

Mendocino County BHRS News

March 16, 2016 Issue #3



UPCOMING TRAINING:

Trauma Informed Training
Vivian B. Brown, PH.D.

March 16, 2016

9 am to 4 pm

Ukiah Valley Conf. Center
Cabernet II Room
200 S. School St., Ukiah

**The Recovery Model: Vision
& Practice**

Mark Ragins

April 5, 2016

9:00 am to 5:00 pm

April 6, 2016


9:00 am to 3:30 pm

Hospitality Center
101 N. Franklin St., Ft. Bragg




UPCOMING OUTREACH

EVENTS:

 **National Problem Gam-
bling Awareness Month-**
March 2016

 **Alcohol Awareness
Month-April 2016**

 **Mental Health Month-**
May 2016

CLIENTS SERVED FY 2015/2016:

Mental Health -

Age 0-24 clients 732

Age 25 + clients 632

Total clients 1364

SUDT-

Adolescent clients 17

Adult clients 135

Total clients 152

Did You Know....?

March is Problem Gambling Awareness Month! The National Council on Problem Gambling (NCPG) provides us with the following statistics:

- 2 million (1%) of U.S. Adults are estimated to meet criteria for pathological gambling each year, with 2-3% meeting criteria for problem gambling (4-6 million).
- It is estimated that 25-50% of spouses of compulsive gamblers have been abused.
- 41.6% of heavy gamblers are smokers versus 30.1% of recreation smoker's and 21.3% of non-smokers
- Among adults over 65 years of age gambling is the most frequently identified social activity.
- Many older adults may not understand addiction, making them less likely to identify a gambling problem.
- Teen rates of problem gambling are higher than adults. Approximately 4-8% of youth between 12-17 years of age meet criteria for a gambling problem.
- It is generally accepted that people with one addiction are more at risk to develop another.

Substance Use Disorder Treatment (SUDT) Programs in Review— Family Dependency Drug Court (FDDC)

Family Dependency Drug Court (FDDC) is a collaboration between SUDT (Substance Use Disorders treatment), CWS (Child Welfare Services) and Family Dependency Court. FDDC serves parents with moderate to severe substance use issues with open Family Dependency cases. The goal of FDDC is to provide clients with wrap around support from their social workers and treatment counselors, with the added component of group court appearances, where they engage with the judge and share their challenges and successes. During the 2014-2015 fiscal year FDDC served 22 families.

The FDDC team is dedicated to providing quality services. Our goal at SUDT is to build FDDC into an asset driven model of care which meets clients where they are, helps clients to identify and work towards their own goals, while addressing the concerns of Child Welfare and meeting the requirements of the Dependency Court. Our hopes at SUDT and in FDDC are to improve the quality of care to empower parents and heal families.

UPCOMING MEETINGS:

Cultural Diversity Committee Meetings -

May 19, 2016

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



Quality Improvement Committee Meetings (QIC)-

April 28, 2016

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

June 23, 2016

3:30 to 5:00 pm
The Arbor
810 N. State St.
Ukiah

Mendocino County Mental Health Board Meetings (MHB)-

March 16, 2016

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

April 20, 2016

10:00 am to 2:00 pm
Anderson Valley Museum
12340 Hwy 128
Boonville



Encouragement

Acceptance

Don't Limit me!

Recovery is possible!

Mental Health Program in Review— Manzanita Services, Inc.

Manzanita Services began in 2008 as a nonprofit organization providing services to adults 21 years and older that are living with mental health challenges. Manzanita’s peer staff, interns and volunteers provide an “open door”, safe and supportive environment in our Wellness Centers for our participants to engage in education classes, support groups, benefits assistance support, housing placement assistance, Public Health nutrition courses, and self esteem groups, art classes, open art studio and various social and meaningful activities, as well as access to client computers.

In 2011, Manzanita became the first Sonoma State Health Navigation intern site in Mendocino County. The health navigation program has presented Manzanita with a unique approach and additional wellness tools to support our clients whole health wellness plans.

Manzanita provides outreach and transportation services for care management and wellness center clients to support them in establishing and maintaining behavioral and primary health care appointments, as well as, other primary support services as needed. Manzanita is part of the care management team for the participants in the Behavioral Health Court.

Manzanita offers a person centered, integrated and coordinated approach to adult services working hand in hand with our community partners to ensure continuity of care. Manzanita Services, Inc. is dedicated to strengthening Mendocino County’s behavioral health system of care and is a committed partner in that pursuit.





COMMUNITY SPOTLIGHT – Ukiah

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

* Funded in part by Mental Health Services Act (MHSA)

*Arbor Youth Resource Center is a Drop-In Resource center for young adults ages 14 to 24 years, which offers a myriad of classes and programs designed to assist youth in being successful. Classes focus on academic and employment success, substance use and addiction, parenting, healthy living, legal issues, and financial success.

*Mendocino County Behavioral Health and Child Welfare Services provides Mental Health Wraparound services to children to help the child and family build skills necessary for functioning at home and in the community. The program provides Wraparound services with a team approach to support the child and family. (Children Ages 0-21)

*Mendocino County Youth Project (MCYP) provides specialty mental health services and care management to youth. Provides MHSA funding for underserved children and their families. The Levine House is a six-bed emergency shelter in Ukiah that specifically serves AB12 youth, those high-risk youth in foster care over the age of 18. (Children & Youth ages 0-24)

*Redwood Community Services (RCS) provides specialty mental health services, prevention services, care management, crisis intervention, aftercare support, linkage and referral to therapeutic and/or psychiatric services. Stepping Stones is young adult housing, providing independent living skills and supportive services and housing for emancipated foster youth ages 18-24. Mendocino House provides short-term, intensive community based, therapeutic program for youth who need this level of care for more than thirty days. Arrowhead Ranch provides intensive rehabilitative services to at risk youth, an Intensive Rehabilitation Access Project (IRAP), provides rehab services to children, ages 7-15, who are struggling with self-defeating behaviors that are inhibiting their ability to relate and function pro-socially.

*Redwood Community Crisis Center (RC3) provides Emergency Mental Health (MH) Crisis intervention, MH assessments, psychiatric referrals & follow-up, linkage to resource and long term support, inpatient psychiatric referrals, PEI and CSS funding during times of crisis. (Children and TAY 0 –24)

*Tapestry Family Services provides specialty mental health services & care management. Through the use of MHSA funding, provides therapeutic counseling and support to the Latino Population countywide as well as the unserved /underserved tribal communities youth and families. (Children and TAY 0-18)

New Beginnings is a treatment program for students with significant behavioral, psychological and/or drug related problems that resulted in court interventions. This Ukiah-based campus meets educational needs and offers individualized treatment for each Juvenile Probation referred student. Services include group and individual alcohol and other drug counseling. The program is collaboration between the Probation Department, Mendocino County Office of Education and the Health and Human Services Agency.



SUDT facilitates several school-based prevention, intervention and counseling programs that enhance youths' internal strengths and resiliency while addressing patterns of substance abuse. Current services to students are provided at Ukiah High School, South Valley, River Community School, Pomolita, Eagle Peak, and West Hills School. Prevention and education groups, individual and group counseling, and a variety of clean and sober activities, along with community service projects.



(Spotlight—continued)

*Consolidated Tribal Health Project provides Behavioral Health Services and Substance Use Disorder Treatment services including outreach and engagement to local Native American tribal members. (All ages)

*Integrated Care Management Solutions (iCMS) provides Crisis & post crisis support, mental health assessments, psychiatry, specialty mental health services, care management, linkage to resource, and referrals. (Adults 25 and older)

*Manzanita Services provides care management to adult specialty mental health service clients. The Wellness Center provides outreach and engagement and linkage to other support services, classes and groups to support life skills training. Centers are a safe environment that encourage peer support, self advocacy and personalized recovery, and benefits advocacy. (Adults 18 and older)

Mendocino County Mental Health Services to Probation (AB109) provides services to probationers that need mental health support or substance use treatment. All are by referral from the probation department with a goal to build life skills and reduce likelihood of returning to jail. (Adults 18 and older)

Mendocino County Mental Health Services to CalWORKS provides recipients and applicants of the “One Stop” substance abuse and mental health treatment/counseling in coordination with local providers. Helps clients overcome behavioral health barriers to employment. (Adults 18 and older)

*Ukiah Senior Center provides in-home Senior Peer Counseling for older adults at risk for suicide, depression, isolation, anxiety and hospitalization. Helps seniors to overcome barriers and become more involved in self-care and wellness. (Older Adults 60 and older)

*MCAVHN provides care management as designated by the Behavioral Health Court. Also provides harm reduction services; engaging and linking clients into medical, behavioral health and SUDT treatment services, as well as, permanent supportive housing. (Adults 18 and older)

Mendocino County's Health and Human Services, Behavioral Health and Recovery Services, Substance Use Disorders Treatment (SUDT) assist participants who have substance use disorders to create and maintain a healthy, balanced lifestyle, free of alcohol and other drug abuse. In order to assist participants to make positive changes in their lives, staffs utilize evidence-based curricula. All treatment staff are certified or registered by the State of California.

SUDT's Outpatient Treatment Program provides substance use disorder treatment for adults through individual and group counseling. Weekly random drug screening is required throughout the duration of treatment. Services are available in Ukiah and Fort Bragg. Services are on a sliding fee scale based on income or Medi-Cal coverage.

Women's Perinatal Treatment Program - WINDO provides treatment services to women with substance use problems who have children (including those in foster or out of home care), and to women who are pregnant. Participants in the WINDO program receive parenting classes and the group and individual services described above. While in the program, women may be a part of the cooperative child care program and get transportation or help with transportation.





(Spotlight—continued)

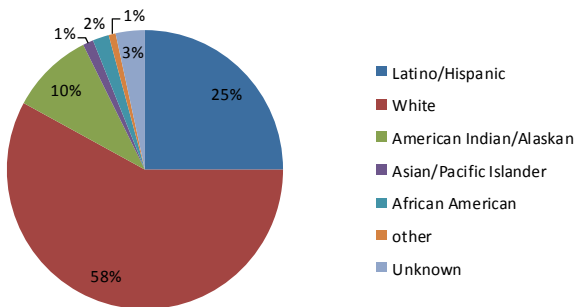
OPTIONS Adult Drug Court provides treatment to individuals who are referred by the court system, usually those who have a drug-related felony charge and who are on Probation. OPTIONS is a collaboration between SUDT, Mendocino County Superior Courts, the Mendocino County Probation Department, and other treatment providers. This program is a more structured and intensive treatment service than other SUDT programs. The program is geared to provide treatment for 18 or more months. Successful completion includes expungement of felony charges. Residential treatment referrals are common and paid for by Probation and grants through Drug Court services.

Family Dependency Drug Court (FDDC) is a collaboration between SUDT (Substance Use Disorders treatment) CWS (Child Welfare Services) and Family Dependency Court. FDDC serves parents with moderate to severe substance use issues with open Family Dependency cases. Residential treatment at several programs is available for some FDDC parents. Childcare and transportation assistance is provided.

Diversion Education is a 14 week program of drug and alcohol education that meets the legal requirements of PC 1000 (low level drug crime). It is suitable for adults who do not have substance dependence, but are primarily first offenders that involved the abuse of drugs and alcohol. There are specific attendance requirements and a flat fee of \$525. The program is offered in Ukiah.

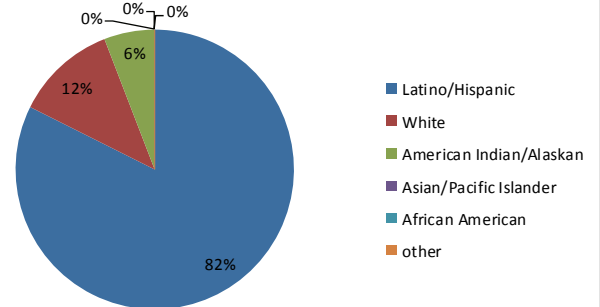
Ethnicity Breakdown for Mental Health and Substance Use Disorder Treatment Services in FY 2015/2016

MH Ethnicity for age 24 or below



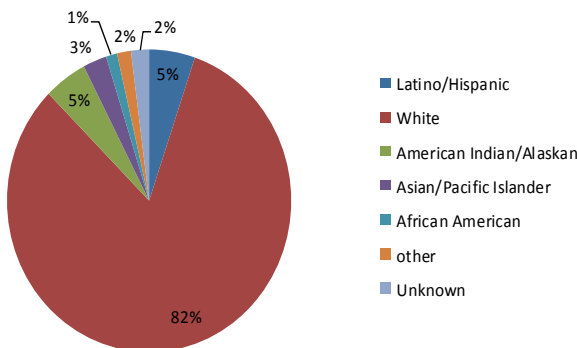
Total served 24 or younger –732

SUDT Ethnicity for Adolescents



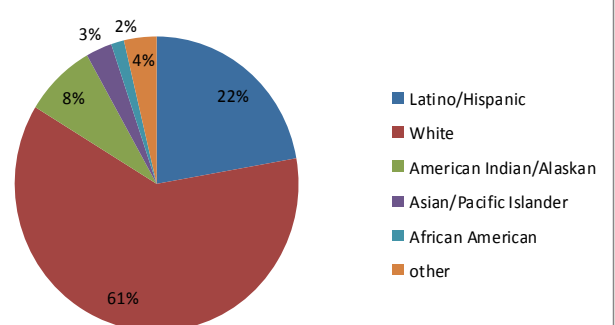
Total adolescents served—17

MH Ethnicity for age 25 or above



Total served 25 or older—632

SUDT Ethnicity for Adults



Total adults served –135