



# County of Fresno

ADVISORY BOARDS AND  
COMMISSIONS

## FRESNO COUNTY BEHAVIORAL HEALTH BOARD

Wednesday, May 16, 2018  
Blue Sky Wellness Center  
1617 E Saginaw Way - Fresno, CA 93704

### Minutes

<u>MEMBERS PRESENT</u>	<u>BEHAVIORAL HEALTH</u>	<u>PUBLIC MEMBERS –</u>
Carolyn Evans Francine Farber Marta Obler Katie Lynn Rice Curt Thornton David Thorne Donald VanDerheyden	Dawan Utecht	<u>Continued</u> Mitch Collins Lisa Woolf Brenda Kent LeeAnn Skorohod Etisha Wilbun
<u>MEMBERS ABSENT</u> Renee Stilson	<u>PUBLIC MEMBERS</u> Rachel Ensom Sharon Ross Jose Manjarrez Karina Hernandez Marilyn Bamford Krystal Rios Stan Lum Sandra Williams Jane McCoy Liz Escoto	
<u>BOARD OF SUPERVISORS</u> Sal Quintero		

#### **I. Welcome and Opening Remarks**

Chair Carolyn Evans called the meeting to order at 2:33 PM.

#### **Success Story:**

Staff Analyst Sue Vang read the Board of Supervisors (BOS) Proclamation in recognition of Mental Health Awareness month. Additionally, Staff Analyst Brian Bishop played a few pre-recorded Public Service Announcements that will play on radio channels in English, Hmong and Spanish, as well as local TV stations (Channel 30.1 and 30.2), during the month of May.

#### **II. Approval of Agenda by Board**

Agenda approved.

#### **III. Approval of Minutes from**

A motion to accept the minutes as written was made. Two opposed, motion approved.

#### **IV. Update & Program Review – Department of Behavioral Health – Director Dawan Utecht**

##### **Upcoming Contracts:**

The contract with Central California Faculty Medical Group (CCFMG) was approved by the Board of Supervisors on May 1, 2018. Dr. Tran, the contracted Medical Director has already begun work with DBH. The operating agreement will commence July 1, 2018.

##### **School and Community Based Expansion**

The expansion is not a replacement of services nor will there be outsourcing, it is simply an expansion of services in the school setting. During the summer, the department can bring back the item to give an update.

##### **Co-occurring Disorders: Developmental Disability & Mental Health Conditions**

The presentation specifically addressed individuals with a developmental disability and mental health issues. The challenges are different systems of care for individuals with the two separate diagnoses. The three primary systems of care are the Regional Centers that are designed to treat people with developmental disabilities; Health Plans provide other services, and County Behavioral Health Departments can provide mental health services for persons with significant impairment.

Central Valley Regional Center is the current contracted provider serving Fresno County. The Regional Centers contract with the State Department of Developmental Services. Regional Centers are responsible for planning, evaluating, coordinating and monitoring services and supports for individuals with qualifying developmental disabilities. Qualifying conditions include intellectual disabilities, cerebral palsy, epilepsy and autism.

Health Plans-Medi-Cal Managed Care - this health plan system of care is contracted with Department of Health Care Services (DHCS) to administer Medi-Cal funded health and behavioral health services.

County Behavioral Health departments also contract with DHCS to administer mental health services for person with significant impairment (known as Serious Mental Illness for adults and serious Emotional Disturbance for youth).

Fresno County DBH has MOU's with both CVRC and Health Plans that outline expectations for Care Coordination. Quarterly meetings are held to review progress, address challenges, and discuss coordinated care and cases. If needed, additional cross-system work groups will convene under special circumstances.

Other Care Coordination Activities include Help Me Grow and Collaboration with Schools. Help Me Grow ensures all young children are screened for developmental needs and linked to appropriate services. In addition to CVRC and DBH, other partnering agencies for Help Me Grow include Public Health, Social Services, Fresno County Superintendent of Schools (FCSS), and Fresno Unified School District (FUSD). Collaboration with schools is regularly conducted by CVRC and DBH to help ensure youth with complex needs have a coordinated care plan, including services through special education.

## **Program Proposal – FOCUS**

The FOCUS proposal was created as part of a grant application, though the grant was not awarded. DBH is gathering community input for the use of Mental Health Services Act (MHSA) innovations and prevention funding. The program targets school aged youth through a school-community triage services based on a partnership and intervention model implemented in West Virginia, and a similar model that was implemented in Stanislaus County.

The program will provide triage services to children and families that have experienced a traumatic or significant stressful life event. The service will include rapid response for post-incident triage to be deployed within the next business day. Behavioral health needs of the child and family will be assessed to help identify risk factors, provide early intervention and support, and link to appropriate services. The goal is **to** address potential impacts of traumatic and stressful life experiences while building resilience.

Target population:

- Youth up to age 22 that are exposed to trauma or potential traumatic life stressors
- Initial phase of pilot – youth and family within FUSD boundaries
- Initially referrals will come from first responders, families and schools

Upon receiving a referral, an assigned FOCUS Team Member will contact the youth and family to develop an individual triage plan by assessing and identifying needs. The FOCUS team is a 15-person team that includes clinicians that assess; clinical supervisor, behavioral health clinicians, intensive behavioral intervention specialists, parent partners, behavioral help support liaison, and the school psychologist.

This pilot program would be done under a new agreement with FCSS and with a projected annual budget of \$1,875,000. As previously mentioned, DBH will try to fund through MHSA Innovation or Prevention and Early Intervention funding for first few years, but anticipate to secure other funding sources as the program evolves.

Program Review: WestCare California, Inc.: Inpatient SUD Program

- Treatment goals are to provide a clean, sober and safe environment for individuals with substance use and co-occurring mental health disorders, and an opportunity to engage in wellness and recovery.
- Enable individuals to develop the knowledge and skills to achieve and maintain long-term wellness and recovery.
- Assist individuals to become active, responsible, and productive members of their communities.
- Promote and strengthen positive family relationships and other social connections.

WestCare has over 40 years' experience in providing drug treatment services in Fresno County. They offer programs for men, women, and / or men or women with children. The focus and intensity of treatment is modified to accommodate the realistic / practical treatment needs of clients as they begin recovery.

DBH funds 13 full-time positions for treatment and 6 support and administrative positions. Funding is through Behavioral Health Realignment, Substance Abuse Prevention

Treatment (SAPT) Block Grant and Alcohol Assessment fees.

Agreement went into effect in July 1, 2016 through June 30, 2019. There are two potential 12 month extensions based on satisfactory performance.

FY 2016-17 contracted beds:

- 35 beds for men / women
- 13 perinatal

Rates / fees for treatment and bed are paid with different funding sources; the reason for the separate fees is that some funding sources can pay for certain things but not others.

In FY 2016-17, 995 clients were served (669 men / 326 women). Of that, 376 (38%) completed treatment. Of the 619 (420 men / 199 women) clients that did not complete treat, 36 expressed satisfactory progress and 589 unsatisfactory. It is not an uncommon occurrence for substance use treatment clients to leave early.

- Treatment provided:
- Group therapy
- Individual counseling
- Family Counseling
- Perinatal co-occurring treatment

Curt Thornton asked if WestCare uses Harm Reduction Therapy. DBH will request and share the information.

With the Medi-Cal Redesign, the hope is that it will improve the number of options for treatment in different levels of care and different settings for the care. Before the Redesign, most drug treatment facilities had to deal with the IMD exclusion; the waiver takes that away.

## **V. Old Business**

### **A. Report on Site Visit to WestCare Inpatient SUD Treatment Program**

Francine Farber completed the site visit report. Jobs for residents in the program include dish washers, cooks, etc. This program is rare in that it includes fathers with children; there's also a day care. There were 14 children, most of them infants and toddlers, one 12 year old. They have a childcare worker that interacts with families. Since 2002, there have been approximately 290 births by residents. There is also an associate program called the "Living Room," which has monthly alumni dinners for graduates. They also provide continual support for graduates from the program. Approximately 30 residents go through the graduation ceremony; they have two ceremonies per year. The clinician runs groups for individuals with co-occurring disorders and provides individual counseling. They also have a Medical Director who is a psychiatrist; he oversees medication and can handle emergencies. Visiting by family members is available on the weekends. The program also permits former successful clients to complete internships.

Carolyn added that the Drug Medi-Cal Redesign would allow the program to hire case managers for clients. It will require more training and certification for their

counselors. Overall, it was a positive visit.

**B. Letter in Support of SB 906**

The approved letters in support of SB 906 written by Curt and Carolyn were mailed to state legislators and the BOS. The BHB discussed next steps / follow-up to the letters. Supervisor Quintero suggested follow-up phone calls to the state and local representatives.

**C. Visits with Board of Supervisors**

Tina Young sent follow-up emails to the BOS members to request a meeting with BHB members from their district. The meetings are to discuss the goals and recommendations for 2018.

**D. Community Forums-Fresno, June 14, 2018**

The BHB will hold a Community Forum on Thursday, June 14, 2018 from 5:30 PM to 7:00 PM at the Betty Rodriguez Regional Library, 3040 N. Cedar Ave., Fresno.

**E. BHB Training**

The BHB will receive training by Susan Wilson of CIBHS on June 2, 2018 from 9:00 AM to 2:00 PM at the Blue Sky Wellness Center. It is open to the public.

**VI. New Business**

**A. Future Site Visits**

Prior to the June BHB meeting, the members would like to visit DBH Children's Services. Tina will arrange.

**B. New Membership Recruitment**

David Weber recently resigned from the BHB, leaving current appointed members to eight. A drafted letter addressed to the BOS regarding current membership and recruitment from their offices was presented for approval. Additionally, BHB members were encouraged to speak with at least two acquaintances that may be interested in joining the BHB. Applications to join the BHB can be found on the county's website, under the BOS page.

**VII. Committee Reports**

**A. Adult Services**

The Adult Services Committee did not meet in May. The next meeting is scheduled for June 4, 2018.

**B. Children's Services**

Last year the committee was asked to look into the process and timeline for referrals from foster care agencies to DBH for assessment and / or services. A representative from DSS attended the April meeting; unfortunately, they didn't have timelines or data for the referral process available. Reportedly, the process can be lengthy; however, DSS did not have data available to support this. They were encouraged to establish guidelines and data for length of time. Marilyn Bamford, co-chair of the Children's Services Committee reported that one of the areas identified is the current referral process from child welfare; the referral is

simply a conversation. Because of the way it is done, there is no method for tracking. Proposals for changes in the process is in development. DSS is currently referring every child, coming into the system, to child welfare mental health services. The issue is that not every child is receiving subsequent annual follow-ups.

A concern raised regarding a policy from Clovis Unified School District, that reportedly did not allow clinicians to provide services during school hours, was said to be a misunderstanding. Dawan stated that Deputy Director Susan Holt did a follow-up on the matter; she will be in contact with Carolyn to provide clarification.

### **C. Justice Services**

Stan Lum with Mental Health Patients' Right Advocate (PRA) program attended the meeting. He presented on the processes for 5150, 5250, etc. He also discussed the duties and guidelines of being a Patients' Rights Advocate, as well as outreach for patients and families. The next meeting is Monday, July 9<sup>th</sup>.

### **D. Other reports or announcements**

The NAMI walk was held on Saturday, May 5<sup>th</sup> at Woodward Park. The event was successful with approximately 1000 attendees, as well as various vendors and provider information booths. The high turnout was encouraging to clients, showing them support, raising awareness and breaking the stigma. David Thorne added that he appreciated the support and resources available at the NAMI walk.

NAMI recently completed a Family to Family Class. It is a 12 week class for families with adult members with mental health issues and another six week class for families that have children with mental health issues. There will be additional classes available in the fall.

### **VIII. Public Comment** *(Any person wishing to address the Board will be limited to 5 minutes or less according to the time available and the number of those wishing to address the Board)*

Held; none received.

### **IX. Adjournment**

Meeting adjourned at 3:57 PM.

**This meeting is open to the public under the Ralph M. Brown Act.**