



Behavioral Health Services October 2024 Highlights/Events

Ian Kemmer

Email: ikemmer@ochca.com



Community Events

October 2024 Events

- Oct 2 - Vanguard University Wellness Fair
- Oct 2 - Fentanyl Laguna Beach - Town Hall - D5
- Oct 2 - Mindfulness in Daily Lives - D3
- Oct 2 - CalOptima Health's & Orange Coast College Health & Wellness Event - D5
- Oct 2 - Health at Your Fingertips: Using Health and Wellness Apps - D5
- Oct 3 - Explore Beautiful Irvine By Bus - D3
- Oct 3 - South Clinic- Naloxone Training and Distribution - D5
- Oct 3 - Park-It-Market - D4
- Oct 3 - Senior Center MH Series-Oasis
- Oct 3 - Addressing the Opioid Crisis at Social Services Agency
- Oct 4 - OC Supervisor Katrina Foley's Senior Summit - D5
- Oct 4 - Rainbow Group - D5
- Oct 4 - Mindful Stitches: Part 1: Coping Skills - D2
- Oct 5 - OC PRIDE Event - D5
- Oct 5 - Oral Cancer Walk - D1
- Oct 5 - Assemblywoman Sharon Quirk-Silva's Fall Community Resource Fair
- Oct 6 - FilAm Wellness Pop-Up - D1
- Oct 7 - FACES- Fentanyl and Naloxone Training - D2
- Oct 8 - Stress from Unhealthy Sleeping - D1
- Oct 9 - Orange County Public Libraries staff: Naloxone/Fentanyl - D2
- Oct 9 - Connecting thru Music - D4
- Oct 9 - Calm & Secure Communities (Radiant Futures) Healthy Relationship - D1
- Oct 9 - Recharging Mind and Body Handout-Terrarium Workshop - D1
- Oct 9 - Clinton Corner Family Campus Yearly Community Resources and Health Fair
- Oct 10 - Orange County Public Libraries staff: Naloxone/Fentanyl - D2
- Oct 10 - Deaf and Hard of Hearing Career Fair - D5
- Oct 10 - Fullerton School District Community Fair - D4
- Oct 10 - Metro East Clinic- Naloxone Training and Distribution - D2
- Oct 10 - Park-It-Market - D4
- Oct 10 - Senior Center MH Series-Oasis - D5
- Oct 11 - Soulful Skills: Jewelry Making - D2
- Oct 11 - Yoga - D2
- Oct 11 - Mindful Stitches: Part 2: Mindfulness - D2
- Oct 12 - Health Fair at the Anaheim Marketplace
- Oct 12 - Stich, SIP, and Sew Holiday Stockings - D2
- Oct 14 - Book Club - D3
- Oct 14 - Self-Care Event - D5
- Oct 15 - Wooden Coaster Wellness Arts & Craft Workshop - D4
- Oct 15 - Cypress College - Naloxone Training and Distribution - D1
- Oct 15 - Senior Center MH Series-HB - D1
- Oct 15 - OC Prevention Network - All Districts
- Oct 16 - Chinese Mental Health Support Group-Connecting Thru Craft
- Oct 16 - Deaf and Hard of Hearing Opioid Forum - D1
- Oct 16 - East Clinic- Naloxone Training and Distribution - D2
- Oct 16 - Digital Skills for Modern Living - D5

Oct 16 - Mirror Affirmation Workshop - D4
 Oct 16 - Wellness Wednesday - D2
 Oct 16 - Connecting thru Craft - D3
 Oct 16 - Community Suicide Prevention Coalition Meeting - D2
 Oct 17 - Concorde Career College (Senior Dental Hygiene Students) - Fentanyl/Naloxone - D1
 Oct 17 - West Clinic- Naloxone Training and Distribution - D1
 Oct 17 - Boo-Tique - D5
 Oct 18 - Coping Skills - D2
 Oct 18 - Yoga - D1
 Oct 18 - Breaking Binaries - D5
 Oct 18 - Trivia Night Mixer - D2
 Oct 18 - Art of Valor Our Story Art Show
 Oct 19 - Mission Viejo's Walk Against Drugs - D3
 Oct 19 - CalOptima Health's Health & Wellness Event for Active Older Adults
 Oct 19 - Community Health Fair:2024 Medi-Cal Expansion
 Oct 19 - Oktoberfest 2024
 Oct 21 - Hope Card Project with Wellness Center West - D1
 Oct 21 - LHA Breaking Free: Overcoming Isolation - D2
 Oct 21 - Women's Health - D2
 Oct 22 - Los Alamitos High School - Fentanyl and Naloxone Training - D1
 Oct 22 - 2024 Veteran Health & Wellness Summit
 Oct 22 - SARC Contractor Fair - D2
 Oct 23 - Community First Conference
 Oct 23 - Chinese Mental Health Support Group-Connecting Thru Music - D5
 Oct 23 - Generational Trauma From A First-Gen Perspective - D2
 Oct 23 - Fentanyl and Naloxone Training and Distribution - Clerk Recorder Office - D2
 Oct 23 - Safety Training: Naloxone Training and Distribution - D1
 Oct 24 - LHA What Can You Do When You Have a Major Problem in Your Life - D2
 Oct 25 - Heroes Elementary School's Fall Festival - D2
 Oct 25 - Clay Therapy Class - D5
 Oct 29 - Cypress College Resource Fair - Naloxone distribution - D1
 Oct 29 - Fentanyl and Naloxone Training and Distribution - Clerk Recorder Office - D2
 Oct 29 - STEAM District Event CAPO Vally USD - D3
 Oct 30 - Connecting thru Craft - D5
 Oct 30 - Healthy Aging & Happy Life - D5
 Oct 30 - Anaheim Hills Forum - Naloxone/Fentanyl - D2

November 2024 Upcoming Events

Nov 1 - U.S. Vets 2nd Annual Art of Valor - Our Story Art Show - D5
 Nov 1 - LHA Festival Dia de Muertos - D2
 Nov 2 - Veteran's Day Breakfast - D2
 Nov 2 - AASCSC Bountiful Harvest Community Health Fair - D3
 Nov 2 - Circle Painting - D5
 Nov 2 - Multi Media Art - D2
 Nov 5 - Addressing the Opioid Crisis - Social Services Agency (SSA)
 Nov 5 - OC Opioid Crisis Response Forum - All Districts
 Nov 6 - OC Crew - Fentanyl and Naloxone Training - D2
 Nov 6 - Nursing and Health Students - Fentanyl Awareness/Naloxone training - D5
 Nov 7 - Hope Card Project with Public Health Services - D2
 Nov 8 - Recovery Through Songwriting Workshop - D1

Nov 11 - US Vets VPOP Veteran's Day Beach BBQ - D5
Nov 14 - Social Services Agency: Fentanyl and Naloxone Training - D2
Nov 15 - Anaheim Ducks Tabling Event: Native American Heritage Night - D2
Nov 15 - Recovery Through Songwriting Workshop - D1
Nov 16 - NAMI Walk 2024 - D2
Nov 16 - Strength in Numbers Conference - D5
Nov 19 - Radiant Health Youth Drop-In Center Open House - D3
Nov 21 - Fentanyl workshop and Naloxone training/distribution for LGBTQ Center - D2
Nov 22 - Anaheim Ducks Tabling Event: CSUF Night - D2
Nov 22 - Recovery Through Songwriting Workshop - D1
Nov 24 - Mental Health Conference at Orange Coast College - D5

December 2024 Upcoming Events

Dec 1 - Anaheim Ducks Tabling Event: Law Enforcement Appreciation Night - D2
Dec 4 - OC Parent Wellness Program - Fentanyl and Naloxone Training - D2
Dec 4 - Addressing the Opioid Crisis: Social Services Agency (SSA)
Dec 7 - Orange County Dental Hygiene Society: Fentanyl/Naloxone Event - D2
Dec 11 - Social Services Agency: Fentanyl and Naloxone Training - D2

Program Highlights

Adult & Older Adult Services (AOA):

- Striving Towards Enhanced Partnerships Full Service Partnership (STEP FSP) supported 12 members to participate in the Southern California Regional Convention which assisted members with co-occurring issues to meet others from the recovery community, engage in peer support, and listen to stories of wellness and others' recovery journeys. Mental Health Service Act Housing is currently working on 27 new housing develops and there are 25 slated for future development.
- Behavioral Health Bridge Housing - Grandma's House of Hope opened a new location in Orange, with 8 male beds on 10/21/24.
- CalWORKs funding is secured through June 30, 2025, at level funding.
- College Community Services/Clarvida is offering new groups for clients. They are Grief Support, Job Club, Positive Learning for Positive Living, Muffins with Mom, Relational Support, and Art Workshop.
- Fullerton PACT held an onsite Client Appreciation event for their program clients. It was well attended with 24 clients and 24 family members and friends participating in event.

BHS Navigation (Previously OC Outreach & Engagement)

- OC O&E's (O&E) South SPA moved into a new location at 23046 Avenida De La Carlota, Suite 350, in Laguna Hills. The South location allows the team to deploy quicker and sustain longer hours in the field because the commute to the main program office in Orange is reduced.
- Jail to Community Reentry Program (JCRP) and OC O&E both submitted their first (Community Assistance Recovery Empowerment) CARE court petitions. Both programs have identified other potential clients and are working on meeting with them and gathering collateral information to compile a petition for them.
- JCRP had their IRIS profiles built out in anticipation of the CalAim Justice Involved initiative.

Children & Youth Services (CYS):

- CYS North outpatient clinic piloted a brief Food Security Survey from July-October 2024. Clients/caregivers who endorsed food insecurity via the survey were provided with a resource list. Beginning October, all County-operated outpatient clinics have begun including a food resource list in intake packets for clients and caregivers who may now, or in the future, experience food insecurity.
- Youth enrolled with the Youth Reporting Center attended an Angel's game with Probation and CYS clinicians to promote pro-social activities and to incentivize their positive progress with probation requirements. Many youths reported this being their first time attending a baseball game and expressed their appreciation for this opportunity.
- Children and Youth Services hired an HCA Collaborative Court liaison for Crossover Youth Court, a Juvenile Collaborative Court program servicing youth that are involved in both the child welfare system and juvenile justice system. The HCA Collaborative Court liaisons are subject-matter experts on behavioral health that attend court proceedings to provide clinical recommendations, updates on behavioral health and substance use disorder treatment services and ensure reentry services are in place to successfully transition youth back into the community.

- South Coast Children's Society (SCCS) Short Term Residential Therapeutic Program (STRTP) partnered with Segerstrom Center for the Arts: Cassin Promise artist residency program in September to provide the youth with a hands-on learning experience in musical theater which has had a significant impact on client health and wellness. The clients' joy was palpable while the artists were at the home, and this sense of joy lasted for days following the visits. During the six weeks that the artists were coming to the home weekly, there was a significant decrease in Special Incident Reports including a reduction in running away and in suicidal ideation. The staff reported that the clients' self-esteem rose, that they were happier to be within the home and less likely to run away, and generally shared more laughter and joy.

Crisis & Acute Care (CAC)

- OC Links (OCL): Phase 3 of the HVAC project was completed at the end of October. During the last phase, several staff relocated to a different suite within Metro to accommodate the construction. The cooling units were used throughout both suites during the weekday evenings and Friday nights through Monday mornings.
- HCA Hiring Events have been highly successful bringing in candidates and the Crisis Assessment Team (CAT) is busy onboarding an estimated 15 staff.
- CAC leadership recently launched public education media campaign with Pulsar to educate the community about the crisis services HCA offers and how to request the dispatch of a mobile crisis response team. This campaign includes outdoor boards, digital ads and in-language radio and newspaper ads to inform residents to call HCA's 24/7 crisis line, 855-OC Links, for urgent specialized mental health services. The last components of the campaign that are still slated to launch are the Spanish radio spots, including an interview with our OC Links manager and video components.





Forensics:

- Clinical Stepdown Committee: Initiated our Clinical Stepdown Committee Implementation meetings in October. The clinical stepdown committee will meet monthly to discuss cases that are ready to stepdown from (Lanterman-Petris-Short) LPS 60 days prior to their annual re-hearing. These will be cases that Public Guardian's office identifies as not suitable for recertification of LPS. The committee will be made up of representatives from Public Guardian, LPS Forensic Psychology, Assisted Outpatient Treatment, CARE, FSP's. The purpose is to create a nexus and close the gap when stepping down from LPS and to increase appropriate referrals to the appropriate programs. Case conferences will begin January 1, 2025.
- Mental Health Collaborative Courts Graduations:
 - Mental Health Diversion: 9
 - Assisted Outpatient Treatment Voluntary Treatment Linkage: 10
 - CARE:
 - Petitions Received: 77
 - Active Clients and Receiving Treatment: 29
 - Agreements: 6
 - LPS Forensic Psychology:
 - LPS Conservatorship Hearings: 67
 - Murphy Conservatorship Reports: 2
 - Jury Trials in Process: 4

MHSA Program Planning and Administration

- Relias Library of trainings are available to all BHS staff with access to Eureka.
- Health and Wellness Coaching Certificate Program's first cohort is scheduled to start in January 2025. Procedures are being developed to have HCA staff apply for the program.

- Clinical Supervision Consultation groups support clinical supervisors across BHS. New clinical supervisors are asked to commit to attending for a year. These groups just received continuing education credits and have been growing in attendance and demand. In fact, almost half of the current clinical supervisors across BHS attend a clinical supervision consultation group.
- The Office of Wellness and Suicide Prevention (OWSP) staff and contracted partners participated in a series of artistic expression workshops held by OWSP's contracted provider, Partners 4 Wellness. These workshops were held at a variety of locations including at Laura's House, a domestic Violence shelter, and Orange Wood's Project Choice program serving Transitional Age Youth (TAY) survivors of sex trafficking.
- OWSP staff and contracted partners also participated in a set of workshops called "The Art of Valor Workshops" specifically for Veteran participants. One of the veteran participants shared that when he was deployed as a Marine he lost his wife in a car accident. He was beyond devastated by the loss and has felt lasting guilt and trauma that he was thousands of miles away when she passed. He described her as his "best friend, comedy partner, and hands down love of his life." He said that there were times he did not think he could go on without her. During the workshop, he told the Workshop Teaching Artist: "I really felt her (his wife's presence) with me today while we were painting."
- The OWSP Program Manager collaborated with multiple counties including Fresno, San Luis Obispo, and Tulare, to present a multi-county virtual Suicide Prevention Summit. Kevin Hines a multi-award-winning filmmaker, bestselling author and an award-winning global suicide prevention and mental health advocate was the featured Keynote speaker. Dr. Frank Campbell Founder of the National Suicidology Training Center (NSTC) Consultant, and a pioneer in the field of suicidology, most known for working with those bereaved by suicide, introduced the Active Postvention Model (APM), also known as the LOSS Team (Local Outreach to Suicide Survivors) in 1997. He actively consults with communities on postvention efforts and forensic suicidology cases. From Orange County, Dr. Michelle Park and Didi Hirsch Services' Jacqueline Rivera presented on successful suicide prevention and postvention strategies. The Summit had over 1,000 attendees statewide.
- MHSA leadership attended a convening called the OC Family, Infant and Early Childhood convening. This by invitation only event is sponsored by both First 5 and HCA and is intended to be the first of many planning sessions to build out an early childhood (0-8) continuum of behavioral health services and supports for very young children and their families.

Substance Use Disorder (SUD):

- Recovery Beach is now accepting clients who need withdrawal management services as well as SUD residential treatment. Recovery Beach is located in Garden Grove.
- Twin Town Treatment Centers outpatient SUD contracted provider has now implemented Recovery Incentives program to all locations including Laguna Hills, Los Alamitos, and Orange.
- Xylazine Test Strips and Deterra Safe Drug Disposal Pouches will be available for distribution through various BHS programs in November 2024.

Community Education Presentations

- SUD will be addressing the opioid crisis and providing Naloxone training and distribution at the upcoming events:
 - 10/30/24: Opioid Crisis Community Forum, Anaheim, in partnership with Chairman Wagner's office.
 - 11/05/24: OC Opioid Crisis Response Forum for Cities, Naloxone Training/Distribution, Orange
 - 11/15/24: Drug Court SUD Forum Event, Naloxone Training/Distribution, Santa Ana

Highlights of the Month



JENNIFER ANDERSON

Jennifer shaped the OC Links team as a Workplace Wellness Advocate. Her creation of our wellness room remains one of her lasting contributions. Though we lost Jennifer this year, her commitment to wellness continues to inspire us. In her honor, we will dedicate the wellness room with a plaque recognizing her impact. The dedication will coincide with her retirement date and her favorite holiday, Halloween. We invite you to join us in celebrating her legacy and sharing your thoughts in memory of her inspiring and uplifting spirit.

- **AOA:** Client has been in and out of treatment with the Santa Ana Outpatient Clinic since 2015. He has been homeless for approximately 30 years due to some barriers with housing placement because of legal issues. The client has struggled with many challenges related to his mental health and co-occurring disorder. He has remained engaged with his care team at the Santa Ana Clinic, attended his medication appointments, individual psychotherapy sessions, actively participated in groups, and Clubhouse activities. With the support of his care team, they were able to provide him with documentation and advocacy with his legal matters impacting his ability to get permanent housing. The PC was able to work in collaboration with the Public Defender's Office on client's legal case which resulted in client being removed and cleared from the registered sex offender list and allowed for client to now be eligible for housing. During his time at the clinic, the client would participate in supportive services and Peer run activities and would create beautiful artwork, but never had a place to display it. The clinic peer specialist told the client that he would hold onto his artwork until he had a place to display it. With the client's legal issues behind him, he was able to secure an apartment. On his move in day, his PC and peer were able to assist him with his move and give him the artwork that he had made in the past to hang in his new home.
- **BHS Navigation:** The North OC Outreach & Engagement team enrolled an individual who the City of Stanton had referred. The participant has been experiencing homelessness for over a decade, had on-and-off communication with various homeless service providers, and frequently changed locations and phone numbers, making it challenging to progress on his goals. The participant is currently engaging with his OC O&E outreach worker and as a result, he has been linked to behavioral health services, applied for General Relief and Medi-Cal, and is working toward permanent supporting housing and reintegrating into the community.
- **CAC:** The Crisis Assessment Team and Outreach & Engagement Teams partnered in the field to support a homeless individual experiencing a crisis. Although the individual did not meet criteria for a 5150 hold, together the staff were able to successfully engage and build rapport and convince her to seek medical help for her health concerns. A warm handoff was provided to the emergency department (ED), and staff accompanied the client to St. Joseph's Hospital, the only facility willing to accommodate both her and her dog. This partnership in the field underscores the collaboration that ensures seamless continuity of care from homeless outreach, crisis support to case management.
- **CYS:** A young boy with behavior problems was referred to a CYS Outpatient clinic. He would have emotional outbursts, be physically aggressive, yell, touch others inappropriately, and refuse to follow rules. The therapist helped the family by using Parent-Child Interaction Therapy (PCIT) skills. For the first 6 weeks, they focused on Child-Directed Interaction (CDI) to improve the bond between the mother and the child. Once the mother got good at CDI skills, they moved on to Parent-Directed Interaction (PDI) skills. This part focused on getting the child to follow rules and show positive behaviors. The mother noticed big changes: the inappropriate touching stopped, and the other behavior problems got much better. By the end of PCIT, the mother saw a big improvement in the child's behavior at home and school. The child paid more attention at school and followed rules better at home. The mother also felt her relationship with the child had improved. A month before finishing PCIT, the child even received a citizenship award at school for good behavior.
- **Forensics & Justice Involved:** Two of the Murphy reports resulted in submissions to conservatorship. One was to a Murphy conservatorship and the other to LPS.

- SUD: A client who has benefited from residential and outpatient treatment services is graduating in October of 2024. When this client began residential treatment, she was homeless and had been using meth since she was a teen. After she established sobriety in residential treatment, this client transitioned into outpatient treatment and into transitional housing for women and children. During this time, the client received a vehicle and worked closely with her case manager to study for and eventually pass her driver's test to receive her driver's license. Client has dedicated herself and worked hard to obtain and maintain her sobriety, raising her daughter and serving as an inspiration to other program participants, including her very own mother who will graduate from the program after 10 months of sobriety.
- MHS: For Workplace Wellness, Office of Suicide Prevention's contracted partner Latino Health Access, made two separate presentations on suicide prevention at Brasstech, a company that creates brass faucets and fixtures in Santa Ana, in an effort to boost employee morale and connect employees with resources. Topics presented included "identifying emotions" and suicide prevention. Participants were invited to talk about their everyday stressors, how it makes them feel, and what they can do in these situations of stress. They identified their "monsters" and were able to label them on the board while also identifying their "flowers."
 - Participants openly shared about their mental health struggles and were very receptive to the resources and took different flyers, including the OC Navigator cards and 988 cards. They also shared that they were very grateful to have been given time to discuss their emotions, as many have multiple jobs and don't have time to take these "wellness breaks". The event was a huge success with over 142 employees in attendance.

