

Recovery Connections

Quarterly Newsletter of the

Orange County Health Care Agency, Behavioral Health Services MHSa Office

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WELLNESS • RECOVERY • RESILIENCE

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Mental Health Services Act Three-Year Plan Will Include New and Expanded Programs

Based on projections of MHSa revenues for the next three years, it was determined that there will be about \$25 million per year available for expansion of existing programs and/or implementation of new programs to address identified unmet needs for services. These funds are a combination of projected revenue increases and unspent funds from prior years. The Health Care Agency worked with the Mental Health Board to develop preliminary recommendations, which were then reviewed and discussed by MHSa subcommittees and the MHSa Steering Committee. In addition, a public input process was held in December to obtain additional ideas for new/expanded programs. Approximately 90 comments were received. The information from the public input process was then considered by MHSa Subcommittees and the entire MHSa Steering Committee. As a result of this community planning process, the following program expansions and additions are included in the Three-Year Plan, which starts July 2014.

The following Community Services and Supports (CSS), programs will be added or expanded.

1. Program for Assertive Community Treatment (PACT) Expansion – Current caseloads at the Adult Outpatient Clinics have been growing and creating large client to staff ratios. The plan would add 33 clinical staff to the program at five locations. PACT provides assessment, linkages, individual and group therapy, extensive case management, advocacy, medication support and a variety of other recovery based services for adults.
2. Children's Crisis Residential – The program offers temporary, short-term placement into a structured environment. Admissions are voluntary and available 24/7 depending on availability. This was one of the initial programs funded by MHSa, but has been limited in size to just six beds, causing the waiting lists to build up. This expansion will provide 12 new beds in a facility that is already licensed.
3. Children's In-Home Stabilization – The program provides in-home crisis response therapy, case management, and rehabilitation services focusing on

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- maintaining family stabilization and preventing moving the child to a hospital or home placement. The number of client families to use the services has nearly doubled in the five years it has been operating. Expansion of the program will add six new direct staff members to the eight in place.
4. Wellness Center (South County) – With the success of the Wellness Center located at 401 S. Tustin in Orange, the recommendation was made to open a new Wellness Center located in South Orange County. Many potential clients who would like to access Wellness Center services are unable to find adequate transportation to the existing site because of the distance. Opening a new location with similar programs will help advance the goals of the clients to achieve a higher level of recovery.
 5. Transportation – Since the inception of MHSA, transportation has always been an issue for many clients. This service will help those who have a difficult time securing transportation needed to get to appointments to assist them in recovery. The program will be handled through a subcontractor and pay for the vans and drivers needed to transport clients on a greater scale than previously possible.
 6. Laura’s Law Program/Assisted Outpatient Treatment – This program has been called for by numerous members of the community. It is designed to assist those clients who are resistant to obtaining and/or maintaining treatment. This is an intensive program that will help not only the individual with a mental illness, but their families as well. The services will provide a “whatever it takes” approach to attaining recovery, including having access to a team member 24/7. The hope for this program is that the clients will be able to get help before they become a danger to themselves or others and prevent a revolving door of homelessness, hospitalizations, and incarcerations.
 7. Adult/Transitional Age Youth In-Home Crisis Stabilization Program – This approach has been very successful with children and adolescents in crisis. This new program will provide similar services for TAY and adults living at home. The program will provide 24/7 in-home crisis response and short term in-home therapy, case management and rehabilitation services that focus on family stabilization and prevention of a hospitalization or home placement.
 8. FSP Expansion – FSP’s have experienced an increased need for services, as well as an increase in operating costs. With the additional funding, FSPS in all age groups will be able to improve their services and enroll new clients.
 9. Mental Health Court (Probation Officers) – With this funding, five probation officers, ½ a supervisor and ½ a clerical support position can be hired to be working for the adult mental health courts. Research has shown that collaborative/supervision/case management services by probation officers are identified as the best/promising practices.
 10. Drop in Center – This will establish a drop in center in Central Orange County that will be accessible to the persons currently residing in the Santa Ana/Civic Center Plaza area. There are many mentally ill homeless in this area who are unable to access the current MHSA drop in center.
 11. Housing for Homeless – This program will likely purchase a small house for homeless adults with severe mental illness. The goal is to provide them with a safe, structured environment for a few months. This will be linked to an opportunity for full time permanent housing afterward.
 12. Housing and Year Round Emergency Shelter Services – This program will dedicate funding for mental health beds in a planned year-round emergency shelter or any other shelter opportunity program. The shelter will be used as a point of entry for potential MHSA clients.
 13. Orange County Children with co-occurring mental health and chronic/severe acute illnesses. – This program will offer specialized mental health services provided with an integrated health care system that is coordinated with medical treatment. There is an extensive wait list for those eligible for these programs. Incorporated within this program will be outpatient mental health clinics for children,

as well programs to improve the treatment of eating disorders in adolescents.

14. Outpatient Mental Health Services Expansion: Children and Youth – Youth referrals have been growing rapidly as more families become eligible for services. Currently for every Medi-Cal covered family, two additional families that do not have Medi-Cal are in need of services. This program will increase the ability of these clinics to take on bigger caseloads of families that wouldn't otherwise be able to receive treatment and services.

The following Prevention and Early Intervention (PEI), programs will be added or expanded.

1. BHS Mental Health Counseling Program – This program was recommended by community stakeholders, and will assist clients by providing resources on a short term basis for counseling and psychiatric services for those who do not meet the current criteria for services at a community clinic.
2. Orange County Post-Partum Wellness (OCCPW) Program – The OCCPW program has seen increases in enrollment by 40% in just two years. The waiting list has grown to more than 40 mothers in the last six months. The program will be able to add more positions, remove the waiting list and increase the number of clients from 120 to 160. The program will also now be able to address the needs of pregnant women, as well as new mothers who are at risk for depression.
3. Socialization Program – The Socialization program has been operating for three years and has been found to be successful in services to both adults and older adults. This program will be solely for the older adult specific program. With the additional funding, 922 additional home visits can be made, 49 educational groups and 106 socialization groups can be formed.
4. A K-12 Coping skill to manage stress – A program consisting of evidence-based mindfulness has shown success in piloted OC schools. With 12-20% of children having a diagnosed anxiety disorder, coping skills are necessary to promote resiliency amongst students.
5. Continue funding Statewide Projects – CalMHSA initiatives for suicide prevention, student mental health, and stigma reduction have been able to provide services to Orange County residents, stretching dollars 35-50% further by purchasing materials across counties.
6. Continuation of the Warmline for after-hours services – With local MHSA funding, the warmline has been providing needed phone services to those in non-crisis situations from 8 a.m. – 11 p.m. The statewide funding is expected to end June 30, 2014. The additional funding will allow us to continue services in the crucial 11 pm – 3 am time period.

As this article illustrates, the Mental Health Services Act continues to go through changes to help better the lives of the clients and the entire Orange County community. The new growth funding programs will continue to advance the goals that the voters envisioned when MHSA was first passed.

Triage Grant Awarded to Orange County

The Health Care Agency is pleased to announce that the Mental Health Services Oversight and Accountability Commission has approved the County's proposal to augment Triage Services in Orange County. The grant was written in collaboration with the Hospital Association of Southern California. It will provide \$3 million annually for triage personnel, including licensed professionals, peers, and support staff to expand the number of mental health personnel to provide crisis support services, including crisis triage, targeted case management, and linkage to services for individuals with mental illness who require a crisis intervention.

Triage personnel will be stationed in various locations, including (with hospital consent) hospital emergency departments and emergency shelters. Once a crisis situation has been identified, clinically-trained, designated personnel will assess the patient and make a recommendation for the appropriate level of care. Persons with lived experience (peers) may assist adult voluntary clients in accessing the recommended type of care in the community and provide follow-up and support to make sure that the client is stable.

This grant is authorized under SB 82, Investment in Mental Health Wellness Act 2013. The goal of expanded crisis stabilization services is to reduce emergency room utilization and inpatient hospitalization. The County has also submitted a separate application for \$11 million in one-time grant funding to provide additional infrastructure for Crisis Stabilization and Crisis Residential Services. That grant is administered by the California Health Care Financing Authority. It was submitted on January 22, 2013 and is currently under review.

When implemented, the Triage Grant will fund a minimum of twelve designated, clinical personnel, who will be located in consenting hospital emergency departments with high volumes of patients presenting with psychiatric emergencies. The County will contract with hospitals and other providers to hire and manage these personnel. At least two of the designated clinical personnel will serve children and youth. Designated clinical personnel will refer patients not requiring inpatient treatment to case workers and peer support personnel who will assist patients in accessing appropriate-level-of-care services in the community, through an established warm hand-off protocol. Peer support services will be provided through contract with a community-based organization. One or more psychiatrists will be used to provide consulting services.



Volunteer to Work begins serving those who want to get back to work

Volunteer to Work, the final Innovation project from the initial group of 10 projects has been implemented and has begun serving members of the community who would like to return to the workforce with, volunteering being the key advantage. The program is run by Goodwill industries and currently has an office at 12419 Lewis St., Suite 102 in Garden Grove. They do however, serve the entire County.

A recent study found that volunteering is associated with a 27% higher odds of employment, with statistics stable amongst all genders, races, ethnic categories of age, time metropolitan area and unemployment rate. The program uses volunteer experience as a stepping stone towards supported employment. One of the

main keys to this goal is the use of the peer support system. Peers work with the clients to help them develop a plan for themselves on the type of work they are interested in, as well as providing support through groups.

Goodwill has developed three training course tracks for the clients enrolled: computer skills, social skills, and career development skills. In addition to each of these tracks, the clients help out at different events in the community such as a beach clean-up day.

In order to join the Volunteer to Work program, you must be a resident of Orange County and be 18 years or older. Client must be receiving mental health services, be willing and able to volunteer for 90 days, and be able to focus conversations on

volunteer positions to start, not paid positions upon entry.

Since the program began, Volunteer to Work has had 40 persons actively enrolled in the project with 14 volunteer placements in the community. Two persons have graduated from the program, meaning successfully completing 90 days at a given site. Graduation from the program may mean

a competitive wage position, but that isn't always the case.

The experience gained from the program is used as a starting point to gain relevant experience, skills, and network at the volunteer position site. If employment isn't reached at graduation, VTW staff link the

consumer with e-works, a public supported employment program (one stops), Project Life Coach (another Innovations program), or help them with the next step which might be to continue in their volunteer position.

Volunteers have been placed in sites such as Veteran's First; Heritage Museum, THINK Together, Dayle McIntosh Center; Delhi Center, Project Cuddle; and Goodwill of Orange County. Volunteer Coordinators look to find a volunteer opportunity that the client is interested in so that there will already be a level of motivation before the volunteer puts in their time. To date, clients in the program have provided 367 hours of volunteering.



By Tomaso DeBenedictis

A most memorable event that took place on April 15, 2013 in the United States of America; making a profound affect around the world. The immoral act of terrorism that of Boston Marathon Bombing. An event that changes history; and what we learn from it. Through tear drops and bloodstains we have become stronger, more loving, caring and patriotic. This is a patriotism day remembrance. We learned to not let fear overcome us. We are a resilient people, courageous and overcoming. In our grief and pain we still have a great future and hope. We have a renewed look at our own morals as individuals and that of our nation. We stand strong and united that God has not given us a spirit of fear, but power, love and a sound mind.

We can stand firm remembering and keeping in our hearts the inscribed moving words of the eight year old boy who died at the scene, Martin Richard and together exclaim,

“No more hurting people”

PEACE

May we always resolve with fervency as our National Anthem concludes with- Oh Say does that Star-spangled banner yet wave or the land of the free and the home of the brave.

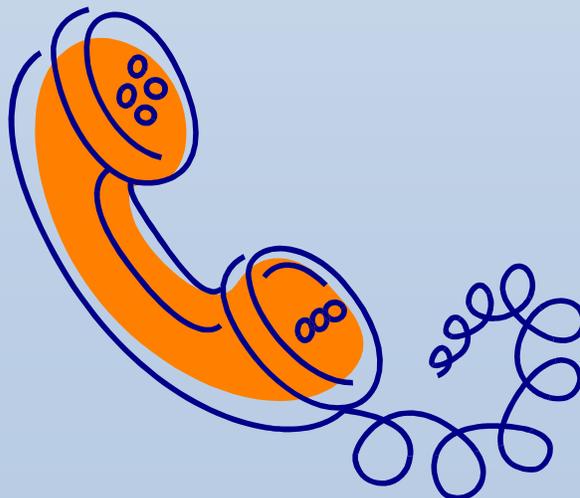
Referrals to OCLINKS Continues to rise

According to statistics for the OCLINKS Phone/internet log, the number of unduplicated persons accessing the new system have risen considerably in the last few months. In November 2013, OCLINKS had a total of 297 non-repeat callers, and assisted 20 persons via the online chat function. The number of persons use the services in January rose to 494 persons calling in, and another 26 through the online chat. The main points of contact for persons accessing the new line have come from multiple different resources, but the predominant points of contact have come from the Internet, another from the Internet, another Community Agency and the Orange County Probation Department. About half of the persons accessing OCLINKS are doing so on behalf of another person (261 out of 520).

Demographics for the users accessing the line show a majority of persons age 40-59. However, persons of all ages from 16-17 to 60+ also participate. A majority of the participants (483/520) identified themselves as

an English speaker, with the next highest language of those using the service being Spanish, with 30 persons.

The Health Care Agency is very pleased with these statistics, and fully expects continued growth in the number of persons accessing the service in the months ahead as word spreads. To access the services yourself, please call 1-855-OCLINKS (625-4657), or log on to www.ohealthinfo.com/ocklinks



Upcoming Events

Meeting of the Minds

Mental Health Association of Orange County
20th Annual Meeting of the Minds Mental Health Conference
May 13, 2014
8:00 am – 4:30 pm
Anaheim Marriott

MHSA hosts the largest mental health conference in Orange County. This conference features a resource fair with over 60 exhibitors, 24 timely workshops, networking lunch, keynote speaker, author and speaker, Carol Kivler. Last year's conference was attended by 800 people.

For more information and to download a registration form, please go to www.mhaoc.org

Art with Impact

The Art with Impact event is scheduled for April 25, 2014 from 11:30 a.m. to 1:30 p.m. at Santa Ana College.

The event is part of a series of events hosted on college campuses designed to reduce stigma and mental illness and encourage early intervention for emerging mental health issues.

At the event, three short films about mental health with professionally facilitated small and large groups will be presented to the audience.

To view the videos beforehand, please click here:

<http://www.artwithimpact.org/awi/winners>

The remaining event will be a panel discussion which typically includes a student who shares their lived experience, a counselor from the school and/or someone from the county as well as a representative from the Mental Health Services Oversight and Accountability Commission (MHSOAC).

For more information on the event please visit www.artwithimpact.org or view their Facebook page www.facebook.com/artwithimpact1.



Calendar of Events

Mar.	3	1:00 p.m. – 4:00 p.m.	MHSA Subcommittee Meetings	Delhi Community Center
	6	9:00 a.m. – 10:30 a.m.	Alcohol & Drug Advisory Board Meeting	Hall of Administration
	26	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration
	31	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
Apr.	3	9:00 a.m. – 10:30 a.m.	Alcohol & Drug Advisory Board Meeting	Hall of Administration
	7	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Delhi Community Center
	23	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration
	28	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
May	1	9:00 a.m. – 10:30 a.m.	Alcohol & Drug Advisory Board Meeting	Hall of Administration
	5	1:00 p.m. – 4:00 p.m.	MHSA Steering Committee Meeting	Delhi Community Center
	19	9:00 a.m. – 11:30 a.m.	CAAC Meeting	Center of Excellence
	26	HOLIDAY	BHS OFFICES CLOSED	
	28	9:00 a.m. – 10:30 a.m.	Mental Health Board General Meeting	Hall of Administration

Location Address:

Delhi Center, 505 E. Central Ave. Santa Ana, CA 92701 (MHSA Steering Committee Meetings)

Center of Excellence, 600 W. Santa Ana Blvd., Suite 510 Santa Ana, CA 92701 (CAAC Meetings)

Hall of Administration, 333 W. Santa Ana Blvd., Santa Ana, CA 92701 (Mental Health Board Meetings/Alcohol & Drug Board)

Network of Care for Veterans and Military Service Members

The Network of Care for Veterans and Military Service Members is part of a growing awareness and effort to take a community approach to the needs of returning veterans; to ensure that they are a valuable part of a healthy community; and that the community has a meaningful role in the health of the veteran. The Network of Care for Veterans and Service Members is a one-stop shop for virtually all services, information, support, advocacy, and much more. This public service brings together critical information for all components of the veterans' community, including veterans, family members, active-duty personnel, reservists, members of the National Guard, employers, service providers, and the community at large. Visit this new resource at www.orange.networkofcare.org/veterans/

Sign up for the MHSA Office Mailing List

Would you like to stay current with what's happening at the MHSA Office or be on the MHSA Steering Committee information mailing list? If so please send an email to MHSA@ochca.com

Social Networking with Network of Care

The Network of Care has implemented one of the most advanced and easy-to-use social networking platforms in the nation. It was developed to help service providers and organizations, as well as community members. Veterans, older adults, kids at risk, behavioral-health consumers, and residents working to make their communities healthier can benefit from a broad range of tools.

Some of these free tools include:

Create Community Groups: You can create online support groups specifically for an organization or cause.

Create Private Groups: You can create groups for your organization's internal staff or for a Community group

Media: Your organization can view videos or upload your own to share.

Forums: You can read, create, and subscribe to a broad range of forum topics. Some current discussions include: Veterans and Service Members, Mental/Behavioral Health, Developmental Disabilities, and more!

Sign up today at <http://community.networkofcare.org/>

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