

# Mental Health Services Act

Santa Cruz County  
3 Year Plan

5:30	Welcome and Agenda Review
	Mental Health Services in Santa Cruz County
	California MHSA Process
	Understanding PEI
	Adult Services
	Children's Services Santa Cruz Timelines
6:30	BREAK
	Work Groups
	Large Group Feedback
	Next Steps
7:30	Adjourn

# Today's Meeting

## Goal

- To inform and recruit stakeholders to participate in creating the MHSA 3-year plan

## Objectives

- Summarize MHSA guidelines
- Inform stakeholders about the MHSA planning process
- Prepare stakeholders to participate in the planning process

# Ground rules

- ▼ Abide by the structure of today's meeting
- ▼ Listen before speaking
- ▼ Use courteous and respectful language
- ▼ Use "I" statements
- ▼ Use the *Parking Lot of Ideas*

**Erik G. Riera**

Director, Behavioral Health  
Health Services Agency

# MHSA PEI Funding

<u>PEI</u>			
Prevention	Children's		\$331,895
Prevention	Adult's		\$97,000
Outreach	Adult's		\$5,000
Early Intervention	Adult's and Children's		\$985,760
Stigma and Discrimination Reduction	Adult's and Children's		\$120,309
Suicide Prevention	Adult's and Children's		\$217,442
Access and Linkage	Adult's and Children's		\$1,156,649
Other	Administrative	Admin Support	\$622,471
<u>TOTALS:</u>			
Children's	\$331,895		
Adult	\$102,000		
Adult and Child	\$3,102,631		
Admin	\$622,471		
<b>TOTAL:</b>	<b>\$4,158,997</b>		

# MHSA CSS Funding

<u>CSS</u>			
Program 1	Children's	Community Gate	\$992,253
Program 2	Children's	Probation Gate	\$161,881
Program 3	Children's	Child Welfare Services Gate	\$394,776
Program 4	Children's	Education Gate	\$162,069
Program 5	Children's	Family & Youth Partnerships	\$10,452
Program 6	Adult's	Enhanced Crisis Response	\$1,693,746
Program 7	Adult's	Consumer, Peer & Family	\$333,815
Program 8	Adult's	Community Support	\$4,120,273
Other	Administrative	Admin Support	\$2,186,216
<u>TOTALS:</u>			
Childrens	\$1,721,431		
Adult	\$6,147,834		
Admin	\$2,186,216		
<b>TOTAL:</b>	<b>\$10,055,481</b>		

# MHSA

- ▼ Proposition 63 passed in 2004
- ▼ Dedicated funds to improve mental health care in California and to reduce the long-term adverse impact due to untreated mental illness
- ▼ Expand/initiate innovative mental health services that are culturally and linguistically sensitive to underserved populations
- ▼ Funds to be used in a cost-effective manner to ensure accountability



# Paradigm Shift

- ▼ Wellness, recovery and resilience
- ▼ Cultural competence
- ▼ The needs of clients/families drive the mental health system
- ▼ Participation of clients/families in the planning process
- ▼ Integration of mental health services
- ▼ Community collaboration

# Stakeholders

- Underserved communities
  - Latino
  - Homeless
  - LGBTQ+
- Education
- Consumers and/or their families
- Health
- Social Services
- Law Enforcement
- Family resource centers
- Employment

# Components of MHSA

- ▼ Community Services and Supports (CSS)
  - ▼ Prevention and Early Intervention (PEI)
- ▼ Workforce Education and Training (WET)
  - ▼ Capital Improvements and Information Technology
    - ▼ Innovation

# Intent of Strategies

- ▼ To engage persons prior to the development of serious mental illness or emotional disturbance
- ▼ To alleviate the need for additional or extended mental health treatment

# Types of Services

## ▼ Evidence-based practices

- Mental health promotion
- Mental health education
- Screening
- Short-term, early intervention programs

# PEI Target Groups

- ▼ Underserved cultural populations
- ▼ Those experiencing onset of a serious mental illness
- ▼ Children and youth in stressed families
- ▼ Needs of older adults
- ▼ Trauma-exposed individuals
- ▼ Children/youth at risk for
  - School failure
  - Juvenile justice involvement
- ▼ Suicide Prevention

# Priority Outcomes

## ▼ Reduction of

- homelessness
- school failure
- unemployment
- incarceration
- removal of children from homes
- suicide

# Project Requirements

- ▼ Short-term goals

- ▼ Outcome indicators

- ▼ Evaluation methods



# PREVENTION & EARLY INTERVENTION

*The Basics*



Risk  
Factors



Mental Health

Mental Illness

## Risk Factors

Genetics

Prenatal Care

Poor Social Skills

Family Violence

School Failure

Death of Loved One

Parent Substance Abuse

Unemployment

War/Natural Disaster



Protective  
Factors

Mental Health

Mental Illness

## Protective Factors

Easy Temperament

Family Harmony

School Achievement

Good Physical Health

Sense of Belonging

Access to Support

Social Skills

Positive Self Image

Economic Security

# Prevention

- ▼ Reduces risk factors and increases protective factors
- ▼ Promotes positive cognitive, social, and emotional development, and encourages a state of well-being



# Early Intervention

Risk  
Factors



Early Intervention

Protective  
Factors

Mental Health

Mental Illness

Pam Rogers-Wyman, LMFT

Director of Adult Behavioral  
Health Services

# Adult MHSA Services & Programming



# Community Support Services (CSS)

- ▼ CSS #6: Enhanced Crisis Response
- ▼ CSS #7: Consumer, Peer & Family Support Services
- ▼ CSS #8: Community Support Services



# CSS #6: Enhanced Crisis Response

- ▼ Telos - Crisis Residential Facility
- ▼ El Dorado Center (EDC) - post hospitalization or hospital diversion
- ▼ Enhanced Support Services - provides support for integration into the community following a locked-care stay
- ▼ River Street Shelter (RSS) - shelter for homeless individuals, plus day programming support
- ▼ Casa Pacific - residential treatment program for co-occurring mental health & substance use disorder
- ▼ Peer Support Staffing at the Psychiatric Health Facility (via MHCAN)

# CSS #7: Consumer, Peer & Family Support Services

## ▼ MHCAN - Peer Drop in Center

- Weekly peer-run programming
- Outreach & support for individuals with psychiatric disabilities
- TAY Academy

## ▼ Mariposa Center

- South County location
- Weekly peer-run programming
- Outreach & support for individuals with psychiatric disabilities

# CSS #8: Community Support Services

## Full Services Partnership Teams:

- Recovery
- Transitional Age Youth
- MOST
- Older Adult



# Prevention & Early Intervention

▼ Senior Council

▼ Veterans Advocacy

▼ Access

# Suicide Prevention

- ▼ Suicide Prevention Task Force
- ▼ Suicide Prevention Services of the Central Coast

# Access and Linkage to Treatment

- ▼ Second Story
- ▼ Mobile Emergency Response Team (MERT)
- ▼ Mental Health Liaisons (MHL)

# Stigma and Discrimination Reduction

▼ NAMI

▼ MHCAN

# Outreach for Increasing Signs of Mental Illness

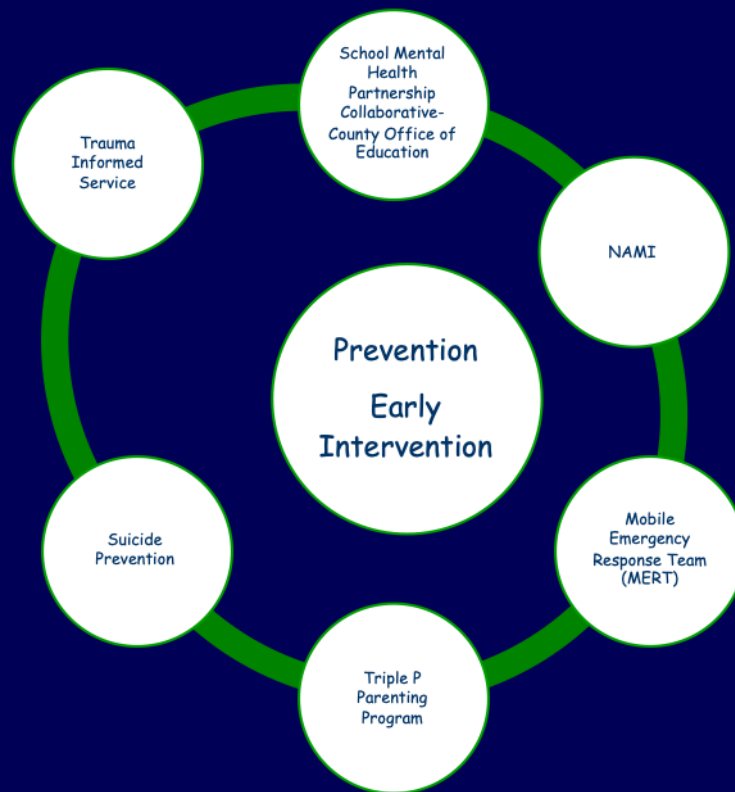
- ▼ Family Service Agency-  
Senior Outreach



Lisa Gutierrez, PhD

Director of Children's  
Behavioral Health  
Services

# Children's MHSA Services & Programming



# Community Support Services (CSS)

- ▼ CSS #1: Community Gate
- ▼ CSS #2: Probation Gate
- ▼ CSS #3: Child Welfare Services Gate
- ▼ CSS #4: Education Gate
- ▼ CSS #5: Special Focus: Family Partnership

# CSS #1: Community Gate

Therapeutic services requested by youth and families or referred by doctors, Crisis Stabilization Program, hospitals or other community support services:

## ▼ Children's Behavioral Health

- North and South County

## ▼ Encompass, Youth Services

- North and South County

## ▼ Pajaro Valley Prevention and Student Assistance (PVPSA)

- Mid and South County

# CSS #2: Probation Gate

Therapeutic services requested by youth and families or referred by Juvenile Probation or the court.

## ▼ Encompass, Youth Services

- North and South County

## ▼ Pajaro Valley Prevention and Student Assistance (PVPSA)

- Mid and South County

# CSS #3: Child Welfare Services Gate

Therapeutic services for youth and families referred by Family and Children's Services

Providers:

- Children's Behavioral Health
  - North and South County
- Parents Center
  - North and South County
- Encompass; Independent Living Program (ILP)
  - North and South County



# CSS #4: Education Gate

Therapeutic services for youth  
and families referred by schools

Provider:

▼ Children's Behavioral Health

- North and South County

# CSS #5: Special Focus: Family Partnership

Peer support for parents and families of youth involved with the Behavioral Health System to help navigate and best utilize available services.

Provider:

- ▼ Volunteer Center
  - Family Partnership



# PEI for Children

## ▼ First 5 of Santa Cruz

- The Positive Parenting Program (Triple P)

## ▼ Children's Behavioral Health

- 0-5 Family and Individual Therapy

## ▼ COE Guided Programs

- Diversity Center – throughout county
- Positive Behavioral Intervention and Supports (PBIS) in schools throughout county
- Live Oak Community Resources

## ▼ East Bay Agency for Children

- Trauma Informed Systems

## ▼ NAMI

## ▼ Mobile Emergency Response Team (MERT)

Cassandra Eslami, LMFT

Director of Community  
Engagement



Let's Take a Break

# Next Community Forum

South County Kickoff

5:30- 7:30 PM

Tuesday, February 18

Kathleen King Community Room

85 Nielson Street

Watsonville

# Initial Workgroup Meetings

## Adults

Tuesday, March 3rd 6 - 7:30 PM  
1400 Emeline Avenue, Room 206  
Santa Cruz

## Children/Youth

Wednesday, March 4th 10:30 AM - noon  
1430 Freedom Blvd, Suite F, Conference Room  
Watsonville

# Between Now and Then

- ▼ Tell others about the community-wide process
- ▼ Encourage them to participate in any way they can
- ▼ Review materials on-line
  - Guidance materials
  - Resource materials
  - Evidence-based programs

# MORE INFORMATION:

[http://www.santacruzhealth  
.org/MHSA](http://www.santacruzhealth.org/MHSA)



Thanks for  
your  
participation!!