

# MENTAL HEALTH SERVICE ACT ANNUAL UPDATES FOR 2021-2022

Lassen County Behavioral Health

## MHSA COUNTY COMPLIANCE CERTIFICATION

<b>County Mental Health Director</b> <b>Name:</b> Tiffany Armstrong <b>Telephone:</b> 530-251-8108 <b>Email:</b> tarmstrong@co.lassen.ca.us	<b>Program Lead</b> <b>Name:</b> Nichole Bond <b>Telephone:</b> 530-251-8108 <b>Email:</b> nbond@co.lassen.ca.us
<b>Mailing Address</b> Lassen County Behavioral Health 555 Hospital Lane Susanville, Ca 96130	

I hereby certify that I am the official responsible for the administration of county mental health services in and for said county and that, the County has complied with all pertinent regulations and guidelines, laws and statutes of the Mental Health Services Act in preparing and submitting this annual update, including stakeholder participation and non-supplantation requirements.

This annual update has been developed with the participation of stakeholders, in accordance with Welfare and Institutions Code Section 5848 and Title 9 of the California Code of Regulations section 3300, Community Planning Process. The draft annual update was circulated to representatives of stakeholder interests and any interested party for 30 days for review and comment and a public hearing was held by the local mental health board. All input has been considered with adjustments made, as appropriate. The annual update and expenditure plan, attached hereto, was adopted by the County Board of Supervisors on \_\_\_\_\_.

Mental Health Services Act funds are and will be used in compliance with Welfare and Institutions Code section 5891 and Title 9 of the California Code of Regulations section 3410, Non-Supplant.

All documents in the attached annual update are true and correct.

\_\_\_\_\_

County Behavioral Health Director (PRINT)

\_\_\_\_\_

Signature

Date

County: Lassen

## MHSA COUNTY FISCAL ACCOUNTABILITY CERTIFICATION

County: Lassen

☐ Three-Year Program and Expenditure Plan

☒ Annual Update

☒ Annual Revenue and Expenditure Report

<b>County Mental Health Director</b> <b>Name:</b> Tiffany Armstrong <b>Telephone:</b> 530-251-8108 <b>Email:</b> tarmstrong@co.lassen.ca.us	<b>Program Lead</b> <b>Name:</b> Tiffany Armstrong <b>Telephone:</b> 530-251-2627 <b>Email:</b> tarmstrong@co.lassen.ca.us
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I hereby certify that the Three-Year Program and Expenditure Plan, Annual Update or Annual Revenue and Expenditure Report is true and correct and that the County has complied with all fiscal accountability requirements as required by law or as directed by the State Department of Health Care Services and the Mental Health Services Oversight and Accountability Commission, and that all expenditures are consistent with the requirements of the Mental Health Services Act (MHSA), including Welfare and Institutions Code (WIC) sections 5813.5, 5830, 5840, 5847, 5891, and 5892; and Title 9 of the California Code of Regulations sections 3400 and 3410. I further certify that all expenditures are consistent with an approved plan or update and that MHSA funds will only be used for programs specified in the Mental Health Services Act. Other than funds placed in a reserve in accordance with an approved plan, any funds allocated to a county which are not spent for their authorized purpose within the time period specified in WIC section 5892(h), shall revert to the state to be deposited into the fund and available for counties in future years.

I declare under penalty of perjury under the laws of this state that the foregoing and the attached update/revenue and expenditure report is true and correct to the best of my knowledge.

\_\_\_\_\_  
County Behavioral Health Director (PRINT)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## Mental Health Service Act Annual Updates for 2021-2022

I hereby certify that for the fiscal year ended June 30, 2022, that Lassen County has maintained an interest- bearing local Mental Health Services (MHSA) Fund (WIC 5892(f)); and that Lassen County financial statements are audited annually by an independent auditor and the most recent audit report is dated for the fiscal year ended June 30, 2020. I further certify that for the fiscal year ended June 30, 2022, the State MHSA distributions were recorded as revenues in the local MHSA Fund; that Lassen County MHSA expenditures and transfers out were appropriated by the Board of Supervisors and recorded in compliance with such appropriations; and that the County has complied with WIC section 5891(a), in that local MHSA funds may not be loaned to a county general fund or any other county fund.

I declare under penalty of perjury under the laws of this state that the foregoing, and if there is a revenue and expenditure report attached, is true and correct to the best of my knowledge.

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County Auditor Controller (PRINT)

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Signature

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Date

These forms will be signed after public comments have been incorporated and once the plan has been finalized and approved by the Board of Supervisors.

## Mental Health Services Act Background

In November of 2004, California Voters passed Proposition 63, the Mental Health Services Act (MHSA). The MHSA imposes a one percent (1%) tax on individuals with a personal income in excess of \$1,000,000. Each county receives a percentage of the funds that are collected.

According to the goals of the MHSA, the funds are available to transform the county's mental health system into one that is consumer and family driven, recovery oriented with services that are accessible, and provided in a manner that is culturally competent and appropriate for the population served.

The MHSA established five (5) components that address specific goals for priority populations and key community mental health needs. The first component, Community Services and Supports (CSS), focuses on the development of recovery-oriented services for children, youth, adults and older adults with serious mental illness. Prevention and Early Intervention (PEI) is the second component. PEI's focus is on education, supports, early interventions and a reduction in disparities for underserved groups seeking access to mental health services. The remaining components, Innovation (INN), Workforce Education and Training (WET) and Capital Facilities serve to introduce new and creative ways of addressing community mental health needs, support the development of well-trained, qualified and diverse workforce and strengthen the foundation of the mental health system.

### MHSA Legislative Changes

The development of services and programs for each component is a collaboration of individuals and organizations that bring expertise and experience that enrich the community planning process. Over the past several years, Lassen County Behavioral Health held planning meetings and conducted focus groups to solicit input and gather information from consumers and community partners. On March 24, 2011, Governor Brown signed in law AB 100 which deleted the requirement that the Department of Mental Health (DMH) and the Mental Health Services Oversight and Accountability Commission (MHSOAC) review and approve county MHSA plans. The approval of MHSA plans lies with the County Board of Supervisors.

### MHSA Program Components

MHSA consists of six components, each of which addresses specific goals for priority populations, key community mental health needs, and age groups that require special attention. The programs developed under these components draw on the expertise and

experience of behavioral health and primary health care providers, community-based organizations of all types, school districts, community programs and centers, institutions of higher education, law enforcement and the judicial system, and local government departments and agencies. The five programs are:

- Community Services & Supports
- Prevention & Early Intervention;
- Capital Facilities & Technology;
- Workforce Education & Training;
- Innovation;
- Housing

## MHSA 2021-2022 ANNUAL UPDATE

### Purpose of Annual Update

The intent of Lassen County Behavioral Health MHSA Annual Update for Fiscal Years 2021-2022 is to provide the public a progress report of each of the components within MHSA: Community Services and Supports; Prevention and Early Intervention; Workforce, Education and Training (County exhausted all funding in 2015); Innovation; and Capital Facilities/Technological Needs. In accordance with MHSA regulations, County Mental Health Departments are required to submit a program and expenditure plan (program description and budget) and update it on an annual basis, based on the estimates provided by the State and in accordance with established stakeholder engagement and planning requirements.

This update provides a progress report of Lassen County Behavioral Health MHSA activities for the Fiscal Year (FY) 2021-2022 including cost per person by component. Additionally, the overview of MHSA 2021/2022 Annual Updates current or proposed MHSA programs planned for the FY 2022/2023.

In the following sections, listed is each MHSA Component with:

- Brief program description
- Additional assistance needs from education and training programs
- Notable community impact
- Challenges or barriers and strategies to mitigate those challenges or barriers

This report will provide a summary of the programs and activities made possible through the Mental Health Services Act (MHSA). The goal of the Mental Health Services Act (MHSA) is to transform the community behavioral health system in California. Lassen County Behavioral Health has been actively working towards that goal since the

passage of MHSA in 2004. While there is still much to do, a significant amount of positive change has occurred.

Critical to the success of our MHSA services has been the participation and dedication of our staff, stakeholders, community partners and providers. Through collaborative efforts, we have developed a range of programs and services including those that support our clients and their families as well as education programs and resources that benefit our Lassen County communities. We are committed to providing quality care and services for our residents and we remain attentive to assure that we exercise sound fiscal management of MHSA dollars spent in the most effective manner.

## COUNTY DEMOGRAPHICS

Lassen County is located in the northeastern portion of California with a population of 32,730 (2020 US Census Data). Geographically, it is among the largest counties in California incorporating 4,547 square miles. The county's terrain consists of forestland and high desert plateaus. Susanville is the county seat and the main population center. Susanville is located near the center of Lassen County and approximately 80 miles north of Reno, Nevada. There are other small-unincorporated outposts throughout the county. They include Bieber, some 80 miles to the north of Susanville, and three small-unincorporated towns over 70 miles from Susanville to the northeast with a population of about 1,390. Westwood is 22.6 miles to the west of Susanville with a population of about 1541, and Herlong 40 miles to the south with a population of about 928. Major routes leading to Susanville include Highway 395 from the south and Highway 36 from the west and a minor road Highway 139 leads to the Bieber / Big Valley area. Severe winter weather frequently affects travel on these highways making travel from outlying areas difficult or impossible. Public transportation is available on a limited basis within the Susanville area, transportation services to the outlying areas are generally limited to morning, and evening service runs.

Lassen County has a population of about 32,730. However, it is important to note that there are two California State Prisons (High Desert State Prison and California Correctional Center) and one Federal Prison (Federal Correctional Institution – Herlong) and the population of these facilities are included when census information is collected. Individuals housed in correctional institutions will not be able to access the services offered by Lassen County Behavioral Health as each institution have in-house services to offer those individuals.

Please see figure 1 below for the 2020 Lassen County population makeup by race provided by usafacts.org.

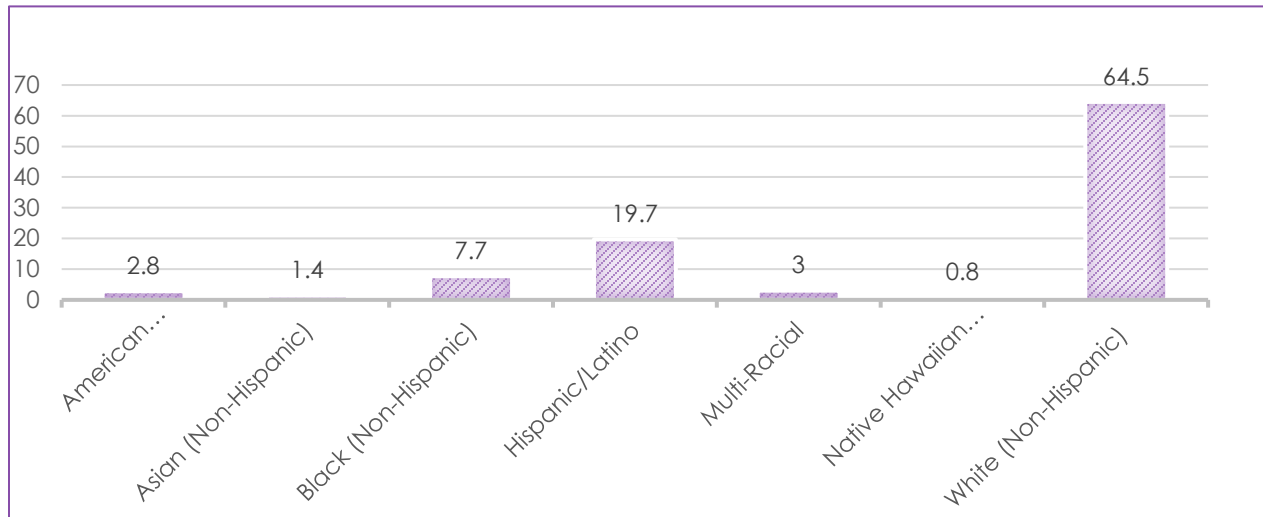
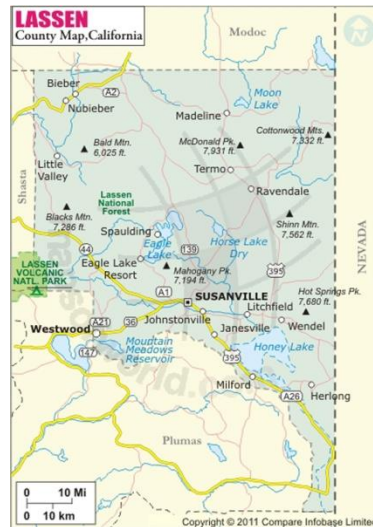


Figure 1 Lassen County Population for 2020

The economy of Lassen County primarily supported by government services, the community hospital and the community junior college. The county hosts three prisons, High Desert State, California Correctional Center and Herlong Federal Prison. It should be noted, the US Census data incorporates data from the three prison systems, which skews Lassen County data (i.e. population, ethnicity, and gender) as it relates to general population services.





## LASSEN COUNTY BEHAVIORAL HEALTH CHALLENGES

- Recruitment and retention of trained Clinicians and Psychiatrists is extremely challenging in Lassen County. With the passage of the Affordable Care Act (ACA), the expansion of behavioral health services and the resulting provider shortages across the state, Lassen County faces increasing challenges recruiting and retaining qualified staff.
- The geography of Lassen County is a barrier to providing services, particularly in the remote areas of the region. During winter months, travel throughout the County is impacted by inclement weather, which frequently leads to significant highway delays or road closures. Lack of transportation is consistently listed as one of the main barriers clients face when seeking access to services.
- Small, rural counties have an increased potential for stigma, delaying people in need from engaging in services. Stigma regarding mental health and substance use disorders has been identified as a significant barrier in focus groups in Lassen County.
- LCBH is required to consistently gather and analyze data on a regular basis for Quality Improvement Project, Compliance, Performance Improvements Projects, etc. This is a consistent challenge for a small clinic with limited staff and often the data from the Electronic Health Record is not always consistent or available.
- Lassen County frequently experiences power outages ranging from a couple hours to several days. During these times it is hard for clients to access services, as well as challenging for staff to contact subcontractors, clients, and hospitals.
- The Global pandemic of COVID-19 created a hardship for LCBH staff and clients as we were not able to meet in person due to shelter in place mandates. The lack of in-person social contact between clients and staff led to a decrease in services. LCBH staff was also dispersed into other roles throughout County agencies such as the Sheriff's department, and Public Health to assist with contract tracing. These other roles lasted from a few weeks to a few months.
- Lassen County has had the misfortune of experiencing at least 8 wildfires during FY20/21 and FY21/22, the largest and most impactful fire was the Dixie Fire. As first responders LCBH assists with staffing evacuations centers, as well as possibly coping with being evacuated themselves.
- Lassen County has had the misfortune of experiencing 2 wildfires during FY21/22; Beckwourth Fire, and Dixie Fire.



## COMMUNITY STAKEHOLDER PROCESS

1. *Briefly describe the Community Program Planning (CPP) Process for development of all components included in FY 2021-2022. Include the methods used to obtain stakeholder input.*

Lassen County Behavioral Health (LCBH) is highly committed to including consumers and stakeholders throughout the county within all levels of the organization, as well as in the annual update stakeholder process. During FY21/22, stakeholder meetings were attempted however some community members were still sheltering in place and social distancing; participation in the stakeholder process was minimum to none.

During the months of November 2021, December 2021, and January 2022, LCBH scheduled fifteen community forums across all geographic regions in the county to ensure consumer involvement. The purpose was to have participants engage in conversation about programs they were familiar with and to encouraged participants to share experiences working or participating in such programs. Each community forum was to include a presentation of the current MHSA programs, solicitation of stakeholder input into the three-year plan, review of proposed projects, an update on the implementation of the current Innovation project, and to discuss prevention early intervention options that were identified with department of health care services in the LCBH corrective action plan.

Additionally, LCBH engages stakeholders, provides information, and invites feedback about MHSA programs throughout the year using regularly scheduled monthly Mental Health Advisory Board meetings to have community members discuss needs/gaps in the community.

Stakeholder attendance is documented on meeting sign-in sheets and consumer feedback forms indicate the representation of those community members as outlined in WIC 5848 and include underserved and unserved served populations. Significant focus on outreach to diverse stakeholders that represent the demographics of the County included clients with severe mental illness as well as other community groups. LCBH attends numerous health fairs and community education events in an effort to provide community education, offer information and connect individuals with Lassen County Behavioral Health. Outreach efforts also served to build contact lists used to distribute information about the Annual Update, community forums and regularly scheduled stakeholder meetings.

2. *Identify the stakeholders involved in the CPP process (e.g., agency affiliation, populations represented, ages, race/ethnicity, client/family member affiliation, primary languages spoken, etc.)*

Consumers, family members, partners, providers, staff and other stakeholders were invited to participate in fifteen open forums with question and answer sessions and completed written surveys in English. The sessions were in the months of November 2021, December 2021, and January 2022. Participants were minimal to none due to winter storm conditions, and power outages. Dates of the attempted stakeholder meeting are below.

Location	Dates
Big Valley One Stop (North County)	<ul style="list-style-type: none"><li>• November 16, 2021</li><li>• December 14, 2021</li><li>• January 25, 2022 (with a zoom option)</li></ul>
Fort Sage One Stop (South County)	<ul style="list-style-type: none"><li>• November 19, 2021</li><li>• December 17, 2021</li><li>• January 19, 2022 (with a zoom option)</li></ul>
Susanville	<ul style="list-style-type: none"><li>• November 17, 2021 (Lunch and evening)</li><li>• December 15, 2021 (Lunch and evening)</li><li>• January 24, 2022 (Lunch and evening with a zoom option)</li></ul>
Westwood	<ul style="list-style-type: none"><li>• November 18, 2021</li><li>• December 16, 2021</li><li>• January 18, 2022 (with a zoom option)</li></ul>







3. *Describe methods used to circulate, for the purpose of public comment, the annual update. Provide information on the public hearing held by the local mental health board after the close of the 30 days.*

LCBH attempted to go out for stakeholders to gather community input on fifteen (15) occasions with minimal to no participation from the community. Please see dates in chart on previous page for dates and times.

The MHSA FY2021/2022 ANNUAL UPDATE was circulated using the following methods:

- Mental Health Board members were sent notice informing them of the start of the 30-day review and how to obtain a copy of the proposal.
  - The LCBH FY 2020/2021 annual update and expenditures and annual update is posted on the department's website [www.lassencounty.org/dept/behavioral-health/mental-health-services-act](http://www.lassencounty.org/dept/behavioral-health/mental-health-services-act)
  - Any feedback received during the 30-day Public Posting Period from 06-01-2023 through 06-30-2023, is included in this report.

The Public Hearing is scheduled to take place at the regularly scheduled Behavioral Health Advisory Board Meeting on 07-10-2023 which is held from 5:30 p.m. until 7 p.m.

This plan reflects the deep commitment of LCBH leadership, staff, providers, consumers, family members, and other stakeholders to the meaningful participation of

the community as a whole in designing MHSA programs that are wellness and recovery focused, client and family driven, culturally competent, integrated, and collaborative.

4. *If consolidating programs or eliminating a program/project, include how the stakeholders were involved and had the opportunity to participate in the decision to eliminate the program/project.*

No programs were eliminated or consolidated.

5. *Include substantive recommendations received during the stakeholder review and public hearing, responses to those comments, and a description of any substantive changes made to the annual update that was circulated. Indicate if no substantive comments were received.*

During the 60-day Public Posting, LCBH did not receive any feedback from the community.

Board of Supervisor \_\_\_\_\_ adopted the MHSA Annual Update 21/22.

## **MHSA Program Component COMMUNITY SERVICES AND SUPPORTS**

1. *Provide a brief program description (must include number of clients served, age, race/ethnicity, and cost per person). Include achievements and notable performance outcomes.*

LCBH collaborates with consumers, providers and partners in the community to identify, prioritize and implement new and innovative services. In addition, LCBH Wellness Centers throughout the County through CSS Outreach and Engagement, System Development and Full Service Partnership Services.

This Annual Update outlines programs generated in collaboration with consumers, family members, and community partners for FY22/23. Lassen County programs and services will be provided under the following guiding principles:

- Services are consumer and family-centered and emphasize recovery and resiliency.
- Provide effective and respectful quality care and services that are responsive to the diverse cultural communities in the County, specifically continuing to expand services to underserved veterans, LGBTQ, unhoused/unsheltered populations, and Hispanic/Latino populations.
- Utilize evidence-based treatment models when possible.
- Services will be transparent and the Agency will be accountable through the following methods: data collection; the use of validated tools; and reporting of outcomes to consumers and other interested stakeholders.
- Behavioral Health will leverage MHSA dollars. Many mental health consumers have public health benefits, such as Medi-Cal, which when matched with federal dollars allow us to serve more residents. We will also assist those with private insurance to link to services covered by their insurance.
- Continue to collaborate with public and private agencies across systems so that consumers and family members experience a more integrated and holistic service experience.

## FULL SERVICE PARTNERSHIP

Full Service Partnership (FSP) is a program that supports client engagement in recovery through the provision of comprehensive client-centered mental health and non-mental health services and supports focusing on recovery, wellness and resilience. Services are client and family driven, accessible, individualized, delivered in a culturally competent manner and focus on wellness, outcomes and accountability. An FSP is defined as a “collaborative relationship between the County and the client, and when appropriate the client’s family, through which the County plans for and provides the full spectrum of community services so that the client can achieve the identified goals.”

Services are tailored to a client's 'readiness for change' and require a 'whatever it takes' philosophy. Whatever it takes may include the use of innovative approaches to service provision to engage clients, assess needs and strengths, and develop collaborative supports and services to foster recovery.

Individuals qualifying for Full Service Partnership must meet the eligibility criteria in WIC § 5600.3 (a) for children and youth or WIC § 5600.3(b) for adults and older adults at risk. In addition to meeting eligibility criteria as defined under WIC, MHSA specific criteria are as follows:

Transition Age Youth (TAY) must be:

1. Unserved or underserved and one of the following:
  - Homeless or at risk of becoming homeless
  - Aging out of the child welfare system
  - Aging out of the juvenile justice system
  - Aging out of the child and youth mental health system
  - At risk of involuntary hospitalization or institutionalization
  - Involved in the criminal justice system
  - Have experienced a first episode of serious mental illness



Adults  
18-64) must be:

(aged

1. Unserved and one of the following:



- Homeless or at risk of becoming homeless
- Involved in the criminal justice system
- Frequent users of hospital and/or emergency room services as a primary resource for mental health treatment

OR

2. Underserved and at risk of one of the following:

- Homelessness
- Involvement in the criminal justice system
- Institutionalization

Older adults (ages 64 and above) must be the following:

1. Unserved and one of the following:

- Experiencing a reduction in personal and/or community functioning
- Homeless
- At risk of becoming homeless
- At risk of becoming institutionalized
- At risk of out-of-home care
- At risk of becoming frequent users of hospital and/or emergency room services as the primary resource for mental health treatment

OR

2. Underserved and at risk of one of the following:

- Homelessness
- Institutionalization
- Frequent users of hospital and/or emergency room services as the primary resource for mental health treatment
- Involvement in the criminal justice system

FSP eligible individuals may receive the full spectrum of services necessary to attain their treatment plan goals. Under the Full Service Partnership agreement, services deemed necessary by the client, and when appropriate the client's family, and the County to address unforeseen circumstances in the client's life are made available.

These services may include, but are not limited to:

- Mental health treatment organized around specific, individualized treatment plan goals
- Crisis intervention
- Supportive services to assist the client, and when appropriate the client's family, in obtaining and maintaining employment, housing, and/or education
- Wellness centers
- Case management support to assist client in accessing ancillary services



FSP eligible individuals may also receive non-mental health supportive services in order to advance the client's goals and achieve outcomes that support the client's recovery, wellness and resiliency. These services include but are not limited to:

- Clothing
- Food
- Funds to cover ancillary healthcare services
- Funds for the treatment of co-occurring disorders such as substance use disorders
- Housing, including, but not limited to, rent, subsidies, housing vouchers, house payments, residence in drug/alcohol rehabilitation program and transitional and temporary housing

### **Adult/Older Adult Full Service Partnerships**

The practical application of “full service partnership” clients in Lassen County centers on intensive case management services. These services are client centered, strength based and driven by treatment plan goals developed collaboratively with the client, and if appropriate, his/her family, and take into account individual needs and interests. Goals reflect the belief that recovery can and does occur. Incorporated in treatment planning are objectives that focus on clients' eventual transition to lower levels of service and for many, a transition out of the mental health system to natural community supports. The services rendered are holistic, culturally competent; client centered, and may include medication management, primary care referral and support, individual and/or group therapy, case management, wellness and recovery skills building, and referral and linkage to community

MHSA funding used to purchase services or supplies deemed necessary for an FSP to meet their identified treatment plan goals. Services and supports funded under the MHSA program may include but are not limited to: emergency food, shelter or clothing, uncovered medical expenses (i.e. medications), rent, moving expenses, educational expenses, household items, funding for dual diagnosis treatment, housing subsidies, residence in drug/alcohol rehabilitation programs and transitional housing. A revolving account has been established to assist with addressing identified emergencies or immediate FSP needs in a timely manner.

**Services in the Adult FSP program are provided by County staff and goals include:**

- Reduction in psychiatric hospitalization
- Clients maintained in the community
- Reduction in use of ER
- Reduction in incarcerations

**Outcomes measures will include:**

- Key Event Tracking (KET)
- Ongoing engagement in services
- Progress toward achieving treatment plan goals
- Board and Care

Data and information will continue to be tracked in our electronic health record system and reported in State Data Collection & Reporting System (DCR).

**Number of clients served and cost:**

LCBH engaged 13 (9 adults, and 4 older adults) consumers in FSP in FY21/22 at a cost of \$197,628.95 (\$15,202.23 per person)

Medi-Cal and client-share-of-cost (as determined by the UMDAP) will be accessed to leverage the investment of MHSA funds expended for this program.

### **Youth and Family Full Service Partnerships**

The intent of the Youth and Family FSP program is to engage children/youth and their families in services that promote health and safety at home, in school and in the community. Services aimed at keeping families intact and avoiding restrictive and expensive placements, including hospitalization, incarceration and group home placement. These services are available to youth who are juvenile justice involved, at risk of

**Group 1:**

Because of a mental disorder, the child/youth has substantial impairment in at least two of these areas:

- Self-care
- School functioning
- Family relationships
- Ability to function in the community

And

Either of the following occur:

- The child/youth is at risk of or has already been removed from the home
- The mental disorder and impairments have been present for more than six months or are likely to continue for more than one year without treatment

**Group 2:**

The child/youth displays at least one of the following features:

- Psychotic features
- Risk of suicide
- Risk of violence due to a mental disorder

Group 3:

The child/youth meets special education eligibility requirements under Chapter 26.5 of the Government Code.

Transition Age Youth (TAY) between the ages of 16 and 25 years old, in addition to meeting the SED eligibility criteria, must meet all of the MHSA specific criteria referenced above in order to be eligible for FSP services. Referrals to the Family and Youth FSP program made by Behavioral Health clinicians and authorized by the Youth Team Supervisor. Children reviewed by the Service Allocation Team (the County's MDT for out of county placements) are given high priority access to this program.

FSP services for children and youth are collaborative in nature and include innovative approaches that are strength based, culturally competent, and tailored to address individual needs. Services are unconditional and highly coordinated. The child and youth FSP program integrates wraparound principles including team-based decision-making, strength-based interventions, cultural competence, individualized plans, persistence and outcome-based strategies. Services for youth are family driven, collaborative and flexible. Each FSP child/youth and their family will work with the Behavioral Health Case Manager who will schedule and facilitate meetings and will provide intensive case management/wrap around services to the family, which may include, but are not limited to, Intensive Care Coordination, Therapeutic Behavioral Services). Clinicians, extended family members, or others identified by the family, may also participate on family treatment teams.

Services and supports provided to children/youth who engage in FSP's may include but are not limited to the following:

- Community based services provided at home, in school and in the community
- Child/youth and family involvement in individualized treatment planning process
- Transportation
- Activities that facilitate the development of pro-social skills and build peer relationships
- Skill development training
- Evidence based treatment services when possible that support child/youth and family goals
- Linkage to family education services such as parenting classes and other classes offered through the local FRC

MHSA funding is available for non-mental health services and supports deemed necessary for the child/youth FSP to meet his/her individualized treatment plan goals. Flex funds utilized to promote family stabilization and may include, but are not limited to, the following:

- Emergency food, shelter and housing
- Educational supplies/expenses that promote academic success
- Recreational activities to support client progress toward treatment plan goals
- Uncovered mental health medical expenses
- Transportation costs
- Skill building activities
- Household expenses including purchase of household items and home improvement expenses that promote the likelihood of the child/youth residing in a safe living environment

**Services in the Child/Youth FSP program are provided by County staff and/or under contract and goals include:**

- Engage families in treatment
- Strengthen family unification and reunification
- Reduce out of home placements

**Outcome measures will include:**

- Child and Adolescent Needs and Strengths (CANS-CA-50)
- Out of home placements (days)
- Psychiatric hospitalizations (days)
- Incarcerations (days)
- Key Event Tracking (KET)

**Number of clients served and costs:**

1 children/youth and 2 Transitional Age Youth (TAY) were identified as FSP's in FY21/22. Enrollment in this program is based upon need, and it should be noted Lassen County offers a Wraparound program where many of our children and families participate in instead of Full Service partnership.

Community Services and Supports-Full Service Partnership				
Status:	<input type="checkbox"/> New		<input checked="" type="checkbox"/> Continuing	
Priority Population:	<input checked="" type="checkbox"/> Children Ages 0 – 17	<input checked="" type="checkbox"/> Transitional Age Youth Ages 16 – 24	<input checked="" type="checkbox"/> Adult Ages 24 – 59	<input checked="" type="checkbox"/> Older Adult Ages 60+
<b>Program Purpose &amp; Description</b> The FSP program is designed to expand mental health services and supports to severely mentally ill (SMI) residents of all ages, and to assist these residents in achieving their goals. Lassen County Behavioral Health staff members also serve as active partners in Multi-Disciplinary Teams (Service Allocation Team and Allocation				

Resource Team) in order to increase coordination of services across departments and jurisdictions and promote cross-disciplinary learning.

A team composed of LCBH clinical staff offers strength-based, client/family-directed, individualized mental health and wraparound services, and supportive funding to children and youth with serious emotional disturbance (SED) who have experienced school disciplinary problems or academic failures, are in or at risk of out-of-home placement, or are at risk of involvement in juvenile justice; transitional age youth with SED who are at risk of or have juvenile justice involvement, co-occurring disorders, risk of homelessness, or involuntary hospitalization, or institutionalization; adults with SMI who are homeless or at risk of homelessness, have co-occurring substance use disorders, are involved in the criminal justice system, or have frequent hospitalization or use of emergency room services for psychiatric problems; and older adults with SMI who are homeless or at risk of homelessness, are frequent users of emergency psychiatric services or hospitalizations, have reduced functioning due to health problems, or are isolated or at risk of suicide.

Everything that follows is what LCBH is attempting to accomplish to the best of our abilities during the COVID-19 Pandemic.

### **Program Evaluations and Participant Outcomes**

LCBH staff document when FSP clients enter the program, and track any significant changes and events clients experience, including housing, employment, and educational changes. This information is used to measure participant wellbeing and outcomes.

### **Proposed Activities for FY 2022-2023**

The FSP program will continue to provide and expand mental health services and supports to SMI/SED residents of all ages, and to assist these residents in achieving their goals. LCBH staff will continue to serve as active partners on County Multi-Disciplinary Teams in order to increase coordination of services across departments and jurisdictions and promote cross-disciplinary learning.

In FY20/21, LCBH developed and implemented a program evaluation that tracks participants' outcomes over time, program progress and satisfaction with services (e.g., Quality of Life Survey). For example, Child and Adolescent Needs and Strengths (CANS-CA-50) tool is an assessment strategy that is designed to be used for decision support and outcomes management. Its primary purpose is to allow a system to remain focused on the shared vision of serving children and families. LCBH will continue to implement these activities.

### **Goals and Objectives**

<b>Goals</b>	The goal of the FSP program is to offer strength-based, client- and family-directed, individualized mental health and wrap-around services and funding to children and transitional age youth with SED, and to adults and older adults with SMI. FSP also aims to improve coordination of services across
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	departments and jurisdictions, promote cross-disciplinary learning, and increase wellness, recovery, and resiliency among severely mentally ill residents.		
<b>Objective 1:</b>	Conduct outreach to SED/SMI residents and continue to enroll eligible residents. A log of outreach efforts will be kept.		
<b>Objective 2:</b>	Develop and implement participant outcomes with regular administration of evaluation tools, making data-driven service improvements.		
<b>Objective 3:</b>	Develop and administer client satisfaction questionnaires to establish baseline data regarding client satisfaction. Re-administer questionnaires on a quarterly/semi-annual basis to monitor outcomes and make data-driven program improvements.		
<b>Number to be served FY 2022-2023:</b>	<b>13</b>	<b>Proposed Budget FY 2022-2023</b>	<b>\$200,000</b>
<b>Cost per Person FY 2022-2023</b>	<b>\$14,285</b>	<b>Total Proposed Budget FY 2022-2023:</b>	<b>\$200,000</b>

## OUTREACH AND ENGAGEMENT SERVICES

### **Outreach and Engagement Project**

In collaboration with Crossroads Ministries Homeless Shelter, Judy's House, LCBH Wellness Centers, and Social Services Housing Support, LCBH will engage Seriously Mentally Ill (SMI) individuals in the community for behavioral health support services. This project seeks to engage post-release adult and older adult offenders, homeless individuals/families, individuals with co-occurring issues who have been diagnosed with a severe mental illness or those who identify themselves as severely mentally ill by addressing barriers to service. This project also supports continued engagement in services as individual's transition into the community by providing seamless access to housing and BH support services at LCBH if such services are warranted. This project is not intended to serve incarcerated individuals or those on parole. As identified through the community planning process, the SMI population in Lassen County is historically un- or underserved, at risk and faces many barriers to accessing services. Identified barriers include service location, housing, transportation, lack of benefits and service gaps. By providing psychiatric services at and linking participating individuals directly to BH services at LCBH, this project seeks to address barriers to service for this vulnerable population.

***Services in Outreach and Engagement Project are provided under contract. Goals include:***

- Reduced recidivism
- Reduction in psychiatric hospitalizations
- Reduction in ER visits

**Outcome measures:**

- On-going engagement in treatment as measured by successful transitions into follow up care when necessary
- Reduced recidivism
- Reduced psychiatric hospitalizations (days)

**Co-Occurring Outreach and Engagement**

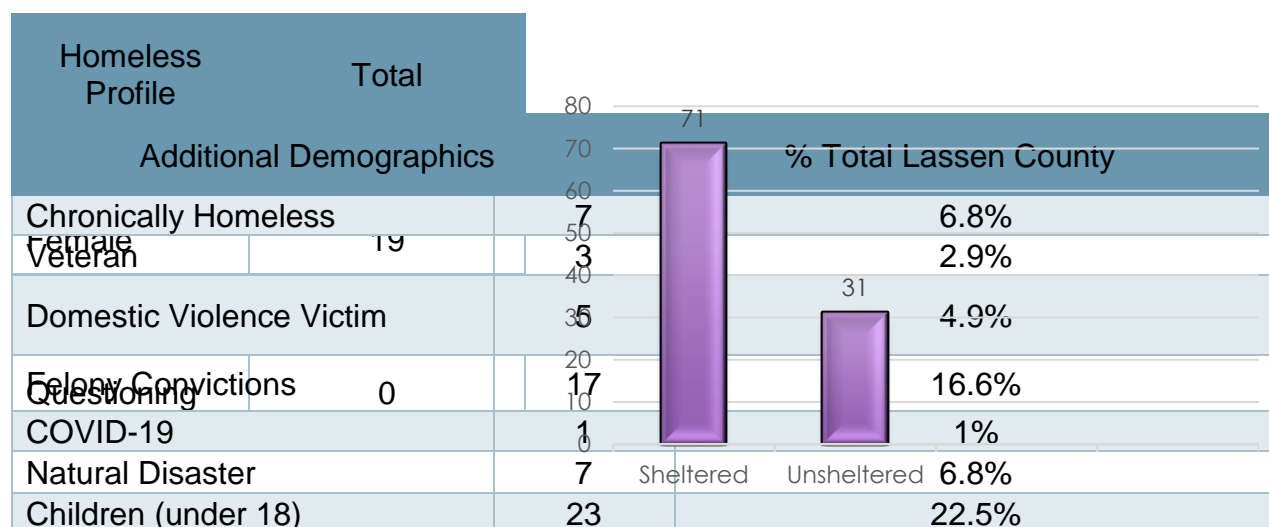
As of 2021, according to the National Survey on Drug Use and Health, approximately 6.4 million adults have a SMI and a substance use disorder (SUD). LCBH had received input on community concerns with syringes being inadequately discarded to the extent that it became dangerous and hazardous to the general public. Lassen County has opted to take on this project by implementing a syringe recycling program. Secure syringe recycling containers have been placed throughout the county for individuals to safely dispose of syringes; at this time there are five (5), one in each of the counties outlying areas and two in Susanville. LCBH is utilizing this platform for outreach and engagement to mental health services by posting phone numbers on the containers. Phone numbers include the number to LCBH where individuals can be linked to a case manager or peer support, the after-hours warm line for Judy's House, and the 988-suicide hotline number. The cost of this program is estimated at \$35,000 and includes but is not limited to the purchase of containers, maintenance of containers, and disposal of materials inside containers.

**Homeless Outreach and Engagement**



Over the last year, stakeholders including business owners, law enforcement, city employees, Health and Social Services (HSS) staff and other concerned citizens have convened to discuss strategies to address homelessness in Lassen County. According to Point-In-Time Data from 2022 there was a total of 102 homeless individuals in the community.

## Total Homeless in Lassen County (2022): 102



\*Additional demographics provided are a subset of the total count and contain actual data collected by each county. Note: Respondents were not required to answer all survey questions. Respondents may be included in more than one subset. For example: A respondent may be a Veteran and may also be Chronically Homeless.

With this information BH developed a homeless outreach committee that engages the homeless at Crossroads ministries Homeless Shelter. Each week an outreach booth is set up to provide information and education to this population. Data also illustrated the uniqueness of individuals; that services cannot be universal. They must be adaptive for age, family status, accompaniment status, chronic homelessness, veterans, addiction, physical and mental illness, family dynamic, safety, and community characteristics.

The County will work with this information to develop strategies to address the needs of this vulnerable population. The County will develop action/treatment plans outlining necessary interventions and support services.

### Goals include:

- Increased referrals to Behavioral Health
- Increase transition to housing



- Support guests with linkage to other county resources
- Decrease use of ER
- Decrease law enforcement contact with mentally ill homeless individuals

**Outcome measures:**

- Decrease homelessness among mentally ill consumers
- Increase mental wellness
- Reduce isolation
- Increase self sufficiency
- Decrease stress

**Veterans, LGBTQ, Foster Youth, Transitional Age Youth, Outreach and Engagement**

Lassen County Behavioral Health has historically struggled to engage Veterans, lesbian, gay, bisexual, transgender, and/or queer/questioning (LGBTQ), foster youth exiting from the foster care system and transitional age youth into behavioral health services. Some have been identified through the community planning process as unserved/underserved severely mentally ill with limited access to Behavioral Health services. In an on-going effort to address disparities, Behavioral Health provides community-based Outreach and Engagement services targeting identified individuals living in isolated communities. Behavioral Health provides Outreach and Engagement services to this community including linkage and referral to appropriate resources such as wellness and recovery services, and as appropriate, behavioral health services.

The incidence of co-occurring disorders among these unserved and underserved is well recognized, and Lassen County has Behavioral Health staff qualified to work with individuals experiencing issues related to substance abuse and mental illness. Outreach and Engagement activities targeting unserved and underserved are provided throughout the County and include outreach and linkage to services for individuals suffering from mental illness and/or substance abuse, and coordination with other community providers to foster development of resources and supports for this growing population. The cost of this program is estimated at \$ 3,000 and includes staff time, outreach materials, food, travel and promotion of events per event.

**Goals include:**

- Increased referrals to Behavioral Health
- Increase transition to housing
- Support guests with linkage to other county resources
- Decrease use of ER
- Decrease law enforcement contact with mentally ill homeless individuals

**Outcome measures:**

- Decrease homelessness among mentally ill consumers
- Increase mental wellness
- Reduce isolation
- Increase self sufficiency
- Decrease stress



Community Services and Supports-Outreach and Engagement				
Status:		<input type="checkbox"/> New		<input checked="" type="checkbox"/> Continuing
Priority Population:	<input checked="" type="checkbox"/> Children Ages 0 – 17	<input checked="" type="checkbox"/> Transitional Age Youth Ages 16 – 24	<input checked="" type="checkbox"/> Adult Ages 24 – 59	<input checked="" type="checkbox"/> Older Adult Ages 60+
<p><b><u>Program Purpose &amp; Description</u></b></p> <p>The Outreach and Engagement program identifies, educates, and supports individuals in need of mental health services, and serves to reduce stigma and barriers to participation in Behavioral Health services.</p> <p>LCBH staff will continue to conduct outreach to Lassen County residents, provide a wide range of engagement activities, and facilitate transportation for residents in remote areas of the county when feasible. LCBH will continue efforts to reach geographically isolated Lassen residents, particularly through additional outreach in Termo, Ravendale, Spalding and Little Valley.</p>				
<p><b><u>Key Successes:</u></b></p> <p>LCBH staff, Wellness Center staff, and Judy's House staff conducted outreach through several key activities, including:</p> <ul style="list-style-type: none"> <li>• Collaboration with Lassen County Veterans Services at the Wellness Centers</li> <li>• Opening and increasing hours of operations at Judy's House due to a success and community need</li> <li>• Outreach at health fairs and community awareness events</li> <li>• Increased operational hours in July of 2021 due to success and community need</li> </ul>				
<p><b><u>Proposed Activities for FY 2022-2023</u></b></p> <ul style="list-style-type: none"> <li>• Based on previous stakeholder input, behavioral health staff and community partners will focus on providing support to veteran, foster youth LGTBQ, and transitional age youth. The focus of the outreach and engagement is to identify individuals and their families who have unmet mental health needs. The goal of this expansion is to move towards addressing this issue by providing culturally competent and appropriate services, to facilitate access to other programs, and improve individual outcomes of participants in services.</li> <li>• In addition to continuing existing outreach and engagement activities, LCBH staff will improve communications about behavioral health services and programming, including updates to the LCBH website and brochures. Staff will also distribute programming calendars earlier, providing residents with more advance notice of program offerings, and will distribute door-to- door event reminders.</li> <li>• LCBH will also track outreach and engagement efforts moving forward as a means of program evaluation. This will include tracking when events are held, how many people are reached, and how many people are subsequently engaged in MHS services.</li> </ul>				

### Program Challenges

Transportation remains a barrier to engaging some stakeholders in behavioral health services and activities, particularly those from remote areas of Lassen County. Additional transportation options and/or program offerings in those communities would improve engagement in these remote regions of the county. Also, psychiatric services remain a barrier for many individuals. Some clients report telehealth is not always convenient or appropriate.

Transitional Age Youth are historically underserved populations. Outreach to this unique population requires a culturally sensitive approach to service provisions. In addition to utilizing a variety of age specific strategies.

Outreach activities were previously conducted in the outlying areas by the FRC's, LCBH moved those services in-house under the LCBH Wellness Centers. There has been significant challenges with obtaining staff in the outlying areas for the LCBH Wellness Centers.

### Goals and Objectives

<b>Goals</b>	The Outreach and Engagement program strives to identify individuals in need of behavioral health services and supports and link them to existing county services, including services at Behavioral Health, LCBH Wellness Centers, and additional county service delivery locations, and to educate community members about available services and supports. The program also seeks to reduce stigma through education about mental illness and psychological wellness; improve relations between behavioral health providers, overlapping jurisdictions, and different cultures and communities; and reduce barriers to participation in Behavioral Health Services.		
<b>Objective 1:</b>	Maintain a tracking log of outreach activities, including the number of outreach attempts, number of community members reached, and number of community members subsequently engaged in MHSA services.		
<b>Objective 2:</b>	Conduct regular outreach in Susanville, Westwood, Fort Sage and Big Valley and enroll eligible participants. Maintain a log of outreach attempts and total reach in these regions.		
<b>Objective 3:</b>	Update website, brochures, and flyers.		
<b>Number to be served FY 2022-2023:</b>	<b>2200</b>	<b>Proposed Budget FY 2022-2023:</b>	<b>\$132,000</b>
<b>Cost per Person FY 2022-2023:</b>	<b>\$60.00</b>	<b>Total Proposed Budget FY 2022-2023:</b>	<b>\$132,000</b>

### **CSS General System Development**

System Development strategies are funded by Community Services and Supports and include funding for Adult and Children's Systems of Care; transportation to ensure access to services for clients living in rural communities; enhanced services for clients in crisis; and the development of additional options for temporary housing. The MHSA Coordinator is funded through CSS and provides program oversight, develops innovative strategies to improve service delivery and assists with implementation of policies and procedures. The Coordinator also ensures data is collected and reported properly to the State in order to support measurable outcomes and accountability, and to identify areas where quality improvement is needed.

LCBH will continue to partner with the Lassen County Health Care Collaborative to identify efficient and cost-effective ways to provide access to physical and behavioral health care services, and to explore opportunities for health care integration. The Collaborative will meet monthly and LCBH will contribute \$1,000 annually to this membership to support organizational and facilitation activities. At this time meetings are currently held virtually.

LCBH strives to provide clinical services in outlying communities; however, limited human resources, distance, and the lack of adequate facilities in which to conduct treatment are among the challenges associated with providing healthcare in small, isolated communities. In an effort to facilitate access to necessary services, LCBH provides transportation to the Behavioral Health clinics. Transportation services have expanded to ensure all clients have access to care, and CSS General System Development funds are utilized to increase access through the purchase of bus passes for clients who wish to access services via public transportation.

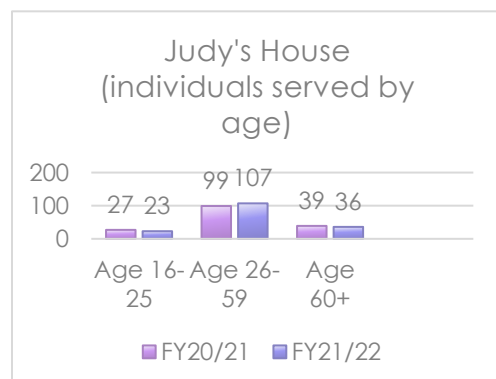
General system development funds will also be utilized to support facilitation of integrated care projects piloted by the Behavioral Health Task Group. In the annual update, funds will support facilitation of the Behavioral Health Wellness project. The Behavioral Health Wellness team is comprised of law enforcement, Behavioral Health, Banner Hospital, Veteran Services, Northeastern Health Clinic, Lassen Community College school personnel and others that identify individuals with unmet needs and collaborate to facilitate access to needed services. The anticipated cost of this program is \$3,000 and includes organization and facilitation of meetings, and data collection.

### **Peer Run Wellness Services**

Wellness Center programs across the California have been identified as playing a prominent role in promoting self-healing, resiliency and recovery for the seriously mentally ill. Wellness Centers provide a non-stigmatizing and welcoming setting where participants receive an array of services including life skills training, support groups, and social interaction. Organized around recovery and resiliency principles, wellness

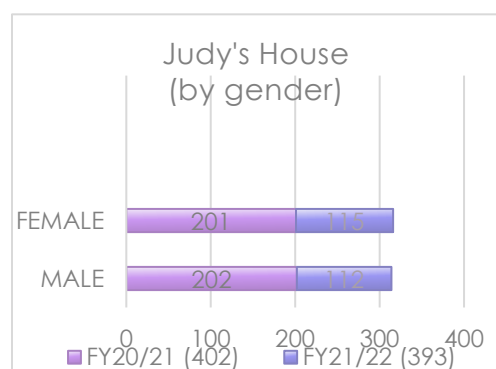


services include but are not limited to communication skills, physical health, social skills, self-advocacy, recreational activities, hobby development and healthy living activities.



LCBH Wellness Centers were implemented in Westwood, Herlong, and Big Valley. The Wellness Centers are staffed with Part-time Extra Help, and within those positions the staff will offer groups to the community, provide linkage to community agencies and various resources, and will serve all age populations.

Located in Susanville, Lassen County's most populous city, Judy's House Wellness Center is client driven, focused on peer support and aimed at promoting resiliency and recovery. Services are offered to anyone in the community but also target anyone with mental illness, older adults and families within a safe, caring and supportive environment where individuals can participate in activities that encourage recovery and resiliency. Judy's House offers a wide variety of support groups and activities for members to choose from. In FY22/23 LCBH will assist staff from Judy's house and the Wellness Centers in becoming Certified Peer Supports.



**Wellness and Recovery services are provided under contract and program goals include:**

- Participant recovery and resiliency
- Increased engagement in mental health services

**Outcome measures will include:**

- Client participation in Wellness Center activities
- Increased knowledge regarding mental health issues
- Increased ability to advocate for self/family member

**Number of clients served and cost:**

Judy's House:

- Peer supports served 393 (unduplicated) individuals in FY21/22 at a total cost of \$340,636.50 (\$866.76 per person).

LCBH Wellness Centers:

- Peer supports served 200 individuals in FY21/22 at a total cost of \$30,124.82 (\$1,024 per person). please note that this cost for the LCBH Wellness Centers also includes start up costs for the program.

Community Services and Supports-After Hour Wellness Center				
Status:	<input type="checkbox"/> New		<input checked="" type="checkbox"/> Continuing	
Priority Population:	<input type="checkbox"/> Children Ages 0 – 17	<input checked="" type="checkbox"/> Transitional Age Youth Ages 16 – 24	<input checked="" type="checkbox"/> Adult Ages 24 – 59	<input checked="" type="checkbox"/> Older Adult Ages 60+
<p><b><u>Program Purpose &amp; Description</u></b></p> <p>Judy's House is to provide a wide variety of skills and abilities and may include Certified Peer Counselors and volunteers. Individuals are greeted at the front door and encouraged to articulate their needs to staff who provide an atmosphere designed to assist them. Support is provided from a strengths-based perspective in line with the Recovery Model. The structure of the Wellness Recovery Action Plan (WRAP) and Motivational Interviewing has been found to be helpful tools when used in the process of assisting individuals into services. Also staff will assist the individual with linking to resources in the community (i.e. housing, food, medical care, etc.). Also provide a "warm line" for individuals who just want to talk via phone. If the needs of the individual require longer term stabilization or are too acute for the setting, staff have access to resources to rapidly transfer the individual to the appropriate type of care.</p> <p>Judy's house staff will engage in proactive case management, hospital discharge follow-up, peer support, and clinical care before, during and after a behavioral health issue. Although staffing levels may vary, each triage team consists of a program coordinator and two peer support counselors per shift (one peer will be available on-call). The peer supports provide assistance to urgent calls and will provide a warm line to the community and coordinate follow up linkage support. Peer support staff will, at minimum, reach out via telephone to each individual recovering from a crisis event to offer support and a face-to-face visit. For individuals who accept the face-to-face support, peer support will meet with them to assist with implementation of the self-care plan, identify and problem-solve any barriers to accessing outpatient services and other recovery supports, and facilitate the linkages and warm handoff to ongoing service providers. Peer support provide follow-up support by linking individuals to care, and in pre-crisis, early intervention, and urgent response situations. Peer support will provide individual mentorship, case management, and follow-up support to clients, as well as aid in "warm handoffs" for individuals in inpatient psychiatric treatment.</p> <p>Judy's house can also provide food and temporary housing vouchers to individuals in need. For example, an individual needs a motel room as an alternative to going to the jail or the ER.</p> <p>Staffing Structure: Judy's House staff will be available seven days a week from 4:00pm - 8:00am where peers and volunteers are available to provide outreach and crisis services to individuals in need. According to the "Community Needs Assessment" this was the time many individuals go into crisis and many of the</p>				

traditional programs are closed or not available to provide services. Law enforcement stated a need for more behavioral health services during that time.

#### Key Successes:

- Increased hours of operation

#### Proposed Activities for FY 2022-2023

Lassen County Behavioral Health determined 500 individuals will be served per year.

- Assist unserved and underserved individuals seek access to BH services.

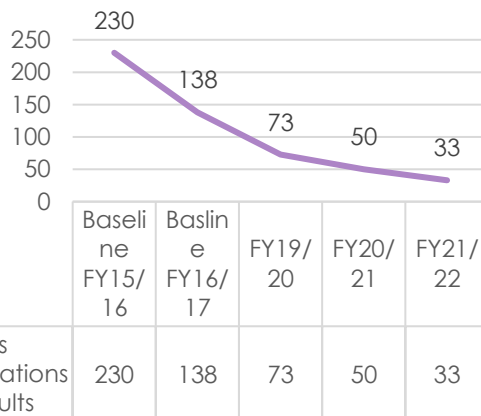
#### Program Challenges

- None at this time

#### Goals and Objectives

<b>Goals</b>	To prevent individuals from going into the psychiatric hospital, for being homeless or going to jail.		
<b>Objective 1:</b>	Decrease non-emergency crises by increasing the number of triage responses to crises that do not meet the 5150 criteria by 75%.		
<b>Objective 2:</b>	Decrease psychiatric hospital admissions by 10% from baseline (FY2015/16 & FY2016/2017) to Year 1, 15% from baseline to Year 2, and 20% from baseline to Year 3.		
<b>Objective 3:</b>	Decrease number of residents with mental health and/or substance abuse issues using the Emergency Department (ED) by 10% from baseline (FY2015/16 & FY 2016/2017) to Year 1, 15% from baseline to Year 2, and 20% from baseline to Year 3.		
<b>Number to be served FY 2022-2023:</b>	<b>1000</b>	<b>Proposed Budget FY 2022-2023:</b>	<b>Estimated \$500,000.00</b>
<b>Cost per Person FY 2022-2023:</b>	<b>\$500.00</b>	<b>Total Proposed Budget FY 2022-2023:</b>	<b>\$500,000.00</b>

Judy's House - Goal/Objective Progress



LCBH continuously monitors crisis response throughout the years. As mentioned above in objective 2, FY15/16 and FY16/17 are to be used to establish a baseline of crisis responses. The goal of Judy's House is to prevent people from going into the psychiatric hospitals. In year one the baseline number of visits decrease by 15% (FY20/21), and decrease by 20%. The chart below, the base line numbers show along with the number of hospitalizations from year one



Community Services and Supports-Peer Support Wellness Center				
Status:	<input type="checkbox"/> New		<input checked="" type="checkbox"/> Continuing	
Priority Population:	<input checked="" type="checkbox"/> Children Ages 0 – 15	<input checked="" type="checkbox"/> Transitional Age Youth Ages 16 – 25	<input checked="" type="checkbox"/> Adult Ages 26 – 59	<input checked="" type="checkbox"/> Older Adult Ages 60+
<p><b><u>Program Purpose &amp; Description</u></b></p> <p>LCBH strives to create, develop, and expand successful programs for unserved and underserved children, transitional aged youth, adults, and older adults. Specifically, we are seeking services designed and delivered by peers such as those who have experience with behavioral health disorders.</p> <p>Research findings indicate that trained peers are particularly successful in facilitating recovery and wellness. In addition, we know that peer support enhances engagement among individuals living with mental illness and substance use disorders and their families and communities when services are available in the individual's community and provided in a culturally and linguistically competent manner.</p>				
<p><b>Key Successes:</b></p> <ul style="list-style-type: none"> <li>One successful grand opening (Westwood)</li> </ul>				
<p><b>Proposed Activities for FY 2022-2023</b></p> <ul style="list-style-type: none"> <li>LCBH peer support staff will provide non-clinical, person-centered, strength based, wellness focused, and trauma-informed support while helping to ensure the person's wellness-recovery plan reveals the needs and preferences of the person being served to complete their measurable and personalized goals. Peer Supports serve adults with behavioral health challenges, parents and family members who provide support to family members and children who experience behavioral health challenges.</li> <li>Provide Friday Night Live Services to youth in the community that utilizes a youth development framework built into the Roadmap Chapter Project Guide to implement community-based process strategies, media strategies, education, environmental strategies, and information dissemination.</li> <li>Educate the community about suicide prevention for all age groups, empower the community to use evidence-based approaches, including environmental prevention, and mobilize the community around prevention initiatives at the local, state, and national levels.</li> <li>To have all Wellness Center staff and community partners trained in Mental Health First Aid and Youth Mental Health First Aid. Mental Health First Aide workshop is for anyone who wants to learn more about mental illness and stigma.</li> <li>LCBH plans to develop and implement a program evaluation that tracks participants' outcomes over time, program progress and satisfaction with services (e.g., client satisfaction questionnaire).</li> </ul>				

- Facilitate non-clinical peer-to-peer recovery education and wellness coaching through group activities in topics such as stress management, healthy leisure activities, wellness, alternative treatment options, recovery, focusing on individual health and wellness strengths and needs, self-affirmation, treatment management techniques, and community involvement strategies.

#### Program Challenges

- Onboarding Staff
- Phone line connection

#### Goals and Objectives

<b>Goals</b>	Establish presences in the community through services being offered at approximately twenty (20) hours a week.		
<b>Objective 1:</b>	Host and attend community trainings or events.		
<b>Objective 2:</b>	Implement wellness groups, and emphasize the engagement of the unserved or underserved populations focusing of Veterans, LGBTQ, foster youth, housing insecurity, and TAY.		
<b>Objective 3:</b>	Linking individuals to community resources such as behavioral health services, housing support, etc.		
<b>Number to be served FY 2022-2023:</b>	<b>600</b>	<b>Proposed Budget FY 2022-2023:</b>	<b>Estimated \$210,000.00</b>
<b>Cost per Person FY 2022-2023:</b>	<b>\$350.00</b>	<b>Total Proposed Budget FY 2022- 2023:</b>	<b>\$210,000.00</b>

## MHSA Program Component PREVENTION AND EARLY INTERVENTION

1. *Provide a brief program description (must include number of clients served, age, race/ethnicity, cost per person). Include achievements and notable performance outcomes.*

Prevention and early intervention programs bring mental health awareness into the lives of all members of the community through public education initiatives and community dialogue. These programs facilitate access to services and supports at the earliest sign of mental health problems, and build upon existing capacity to increase intervention services at sites frequently visited for other routine activities, e.g. health care clinics, educational facilities, community organizations, and wellness centers. Lassen County Behavioral Health strives to meet the intent of Prevention and Early Intervention, as well as stigma and discrimination reduction with the follow programs:

### Early Intervention

#### Early Newborn Observations (ENO)

The ENO is a structured set of observations designed to help the clinician and parent together, to observe the infant's behavioral capacities and identify the kind of support the infant needs for his successful growth and development. It is a relationship-based tool designed to foster the parent-infant relationship. The ENO system consists of a set of 18 neurobehavioral observations, which describe the newborn's capacities and behavioral adaptation from birth to the third month of life. While it describes the infant's capacities, the ENO provides parents with individualized information about their infant's behavior, so that they can appreciate their baby's unique competencies and vulnerabilities and thereby understand and respond to their baby, in a way that meets her/his developmental needs. The 18 ENO items include observations of the infant's

- capacity to habituate to external light and sound stimuli (sleep protection)
- the quality of motor tone and activity level
- capacity for self-regulation (including crying and consolability)
- response to stress (indices of the infant's threshold for stimulation)
- visual, auditory and social-interactive capacities (degree of alertness and response to both human and non-human stimuli)

While the ENO attempts to reveal the full richness of the newborn's behavioral repertoire, the clinical focus is on the infant's individuality, on the aspects of behavior that make the baby unique and different. In other words, the ENO provides the baby with a "voice", with a "signature". It gives the baby an opportunity to tell the caregiver who he or she is, if you will, what her preferences are and what her vulnerabilities might

be and in what areas she may need support. By providing this behavioral profile of the infant's strengths and challenges, the ENO can provide clinicians with the kind of individualized guidance that can help parents meet their baby's needs. This, in turn, will help the parents develop the kind of confidence they need to support their baby's development and enjoy the experience of being a new parent.

While the ENO was developed to meet the needs of parents, it is designed in its ease of use to be a helpful tool for professionals who work with parents during the perinatal period. It is flexible and can easily integrated into routine home visits. The ENO, therefore, was designed as a relationship-building method that can be flexibly administered and that offers individualized information to parents about their baby, with a view to promoting a positive bond between parent and child and between themselves and the parents and family. For that reason, the ENO is best understood as a relationship-building tool. It is inherently interactive and family-centered, because parents are involved as partners in the ENO session throughout.

**Eligibility criteria:**

Children ages 0-5 in stable placement who are identified by LCBH clinical staff as exhibiting signs of aggression, defiance, withdrawal and other behavior disorders.

**ENO program goals include:**

- Improve family relationships
- Increase positive and nurturing parents
- Increase positive behavior in children
- Increase family stability

**Outcome measures:**

- TBD

**Number of clients served and cost:**

During FY21/222 there was minimal to interest from the community in participating in this service. LCBH has decided to discontinue these services after FY22/23.

**Mental Health First Aid and Youth Mental Health First Aid**

LCBH will continue to provide 8-hour Mental Health First Aid (MHFA) and Youth MHFA trainings for anyone living in Lassen County. Training will focus on educating first responders, including medical professionals, teachers, law enforcement, Wellness Center staff, Judy's House staff, and others to recognize the early signs of potentially severe and disabling mental illness, and to provide support and/or referrals for individuals who require treatment to appropriate services. Due to COVID-19 restrictions this training was not provided in FY20/21 and FY21/22. FY22/23 LCBH has partnered with Plumas Rural Services to offer this training to Lassen County residents, and

currently only being offered in Plumas County and virtually. LCBH is currently working on having these classes offered in Lassen County.

**Objective:**

Increase the number of first responders in Lassen County trained to identify early indicators of mental health issues

**Target audience:**

- Teachers and educators
- Organizational providers
- EMTs and primary care providers
- Contractors
- Law enforcement
- Family Resource Center staff and volunteers

**Cost:**

FY 21/22 the number of individuals served and cost: 150 individuals trained per year at a cost of \$50.00 per person, \$7500 total.

### **Suicide Prevention**

LCBH will offer a minimum of two SafeTALK/ASSIST or other Suicide prevention trainings in collaboration with Plumas Rural Services to providers and partners in Lassen and neighboring counties. Trainings may be provided by agency and/or contracted staff, at a cost of approximately \$15,000. Cost includes time, food, and materials.

### **Community Health Fairs**

LCBH staff participate annually in several Health and Wellness Fairs throughout the County. In FY21/22 Lassen County Behavioral Health hosted a health fair as a grand opening for the LCBH Wellness Center in Westwood. Each wellness center will have a health fair as grand opening to build rapport with other agencies in the community where the wellness center is located, as well as brining in county agencies to offer services to community members may not be able to access due to barriers. Future health fair events will continue to provide various community events and information regarding mental health and substance use services was distributed at a cost of approximately \$3000.00 per event. Cost includes time, food, and materials.

### **Stigma and Discrimination Reduction**

LCBH is committed to reducing Stigma and Discrimination surrounding mental health issues. On-going efforts to this end include distribution of stigma and discrimination reduction materials through social marketing, newspaper ads/inserts and other outreach material such as pens, bags, posters and flyers offered through the “Each Mind Matters” statewide campaign. LCBH continues to provide stigma and discrimination reduction

activities to middle and high school age youth through presentations in conjunction with the SUD prevention program. Also focused on the TAY population 15-25 years old. The estimated cost of this program is \$8,500 and approximately 800 students participate annually.

### **Strengthening Families (SFP) and Adult Programs**

Strengthening Families (SFP) is an evidence-based family skills training program found to significantly reduce problem behaviors, delinquency, and alcohol and drug abuse in children and to improve social competencies and school performance. Groups specifically for women, men or older adult as well as Nurturing Parenting classes will be provided.

Eligibility criteria: Families and/or individuals suffering from the effects of mental illness

Program goals include:

- Improve parenting skills
- Improve social competencies
- Improve school performance
- Decrease drug and alcohol abuse

Outcome measures will include:

- Pre and post class survey

Number of clients served and cost:

- The estimated cost for this program is \$8,000 for cost of materials.

Negative outcomes addressed:

- School failure or dropout
- Removal of children from their homes
- Incarcerations
- Prolonged suffering
- Isolation
- Unemployment

A variety of programs focusing on families and adults will be provided throughout Lassen County.

### **Youth Programs**

LCBH offers Prevention programs targeting children, youth, and the TAY population. LCBH collaborates mental health awareness activities with the Direct Change California program. LCBH also offer youth Friday Night Live, evidence-based with a strengths based perspective to foster positive connections and promote personal and collective

strength and confidence in participating youth. These programs have demonstrated efficacy in reducing delinquency and recidivism rates and increasing educational aspiration and school engagement for all youth. An array of other community or practice-based programs may be offered by several contractors in the County.

LCBH currently send out staff to numerous schools to promote prevention and education. Staff are trained to engage youth before they develop a serious mental health disorder. Cost includes staff time, travel, incidentals, food, promotional material, and brochures.

Youth ages 8-20.

Youth Program goals include:

- Increased communication skills
- Increased school engagement
- Reduced delinquency
- Increased resiliency

Outcome measures will include:

- Pre and post test

Negative outcomes addressed:

- Suicide
- School failure or dropout
- Removal of children from their homes
- Juvenile Justice involvement

Number of clients served and cost:

Youth programs will serve approximately 800 youth at \$75.00 each.

**Phase III PEI Project**

Lassen County will collaborate with other California counties to the state wide Phase III PEI Project. The goal of this project is to develop strategies that result in larger social impacts (e.g., changing attitudes, increasing knowledge, and modifying behaviors around mental health issues), implementing programs that benefit counties regionally and statewide, and procuring resources at lower cost (e.g., cost efficiencies). Lassen County residents continue to benefit from the resources provided through this initiative including the Each Mind Matters Campaign. LCBH will contribute \$25,000 to this effort in FY20/21, FY21/22, FY22/23.



## Innovations

The goal of the Innovation component is to explore new and creative approaches to the provision of mental health services. The Innovation component provides an opportunity to test and evaluate, to “try out” a new intervention that can inform our current or future practices in community mental health. Lassen County Behavioral Health Innovation plan is Tele-communication to the Rural Areas

Tele-communication also known as “Telemedicine” has been done in many rural Counties in the superior region for many years but most of the “Telemedicine” programs are subcontracted out to a private contractor. Lassen County wants to adapt the tele-communication program so it will work in our One Stop Centers. The focus of our innovative idea will be an adaptation of Tele-communication that incorporates our County employed psychiatrist and the use of a mental health nurse.

Tele-communication, if done correctly, will prevent many hospitalizations. The idea of trying to reach individuals and their families prior to a crisis and providing them with support, services, education, and resources could reduce the negative outcomes of a crisis. This approach could prevent individuals from reaching a full crisis situation, thus decreasing emergency room visits, hospitalizations, and incarcerations. It would also maintain the individual's level of independence.

With the increased awareness to improve clients’ outcomes, many Counties are moving towards integration. Lassen County Mental Health has slowly moved forward on integration but it seems to create many challenges in the outlying areas of the County. Many un-served and underserved individuals who are involved in multiple County services often do not receive the benefits of a multi-disciplinary treatment team.

Resource constraints have sometimes limited the ability of our partners to participate in team meetings. Many County partners cannot afford the few hours necessary to attend a team meeting in the outlying areas. Often information and decisions are left unresolved until the partners can come together to share as a team. This often contributes to poor outcomes and individuals not achieving their goals. With Tele-communication, partnering agencies can communicate with each other without the need for travel.

Grand Care Units are in place at the Big Valley, Herlong, and Westwood Wellness Centers. Many consumers continue to utilize units in their homes as a result of COVID-19 and the need to stay connected to services. Grand Care Units remain placed at the ER of Banner Hospital, various school throughout the county, probation and the jail. The



Innovation Team is currently working to manage utilization and maintenance of the units as LCBH moves towards more in person services.

LCBH is moving forward with a new Electronic Health Care Record System to meet both state and federal regulations. We are currently migrating to the Millennium System. LCBH will continue to manage utilization and maintenance of these systems to stay current with regulations.

## Capital Facilities

The Capital Facilities component of MHSA consists of technological projects that support the development of an integrated infrastructure and improve the quality and coordination of care that will transform the mental health system and support the goals of MHSA.

The Capital Facilities component consisted of three projects: provide new heating and air conditioning system for the Fort Sage One Stop, remodel of the Westwood, Big Valley and Fort Sage One Stop building. All of these projects have been completed and LCBH has exhausted all Capital Facility Funding in FY19/20.

## Workforce, Education and Training

Mental Health Service Act funds allocated to support County-administered Workforce, Education and Training (WET) efforts. These funds were designated to be used over a period of ten years in order to transform California's public mental health workforce based on recovery-oriented principles. In Lassen County, community members engaged in an extensive planning process and identified the following as local workforce development needs and priorities:

The programs developed in the County's initial WET plan have included a broad array of staff development, training, and community-capacity building strategies. Fiscal challenges have continued to impact on the progress of our Workforce, Education and Training (WET) strategies, particularly in the recruitment of psychiatric nurses and bi-lingual clinical staff. In addition, enhancing the meaningful participation of consumers and family members remains an important goal.

WET funding provides consultants and training resources to improve the capacity of Lassen County Mental Health therapists, consumer and family member partners, and partner agencies to deliver services consistent with the fundamental principles of the

Mental Health Services Act. These include expanding our capacity to provide services that support wellness, recovery and resilience; that are culturally and linguistically competent; that are client-driven and family-driven; that provide an integrated service experience for clients and their family members, and delivered in a collaborative process with our partners. Consumers and family members will be an integral part of each training, as participants in trainings and as trainers and/or co-facilitators, whenever possible. Our budget includes incentives for participation in training, including travel expenses, meals, and other incentives for participants.

WET funding also assists with engaging and preparing individuals for a career in mental health. Lassen County Mental Health will move to identify and support local individuals, including clients and family members, who are interested in entering careers in the public mental health system (strong consideration will be given for consumer/family member experience, Hispanic or Native American candidates, Spanish linguistic competence, and to current employees of Lassen County Health Services).

LCBH is recommending the discontinuance WET since all funding has been fully expended since 2015.

## MHSA HOUSING

Lassen Community Social Service went out for Request for Proposal in FY20/21 and established a Memorandum of Understanding (MOU) with DANCO as part of their No Place Like Home Program. LCBH established an MOU with Lassen Community Social Services in FY21/22 for the express purpose of a one-time transfer of \$424,744.33. These funds are to be use to provide permanent supportive housing to Behavioral Health Clients and used for the purpose of developing permanent supportive housing for persons with serious mental illness who are homeless, or at risk of homelessness and who meet the target population.

Attachment 1

Attachment 2

Attachment 3