



IMPERIAL COUNTY BEHAVIORAL HEALTH SERVICES

**MENTAL
HEALTH
SERVICES
ACT**

**ANNUAL UPDATE
FISCAL YEAR
2022-2023**

POSTED APRIL 14, 2022



Executive Summary

The expansion and transformation of California's county mental health services has been supported by the passing of Proposition 63 also known as the Mental Health Services Act (MHSA). California voters approved the Mental Health Services Act (MHSA) on January 1, 2005. Funding for MHSA is accessible due to its imposing of a 1 percent tax on personal incomes above \$1 million and generates enough dollars each year to fund nearly 25 percent of the state's public mental health system. MHSA supports a wide range of prevention, early intervention, treatment services, and the development of the infrastructure, technology, and workforce needed, as well as, supports innovative projects for counties to enhance mental health service delivery. By using the "whatever it takes" approach, California's mental health service systems assists in reducing the long-term adverse impact of untreated severe mental illness and serious emotional disturbance. The goals of MHSA programs is to provide services that promote well-being, recovery, and self-help; prevent the long-term negative impact of severe mental illness; and reduce stigma. Services are culturally competent, easier to access, and more effective in preventing and treating severe mental illness.

During FY 2021-2022 Imperial County residents continued to adapt through the Covid-19 Pandemic and its various strains. As our county moved into a variety of local Health Orders delineating new safety measures against the pandemic, this has continued to significantly impact the norm in which services were provided by MHSA programs. Imperial County Behavioral Health Department continued to recognize the importance in maintaining a strong presence in our community in order to assist with any mental and/or behavioral health impacts. The World Health Organization (WHO) early in the pandemic recognized that mental health would be impacted as there were many uncertainties affecting individuals' day-to-day lives. A recent study by the WHO, "Mental Health and Covid-19: Early Evidence of the Pandemic's Impact", reported as a conclusive remark that, "studies showed that the pandemic has further widened the mental health treatment gap, and outpatient mental health services have been particularly disrupted." (WHO, March 2, 2022) In this annual update, we continue to see the same narratives as in FY 2020/2021 related to the impacts of change due to the pandemic, as well as, the perseverance and the adjustments programs implemented in order to sustain service delivery.

Imperial County Behavioral Health Services (ICBHS), through a stakeholder process that includes consumers, family members, and community partners, has developed and implemented various MHSA programs to meet the specific needs of Imperial County. As a result of this community planning process, the following programs and services will be available during FY 2022-2023:

Community Services and Supports

Community Services and Supports programs is the largest component of MHSA. It focuses on children and families, transition-age youth, adults, and older adults who suffer from severe mental illness or serious emotional disturbance. Programs provided through Community Services and Supports include:

- **Youth and Young Adult (YAYA) Services Full-Service Partnership (FSP)** – provides services to individuals ages 12-25 who have been diagnosed with severe mentally illness and/or are seriously emotionally disturbed youth and young adults. Services available to YAYA-FSP Program consumers include a variety services, to include:

- Case Management;
- Rehabilitative services;
- “Wrap-like” services;
- Integrated community mental health and substance abuse treatment;
- Crisis response;
- Alternatives to juvenile hall;
- Home and community re-entry from juvenile hall;
- Youth and parent mentoring;
- Supported employment or education;
- Transportation;
- Housing assistance;
- Benefit acquisition; and
- Respite care.

YAYA-FSP Program staff are trained to implement and/or refer to the following treatment models:

- Cognitive Behavioral Therapy (CBT);
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT);
- Functional Family Therapy (FFT);
- Interpersonal Psychotherapy (IPT);
- Portland Identification and Early Referral (PIER) Model;
- Dialectical Behavior Therapy (DBT), and
- Therapy and Aggression Replacement Training (ART).
- Additionally, health and exercise, and music groups are available to YAYA-FSP Program consumers.

During FY 2021-2022, the Covid-19 pandemic continued to have an impact in our community as restrictions continued to be in mandate. YAYA-FSP program, continued to adjust their services as mandates lessened in their restrictions. Telehealth was one of the main service delivery options during FY 2021-2022; however, there was also the option to be seen in-person. As schools, contract sites, transportation services re-opened, services continued while adjusting to current safety regulations and mandates. As of January 2022, eligible Clinicians and Psychiatrist were given the option to participate in a 2-3 day a week Telecommute Pilot Program. The pilot program will be evaluated to ensure it meets the programs needs. During FY 2021-2022, ICBHS was also impacted by the “Great Resignation” as a record number of staff left the department. The department will continue to address staff shortages in order to ensure MHSA services are not further impacted.

Due to the aforementioned challenges, the YAYA program has no significant changes to report for FY 2022-2023. The YAYA-FSP goals and objectives remain to continue to:

- Implement evidence-based practices specific to diagnosis and population;
- Work to maximize the utilization of already existing outcome measurement tools;
- Continue to integrate Group therapy into each clinic as a standard psychotherapy practice;



- Increase the staffing by clinicians and Mental Health Rehabilitation Technicians at each of at two school districts located at Family Resource Centers in their high school campuses;
- Improve consumers' physical health by increasing the number of consumers referred to the YAYA FSP exercise program at Fitness Oasis; decrease the "No-Show" rate will continue to be implemented to increase consumers' participation in their treatment;
- Decrease "no-show" rates by implementing a variety of engagement strategies;
- Host or provide a mental health information and awareness presentations at a minimum of once a year.
- Referral to clients that meet criteria to a new contract with Helping Hearts LLC. The purpose of the contract is to extend auxiliary services to the residents of Imperial County who are in need of social rehabilitation services. Helping Hearts provides specialized psychiatric mental health services in a long-term residential setting for adults discharged from hospitals, it will serve as step-downs from institutes of mental disease (IMD) and Full Service Partnership (FSP)-like consumers who were the traditional board and care (B&C) level of care was unsuccessful.
- **Adult and Older Adult Services Full Service Partnership Program (Adult FSP)** – uses a "whatever it takes" approach to provide consumer – driven, community focused, and recovery and resilient services and supports to SMI adults and older adults, ages 26 and older who meet the FSP criteria. Services available to Adult-FSP Program clients include:
 - Case management;
 - Rehabilitative services;
 - "Wrap-like" services;
 - Integrated community mental health services;
 - Substance use disorder services;
 - Crisis response; and
 - Peer support.

The Adult-FSP Program provides clients linkage to the following:



- Emergency shelter;
- Permanent housing;
- Emergency clothing;
- Food assistance;
- SSI/SSA benefits application and/or appeals;

- DSS Cash Aid application;
- Section 8 Housing application;
- Substance abuse treatment and/or rehabilitation referral;
- Referrals to general physician and/or dentist;
- Driver's license/ID application; and/or,
- Immigration paperwork.
- Home delivery of needed supports and services for older adults who are homebound, do not have transportation, or are unable to access public transportation.



The Adult-FSP Program staff are trained to implement the following treatment models: Cognitive Behavioral Therapy; Cognitive Processing Therapy; Motivational Interviewing; Cognitive Behavioral Therapy-Anxiety Treatment; Interpersonal Therapy; Dialectal Behavior Therapy, and Moral Reconation Therapy.

During FY 2021-2022, the Adult-FSP Program continued to adjust its service delivery due to the Covid-19 variant restrictions. State and County restrictions would lessen for a period of time, but soon would heighten, having the program return to telecommute services. A few updates for FY 2021-2022 included:

- The pandemic augmented many stressors for the Adult FSP-Program clients. Community Services and Supports funds were accessed more frequently during this FY in support of consumers at risk of homelessness. CSS funds were used to assist clients with groceries, clothing, transportation, and other family needs.
- The Adult-FSP program attempted to host Moral Reconation Therapy (MRT) groups via Zoom. Sadly, these were unsuccessful due to the client's limited access to technology.
- During FY 2021-2022 a Memorandum of Understanding was put in place between ICBHS and the local court system in support of a Diversion Program. The Diversion Program allows a charged defendant to complete a mental health program. With their successful completion of the mental health program the defendants' charges can be dropped during a "Pre-trial Diversion".



The Adult-FSP program has no significant changes to report for FY 2022-2023. The Adult-FSP goals and objectives remain to continue to:

- Reduce the average monthly number of crisis desk admissions and hospitalizations by increasing mental health service interventions that will reduce or eliminate impairments in an important area of life functioning because of their mental illness.
- Reduce the average monthly of the number incidents of or risk of homelessness by providing services and supports that will improve consumers' ability to manage independence and increase their ability to work or attend school.
- By the end of FY 2022-2023 will increase the access to care for Adult FSP Program consumers, who are involved in the criminal justice system by treating their Mental Health needs.

- Increase the average monthly number of MRT participants from 7 to 15 who have a history with the criminal justice system to help them increase moral reasoning, improve judgement and treatment adherence, and reduce recidivism.
 - Increase the number of Adult-FSP Program consumers with a co-occurring substance use disorder to be referred for assessment and linkage to substance use treatment.
 - Improve access to mental health services for the LGBTQ+ community by incorporating Safe Zones at all Adult Clinics and other service locations.
 - By the end of FY 2022-2023 will increase peer support staff or volunteers by one peer or volunteer per program to work specifically with the Adult-FSP population.
 - By the end of FY 2022-2023 the goal is to refer and place consumers to the Helping Hearts program with at least 10% of consumers successfully complete the Helping Hearts Socialization Program. Up to date ICBHS clients who met criteria occupy all designated beds.
- **Portland Identification and Early Referral – Full Service Partnership Program (PIER-FSP)** - is an evidence-based early detection and intervention model; which, focuses on the prodromal phase of a developing psychotic illness and advocates psychosocial interventions and drug treatments that are tailored to the individual. It provides Multi-family Groups (MFG) that provide the opportunity for families (client with parents, siblings, partners, and/or other social supports) to meet with clinical staff and other PIER families to learn more about the troubling symptoms. These services and supports include a focus on recovery and resiliency, shared decision-making that is client-centered, and maintenance of an optimistic therapeutic perspective at all times. In addition to group services the program also offers a variety of case management and referral services.

The PIER-FSP program has been pro-active in its own outreach and education in the community in an effort to increase referrals to provide early detection and intervention of those in the prodromal phase.

During FY 2021-2022, PIER-FSP challenges, as other programs, dealt with limited staff trained to implement assessments and facilitate groups. Another challenge faced was the impact of the Covid-19 Pandemic. This challenge has resulted in limiting the resources and avenues to provide educational information and conduct outreach out in the community. In addition to this, in person groups have been impacted due to the pandemic; as the program shifts to implement the model virtually, some of the consumers do not have the technology and/or resources to meet the needs of the program. As a consequence to these challenges, it was difficult to engage clients and families. The PIER-FSP program will attempt to increase efforts in education, outreach, and engagement services to ensure that individuals and families are aware of the program, agree to services, and commit to PIER.

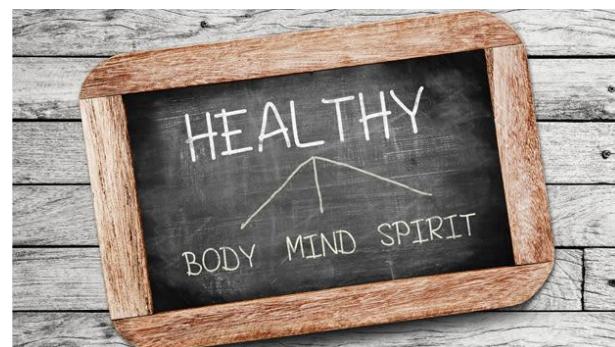
During FY 2021-2022, a significant change identified within the PIER Program was the implementation and consolidation of Phase I and II of the PIER Model. With this significant change, the PIER will now implement the initiation of Phase I and continue with Phase II under the Program, opposed to Phase I initiating through the CESS Program. For FY 2022-2023, the PIER program will strengthen Phase III of the Program as a Full Service Partnership service. No other significant changes are planned at the time of publishing this update.

The PIER-FSP Program will continue to:

- Increase accessibility to Mental Health Services by increasing awareness through education and advocacy by targeting specific age group and population;
- The PIER Program will continue to provide PIER education and outreach through trainings, presentations, informational booths, and dissemination of information to the community and within the department in order to increase clients referred and served;
- The PIER Program will continue to teach community members, support person (s), and ICBHS staff on a monthly basis on how to identify those who are showing either prodromal or active symptoms of major psychotic disorders through outreach, trainings and presentations;
- Collect demographic and evaluation data to measure the outcome and performance of the PIER program as a prevention of the first episode of psychosis, and to determine if the program has had any impact on the clients and their families;
- Provide training to Mental Health Rehabilitation Technicians and Clinicians on the PIER Model to ensure successful implementation of the model by ensuring that the program is fully staffed.
- **Full Partnership Program – Intensive Community Program (FSP-ICP)** – is to assist individuals experiencing SMI yet are hesitant to engage in services voluntarily. This program focuses on providing individuals with the tools and personal support needed to embrace recovery and self-sufficiency in the community, providing access to medical care, housing, employment or volunteer activities along with intensive case management and medication support services.

For FY 2022-2023 the FSP-ICP will utilize the Assertive Community Treatment (ACT) Model to provide an evidence-based team approach to address the needs of high utilizers of hospital, crisis, and jail services to improve outcomes. In December of 2021, Mental Health Rehabilitation Technicians, Mental Health Rehabilitation Specialists, Licensed Vocational Nurses, Psychiatrist, Community Services Workers, Program Supervisors, and Management staff finished the ACT Model training. As the division completed its first phase of implementation, it is anticipated that specific goals and objectives related to the program will be developed in the upcoming FY 2022-2023.

- **Wellness Centers** – mission is to implement supportive resource services for adults with a significant and persistent mental health diagnosis. ICBHS has two Wellness Center facilities, one in El Centro which serves most of the southern part of the county and one in Brawley, which serves the Northern part of the county. The Wellness Centers focus on social skills, recovery skills, encouragement, wellness, positive self-esteem, and community involvement.



The Wellness Center partners with outside agencies to offer consumers:

- Educational Services;
- Employment Support Services;
- Life Skill Development;

- Health and Fitness Services;
- Wellness Development Skill; and
- Music and Arts

During FY 2021-2022 the Wellness Centers continued to comply with safety orders due to the Covid-19 pandemic. The center offered services virtual/phone and in-person. As safety order restrictions lessened more and more clients took advantage of the on-site services. Volunteer peer staff also returned to the center; which also allowed them to be pro-active in their recovery within their role as peers.

For FY 2022-2023, the Wellness Center program plans to continue to expand their on-site services as restrictions lessen more and more. Their goals will remain the same as last years. The Wellness Centers will continue to:

- Increase their enrollment into the centers;
- Provide Illness Management and Recovery model sessions;
- Increase consumers referral to vocational and educational programs;
- Improve consumers' overall physical health by increasing consumers' physical activity;
- Increase consumers' independence and social connections by engaging them in their WRAP plans;
- Increase consumers who were able to maintain stable housing, maintain employment, and manage independent living; and
- Assist consumers maintain overall wellness, recovery, and self-sufficiency.
- **Outreach and Engagement Program** – provides education to the community regarding mental illness and symptoms, early identification of mental illness, and resources to improve access to care through local outreach. The program accomplishes this by conducting outreach services to unserved and underserved SED and SMI individuals in the neighborhoods where they reside, including those who are homeless, in order to reduce the stigma associated with receiving mental health treatment and increase access to mental health services. The program assists individuals in obtaining mental health treatment services from ICBHS by providing information pertaining to programs, services, and the intake assessment process; conducting home visits; scheduling intake assessment appointments; and providing transportation to intake assessment appointments when necessary. The Outreach and Engagement Program is also responsible for conducting outreach in order to ensure SED and SMI clients, and their family members, have the opportunity to participate in the community program planning process.

During FY 2021-2022 the Covid-19 Pandemic continued to affect the various opportunities to conduct face-to-face outreach and engagement in our community; however, the program overcame this limitation by focusing more on social media outreach and concentrating on their engagement efforts for the FSP clinics. The presence of our services as a resource table/booth at the local mall (Imperial Valley Mall) has also been a pro-active way to promote our MHSA services. Incorporating the PET project at this site has been a valuable hook for those hesitant to approach the booth due to stigma. Outreach and Engagement staff were also present at local vaccination clinics as these had a heavy presence of community members seeking vaccination.

Due to the Covid-19 variants, the program mainly conducted their outreach predominantly virtual. For FY 2022-2023 the development of the MHSA Outreach Media Center will

provide the necessary technology production expertise to further support outreach efforts. Including those conduct via the weekly radio program "Let's Talk About It" / "Expresate" and other social media platforms. Outreach and Engagement goals for FY 2022-2023 will based off the targeted demographic populations identified in the target penetration rate survey which will be released later this fiscal year.

 <h1 style="text-align: center;">Let's Talk About It!</h1> <h2 style="text-align: center;">April 2022</h2>			Wellness Radio
SCHEDULE:	TOPIC:	GUEST SPEAKER:	
Week of April 4 th	Teens Mental Health Pandemic Resiliency Teens were disconnected from their usual social life connections at school and with friends. They had to learn new ways to deal with mental health issues during the pandemic especially with the isolation that the pandemic brought to everyone. Their stories reflect their struggles as well as their growth and success in managing the challenge of the pandemic that affected nearly two years of their high school experience.	The Coalition for Student Wellness at Southwest High School	
Week of April 11 th	Mental Health First Aid The Mental Health First Aid program is an interactive training that introduces participants, 16 years of age and over, to risk factors and warning signs of mental health problems. This training, offered to the public by Imperial County Behavioral Health now resuming after pandemic restrictions, builds understanding of the impact of mental health concerns and outlines common treatments. Mental health awareness can build safer and healthier communities.	Marie Arroyo, LMFT Licensed Marriage And Family Therapist Program Supervisor Adult and Older Adult Services Calexico Anxiety & Depression	
Week of April 18 th	Directing Change Directing Change is a statewide video competition among high school students in which students participate by creating videos that talk about mental health. Submission categories include Suicide Prevention, Mental Health Matters, and Through the Lens of Culture with the goal of reducing the stigma that surrounds mental health. Southwest High School students created several submissions that will be shown at a community wide premier on April 26 th at Southwest High. We talk to the teams that created these videos and they share their stories. Join us here and then at Southwest High School on April 26 th to celebrate these youth efforts.	Southwest High School Community Health Workers	
Week of April 25 th	Applied Suicide Intervention Skill Training (ASIST) This workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical and practice-oriented workshop. The Behavioral Health Department has utilized ASIST training for suicide intervention for over 20 years. Now available to our schools and our community members, ASIST contributes to a suicide safer community.	Dalia Pesqueira, LMFT Licensed Marriage And Family Therapist Behavioral Health Manager Youth & Young Adults Services	
<i>With Scott Dudley & Maria Wyatt</i> Tune in:  Thursdays at 8:00 a.m.  Sundays at 7:00 p.m. <i>Visit www.kxoradio.com for podcasts on demand</i>			
If you have any questions that you would like answered on the show, please send an email to: wellnessradio@co.imperial.ca.us			





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Con
Dalia Pesqueira y
Patricia Arevalo-Caro
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Si le gustaría tener respuesta
a su pregunta en el
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¡Expresate! Abril 2022

Radio Bienestar

FECHA:	TEMA:	ORADOR INVITADO:
Semana del 4 de abril	Resiliencia Ante Una Pandemia de Salud Mental para Adolescentes Los adolescentes estaban desconectados de sus conexiones habituales de la vida social en la escuela y con los amigos. Tuvieron que aprender nuevas formas de lidiar con los problemas de salud mental durante la pandemia, especialmente con el aislamiento que la pandemia trajo para todos. Sus historias reflejan sus luchas, así como su crecimiento y éxito en el manejo del desafío de la pandemia que afectó casi dos años de su experiencia en la escuela secundaria.	La Coalición para el Bienestar Estudiantil en la Preparatoria Southwest
Semana del 11 de abril	Primeros Auxilios de Salud Mental (Conocida pos sus siglas en Ingles como MHFA) El programa de Primeros Auxilios de Salud Mental es un taller interactivo que introduce a los participantes mayores de 16 años, los factores de riesgos y las señales de advertencia de problemas de salud mental. Este entrenamiento ofrecido al público por Salud Mental del Condado de Imperial que ahora se reanuda después de las restricciones pandémicas, aumenta la comprensión del impacto de los problemas de salud mental y describe los tratamientos comunes. La concientización sobre la salud mental puede construir comunidades más seguras y saludables.	Mari Arroyo, LMFT Terapeuta Matrimonial y Familiar con Licencia Estatal Supervisora de Programa Servicios para Adultos y Personas de la Tercera Edad Calexico Clínica de Ansiedad y Depresión
Semana del 18 de abril	Dirigiendo el Cambio Dirigiendo el Cambio es una finalización de video a nivel estatal entre estudiantes de secundaria en la que los estudiantes participan creando videos que hablan sobre la salud mental. Las categorías de envío incluyen Prevención del Suicidio, Asuntos de Salud Mental, y A Traves de la Lente de la Cultura con el objetivo de reducir el estigma que rodea a la salud mental. Los estudiantes de la preparatoria Southwest crearon varias presentaciones que se mostraran en un estreno comunitario el 26 de abril en la preparatoria Southwest. Hablamos con los equipos que crearon estos videos y comparten sus historias. Únase a nosotros aquí y luego en la preparatoria Southwest el 26 de abril para celebrar estos esfuerzos de la juventud.	Trabajadores de Salud Comunitarios de la Preparatoria Southwest
Semana del 25 de abril	Entrenamiento de Habilidades Aplicadas para la Intervención del Suicidio (Conocida pos sus siglas en Ingles como ASIST) Este taller es para cuidadores que desean sentirse más cómodos, confiados y competentes para ayudar a prevenir el riesgo inmediato de suicidio. Más de un millón de cuidadores han participado en este taller de dos días, altamente interactivo, práctico y orientado a la práctica. El Departamento de Salud mental ha utilizado el entrenamiento ASIST para intervenciones de suicidio más de 20 años. Ahora disponible para nuestras escuelas y miembros de nuestra comunidad, ASIST contribuye a una comunidad más segura contra el suicidio.	Mayra Andrade Especialista de Mejoramiento de Calidad Administración de Calidad

- **Transitional Engagement Supportive Services Program (TESS)** – TESS provides outreach and engagement activities to unserved and underserved SED and SMI individuals over the age of 14. The objective of the TESS Program is to provide supportive services while individuals transition to outpatient mental health treatment from hospital and/or crisis discharges. Services provided are directed to address the specific needs of each individual when he or she is transitioning to different levels of care. These services assist the individual with reintegrating back into the community and provide a supportive environment including gaining entry into the outpatient mental health system within 30-days from the start of the in-take process.



Services available to clients at the TESS Program include: initial intake assessment; medication support; mental health services – nurse and rehabilitation technician; targeted case management; and crisis intervention. The TESS Program provides linkage to variety of community resources, including, but not limited to: emergency shelter, clothing and food baskets; permanent housing; SSI/SSA benefits or appeal; DSS/Cash Aid; substance abuse treatment and/or rehabilitation referral; general physician, dentist, and/or optometrist; and other ICBHS program and community resources.

During FY 2021-2022, though the Pandemic limited the program resource and linkage capacity, the TESS program was able to increase engagement and linkage services to individuals recently discharged from acute psychiatric hospitalizations. Challenges encountered included the recruitment of new staff, limited outreach opportunities, and the pandemic did not facilitate outreach to the homeless, which is a difficult factor itself due to their transient nature. A significant change that occurred in FY 2021-2022 was the incorporating short-term mental health therapy services; however, the retention of qualified Clinicians is the programs current goal.

For FY 2022-2023 the TESS program will continue with the established goals and further strengthen the delivery of short-term therapy services:

- TESS will continue working on increasing accessibility to Mental Health Services through outreach, education, and advocacy by specific age group;
- TESS will continue to engage homeless individuals by increasing accessibility of mental health services;
- TESS will continue to improve delivery of services to those who are homeless or at risk of homelessness who are the hardest to reach and most difficult to engage with unknown severity of mental illness and/or co-occurring substance use;
- To successfully transfer individuals on a monthly basis to the outpatient clinics within 30 days of admission by completing the entire intake process which includes: intake assessment, initial nursing assessment and initial psychiatric assessment prior to transfer;
- To continue to increase community outreach presentations, and;
- TESS will continue scheduling mental health appointments to ensure linkage to mental health treatment and assisting with the accessibility of services to those individuals that are hospitalized out-of-county and are not returning to Imperial County.

- **Community Engagement Supportive Services Program (CESS)** – The focus of the CESS program is to address the specific needs of each individual to increase their support



system and their willingness for linkage into Mental Health Treatment Services. The goal is to assist individuals with reunification with their family members and/or transitioning them back into the community or a higher level of care. CESS is a program developed to provide outreach and engagement supportive services to individuals 14 years of age and older including those who are homeless or at risk of homelessness. In addition, the CESS Program provides supportive services to assist conservatees who have recently been released from LPS Conservatorship and those recently released from the local county jail.

The program continues to increase efforts to engage homeless individuals suffering from a severe mental illness by continuing to collaborate with homeless shelters, educate agencies, and the community on mental health issues and services available through Imperial County Behavioral Health Department particularly the Mental Health Triage and Engagement Services. The CESS Program continued to link clients to specialized services and programs including SSI/SSDI Outreach, Access, and Recovery (SOAR) program increases access to Social Security disability benefits and the Projects for Assistance in Transition from Homelessness (PATH) Program. The CESS Program worked on improving successful transfers to the mental health outpatient clinics by linking clients within the 30-day time-frame from the start of the intake-process.

During FY 2021-2022 a few challenges the program faced, mainly revolved around the Covid-19 Pandemic which contributed to limited outreach opportunities, decrease in staff available to conduct the outreach activities, as well as the physical restrictions to access inmates at the local county jail. As with TESS; the CESS program also planned and initiated short-term mental health therapy services for clients.

For FY 2022-2023, the CESS program will continue to:

- Increase accessibility to Mental Health Services increasing awareness through outreach, education, and advocacy by targeting specific age group and population;
- To continue to engage homeless individuals by increasing accessibility of mental health services;
- Improve delivery of services to those are homeless or at risk of homelessness who are the hardest to reach and most difficult to engage with unknown severity of mental illness and/or co-occurring substance use;
- To improve collaboration with homeless shelters and educate on mental health services to identify possible referrals;
- To continue successfully transfer individuals to the outpatient clinics within 30 days of admission by completing the entire intake process which includes: intake assessment, initial nursing assessment and initial psychiatric assessment prior to transfer;
- To continue to increase community outreach presentations, and;
- Continue to improve mental health services delivery at the County jail by conducting initial intake assessments for those individuals who are scheduled to be released.

Prevention and Early Intervention (PEI)

For the purpose of this report, the PEI section describes the outcomes covering the reporting period for FY 2020-2021. In an effort to incorporate the PEI Annual report as part of the MHSA Annual Update for FY 2022-2023, significant changes, challenges, and goals and objectives for FY's 2021-2022 and 2022-2023 were also briefly included in this report:

At the earliest signs of mental health problems, the Prevention and Early Intervention (PEI) programs are accessible support services where its goals are to lessen the need for additional or extended mental health treatment. PEI programs assist in preventing and/or reducing risk factors such as school failure/dropout, prolonged suffering and/or removal of children from their homes that may result from untreated mental illness and increase protective factors that may lead to improved mental, emotional and relational functioning. PEI programs engage children and youth by delivering services out in the community, all services are provided outside of the norm of outpatient clinics and meet the MHSOAC priority of being *culturally competent and linguistically appropriate* to meet the needs of Imperial County residents.

Prevention Programs

- **Trauma-Focused Cognitive Behavioral Therapy Program (TF-CBT)** – is a prevention program for children and youth ages 4 to 18 years of age exposed to traumatic experiences. TF-CBT is a strategy to reduce the negative outcomes associated to traumatic experiences. All TF-CBT prevention services are mobile and provided out in the community in locations.

During FY 2021-2022, the re-opening of schools was fruitful with an increased number of referrals. The challenge faced by the program was the effect of the “Great Resignation” where the program had a limited number of qualified staff to provide TF-CBT services. The program adjusted to a minimal enrollment and looks forward to the retention of qualified staff.

Program goals projected for FY 2022-2023 will remain the same as current year goals where the program will increase clinicians to provide the TF-CBT model; continue collecting demographic and evaluation data to measure the outcome and performance of the TF-CBT Program as a prevention strategy; continue using the PTSD-RI, YOQ, and YOQ-SR tools to measure symptoms and behaviors of children/youth served; provide information on outcomes to community stakeholders who represent the unserved and/or underserved populations of our consumers and their families.

- **First Steps to Success (FSS)** – is a prevention program that was developed to be provided in a school setting and implemented by school personnel. Its positive reinforcement among the kindergarten (ages 4 to 6) population is designed to assist children in developing pro-social skills that will assist them in being successful at school and home. The goal of the MHSA FSS program is to prevent mental illness from developing.

During FY 2021-2022 there was an increase in FSS services as school districts moved toward in-person learning. FSS, Mental Health Rehabilitation Technicians (MHRTs) work with teachers inside the classroom and with the children’s family at home. As a

consequence of the “Great Resignation” a number of MHRTs resigned during this FY. The department is moving forward in hiring additional staff in support of the continuation of FSS services.

Program goals projected for FY 2022-2023 will remain the same as current year goals, which includes:

- Maintaining collaborative relationships between mental health and education to continue increasing access to services to the unserved and underserved population of young children;
 - Continue to expand services to additional elementary schools throughout all Imperial County school districts in order to reach unserved and underserved children;
 - Provide training to additional teachers and MHRTs on FSS to ensure successful implementation of the model;
 - Increase parents’ and teachers’ awareness on the extent of how mental illness reaches into this age group of children to decrease the stigma related to mental health;
 - Collect data for evaluation purposes of the PEI FSS program; and
 - Provide information on outcomes to community stakeholders, including families of children, who also represent the unserved and/or underserved populations of our consumers and their families.
-
- **Incredible Years** – The program targets a priority population of children and youth in stressed families as part of our prevention program. The parenting program addresses the needs of unserved and/or underserved stressed families in order to prevent childhood trauma, prolonged suffering and/or the risk of having their children removed from their homes. ICBHS continued to contract with two local agencies in Imperial County for the implementation of the Incredible Years (IY) parenting program: Child and Parent Council (CAP Council) and Teach, Respect, Educate, Empower Self (TREES).

During FY 2021-2022 The TREES parenting program which focused more in the outlying areas of the county such as the Salton Sea, Niland, and Winterhaven ended their contract with ICBHS. The CAP Council continued to provide the IY curriculum via Zoom.

For FY 2022-2023, the IY program will try to find another provider to implement the curriculum at hard to reach areas; as well as continue with the goals and objectives established:

- IY will include providing Incredible Years groups in English and Spanish, in non-traditional and safe environment such as schools, community centers, family resource centers and other community agencies to increase access to unserved and underserved children/youth in stressed families;
- Provide parenting groups, to include Native Americans and other hard to reach population;
- Evaluate the effectiveness of this program by collecting appropriate evaluating data; and
- Provide information on outcomes to community stakeholders including families of children, who also represent the unserved and/or underserved populations of our consumers and their families.



- **Rising Stars (RS)** – is a prevention program for current foster children/youth enrolled in local school districts (K-12). The goal of this Prevention program is to reduce the risk factors for mental health illness and enhance the protective factors of the participating foster students. RS staff will provide preventive services such as:

- Social emotional learning activities;
- Leadership development;
- Self-esteem enhancement;
- Developmental Assets workshops;
- Team-building activities;
- Mentoring;
- Academic enhancement, and;
- Enrichment activities: educational field trips, college-prep workshops, study skills workshops, and Science, Technology, Engineering, Arts and Math (STEAM) workshops.



At the later part of FY 2020-2021 RS began its recruitment of program participants. Recruitment was limited as schools remained closed until they returned to in-person learning during FY 2021-2022. The program coordinator collaborated with other service providers in educating them on the program and identifying potential recruitment opportunities. The programs goals and objectives for FY 2022-2023 will remain the same as last years as the program continues to grow in its enrollment:

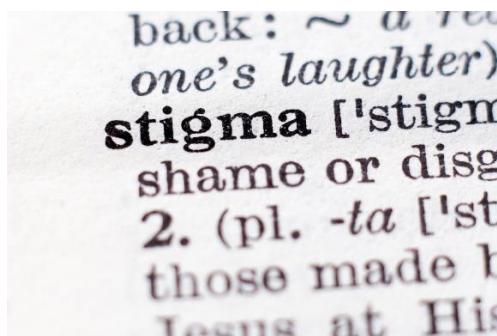
- Serve at least 225 school-aged students (K-12) who are identified as current foster care students residing in Imperial County;
- Collect relevant demographic data of the participating students;
- Conduct all data gathering for reporting requirements;
- Collect Pre-screening data and Post data from outcome measurement tools;
- Improve the self-esteem, sense of hope, and resiliency of participating foster care students to avoid mental health illness;
- Enhance the social-emotional competencies, developmental assets and other protective factors to reduce negative outcomes for the participating foster care students;
- Provide positive guidance and mentoring services to participating foster care students, and;
- Improve the study skills, basic skills competencies and college preparation of targeted students to enhance their educational outcomes and prepare them for higher education.

Stigma and Discrimination Reduction Program

The Stigma and Discrimination program addresses the entire Imperial County community, focusing on reducing the negative feelings, attitudes, beliefs, perceptions, stereotypes and/or discrimination related to being diagnosed with a mental illness, having a mental illness, or for seeking mental health services. PEI continues to utilize a universal strategy to reduce stigma and discrimination related to mental health. The program also strives to increase the community's acceptance and equity for individuals with a mental illness and their families. As the pandemic continued

During FY's 2020-2021 and 2021-2022, the program continued to engage the community by hosting a radio show "Let's Talk About It" both in English and Spanish on a weekly basis. The broadcast touches on a variety of educational topics and issues that have significant Behavioral Health impacts. Due to the limited opportunity to conduct outreach activities, the collection of surveys was also very limited.

On March 14, 2022, the Mental Health Services Act Steering Committee was informed that the end of the Positive Engagement Team (PET) project would end in March 31, 2022. The PET project coordinator presented some qualitative information in support of the engagement service the PET project had in the community and the clinics. Because of the welcoming support the pets presence provided, it was proposed that the PET project transition as a PEI program under Stigma and Discrimination. Attendees of the meeting presented their own testimonials of the foreseen benefits of the PET project becoming a PEI program. Members did not object to the proposal. Goals and objectives for the new program will be developed during FY 2022-2023.



Outreach for Increasing Recognition of Early Signs of Mental Illness

The goal of this program is to provide families, school personnel, community members, and service providers education in identifying of early signs of mental health illness and engage them to seek mental health services. MHRT's from the First Step to Success (FSS) Program and Clinicians providing Trauma Focused Cognitive Behavioral Therapy (TF-CBT) are trained to provide *Outreach Services for Increasing Recognition of Early Signs of Mental Illness*.

Some of the challenges in continuing with these services were both impacted by the Covid-19 restrictions and the "Great Resignation". As schools re-opened during FY 2021-2022, staff will continue to educate on the identification of early signs and continue to promote outreach services for linkage.

For FY 2022-2023 the Outreach Services for Increasing Recognition of Early Signs of Mental Illness goals and objectives are to:

- Provide *Outreach Services for Increasing Recognition of Early Signs of Mental Illness* by providing information, trainings, and presentations to the community;
- Collect demographic information on populations served, when possible, for purposes of program evaluation and reporting.
- Provide information on program outcomes to the community and stakeholders via Behavioral Health Advisory Board meetings, Mental Health Services Act (MHSA) Steering Committee meetings, partner agency meetings, video and print media.

Access and Linkage to Treatment Program

Access and Linkage services are provided through the Prevention and Early Intervention programs of TF-CBT and FSS. Access and Linkage services connect children/youth and their parents/legal guardians/caregivers to appropriate mental health treatment. All clients linked to the aforementioned programs are screened and assessed by Clinicians for mental health services. If a child meets medical necessity they are linked to Early Intervention services or to treatment if necessary. If they do not they are linked to Prevention services along with their supports in order to prevent the child/youth developing mental health issues.

Due to the Covid-19 pandemic, the Access and Linkage program faced the same challenges as PEI program as referrals decreased. As safety restrictions have allowed for in-person learning at schools and more community activities are taking place the Access and Linkage program will:

- Provide *Access and Linkage* services by providing information, trainings, and presentations to the community;
- Collect demographic information on populations served, when possible, for purposes of program evaluation and reporting, and;
- Provide information on program outcomes to the community and stakeholders via Behavioral Health Advisory Board meetings, Mental Health Services Act (MHSA) Steering Committee meetings, partner agency meetings, video and print media.

Early Intervention Programs

- **Trauma-Focused Cognitive Behavioral Therapy Program (TF-CBT)** – is an early intervention program that addresses the needs of children and youth in the community who have been exposed to trauma. The TF-CBT Program is utilized as an intervention to treat children and adolescents, ages 4 to 18, who have been exposed to a traumatic experience. By providing prevention and early intervention activities, mental health becomes part of the wellness for individuals and the community, reducing the potential for stigma and discrimination against individuals with mental illness. TF-CBT incorporates cognitive and behavioral interventions with traditional child abuse therapies that focus on enhancement of interpersonal trust and empowerment. All services provided by the TF-CBT are conducted out in the community to serve the unserved and/or underserved populations in Imperial County.



During FY 2020-2021 school remained closed and services continued to be provided through the Zoom platform or via telephone, depending on the needs of the clients/families. For high risk cases, face to face visits were provided with safety precautions.

During FY 2021-2022, the early intervention component of the Prevention and Early Intervention Program continued to focus on implementing the TF-CBT Program in order to

prevent the long-term negative effects of child traumatic stress and prevent the development of mental illness.

For FY 2022-2023, TF-CBT as an early intervention strategy goals and objectives will be to:

- Provide TF-CBT as an early intervention strategy to children and youth in order to overcome the functional impairments of a traumatic event.
 - Collect evaluation data to measure the outcome and performance of the TF-CBT Program as an early intervention strategy.
 - Utilize measurement outcome tools to monitor outcomes and effectiveness of TF-CBT as an early intervention.
 - Collect demographic information on populations served, when possible, for purpose of program evaluation and reporting.
 - Provide information on program outcomes to the community and stakeholders via Behavioral Health Advisory Board meetings, Mental Health Services Act (MHSA) Steering Committee meetings, partner agency meetings, video and print media.
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- **First Steps to Success (FSS)** – is a positive reinforcement program designed to assist children in developing pro-social skills that will assist them in being successful at school and home. Mental Health Rehabilitation Technicians (MHRTs) are collocated at schools, to assist school personnel, to provide the early interventions at school. The FSS Program also engages parents of identified kindergarten children.

For FY 2020-2021, schools in Imperial County were closed due to the safety orders related to the Covid-19 Pandemic. Although school instruction continued virtually this impacted the number of students referred and the number of students and families that could be provided the service.



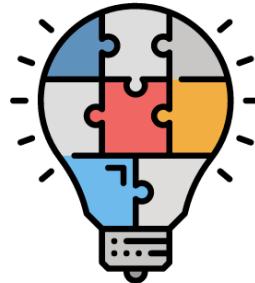
As school began opening back to in-person instruction during FY 2021-2022 FSS goals and objectives continued to be reintegrated in the school setting and to the families of referred children.

For FY 2022-2023 the FSS program will continue to be monitored as the program maintains collaborative relationships between mental health and education to continue increasing access to services to the unserved and underserved population of young children; continue to expand services to additional elementary schools throughout all Imperial County school districts in order to reach unserved and underserved children; provides training to additional teachers and MHRTs on FSS to ensure successful implementation of the model; increases parents' and teachers' awareness on the extent of how mental illness reaches into this age group of children to decrease the stigma related to mental health; collect data for evaluation purposes of the PEI FSS program; and provide information on outcomes to community stakeholders. including families of children, who also represent the unserved and/or underserved populations of our consumers and their families.

Innovation

The opportunity to learn something new comes from the creation and implementation of an Innovation project. An Innovation project has the potential to transform the mental health system. Innovation programs are novel, creative, and ingenious mental health approaches that promote recovery and resilience and lead to learning that advances mental health.

During FY 2021-2022, ICBHS had two Innovation projects in place:



- Positive Engagement Team (PET) Project
- Holistic Outreach and Prevention and Engagement (HOPE) Project

For the purpose of this report, the PET Innovation section describes the outcomes covering the reporting period for FY 2020-2021. In an effort to incorporate the PET Innovation update as part of the MHSA Annual Update for FY 2022-2023, significant changes, challenges, and goals and objectives for FY's 2021-2022 and 2022-2023 were also briefly included in this report:

- **Positive Engagement Team (PET)** – The innovative component of the PET project was to utilize dogs, not for therapy, but as a tool to engage consumers into mental health treatment. As of March 2022, the PET project was evaluated qualitatively

During FY 2020-2021, the PET project faced a major obstacle as Imperial County, along with the rest of the California, went into lockdown due to Covid-19. All PET project services such as client engagement at outpatient clinics and community outreach engagements were put on hold. Due to state and federal safety measures, none of the dogs, pet handlers, or Community Service Workers were allowed at the clinics as all routine non-urgent appointments were conducted using telehealth or telephone.

A mitigation approach in order to continue to engage clients was to move to virtual engagements. Surveys of the impact of the dogs' presence was also collected virtually or by phone. As restrictions lessened during FY 2021-2022, the PET project soon joined in a number of community outreach events, such as at



Tank joined the PET Project early in 2022!!

ICBHS resource booth at the IV Mall as well as participated in drive-thru/parade events.

As of FY 2021-2022, ICBHS clinics fully reopened and PETs were able to re-engage clients in the clinical setting. The PET project also made modifications to have a six (6) month rotation, in which some clinics would have pet engagements at their clinics and others will not. This would allow for obtaining and comparing outcomes for clinics with dogs vs clinics without dogs.

On March 14, 2022, during the MHSA Steering Committee meeting, stakeholders were informed that Innovation funding for the PET project would end on March 30, 2022. Based on the overwhelming positive responses from surveys, the recommendation was made to transition the PET Project from an Innovation Project to a new Stigma and Discrimination Reduction Program under the Prevention and Early Intervention (PEI) program. The transition would allow ICBHS to continue providing direct outreach and client engagement activities to reduce the negative feelings, attitudes and/or discrimination related to being diagnosed with a mental illness, having a mental illness or to seeking mental health services. The goal of the new PET program is to utilize dogs as a vehicle to engage the community on mental health services by increasing acceptance, inclusion and equity for individuals with mental illness and members of their families. Stakeholders present during the MHSA meeting did not object transitioning the PET program from Innovation to a Stigma and Discrimination Reduction program under the PEI component.

Project Goals and Objectives for FY 2022-2023 is that the Positive Engagement Team (PET) Project will have transitioned from an Innovation Project over to become a Stigma and Discrimination Reduction under PEI. Program goals and objectives will be developed for the new PEI program based on the consultant's evaluation and the data collected from previous fiscal years.

- **Holistic Outreach and Prevention and Engagement Project (HOPE)** – is a newly developed Innovation project to be offered to youth and young adult clients who have experienced a psychiatric emergency. The project was developed after conducting an extensive Community Program Planning Process (CPPP) supported by Zoom presentations and surveys collected via Survey Monkey platform. 41% of survey respondents agreed that wellness health services should be the area of focus. Fifty-seven percent of respondents noted that the population of focus should be youth and young adults ages 13 to 25. ICBHS developed the HOPE project and presented this to the Mental Health Services Oversight and Accountability Commission (MHSOAC) on June 24, 2021. The project was approved and later presented to the Imperial County Board of Supervisors on July 13, 2021.

The project is to use a holistic approach among youth who recently experienced psychiatric emergencies. The end goal is to prevent future psychiatric emergencies including involuntary holds and/or hospitalizations. Clients will be encouraged to participate in an array of activities such as exercise, nutrition, mindfulness, dance, art, etc., in order to improve social, emotional, physical, and mental balance.

As the project continued to be in its development stage during FY 2021-2022, the Covid-19 pandemic had not facilitated its official intake launch due to many safety restrictions. As local health orders have lessened its restrictions, the project has increased its outreach and referral intake. The project's first intake took place in February of 2022 and

its focus at this time is to continue to promote and engage clients enrolled in the HOPE project.

The goals for FY 2022-2023 for the project include:

- Collect data from referrals generated from CCRT, MHTU and Outpatient clinics;
- Collect data of total participants in HOPE project;
- Collect demographic data of participants;
- Administer and collect data of Pre and Post Outcome Measurement Tools;
- Collect data of number of hospitalization and psychiatric emergencies;
- Collect data regarding retention rates and show rates to follow-up appointments;
- Collect data of admission rates for youth and young adults services;
- Fulfill vacant positions, and;
- Purchase 2 vehicles.

Workforce Education and Training

The Workforce Education and Training component provides funding for education and training for all individuals who provide direct or support services in the Public Mental Health System in order to develop and maintain a sufficient workforce capable of providing effective mental health services. During FY 2021-2022, the trainings provided on the following topics: Mental Health Interpreting and Assertive Community Treatment (ACT) Model Training, Portland Identification and Early Referral (PIER) Training, Moral Reconation Training, and Cognitive Processing Therapy (CPT) trainings:

Many programs have shared the high turnover in staff; therefore, there is a need to continue supporting in building service capacity by continuing to train new staff that on-board MHSA programs. The development of new program, such as the FSP Intensive Community Program also needs to prepare staff in the ACT Model as it moves forward in launching this FSP program. During FY 2021-2022, ICBHS also collaborated in the Southern Regional Partnership grant, which in the next 4 years will support in a Loan Repayment, Stipend programs, and a variety of regional retention trainings and conferences. For FY 2022-2023 the following are the trainings and programs to be focused on:

- Mental Health Interpreter Training Program;
- Assertive Community Training Model;
- Portland Identification and Early Referral Training;
- Cognitive Processing Therapy Training, and;
- Continue to collaborate in the Southern Counties Regional Partnership Programs:
 - Loan Repayment;
 - Stipend, and;
 - Regional Retention Trainings and Conferences.

Capital Facilities and Technological Needs

The Capital Facilities and Technological Needs (CF/TN) component provides resources to promote the efficient implementation of the MHSA, producing long-term impacts with lasting

benefits that improve the mental health system. Activities planned through Capital Facilities and Technological Needs for FY 2022-2023 include:

- Supporting Client and Family Empowerment by installing upgraded chromeboxes;
- Upgrading the Meraki Internet system for both Wellness Centers;
- Collaborate with XPIO Health in updating the annual HIPAA Security and Privacy and Compliance trainings;
- Collaborate with XPIO Health in complete the Annual Security Risk Assessment;
- Continue to collaborate with CalMHSA Semi Statewide EHR project to be transitioned to in the upcoming year;
- Address telecommunication mobile equipment needs;
- Complete the refreshing of ICBHS IT infrastructure by retaining the needed critical technology hardware.

