



Mental Health Services Act:

Community Services & Supports
2009-2010 Annual Update to the Three-Year
Program and Expenditure Plan

Draft for Public Review
January 29, 2009

County of Santa Cruz

HEALTH SERVICES AGENCY

1400 Emeline Avenue, Santa Cruz, CA 95060
(831) 454-4170 FAX: (831) 454-4663 TDD: (800) 523-1786

LETTER FROM THE MENTAL HEALTH & SUBSTANCE ABUSE DIRECTOR

January 29, 2009

The Santa Cruz County Mental Health & Substance Abuse Services has completed a “2009-2010 Annual Update to the Three Year Program and Expenditure Plan” of the Mental Health Services Act (MHSA/Proposition 63). The report includes a report of the Community Services and Supports (CSS) fiscal year 2007-2008 activities. The report has been prepared according to instructions from the State Department of Mental Health (DMH), pursuant to DMH Information Notice #08-28.

The report is available for public review and comment from January 29, 2009 to March 1, 2009. There will be a public hearing on Thursday, February 19th, 2009 from 3:15 p.m. to 4:05 p.m. at 1400 Emeline, room 206, Santa Cruz, CA. You may provide comments in the following ways:

At the Public Hearing,

By fax: (831) 454-4663,

By telephone: (831) 454-4931 or (831) 454-4498,

By email to mhsa@co.santa-cruz.ca.us,

Or by writing to:

Santa Cruz County Mental Health & Substance Abuse Services
Attention: Alicia Nájera, MHSA Coordinator
1400 Emeline Avenue
Santa Cruz, CA 95060

Sincerely,

Leslie Tremaine
Director

**Exhibit A
COUNTY CERTIFICATION
MHSA FY 2009/10 ANNUAL UPDATE**

County Name: Santa Cruz County Mental Health & Substance Abuse Services

County Mental Health Director	Project Lead
Name: Leslie Tremaine	Name: Alicia Nájera
Telephone Number: 831-454-4515	Telephone Number: 831-454-4931
E-mail: leslie.tremaine@health.co.santa-cruz.ca.us	E-mail: alicia.najera@health.co.santa-cruz.ca.us
Mailing Address: Santa Cruz County Mental Health & Substance Abuse Services 1400 Emeline Avenue Santa Cruz, CA 95060	

I hereby certify that I am the official responsible for the administration of public community mental health services in and for said County and that the County has complied with all pertinent regulations, laws and statutes for this Annual Update. Mental Health Services Act funds are and will be used in compliance with Welfare and Institutions Code Section 5891 and California Code of Regulations (CCR), Title 9, Section 3410, Non-Supplant.

This Annual Update has been developed with the participation of stakeholders, in accordance with CCR, Title 9, Sections 3300, 3310(d) and 3315(a). The draft FY 09/10 Annual Update was circulated for 30 days to stakeholders for review and comment and a public hearing was held by the local mental health board or commission. All input has been considered with adjustments made, as appropriate.

All documents in the attached FY 2009/10 Annual Update are true and correct.

Signature

Date

Title
Local Mental Health Director/Designee

Exhibit B
Description of Community Program Planning and Local Review Processes
MHSA FY 2009/10 ANNUAL UPDATE

County Name: Santa Cruz County Mental Health & Substance Abuse Services

Instructions: Utilizing the following format please provide a brief description of the Community Program Planning and Local Review Processes that were conducted as part of this Annual Update.

1. Briefly describe the Community Program Planning Process for development of the FY 2009/10 Annual Update. It shall include the methods for obtaining stakeholder input. (suggested length – one-half page)

The County works closely with the Mental Health Board (which includes consumers, family members and other advocates), meets regularly with the various mental health contract agency representatives, and meets monthly with the Santa Cruz County Mental Health Services Act Steering Committee. The MHSA Steering Committee oversees the community planning process for each of the MHSA components. (Note: the MHSA Steering Committee membership was selected with the intention of having a cross section of member representatives, including mental health providers, employment, social services, law enforcement, consumers, and family members, as well as representatives from diverse geographical and ethnic/racial/cultural populations.)

Aside from the extensive Community Services and Supports (CSS) Planning Process, the County has conducted planning processes for the CSS Housing component, the Workforce Education & Training Component, and the Prevention & Early Intervention Component. Although consumers and family members participate in the workgroups, the County has found it beneficial to have focus groups with consumers in both North and South County, with NAMI family members, with Spanish speaking family members, with transition age youth, youth, seniors, and veterans. Also, in October 2007, Santa Cruz County Mental Health & Substance Abuse Services held two **Town Hall** meetings to provide a status update on the Mental Health Services Act (MHSA), and to hear feedback about implementation to date.

The County has posted materials from the various stakeholder workgroups on our website.

2. Identify the stakeholder entities involved in the Community Program Planning Process.

As mentioned above, the County works closely with the Local Mental Health Board, contract agency representatives, and the MHSA Steering Committee. Additionally, the County works directly with NAMI, the Mental Health Client Action Network (MHCAN), the Mariposa Wellness Center, as well as agencies representing underserved communities

(the Diversity Center, Queer Youth Task Force, Barrios Unidos, Migrant Head Start), educational institutions, social services, law enforcement, community resource centers, employment and health.

3. Describe how the information provided by DMH and any additional information provided by the County regarding the implementation of the Community Services and Supports (CSS) component was shared with stakeholders.

The County informs the Local Mental Health Board, the contract agencies, and the MHSA Steering Committee on a regular basis. The County makes use of the website to keep the community at large informed of the workgroups in process. When a plan is posted the County has a press release and there is an ad placed in the local newspapers.

4. Attach substantive comments received about the CSS implementation information and responses to those comments. Indicate if none received.

(To be completed after the 30-day review.)

5. List the dates of the 30-day stakeholder review and public hearing. Attach substantive comments received during the stakeholder review and public hearing and responses to those comments. Indicate if none received.

The report is available for public review and comment from January 26, 2009 to February 26, 2008. There will be a public hearing on Thursday, February 19th, 2009 at 3:00 at 1400 Emeline, room 207, Santa Cruz, CA.

(To be completed after the 30 day review.)

Exhibit C
Report on FY 2007/08 Community Services and Supports Activities
MHSA FY 2009/10 ANNUAL UPDATE

County Name: Santa Cruz County Mental Health & Substance Abuse Services

Provide a brief narrative description of progress in providing services through the MHSA Community Services and Supports (CSS) component to unserved and underserved populations, with emphasis on reducing racial/ethnic service disparities. (suggested length – one-half page)

The Santa Cruz County planning process confirmed that there is a disparity in access and service delivery to the Latino community and to persons speaking the threshold language (Spanish). As such, increasing access to services for Latinos was established as an overall goal for the MHSA Community Services and Supports plan. Each CSS work plan includes an increased focus on addressing disparities, and all contracts with the Santa Cruz Mental Health and Substance Abuse Services include cultural competence requirements. (These include language requirements, requirements regarding written information, accommodations and culturally competent staff.)

One particularly successful strategy to address disparities in access among underserved populations includes the decision to locate Santa Cruz County's second Wellness Center program in the heart of downtown Watsonville, a community which houses many Anglo/Caucasian consumers as well as a large number of underserved Latino consumers and their families. The Mariposa Wellness Center program quickly became a hub for activities and support services for adult mental health consumers as well as for outreach activities conducted by our Family Advocacy and Family Partnership programs. The center is a convenient, friendly, easily accessible gathering place for families and adult consumers to share information, learn about services and get support for engaging in wellness and educational activities. Activities for consumers generally take place in the daytime, while family gatherings most often occur in the early evening, to accommodate work schedules. However, there is overlap between the two groups, who are able to access whichever programs and services best fit their needs.

One of the most successful efforts to address disparities and quality of care among underserved populations targeted by our Plan has been the focus on hiring more bicultural, bilingual (Spanish) in order to better match our client population. The County of Santa Cruz is doing a little better on the penetration rate than the state average. We have a 4% penetration rate of Latino's overall and 4.5% in Latino youth. The APS documents show our County did better with the penetration rate for Latinos compared statewide than other medium sized counties. However, due to the budget reductions we are concerned about the loss of bilingual capacity in terms of our county service providers (because of union requirements of retention of staff with seniority) and the potentially adverse effect this will have on addressing the racial/ethnic disparities.

Mental Health Services Act-Work Plan Description (Exhibit D)

County Name: Santa Cruz County Mental Health & Substance Abuse Services

Work Plan Title: CSS Work Plan #1: Community Gate

Community Services and Supports

Annual Number of Clients to Be Served: 160 **Total**

Number of Clients by Funding Category:

Full Service Partnerships: 0

System Development: 140

Outreach and Engagement: 20

Population to be Served:

The Community Gate services are designed to create expanded community-linked screening/assessment and treatment of children/youth suspected of having serious emotional disturbances—but who are not referred from our System of Care public partner agencies (Probation, Child Welfare, Education). Particular attention is paid to addressing the needs of Latino youth and families, as well as serving Transition-age youth.

Work Plan Description:

The Community Gate is designed to address the mental health needs of children/youth in the Community at risk of hospitalization, placement, and related factors. This is achieved by:

- Improvements in our system so that at-risk youth are identified earlier and can get help before problems get serious
- Increased service capacity for youth with both mental health and substance abuse issues. These services include assessment, individual, group and family therapy with the goal of improved mental health functioning and maintaining youth in the community.

Implementation has been successful in that more youth/families are receiving mental health services with better access to services in their community.

In 2009/10 we will expand service capacity in two community-based agencies to help prevent children/youth from escalating towards need for hospitalization and more intensive services. It will also increase service capacity for Children’s Access referrals.

Mental Health Services Act-Work Plan Description (Exhibit D)

County Name: Santa Cruz County Mental Health & Substance Abuse Services

Work Plan Title: CSS Work Plan #2: Probation Gate

Community Services and Supports

Annual Number of Clients to Be Served: 130 Total

Number of Clients by Funding Category:

Full Service Partnerships: 0

System Development: 130

Outreach and Engagement: 0

Population to be Served:

The Probation Work Plan is designed to increase dual diagnosis (mental health/substance abuse) services to youth and families involved with the Juvenile Probation system, or at risk of involvement. This includes Transition-age youth aging out of the system, with particular attention paid to addressing the needs of Latino youth and families.

Work Plan Description:

The Probation Gate is designed to address the mental health needs of youth involved with, or at risk of involvement, with the Juvenile Probation system. The System of Care goal (shared with Probation) is keeping youth safely at home, rather than in prolonged stays of residential placement or incarcerated in juvenile hall.

To achieve our goal we have increased dual diagnosis (mental health/substance abuse) services for youth that are:

- Identified by Juvenile Hall screening tools (i.e., MAYSI, California Endowment Grant) with mental health and substance abuse needs that are released back into the community.
- In the community and have multiple risk factors for probation involvement (with a primary focus on Latino youth).

Implementation has been successful in that more youth/families are receiving mental health services (including assessment, individual, group, and family therapy) with the goal of improved mental health functioning and maintaining youth in the community, and helping to decrease further involvement with the Juvenile Probation system.

In 2009/10, we will expand County services in this work plan by 2 FTE (1 clinical supervisor and 1 clinician) to focus on two specific populations:

- Increase services to additional Transition-age youth (TAY) in the Probation population (particularly as they age out of the juvenile probation system).
- Increase services to Probation youth with high mental health needs, but low criminality. This will also assist Probation in meeting their Juvenile Detention reform goals of keeping low-criminality youth out of juvenile hall, but safely supported by services in the community.

In addition, we plan small service capacity increases to the contracts of two community-based agencies.

Mental Health Services Act-Work Plan Description (Exhibit D)

County Name: Santa Cruz County Mental Health & Substance Abuse Services

Work Plan Title: CSS Work Plan #3: Child Welfare Gate

Community Services and Supports

Annual Number of Clients to Be Served: 150 **Total**

Number of Clients by Funding Category:

Full Service Partnerships: 0

System Development: 150

Outreach and Engagement: 0

Population to be Served:

The Child Welfare Work Plan is designed to increase dual diagnosis (mental health/substance abuse) services to youth and families involved with Child Welfare Services, as well as Transition-age youth (particularly those aging out of foster care, but not limited to this population). Particular attention will be paid to addressing the needs of Latino youth and families.

Work Plan Description:

The Child Welfare Gate goals were designed to address the mental health needs of children/youth in the Child Welfare system. We have

- Developed consultation services for parents (with children in the CPS system) who have both mental health and substance abuse issues.
- Increased services to Transition age youth (18-21 years old) who are leaving foster care to live on their own (as well as other youth with SED turning 18).
- Increased our service capacity. In 2009-10 we will expand services for the 0 to 5 child population. These services will include assessment, counseling, family therapy and crisis intervention.
- In 2009/10 we will also expand service capacity for general foster children/youth treatment with a community-based agency, as well as increasing county clinical capacity

Mental Health Services Act-Work Plan Description (Exhibit D)

County Name: Santa Cruz County Mental Health & Substance Abuse Services

Work Plan Title: CSS Work Plan #4: Education Gate

Community Services and Supports

Annual Number of Clients to Be Served: 38 **Total**

Number of Clients by Funding Category:

Full Service Partnerships: 0

System Development: 38

Outreach and Engagement: 0

Population to be Served:

The Education Gate program is designed to create new school-linked screening/assessment and treatment of children/youth suspected of having serious emotional disturbances. In addition, specific dual diagnosis (mental health/substance abuse) service capacity will be created and targeted to students referred from Santa Cruz County's local schools, particularly those not referred through Special Education (since the AB3632 Program has its own referral process and service capacity). Particular attention will be paid to addressing the needs of Latino youth and families. Transition-age youth will also be served.

Work Plan Description:

The Education Work Plan goal is to address the mental health needs of children/youth in Education system at risk of school failure by

- Increasing mental health services to children/youth with serious emotional disturbance (SED) at school sites, particularly at the County Office of Education's alternative schools.
- Increasing consultation and training of school staff in mental health issues regarding screening and service needs of students with SED

Mental Health Services Act-Work Plan Description (Exhibit D)

County Name: Santa Cruz County Mental Health & Substance Abuse Services

Work Plan Title: CSS Work Plan #5: Family Partnerships

Community Services and Supports

Annual Number of Clients to Be Served: 72 **Total**

Number of Clients by Funding Category:

Full Service Partnerships: 0

System Development: 12

Outreach and Engagement: 60

Population to be Served:

Families and youth involved in our Children’s Mental Health System of Care in need of family and youth partnership activities.

Work Plan Description:

This MHSA contract is designed to expand Family and Youth Partnership activities provided by parents, and youth, who are or have been served by our Children's Interagency System of Care. This has increased the capacity of two existing community-based agencies experienced in providing consumer-run and delivered services.

The increased support, outreach, education, and services include an:

- Expansion of community-based agency contract to provide additional parent and youth services in our System of Care, and
- Increased capacity for youth and family advocacy by contracting for these services with a community bases agency. Emphasis is on increasing youth-partnership activities.

Mental Health Services Act-Work Plan Description (Exhibit D)

County Name: Santa Cruz County Mental Health & Substance Abuse Services

Work Plan Title: CSS Work Plan #6: Enhanced Crisis Services

Community Services and Supports

Annual Number of Clients to Be Served: 175 **Total**

Number of Clients by Funding Category:

Full Service Partnerships: 25

System Development: 100

Outreach and Engagement: 50

Population to be Served:

The priority population for this program are individuals 18 and older at high risk of crisis who are either (1) experiencing significant impact to their level of functioning in their home or community placement that need enhanced 24/7 supports to maintain functioning in their living situation, or (2) in need **or at risk** of psychiatric hospitalization but are able to be safely treated on a voluntary basis in a lower level of care, or (3) individuals being inappropriately treated at a higher level of care or incarceration and able to step down from psychiatric hospitalization or locked skilled nursing facility to a lower level of care in the community.

Work Plan Description:

The Santa Cruz County Mental Health and Substance Abuse Program is committed to a person-centered recovery vision as it's guiding principles and values; central to this is the notion that every individual should receive services in the least restrictive setting possible.

To achieve this mission we:

- Enable individuals to avoid or minimize the disruption and trauma of psychiatric hospitalization and/or incarceration while maintaining their safety in a supportive, safe and comfortable environment.
- Provide individualized attention, and a “compassionate presence” for individuals in need on a 24/7 basis.
- Transformed the Center for Hope and Healing to a crisis residential program to enhance the capacity of voluntary alternatives to acute psychiatric hospitalization.
- Added a new mobile Enhanced Support Service (ESS) team to assist adult Full Service Partnerships and other System of Care consumers maintain the least restrictive care by providing wrap around services.
- Added crisis specialists to the mobile crisis response team expanding the service and support capacity needed for non-System of Care individuals.
- Added additional staff to South County region to expand Access services and mobile crisis support.
- 09/10 Add one Licensed Clinical Supervisor for oversight of crisis and acute services.

Mental Health Services Act-Work Plan Description (Exhibit D)

County Name: Santa Cruz County Mental Health & Substance Abuse Services

Work Plan Title: CSS Work Plan #7: Consumer, Peer & Family Supports

Community Services and Supports

Annual Number of Clients to Be Served: 180 **Total**

Number of Clients by Funding Category:

Full Service Partnerships: 30

System Development: 90

Outreach and Engagement: 60

Population to be Served:

The priority population for these services includes transition age youth, adults and older adults with serious mental illness.

Work Plan Description:

The Consumer, Peer and Family Service work plan expanded countywide access to culturally competent, recovery-oriented, peer-to-peer, community mentoring, and consumer-operated services. This plan includes

- The Wellness Center located in Santa Cruz at the Mental Health Client Action Network (MHCAN) self-help center
- The Wellness Center located Watsonville referred to as “Mariposa” and operated by our contractor Community Connection
- Peer supports
- Family Advocacy for Adults
- Client Leadership Advocacy

Mental Health Services Act-Work Plan Description (Exhibit D)

County Name: Santa Cruz County Mental Health & Substance Abuse Services

Work Plan Title: CSS Work Plan #8: Community Support Services

Community Services and Supports

Annual Number of Clients to Be Served: 69 **Total**

Number of Clients by Funding Category:

Full Service Partnerships: 19

System Development: 50

Outreach and Engagement: 0

Population to be Served:

This expansion will serve Older Adults with health issues, adults with serious mental illness (including adults with co-occurring substance abuse disorders) and adults involved in the criminal justice system. This population has been underserved in the area of supports to enhance meaningful activities.

Work Plan Description:

The services and strategies in this work plan are designed to advance recovery goals by holding out hope and opportunities for all consumers reach their goal to live independently and be to engaged in meaningful work and learning activities.

- Enhancement of SCCC Housing supports (with addition of 1 FTE OT, 1 FTE LVN or Psych Tech, 1 FTE Peer Counselor and .5 Employment Specialist)
- Housing Coordinator at Front Street.
- Supportive employment and other productive activities and personal growth opportunities, including development of job options for clients, competitive and non-competitive options as well as volunteerism, and other meaningful activities
- Supportive education
- Values-driven culturally competent evidence-based practices that are integrated with overall service planning and support housing, employment and/or education goals.
- 09/10 Add a Housing Support Staff member to Front Street services that will provide in-home housing support to individuals living independently.

Mental Health Services Act-Work Plan Description (Exhibit D)

County Name: Santa Cruz County Mental Health & Substance Abuse Services

Work Plan Title: CSS Work Plan #9: Person-Centered Programs

Community Services and Supports

Annual Number of Clients to Be Served: 324 Total

Number of Clients by Funding Category:

Full Service Partnerships: 136

System Development: 150

Outreach and Engagement: 38

Population to be Served:

The priority population for this work plan are transition age youth, adults, and older adults with serious mental illness, especially those unserved and underserved Latino individuals living in the southern part of the county.

Work Plan Description:

This work plan increases access and enhances geographic proximity of public mental health services, and increases the array and types of available services to transition age youth, adults and older adults with serious mental illness by:

- Conversion of Housing Coordinator position from a Senior Analyst position to a Mental Health Client Specialist. This will enable more direct supportive services and advocacy to take place. The MHSA Housing projects will be implemented in collaboration with a new partnership created with our local Redevelopment Agency.
- Jail Discharge Planning
- Benefits Supports
- Older Adult Full Service Partnership Team
- Conversion of Darwin and Opal Cliffs to provide 17 beds for Independent Supported Housing (Front Street Inc.)
- Due to increased number of clients on the FSP for TAY that has included the Homeless population, we have decided to convert this team into two separate teams in 09-10: one FSP with a focus on TAY and the other with a focus on Homelessness. This will enable more focused services on these two distinct populations.
- 09/10, There will be an additional 8 Dedicated beds at the River Street Shelter for Homeless individuals. These beds will allow individuals to stay a in the shelter up to 30 days while transitioning to a more stable living environment.
- 09/10 Add three Mental Health Client Specialists to focus on heavy utilizers of inpatient and locked care . Emphasis will be placed on supporting individuals in the community and focusing on goals of recovery.
- 09/10 Convert 4 residential treatment beds at the El Dorado Center to be used as step down from locked care. The focus of these beds is to re-integrate individuals back into the community and prepare them to live in the least restrictive setting. Length of stay may be up to 3 months during the transition period.