

IMPERIAL COUNTY BEHAVIORAL HEALTH SERVICES

Mental  
Health  
Services  
Act



ANNUAL PROGRAM  
AND  
EXPENDITURE PLAN UPDATE  
FY 2024-2025



IMPERIAL COUNTY  
**Behavioral Health Services**  
MENTAL HEALTH & SUBSTANCE USE RECOVERY

# Executive Summary



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## Executive Summary

Proposition 63 also known as the Mental Health Services Act (MHSA) as approved by California voters 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 needs, 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.

As of May 2024, Proposition 1 went to ballot by its biggest proponent Governor Newsom. Its passing on the April ballot will allow for \$6.4 billion in bonds for the increase of mental health beds, housing for homeless individuals, veterans, individuals with mental and those with only substance use disorders. It also allows for the restructuring of MHSA funding with an increase



in funding to remain at the State for specific services. With its passing, MHSA will now be named Behavioral Health Services Act (BHSA).

Over the next year, Imperial County Behavioral Health Services (ICBHS) will monitor the restructuring of MHSA into BHSA and adapt to the new focus areas driven by Prop 1.

This MHSA Program and Expenditure Annual Update Report for FY 2024-2025 provides the outcomes of services conducted during FY 2023-2024 and what the programs will continue to focus on based on the goals and objectives delineated in the last MHSA Program and Expenditure Three Year Plan FY 2023-2024 through FY 2025-2026. The next annual report will likely reflect many of the significant changes our county will face in response as MHSA restructures into BHSA.





## Community Services and Supports (CSS)

CSS is the largest component of MHSA and is composed of 3 areas: Full-Service Partnership Programs, General System Development Programs, and Outreach and Engagement Program.

### FULL-SERVICE PARTNERSHIP PROGRAMS:

**Full-Service Partnership Programs** focuses on children and families, transition-age youth, adults, and older adults who suffer from severe mental illness or serious emotional disturbance.

All programs serve Serious Emotional Disturbances (SED) and/or Severe Mental Illness (SMI) individuals that meet each of the programs criteria.

			
<p><b>Youth and Young Adult (YAYA) Services Full-Service Partnership (FSP)</b> Ages 12-25</p>	<p><b>Adult and Older Adult Services Full Service Partnership Program (Adult FSP)</b> Ages 26 and older</p>	<p><b>Psychosis Identification and Early Referral – Full Service Partnership Program (PIER-FSP)</b> Ages 12-23</p>	<p><b>Full Partnership Program – Intensive Community Program (FSP-ICP)</b> Ages 18 and older</p>

All FSP program provide different levels of Rehabilitative services; “Wrap-like” services; Integrated community mental health and substance abuse treatment; Crisis response; Supported employment or education; Transportation; Housing assistance; Benefit acquisition; etc...

FSP staff are trained to implement and/or refer to a variety of treatment models including Cognitive Behavioral Therapy (CBT); Trauma-Focused Cognitive Behavioral Therapy (TF-CBT); Multi-family Group sessions, among others. The programs also implement a number of monitoring tools in order to monitor service progress and support client centered outcomes. Each FSP program has its own goals and objectives delineated for FY 2024-2025.

## GENERAL SYSTEM DEVELOPMENT PROGRAMS:

Imperial County uses GSD funds to support its local Wellness Center services.

The **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

The Wellness Centers will continue to pursue its goals and objectives delineated for FY 2024-2025.

A significant change under GSD is the communities support expressed for the INNOVATION project, Holistic Outreach Prevention and Engagement (HOPE) to establish itself as a GSD program in our county. The following is a summary of



the Community Program Planning Process that took place in support of the transition:

- On April 22, 2024, the proposal was presented to the MHSA Steering Committee Meeting.
- On May 21, 2024, the outcome proposal was presented to the Mental Health Advisory Board.
- XXXX

OUTREACH AND ENGAGEMENT PROGRAMS:



- **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. The program is present at key congregate sites such as IV Mall and key community events. The MHSA Outreach Media Center provides the necessary technology production expertise to further support outreach efforts. Including the weekly radio program “Let’s Talk About It” / ”Expresate” and other social media platforms. Outreach and Engagement goals for CY 2024 are based off the targeted demographic populations identified in the local Target Penetration Rate survey.

- **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.

- **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.

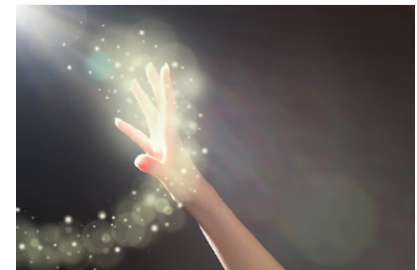
Both the TESS and CESS programs provide essential services based on the individual’s needs. Such services include initial intake assessment; medication support; mental health services – nurse and rehabilitation technician; targeted case management; and crisis intervention. The programs provide linkage 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.

INNOVATION PROJECT UPDATES FOR  
FY 2024-2025:

The following reports cover activities conducted during FY 2023-2024 and what goals and objectives are planned for FY 2025-2026.

- **Holistic Outreach, Prevention and Engagement (H.O.P.E) Project**
- **Statewide Electronic Health Record (EHR) Project**
  - **Holistic Outreach and Prevention and Engagement (HOPE) Project** – is an Innovation project to be offered to youth and young adult clients who have experienced a psychiatric emergency. The project is to use a holistic approach among youth that 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.

- **Statewide Electronic Health Record (EHR)**

**Project** – is an Innovation project in support of the transition of a new electronic health record. This is a multi-county, scalable INN project that stems from a larger Semi-Statewide Enterprise Health Record (EHR) project CalMHSa is concurrently leading (the EHR Project). CalMHSa is partnering with 23 California counties – collectively responsible for 27% of the state’s Medi-Cal beneficiaries – on the Semi-Statewide Enterprise Health Record project.

This project is unique in that it engages counties to collaboratively design a lean and modern EHR to meet the needs of counties and the communities they serve both now and in the future.

#### WORKFORCE EDUCATION & 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. The goals are to develop and maintain a sufficient workforce capable of providing effective mental health services. During FY 2023-2024, trainings provided on the following topics: Mental Health Interpreter, Assertive Community Treatment, Psychosis Identification and Early Referral, Interpersonal Psychotherapy, Curanderismo Cultural Competence, and Program to Encourage Active and Rewarding Lives (PEARLS) trainings.



During FY 2023-2024, ICBHS also collaborated in the Southern Regional Partnership grant, which in its final year will support Loan Repayment, Stipend programs, and a variety of regional retention trainings, pipeline activities, and conferences. For FY 2024-2025 the following are the trainings planned:

- Mental Health Interpreter Training Program
- Assertive Community Training Model
- Psychosis Identification and Early Referral Training
- Interpersonal Psychotherapy Training
- Non-Violent Crisis Intervention Training
- Applied Suicide Intervention Skill Training
- Suicide Alertness for Everyone Training
- Teen Mental Health First Aid
- PEARLS Training



- Somatic Therapy for Complex Training
- Eye Movement Desensitization & Reprocessing & Internal Family Systems Trainings.
- 2025 NatCon Conference
- Matrix Model Training
- Seeking Safety Training
- SUD Integrated Care Conference

The WET program will also initiate Employee Engagement activities with this support of WET funds. The Incentive Program for qualified therapists and psychologist was not supported the county's main HR department as they are currently conducting a classification and compensation study.

ICBHS will also continue to collaborate in the Southern Counties Regional Partnership Programs:

- Loan Repayment
- Stipend
- Regional Retention Trainings
- Pipeline Activities and
- Support Staff Attendance to SCRP Conference(s).

#### CAPITAL FACILITIES & 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.

CF/TN will be supporting the following activities:

- Client and Family Empowerment
- Consultant and Contracted Services
- Telecommunication Mobile Solutions
- Software Upgrades
- Phone Upgrades

#### INCORPORATED REPORTS:

- Annual Prevention and Early Intervention (PEI) Report for FY 2022-2023
- Annual Innovation Project Reports for FY 2022-2023

#### Annual Prevention and Early Intervention (PEI) Report for FY 2022-2023

**For the purpose of this report, the PEI section describes the outcomes covering the reporting period for FY 2022-2023. In an effort to incorporate the PEI Annual report as part of the MHSA Annual Update for FY 2024-2025, significant changes, challenges, and goals and objectives for FY's 2023-2024 and 2024-2025 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 their 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.

### **Updates for the following 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 with traumatic experiences. All TF-CBT prevention services are mobile and provided out in the community in locations.
- **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.
- **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 to prevent childhood trauma, prolonged suffering and/or the risk of having their children removed from their homes. ICBHS continues to contract with one

local agency in Imperial County for the implementation of the Incredible Years (IY) parenting program: Child and Parent Council (CAP Council).

- **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.

### **Update for 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. The programs that support Stigma and Discrimination activities are:

- Positive Engagement Team
- Reps4Vets
- Stipend in Support of Stigma and Suicide Prevention at Kennedy Middle School

### **Update for following Outreach for Increasing Recognition of Early Signs of Mental Illness Program**

The goal of this program is to provide families, school personnel, community members, and service providers with 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*.

### **Update for 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.

### **Update for 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.
- **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.

## Innovation Project Reports for FY 2022-2023

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 2022-2023, ICBHS had two Innovation projects in place:

- Holistic Outreach Prevention and Engagement (HOPE) Project
- Statewide Electronic Health Record Project
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