



**MHSA Advisory Committee (MAC)  
Wednesday, July 29, 2020  
Zoom Meeting  
4:00pm – 5:30pm**

SAN LUIS OBISPO COUNTY  
BEHAVIORAL HEALTH DEPARTMENT



WELLNESS • RECOVERY • RESILIENCE

- **Welcome, Introductions, and Goals for meeting**

- Frank Warren, SLOBHD

- **COVID 19 Updates**

- Frank Warren, SLOBHD
- Anne Robin, SLOBHD

- **CSS –Program Updates**

- Kristin Ventresca, SLOBHD

- **PEI –Program Updates**

- Nestor Veloz-Passalacqua, SLOBHD

- **INN – Program Updates**

- **WET - Program Updates**

- Caroline Johnson, SLOBHD

- **Fiscal Update**

- Jalpa Shinglot, SLOBHD

- **Old Business**

- Clinician at 40 Prado Homeless Center (Survey Monkey to be sent)
- Wellness Centers in AG and SLO (Survey Monkey to be sent)

- **New Business for 2019-20**

- Promotores Equipment Request (PR, Survey Monkey to be sent)

- **Updates**

- CSU Admission Process
- MHSSA (middle school) Grant
- Suicide Prevention Grant

- **Next Meetings:**

- MAC: 9/30/2020

- **Conclusion**



# The MHSA provides San Luis Obispo County:

- Funding, personnel, and other resources
- Supportive programs for underserved populations
- Best practices and innovative approaches
- Prevention, early intervention, treatment, and recovery
- Community partnerships and stakeholder engagement



# ***MHSA Advisory Committee***

- MHSA Advisory Committee**

## **Introductions**



- This is a somewhat informal meeting with all attendees welcome to comment, ask questions, make suggestions, etc.
- MHSA planning requires stakeholder involvement to guide and advise plans.
- Today's meeting will update the MHSA oversight group (including original and new members) as to the implementation of the most current work plan.
- We will also provide information on work plan changes, and introduce new funding initiatives, for discussion and approval.
- We will use consensus-based decision making.



# COVID 19 Update



**BEHAVIORAL HEALTH DEPARTMENT**

[www.slobehavioralhealth.org](http://www.slobehavioralhealth.org)

# ***Community Services and Supports (CSS)***

- 1. Child & Youth Full Service Partnership (FCN & SLOBHD)**
- 2. Transitional Age Youth FSP (FCN & SLOBHD)**
- 3. Adult FSP (TMHA & SLOBHD)**
- 4. Older Adult FSP (Wilshire CS & SLOBHD)**
- 5. Client & Family Wellness (TMHA, CAPSLO & SLOBHD)**
- 6. Latino Outreach Program (SLOBHD)**
- 7. Enhanced Crisis & Aftercare (Sierra Wellness & SLOBHD)**
- 8. Schools and Family Empowerment (SLOBHD & CAPSLO)**
- 9. Forensic Mental Health Services (TMHA & SLOBHD)**



# ***Community Services and Supports (CSS)***

## **FSP Program Expansion Updates**

- **Youth/TAY: FCN – 1.0 FTE Increase Youth and Family Partner**
- **Adult: TMHA - .40 FTE Increase Med Manager, .50 FTE Increase Therapist, .50 FTE Increase Peer Mentor**
- **HOT: TMHA – New HOT Team with Van**
- **Older Adult: Wilshire - .50 FTE Med Manager, .25 FTE Psychiatrist**





# ***Prevention & Early Intervention (PEI)***

- 1. Prevention Program** (SLOBHD/The Link, Center for Family Strengthening (CFS), CAPSLO, Cuesta College)
- 2. Early Intervention Program** (Community Counseling Center, TMHA, SLOBHD)
- 3. Outreach for Increasing Recognition of Early Signs of Mental Illness** (Public Health)
- 4. Access and Linkage to Treatment Program** (Wilshire)
- 5. Stigma and Discrimination Reduction Program** (SLOBHD, TMHA)
- 6. Improve Timely Access to Services for Underserved Populations Program** (SLOBHD)
- 7. Suicide Prevention Program** (SLOBHD)



# ***Prevention & Early Intervention (PEI)***

## **PEI Program Expansion Updates**

- **CFS Promotores: Fiscal increase (staff & program)**
- **CFS Parent Connection: Fiscal increase (staff & program outcomes)**
- **TMHA Integrated Community Wellness – Fiscal increase (staff & program outcomes)**
- **Veterans Outreach Program – Fiscal increase (staff and program outcomes)**



# ***Innovation (INN)***

**UPDATE:**

**Cal Poly – Evaluator**

**FY 16-20**

**Initial Findings Report**

- **COLEGA** (Stand Strong/Women’s Shelter)
- **LLEAP** (Wilshire)
- **TARP** (TMHA)
- **Not for Ourselves Alone: Trauma Informed County** (SLOBHD)



# ***WET: Communication Update***

- **Committees:** Established Social Media and Web Editing Committees
- **Instagram:** More than doubled our following on from June 2019 (**512** followers)-June 2020 (**1122** followers).
- **Facebook:** Saw an increase in community likes from June 2019 (**411**) to June 2020 (**596**). Utilized Facebook Live for events and MHSA meeting.
- **YouTube:** Revamped the channel to include playlists like Chatting with Behavioral Health (English and Spanish), department messages, and local news coverage.



# ***WET: Communication Update***

- **Press:** New Youth Services Division Manager, New Justice Services Department, Suicide Prevention Month, May Mental Health Month, Mental Health Drive Thru Events, COVID-19 Service Updates and Message to Clients, Coping with COVID-19, Telehealth and Virtual Resources, Anti-Discrimination Statement, Department's Response to Racism and Trauma, Mental Health First Aid, MHSA Middle School Grant. MHSA Los Osos Town Hall Meeting.
- **COVID-19:** daily helpful coping tips, informative articles and Chatting with Behavioral Health videos. Built out new pages on the external and internal BH websites so staff and the community had agency and community information, alerts and resources at their finger tips.



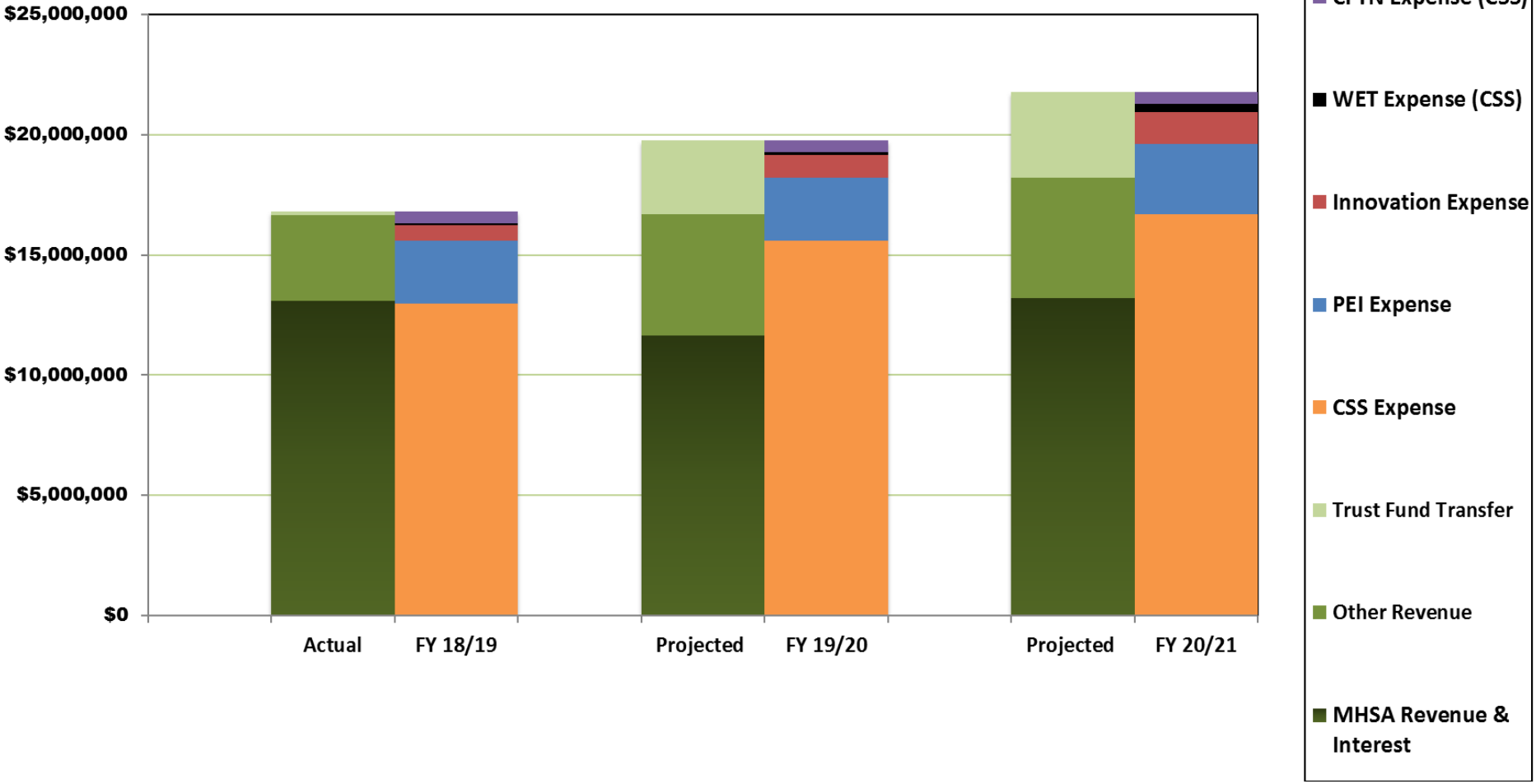
# ***WET: Training Update***

- Coordinated **22** Continuing Education trainings, for over **1,000** staff and community partners.
- Offered more than **90** BBS and BRN education hours to attendees and issuing nearly **900** certificates to attendees.
- Trained **63** Adult FSP Staff in the Milestone of Recovery Scale (MORS).
- Transferred to learning online during COVID-19.
- Maintained online training databases Relias and Schoox (CANS) as well as established external and internal Training and Events webpages with ongoing training updates and information.



# MHSA Fiscal Update

MHSA Revenue and Expenses FY 18/19 – Projected FY 20/21



# *MHSA Fiscal Update*

- **Fund Balance 06/30/2020 (excluding PR) = \$12,387,166**
- **Prudent Reserve Fund Balance = \$2,774,412**
- **CSS Update:**
  - Full Service Partnership Majority of CSS Funding (51%)
    - FY 19/20 current budget approximately 43%
- **PEI Update:**
  - No additional funding is available at this time.





# *Old Business*

- **Clinician at 40 Prado Homeless Center (Survey Monkey to be sent)**
- **Wellness Centers in AG and SLO (Survey Monkey to be sent)**

SAN LUIS OBISPO COUNTY  
BEHAVIORAL HEALTH DEPARTMENT



WELLNESS • RECOVERY • RESILIENCE



COUNTY  
of SAN LUIS  
OBISPO

BEHAVIORAL HEALTH DEPARTMENT

[www.slobehavioralhealth.org](http://www.slobehavioralhealth.org)

# SAFE HAVEN AND HOPE HOUSE

---

ARROYO GRANDE & SAN LUIS OBISPO  
WELLNESS CENTERS

THE ARROYO GRANDE AND SLO WELLNESS CENTERS HAVE SERVED  
AS PART OF A CONTINUUM OF CARE FOR ADULTS WITH  
MENTAL ILLNESS SINCE 1979

---



# WELLNESS CENTER CLASS AND GROUP TOPICS

---

- Addiction and Mental Wellness
- Coping with Depression and Anxiety
- Smoking Cessation
- Yoga and Light Movement
- Voices and Visions
- Artistic Expression / Poetry and Writing Groups
- Member-facilitated groups

# SOCIAL CONNECTION AND COMMUNITY INVOLVEMENT

---

- Walking groups
- Annual community events (Halloween and Holiday parties, Summertime Open Houses and Community BBQ, Women's Luncheon, and bi-annual Opening Minds Art Show)
- Local outings to the beach, museums, movies, bowling, and community events
- Volunteer opportunities, community outreach, and support of other non-profit events and fundraisers
- Ambassador Program

# BUILDING COMMUNITY CONNECTION THROUGH PARTNERSHIPS AND COLLABORATION

---

- Cal Poly: interns, volunteers, and practicum student led groups
- Atascadero State Hospital: Psych Tech student interns
- Dual Recovery Anonymous
- Hearing Voices Network
- Hospice of SLO County
- National Alliance on Mental Illness (NAMI)
- SLO Behavioral Health and TMHA programs

- ✓ THE AG AND SLO CENTERS SERVED **537** UNDUPLICATED COMMUNITY MEMBERS THROUGH THE FIRST THREE QUARTERS OF FISCAL YEAR 19-20. COMBINED, THE CENTERS PROVIDED AN ESTIMATED **6900** DUPLICATED CONTACTS WITHIN THE LAST YEAR OF SERVICE.
- 



## MEMBER SATISFACTION RUNS HIGH IN THE PROGRAMS, WITH THE FOLLOWING QUOTES GATHERED THROUGH CONSUMER SATISFACTION SURVEYS:

---

- “(Safe Haven) has helped me grow as a person.”
- “(Safe Haven) gives me a chance to get out of the house and share activities. They’re awesome.”
- “(Hope House) has shown me a better way to live my life.”
- “I now work full time and I’m only on two psych meds.”
- “My groups make me feel secure.”
- “I like that (Hope House) saved my life.”



# PROGRAM OUTCOMES

---

- an 18% increase in the level of engagement in community activities (work, school, social/recreational), based on pre/post surveys received from 109 members
- a 19% increase in the use of learned coping skills to help better manage their mental health symptoms, based on pre/post surveys received from 107 members.

## *Old Business*

- **Wellness Center- Request for new funds:  
total funds needed \$472, 528**
  - **\$391,715 ( in lieu of Martha's Place FSP)**
  - **\$80,813 additional CSS funds**

SAN LUIS OBISPO COUNTY  
BEHAVIORAL HEALTH DEPARTMENT



WELLNESS • RECOVERY • RESILIENCE



COUNTY  
of SAN LUIS  
OBISPO

BEHAVIORAL HEALTH DEPARTMENT

[www.slobehavioralhealth.org](http://www.slobehavioralhealth.org)

# *New Business*

- **CFS Promotores request:**
  - **\$13,525 from Prudent Reserve**
  - **Telehealth equipment for Spanish translation services in Behavioral Health Department county wide**

SAN LUIS OBISPO COUNTY  
BEHAVIORAL HEALTH DEPARTMENT



WELLNESS • RECOVERY • RESILIENCE



COUNTY  
of SAN LUIS  
OBISPO

BEHAVIORAL HEALTH DEPARTMENT

[www.slobehavioralhealth.org](http://www.slobehavioralhealth.org)

# Updates

- CSU Admission Process
- MHSSA (middle school) Grant
- Suicide Prevention Grant

SAN LUIS OBISPO COUNTY  
BEHAVIORAL HEALTH DEPARTMENT



WELLNESS • RECOVERY • RESILIENCE



BEHAVIORAL HEALTH DEPARTMENT

[www.slobehavioralhealth.org](http://www.slobehavioralhealth.org)

# ***Upcoming Meetings***

## **MHSA Advisory (MAC) *September 30, 2020***

SAN LUIS OBISPO COUNTY  
BEHAVIORAL HEALTH DEPARTMENT



WELLNESS • RECOVERY • RESILIENCE



BEHAVIORAL HEALTH DEPARTMENT

[www.slobehavioralhealth.org](http://www.slobehavioralhealth.org)

***Thank you ALL.***

***[https://www.surveymonkey.com/r/MA\\_CMeeting7292020](https://www.surveymonkey.com/r/MA_CMeeting7292020)***

***Frank Warren***  
***MHSA Coordinator***  
***Prevention & Outreach Division Manager***  
***SLO County Behavioral Health Dept.***  
***[fwarren@co.slo.ca.us](mailto:fwarren@co.slo.ca.us)***  
***(805)788-2055***

SAN LUIS OBISPO COUNTY  
BEHAVIORAL HEALTH DEPARTMENT



WELLNESS • RECOVERY • RESILIENCE



**BEHAVIORAL HEALTH DEPARTMENT**

[www.slobehavioralhealth.org](http://www.slobehavioralhealth.org)