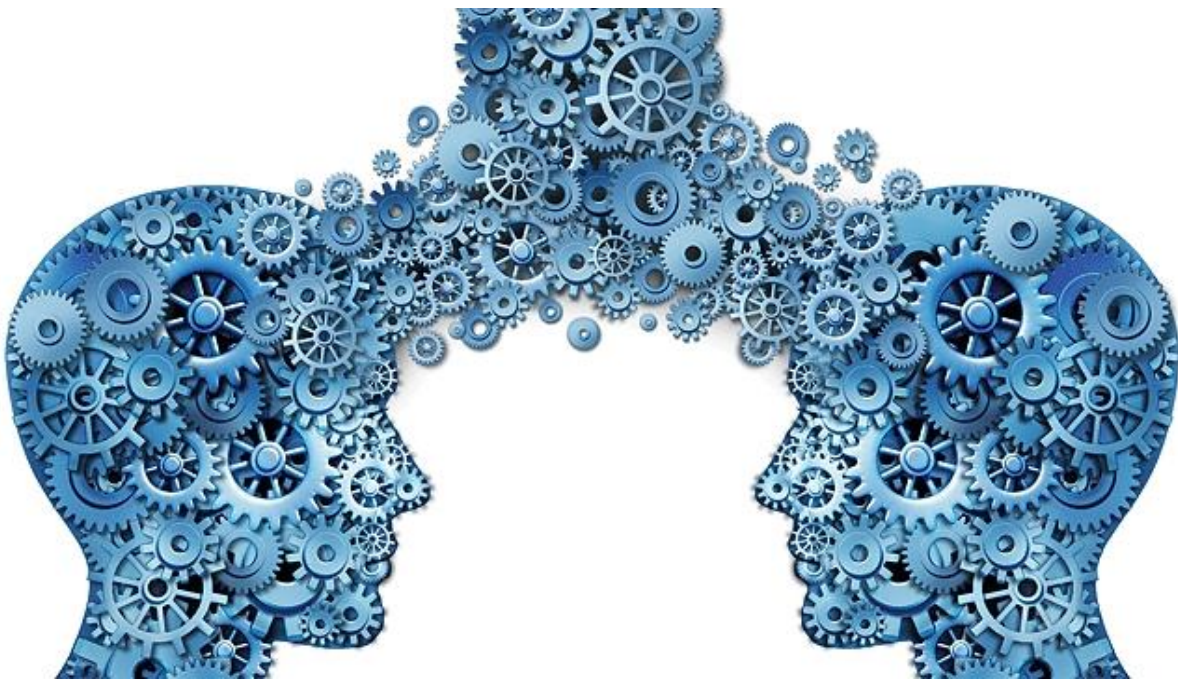

IMPERIAL COUNTY MENTAL HEALTH BOARD

ANNUAL REPORT FY 2018-2019



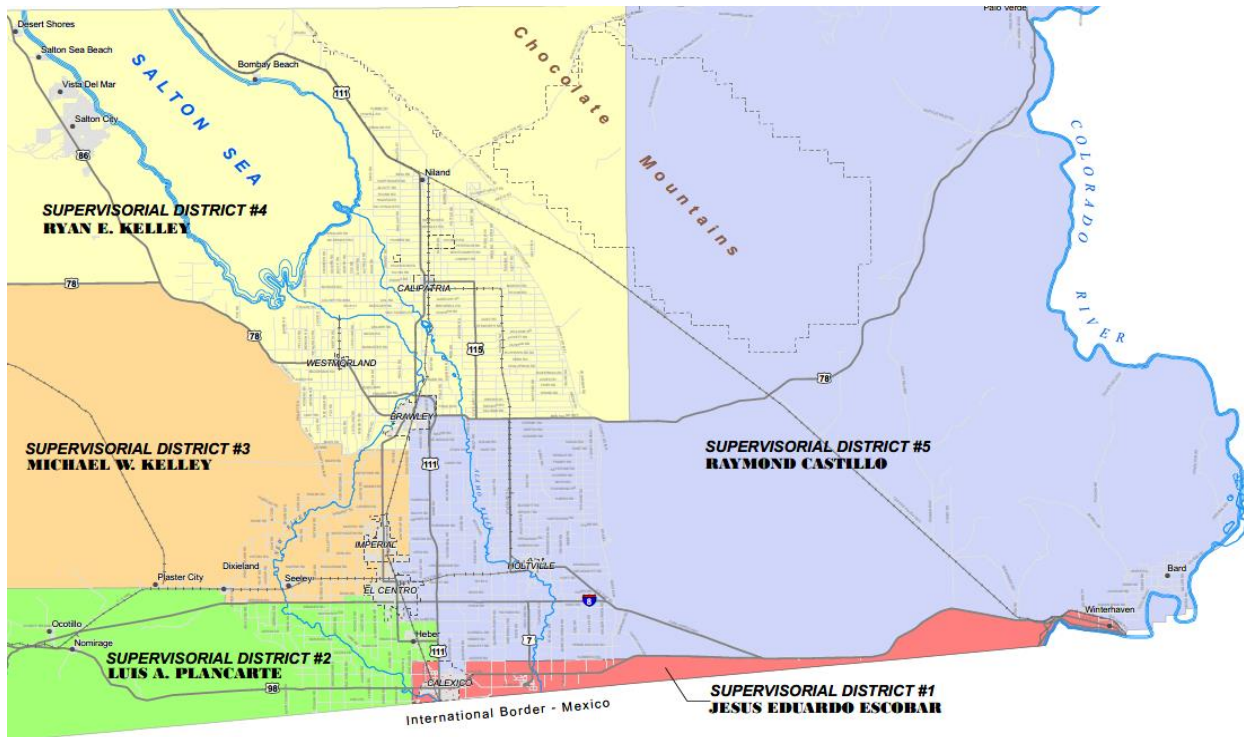
Advocating local mental health needs while strengthening program development and operation.

TABLE OF CONTENTS

Imperial County Mental Health Board	
Members and District Map	3
A Foreword from the Chair	4
Introduction to the MHB Annual Report FY 18/19	6
About our Members	7
Member Leaving the Board during the Past Year	10
Imperial County Mental Health Population	11
Mental Health Board Annual Highlights	12
Expansion of Services	12
Outreach and Collaborative Efforts	18
World Mental Health Day	19
Mental Health Awareness Month	19
MHB Committee Reports	19
Children Services Committee	19
California Mental Health Planning Council (CMHPC) Data Notebook	19
Evidence-Based Treatment Practices & Outcome Evaluation Tool Description & Updates	20
Monthly Updates	21
MHB Monthly Meeting Attendance	22
MHB Committees	23
Committee Meetings Attended by MHB Members	24
Legislative Mandates for FY 18/19	25
Mental Health Board Goals for FY 18/19	27
Recommendations to the Board of Supervisors	28

IMPERIAL COUNTY MENTAL HEALTH BOARD

MEMBER REPRESENTATION BY DISTRICT AND SUPERVISOR



District 1 – Supervisor Jesus E. Escobar

Communities Represented:

Calexico

Vacancy

Vacancy

District 3 – Supervisor Michael W. Kelley

Communities Represented:

**Seeley, Plaster City, El Centro,
& Imperial West Side**

Harold Walk

Pamela Mills-Morita

District 5 – Supervisor Ray Castillo

Communities Represented:

**Holtville, Winterhaven, El Centro,
Imperial East Side & Palo Verde**

Vacancy

District 2 – Supervisor Luis A. Plancarte

Communities Represented:

El Centro, Heber & Ocotillo

Benny Benavidez, Chair

Nancy Rhodes

Carlos Acuña

District 4 – Supervisor Ryan E. Kelley

Communities Represented:

**Brawley, Calipatria, Westmorland, Niland,
Salton City, Salton Sea Beach, Desert
Shores & Bombay Beach**

Kurt Leptich, Vice Chair

Vacancy

Board of Supervisors Representative

Supervisor Ray Castillo

A FOREWORD FROM THE CHAIR



On behalf of the Imperial County MHB, I am pleased to present this year's annual MHB Report to the Imperial County Board of Supervisors and the CA Association of Local Behavioral Health Boards and Commissions (CALBHBC). As members of the Mental Health Board (MHB), it is our duty to serve as liaisons to the community to work towards providing superior services and minimizing stigma. Our goal as a board is to be responsive to community concerns and seek to initiate processes within the department to address these concerns. We strive to incorporate quality mental health standards in our role within the community.

In order to meet these standards, the board relies on its committees to allow members to familiarize themselves with programs, services and staff of Imperial County Behavioral Health Services (ICBHS). ICBHS and the MHB take a team approach to develop and implement problem-solving solutions to make services more compatible with the mental health needs of the community we serve. The Mental Health Board currently has four (4) vacancies. We anxiously await the appointment of these new members in order to be a fully functional and efficient board in order to have the ability to carry out our obligations accordingly.

The board as a whole feels fortunate to be on the brink of expansion and to be part of a department that is dedicated to fulfilling the needs of the community. As the conversation about mental health needs opens up on a national level it has become increasingly important to stay attune to the needs of our community and to bring forth awareness to reduce stigma associated with mental illness. I feel fortunate that I have been appointed to the governing board of directors for CALBHBC and I am able to communicate the needs of Imperial County and advocate at a state-wide level in my role as Vice-President. The increased awareness on a state and national level has delivered new and better funding sources in order to develop more relevant programs. The department's outreach efforts to advocate for individuals and promote services has reduced stigma, allowing more individuals who suffer from these disorders to seek necessary treatment to live better lives.

ICBHS continues to expand services to outlying areas of the community in order to make services readily accessible to anyone who needs them. This year is no exception with continued work towards additional sites for Children and Youth and Young Adult programs in Calexico during fiscal year 2018-2019. Additional building re-models for Adult Services, Children Services and Crisis and Engagement Services are also underway to design the clinics to better meet the needs of client care.

With the expansion of services, the department has been expanding its workforce and now employs over 550 employees. This level of growth could often cause an agency to feel growing pains, but the department has been able to grow with grace. The fundamental foundation for client success is treatment based on Evidenced Based Practices. ICBHS treats patients using appropriate Evidenced Based Practice models and diligently ensures that all treatment staff members are properly trained in these areas.

In addition to the expansion of mental health services provided by the department the past few years, this year the department focused on the development and implementation of new Substance Use Disorder programs under the Drug Medi-Cal Organized Delivery System (DMC-ODS). These new

programs will allow licensed/certified staff to treat co-occurring mental health and substance use disorders as well as provide linkage to detoxification and residential treatment programs to fulfill the needs of the community. These new programs began offering services on July 1, 2018 and will be brought to fruition in the next coming year and will provide much needed substance use disorder treatment programs and sober living opportunities to the community of Imperial County. We are pleased to have contracted with the new Jackson House a Crisis Residential Program. We are excited to see the progress that is made over the next year and would like to additionally advocate and promote the development of more sober living and residential treatment opportunities within Imperial County. The Jackson House will be opening in October 2019.

It is my hope that the following pages will further explain the goals that the MHB and ICBHS have been working on this past year. They will demonstrate the outstanding effort put forth by the department staff and the high quality services provided.

On behalf of the MHB, I would like to thank the Imperial County Board of Supervisors for their support of the Behavioral Health Department. This department has a big vision, with huge plans and goals and your support is what allows the department to achieve their goals. It has been quite a journey, but I truly believe that as the vision comes to fruition, the positive impact that this department has had on the community is palpable.

ABOUT OUR MEMBERS



Chair of the Board

Benny Benavidez

District 2 ~ Supervisor Luis A. Plancarte

Mr. Benavidez started his career at Imperial County Probation as a Juvenile Hall Officer in the 1970's. In this assignment, he started early in working towards offender rehabilitation and used his knowledge to be a good counselor. In the 1980's, he transitioned to the service of Probation Officer and worked Investigations and Supervision. His supervision style was geared towards treatment; he ensured that all offenders had specific case plans geared towards their individual risks and needs.

In the 1990's, Mr. Benavidez transferred his knowledge to the Department of Corrections. During this time in that agency, he quickly went up the ranks and performed several different tasks geared towards transitioning the prison populations towards the community services that would help them be successful, including pro-social skill development, housing, and employment assistance. He concluded his career with that agency in 2011 as a Parole Administrator and was instrumental in changing the organizational culture to a treatment model that we now know as the California Department of Corrections and Rehabilitation.

Mr. Benavidez returned to the Imperial County Probation Department as Chief PO until his retirement in November 2014. During his tenure he was instrumental in transitioning the county through the Criminal Justice Realignment (AB109) incorporating a litany of rehabilitation programs and implementing a Day Reporting Center of Adult and Juvenile offenders in Imperial County. He is currently an Adjunct Instructor at the local college teaching Administration of Justice and Correctional Science.

In 2017, Mr. Benavidez was appointed to the CALBHBC Governing Board of Directors and is currently serving as the vice president. He possesses a degree in Criminal Justice Administration from San Diego State University and continues to be a Correctional Science instructor for Imperial Valley College. He has been married for 38 years and is a father to two wonderful children, who also follow in the family tradition of public service.



Vice Chair of the Board

Kurt Leptich

District 4 ~ Supervisor Ryan Kelley

Mr. Leptich is the Senior Director of the Special Education Department for the Imperial County Office of Education. He has called Imperial County home since 1965. Mr. Leptich finds great happiness with his wife of 30+ years along with their two adult daughters. Personal affiliations include the El Centro Kiwanis Club, Valley Baptist Church and the Salvation Army. His passions include spending time with a large extended family, rebuilding antique automobiles and working around his house.



Nancy Lee Rhodes

District 2 ~Supervisor Luis A. Plancarte

Mrs. Rhodes relocated to the Imperial County 25 years ago with her husband and family with the sole purpose to start Court Appointed Special Advocates (CASA) program in Imperial County. In 1994, she started the non-profit agency CASA, as the Executive Director. CASA of Imperial County serves foster children in the dependency system. After fourteen years, Nancy retired from CASA and then within eighteen months found a rewarding volunteer job. She volunteered with the El Centro Police Department in their CIPS (Community in Police Service) volunteer program for seven years. She and her husband started a non-profit organization called BBIUganda in 2012, which

supports and assists the poor in Uganda. Mrs. Rhodes has served on the Mental Health Board since 2000.



Pamela Mills-Morita

District 3 ~ Supervisor Michael W. Kelley

Pamela Mills-Morita came to the Imperial Valley as a child when her father became stationed at the Naval Air Facility in El Centro. In 1978 she returned to the Imperial Valley upon accepting a job as a speech therapist with El Centro School District. Ms. Mills-Morita retired in July 2014 from a 35 year career as a speech pathologist.

Pamela obtained her degree from Texas Women's University and completed her graduate work in Speech Pathology at Northern Arizona University in Flagstaff, AZ. This is her ninth year serving on the Mental Health Board.



Harold Walk

District 3 ~ Supervisor Michael W. Kelley

Mr. Walk is employed as a real estate agent by Pat Seay Real Estate. He was raised on a farm in Imperial Valley and is a graduate of Cal Poly, Pomona with a bachelor's degree in Agricultural Economics. Mr. Walk has an extensive background in real estate, land management, commercial banking, finance and business management. He has served on the Imperial County Mental Health Board for 18 years, and his other current community activity is membership in The Rustlers Social Club. Former activities include serving on the El Centro Planning Commission (14 years), Small Business Development Center Advisory Committee (14 years), Imperial Valley Economic Development Loan Committee (10 years), Imperial Valley College Foundation

(2 years), Joint Strike Fighter Committee (2 years), Financial Institutions Fund Committee for Education (2 years) and El Centro Elementary School District Citizens Oversight Committee (4 years). Mr. Walk has two adult children, a daughter, Kelsey, with a doctorate in Physical Therapy and a son, Bryan, with a bachelor's degree in Economics.



Carlos Acuña

District 1 ~ Supervisor Jesus Eduardo Escobar

Mr. Acuna resides in El Centro. He is a valley native, born in Calexico. He is married to Rosario Acuña, a retired elementary school teacher, and they have two adult children, Christian and Karysse. He graduated from the University of Arizona, Tucson, with a degree in Secondary Education, Emphasis in English and from Western State University, College of Law, in San Diego. Today, he practices law as a criminal defense trial lawyer and has been a member of the bar since 1987.

He was appointed to and served for nine years as trustee on, the Imperial Valley College Board of Trustees representing the El Centro School District, Area 2. He also served on the Imperial Irrigation District's Local Entity that established criteria to determine which parties in and around agriculture in the Imperial County were impacted by fallowing. He served as the Site Council parent representative for Wilson Junior High in El Centro. He worked as a deputy district attorney in the Imperial County District Attorney's Office.

As an adjunct instructor, he taught a Criminology class at San Diego State University, Calexico campus. His hobbies include reading old school noir novels, sociology books, newspaper columns on international politics and economics on the www, watching classic films, and spending time with his immediate and extended family and dashing out the occasional poem.



Ray Castillo, District 5 Supervisor

Representative of the Board of Supervisors

Raymond "Ray" Castillo is a lifelong resident whose grandparents first came to the Imperial Valley in 1902. Mr. Castillo was elected to the Imperial County Board of Supervisors, District 5, in November 2010. In the 5th District, Castillo represents the communities of El Centro, Brawley, Holtville, Winterhaven and Palo Verde. Prior to Mr. Castillo's election on to the Board of Supervisors, he had been elected to the El Centro City Council and subsequently appointed as Mayor from 2003 to 2004. Castillo graduated from CUHS in 1967, IVC in 1973 and SDSU Calexico in 1977. His law enforcement career spans back 37 years, working with

the Holtville Police Department, Imperial County Probation Department, US Customs and the California Department of Corrections, where he retired in July 2004. Mr. Castillo is married to Gloria, has five grown children; Angie, Teresa, Louisa, Michelle and Raymond Jr. and fifteen grandchildren.

MEMBERS LEAVING THE BOARD DURING THE PAST YEAR



Oscar Garcia (Resigned 02/2019)

District 4 ~ Supervisor Ryan Kelley

Mr. Garcia has lived in the Imperial County his entire life. He attended local schools where he obtained both an AA and AS degrees in Registered Nursing License from IVC in 1991. Mr. Garcia also holds a Bachelor's Degree in Nursing, Master's Degree in Business Administration, and a Master's Degree in Nursing Administration. He started his career in healthcare as an emergency medical technician where the past 30 years he has performed EMT, ambulance, Critical Care, Trauma Registered Nurse, and holds professional and advanced resuscitation certificates. In the past 20 years Mr. Garcia has functioned as a Manager, Supervisor, Sr. Director, and Nurse executive levels at ECRMC, Pioneers Memorial, Sharp Memorial Hospital San Diego, East LA Doctors Hospital, Valley Presbyterian Hospital Van Nuys and others. Locally as former Director of Emergency/Trauma Services, and Chief Nurse Executive Level for both local hospitals, Mr. Garcia has written and implemented policies and procedures designed to improve access to care for all patient populations. Currently he works in one of the local emergency departments as a staff Registered Nurse, and is a consultant for an entity named Patient Care Analytics, a Tech-firm in Palm Desert, CA. He teaches in two different online educational institutions that deliver graduate and undergraduate degree programs and is also adjunct faculty at IVC. Over the past 15 years he has formally studied the issues and constraint that affect local healthcare delivery and practices that include the care of our mental health patient populations in the acute care setting. Mr. Garcia's goal with the Mental Health Board is to serve to improve collaborative practice among members of the healthcare team towards the global care of our mental health patient population. He is here to help Mental Health in our community.

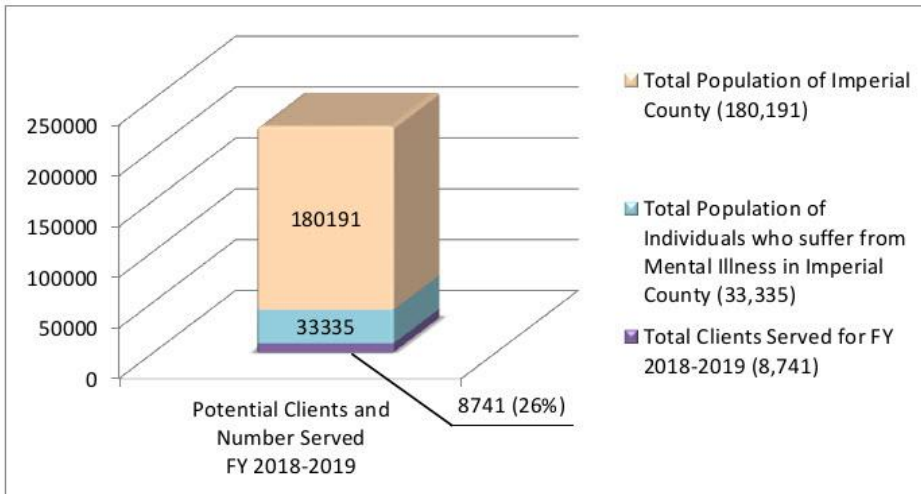
IMPERIAL COUNTY MENTAL HEALTH POPULATION

The number of individuals who suffer from Mental Illness represented in the charts below is based on the National Alliance on Mental Illness (NAMI) Mental Health by Numbers Statistical Data, which states that approximately 1 in 5 adults in the U.S. - 43.8 million or 18.5% - experiences mental illness in a given year.

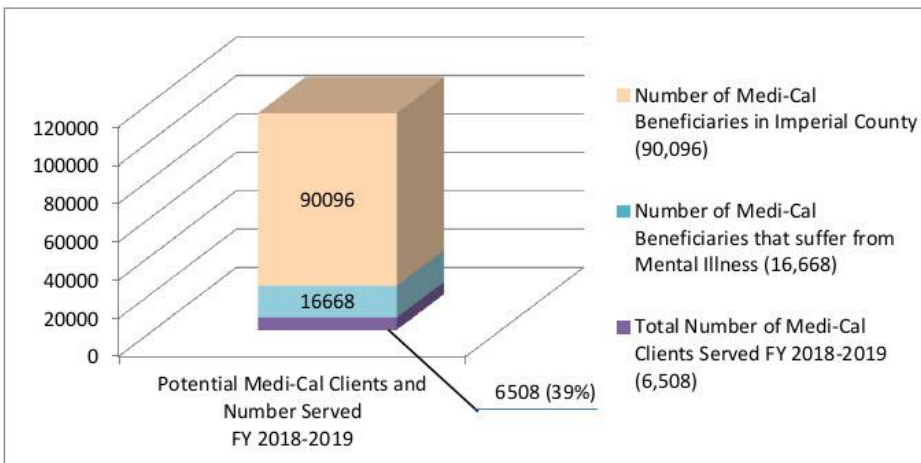
The number of total Medi-Cal Beneficiaries for Imperial County is just under 50% based on the Department of Health Care Services Medi-Cal Quick Stats.

During FY 2018-2019, ICBHS served a total of 8,741 clients, representing 26% of the total population of individuals who statistically suffer from Mental Illness in Imperial County. Of the 8,741 clients served, 6,508 were Medi-Cal beneficiaries, representing 39% of the Medi-Cal beneficiaries in Imperial County who statistically suffer from mental illness.

Total Clients Served



Medi-Cal Clients Served



As part of this implementation, ICBHS has entered into contracts with residential facilities that include McAlister Institute, San Diego Freedom Ranch, and Tarzana Treatment Center. The contract with Tarzana Treatment Centers provides additional beds for adolescent residential treatment and offers higher levels of care for individuals who present high risk or imminent danger as a result of the substance use disorder. In addition, ICBHS has a contract with Foundations in Recovery, which makes available Recovery Residences for those male clients in need of a safe and sober environment through their journey for recovery.

During fiscal year 18-19, Health Management Associates and Department of Health Care Services selected Imperial County as a model county to develop consistent transitions of care between agencies such as the emergency department, jails, primary care, police departments, schools, mental health, and/or inpatient hospital. ICBHS in collaboration with HMA hosted a two-day event that brought numerous agencies together to identify gaps and barriers in the coordination of care for clients suffering with addiction. As a result of this event, Health Management Associates has been working with all agencies in attendance by providing technical assistance and developing systems within Imperial County that will enhance and sustain these transitions of care.

ICBHS has increased its collaborative efforts with juvenile justice system, mental health services and school districts to provide information and resources of services available to the youth and their families. This led to an increase of referrals and admissions to the Adolescent SUD Treatment program. For adults, collaborative efforts were made by working closely with the adult justice system and mental health services to provide coordination of care for successful transitions. Presentations with local adult and adolescent juvenile justice system was provided in order to educate stakeholders in the referral and delivery process of the DMC-ODS this resulted in an increase in referrals and caseload. Ongoing meetings with stakeholders have been held to promote services and work collaboratively for the benefit of the clients and the community.

ICBHS is currently in the process of obtaining an Alcohol and Other Drugs (AOD) state certification as this is necessary to provide outpatient Withdrawal Management Services, which is another component of services available under the DMC-ODS. ICBHS has also developed a partnership with El Centro Regional Medical Center (ECRMC) as part of the California Bridge Grant. This partnership increases access to Medication Assisted Treatment and other SUD treatment for clients admitted to the emergency department due to suffering from addiction of opioids, alcohol, and other drugs. Additionally, a contract between ICBHS and Clinicas de Salud del Pueblo is in the process of being developed, this will allow for the coordination of physical examinations for clients receiving SUD treatment and will enhance the referral process for clients in need of medical care.

Youth and Young Adult Services

Accessibility of Mental Health Services for Youth at Family Resource Centers

ICBHS entered into an MOU with Brawley Union High School District and Central Union High School District to provide mental health services at the Family Resource Centers (FRC) located on the high school campuses in Brawley and El Centro. The MOUs allow for the provision of mental health services for 6 schools. These services include intake assessments, therapy services and targeted case management. This was done in part to accomplish a new approach for the delivery of mental health services to our adolescent population. A collaborative referral system was developed between ICBHS and the Family Resource Center Coordinators from each district to facilitate the accessibility of services. The clinician makes ongoing efforts to increase access and engagement for youth on campus by providing educational presentations

on available mental health services and minor consent process in order to foster a trusting environment and reduce the stigma associated with accessing services. Youth being served at the Family Resource Centers prefer the accessibility of services being provided at their campus rather than having to travel to a traditional outpatient clinic.

Expansion of Mental Health Services to Young Adults at San Diego State University and Imperial Valley College

Youth and Young Adults staff is currently in discussions with San Diego State University and Imperial Valley College to provide mental health services at their campuses. The goal is develop an MOU with each college to conduct intake assessments, individual and group therapy, and linkage. Staffing would include a clinician and community services worker. An identified need to serve students at their college campuses was acknowledged due to ongoing stressors related to difficulties with transition from high school to college, school success, financial stressors, and family related issues.

School Based Outreach and Engagement

During the past year, there has been an increased demand from public schools for mental health awareness and education. To meet this demand YAYA has increased school based outreach and engagement services. YAYA is establishing a regular presence on high school campuses with information tables during lunch periods, sports events, and special events. These information tables along with classroom presentations are designed to raise awareness and address stigma about mental illness while promoting mental health wellness. These outreach efforts allow YAYA staff to inform students about services provided by ICBHS at the following school sites for the school year 2019-2020: Southwest High School, Brawley Union High School, Central Union High School, Imperial High School. By reaching out to youth and being available at school based functions, YAYA projects increased referrals from current partners, and added partnerships with other schools in the Imperial Valley.

Significant Changes:

Increased use of telepsychiatry

ICBHS entered into a contract with Orbits Health, Inc., to provide psychiatric services via video conferencing. This service includes psychiatric evaluations and psychotropic medication services. At the inception of these services clients were ambivalent about telepsychiatry but as time progressed they expressed satisfaction with their providers. As the demand for these providers grew, so did our increased use for telepsychiatry. These services have assisted ICBHS in the provision of psychiatric services to see more clients and more frequently as needed. It has also assisted the department in meeting the timeliness standards established by DHCS.

Increased clinical training in the diagnosis and treatment of eating disorders

Youth and Young Adult Services entered into a contract with Drs. Kimberly Claudat, PhD and Ana Ramirez, PhD from the University of California San Diego Eating Disorders and Research Program to provide ICBHS clinical staff with a training designed for mental health professionals to gain a foundation of knowledge for the assessment and treatment of disordered eating across the Eating Disorders (ED) spectrum in children, adolescents, and adults. This course was provided in May 2019 where they reviewed the etiology and comorbidities of eating disorders, as well as provided training on basic clinical interventions from evidence-based treatments for Eating Disorders. ICBHS staff gained information on the role of the interdisciplinary team, and how to incorporate family members, caregivers, and other supports in treatment. Each clinical division is now able to establish an Eating Disorder multidisciplinary team to address the treatment needs of these clients.

Group Psychotherapy

In an effort to expand psychotherapeutic options for the Youth and Young Adults (YAYA) populations, YAYA division has begun implementation of Group Therapy as a psychotherapy modality. Group therapy is proven treatment modality that can be exponentially more effective for youth and young adults than just individual therapy, given that it allows the therapist to observe how participants interact with others, and helps to improve interpersonal skills. Group therapy also can result in increased and strengthened connection and support. Additionally, group members often complete group therapy with increased confidence and improved communication skills. This modality will be offered in each of the YAYA outpatient clinics and Family Resource Centers where Specialty Mental Health Services are provided. Group Therapy can include between 3-10 clients and will be conducted on a once per week basis.

Children and Adolescent Services

EI Centro, Calexico and Salton Sea Children and Adolescent Outpatient Clinics

Children Services has continued its efforts to provide services in regional areas to improve access to mental health services. As clinics regionalized, the number of children receiving mental health services has increased. In August 2019, the keys to the new Calexico Children and Adolescent Outpatient Clinic were received. The new building will allow more clinical staff to be stationed in Calexico so that children obtain timely mental health services. In July 2019, Children Services secured a building at 651 Wake Avenue, EI Centro. The building is currently in the construction process with a projected completion date of early 2020. Through a USDA Grant, ICBHS is in the process of establishing a memorandum of understanding (MOU) with the Salton Sea Community Center to establish a clinic in that remote area where telemedicine psychiatrists will provide services.

Program Updates:

Parent Reach and eXcel through Empowerment Strategies (PRAXES)

During FY 2018-2019, Children and Adolescent Outpatient Services provided PRAXES to 142 children and their families, which is an increase of 113 clients from the previous fiscal year. This parenting model is specifically designed for parents and caregivers of children 3 years old up to the age of 18 with special challenges. The 12 structured parenting sessions provide extensive psychoeducation on mental illness and childhood development which aid parents with engaging and interacting positively with their children. This program also assists parents in building personalized skills to reduce parental stress.

Mental Health Services Act (MHSA) Innovation Project: Positive Engagement Team (PET)

During FY 2018-2019, ICBHS completed a new MHSA Innovative Project: Positive Engagement Team (PET). The intent of this innovative project is to increase engagement through outreach activities to include the use of dogs. It also intends to increase attendance to appointments and retention in treatment through the use of dogs in the outpatient clinics. The project went through an extensive planning process where community members and stakeholders identified the need to increase access to service and reduce stigma associated to mental illness. The community recommended the use of animals as a strategy that could assist in decreasing stigma and increase engagement to services, especially for hard to reach populations.

The plan was submitted and approved by the Imperial County Board of Supervisors on November 20, 2018 and was submitted to the Mental Health Oversight and Accountability Commission (MHSOAC) on January 8, 2019. On February 28, 2019, Imperial County presented the PET Project to the MHOAC in Sacramento and was approved on March 29, 2019 for \$2,165,138 for 3 years. Once approved by the MHOAC, ICBHS developed a contract with the Humane Society of Imperial County (HSIC) to provide training for handler and animals; health care, grooming, feeding and cleaning of animals; and providing proper transportation for the daily delivery of animals to designated clinics or locations where services and outreach activities will be provided. HSIC will provide the dog handlers who will be responsible for the daily delivery and care of the animals. ICBHS also developed a contract with Todd Sosna, Ph.D. Management Consulting (TSMC) to evaluate and analyze the PET project. On June 20, 2019 two evaluation meetings were held in Imperial County. The morning meeting involved community members and stakeholders to discuss the implementation process of the PET project. The afternoon meeting involved ICBHS staff to discuss methods for data collection and site implementation. As of the end of the FY 2018-2019 the contracts with the HSIC and Dr. Sosna were pending to be fully executed

First Step to Success

On March 18, 2019, during the Quarterly MHSA Steering Committee Meeting, stakeholders were informed that the Five-Year MHSA Innovation Project, First Step to Success (FSS) Program would be coming to an end on March 30, 2019. Based on the success of this program in creating a collaborative relationship with school districts to increase access to services to children ages 4 to 6, the recommendation was made to transition the FSS Program to the Prevention and Early Intervention (PEI) Plan as an early intervention program. Stakeholders present during the MHSA meeting did not object transitioning FSS program under the PEI component. On March 30, 2019, MHSA Innovation funding ended for the First Step to Success Project and on April 1, 2019 the First Step to Success (FSS) program transitioned from an Innovation Project to an early intervention program under PEI.

This transition has allowed ICBHS to sustain this successful program and continue to provide early intervention services to unserved and underserved children in Imperial County. Additionally it provides an opportunity to expand to additional schools and increase mental health services to young children. Towards the end of the 2018-2019 school year, the FSS program expanded to three additional classrooms in two schools: Ben Hulse Elementary in Imperial and Grace Smith Elementary in Niland. With the addition of three new classrooms, the total amount of classrooms where the FSS program has been implemented increased to 51 classrooms in 18 schools countywide compared to the initial implementation in 2014 of 7 classrooms in 3 schools.

Mental Health Triage Unit and Engagement Services

MHP List of Significant Changes and Expansion

Effective January 1, 2019, The Crisis and Engagement Services implemented a change in program name to Mental Health Triage Unit and Engagement Services. Our goal in establishing the name change was to provide a better definition of services provided at the Triage Unit, as our focus is each client's individual needs are effectively assessed by a licensed clinician and provided with linkage to the most appropriate level of care. Through collaboration with first responders, social service programs, and government agencies, triage centers provide a better option for individuals in crisis who will receive a more personalized attention for proper stabilization to begin the referral process and linkage to outpatient mental health services as well as community agencies.

Expansion of Transitional Engagement Supportive Services, Community Engagement Supportive Services (TESS), and merging of Assessment Center

A significant change to the Transitional Engagement Supportive Services is the expansion of the program into two teams and the merging of Assessment Center into the TESS program. The decision for establishing the expansion of programs was implemented as a result of a significant increase in referrals that have demonstrated the need to divide the programs into two teams. The first program remained the same as Transitional Engagement Supportive Services including the merging of the Assessment Center. TESS continues to provide follow-up to all Triage, Hospitalizations, Pre-screenings, Walk-ins, and PATH referrals. Program two, Community Engagement Supportive Services (CESS), provides follow-up to the community, County Jail, Mental Health Court, Women Haven, PATH, and Pier referrals. As our objective is to ensure that both teams are fully staffed, CESS and TESS programs hired 4 additional Mental Health Rehabilitation Technicians to assist in providing case management services to incoming referred clients. Additionally, new hires have received trainings on SIPS, MFG, and evidence based techniques to effectively assist individuals experiencing first episode psychosis.

Mobil Crisis Support Team Implementation

In an ongoing effort to continue enhancing Mental Health Services and work in collaboration with the local Emergency Room Departments, the Mental Health Triage Unit and Engagement Services (MHTUES) has expanded services through the Mobil Crisis Support Team. Currently expansion of services include placement of a Mental Health Rehabilitation Technician (MHRT) at El Centro Regional Medical Center (ECRMC) emergency room. This Mobile Crisis Support Team is stationed at El Centro Regional Medical Center emergency room, Monday through Friday from 9:00am – 4:00pm. The objective is to identify the target population and provide outreach and engagement services and linkage to mental health/substance use treatment and other support services such as emergency shelter thereby averting a crisis admission or higher level of care.

Telemedicine Services

The Mental Health Triage Unit and Engagement Services have fully implemented Telemedicine Services with Orbit Health, Inc. Services via telemedicine include psychotropic evaluation and medication support via video conferencing for individuals admitted into the Mental Health Triage Unit who are in need of immediate crisis intervention and mental health services. Orbit Health evaluates individuals at the Mental Health Triage Unit to determine if probable cause exists to place on a 72 hour hold and transfer to a facility designed for 72 hour treatment pursuant to Welfare and Institutions Code 5150. Furthermore, Telemedicine Services are now being provided at the Imperial County Jail site Forensic Evaluations. These services assisted ICBHS in the provision of psychiatric services to more clients, to be provided more frequently, being more assessable, and has assisted the department in meeting the timeliness standards established by the Department of Health Care Services.

Jackson House



March 26, 2019

Front Row: Andrea Kuhlen, Pamela Mills-Morita & Ray Castillo attended the Jackson House Residential Facility Ground Breaking Ceremony.

A significant change for Imperial County is the development of the Jackson House Crisis Residential Treatment Facility. The Jackson House is a voluntary short-term Crisis Residential program non-medical facility that provides therapeutic and/or rehabilitation services in the residential treatment facility. These services are an alternative to hospitalization for clients experiencing an acute psychiatric episode or crisis requiring temporary removal from their home environment. The facility will be hosting a Grand Opening at the end of August 2019: location 2364 So. 2nd Street El Centro, Ca. With the establishment of the Jackson House in Imperial County, ICBHS has entered into collaboration with BH-IC Opco, LLC (dba) Jackson House in developing a Memorandum of Understanding (MOU) to include 10 dedicated beds for ICBHS clients who are experiencing an acute psychiatric episode or intense emotional distress and require crisis stabilization and medication monitoring.

Outreach and Collaborative Efforts

The MHB has continually encouraged the department to improve collaborative efforts and relationships with outside agencies, including local law enforcement agencies, hospitals, school districts, County Jail and Probation staff as reflected below:



- Crisis Intervention Team Training (CIT) was held for local law enforcement to increase awareness into mental health and strengthen the collaboration with ICBHS.
- Protocols between local emergency departments and ICBHS were drafted to enhance the working relationship and continuum of care when treating 5150 individuals in the community.
- Mental Health Triage Unit and Engagement Services (MHTUES) has now collaborated with local law enforcement to reach out and identify homeless individuals who would benefit from mental health/substance use treatment and other supportive services including, but not limited to emergency shelters.
- MHTUES has contracted services with Women Haven Emergency Shelter as a result of the growing concerns with the homeless population in Imperial County. This expansion of services has assisted ICBHS with providing needed emergency housing services to homeless woman and children.
- Quarterly meetings between ICBHS, emergency departments and law enforcement were held to review progress in collaborative efforts and problem solve obstacles.

As an additional effort to meet this request, ICBHS staff focused on outreach efforts to the community to educate and reduce stigma attached to mental illness. ICBHS offered multiple trainings to staff and outside agencies to bring awareness to the community and to provide tools to agencies to assist with providing quality care to mental health clients throughout the community.

These trainings allowed the outside agencies to acquire a better understanding of how to work with individuals suffering from Mental Illness and facilitated in establishing awareness of the services that ICBHS has to offer and the role the department plays in the community.

Additional outreach efforts include the weekly wellness radio show in both English and Spanish. The radio show is broadcast on KXO and available on demand and by podcast. The ICBHS website, <http://www.co.imperial.ca.us/behavioralhealth/index.asp> continues to provide user-friendly access to information regarding services provided by Behavioral Health Services

World Mental Health Day

World Mental Health Day was on October 10, 2018. ICBHS was part of the World Mental Health Day Summit held on October 12, 2018, at Imperial Valley College (IVC). The theme was “Value of Lived Experience” and 414 individuals attended. The summit featured workshops on a variety of topics related to the innovative and effective practices of ICBHS and IVC. ICBHS had community information booths.



Mental Health Awareness Month

The month of May was Mental Health Awareness Month, which the department recognized and brought to the attention of the community by submitting a Proclamation to the Board of Supervisors on May 7, 2019, and by placing green ribbons throughout the community. Through education and outreach, the department continually works towards forming an alliance with the community to lower the existing mental health stigma so that those who might benefit from treatment seek treatment.



MHB COMMITTEE REPORTS

Children Services Committee

The committee met on December 14, 2018, to conduct a site visit of the department’s children service programs. Sub-committee members in attendance were Kurt Leptich and Nancy Rhodes.



California Mental Health Planning Council Data Notebook

The MHB completed the California Mental Health Planning Council’s (CMHPC) 2018 Data Notebook questionnaire with reference to data from the external quality review organizations. The Data Notebook focused on mental health services and needs in Imperial County. An Ad-Hoc Committee was formed and committee members worked closely with ICBHS staff to answer a series of questions provided by the CMHPC. The Data Notebook assisted the MHB in meeting our legal mandates to review performance data for mental health services provided by ICBHS, and report on performance and functioning as an educational source on behavioral health data for local boards. Data Notebook was provided to the MHB members for review and approval for submission during the monthly MHB meeting held March 19, 2019. The finalized Data Notebook was submitted to the CMHPC on March 25, 2019.

EVIDENCE-BASED TREATMENT PRACTICES & OUTCOME EVALUATION TOOL DESCRIPTIONS AND UPDATES

See Supervisor District Map – Page 3

Treatment Model Models FY 18-19	Age Served by TX Model				Focus of Treatment	Supervisor District				
	Children 0-12 years	YAYA 13-25 years	Adults 26 + years	CES		1	2	3	4	5
Aggression Replacement Training (ART)	X	X			Disruptive Behaviors	X	X	X	X	X
Cognitive Behavioral Therapy (CBT)	X	X	X		Depression and Behavior	X	X	X	X	X
Cognitive Behavioral Therapy for Anxiety (CBT-AT)			X		Anxiety and Behavior	X	X	X	X	X
Cognitive Processing Therapy (CPT)		X	X		PTSD	X	X	X	X	X
Coping Cat	X				Anxiety	X	X	X	X	X
First Steps to Success (FSS)	X				Behavior	X	X	X	X	X
Incredible Years	X				Parenting	X	X	X	X	X
Interpersonal Psycho-Therapy (IPT)	X	X	X		Anxiety/ Depression and Behavior	X	X	X	X	X
Moral Reconciliation Therapy (MRT)		X	X	X	Behavior	X	X	X	X	X
Motivational Interviewing	X	X	X		Engagement	X	X	X	X	X
Portland Identification and Early Intervention (PIER) Model		X		X	Psychosis	X	X	X	X	X
Parents Reach, Achieve, eXcel Through Empowerment Strategies (PRAXES)	X				Parenting	X	X	X	X	X
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)	X	X			PTSD/ Depression	X	X	X	X	X

MONTHLY UPDATES

As part of our regular Mental Health Board Meetings, the Board received monthly updates on the following topics:

MHSA Plan Updates

- Adult & Older Adult Services
- Outreach & Engagement Programs
- Transitional Engagement Supportive Services Program (TESS)
- Children & Adolescent Services
- Innovation Program
- Parent Reach & Excel eXcel thru Empowerment Strategies (PRAXES)
- Youth & Young Adults Services
- Innovation Positive Engagement Team (PET) Plan
- MHSA Revenues & Expenditures
- MHSA Annual Updates

Presentations

- Moral Reconciliation Therapy (MRT)
- Quality Improvement Work Plan FY 18/19
- Revenue & Expenditure Report---- FY 17/18
- ICBHS All Funds Budget FY 17/18
- TESS Mental Health
- Children Services Innovation Program----Frist Steps of Success
- Parents Reach Achieve & Excellence thru Empowerment Strategies (PRAXES)

Other Updates

- Adult & Older Adult Services/Substance Use Disorder (SUD)
- Youth & Young Adult Services
- Children & Adolescent Services
- Mental Health Triage Unit & Engagement Services
- Mental Health Awareness & Outreach Efforts
- Mental Health Day Summit
- CA Mental Health Planning Council 2018 Data Notebook
- Expansion of Services (Building & Staffing Needs)
- Drug Medi-Cal Organized-Delivery System
- Doctor Psychiatrists Contract
- Innovation Plan
- California External Quality Review Oversight (EQRO) Findings
- Department of Health Care Services Review Findings
- MHB Annual Report
- Site Visit-Childrens Services
- CA Mental Health Board & Commissions

MHB MONTHLY MEETINGS

MENTAL HEALTH BOARD- ATTENDANCE ROSTER

2018-2019

MEMBERS	DISTRICT	JULY	AUG 8/2/18 MHSA PUBLIC HEARING	SEPT	OCT	NOV	DEC 12/4/18 MHSA PUBLIC HEARING	JAN	FEB	MAR	APR	MAY	JUNE
1. Benny Benavidez	2	X	X	X	A/E	X	X	X	X	X	X	X	X
2. Bertha Carreño	5							<i>Conflict of Interest</i>					
3. Carlos Acuña	2							X	X	X	X	X	X
4. Harold Walk	3	X	X	X	A/E	X	X	X	A/E	X	X	X	X
5. Kurt Leptich	4	A/E	X	X	L	X	X	X	A/E	X	A/E	X	A
6. Nancy Rhodes	2	A/E	X	A/E	X	X	X	A/E	X	A/E	X	A/E	X
7. Oscar Garcia	4	X	X	X	A/E	X	A/E	A/E	<i>Resigned</i>				
8. Pamela Mills Morita	3	A/E	X	X	X	A/E	L	X	A/E	A/E	X	X	X
9. Ray Castillo	BOS Rep	A/E	A/E	A/E	A/E	A/E	A/E	A/E	A/E	A/E	A/E	A/E	A/E
10. Vacant	1												
11. Vacant	1												

Note: In order for the Mental Health Board to fulfill its mandate, please make every effort to attend the monthly meetings. A total of six (6) board members must be present to have a quorum if full board exists, otherwise ½ plus one of Board.

***Dark Months: August and December**

<u>Legend</u>	
A	= Absent
X	= Present
A/E	= Absent/Excused
*	= No Meeting
V	= Vacant
L	= Late

MHB COMMITTEES

(*) Ad Hoc Committee

Children's Committee	
Description	Board Members on Committee
Ages 0-14 Represent the special needs of children; evaluate and make recommendation on children mental health services.	Kurt Leptich Nancy Rhodes
Transitional Age Youth Committee	
Description	Board Members on Committee
Ages 14-25 Represents the needs of young people who are in transition from state custody or foster care and are at-risk.	Benny Benavidez Carlos Acuña
Adult/Older Adult Committee	
Description	Board Members on Committee
Ages 25-Older Represent special needs of adults/older adults; evaluate and make recommendations on adult/older adult mental health needs.	Harold Walk Pamela Mills-Morita
Annual Report Committee*	
Description	Board Members on Committee
Submit report to the Governing Body on the needs and performance of the county's mental health system (general one).	Benny Benavidez Kurt Leptich Harold Walk
Nominating Committee*	
Description	Board Members on Committee
Each October the MHB Chair shall appoint three Board Members to the committee. The Nominating Committee shall select a slate of officers, obtain verbal indication of willingness from those nominated to serve, and then the Chair of Nominating Committee shall report results to the Full Board at November's meeting.	Kurt Leptich Nancy Rhodes
Data Notebook Committee*	
Description	Board Members on Committee
Data Notebook 2018	Benny Benavidez Kurt Leptich

COMMITTEE MEETINGS ATTENDED BY MHB MEMBERS

(*) Ad Hoc Committee

California Mental Health Planning Council Data Notebook*	
<i>Meeting Dates</i>	<i>Board Member Attendance</i>
February 4, 2019	Benny Benavidez Kurt Leptich
California Association of Local MHB and Commissions	
<i>Meeting Dates</i>	<i>Board Member Attendance</i>
January 2019	Benny Benavidez Carlos Acuña
April 2019	Benny Benavidez
June 2019	Benny Benavidez Harold Walk
Mental Health Board Annual Report FY 2018-2019*	
<i>Meeting Dates</i>	<i>Board Member Attendance</i>
July 9, 2018 August 27, 2018	Benny Benavidez Kurt Leptich Harold Walk
MHB Member Site Visits – Children Services	
<i>Meeting Dates</i>	<i>Board Member Attendance</i>
December 14, 2018	Nancy Rhodes Kurt Leptich
MHSA Steering Committee Meeting	
<i>Meeting Dates</i>	<i>Board Member Attendance</i>
September 17, 2018 December 17, 2018 March 18, 2019 April 22, 2019 June 17, 2019	Harold Walk
Nominating Committee*	
<i>Meeting Dates</i>	<i>Board Member Attendance</i>
October 16, 2018	Kurt Leptich Nancy Rhodes

LEGISLATIVE MANDATES FOR FY 18/19

Imperial County's Mental Health Board Met the Legislative Mandates in FY 18/19

SOURCE: California Welfare and Institutions Code §5604.2 Powers and Duties of California Mental Health Boards	Action Taken by Imperial County MHB FY 18/19
<p>Review and evaluate the community's mental health needs, services, facilities and special problems.</p>	<p>Board members attended monthly MHB meetings (including committee and liaison appointments).</p> <p>Board members reviewed and evaluated mental health facilities and services through scheduled site visits.</p> <p>Board members received regular updates and evaluated SUD program needs related to the implementation of the DMC-ODS expansion.</p> <p>Board members reviewed the Innovation Plans on August 2, 2018.</p> <p>Board members reviewed the Quality Improvement Work Plan for FY 18/19.</p> <p>Board members reviewed the MHSA Revenue and Expenditure Report for FY 17/18.</p> <p>MHB held a public hearing on May 21, 2019 to review and comment on the Mental Health Services Act (MHSA) Annual Plan Update Fiscal Year (FY) 2019-2020.</p>
<p>Review any county agreements entered into pursuant to Section 5650.</p>	<p>The Performance Contract agreement entered into between the state agency Department of Health Care Services (DHCS) and ICBHS is currently pending from state for FY 18/19.</p>
<p>Advise the governing body and the local mental health director as to any mental health program.</p>	<p>Board members made contact with members of the community and often brought concerns and requests to the monthly MHB meetings.</p> <p>The MHB Chair met with the Behavioral Health Director on a monthly basis. MHB members advocated with individual Supervisors.</p>

SOURCE: California Welfare and Institutions Code §5604.2 Powers and Duties of California Mental Health Boards	Action Taken by Imperial County MHB FY 18/19
Review and approve the procedures used to ensure citizen and professional involvement at all stages of the planning process.	The public was routinely invited to participate in all monthly MHB meetings. MHB Members participated in the MHSA Steering Committee meetings.
Submit an annual report to the governing body on the needs and performance of the county's mental health systems.	The presentation of the MHB Annual Report for FY 17/18 was provided to the Imperial County Board of Supervisors on October 16, 2018.
Review and make recommendations on the applicants for the appointment of a local Director of Mental Health Services. The board shall be included in the selection process prior to the vote of the governing body.	No action required during FY 18/19
Review and comment on the county's performance outcome data and communicate its findings to the California Mental Health Planning Council.	The MHB completed the California Mental Health Planning Council's 2018 Data Notebook questionnaire. The Data Notebook focused on mental health service and needs in Imperial County, findings were submitted on March 25, 2019.
Perform other duties or functions as may be transferred to the Mental Health Board by the Board of Supervisors.	The County Board of Supervisors did not transfer any additional duties or authority to the MHB during FY 18/19.
Assess the impact of the realignment of services from the state to county, on services delivered to clients and on the local community.	The MHB and the department have assessed the need for MH and SUD services throughout the County of Imperial. Work has continued to expand MH services to outlying areas. In addition, focus was directed to working toward the implementation of the DMC-ODS Program to provide and expand SUD services to all areas of the County.

MENTAL HEALTH BOARD GOALS FOR - FY 18/19

During the coming year, the Board will continue to raise awareness surrounding the role of the Mental Health Board to meet the following goals:



- Act as a forum for consumers, families and other stakeholders about the needs and services for the mentally ill in Imperial County by scheduling MHB meetings in communities throughout Imperial County.
- Review and evaluate information about the delivery of care provided by Imperial County Behavioral Health Services for the mentally ill to ensure services are efficiently and effectively delivered and are accessible individuals throughout Imperial County.
- Advocate and spread knowledge and awareness about mental health and substance use disorders and treatment options to members of the community to help reduce stigma and feelings of *NIMBY*.
- Work collaboratively with community members and agencies to develop systems of care that proportionately share the responsibility of providing geographically convenient services and treatment opportunities to all areas of the County based on population and size of each community.
- Continue to review and provide input at 5150 Road Map Project meetings to ensure it reflects the need of the county.
- Expand advocacy to include vetting in support of expansion and needed services to appointing district supervisors.
- Continue to provide input to the Director and Mental Health staff for planning programs, contracts and budgets prior to final decisions.
- Continue to make specific recommendations to assist the Board of Supervisors to make decisions concerning mental health services.
- Increase role in advocacy for future needs of the community.
- Continue to provide to the Board of Supervisors an annual report about the mental health program.
- Continue to provide opportunities for board members to expand their knowledge and expertise related to mental health through participation in conferences, trainings, department retreats, and site visitations.
- Take an active role in supporting local leadership on a statewide level.
- Identify and participate in Board development and trainings offered by the California Institute of Mental Health (CIMH).

The Mental Health Board would like to thank the Imperial County Behavioral Health Services staff for their dedication and hard work over the past year.

RECOMMENDATIONS TO THE BOARD OF SUPERVISORS

Based on data gathered from meetings, presentations and site visits during FY 2018-2019, the MHB recommends the following initiatives in order to enhance the continuum of care for mental health services in Imperial County:

- Continued support of recruitment and retention efforts for medical staff especially psychiatrists.
- Continued expansion of Substance Use Disorders (SUD) Services.
- Continue to expand residential services.
- Continuation of essential trainings to improve collaboration and treatment services.
- Fill vacant advisory board positions; MHB be utilized and instrumental on recruitment efforts and vetting of new board members.