

# BHRS News

January 20, 2016



## UPCOMING TRAINING:



### ASSIST-

February 26th & 27th in  
Covelo 8:30 to 4:30 pm

## UPCOMING OUTREACH EVENTS:



### National Eating Disorder Awareness Week-

Feb. 23, 2016 to Mar. 1,  
2016



### National Problem Gambling Awareness Month-

March 2016



### Alcohol Awareness Month-

April 2016



## CLIENTS SERVED IN 2015:

### Mental Health -

Age 0-24 clients 1,187

Age 25 + clients 758

Total clients — 1,945

### SUDT-

Total clients 257

## STAFFING UPDATES:

### SUDT Welcomes:

#### Rebecca Woods

Program Administrator

#### Jill Ales

Substance Abuse Counselor II

### Promotions:

**Art Davidson**— SUDT Deputy  
Director

**Jenine Miller**— Behavioral  
Health Director

## COMMUNITY SPOTLIGHT – Covelo

Mendocino County Behavioral Health and Recovery Services (MC BHRS) along with our Administrative Services Organizations (ASO) provide the following Mental Health Services to the Covelo area.

The Mendocino County Mobile Outreach & Prevention Services provide Mental Health linkage and interim care management to children, youth and adults. The Care Manager accepts referrals and helps connect individuals to community resources, Specialty Mental Health Services, and other support services.

Tapestry Family Services provide Specialty Mental Health Services, Care Management and Therapeutic Behavioral Services (TBS). Through the use of Community Services and Supports (CSS) funding Tapestry Family Services provides therapeutic counseling and support to the Latino population and tribal community's youth and families.

MHSA Innovation Project— Mental Health Services Act (MHSA) makes funds available for Innovation Projects that are a novel approach to Mental Health Services. Innovative projects are developed within communities through an inclusive process and support the underserved populations in any given community.

MC BHRS held a series of meetings throughout the county culminating in a County wide survey. The results of the survey showed that the community determined that the highest priority for these funds is to develop a project that addresses rural community needs for crisis respite/response options in the outlying areas of Mendocino County.

The Covelo area was chosen through the Community Planning Process for the first Innovation Project. Over several months, the MHSA team met with various community partners to identify the specific crisis respite/response needs in Covelo, and the resources available in developing the Innovative Project Plan. The collaborative planning process is in the completion phase. The Innovative Project, if approved, will be to learn how a small rural community, geographically distant from law enforcement and emergency rooms can meet their Crisis Resources, Respite, and Social Model Detox needs with resources developed in the community.

The draft plan was presented to the Round Valley Tribal Counsel for support and approval, and we were encouraged to proceed. The project plan draft has been sent to the Mental Health Services Oversight and Accountability Commission for review. Once approved, MC BHRS will begin the process of implementing the plan with the Round Valley community. Throughout implementation, the Project will be evaluated for success and sustainability. As Innovation Projects are learning projects, upon completion of the pilot phase and evaluation phase, determinations will be made if other longer term funding sources are available for continuing a successful project.



## UPCOMING MEETINGS:

### Cultural Diversity Committee

#### Meetings -

**May 19, 2016**

1:30 to 3:30 pm  
Hospitality Center  
101 N. Franklin St.  
Fort Bragg



#### MHSA Forum-

**February 10, 2016**

12:00 to 1:30 pm  
Conference Room 1  
1120 S. Dora St., Ukiah

### Quality Improvement Committee

#### Meetings (QIC)-

**February 25, 2016**

3:30 to 5:00 pm  
Family Resource Center  
44000 Willis Ave.  
Laytonville

**April 28, 2016**

3:30 to 5:00 pm  
Hospitality Center  
101 N. Franklin St.  
Fort Bragg

### Mendocino County Mental Health Board Meetings (MHB)-

**February 17, 2016**

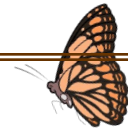
10:00– 2:00 pm  
Atlantic Room  
472 E. Valley St. Willits

**March 16, 2016**

10:00-2:00 pm  
Conference Room C  
501 Low Gap Rd. Ukiah



## Patient's Rights Advocate



Mendocino County Behavioral Health & Recovery Services has contracted with Cathy "Grace" Fantulin to be the Patient's Rights Advocate (PRA). Grace is a Registered Psychiatric Nurse and was previously contracted with Mendocino County for several years as the Mental Health Injection Clinic nurse. She is well acquainted with many of the individuals that utilize Mental Health Services. Grace will be available for Mental Health and LPS clients.

The PRA duties include:

- Visiting all contracted facilities within the county on a bi-annual basis to ensure that client rights informing materials are prominently displayed and ensure that clients are notified of their rights in a language or modality the client understands.
- Visit all residential facilities to ensure clients are treated with dignity and respect and medical care is provided when needed.
- Ensure all Mental Health facilities have Grievance /Appeal forms available in the lobbies for clients.
- Respond to and investigate the requests of the clients within 24 hours and if requested act as an advocate for the client with regards to their rights.
- Act as an advocate on behalf of clients who are unable to register a complaint because of their mental or physical condition.
- Act as community consultant in the area of client's rights.
- Counsel and advise clients and their families about their rights.
- Act as Liaison to the State Department of Health Care Services.
- Assist clients in filling out Grievance and Appeal forms.
- Assist clients in the State Fair hearing process.
- Establish a cooperative relationship with the Public Defender in relation to court proceeding for LPS conservatorships and AB 1421.

Patient's Rights Advocate contact information:



Phone: 707-463-4614

Fax: 707-463-6868

Email: [gracemhpra@gmail.com](mailto:gracemhpra@gmail.com)

Mail: 1120 S. Dora St.

Ukiah, CA 95482

*"The wings of transformation are born of patience and struggle."*

*~Janet S. Dickens*

### **Mental Health Program in Review— The Mendocino County Mobile Outreach & Prevention Services (MOPS)**

The MOPS team is comprised of a Mental Health Rehabilitation Specialist (MHRS) partnered with a Sheriff Department Services Technician.

The team will travel to target areas of Mendocino County which includes Northern areas, South Coast and Anderson Valley to provide Mental Health linkage and interim services for the purpose of reducing dependency on law enforcement and emergency rooms, to respond to non-emergency Mental Health concerns as well as to reduce incarceration and jail recidivism among those with Mental Health issues.

The services provided by the MOPS Team will include linkages and referrals to Specialty Mental Health Services, needed medical services and community resources; interim rehabilitation and support services to address Mental Health concerns; navigation and networking with services and supports both in the target area and the larger community.

The team will not serve as a mobile crisis unit, however in the event that a 5150 evaluation and detention is warranted during the course of outreach duties, the MHRS will collaborate with law enforcement and the appropriate ACCESS Center for further assessment and hospitalization if needed.



***“Recovery is:***

***Building a life which provides joy,  
personal acceptance,  
self discovery, daily improvements  
and brings  
integrity and self control to  
benefit myself and my life goals.”***

***Author: Mendocino County  
SUDT Participants***

### **Substance Use Disorder Treatment (SUDT) Programs in Review— Adult Felony Drug Court Program**



Adult Felony Drug Court (ADC) is a program developed to help participants ensure public safety, reduce recidivism, and reduce drug related crime by adhering to very structured requirements that connect the participant with treatment services in the community. Some of the treatment plan activities and goals include securing housing, maintaining sobriety, attending and participating in a variety of groups and individual sessions with their primary counselor that focus on developing supports and skills. Some of the group and individual topics include: relapse prevention, communication skills, stress management, relationships, anger management, breaking barriers to change, and parenting. Drug Court Participants are also required to attend 12-Step or other support groups in the community that they can utilize once they have completed treatment; obtain employment or further their educational goals; and complete Community Service work.

ADC is an 11 month program that consists of 5 Phases of treatment at BHRS-SUDT, including intensive weekly groups and individual counseling, weekly random alcohol/drug testing, attending daily recovery support groups/meetings in the community, appearing in Superior Court weekly, completing a minimum of 10 hours of Community Service work, as well as other ADC responsibilities.

There are two Substance Abuse Counselors and a Supervisor who collaborate with the “Drug Court Team”. The “team” includes the District Attorney, Adult Probation, Public defender, and of course the Superior Court Judge. The team meets twice weekly as well as attends court weekly with clients. The “team” approach is one of the dynamics that makes the Adult Drug Court Program the success that it is!

One of the many incentives of the Mendocino County Adult Drug court Program is that the participants’ criminal charges will be expunged upon successful completion of the program.

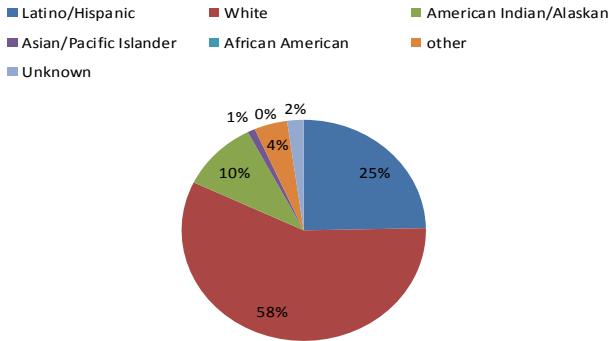
In 2014, we had 15 graduates from the program; in 2015, we had 13 graduates from the program.





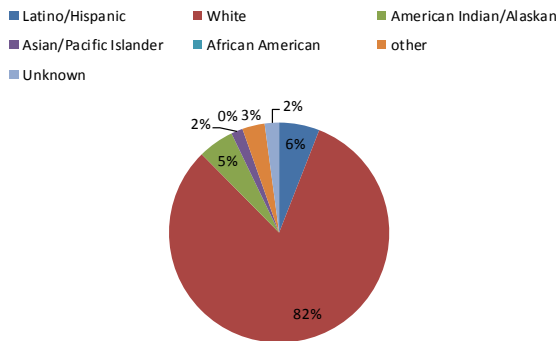
## Ethnicity Breakdown for Mental Health and Substance Use Disorder Treatment Services in 2015

**Ethnic Breakdown for Ages 0 to 24**



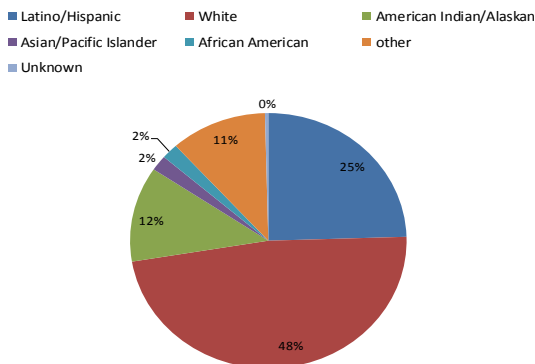
Total of 1187 clients served.

**Ethnic Breakdown for Ages 25 and Older**



Total of 758 clients served.

**SUDT Ethnicity Breakdown for 2015**



Total of 257 clients served.

## Mental Health Site Certifications:

In order for a Mental Health provider to provide and be reimbursed for services provided to a Mendocino County Medi-Cal beneficiary, the Provider must be certified with the Department of Health Care Services, through the county's Mental Health Plan (MHP).

Each County's MHP is responsible for certifying, re-certifying, and monitoring all of its contracted organizational providers. All active Mendocino County Medi-Cal Providers must be re-certified every 3 years or when there is a change in location or services provided.

Melinda Driggers, Program Specialist, is the go to person for all Mental Health site certifications. At this time all our facilities are current on their certification.

Mendocino County has 16 in county and 12 out of county sites certified for Mental Health Services.

## Did You Know....?

Have you heard of the IMD exclusion? When Medicaid (known as Medi-Cal in California) was established in 1965, it included an Institution for Mental Diseases (IMD) exclusion. The IMD exclusion prohibits the use of federal Medicaid financing for services provided to most individuals in mental health and substance use disorder residential treatment facilities larger than 16 beds. The IMD exclusion has been changed over the years. In 1972, the law was changed to establish an exception for individuals under age 21. The change allows individuals under the age 21 to receive inpatient psychiatric hospital services in three settings: psychiatric hospitals, psychiatric units in general hospitals, and Psychiatric Residential Treatment Facilities. In 1988, the definition of IMDs was narrowed to only those facilities with more than 16 beds.

Institution for Mental Diseases is defined as a hospital, nursing facility, or other institution of more than 16 beds, that is primarily engaged in providing diagnosis, treatment, or care of persons with mental diseases, including medical attention, nursing care, and related services.

