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BEHAVIORAL HEALTH SERVICES

MENTAL HEALTH BOARD BHS UPDATE

DATE: October 22, 2020

TO: Members of the County of Orange Mental Health Board

FROM: Jeffrey A. Nagel, Ph.D.
Behavioral Health Director

SUBJECT: Behavioral Health Services (BHS) Update for October 2020

Adult and Older Adult Behavioral Health Services (AOABH)

Outpatient Mental Health and Substance Use: In the month of October, the county operated mental health and Substance Use Disorder (SUD) clinics are providing more face-to-face services and have resumed groups, drug testing, childcare and reopened the clubhouse. All outpatient programs are equipped with additional safety features to allow for face-to-face services and continue to promote social distancing. Telehealth and telephonic services continue to be available for clients who do not feel comfortable returning to the clinics yet.

Centralized Services: The **Wellness Center (WC)** facilities are planning to resume in-person groups and activities, at a reduced capacity of 25% in each program per current state and county guidelines by early November. All three centers will continue to offer tele-groups in addition to in-person groups.

The **Transportation** program with California Yellow Cab (CYC) is now assisting Project Kinship with transporting individuals from the Intake Release Center in Santa Ana to the Project Kinship Community Support and Recovery Center, where they are offered immediate access to treatment and supportive services. Additionally, CYC is also assisting with transporting individuals to Open Access for assessment and linkage to ongoing behavioral health services.

Supported Employment programs continue to provide job placement assistance and training for their Participants while working remotely. Both North and South programs have opened their computer labs for Participants to utilize for job searching and training, and are planning to return from remote operations once the County has moved into the Orange Tier level. A Virtual Graduation Ceremony is scheduled for the month of November for individuals that have successfully maintained their job placements for 90 days.

Housing and Supportive Services: On 9/15/20 the Board of Supervisors (BOS) approved the contract for **Telecare's Home First FSP**. This FSP will provide intensive and comprehensive housing and mental health supports to individuals who are at risk of losing housing. Telecare Home First is to serve approximately 123 residents, ages 18 and older who have been diagnosed with a mental health disorder. The goal of this program is to be operational by November 2020 and to have these individuals maintain stable housing and live independently.

Collaborative Services: As of 10/5/20, the **Community Court Building** re-opened to allow for a limited number of pre-scheduled in person hearings. However, **Mental Health Collaborative Court** staff continue to participate in treatment team meetings and court hearings virtually to support social distancing and ensure safety. The adult **FSP programs** are increasing in person groups. Specifically, **WIT FSP** is offering about 31 in person groups per week, with some held in the community and others in the office. With the

collaboration with **Housing and Supportive Services, TAO Central FSP** recently placed 15 of their members into permanent supportive housing at Santa Ana Arts Collective.

Residential Treatment Services: Residential Treatment Services is pleased to announce Phoenix House as an addition to HCA's clinically managed withdrawal treatment services. Phoenix House will provide this necessary service to Medi-Cal beneficiaries and is expected to begin in November.

Crisis Services: On October 6, 2020, the Board approved two contracts with Exodus Recovery, Inc. for the provision of Crisis Residential Services at the Anita Campus (15 beds) and for the provision of Crisis Stabilization services for both adults (16 recliners) and adolescents (8 recliners).

Older Adult Services (OAS): Through CARES Act funding, OAS staff has distributed over 200 sanitation kits, 75 hygiene kits, and we have begun the delivery healthy frozen prepared meals. In addition, they have distributed over 60 pantry bags as well as pet food to support clients that have companion animals.

Children, Youth and Prevention Behavioral Health Services (CYPBHS)

BHS has used CARES Act dollars to purchase licenses for an evidence-based on-line parenting program, **Triple P On-line**, as a strategy to reduce violence and child abuse in homes. The curriculum is available in English, Spanish, and Arabic for parents/caregivers of youth 0-12. The teen curriculum is available in English, with Spanish anticipated to be available in January of 2021. A module specific to parenting during COVID-19 has been included with the standard curriculum. In addition to being utilized in county-operated and county-contracted programs, the information about Triple P On-line has been shared with the membership of the Orange County Children's Partnership which includes Social Services Agency, Probation, District Attorney, Public Defender, Orange County Department of Education, and First 5 Orange County.

Prevention and Intervention: Utilizing CARES Act funds, Casa de La Familia (CDLF) is reaching to educate the Latinx community in Orange County, support HCA's efforts to combat COVID-19 as well as promote access to critical community resources through an open forum of community engagement. CDLF will engage the community via Facebook Live channels or open discussion forums that are hosted bi-weekly in Spanish by Dr. Ana Nogales, Executive Director of CDLF. In addition, beginning in September CDLF will also post 60-second public service announcements on Social Media, radio and television advertisements on how to navigate and access resources during COVID-19. Dr. Nogales will tailor the discussion in response to community needs such as interpersonal/family conflicts, increased in domestic violence, substance use, and the mental health needs including anxiety, depression and suicidal ideation.

In addition, CARES Act funds have been added to the **Family Support Services** contract to provide support groups specifically for first responders. NAMI OC has trained two peer first responder facilitators, and has been working on the marketing plan for the promotion of these support groups. These weekly support groups are anticipated to begin in October. Finally, HCA has partnered with Pulsar for the Stigma Free OC website relaunch and promotional campaign, which is anticipated to launch in late October. Website enhancements will include: improved pledge functionality and share ability, google translation feature as well as translation of down-loadable content into other languages, updated toolkits, more specific content related to substance use disorders, latest news/COVID-related resources, and improvement of the website presentation on mobile devices. The promotional campaign will target community based organizations, faith based organizations, city leaders/elected officials, business owners, school leaders, PTA and other adult leaders and pre-teen/teen/transitional age group and college students. Promotional outreach will leverage Pulsar's and the combined boards' community connections, PTA, LinkedIn, and paid social/digital media including Facebook and Instagram.

Mental Health Services Act (MHSA) Coordination

Prior to the **MHSA Steering Committee** meeting on 10/19/20, members of the Steering Committee were sent an online survey to gather members' impressions, feedback and questions on the different strategies and recommendations that had been previously presented. Results from the survey, as well as all handouts

and presentations from all steering committee meetings, are currently posted on the MHSA steering committee website: <https://www.ochealthinfo.com/bhs/about/pi/mhsa/steering>

At the MHSA Steering Committee Meeting on 10/19/20, members heard from Behavioral Health Managers on 3 separate strategies and recommended changes to programs in the following areas:

1. Right-Sizing Program Budgets
 - a. WET transfer to OSHPD
 - b. TAY Full Service Partnership
 - c. TAY Crisis Residential Services/Social Rehabilitation Program
2. Delay Program Starts/Expansions
 - a. Telehealth/Virtual Behavioral Health Care
 - b. Children's Crisis Residential Program
 - c. Housing FSP provider contract
 - d. Transportation
 - e. Mental Health Community Education Events for Reducing Stigma and Discrimination
 - f. School-Based Stress Management Services
3. Identifying Alternate Revenues
 - a. Defund Integrated Community Services and partner with CalOptima to provide equivalent services with no cost to HCA
 - b. BHS Outreach and Engagement
 - c. Shift a CSS funded-position to PEI
 - d. OC Links position at Crisis Stabilization Unit to be funded by 1991 Realignment

Members held a robust discussion on these topics and programs, and an additional meeting is scheduled to take place on 10/26/20, 1 pm – 4 pm via zoom teleconference. At that meeting, 2 additional strategies will be discussed: Increase in Medi-Cal Revenue and Elimination of Program Funding.