2016 Data Notebook

SAN BERNARDINO COUNTY:
DATA NOTEBOOK 2016
FOR CALIFORNIA
MENTAL HEALTH BOARDS AND COMMISSIONS

Presented by:

San Bernardino County
Department of Behavioral Health Commission and
Department of Behavioral Health

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Background & Purpose

- # The Data Notebook is designed to meet these goals:

  - Assist local boards to meet their legal mandates to review the local county mental health services and report on performance every year. (1)

  - Function as an educational resource about mental health data for local boards.

  - Enable the California Mental Health Planning Council (CMHPC) to fulfill its mandate to review and report on the public mental health system in our state. (2)

1. W&IC. 5604.2, regarding mandated reporting roles of MH Boards and Commissions in California.
2. W&IC. 5772 (c), requires annual reports from the California Mental Health Planning Council.

Data Notebook 2016 Theme

- Access to Services for Youth, Children and their Families/Caregivers
  - What <u>strategies</u> do you use to improve access?
  - "What works" with services to children and youth?

- Special Populations
  - Engagement of transition-aged youth
  - Ethnic and cultural groups of transition-aged youth
  - Assist parents/caregivers of children with mental health needs
  - Follow-up after hospitalizations
  - Providing mental health services to foster youth
  - Programs designed for LGBTQ Youth and families
  - Substance Use Disorder Treatment services to children and youth
  - Justice system involved youth and parent involvement
  - Suicide Prevention
  - First Break Psychosis

Overall Access:

5 Strategies that illustrate how DBH provides access:

- **Strategy #1 –** Prevention and early intervention, including partnerships with schools
- **Strategy #2 –** Expansion of Full Service Partnership (FSP)
- **Strategy #3 –** Substance use disorder prevention, screening, and services
- **Strategy #4 –** Collaboration with courts and justice system
- **Strategy #5 –** Community-based programs

Providing Access – Prevention & Early Intervention

Strategy #1 – Prevention and early intervention, including partnerships with schools

- Student Assistance Program (SAP)
- LIFT program for mothers with infants
- Preschool Prevention & Early Intervention program
- Resilience Promotion in African American Children program
- National Curriculum and Training Institute (NCTI) Crossroads curriculum
- Military Services and Family Support program
- Crisis services, including Community Crisis Response Team (CCRT)

Expansion of Full Service Partnership (FSP)

Strategy #2 – Expansion of Full Service Partnership (FSP)

- Increased contracting

- Addressing the system-wide increase to higher needs children and youth under Continuum of Care Reform (CCR).

- Services in collaboration with Children Family Services (CFS) & Probation:

  - In-home FSP like with Success First/Early Wrap

  - Children's Residential Intensive Services

Substance Use Disorder

Strategy #3 – Substance use disorder prevention, screening, and services

- Alcohol and Other Drug Counselors in programs throughout system of care
- Prevention service design according to DHCS framework
- Youth Residential Treatment and Withdrawal Management
- Events to emphasize **Recovery**

Collaboration with courts and justice system

Strategy #4 – Collaboration with courts and justice system

- Forensic Adolescent Services Team (FAST)

- Child and Youth Connection (CYC)

- Juvenile Justice Community Reintegration (JJCR)

- Court for the Individualized Treatment of Adolescents (CITA)

- Juvenile Mental Health Court (JMHC)

- Juvenile Drug Court (JDC)

Community-based programs

Strategy #5 – Community-based programs

- Coalition Against Sexual Exploitation (CASE)
- Partnerships with faith-based organizations (FBOs)
- Community Health Workers
- *Promotores de Salud*
- Family Resource Centers
- Identifying post-partum depression as major risk factor for children who are removed from their homes (in partnership with CFS).
- Programs and Services in the DBH Clinics

Highlights from the Data Notebook – Targeted Access & Strategies

Assistance to Parents

- Assist parents/caregivers of children with mental health needs include:
  - Parent Child Interactive Therapy
  - Family Therapy
  - LIFT program
  - Maternal mental health program (in collaboration with 211)
  - Family Resource Centers
  - Preschool Prevention & Early Intervention
  - School-based interventions and collaborations

Foster Youth

- Two Macro strategies:
  - Efforts to identify and link children and youth to services
  - Efforts to ensure children and youth receive appropriate care

- Program Examples:
  - Collaboration with CFS to refer to one of these two programs:
    - Child and Youth Connections (MHSA)
    - Health Homes: Screening, Assessment, Referral, and Treatment (SART)
  - Appropriate care monitored by multi-agency data collection and data reviews, include Katie A
  - One Stop TAY programs
  - Dependents of Juvenile Detention and Assessment Center (JDAC) are assessed for referral or joint supervision in collaboration with CFS and DBH.

LGBTQ Youth – Specific Strategies

- Community Health Worker, Rainbow Pride Youth Alliance program for LGBTQ Youth
  - Engage, encourage, educate, train and learn how to respond to early signs of persistent mental illness.
- One Stop TAY and STAY:
  - LGBTQ-specific groups and services for support
  - Peer education on how to support LGBTQ people
- Student Assistance
- Family Resource Centers are safe zones for LGBTQ youth
- Educational efforts by DBH Office of Cultural Competence and Ethnic Services (OCCES)
  - Education to LGBTQ families on issues such as bullying, risk of suicide, and education about behavioral health conditions.
  - Education to other county departments on the needs of LGBTQ people

DBH Recommendations on Urgent Needs

- For Children entering FSP have many urgent needs:
  - Help with family or interpersonal conflict
  - School problems
  - Danger to self or others
  - Family support and parenting resources
  - Former system involved youth
  - Substance Use
  - Improved understanding of LGBTQ youth population
- Employment supportive services, similar to educational supportive services, for TAY
- Wrap-around and service capacity with Continuum of Care Reform (CCR) and for out-of-county foster youth.
- Homeless Outreach

Thank You!

Questions?