

# Mendocino County BHRS News

April 20 2016 Issue #4



## UPCOMING TRAINING:

### Latino Cultural Competence Training


Tentative Date - May 11, 2016  
From 9:00 AM to 12:00 PM  
Location TBD


### Native American Cultural Competence Training

Save the Date:  
June 29, 2016  
Consolidated Tribal Health Center  
6991 N. State St.  
Redwood Valley



## UPCOMING OUTREACH EVENTS:

 **Alcohol Awareness Month-**  
April 2016

 **Mental Health Month-**  
May 2016

## CLIENTS SERVED FY 2015/2016:

**Mental Health -**  
Age 0-24 clients served - 806  
Age 25 + clients served - 720  
Total clients served - 1526

### SUDT-

Age 12 to 17 clients served - 117  
Age 18 + clients served - 156  
Total clients served - 273

## STAFFING UPDATES:

### Welcome:

Patrick Speilman  
MH Clinician I  
Katie A. Program



## Substance Use Disorder Treatment (SUDT) Programs in Review— April is Alcohol Awareness Month!

April is Alcohol Awareness Month! The National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues. NCADD provides us with the following statistics:

- Alcohol is the most commonly used addictive substance in the United States: 17.6 million people, or 1 in every 12 adults, suffer from alcohol abuse or dependence along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems.
- More than 7 million children live in a household where at least one parent is dependent on or has abused alcohol.
- There is no single age group of people more affected by alcohol and drugs than young people.
- More than 23 million people over the age of 12 are addicted to alcohol and other drugs affecting millions more people - parents, family members, friends and neighbors.
- Young people who start drinking alcohol before age 15 are 5 times more likely to develop alcohol abuse or dependence than people who first used alcohol at age 21 or older.
- If you have a family history of alcoholism or addiction, you are 4 times more likely to develop a problem.
- 88,000 deaths are annually attributed to excessive alcohol use.
- Alcoholism is the 3rd leading lifestyle-related cause of death in the nation.
- Up to 40% of all hospital beds in the United States are being used to treat health conditions that are related to alcohol consumption.

Alcohol use by young people is extremely dangerous - both to themselves and to society, and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors, even for those who may never develop a dependence or addiction. It can be daunting to talk with children about drinking and drug use, but it is well worth the effort parents put into it. In fact, research has shown that kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50% less likely to use these substances than those who don't have such conversations.





**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 Behavioral Health Board Meetings (BHAB)-**

**April 20, 2016**

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

**May 18, 2016**

10:00 am to 2:00 pm  
Yuki Trails Human Services  
23000 Henderson Lane  
Covelo



**Like the Butterfly,**  
I have the strength & the hope  
to believe,  
In time  
I will emerge from my cocoon...  
Transformed.

**Did You Know....?**

Mental Health Services Act (MHSA) Programs are planned out every three years with an annual update each fiscal year. The Mental Health Services Act is the result of Proposition 63 which passed in 2004 allowing for increased funding to support county mental health programs toward increasing the response to mental health service needs in five specific areas. The two primary components are Community Services and Supports (CSS), and Prevention and Early Intervention (PEI). These two components provide direct services to individuals in need of either specialty mental health services or prevention and early intervention to reduce the severity and negative impacts of mental illness. The three remaining components are Workforce Education and Training (WET), Innovation (INN), and Capital Facilities and Technology needs. The WET component supplies funds for training and building of the mental health workforce. The INN component is a learning component in which funds are made available to test and study new methods of providing services, the results of which are expected to contribute to learning across the state of California. The CFTN component makes funds available for building the infrastructure of the county mental health system.

The plan for expending MHSA funds is written in three (fiscal) year cycles. Our current MHSA Three Year Program and Expenditure Plan covers from fiscal year 14/15 through fiscal year 16/17. Every year a number of Community Program Planning events occur to collect feedback from consumers, providers, and community members on existing and needed programs. The feedback from these events, and other opportunities for feedback, contribute to the Annual Update that occurs to the MHSA plan. The annual update outlines minor elements of the three year plan that have changed, as well as, outlining the expenditure plan from the upcoming year.

Mendocino County MHSA team is in the process of consolidating a year of stakeholder feedback into the Annual Update. The annual update will be available for Public Review, and Question and Comment between April 25 and May 25<sup>th</sup>. Questions and comments can be submitted during that period to the Mental Health Services Act Coordinator, Robin Meloche at 707-472-2332 or [meloche@co.mendocino.ca.us](mailto:meloche@co.mendocino.ca.us). A Public Hearing will be held on May 23, 2016 from 10:30-12:00 to collect public questions and comments. All questions and comments are responded to in writing and are included as a part of the MHSA Annual Update.

Contact Robin if you have questions or feedback about the MHSA process. See the MHSA website for more information about MHSA components and upcoming events!

<https://www.co.mendocino.ca.us/hhsa/mhsa.htm>





## **Mental Health Program in Review— Assisted Outpatient Treatment (AOT)**

Mendocino County Board of Supervisors approved a one year pilot implementation project of Assisted Outpatient Treatment (AOT). AOT, otherwise known as “Laura’s Law” or AB 1421 is a court ordered treatment program for individuals that meet nine very specific criteria; an adult with severe mental illness, understood to be a safety risk in the community, with a history of non-compliance, who has been offered but failed to engage in treatment, without treatment is a risk to self and/or others, but doesn’t currently meet 5150 criteria whose mental condition is deteriorating and would benefit from outpatient treatment.



The goal of AOT is to engage individuals in treatment, reducing safety risk to the individual and the community, with the benefits of reducing emergency psychiatric hospitalizations and law enforcement contact while promoting the highest functioning possible in the community. Least restrictive level of care is always maintained to ensure individual rights are respected while maintaining community safety. The program was implemented January 1, 2016, and will be a piloted for one year. The AOT program can currently serve up to four clients at a time.

The interim Assisted Outpatient Treatment Coordinator, Suzanne Yonts-Baughman, can be reached at (707) 472-2322 for questions and referrals. Referral forms can be requested from Suzanne or located at the Mendocino County BHRS website: <https://www.co.mendocino.ca.us/hhsa/bhrs/specialty.htm>.

Referrals to the program will be screened and triaged by Suzanne for criteria. Those meeting criteria will be referred for the more formal specialty mental health services and court ordered treatment. Those not meeting criteria will be supported by Suzanne in connecting to other outpatient Mental Health services.



## **COMMUNITY SPOTLIGHT – Anderson Valley**

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)*

\* Anderson Valley Unified School District (AVSD) provides mental health services focused on school aged children in AVSD. They provide community - based family support services. (Children ages 5 to 18)

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. (All ages)

\* Redwood Community Services (RCS) provides specialty mental health services, Prevention and Early Intervention (PEI), case management, crisis intervention, aftercare support linkage and referral to therapeutic and/or psychiatric services. RCS provides Community Service & Supports (CSS) funding to the unserved and underserved transitional age youth (TAY). Available 24/7. (Children & TAY ages 0 to 24)



## **May is Mental Health Month -**

BHRS will be conducting a number of outreach events during the month of May to raise awareness of Mental Health services and to disseminate mental health and wellness information. This will be our third annual month of outreach to farmer’s markets and health fairs throughout the county. This will be our second annual mental health awareness seminar. We are excited to announce that we will have Will Hall returning as a speaker for our Mental Health Seminar, and we are working on details to host the seminar in both Ukiah and Fort Bragg. Additionally, we will be hosting a Latino Cultural Competency Training in the month of May. Schedule of Events Coming Soon!



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

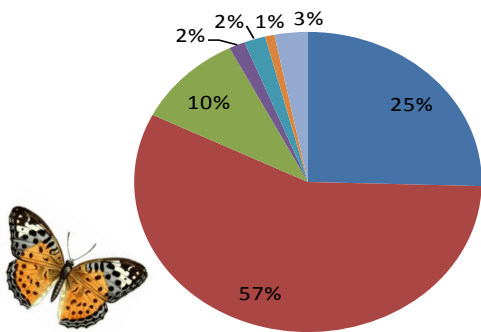
The percentages represented in the graphs below are generated from data collected from tracking and billing information submitted by County staff and Contracted Providers.

Mental Health numbers are generated from the Medi-Cal billing that is submitted by County Staff and the Contracted Providers. The age groups for MH clients are Children and Transitional Age Youth (TAY) 0 to 24 and Adults clients 25 and older.

Substance Use Disorder Treatment numbers are generated from tracking clients at New Beginnings School in the WITS data system and referrals from local high schools. The age groups for SUDT is Adolescent clients are from age 12 to 17 and Adult clients are age 18 and older.

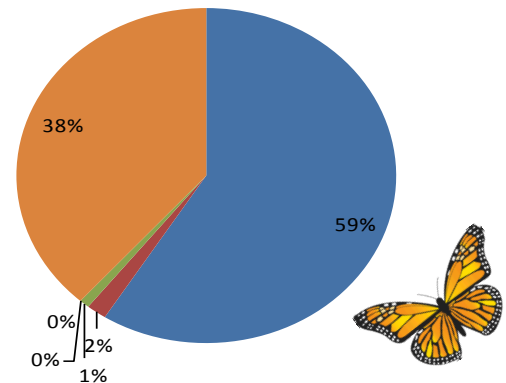
### MH Ethnicity for age 24 or below

- Latino/Hispanic
- American Indian/Alaskan
- African American
- Unknown
- White
- Asian/Pacific Islander
- other



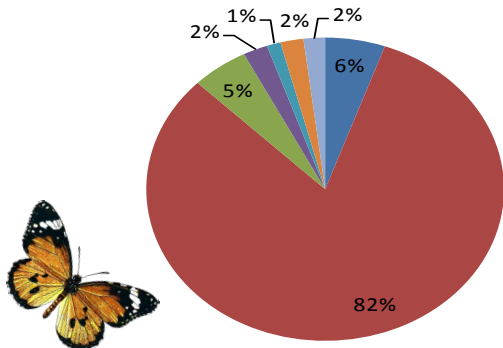
### SUDT Ethnicity for Age 12 to 17

- Latino/Hispanic
- American Indian/Alaskan
- African American
- other
- White
- Asian/Pacific Islander



### MH Ethnicity for age 25 or above

- Latino/Hispanic
- American Indian/Alaskan
- African American
- Unknown
- White
- Asian/Pacific Islander
- other



### SUDT Ethnicity for Age 18 or Above

- Latino/Hispanic
- American Indian/Alaskan
- African American
- other
- White
- Asian/Pacific Islander

