

Stakeholder Sharing

MHSA Consolidated Planning Advisory Workgroup (CPAW) September 1, 2022 Meeting

Highlights of news to share and areas discussed at recent Contra Costa Behavioral Health Services (CCBHS) supported stakeholder meetings held in February and March 2022.

Adult Committee (August 9th)

- The Adult Services Committee has resumed meetings.
- The Committee will meet the second Tuesday of the month from 3:00 – 4:30 pm via Zoom.
- The Committee met on August 9th. Had general discussion as to topics for upcoming Adult Committee meetings.
- The next meeting of the Adult Services Committee will be Tuesday, September 13, 2022 from 3:00 pm– 4:30 pm via Zoom.

Aging and Older Adult Committee (AOA)

- No meeting in August.
- The next meeting will be on Wednesday, September 14, 2022 from 2:00 pm to 3:30 pm on Zoom.

Alcohol and Other Drugs (AOD) Advisory Board (July 28th)

- The AOD Advisory Board met on August 24th. Due to the date of the meeting late in the Month of August, a summary of the meeting could not be provided by the publication of this document. A summary of the July meeting is provided. The AOD Board met on July 28th.
- The Director of Behavioral Health Services, Dr. Suzanne Tavano, provided an update on efforts to implement Electronic Health Records (HER) for the Drug Medi-Cal Organized Delivery System (DMC-ODS) and the benefits of CalAIM.
- AOD continues to supply COVID Rapid Test Kits. Provided updates on the Access Line, electronic clinic notes and efforts to initiate treatment services for the Jail.
- Discussed September as National Recovery Month, proclamation, and Recovery Champion Award. Also provided an update on the Behavioral Health Continuum Infrastructure Program (BHCIP) and Community Awareness Survey. The Clean Slate event was a success.
- The next AOD Advisory Board meeting will be September 24th, 2022 from 4:00 pm to 6:15 pm via Zoom.

Behavioral Health Care Partnership (BHCP) (August 16th)

- Update will be provided at the CPAW meeting.
- The next meeting will be September 20, 2022, from 1:30 pm – 3:00 pm via Zoom.

Health, Housing and Homeless Services (H3) (August 4th)

- We have a special Notice of Funding Opportunity (NOFO) from the U.S. Department of Housing and Urban Development (HUD) with the **Project Application due 9/20/22 and Consolidated application due date 10/20/2022**. More details <https://cchealth.org/h3/coc/funding.php#Federal>

- Planning for Homelessness Awareness Month is starting.
 - We are soliciting nominations for outstanding landlords, outstanding volunteers and “people thriving in the face of homelessness” to be recognized. Details, including nomination forms are here: <https://conta.cc/3pJ0ZHe>
 - We also generate a Toolkit that goes out to the whole community that includes:
 - Homelessness related community events and forums
 - Homeless service volunteer opportunities
 - Donation needs
 - Success Stories
 - To submit your information for our toolkit, please use the link: <https://forms.office.com/pages/responsepage.aspx?id=3tkgKC3cY0OGJvKwA0OMRSGzli9AMJhJgQWzXC4zsstUN0E5VU5FMFhWVUVNSIFKTEswSUNaWEMwMy4u>
- The next Council on Homelessness meeting will be **September 15, 2022** [change in date], from 1:00–3:00 pm via Zoom.

Innovation Committee (INN)

- No meeting in August.
- The date for the next Innovation Committee meeting will be September 26, 2022 from 2:30 pm to 4:00 pm via Zoom.

Mental Health Commission (MHC) (August 3rd)

- Commission continues to focus on the Behavioral Health Continuum Infrastructure Program (BHCIP) and Community Care Expansion (CCE) Needs Assessment and the deadlines for the Rounds 4, 5, and 6.
- In depth discussion of the Justice System Committee’s motion regarding a state-wide conservatorship director to oversee all county conservatorship offices for consistent
- protocol and accountability
- Letter follow up regarding data request for collecting Mental Health Diagnosis on inmate population to determine re-entry needs from Detention Behavioral Health was tabled to September/re-assess response and direction
- Review of / Update on Crestwood Our House (Vallejo) Site Visit report
- The Mental Health Commission will next meet on September 7, 2022 from 4:30 pm to 6:30 pm via Zoom.

MHC Quality of Care Committee (MHC QC) (August 18th)

- Review of / Update on Crestwood Our House (Vallejo) Site Visit report - Revised DRAFT
- Review of / Update on Hope House (Martinez) Site Visit report
- Review/discussion of decision-making process for choosing where Hope House clients are referred and care received upon discharge
- Soliciting volunteers for the K-12 Project
- Updates on the BHCIP / CCE Listening session on Aug 8 were pushed to next month’s meeting.
- Follow up discussions on finance committee contract review for K-12 sites
- The Quality-of-Care Committee will next meet on September 15, 2022 from 3:30 to 5:00 pm via Zoom.

Reducing Health Disparities (RHD)

- No meeting in August.
- Next Reducing Health Disparities Workgroup meeting is Monday, October 3, 2022 from 3:00 pm to 4:30 pm via Zoom.

Social Inclusion (SI)

- Social Inclusion did not meet in August due to a scheduling conflict with the Community Partners Picnic.
- The next Social Inclusion meeting will be on Thursday, September 8th from 1:30-3:00 pm. The meeting will be virtual only via Zoom using the login info below:
 - <https://cchealth.zoom.us/j/95344660402>
 - Meeting ID: 953 4466 0402
 - Dial by your location +1 646 518 9805

For more information or to join the Social Inclusion mailing list, please call (925) 957-5141 or email cynthia.ayala@cchealth.org.

Suicide Prevention Committee (SP) (August 26th)

- Presentation from A3 Crisis Services & Mobile Crisis Response Team
- The next Suicide Prevention Committee/Coalition meeting will be September 23, 2022, from 9:00 am to 10:30 am via Zoom.

Suicide Prevention (SP) – Youth Subcommittee (August 26th)

- Presentation from CalMHSA on Suicide Prevention Month resources and activities.
- No meeting in September. The next Suicide Prevention – Youth Subcommittee meeting date to be announced.

System of Care Committee (SOC)

- No meeting in August
- The next System of Care Committee meeting date to be announced.

Contra Costa Behavioral Health

Stakeholder Calendar

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 CPAW Orientation: (No meeting) CPAW: 3:00—5:00 pm (Online/Telephone)	2	3
4	5 Reducing Health Disparities (RHD): (No meeting)	6	7 Mental Health Commission (MHC): 4:30 — 6:30 pm (Online/Telephone)	8 Social Inclusion: 1:30—3:30 pm (Online/Telephone)	9	10
11	12	13 Adult: 3:00 — 4:30 pm (Online/Telephone)	14 System of Care: (No meeting) Aging /Older Adult COVID-19 Workgroup 2:00—3:30 pm (Online/Telephone)	15 CPAW Steering (11:00 am—12:00 pm) (Online/Telephone) Council on Homelessness: 1:00—3:00 pm (Online/Telephone) MHC Quality of Care: 3:30 — 5:00 pm (Online/Telephone)	16	17
18	19	20 Behavioral Health Care Partnership: 1:30—3:00 pm (Online/Telephone)	21	22	23 Suicide Prevention Committee (SP) 9:00 — 10:30 am (Online/Telephone) Youth Sub-committee (No Meeting)	24
25	26 Innovation: 2:30 — 4:00 pm (Online/Telephone)	27	28 AOD Advisory Board: 4:00 — 6:15 pm (Online/Telephone)	29	30	

Contra Costa Behavioral Health

September 2022

Committee Email Contacts**

Adults	robert.thigpen@cchealth.org
Aging and Older Adults	ellen.shirgul@cchealth.org
Alcohol & Other Drugs (AOD) Advisory Board	fatima.mataisol@cchealth.org
Behavioral Health Care Partnership (BHCP)	jennifer.tuipulotu@cchealth.org
Children, Teens & Young Adults	To be Determined
Consolidated Planning Advisory Workgroup (CPAW)	audrey.montana@cchealth.org
Health, Housing & Homeless Services (H3)	jaime.jenett@cchealth.org
Innovation	jennifer.bruggeman@cchealth.org
Membership (CPAW)	audrey.montana@cchealth.org
Mental Health Commission (MHC)	angela.beck@cchealth.org
Reducing Health Disparities (RHD)	genoveva.zesati@cchealth.org
Social Inclusion	cynthia.ayala@cchealth.org
Steering (CPAW)	audrey.montana@cchealth.org
Suicide Prevention	jessica.hunt@cchealth.org
System of Care	jennifer.Bruggeman@cchealth.org

** Can also call the Mental Health Services (MHSA) Office at **(925) 313-9525** for committee meeting status updates.



PARTNERS IN AGING

5 Year MHSA Funded Innovation Project
2016 to 2021
Older Adult Mental Health

Partners in Aging – An Innovation Project!

Implemented in
September 2016

Added 2 Community
Support Workers and an
Intern to OAMH

Provided IMPACT Team
greater access to
integrated mental health,
medical and community
resources

CSWs provided linkage,
in-home and in-
community peer support,
and health/mental health
coaching to consumers

A Clinical Intern provided
outreach services, as well
as serving a caseload of
IMPACT client

Partners in Aging Was Created to:



Determine if IMPACT clients benefit from peer support, including developing life skills, self-management goals, increasing linkages to community referrals, decreasing social isolation and depression, and increasing quality of life.



Develop a workforce that has skills and passion for working with older adults by adding an Intern to the IMPACT Program.



Increase community outreach to get the word out about the IMPACT Program.



Reduce return visits to Psychiatric Emergency Services.

A Brief Timeline

Our first Community Support Worker and Partners in Aging Interns Started. Began process of purchasing a car for this CSW.

September 2016

Summer 2019

We expanded the program to include 2 Community Support Workers. Added a second car for the second CSW.

Partners in Aging Project sunsets and we work to maintain the benefits of this project and implement the lessons learned.

August 2021

Timeline for Changes in the IMPACT Program

When PIA began IMPACT services were provided through Specialty Mental Health to clients with moderate to severe symptoms. Services were provided at Concord Health Center 2, Pittsburg Health Center and West County Health Center.

September 2016

November 2017

January 2021

IMPACT returned to using Specialty Mental Health billing and serving clients with moderate to severe symptoms. IMPACT clinicians are now located at Older Adult Mental Health, West County WIC Building/West County Adult Mental Health and Pittsburg Adult Mental Health. CSWs are now able to bill for their services.

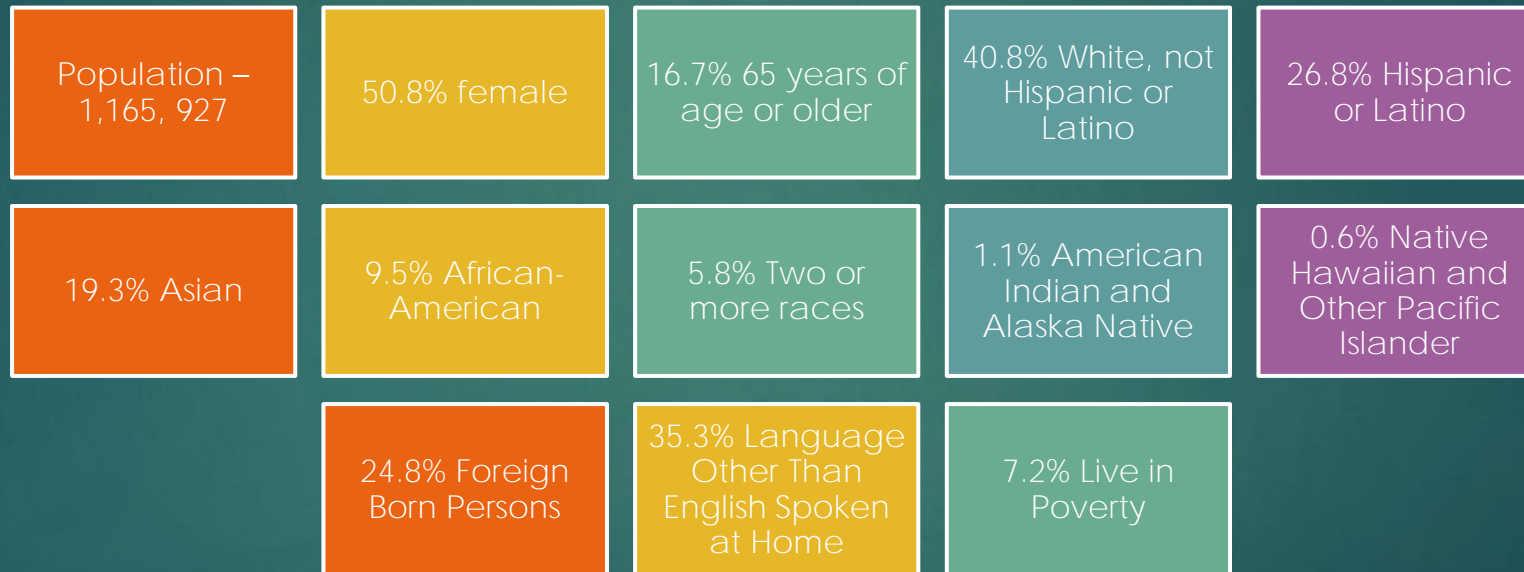
IMPACT began using the Federally Qualified Health Center model for billing and served clients with mild to moderate symptoms. CSWs are not able to bill in this system. Our Intern continued to use Specialty Mental Health billing.

What is the IMPACT Program?



- Provide short-term problem-solving therapy with licensed clinicians at East County Adult Mental Health, West County Adult Mental Health and Older Adult Mental Health. These services were previously provided at Pittsburg Health Center, West County Health Center and Concord Health Center 2. Locations were changed on 1/1/21.
- Provide evidenced-based services to help individuals over the age of 55 who are experiencing moderate to severe depression, anxiety or Post-Traumatic Stress Disorder. From approximately 11/17 to 1/21 these services were provided to clients with mild to moderate symptoms at the Federally Qualified Health Centers.
- Clients may be referred to Older Adult Mental Health geropsychiatrists for a one-time face to face consultation.
- Monitor progress of treatment via the PHQ-9 periodically to confirm that treatment is moving forward toward significantly decreasing depressive symptoms.
- Currently, we primarily serve clients with Medi-Cal or Medi-Cal and Medicare.

Contra Costa County Demographics (4/1/20)



- ▶ 53.9% female
- ▶ 86.2% completed high school, college or a graduate degree
- ▶ 61.2% have an income less than \$60,000/year with 15.1% having an income less than \$20,000 per year
- ▶ 100% of the Latino population ages 65 and up had an income less than \$40,000
- ▶ 81.2% were born in the United States, and 44% reported speaking English very well.
- ▶ https://cadc.ucsf.edu/sites/g/files/tks_sra881/f/wysiwyg/files/Contra%20Costa_demographics.pdf

Contra Costa Demographics – Age 65 and Over – data from 2011

Who Are We Serving?



Approximately 20% of older adults in the community, and 37% in primary care settings suffer from depression. Meanwhile, nursing home depression rates are estimated at 30-40%.

(AOA 2011 and Gabrel 2007)

IMPACT Program

- Our IMPACT Program has served 131 individuals (ranging in age from 55 to 90) who suffer from moderate to severe depressive symptoms and/or anxiety during FY 21/22.

- Approximately (FY 21/22):

66.4% of these individuals are female
33.6% of these individuals are male

37.4% identified as White
19.8% identified as African American
19.1% identified as Hispanic/Latino
10.7% identified as "other race"
4.6% identified as Asian
3.8% identified as more than one race
3.8% declined to answer or the race was "unknown"
0.8% identified as Hawaiian/Pacific Islander

78.6% speak English
19.6% speak Spanish
Other languages, include Farsi, Bulgarian and Cantonese

IMPACT Demographics Continued

30.5% are single,
27.5% divorced,
22.1% married, 9.9%
widowed and 3.8%
separated

25.2% in Central
County, 32.1% in
West County, and
41.2% in East County

IMPACT

Diagnoses & Hospitalizations

The most common diagnoses are Major Depressive Disorder, Post-Traumatic Stress Disorder and Generalized Anxiety Disorder.

17% of clients were diagnosed with a Substance Use Disorder. The most common substances of abuse were alcohol, stimulants and cannabis.

None of the clients enrolled in IMPACT during this fiscal year had visits to Psychiatric Emergency Services or an inpatient psychiatric hospital in the 6 months prior to enrollment or in the 6 months post-enrollment

Are We Making A Difference?



Symptoms of depression in older Americans are often overlooked and untreated because they can coincide with other late life problems, and this is underscored by the fact that 75% of older adults who die by suicide had seen their physician within the month prior to their death.

(APA 2005 and NIMH 2007)

IMPACT Program

7/1/15 to 6/30/18

- The mean baseline PHQ-9 score for individuals was **15**.
- The mean PHQ-9 score for individuals at their final session was **9**.
- On average, **79.9%** of clients experience an improvement in symptoms.
- 58.9%** experienced a significant improvement (5 points or more on the PHQ-9)
- Regardless of gender, ethnicity, and PHQ-9 score at baseline, a client's final PHQ-9 score has been shown to decrease by **0.5/session** they attend.

PHQ-9 Scoring:

0-4 No Symptoms of Depression, 5-9 Mild, 10-14

Moderate, 15-19 Moderately Severe and 20-27 Severe



Partners in Aging Provided Services To:

- 25 to 30 clients during FY 2016/2017
- 38 clients during FY 2017/2018
- 32 clients during FY 2018/2019
- 27 clients during FY 2019/2020
- 27 clients during FY 2020/2021
- Many of these clients received multiple services from Partners in Aging CSWs and Interns.

Our Amazing CSWs!

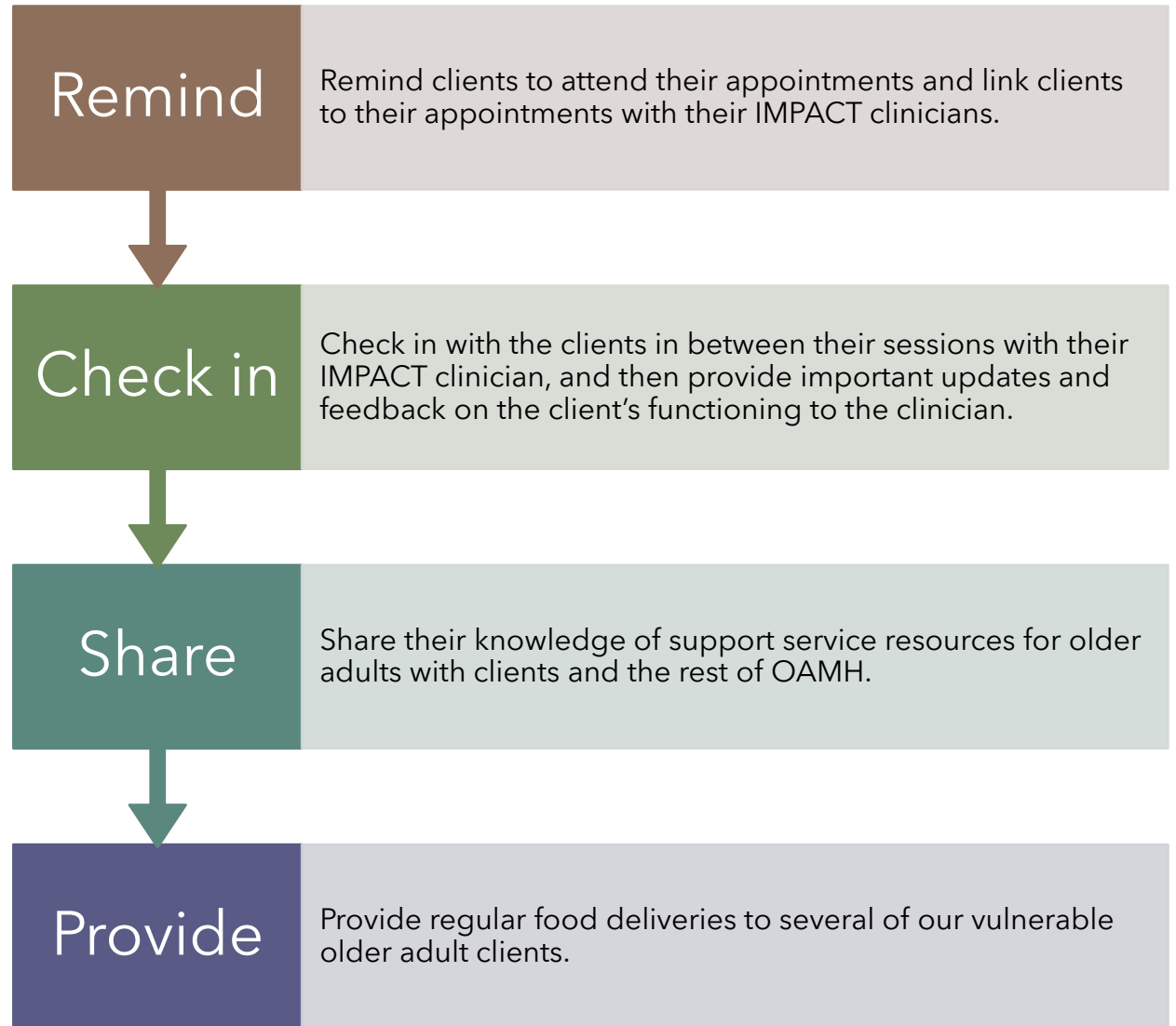
Build rapport and provide peer support, coaching, multiple linkage and mental health rehabilitation services.

Connect with clients in different ways than our clinicians since they are in the community with the clients and can relate to them as a peer. They collaborate with the clinicians and provide a valuable perspective.

Link clients to important resources such as In-Home Support Services, legal services, Social Security Administration, housing resources (including linking to Housing Navigators at Care Centers and linking to organizations that assist with rent payments), Monument Crisis Center, food banks and medical appointments.

Assist clients with completing housing applications.

More about our amazing CSWs!



IMPACT of COVID-19

Our IMPACT clinicians and Intern provided telehealth services by phone or Zoom to their clients as well as in-person services.

IMPACT therapy services were more available for clients who have difficulty attending sessions in person. CSWs were available to assist clients in learning how to use Zoom for therapy sessions.

Telehealth allowed clients to more easily be matched with a therapist who speaks their native language.

The role of the CSW shifted from spending less of their time transporting clients to their IMPACT appointments. They were more focused on linking clients to other resources in the community and providing telephone support. As we increasingly transition to seeing more clients in person the IMPACT CSWs have again increased the amount of time transporting clients to their appointments.

Program to Encourage Active and Rewarding LiveS (PEARLS) Data

- In approximately August 2017 we started to use the PEARLS Questionnaire, which is an evidence-based outcome measure created by the University of Washington, when clients began receiving PIA services, every 6 months, and at closing. The PEARLS Questionnaire includes the Patient Health Questionnaire-9 (PHQ-9), and includes questions on general health, social activities, physical activities and pleasant activities.
- Preliminary results of the PEARLS data indicated that all participants showed a decrease in depressive symptoms as measured by the PHQ-9. These decreases ranged **an average of 1 point for clients with mild and moderate depression to 5 points for clients with severe depression, which was about 25% of the clients**. Clients with severe depression were shown to improve in their overall evaluation of their physical health. Clients with mild to moderate depression were shown to improve their social connections and activities.

Are we Making a Difference?

YES! 😊

The PEARLS results described above as well as information from the other sources indicate that the Partners in Aging Program had a positive impact on our IMPACT clients.

The preliminary PEARLS results showed different trends depending on the level of severity of the client. **Clients with the most severe depression benefited the most in terms of the reduction in depressive symptoms.** This indicates that the current focus of the IMPACT and Partners in Aging Programs on serving clients with moderate to severe depression is likely to lead to significant benefits for the clients served as we go forward.

The addition of CSWs to our IMPACT Program has greatly increased the scope of the services that our clients receive and has improved quality of life in countless ways for many clients!

We received only one referral from Psychiatric Emergency Services. We received this referral in 2017. This client participated in therapy through IMPACT and has not returned to PES.

Success Story!

- Our CSW worked with a male in his mid-50s with a history of Post-Traumatic Stress Disorder, Generalized Anxiety Disorder (severe), Major Depressive Disorder (moderate), fear and low self-esteem. He was going through a very difficult phase in his life which was triggering him and causing him mood dysregulation and severe depression. He was expressing suicidal ideation and dealing with grief related to a recent loss.
- One of the main reasons for his distress was him nearly becoming homeless but with the help of our CSW he ended up finding a room for rent in a home and was very happy with this.
- He desperately needed to get his own place and live independently, but his credit status as well as his finances were in poor shape. Our CSW was able to help him link with financial counseling services in Contra Costa County which included support in filling out multiple forms. He has maintained this residence for over a year.

Success Story Continued!

- The CSW also helped the client complete several job applications. The CSW supported client on multiple occasions, was consistently available, in person and by phone.
- The CSW worked with him to build his Wellness Recovery Action Plan (WRAP). He has been learning to recognize when he is not feeling well and learning to utilize his wellness tools as well as reaching out for help when needed. The CSW continues to work with him on building hope, practicing positive thinking and building self-esteem.
- Through our CSWs support and therapy with our IMPACT clinician, he became less anxious, less depressed, and more emotionally regulated. These changes greatly contributed to client's stability and increased his hopefulness that he could overcome his financial difficulties to eventually become more independent and have his own living arrangement.
- He has now been hired at a new job! He has maintained employment for a few months and is now assisting his landlord on top of his job. The support provided by the CSW was invaluable and greatly enhanced the progress made in his therapy with the IMPACT clinician.

Future Funding – We Need Your Help!

We were able to secure funding to maintain employment for one of our CSWs! Her position is now a Permanent Full-Time position funded through MHSA Community Support Services funds.

We are advocating to find funding for the second Partners in Aging CSW position.

We need help from CPAW! 😊

CSWs are essential to the functioning of both our IMPACT and Intensive Care Management Programs at Older Adult Mental Health. Their assistance with rehab support, linkage to community resources, transportation to medical, mental health and social services appointments are critical to the care and well-being of our vulnerable older adult clients!



8-4-2022 CPAW SB 803 Peer Certification Update

Behavioral Health Services – Office for Consumer Empowerment

A Little Review...

- SB 803 has created a new potential career pathway for peers in California via a certification program into which counties can opt to certify peer support specialists as Medi-Cal providers.
- Certified peers will be able to claim Medi-Cal reimbursement specifically for peer support services.
- The California Mental Health Services Authority (CalMHSA) is the certifying entity, responsible for certification, examination, and enforcement of professional standards for Medi-Cal Peer Support Specialists in California.
- Contra Costa County has opted-in to partner with CalMHSA to certify peers in our community! Now, we need your input...

Next Steps

- Contra Costa County has been allotted 42 scholarships for initial certification of peers to work in Specialty Mental Health Services with funds provided by the California Department of Health Care Services.
- Scholarships will cover costs of the application, the required 80-hour certification training, and the certification exam, projected to be available to the public starting in October.
- Certification requirements include being 18 years or older, having a valid ID, having a high school diploma or equivalent degree, identifying as a peer with lived experience, being willing to share your lived experience, and agreeing, in writing, to adhere to the Medi-Cal Peer Support Specialist Code of Ethics.
- Potential benefits for scholarship recipients could include possible eligibility for future employment and further professional growth and advancement.

We Need Community Input on...

- Target Population for Scholarships
- Process for Determining Scholarship Allocation

What Are Your
Thoughts?

