MHSA Advisory Committee (MAC)
Wednesday, September 29, 2021
Zoom Meeting
3:30pm – 5:00pm
• Welcome, Introductions, and Goals for meeting
  • Frank Warren, SLOBHD

• Department Updates
  • Anne Robin, SLOBHD
  • Frank Warren, SLOBHD

• CSS – Program Updates
  • Kristin Ventresca, SLOBHD

• PEI/INN Updates
  • Timothy Siler, SLOBHD
  • B-HARP Presentation – Dr. Joe Holifield

• WET Program Updates
  • Frank Warren, SLOBHD

• Fiscal Update
  • Jalpa Shinglot, SLOBHD

• Old Business

• Program Start Dates – Pro-Rate Increase
• Plan for Released Prudent Reserve
• Additional phone response at CSU
• Additional car for youth mobile crisis
• Mini Grant program/awards

• New Business for 2021-22
  • CPI-based COLA Change
  • CalMHSA EHR Released-PR Request
  • Case Manager Released-PR Request
  • Mini Grant Program – Non-Contracted Providers

• Updates
  • MHSA Admin/Suicide Prevention/Training Restructure
  • VTC Grant
  • Suicide Px Grant
  • No Place Like Home

• Next Meetings:
  • December 1, 2021

• Conclusion
MHSA Advisory Committee

• MHSA Advisory Committee

Introductions
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
• 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.
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)
FAMILY SERVICES PROGRAM

YOUTH SERVICES & TRIPLE P
What Family Services Can Do

We assist parents, caregivers, grandparents, guardians, family members, and friends of those with a mentally ill loved one – even if there is no diagnosis in place.

We will:

- Assess the family’s needs and behavioral issues
- Work to get a proper diagnosis if needed
- Help them navigate mental health services
- Help them establish long term mental health care for the individual and family as a whole

- Families who suspect there could be mental health issues with their loved one, and
- Whose youth are displaying behavioral issues or substance abuse issues that could be indicative of mental health concerns
How Does Family Services Help?

- We promote wellness, recovery, and self-sufficiency on all levels.
- We recognize that reaching out when you are feeling defeated, overwhelmed, and beyond your stress level is the hardest thing to do sometimes. We will sit with families during those times, guiding them into self-sufficiency.
- We help guide families through the systems of care and connect them with resources.
- We provide education about the mental health system and understanding diagnosis, treatments, and effects of mental illness.
Family Services & Triple P

- Group Classes for Parents/Caretakers of Children Ages 0-12 (Spanish and English)
- Group Classes for Parents/Caretakers of Teens (Spanish and English)
- One-on-one education with families
- Triple P Monthly Support Group for Triple P Graduates
- Triple P Skills Shared in Weekly Support Groups
What is Triple P?
An evidence-based population approach for **improving parenting practices** and children’s social and emotional well-being.

Practitioners
- Model
- Instruct
- Role play
- Discuss
- Collaborate
- Facilitate

Parents
- Observe
- Analyze
- Practice
- Plan ahead
- Self reflect
- Adjust

**Principles of Positive Parenting**
- Safe & engaging environment
- Positive learning environment
- Assertive discipline
- Realistic expectations
- Taking care of yourself

**Positive Parenting Strategies**
- Cognitive-behavioral content
- Insight-oriented process
- Neurobiological functioning
- Self-regulation
Staff start with assessing the home and family environment, past traumas that may be triggering behaviors, teaching parents how to address the environment and their own healthy responses and self-awareness.
Triple P Strategies

- Manage Challenging Behaviors
  - Ground rules, directed discussion, planned ignoring, clear, calm instructions, logical consequences, quiet time, time-out
- Teach New Skills & Behaviors
  - Modelling, incidental teaching, ask-say-do, behavior charts
- Encourage Positive Behaviors
  - Praise, positive attention, engaging activities
- Develop Positive Relationships
  - Brief quality time, talking to children, affection

Re-organization of parenting time and effort from overly harsh or lax practices to ones that build attachment and positive parent-child relationships.

Re-setting the set point for family hostility and conflict

Re-orienting parents to the power of love

TEMPERAMENT × ATTACHMENT STYLE × POSITIVE PARENTING = CHILD SELF-REGULATION
Triple P Evidence over the years

Program development begins

Program is given a name

Triple P International begins

Demonstration of population effects

- Authors = 1386
- Total papers = 690
- Institutions = 453
- Evaluation studies = 349
- Conceptual papers = 341
- Countries = 35
How Triple P is utilized throughout California

• Many agencies and programs utilize Triple P one-on-one or group classes to enhance their program offerings and family wellness:

• Many counties in CA incorporate Triple P into their CWS and Family Reunification programs.

• Foster Family & Adoption Support

• Inyo County has brought Triple P into the jail system for parents and provide tools and education before release

• Triple P Mobile Clinic in Riverside, bringing Triple P one on one and classes directly into their community

• In Napa County Triple P is implemented in all areas of family and mental wellbeing, including Family Resource Centers, Mental Health Services, Public Health, Child Welfare, School Districts, Early Education, Women’s Supportive Services, and Health Clinics
Key features of Triple P Online programs

- Video clips of families in action
- Interactive exercises
- Individual goal setting, feedback and weekly check-in
- Downloadable worksheets
- Personalised and parent workbook
- Review and reminder strategies (text messages, emails)
Youth Family Support Staff

Growing Wellness, Recovery, and Resiliency within Families.

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All Support Staff are Spanish/English bilingual!
# Prevention & Early Intervention (PEI)

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Innovation (INN)

UPDATE:
• FY 21-25 Innovation Project Plan received final approval from OAC on June 28
• BHEET & SoulWomb currently in contract negotiations

CURRENT:
• FY 18-22
  • SLO ACCEPTance: Cal Poly
  • 3-by-3: First 5
• FY 19-23
  • Holistic Adolescent Health : CAPSLO
  • B-HARP: Holifield Psychological Services
MHSA Fiscal Update

MHSA Revenue and Expenses Projected FY 20/21 – FY 22/23

- CFTN Expense (CSS)
- WET Expense (CSS)
- Innovation Expense
- PEI Expense
- CSS Expense
- Trust Fund Transfer
- Other Revenue
- MHSA Revenue & Interest

COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT

www.slobehavioralhealth.org
MHSA Fiscal Update

• Fund Balance 09/27/2021 (excluding actual PR) = $23,061,500.75
  • Prudent Reserve Fund Balance = $2,774,412

• CSS Update:
  • Full Service Partnership - majority of CSS Funding (51%)
    o FY 20/21 actual budget ended at 43%
    o FY 21/22 current budget approximately 41%
  • Additional revenue projected

• PEI Update:
  • PEI Stakeholders to meet to discuss potential new revenue

• Released Prudent Reserve to be spent by 6/30/22 = $913K (after projected expenses)
Old Business

• Program Start Dates – Pro-Rate Increase

• Plan for Released Prudent Reserve
  i. Additional phone response at CSU
  ii. Additional car for youth mobile crisis
  iii. Mini Grant program/awards
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d. Mini Grant Program – Non-Contracted Providers
a. MHSA Admin/Suicide Prevention/Training Restructure
b. VTC Grant
c. No Place Like Home
Upcoming Meetings

• December 1, 2021
Thank you ALL.

Frank Warren
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