

MHSA Advisory Committee (MAC)

Wednesday, Jan. 31, 2024

**Hybrid Meeting
3:30pm – 5:00pm**

SAN LUIS OBISPO COUNTY
BEHAVIORAL HEALTH DEPARTMENT



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- **Welcome, Introductions, and Goals for meeting**
 - Frank Warren, SLOBHD
- **Department Updates**
 - Star Graber, SLOBHD
- **Fiscal Update**
 - Jalpa Shinglot, SLOBHD
- **MHSA Reform**
 - Frank Warren, SLOBHD
- **Old Business**
 - Justice Services
 - Family Care Network
 - Suicide Prevention Month
- **New Business for 2023-24**
 - MHSSA
 - LPT short-term/one-time
- Introduction of Dr. Christina Rajlal
- **CSS –Program Updates**
 - Karina Silva Garcia, SLOBHD
- **PEI/INN Updates**
 - Landon King, SLOBHD
- **WET Program Updates**
 - Brita Connelly, SLOBHD
- **Updates**
 - a. **In-Person Hybrid MAC Meeting**
March. 27th
- **Next Meetings:**
 - March 27; May 29; July 31; Sept. 25
- **Conclusion**



MHSA Advisory Committee

- **MHSA Advisory Committee Introductions**



The Mental Health Services Act in San Luis Obispo County:

- Proposition 63, passed in 2004
- Millionaire's Tax

The MHSA Provides:

- 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



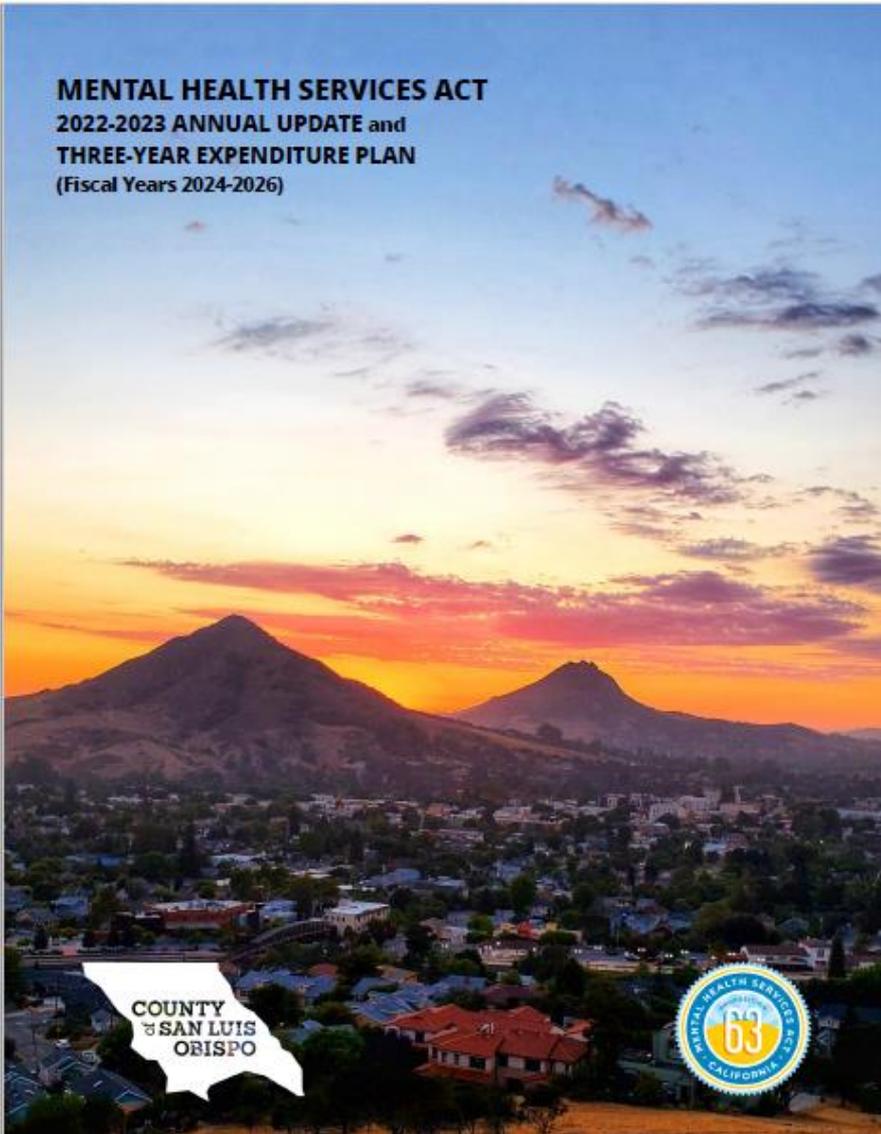
MHSA planning benefits from community stakeholder input

- Consumers, family members, and providers
- Review programs and make recommendations
- Input for improvements outlined in Annual Update
- Plan reviewed (30 days) & public hearing at Behavioral Health Board



MHSA Components

- **Community Services and Supports (CSS)**
 - **(incl. Housing)**
- **Capital Facilities and Technology (CFT)**
- **Prevention and Early Intervention (PEI)**
 - **PEI Statewide**
- **Workforce Education & Training (WET)**
- **Innovation (INN)**



- 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.

THIS CONCLUDES THE MHSA STAKEHOLDER TRAINING!



Department Update



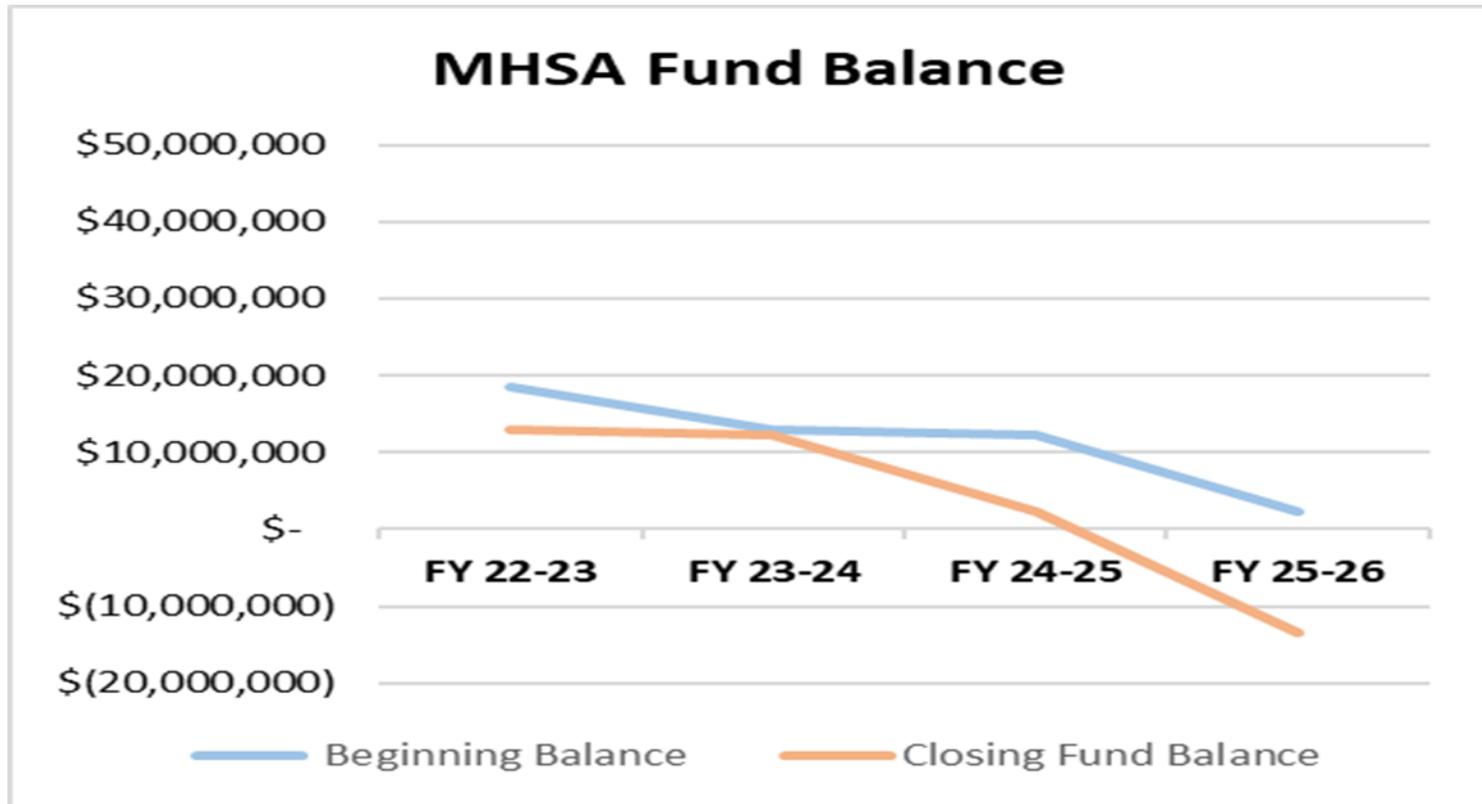
MHSA Fiscal Update

MHSA Fund Summary FY 2022/23 – FY 2025-26

	<u>FY 22-23</u>	<u>FY 23-24</u>	<u>FY 24-25</u>	<u>FY 25-26</u>
Beginning Balance	\$ 18,396,769	\$ 12,965,550	\$ 12,255,618	\$ 2,236,020
Revenue				
MHSA State Allocation	\$ 12,908,230	\$ 24,406,427	\$ 16,384,973	\$ 13,314,119
Other Revenue	\$ 6,528,036	\$ 7,363,399	\$ 7,004,108	\$ 5,650,545
Total Revenue	\$ 19,436,266	\$ 31,769,826	\$ 23,389,081	\$ 18,964,664
Total Expense	\$(24,867,485)	\$(32,479,758)	\$(33,408,679)	\$(34,688,690)
Closing Fund Balance	\$ 12,965,550	\$ 12,255,618	\$ 2,236,020	\$(13,488,006)



MHSA Fiscal Update



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Beginning Balance	\$ 18,396,769	\$ 12,965,550	\$ 12,255,618	\$ 2,236,020
Closing Fund Balance	\$ 12,965,550	\$ 12,255,618	\$ 2,236,020	\$(13,488,006)



MHSA Fiscal Update

County of San Luis Obispo

- Info Notice 23-061 MHSA Allocation & Methodology
- FY 2023-24 Allocation = 0.644190%, Reduction from FY 2022-23

Anticipate large fluctuations in funding

- Large annual adjustment in FY23/24 due to capital gains spike in 2021
- More typical annual adjustment in FY24/25 and FY25/26 due to lower capital gains realizations.

Fund Balance at 01/29/2024 (excluding actual PR) = \$ 20,269,655

- Prudent Reserve Fund Balance = \$2,774,412



BEHAVIORAL HEALTH REFORM PROPOSAL

GOVERNOR'S "TRANSFORMATION OF BEHAVIORAL HEALTH SERVICES"

1. Reforming the Mental Health Services Act to the *Behavioral Health Services Act (SB326)*

- "...**expand services** to include treatment for those with **substance use disorders** – in addition to care for the most seriously mentally ill—provides **more resources for housing and workforce**, and continues community support for prevention, early intervention, and innovative pilot programs –all with **new and increased accountability for outcomes** and through an equity lens."
- Commits 3% of county allocations to "build a workforce to reflect and connect with California's diversity"

2. Focusing on outcomes, accountability, and equity

- "a new County Integrated Plan for Behavioral Health Services and Outcomes, including all local behavioral health funding and services."

3. Housing and behavioral health treatment in unlocked, community-based settings (AB531)

- A \$4.68 billion general obligation bond to build 10,000 new clinic beds and homes that would be on the March 2024 ballot.
- Housing for veterans with behavioral health challenges.



Behavioral Health Services Act (SB326)

Replaces Components with Three New “Buckets” for Assigning BHSA Allocations:

1. Housing 30%

- 50% for Housing Interventions (focus on encampments)
- May be used for rental and operational subsidies, shared/family housing...
- No more than 25% for Capital, including BH facilities to serve homeless

2. Full-Service Partnerships 35%

- Includes Assertive Community Treatment and Forensic Assertive Community Treatment “to fidelity”

3. BH Services and Supports 35%

- 51% must be spent on ***early intervention (and 51% of that for those 25 and under)***

Amended bill allows counties to move up to 7% between up to two components.



Impacts on SLO County MHSA using draft FY 24-25 State Revenue Projection:

MHSA allocation: \$20,581,919

- 3% (\$617,458) will be taken by the State for workforce development programs.
- 2% (\$411,638) will be taken for population-based prevention programs.

Of the remaining **\$19,552,823**

1. Housing 30% = \$5,865,847

- Housing/Shelter @50% (\$2,932,924), and Building/Infrastructure @25% (\$1,466,212)

2. Full-Service Partnerships 35% = \$6,843,488

- Current Projected Budget: \$6,709, 873

3. BH Community Services and Supports 35% = \$ 6,843,488

- Current Budget Plan for Non-FSP (GSD, PEI, WET, CFTN): \$13,872,046 (-
7,028,558)
- Would exclude 49% of programs and services not defined as “early intervention.”
- ***Includes NO requirement for youth programming.***



SLO County MHSR Reform Plan | If Proposition 1 passes

SLOBHD will prepare a brief for Community Advisors identifying the impacted funding – including March estimates for revenue and expenses beginning 7/1/2026.

SLOBHD will prepare a review of current work plans (i.e., programs) and their potential for impact for the MAC on 3/27/24.

- At the March MAC, Community Advisors will be able to talk with staff about programs, and any identified potential alternative funding sources.**

In May, the SLOBHD staff will conduct a priority exercise; and plan to continue throughout 2024.



Old Business

No decisions approved as of last meeting. Presentations from:

- a) Justice Services**
- b) Family Care Network**
- c) Suicide Prevention Month**

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New Business

- a) MHSSA Sunset/sustainability
- b) LPT short-term/one-time position
- c) Christina's presentation

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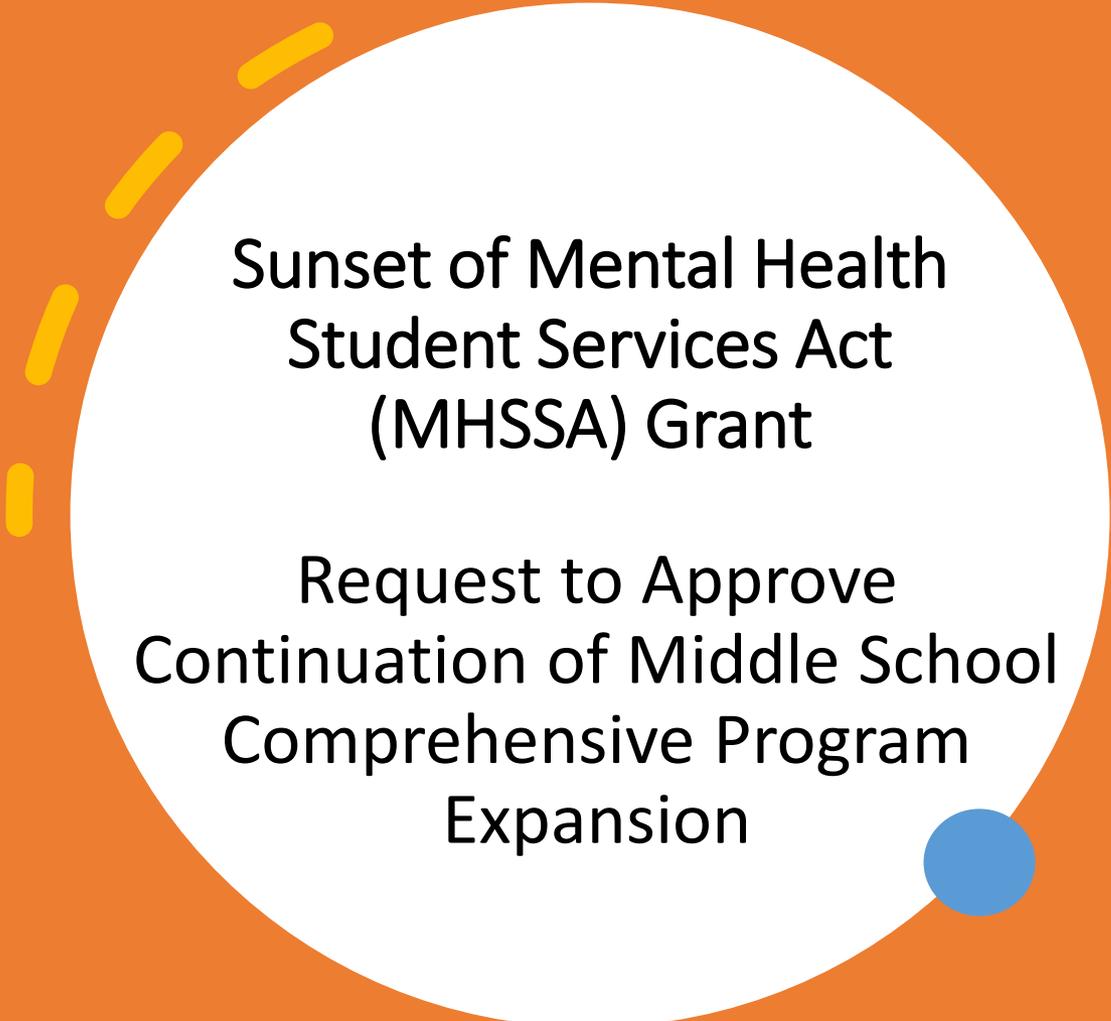


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Sunset of Mental Health
Student Services Act
(MHSSA) Grant

Request to Approve
Continuation of Middle School
Comprehensive Program
Expansion

MHSA Funding Request

- **Current PEI Budget for MSCP = \$884k**
 - **Additional overall cost = \$1,229,405**
 - **Ongoing Budget Required = \$2.1 Mil**
 - **Projected Medi-Cal Rev (yr 1) = \$211k**

 - **New Budget Total = \$1,902,107**
 - **Requested Increase = \$1,018,060**
- 

MHSSA School Sites

- Shandon Middle School (6th–8th grades)
 - Lillian Larsen Elementary School (6th–8th grades)
– San Miguel
 - Lewis Middle School (6th–8th grades) – Paso Robles
 - Templeton Middle School (6th–8th grades)
 - Laguna Middle School (7th–8th grades) – SLO
 - Paulding Middle School (7th–8th grades) - Arroyo Grande
- 

MHSSA Positions

- 2-Year Limited Term Positions
 - 4.0 Behavioral Health Specialists
 - 1.0 Youth Development Specialist
 - 3.0 Early Intervention Counselors
 - 1.0 Family Advocate
 - 1.0 Behavioral Health Clinician
 - 1.0 Health Information Technician
- 

Roles and Expectation

S

- 1.0 Youth Development Specialist
 - Coordinate and facilitate Friday Night Live (FNL) on-campus club with weekly meetings with teacher advisors
 - School climate projects & activities
 - Attend monthly PEI site team meetings with updated student roster
 - Attend countywide PEI team meetings
 - Coordinate parent engagement nights
 - Outreach at school-wide events
 - Provide school staff with ATOD & other trainings as needed
 - Data collection



Roles and Expectations (cont'd)

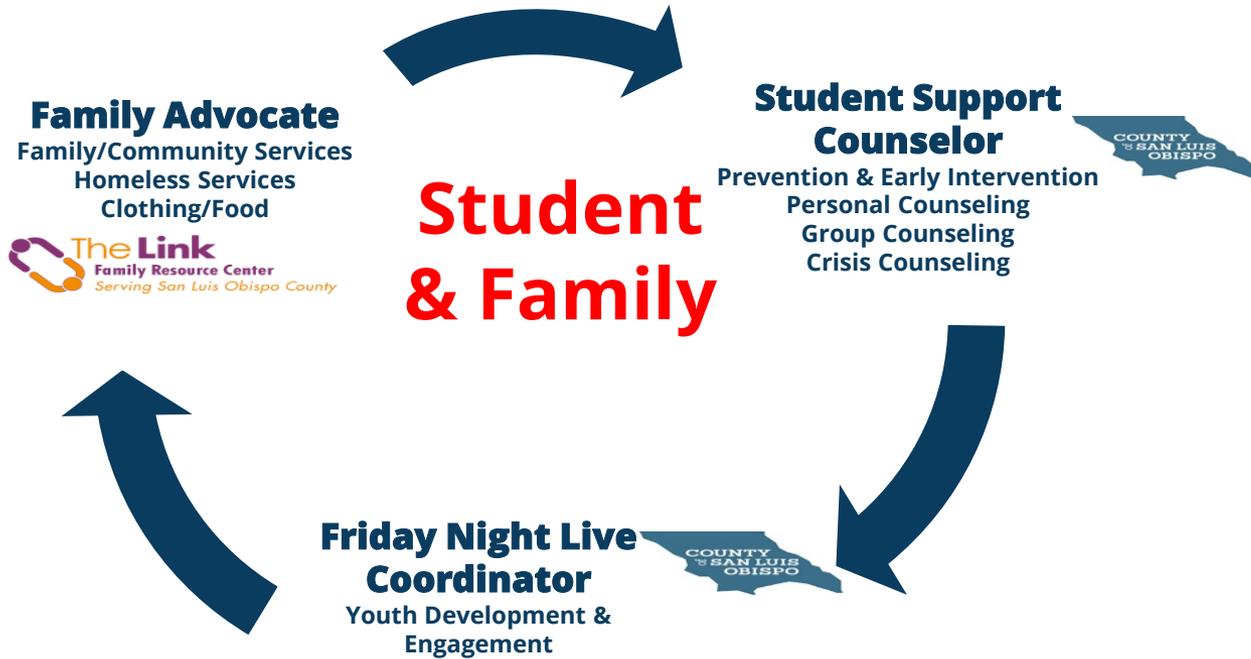
- 3.0 Early Intervention Counselors
 - Coordinate counseling services with school administration
 - Provide individual, group, & crisis counseling caseload
 - Approximately 35 clients/school maximum
 - Constant communication with PEI team, school admin, & staff
 - Attend/support weekly FNL meetings
 - Facilitate monthly PEI site team meetings with updated client roster
 - Attend countywide PEI team meetings
 - Outreach at school-wide events
 - Data collection
- 

Roles and Expectations (cont'd)

- 1.0 Family Advocate
 - Coordinate individual & family referrals
 - Approximately 10 active families/school maximum
 - Attend monthly PEI site team meetings with updated family roster
 - Attend/support FNL weekly meetings
 - Provide interpretation/translation services as needed for PEI-related events
 - Attend countywide PEI team meetings
 - Outreach at school-wide events
 - Community Outreach
 - Data collection



PEI Program: *“Wraparound Services”*





Roles and Expectations (cont'd)

- 1.0 Behavioral Health Clinician
 - Conduct clinical evaluations, assessments, diagnoses, crisis intervention and other clinical treatment services
 - For higher level of care referrals
 - Coordinate with County Managed Care and Youth Mental Health Services to provide ongoing mental health treatment
 - Serve as clinical supervisor for Early Intervention Counselors
 - Provide clinical-based trainings
 - Facilitate staff meetings
- 

Roles and Expectations (cont'd)

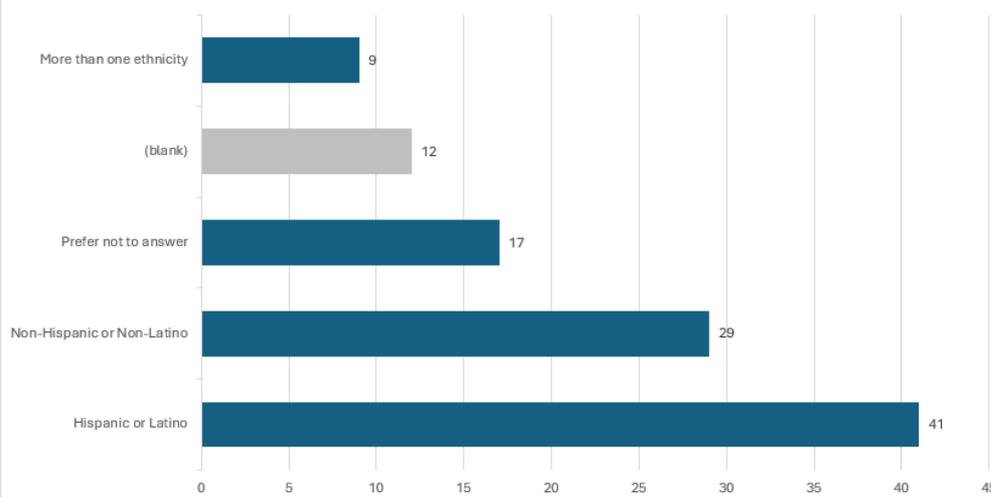
- 1.0 Health Information Technician
 - Review and analyze electronic health record (EHR) documentation and information
 - Process intakes and assessments for clients referred to a higher level of care
 - PEI, DAS Youth, Veterans (MH and DAS)
 - Ensure staff are compliant with appropriate documentation timelines and billing guidelines
 - Collaborate with County Health Information team to ensure adherence to County protocols and processes

MHSSA Data & Outcomes FY 22-23

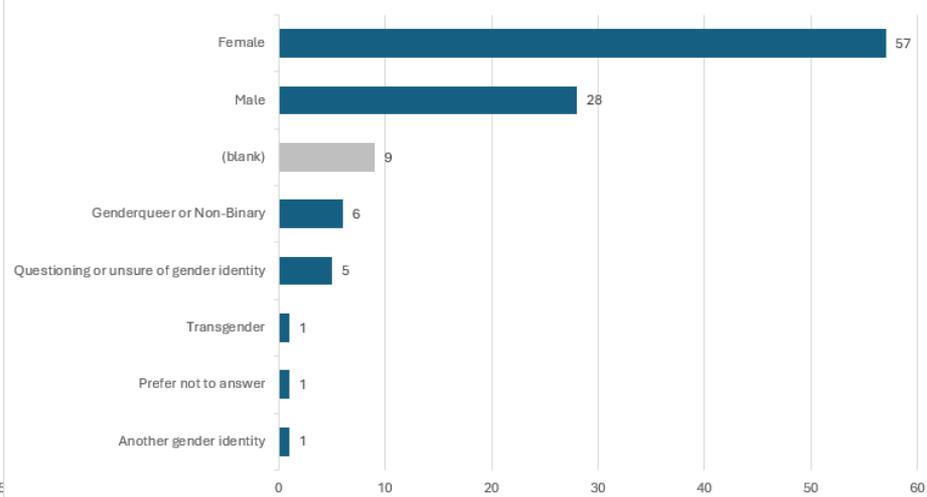
- 135 youth were engaged in youth development programming
 - 286 youth referred for early intervention counseling services
 - 56% decrease in the amount of suicidal ideation;
 - 54% increase in ability to cope with stress, depression, and anxiety;
 - 47% reduction in self-harm;
 - 151 families received resource services from The Link
 - 49 youth were provided higher level of care referrals
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MHSSA Data & Outcomes 22-23 (cont'd)

MHSSA PEI Survey Response by Ethnicity



MHSSA PEI Survey Response by Self-Identified Gender



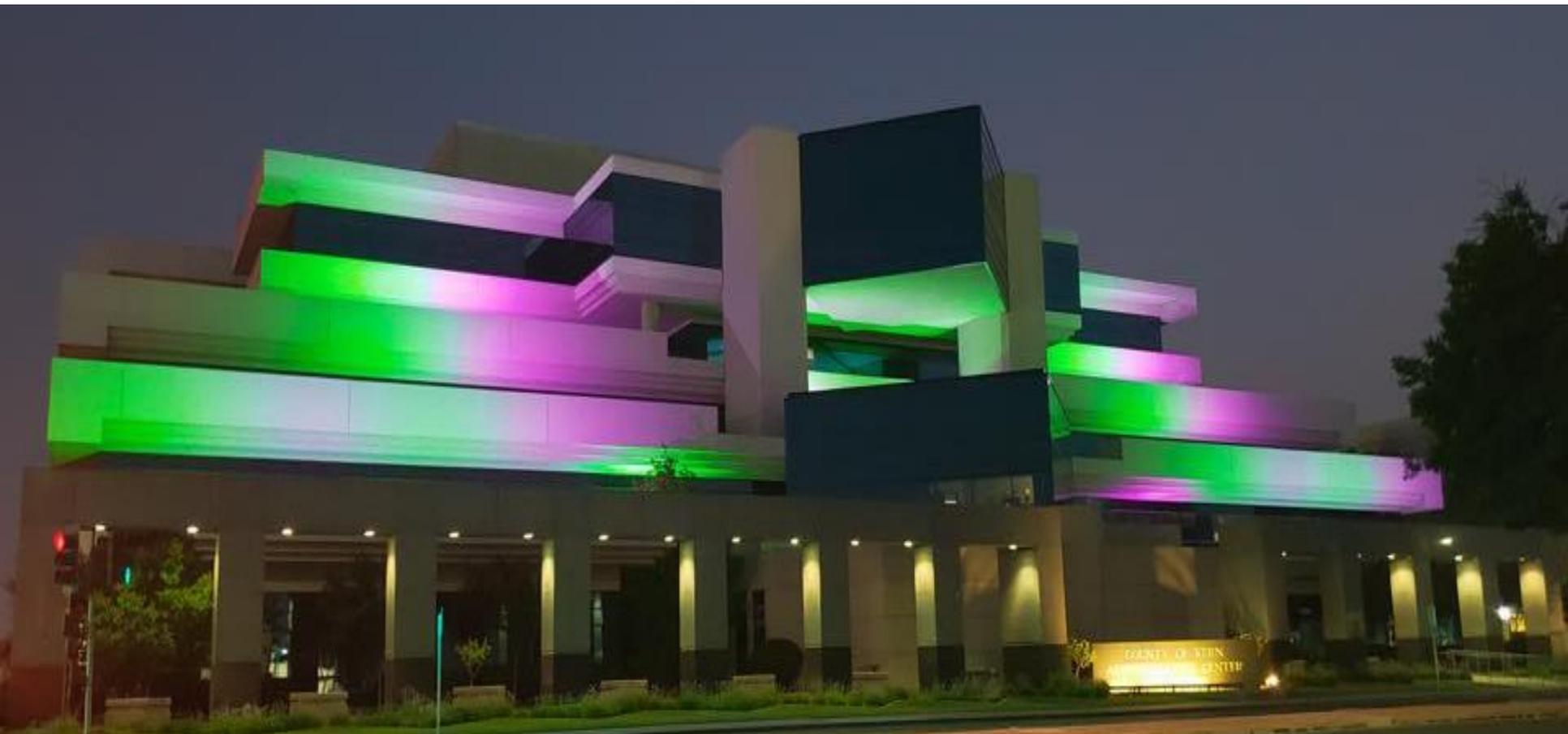
New Business

- a) **MHSSA Sunset/sustainability**
- b) **LPT short-term/one-time position**
- c) **Christina's presentation**

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INTRODUCTION PRESENTATION

Christina Rajlal, PhD, MBA

AGENDA

Introduction

Strengths

First 30-60-90 Days

Measuring Success



INTRODUCTION



IDENTIFICATION

- She/Her/Hers
- API & NA
- LGBTIQ+ Ally

EDUCATION

- BA from UCLA
- MBA
- PhD in I/O Psych

WORK EXPERIENCE

- Previous Kern MHSa Coordinator
- 20+ Years in Social Sector
- 15+ Years in Management

SKILLS

- Community Engagement
- DEI Knowledge
- Leadership
- Multi-tasker
- SoC Understanding
- Grant Writing

ACHIEVEMENTS

- U.S House of Rep. Certificate of Congressional Recognition
- Office of the Sec. of Defense Patriotic Employer Award

HOBBIES

- Garden & Animals
- Travel
- Family Time
- Kids Activities



CHRISTINA RAJLAL
HEALTH SERVICES ACT COORDINATOR, KBHRS

HEALTH SERVICES ACT COORDINATOR, KBHRS



STRENGTHS

FIRST 30-60-90 DAYS

30

Familiarize & Understand

Learn Role Expectations

Learn Duties & Responsibilities

Adopt Policies & Procedures
& Fiscal Knowledge of BHS
Reform for SLO

Intermingle with Coworkers
& Develop Areas to
Contribute

60

Strategic Planning

Interview All Team Members

Compile Analysis of
Strengths & Weaknesses

Review all Strategic
Objectives of Role &
Organization

Identify SMART Goals to
Accomplish

90

Reflect & Optimization

Goal Tracking of Strategic
Plan

Ask Supervisor on Feedback

Identify Training Needs to
Assist in Further Success

Create Further SMART Goals
and Strategic Objectives for
the future



MEASURING SUCCESS

Smart Goals

- Goals that are specific, measurable, achievable, realistic, & timely

Internal Northstar

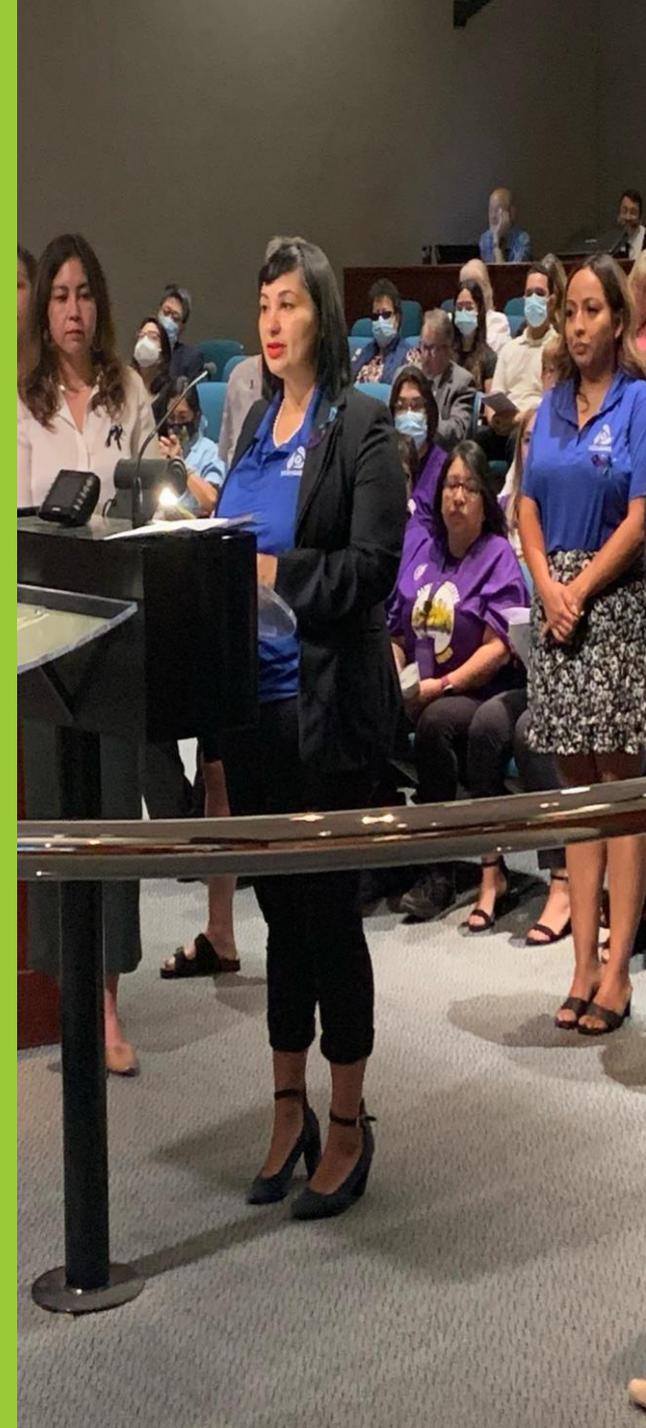
- Being mindful of our guiding Northstar & working towards specific vision

Transformational Leadership

- Lead with authenticity and create champions within the workforce

Inspire Agency Culture

- Adopt a growth mindset while promoting creativity, innovation, & new ideas





THANK YOU
Any Questions?

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)**



Prevention & Early Intervention (PEI)

WORK PLAN	PROGRAMS			
PREVENTION	Positive Development	Family Education, Training & Support	Middle School Comprehensive Program	In-Home Parent Educator
EARLY INTERVENTION	Community-Based Therapeutic Services		Integrated Community Wellness Navigators	
OUTREACH FOR INCREASING RECOGNITION OF EARLY SIGNS OF MENTAL ILLNESS	Older Adult Mental Health Initiative			
ACCESS & LINKAGE TO TREATMENT	Veterans Outreach Program			
STIGMA & DISCRIMINATION REDUCTION	Social Marketing Strategy		College Wellness Program	
SUICIDE PREVENTION	Suicide Prevention Coordination			



Innovation (INN)

- **Final Evaluations (Round 4)**
 - **BHARP: Holifield Psychological Services**
 - **Holistic Adolescent Health (HAH): CAPSLO**

- **Current Projects (Round 5)**
 - **SoundHeal: Heal**
 - **Behavioral Health Education and Engagement Team (BHEET): TMHA**

- **Recently Launched (Round 6)**
 - **Embracing Mental and Behavioral Health for Residential Adult Care & Education (EMBRACE)**



Workforce Education Training (WET)

- a) 2023 Loan Repayment cycle- Delay in CalMHSA report from current cycle.
- b) Seeking Safety Training
 - a) 3/22 (Registration sent out about a month and a half ahead of time)
- C) Upcoming training plan: DBT skills training proposal (likely a 2 day training not intensive but used to build on DBT skills).



Updates

a. In-Person Hybrid MAC Meeting March 27th



Upcoming Meetings

- **Wednesday, March 27; ; May 29; July 31; Sept. 25**
- **All meetings scheduled for 3:30 - 5:00p.m.**

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Thank you ALL.

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