



Board Report

File #: A 21-386, **Version:** 1

- a. Approve and authorize the Director of Health or the Director of Health's Designee to sign a retroactive Memorandum of Understanding (MOU) with The Regents of the University of California, on Behalf of its Berkeley Campus (UC Berkeley) to participate in the Transdiagnostic Sleep and Circadian Treatment Study that will improve severe mental illness outcomes in community Mental Health, retroactive to March 2, 2020 through March 2, 2024; and
- b. Authorize the Director of Health or the Director of Health's Designee to act as the agent for the County in processing all documentation in coordination of the study; and
- c. Authorize the Director of Health or the Director of Health's Designee to approve up to three (3) future amendments to this MOU where the amendments do not significantly change the scope of work.

RECOMMENDATION:

It is recommended that the Board of Supervisors:

- a. Approve and authorize the Director of Health or the Director of Health's Designee to sign a retroactive Memorandum of Understanding (MOU) with The Regents of the University of California, on Behalf of its Berkeley Campus (UC Berkeley) to participate in the Transdiagnostic Sleep and Circadian Treatment Study that will improve severe mental illness outcomes in community Mental Health, retroactive to March 2, 2020 through March 2, 2024; and
- b. Authorize the Director of Health or the Director of Health's Designee to act as the agent for the County in processing all documentation in coordination of the study; and
- c. Authorize the Director of Health or the Director of Health's Designee to approve up to three (3) future amendments to this MOU where the amendments do not significantly change the scope of work.

SUMMARY/DISCUSSION:

In September 2019, UC Berkeley was the recipient of a grant from the National Institute of Mental Health, a division of the US Department of Health and Human Services Administration, to facilitate behavioral health care service providers to deliver therapeutic treatment to improve sleep outcomes to consumers with mental illness. Participation in the study will provide Behavioral Health Clinicians an additional therapy in their practice that will help in developing skills to improve sleep for individuals who have been diagnosed.

UC Berkeley provided grant funded training to learn and implement a sleep treatment to enable Behavioral Health Clinicians to deliver therapeutic treatments to improve sleep as part of the mental health services the County currently provides.

Monterey County Behavioral Health will participate in the study with UC Berkeley to measure the effectiveness of the grant-funded services entitled "Implementing and Sustaining a Transdiagnostic Sleep and Circadian Treatment to Improve Severe Mental Illness Outcomes in Community Mental Health." The intended outcome of the collaboration is to improve the physical and mental health of participants by helping them improve their sleep, and to measure the improvement as part of the study. The research may help improve treatments for sleep and mental health symptoms to the current participants as well as future individuals.

This work supports the Monterey County Health Department 2018-2022 Strategic Plan Initiatives: 1. Empower the community to improve health; and 4. Engage MCHD workforce and improve operational functions to meet

current and developing population health needs. It also supports one of the ten essential public health services, specifically: 1. Monitor health status to identify and solve community health problems, 3. Inform, educate, and empower people about health issues; 9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services; and 10. Research for new insights and innovative solutions to health problems.

OTHER AGENCY INVOLVEMENT:

County Counsel and Auditor-Controller have reviewed and approved as to legal form and fiscal provisions respectively.

FINANCING:

There are no fiscal provision included in this Memorandum. Approval of this Memorandum will have no impact on the Health Departments Behavioral Health Bureau (HEA012, Unit 8410) Budget.

BOARD OF SUPERVISORS STRATEGIC INITIATIVES:

Check the related Board of Supervisors Strategic Initiatives:

☐ Economic Development:

- Through collaboration, strengthen economic development to ensure a diversified and healthy economy.

☒ Administration:

- Promote an organization that practices efficient and effective resource management and is recognized for responsiveness, strong customer orientation, accountability and transparency.

☒ Health & Human Services:

- Improve health and quality of life through County supported policies, programs, and services; promoting access to equitable opportunities for healthy choices and healthy environments in collaboration with communities.

☐ Infrastructure:

- Plan and develop a sustainable, physical infrastructure that improves the quality of life for County residents and supports economic development results.

☐ Public Safety:

- Create a safe environment for people to achieve their potential, leading businesses and communities to thrive and grow by reducing violent crimes as well as crimes in general.

Prepared by: Pat Bass, Management Analyst, 755-4538

Approved by:

Date: _____

Elsa Mendoza Jimenez, Director of Health, 755-4526

Attachment:

Memorandum of Understanding