, suggested some shifting and fine tuning of the cultural relevancy framework, and training.

### **Juvenile Justice Programs**

BH Unit Supervisors Chyrl Williams and Kelly Molton reviewed the Juvenile Justice Programs i.e. services offered, to whom they are offered, and how they are funded. The programs' focus is to eliminate as many barriers to care as they possibly can to elicit young people to seek help and services that all community partners offer so that our youth will find their potential. Most of their programs are mandated. Staff are observing the intensity of cases entering the Prevention Programs; these youths have very significant mental health issues. Additional staff is needed as the programs have high demand.

### **Alliance on Aging**

Executive Director of Alliance on Aging Teresa Sullivan introduced Natalia Molina, the Spanish speaking Program Manager and Nanci Crompton, a volunteer. Ms. Sullivan reviewed their programs. The Senior Peer Counseling programs, funded through the MHSA Prevention and Early Intervention component, provides one-on-one counseling to older adults who are coping with such things as age related adjustment issues, anxiety and depression. Their support groups are provided by Senior Peer Counselors and offered throughout the County. Nanci Crompton, a Peer Counselor, shared her perspective as a volunteer. Ms. Sullivan said that one of the primary challenges they have in their Spanish speaking model is recruitment and retention of the volunteers. To increase reach to these seniors, they provide an integrated health approach to strengthen wellness in the Latino culture. Ms. Molina shared that the way in which she engages with this population is by knowing the culture of the audience. She meets with them for four weeks, once a week for one hour and at every meeting she discusses the integration of mental health with physical health. Spirituality and mysticism, and home remedies are honored.

### **Data Notebook (Behavioral Health Issues and Older Adults)**

Dr. Miller introduced Tawnya Majewski who is the manager of the Marina clinic and oversees the BH older adult programs. She worked with Adult Deputy Director Michael Lisman and Commissioner Heather Deming on this year's Data Notebook. The Data Notebook, put together by the California Behavioral Health Planning Council, provides information specific to Monterey County as well as Statewide data. The Notebook was received in advance and the team worked to prepare responses to the State. Monterey County's percentage of older adults served is higher than the State's. BH is looking at staffing needs and partnering with public health nurses and other groups because the older adult population with serious mental illness often also have complex medical needs. Dr. Miller also noted staff are struggling to obtain skilled nursing facility beds. The primary barriers to access behavioral health services are living in geographic isolation, lack of transportation, and the consumer may not be aware of the services. Additionally, BH needs to increase outreach to the monolingual Spanish-speaking populations.

### **Veterans' Collaborative**

Commissioner Alma McHoney has been very involved in enhancing services for Veterans in Monterey County for several years. Throughout the year, she shared with the Commission the Veteran's Collaborative's activities/accomplishments as follows

- The Veterans' Transition Center is opening four new apartments with four beds each for veterans who are homeless.
  - The Veterans' Collaborative received a presentation from Monterey Salinas Transit regarding the Navigator Program.
  - In May, the annual Veterans' Appreciation Conference at the One Stop provided great resources for Veterans and included the medical van, audiology and BH staff attending.
  - In August, the California Community Colleges conduct a Welcome Home: Veterans on Campus and in September there is a Military and Veterans Suicide Awareness and Prevention Day.
- \* The Veterans' Court is making a difference; the recidivism rate in the country is 70% and the Veterans' Court here in Monterey County is 10%.

### **Meetings were held throughout the County:**

In accordance with the Commission Bylaws, Article 4, Section 4.01, meetings were held at the following locations: Health Department headquarters in Salinas, Behavioral Health in Marina and in King City, as well as Monterey County Free Libraries Castroville Branch.

### **REVIEW OF MENTAL HEALTH SERVICES ACT (MHSA) ACTIVITIES:**

At the Commission's meetings, MHSA Coordinator Alica Hendricks presented the following:

#### **June 29, 2017:**

Alica Hendricks, MHSA Coordinator, thanked MHSA Subcommittee Chair Lopez and Commissioners Fosler, Herrera, and Stewart who worked with Deputy Directors and Service Managers to develop the draft "MHSA Program Review to Support the Three-Year Plan Development" document. The MHSA Subcommittee members provided their input to guide staff in the review of all programs currently funded by the MHSA. The Subcommittee members expressed their support of a more strategic use of the resources. Funded contractors that are underperforming, not complying, and those that need to make changes have been notified. Dr. Miller added her appreciation of the Subcommittee's work to help make the MHSA Plan more understandable and transparent.

#### **August 31, 2017:**

MHSA Coordinator Alica Hendricks explained the process to develop the MHSA three-year plan. The Plan was distributed to the MHC and attendees along with a four-page summary. Ms. Hendricks shared community feedback was also collected to further inform the draft. A survey of underserved communities by zip code was administered. Staff will begin developing the FY 2018-19 Behavioral Health (BH) budget in December 2017 and this time line aligns with the MHSA Annual Update process. Dr. Miller added that the BH mission is to make sure that we are equitably distributing services. Our goal is to reduce disparities as well as increase services to the Latino population by at least 7% in the next three years.

Dr. Miller explained that the draft Plan seeks to increase the transparency of the level of investment for each strategic population. Behavioral Health Finance Manager II Miriam Hernandez reported that because of the "No Place Like Home" initiative, it will cost Monterey County \$1.5 million, and this year's budget includes this anticipated reduction to the MHSA revenue. Also, if there are adjustments



to the Affordable Care Act, BH would have to include this reduction in the MHSA Plan. Dr. Miller highlighted that with the “No Place Like Home” anticipated changes, BH would apply to receive \$3.5 million to build new residential units, which will need more services for clients in the new housing, and that is why there are additional adult services included the budget.

September 28, 2017:

MHSA Coordinator Alica Hendricks thanked the Commission and everyone who sent in their comments and recommendations for the draft MHSA Plan; these were distributed and reviewed at the meeting. Additional comments were received at the meeting. The final version of the Plan will include the comments received.

Upon conclusion of the Public Hearing, the Commission approved a motion to revise the goal of increasing services to the Latino population from 5% to 7% in the three-year Plan period. The Commission also approved the MHSA FY 2017-18 through FY 2019-2020 3-Year Program and Expenditure Plan, with the revised goal.

November 7, 2017 at the Board of Supervisors’ Meeting:

BH Director Amie Miller, Commission Chair Mark Lopez and Chair-Elect Linda Fosler presented the final MHSA FY 2017-18 through FY 2019-2020 3-Year Program and Expenditure Plan to the Board of Supervisors for approval and adoption. The document was forwarded to the State Department of Health Care Services and the Mental Health Services Oversight and Accountability Commission, as required by the MHSA regulations.

## **REVIEW OF SELECTED ACHIEVEMENTS OF THE BEHAVIORAL HEALTH BUREAU IN 2017**

- BH received a \$6 million grant for a Sobering Center in Salinas and Alcohol and Drug Residential and Outpatient Services in South County (King City).
- Proposed rates were submitted to the State, a critical step in moving forward with new Substance Use Disorder Waiver which will increase the service dollars in our community from the current \$5 million to nearly \$8 million annually.
- 110 people attended a training coordinated by the BH Prevention Team to provide treatment to the transgender populations.
- Family Fun Day was held in partnership with community partners and service providers. The event invited the community to learn more about services.

As is evident from this report, the Commission had an extremely busy and productive year. The Commissioners are to be commended for their hard work and commitment to the Behavioral Health Consumers in our County. In addition, both the Commission and the staff of Behavioral Health are to be commended on their strong working relationship and commitment to ever expanding and improving behavioral health services for the community.

## **2017 SUBCOMMITTEES**

- MHSA Evaluation – Mark Lopez, Linda Fosler, Jesse Herrera, Lisa Stewart, Dr. Amie Miller, Alica Hendricks, Wesley Schweikhard, Dr. Cathy Gutierrez, Dr. Marni Sandoval, and Michael Lisan
- Bylaws – Mark Lopez, Linda Fosler, Alma McHoney, Larry Tack, Cortland Young, Hailey Dicken-Young, Dr. Amie Miller, Alica Hendricks, and Paula Lewycky

## **ACKNOWLEDGEMENTS**

This report was produced in collaboration by the following individuals:

- Mark Lopez, Commission Chair
- Dr. Amie Miller, Behavioral Health Director
- Alica Hendricks, MHSA Coordinator
- Paula Lewycky, Senior Secretary