



Part of the recently completed remodel/refresh of 2640 Breslauer Way

Mental Health, Alcohol and Drug Advisory Board Annual Report 2016

Our membership

Steve Smith (chair)
Charles Menoher (vice chair)
Ronald Henninger
Kari Hess
David Kehoe
Dave Kent
Sam Major
Marvin Peterson
Leon Polk
Sonny Stupek
Michele Wright

We said goodbye to:

Dana Brooks
Stevan Keyser
Marcia Ramstrom
Janet Rudd

Dear Shasta County Board of Supervisors:

The members of the Shasta County Mental Health, Alcohol and Drug Advisory Board are pleased to present our 2016 annual report to the Shasta County Board of Supervisors. In 2016, the Board recommitted ourselves to our Mission and Responsibilities. We continue to review and evaluate the community's mental health and alcohol/drug treatment needs and the services that the Shasta County Health and Human Services Agency provides.

This report reflects the Board's dedication to our responsibilities, as we took the opportunity to learn more about the many services available in our community and to participate on many committees. During the year, we heard success stories from individuals who have received services from the Health and Human Services Agency, and we also heard about challenges and barriers that the Agency experiences. By providing sound and educated direction to Shasta County's mental health, alcohol and drug programs, the Board feels proud of the work we have done in assisting HHSA in its mission.

It is our sincere hope that the 2016 Annual Report will provide a clear understanding of our intentions and direction as we continue forward in 2017.

Sincerely,

Steve Smith
Shasta County Mental Health, Alcohol and Drug Advisory Board Chair

Board Mission and Responsibilities

The mission of the Board is to inform and educate the public on alcohol, drug and mental health issues as well as to advise the Shasta County Mental Health Plan on program development, availability of services and planning efforts as established by Welfare and Institutions Code Section 5604.2. This includes the following responsibilities:

1. Review and evaluate the community's mental health, alcohol and/or drug treatment needs, services and special problems as related to the above.
2. Review performance contracts.
3. Advise the Board of Supervisors, the Shasta County Director of Mental Health Services and the County Alcohol and Drug Program Administrator to any aspect of Shasta County's mental health, alcohol and drug treatment and prevention services.
4. Ensure citizen, consumer and professional involvement in the Shasta County Mental Health Plan's delivery planning efforts.
5. Submit an annual report to the Board of Supervisors on the needs, challenges and performance of Shasta County's mental health, alcohol and drug treatment and prevention services.
6. Review, interview and make recommendations on applicants for appointment of the Director and Administrator.
7. Review and comment on Shasta County's performance outcome data and communicate its findings to the State of California Mental Health Planning Council and/or other appropriate entities.
8. Assess the impact of the realignment of services from the State of California on mental health services delivered to clients and within the Shasta County community.
9. Review draft Mental Health Services Act (Proposition 63, General Election of November 2004) plans and annual updates, make recommendations to the Director regarding the plans and updates, and make recommendations to the County Mental Health Department for revisions, as needed (per Welfare and Institutions Code Section 5848(b)).
10. Conduct public hearings on draft Mental Health Services Act plans, annual updates and other matters as appropriate.

The board also receives updates on alcohol and drug programs and services. Presentations on these services were provided throughout the year, and are included within this report.

In the following pages, we have indicated where and how we have accomplished some of these missions.

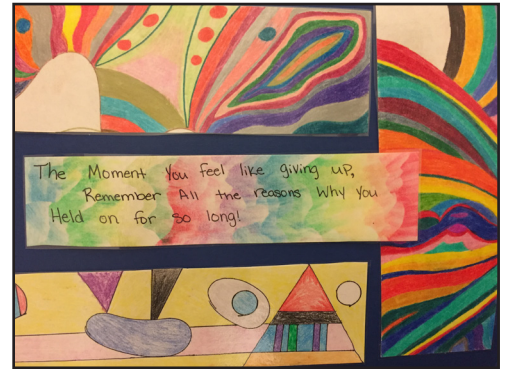
Meetings: Action Items and Presentations

January

Presentation - Perinatal Treatment Services: Shasta County Health and Human Services Agency's Perinatal Treatment Services is an intensive outpatient program (IOT) that specializes in providing alcohol and drug treatment to women with children. They provide women the skills and opportunities to conquer addiction and raise children who thrive in a safe, nurturing and drug-free environment.

Presentation - External Quality Review Organization (EQRO) Site Review: Managed Care Organizations (MCOs) and Pre-Paid Inpatient Health Plans (PIHPs) are required to have an external review each year.

The purpose is to look at how data is used to promote quality improvement activities within county mental health services. The report summarizes strengths and opportunities. A number of strengths were identified, including a new transitional residential facility in Shasta Lake City, telepsychiatry services in emergency rooms, a high rate of outpatient follow-up appointments after an inpatient stay, the "walk-in" model that ensures better initial screening on first contact, and regular review of data to improve processes. Recommendations included: Continue to strengthen Performance Improvement Projects to meet performance standards and improve consumer outcomes; establish a mechanism for ongoing training of clinic reception staff, and consider adding peer navigators/greeters; examine system issues that create high rates of deferred diagnosis, and improve as indicate; continue recruitment activities to fill vacant psychiatrist positions; and consult with organizational providers to problem solve and create more efficient processes for children/families in need.



March



Presentation - Empire Social Model Detox: Marjeanne Stone, executive director of Empire Recovery Center, described this program. Empire Recovery Center is a residential facility with 42 licensed beds (detox and residential). A client's length of stay in detox is determined by a variety of factors, including the history and severity of a person's addiction. Empire is a short-term detox, and its goal is to detox a person enough so they can decide whether they want to get into recovery. At exit, they provide

referrals to community resources, including treatment programs, outpatient services, support groups, housing resources and more. Between July 1 and Dec. 31, 2015, 109 people received detox services.

Presentation - Medi-Cal Specialty Mental Health Services: Health and Human Services Agency Quality Improvement Coordinator Justina Larson gave an overview on the managed care plan. Managed care is responsible for overseeing various aspects of quality of care, utilization of services, and compliance to state and federal regulations and the county's contract with the state of California.

Mission #9

Grant application: Shasta County's Mental Health Services Act coordinator asked the Board to approve a request to the California Health Facilities Financing Authority for a \$637,343 grant through its Investment in Mental Health Wellness Act of 2013. This grant would create a 23-hour Crisis Stabilization Unit facility, plus provide for three months' worth of startup costs. This money would be supplemented by funds from an increase in the city of Redding's sales tax, which will be on the November ballot.

Board Action: Authorized the Chair to sign a letter on behalf of the Board supporting the grant application.

April (special meeting)

The Board toured Empire Recovery Center and heard a history of the building, services and resources provided.

May

Presentation - Bloodborne Disease Prevention Project: Shasta County Health Officer Andrew Deckert, MD, MPH, provided an overview on this program. In Shasta County, about 5,000 people use up to 2 million needles, syringes and lancets per year (most of whom have medical conditions, such as diabetes). Discarded needles and syringes can lead to the spread of diseases, like Hepatitis B and C, HIV, staph and MRSA. The cost of needle stick injuries or treating people who are infected with these diseases by contaminated needles is significantly higher than this program's cost. This one-for-one needle exchange includes health education, referral to testing services, condoms and referral to substance abuse treatment. More needles are collected than are distributed, and since the program has been in place, the number of Hepatitis B, Hepatitis C and HIV cases has dropped. In 2015, at least seven syringe exchange program clients reported having quit heroin.



Presentation - Pathways to Mental Health: Health and Human Services Agency Children's Branch Director Dianna Wagner described this program, formerly known as Katie A. The program evolved from a lawsuit that challenged California's failure to provide home-based and community-based mental health services to children in the foster care system or at risk of removal from their families. It resulted in collaborative efforts through a child and family team; screening, assessing and providing mental health services; and development of a core practice model. The number of children experiencing multiple changes in foster care placements (and the number of changes per child) has dropped as a result of this program.

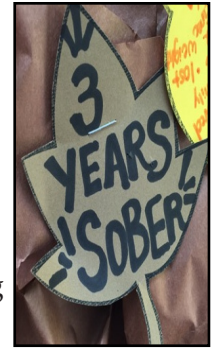
July

Missions #9 and 10

MHSA Fiscal Year 2015/2016 Annual Update: Every year, the Health and Human Services Agency is required to complete a Mental Health Services Act Annual Update which reports on past, present and future Mental Health Services Act-funded activities in Shasta County. The Annual Update includes program descriptions, fiscal information and both data and program evaluation reports. The Annual Update is formulated in accordance with established stakeholder engagement and planning requirements. The Board created an ad hoc committee to review the draft Annual Update and provide guidance and input to staff.

Board Action: The Board recommended the Shasta County Board of Supervisors adopt the update.

Presentation - Medication-Assisted Treatment: Jason Kletter, Ph.D., of Bay Area Research Addiction and Treatment discussed the growing opioid epidemic and treatment options, including methadone, buprenorphine and counseling. The desired outcomes are a reduction in criminal behavior, a reduction in illicit drug use and an increase in social productivity.



Presentation - Aegis Treatment Centers: Alex Dodd, Chief Executive Director of Aegis. Two clients shared how they successfully went through the recovery process at Aegis. Aegis offers medication treatment (methadone and buprenorphine) and counseling, with the goal of tapering clients down until they are drug-free. Aegis operates 26 outpatient addiction treatment clinics in 14 counties in California. They would like to open a medication clinic in Redding.

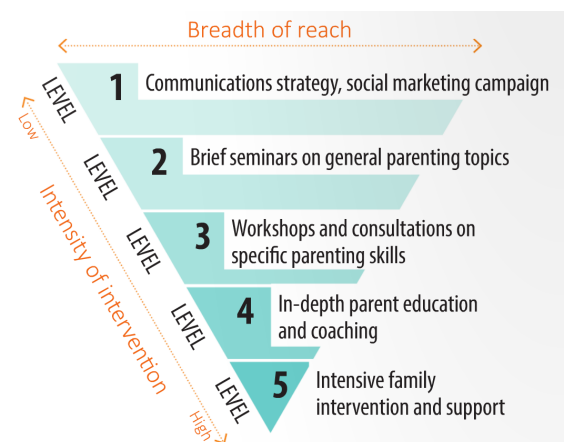
<p>Mission #2</p>	<p>Mental Health Performance Contract: Health and Human Services Agency Director Donnell Ewert reviewed the Fiscal Year 2016-17 Mental Health Performance Contract. This agreement sets forth conditions and requirements that Shasta County must meet in order to receive Projects for Assistance in Transition from Homelessness (PATH) and Community Mental Health Services Grant program funding.</p>
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Membership: The board bid farewell to former Vice Chair Marcia Ramstrom.

September

<p>Mission #5</p>	<p>Mental Health, Alcohol and Drug Advisory Board 2015 Annual Report: Reviewed this annual report.</p> <p>Board Action: Approved the report for submission to the Shasta County Board of Supervisors.</p>
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Presentation - What is Triple P?: Dianna Wagner, Children's Services Branch Director, explained the Triple P program, which was developed at the University of Queensland in Australia as a multilevel system of parenting intervention designed to improve the quality of parenting education. The core principles of positive parenting are to ensure a safe and engaging environment, create a positive learning environment, use assertive boundaries, have realistic expectations and take care of yourself as a parent. It promotes helping children develop social and language skills, emotional self-regulation, independence and problem solving. Shasta County has 18 active practitioners in the Health and Human Services Agency, and 91 in the community.



Presentation - Restoration Center and Haven for Hope: Health and Human Services Agency Director Donnell Ewert shared what he learned during his visit to the Restoration Center and Haven for Hope in San Antonio. These programs were instituted to divert people with mental illness and substance abuse disorders from the overcrowded jail. In comparison to this program, Shasta County already has a Crisis Residential and Recovery Center, social model detox (Empire Recovery Center), intensive outpatient substance use disorder treatment (Voices of the Cross) and perinatal substance abuse disorder treatment. To fully model San Antonio's restoration services, Shasta County would add a crisis stabilization unit, mobile crisis team, sobering center and medication-only methadone clinic. The Haven for Hope is a 22-acre campus in San Antonio that includes 30 on-campus

partners and 60 others who provide mental health and substance abuse services, meals, culinary arts training, medical services (including dental and vision), and early childhood education and child care. Its Courtyard is a safe sleeping area with lockers, showers, meals and client engagement. Its Transformational Campus offers long-term living quarters and services that include job training, education, behavioral health services, permanent housing assistance, an animal kennel and a library and computer center. In addition, all sworn officers receive 40 hours of Crisis Intervention training, and there's a mental health liaison for the police department and sheriff's office who provides extra training for working with mentally ill community members.



Presentation - The Woodlands: Mental Health Services Act Coordinator Jamie Hannigan provided a photographic update of The Woodlands permanent supportive housing project. Construction continues on the 55-unit apartment complex on Polk Street, where 19 units will be occupied with people who qualify as full-service partners under the Mental Health Services Act. Northern Valley Catholic Social Service will operate the facility.

November

<p>Mission #4</p>	<p>Membership: Review and recommend nominees for the board.</p> <p>Board Action: Recommended that the Shasta County Board of Supervisors reappoint Ronald Henninger, Dave Kent, Steve Smith and Sonny Stupek for three-year terms to the Board. Recommended that the Board of Supervisors appoint Amanda Flowers Peterson for a one-year term and Carol Zetina and Kerrie Hoppes for two-year terms.</p> <p>Board Leadership: The Ad Hoc Nominating Committee presents the Board with recommendations for the positions of Chair and Vice Chair to serve for a period of 1 year.</p> <p>Board Action: Approved the recommendation of Steve Smith for Chair and Charles Menoher for Vice Chair.</p>
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2017 Board Meeting Dates: Establish Board meeting dates for 2017.

Board Action: Approved the calendar of Board meeting dates for 2017.

Presentation - NoRx Abuse: Shingletown Medical Center Medical Director Candy Stockton, MD, shared that this group includes prescribers, pharmacists, law enforcement, drug treatment providers, hospitalists, Shasta County's Public Health Branch, Partnership Health Plan and a representative from private insurance. The goal is to connect people from different systems, provide one-on-one outreach to local prescribers, and increase awareness of the dangers of prescription medications. The group placed ads on local bus kiosks and created informational handouts for prescribers and pharmacies to give to patients. They are training and equipping local law enforcement with naloxone to treat overdose.

Presentation - Beacon: This organization manages mild/moderate behavioral health services for Partnership HealthPlan. Members can self-refer, and family members and healthcare providers can refer someone. When a member calls, a licensed clinician screens that person to determine the appropriate system of referral.

Mission #1

Note: The above-mentioned presentations at meetings throughout the year fall under board Mission #1.

The data notebook that typically fulfills Mission #7 was not provided to counties until December 2016, so it was not completed until Spring 2017 and will be reflected in next year's annual report.

Committees

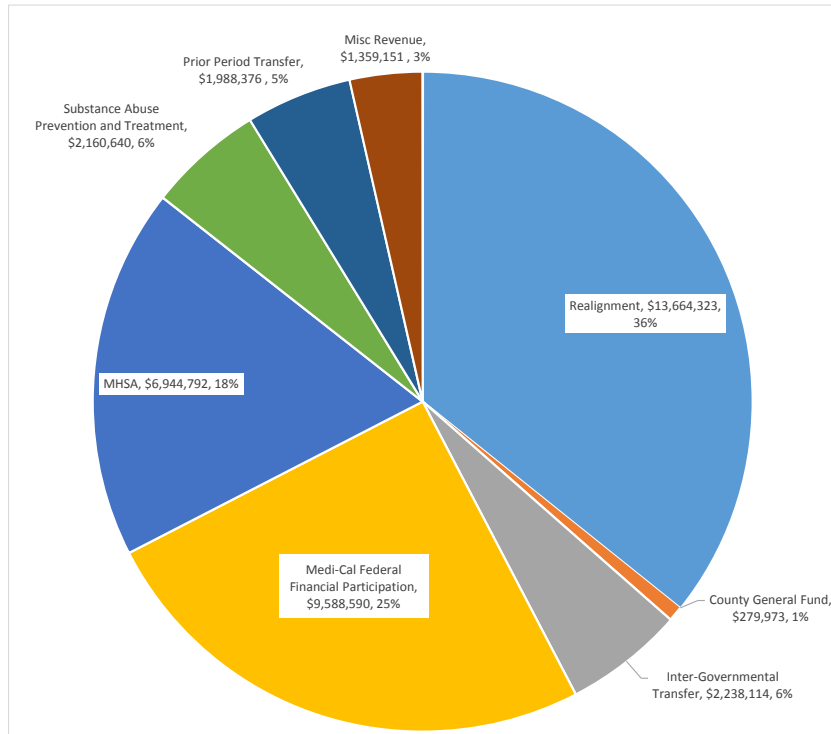
Board members serve on various community and agency committees to share input, gather information and bring that knowledge back to their fellow board members. Committees include:

- Mental Health, Alcohol and Drug Advisory Board Executive Committee
- California Association of Local Behavioral Health Boards and Commissions
- Community Education Committee
- Mental Health Services Act Advisory Committee
- Suicide Prevention Workgroup
- Redding Area Homeless Coalition Project

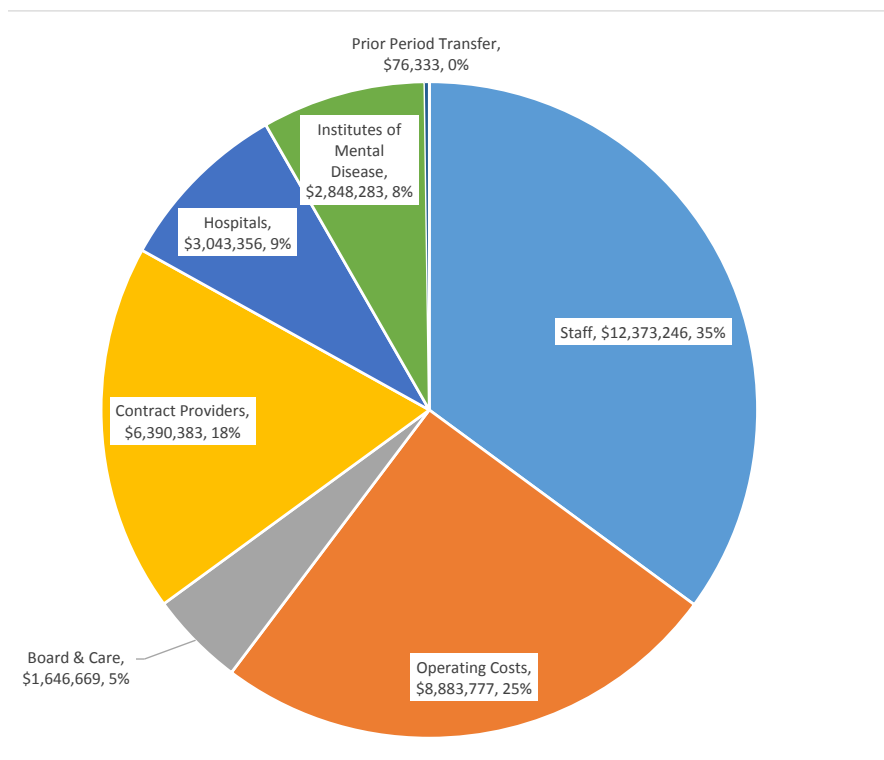
Budget

The Health and Human Services Agency receives funding for mental health and substance use treatment services from various sources. The majority of the funding is used to provide client services.

Fiscal Year 2015/2016 Revenues: \$35,262,047



Fiscal Year 2015/2016 Expenditures: \$38,193,958



Summary

The Shasta County Health and Human Services Agency continues to work diligently to provide mental health and alcohol/drug treatment services in our community. We are heartened by staff's commitment to this difficult and exceptionally important work. Many of the problems we've seen in prior years continue to plague our community, including homelessness, crime, an increase in substance use, a lack of professional resources (such as psychiatrists and nurses) and inadequate funding to meet the full scope of needs. Fortunately, we've seen some great progress this year in other areas, including:

- An increase in the number of psychiatric beds, as Shasta Regional Medical Center expanded its 20-bed inpatient wing to include all adults, not just older adults.
- New supportive housing for people with mental illness, with The Woodlands being the most notable example (scheduled to open in late Spring 2017). This 55-unit complex includes 19 one- and two-bedroom apartments for people who qualify for Full Service Partnership services.
- Relief in pressure on emergency rooms is on the horizon with the development of the CARE Center, a drop-in, after-hours center for people in crisis (scheduled to open in Spring 2017).

The Board remains committed to its responsibility to provide sound direction to Shasta County's mental health, alcohol and drug programs, and together, we will continue striving to ensure that Shasta County's treatment and prevention services meet the needs of our ever-changing community.

Acknowledgements

The Board would like to thank the Shasta County Board of Supervisors and David Kehoe for their support and commitment to our meetings, goals and concerns. Also, we offer a special thank you to Executive Assistant Cara Schuler for her dedication and support. Thanks to Health and Human Services Agency Director Donnell Ewert, Adult Services Branch Director Dean True and Children's Services Branch Director Dianna Wagner for their assistance. Finally, we thank all County staff for providing the help that we need as a Board to do our work.